



Memo to Mighty Members Tip #186

READ, DISCUSSION: Take Your Illness in Your Stride

December 21, 2023

My friends, as I relaunch my course [Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions](#), I must reiterate the importance of the advice Dr. Prasanta Banerji gave his patients: “Take your illness in your stride.”

Of course, this rationale was considered common sense before Sigmund Freud came along with his brand of psychotherapy. But recently, I came across an article from the University of Cambridge that I would like you to read, “[Suppressing negative thoughts may be good for mental health after all.](#)”

This study documents a fascinating study proving this philosophy works and confirming what I’ve observed in my clinical experience with thousands of clients.

When folks come to me with a mental or emotional condition — generally speaking — they assume that I want to know every little detail of their life.

Indeed, they'll begin to lay out their past: "First, *this* happened when I was three. And then, *this* is what happened. Then, my parents got a divorce. Then, I was sexually accosted by the boy next door, etc., etc." And they delve headlong into an emotional recount of each of those events.

I believe what that does is embed the traumas (and resulting angst) even further.

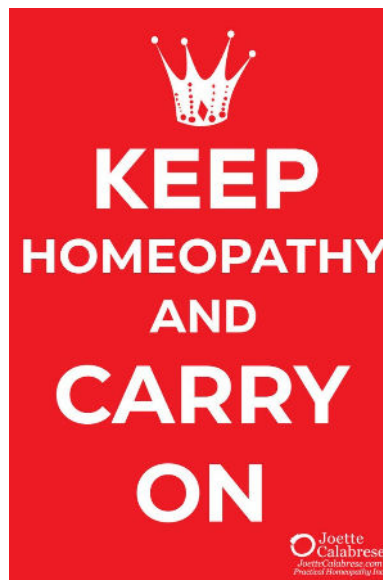
If anyone focuses on the pain and torments of their life, it's easy to come away from the conversation thinking, "Holy cow! My life stinks!"

But my dear Mighties, very few of us get away scot-free. Precious few of us have led a truly charmed life.

So, I repeat that sage advice, "Take your illness in your stride." If we don't, we will re-experience Every. Little. Teeny. Tiny. Problem. In that kind of endless, downward descent, a sufferer may feel there is no way to dig themselves out.

Well, that detailed analysis of the past may be part of the process for Freud or those in the classical paradigm. However, the Practical Homeopath® just wants to know the problem *now* — not what could *potentially* have been the problem 40 years ago (or even just five years ago).

It's relegating our focus to what's really, really important in the here and now.



My friends, this idea is nothing new. However, in this day, it almost seems revolutionary. Why? Because we've been trained to spend far too much time dredging up old sorrows to answer psychologists' questions. It can go on and on, becoming a circular reference that only perpetuates upset and angst.

Now, I do not intend to appear insensitive to the pain, heartbreak and abuse some have experienced. But there is a proven benefit — as [this study](#) now shows — to simply suppressing those negative thoughts and carrying on.

So, let's take our illness in our stride by asking, "What is the problem *now*? And what is the appropriate homeopathic medicine to address it?"

Let's not wallow; let's move on with Practical Homeopathy®. It may be the single best way to stay Mighty!



Joette Calabrese, HMC, PHom M

Founder and Director of The Academy of Practical Homeopathy® and Mastery™

P.S. Don't forget, all my Mighties qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.

Links:*

Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions —
<https://membership.joettecalabrese.com/#mindful>

Suppressing negative thoughts may be good for mental health after all —
<https://www.cam.ac.uk/research/news/suppressing-negative-thoughts-good-for-mental-health>

*We provide external links for your convenience, but we do not receive any remuneration nor affiliation in payment from your purchases on other sites.



If you have questions regarding this Memo to Mighty Members, please post them in the [Mighty Members' Discussion Group](#) in Joette's Social Center rather than contacting my office.

Other Mighties may have the same question, and by utilizing the forum, my team members can provide the answer to everyone. Plus, you might benefit from the conversation your question sparks!

If you have any tips to share, please send them to my team member tracey@practicalhomeopathy.com. She will compile them for me, and you might see your advice shared with our group — with proper credit given, of course! However, please send tips and suggestions only; we cannot answer questions at this email address.

The Author disclaims all liability for any loss or risk, personal or otherwise, incurred as a consequence of the use of any material in this article.

This information is not a substitute for professional medical advice, diagnosis or treatment.