Hello, my friends.

Happy Monday night at eight o'clock. Here we are every Monday night at eight o'clock. We do one thing and one thing only, and that is we talk about homeopathy. I teach you what I know, what I use, what I've learned through the years, and hope that you glean and you jot down this information because it can be very, very useful to you. My name is Joe at Calabrese, and that's what I do every Monday night. For those of you who don't know me, and for those who do know me, welcome friends. I see you all here, Mary in Pennsylvania. My husband and I both have vertically splitting nails as well as on ridges. So you must be talking about the blog I posted last night. Hi, Carrie. Hi Mary. Hi, pat from Grand Rapids. We've got folks from Texas Authentic Health. Hello. Good morning, Tara. Nice to see you. I think you're in Australia, right?

How are you doing? Somebody says they're getting two soundtracks. Are you getting two soundtracks? Hello. Great teacher. Thank you, Celeste. What a lovely thing to say. Wonderful to see you all. Let's talk, shall we? Hello, jot from Illinois says Barbara. Lori from Pennsylvania. Oh, Dali from Soggy Pennsylvania. So apparently it's raining there. Let's see what else we've got. Oh yeah, Tara from Western Australia, central New York. There's Jody. So good to see everyone. Let's talk about ligaments, muscles, tendons, and injuries to them. So for mighty members, stay on a little bit longer because I'll give you a case that I am working on now and how I laid it all out. It is the inspiration of this message tonight because it happens to be my cousin and she's got a torn muscle and ligament. And so I don't know if it's unsure if it's in the ankle or the foot, but not so much of a matter because I'm going to tell you how I can't understand either. Soundtrack, it's duplicated with an older recording.

So Perry, we're having a little problem with a recording. It's mixed with an older recording, perhaps. Anybody else having that trouble? Sound is good here, says Mary. Can't understand either. Soundtrack says Mary and Pa. Hello? Mighty good Here, says Deborah or says Pat. Sound is good. Here says Shelly. So it's probably no issues here. So it's probably not from here. Two screens open. Yeah, you might have two screens open, close up. One screen that no issue here. No issue. Okay. Yeah. April says, do you have more than one tab open, Mary? Good Here. Good here. I'm good. I'm good. Good, good, good, good. Okay, great. Nice to hear. Alrighty. So friends, so what I do, and I don't need to look this up in my repertory anymore, but I'm going to use it as an example of how I learned this originally. I still use my repertory and I'm of course using Robin Murphy's fourth edition called the Meta Repertory.

And it does not give you protocols, and I'm not going to talk about protocols tonight. I'm going to use strictly medicines that I've used on my own through the years. I'm sure that if the banerjee were alive, they would agree with my decision because it's across the board. Excuse me. And so what I'm looking at is in the section under muscles, because under muscles we can also find ligaments. You would think you'd be separate, but no, there's a muscle category and then there's an injury category in the clinical section. But I'm going to be poking around in the muscle section. Now, first I have to ask you to please like and share. And I know that either Natalie or Serena are with me tonight and they'll remind you to do that, but please do that friends, and if you haven't subscribed, do that. I don't often ask for that, but it really does make a difference as to how many people find this information. And so if you can do that, it would be greatly appreciated. So I'm going to muscles in the repertory and we can look at pain muscles. Of course, it's torn, it's injured, so we're going to go to injuries too. But we also know that there's a lot of pain. Mary says, now it's repeating what you say.

April says, try reloading the page. Mary. So in the muscle category, I'm going to tell you on page 1639 of the fourth edition, Robin Murphy's fourth edition. Okay? And so I'm going to be looking under ligaments. It says ligaments pain at the top in the upper left. And I have to tell you, most pain in ligaments is either ruda or rax. Those are the two main medicines that we find for ligaments and muscles. So let me start by talking about those, whether it's an injury, whether it's just a mild sprain, whether it's, we don't even know what it is, we just know there's pain there. Then Hi, Donna. Donna, my cousin, Donna's here. So we're going to talk about Donna's case in a minute. Actually not a minute. Once I get to Mighty's, so those of you who are mighty, stay on when this is over and I will give you the exact medicines that I recommended for Donna.

So ligaments, pain, we see retox, bia, of course, BIA because it's worse for movement, right? Anytime we have a muscle or ligament pain, we're going to be thinking of bia. But I also want you to think of how painful it is. And BIA is worse on movement. Worse on movement. Lemme just say parenthetically my friends. Bia is the medicine we use for worse on movement, which means that if someone coughs, that's movement, they're moving and it causes pain in the head, it causes pain in the eyes, or a person has a headache and just moving their eyes. A tiny causes pain. We're thinking of bia. We often think of Bia for coughs in general, but coughs are a very extensive category. So it all depends on how the cough is presenting.

No, we're not going to be addressing nails. I did that in my blog last night though. No, today is injuries to ligaments, muscles and tendons. But if you go to my blog from last night, you'll find a discussion about nails. Hi Kristen, from Japan, hearing normal here, says Leanne. Good, thank you. Thank you. Good. Excuse me, I'm going to take a sip of water if you excuse me for a minute. So in my experience, when the injuries first occurs, BIA is often a good medicine, but after a while, the injury to the muscles, the ligaments, the tendons, we're going to be thinking, especially if the pain is extremely thinking of hypericum, hypericum, H-Y-P-E-R-I, cm hypericum. And when I look at this, we're also going to be looking at Rox, Ruda. There's silica in there, Ionia, graphite, g gcu, like a podium. There are a lot of good medicines here. But now let's move to another page because we're not going to use just one rubric. Friends, when we go through these, this repertory, don't think that once you've found the rubric that you ignore those others that might be associated. No, no. You incorporate them, you synthesize them, you use all the rubrics you can get that fit the picture. So now we're going to be looking at, hold on, lemme see if I can find this again.

Okay. Alright. Now at tendons, complaints of tendons, ruda, the number one medicine is ruda. Koum is very important, very important. Our gem, all of these are important. Sepia, Sabina, all very important. But now let's say if it's general complaints of, but now let's talk about injuries of tendons. Okay, now we only have 1, 2, 3, 4, 5, 6 remedies. The two most important are retox and ruta. So we're really narrowing it down. Now, injuries to tendons is rox and ruda. If there's a rupture, it's more than just an injury. It's more than just a blow or a strain if it's it's rupture of a tendon. Now we're talking about a completely different medicine as well.

We're looking at calendula. Now, I know that many people think that calendula is a medicine that's specific only for external injuries. It's a great remedy for the perineum after birth. How about that? It's one of our best medicines for peroneal tear after birth. It's also a great medicine for injuries. Broken skin injuries can be used in mother tincture. I would not put mother tincture directly on the injury because of course mother tincture means that it's in alcohol. But if it were diluted, some people like to use it in ointment as well, but I like to use it in potency. 200 C. Now, so far we've talked about roost, tax, ruda, but there's another medicine that I want to discuss here that when I look on page 1644 of the repertory, it's a very tiny medicine. It's secondary, maybe even tertiary in comparison to how important RDA presents and how important Costa come presents or even calendula. It's another medicine that I love for tendons, complaints of injuries to, and that is take a look. Friends, what do you think? What do you think is the other medicine Amazon does not have. Calendula 200. No, I just bought it today. I bought it on Amazon just today.

How about Bella Parais? That's a very good idea. Bella Parais is a very good idea because it's very much like arnica in a soft tissue, but this is not as soft a tissue when we're talking about tendons, ligaments, and muscles. Arnica, it's a good idea. Mag Foss. Yep. Let's keep going. Give me another one. Arnica. Everybody's saying Arnica Mag Foss still talking about Mag Foss. Good. I mean, those are all good choices. I love Arnica for injuries. Alright, let's see what we've got coming up in this group. Yeah, I'm so glad you're talking about this today. I've been trying to heal a ligament in my leg, says Angeline.

Who said that? Yes. Hypericum. Yes. Ruda, yes. Simio. A thank you, Sue a sim. I think Symphytum is a very, very good medicine for tendons, muscles, ligaments that are injured, that are ruptured. That are torn. Yes, Symphytum, S-Y-M-P-H-Y to you. Now we normally think of symphytum, my friends in bone injuries. It's not a bone. Yep. Tara says, I put potential 30 in a little bit of water and then D that on my kid's wounds. Man, it works like magic and healing. The wound doesn't at Tara. It's beautiful. Nancy, good job Nancy Scen says Symphytum. You're right. You're absolutely right. Now, I'm not saying that all these other medicines are wrong. Alice says Symphytum. Linda says, Symphytum. Look at you. Look at you. Elizabeth says, phyto. Yes, Elizabeth. Natalie Symphytum. Yes, Symphytum. It's great. Yes. Natalie 27 Symphytum. Fido love sim Phyto says, Jennifer. Now look, when I look at this, and I don't know if I can even show this to you, I really always try to show you these rubrics and I wonder if even can see them in the book. But as I said, I'm on page 1644. Sim phyto is very tertiary. It's not bold. It's not bold and underlined. It's not bold, it's not capped, it's not italicized. It's just one of those little simple little remedies. But I think it's valuable. I think it's really good. Is it good for meniscus tears? Yes. Tears. Yes. Yes, yes. I Good question, Donna. Very good question.

So what we're looking at is Donna's asking maybe I don't need surgery. Yeah. Yes. But it is in there says Elizabeth loves some fights, says Jennifer, do use some fight in the acute pain or that only for the chronic. Well, we're considering a tear, a rupture to be acute. It's not chronic, but there are chronic conditions. Certainly. Right. Now let me also say, I want you to also think, and this is not homeopathy, but I want you to think about what you're eating that could cause something like this. I want you to think about foods that might have nano crystals in them. They're super common nanoparticles, kind of like asbestos or something. I don't think you're eating asbestos. But how about oxalic acid? How about oxalates? They can cause a lot of pain. They can cause problems with torn meniscus. Yes, Elizabeth, that's exactly what we're talking about. Yes. So I want you to think about vegetables and fruit that have oxalates because it can cause problems like osteoporosis and arthritis and gout, tendon problems, muscle problems, joint problems. Now, am I saying that's the cause of a tear? Not necessarily. But do we want something that could cause more trouble? And could it be that eating these foods that have oxalates in them could be facilitating this?

So yeah, beet greens, beets. Leanne says beets. I think of beet greens. Yes. Beets, yes. Also, I have to say chocolate, my friends cocoa powder, almonds most nuts, but especially almonds. What else? Spinach. Now, because I consider myself a western egg pricer, I've always thought of spinach as acceptable. As long as you eat it with cheese, it's cooked, it should be cooked, always cooked. We never eat raw spinach. We don't eat raw. Hell no. No. There's a reason why they taste terrible when they're raw. I've never liked a spinach salad that it's got that funny feeling in your mouth.

But if it's cooked and cooked with foods that are high in animal fats and calcium such as cheese, now it makes it a little bit, oh, thank you, Jolie. Rhubarb. You're absolutely right. Rhubarb is one of the worst. You're absolutely right. Listen to this group. What chocolate says, Theresa Tomatoes. Tomatoes. The skin of the tomatoes and the seeds of the tomatoes are particularly bad. So does it mean that we can never eat oxalates If we have troubles, we should never eat them. If we have no trouble, then occasionally. That's the way I see it. And so my diet is, and my husband's is very, very, very oriented towards about 99% carnivore. We eat meat and eggs and butter and pretty much, and fish, oysters, et cetera. And one does not. Yes, UTI and cystitis can be from oxalates. Thank you, Christine. Oxalates are particularly harmful to the kidneys. Now I don't want to go. So no juicing. You bet, Tammy. No juicing. I used to juice years ago. No juicing.

Maybe rhubarb in a pie crust made with a nice large crust. Melissa, you're right. And I used to make a lot of rhubarb pie years ago. I had it growing in my garden. Yes. So you seldom eat salads. I never eat salads. I used to years ago. I never eat salads. No. My dinner eats salads. My brother would love to dump the vegetables Ever since he was a little boy, he hated them. Smart boy. Yeah. Well, when we're using a carnivore diet, we can lose weight. But more importantly, we got to heal first. We got to get rid of the conditions, the glucose intolerance, the blood sugar, the blood pressure, all of those have to be resolved first. Then the body starts to lose weight, skin, the ruptures, all of those kinds of things need to be addressed first. And that's where a diet high in animal fats and animal protein make the most sense.

Strawberry rhubarb pie. You got it. What made you choose carnivore Joe? It asks April. Well, I was pretty much carnivore for many years. I mean, we've been eating like this since my second son was born, and that was 32 years ago. And the reason was because when I was pregnant with him, I had been pretty vegetarian even leading up to that vegan. And during that pregnancy, 32 years ago now, 33 years ago during the pregnancy, I started to crave meat beyond what I ever imagined. I would not only crave it, I dreamed about it. I dreamed about eating liver and I dreamed about lamb and beef and pork and butter and animal fats and bacon and eggs. I couldn't stop thinking about it. It's all I wanted to do. So during that pregnancy, I loaded up, I ate bacon and eggs for breakfast, good quality bacon, but bacon and good quality eggs and fry the eggs in the fat.

And then for lunch I'd have a couple lamb chops and then for dinner I'd make a rib eye or whatever. I had chuck roast and that's what started me on this. Now, I'm not saying that I didn't eat any vegetables all through the years, but my diet has been very, very heavily meat oriented. And then about five months ago, I decided I'm going all the way. Now, I had done it before about two years ago, a year and a half ago, and I liked the way I felt, but then you get away from it because you go out with friends, et cetera, but it's not so hard anymore. My husband and I have been doing it now very strictly once about a year and a half ago, and then now we started it again about four months ago, and I can't tell you how great I feel.

Filet m Young. What about squashes? I mean they're acceptable. Listen, I'm not saying you shouldn't eat vegetables ever. I'm saying that if you have any problems in which oxalates are present or sugars are present, such as, I mean, fruit, bananas, terrible, terrible. I can't believe how many times I used to give my kids bananas. Terrible, terrible thing to eat. It's all sugar. It's all sugar. Don't believe it's got potassium. You can find potassium in much better foods than that meat. I can't afford no, Shelly. You can't afford it. It is amazingly inexpensive. My husband and I eat five eggs or four to five eggs every day. You know how cheap eggs are? Super cheap, super cheap, and you can get very inexpensive cuts of meat, very inexpensive that get the cheapest ones. They're the most nutritious, they got the most fat. And I cook with talo and LA that I make myself. Not always. I do some buy some of it. So dates, dates. Figs are high in oxalates, but I don't remember dates. I can't remember. Look it up. Just look up oxalates. How high are the oxalates in dates?

Okay, let's get back to this. Because if somebody has a tear of a tendon or muscle, if they have a joint problem, if they've got arthritis, enlarged joints, if they've got recurring urinary tract infections or even just one for that matter, it is worth the effort to look at what we're eating, making sure we're drinking a good amount of water. Not too much water, I don't believe a gallon, et cetera. It can be over the top. That can cause trouble too. We have to stay away from the grains, stay away from the breads, the legumes as much as we possibly can. So is a typical meal, just meat? Yeah, I have three eggs, four eggs and some bacon for breakfast. I don't have a dinner because I have a late breakfast, so I ate breakfast around noon and then for dinner we'll have maybe some smoked salmon and some chuck roast.

That's it. That's it. Oh, here we go. Susie says dates are high too. What do you eat for dinner? That's what I have. Chuck roast salmon or I have a lot of oysters. I love oysters. I ate a lot of sardines. I have sardines often for breakfast, a can of sardines. Delicious. My friends very, very satiating and sardines are different than tuna because they're little tiny fish and they don't collect mercury. In fact, they are nearly mercury free. Yeah, grains are not good, says Barbara. Yes. What about sauerkraut? Lacto fermented veggies? Well, if I'm going to eat vegetables, then I'm going to eat most likely pickles. My son makes pickles and so I will have a little bit of that, but not lately. I even stay away from that.

And yeah, carnival also includes seafood. Yes. The other night I had my family over and I got frozen escargot in butter. Delicious. I made sini, which is a little stick with lamb on it. We grilled it. I had some fabulous sausages that I get from this Italian market and buffalo. Isn't it important to eat fiber? No, it is not important to eat fiber. No. Fiber is not nutritional. Do you have caught salmon? I do. I don't buy farm salmon. I'm type O blood type O. Some of the jabs seem to be giving folks alpha GA syndrome where they develop allergy type reactions to animal proteins. Yes, but that needs to be treated. It needs to be treated. So we look at what is the condition the person suffering from, not the name of the disease, although that can be useful too, but what are the symptoms?

And now let's treat it homeopathically because they need to be able to eat meat. Again, I strained my hand a while back and Arnica helped some but didn't take care of the injury. I finally tried Bellas when I remembered when Arnica isn't enough that did it. Beautiful. So Bella Parais is the kissing cousin to Arnica. So when Arnica doesn't help enough, then we think of Ballis, B-E-L-L-I-S. Bellas Parais. Kids always want carbs and sweets. What can we do? Just don't give it to 'em. I just didn't buy cereal when my kids were little. They just didn't have it. We just didn't have it in the house. I did make pies. I loved making pies, but don't buy it. They'll be hungry enough that they'll just eat what you give them.

All right, let's see what else we've got. Let's talk more about the tendons because when I'm finished here, I'm almost finished. We're going to go to Jots mighty members and we're going to talk about the specific schedule that I put together for Donna. Now I have to tell you, I always use two hundreds for these. For Symphytum, Ruda, whatever. I'm using Calen. I use two hundreds. How often? About twice a day generally, except for Hypericum, my friends Hypericum, I think differently. Hypericum is a medicine that is specifically for the pain and also infection, but it's unlikely that an infection would ensue from something like this.

And then I might use a 200. If it's really severe, I might use a one M and instead of twice a day, we use it every few hours and then open it up, taper off so that let's say it's every two hours as the person takes it over a couple of days every two hours. Then maybe by the third day we're using a set of every two hours. We use it maybe every three or four hours and then we test that out and find that tipping point. And then we maybe every four hours. Maybe every six hours, okay. And every six hours Uhuh pain is back again, back to every five or four hours. My blood type A tells me I should be a vegetarian. I don't buy that blood type business. Can you imagine if you had type A and your husband had O and you had five kids?

Who's going to do all that kind of cooking? No, I don't buy the whole blood type thing. I don't think it makes any sense at all. I went on carnivore and was totally constipated. So I'm between a rock and a hard place and Marie says, well, I don't know what that means being constipated, but you don't have much stool when you're eating meat. Why? Because it's not roughage. If you go outside and grab some leaves from your oak tree and put it in your food processor, just put the leaves in there, put some bark in too while you're, and grab some grass and put it all in the food processor and you mix it all up with water and you push frappe and it gets all munched up and you drink that down, guess what? You'll have bowel movements, but what good is it? It's not food, it's not nutrition, but when someone eats meat, there's very little stool that remains, the body uses up every ounce practically.

And the other part of it is that some people don't go every day, sometimes they go every three days. Is that constipation? I don't believe it is. Now if we're talking about pain, because constipation is a whole general picture, it could mean pain, it can mean straining. It could mean the stool is too hard. It could mean the stool is not frequent enough. It could mean et cetera, et cetera. It could mean that the stools are pellets. All of that could be part of constipation. So it's kind of a vague term, but we're not supposed to have bowel movements three times a day. It's not supposed to be like that. That's in the old days when Kellogg, I think it was Harvey Kellogg from the 18 hundreds decided that no one should ever eat meat because oh, there's some warning doves above me.

Wow.

Perry, take a look up.

I saw,

Oh my gosh, they're all gathered up. We have a glass roof here. Barbara says, it's exactly what I'm finding out too. I have my cats on an all meat diet and they don't do a stool for days yet. They're not constipated and have never been healthier. Yeah, it doesn't have to be every day. What is okay? Westin a price foundation. Maybe that's what you're asking about. Carrie Coffee was mentioned. Does coffee antidote homeopathy? Coffee only antidotes, homeopathy. If you're using one time, you're using one medicine one day. That's a classical way of explaining or addressing coffee. The classical homeopaths use one medicine one day and they don't repeat it for weeks, maybe even months. So if you're happen to antidote it with coffee, you're out of luck because all those weeks have to pass by and you still don't have a medicine that's acting. The method that I teach is repetition twice a day, once every two days, once a day, once every three days, once every seven days depending on the protocol that we're using.

And so just that repetition allows if coffee is going to antidote, which it rarely does. My friends coffee antidotes when someone is not accustomed to coffee. Can you imagine all of Europe uses homeopathy. They all drink a ton of coffee. No, we could never keep people from drinking coffee. So enjoy drink coffee raw for cats and we eat cooked says Elizabeth, Dr. Dorothy Shepherd had a great article on Bella's para annus that she does and so does Burnett in 50 reasons for being a homeopath. Yes, Harry, you're absolutely right, especially I remember Dorothy Shepherd's mentioned I have some swelling in the knee lately, especially painful when going downstairs. Some vitamin R tox. Well, one of my favorite medicines for just pain in the knee without it being torn is Arnica. I love Arnica for the knee, but Barb from Toronto, let me suggest consider eliminating foods with oxalates.

Yes. He won't eat bones whole. They eat them ground up from then afford balanced diet plus some organ meats. Wow, Elizabeth, your cats are going to be extremely heavy. They're going to live a long time. They're going to probably outlive you. I'm trying that with my dogs. Some say they need so many different vegetables, et cetera. It is overwhelming. I'm sorry. Dogs don't eat vegetables. They don't take down an ear of corn in the wild. They don't take down a rice patty. They take down birds. Dogs, kill birds. Chicken. The best food for a dog. Consider Symphytum 200 plus Arnica 200 for the knee chef's kiss. Leanne, thank you. I like the Phyt as well. Yeah, arnica, but especially Arnica 200 for the knee. Yep. Any negative blood type food to eat? Any negative blood type food to eat? Any suggestions? Yeah, I think carnivore. Check it out. Okay, so we are going to finish up here and I'm going to go to my mighty members and we're going to talk about Donna's schedule and yeah, we're going to go in just what, five seconds, right? Okay. Alright everyone, see you on the other side for those who are members.

Okay, we ready?

Yeah.

Okay. They say that because if they ate prey they would get stomach contents, et cetera. Always make me laugh. Dogs don't take down an ear of corn. No. Thank you so much for discussing us with us. Those books. I love Dorothy Shepherd, isn't she? Harry? Isn't she wonderful? Harry, you're pretty wonderful too. I have to say my dog picks up beans and pea from my garden and she loves berries. She eats a raw diet, picks her own veggies, and I give her meat. I can attest to Annica for the nieces. Celeste. Yeah. Pain. Pain class. Thank you, Brenda. Go to my pain class, jots learning center. Scroll down to pain, make it stop. And that's exactly when I talk about symphytum and arnica for the knee. Yep. What about tendon? That feels too tight to go up and down the stairs, says Carrie. Yeah, I would look too tight, but not painful, tight could be dehydration.

Problem could be. Again, oxalates could be you need more exercise, but if you must, then I might add symphytum. I would go more with Symphytum for tightness and not arnica because arnica is more for pain. My dogs will eat almost anything. Okay, got that already. Yeah. Dorothy Shepherd. I tried to buy Dorothy Shepherd's books. I mean to own the own rights to them because I wanted to read her books to you. That was my goal and the estate that's holding, I believe it's an estate, said no, thank you. Then about 10 years later, I wrote back to them again and they said, no, I don't want to, don't want to sell 'em to me. I wanted to own the rights. A friend of mine's dog's skin condition cleared up on raw food. He was digging raw food out of the farm's scrap pile. Mike Bellas prayer be fitting for knee arthritis that isn't responding to the protocol. I've always thought of it for soft tissue injury maybe. Well, it's possible. That's possible, Karen, but do think of Ruda Ru tox, the medicines that are very specific for the knee. Arnica Sim. Think of those two. We make our own dog food, but maybe we should skip some of the veggies and rice. Yeah, no, the whole veggies and rice thing is all about the veterinarians and veterinarians are just as ill-informed the medical doctors.

Okay, I recommend arnica to my skeptical. Hold on to my skeptical neighbor. It worked for him. Golfing. He was a convert. Good job, Barb. They're on my list of books to get. What about foods like onions, garden and horseradish to help inflammation? Well, I think the best foods for inflammation are animal products, plantar fasciitis, garlic, look, I put spices on my meat. I add white pepper, I add salt. Sometimes I have a garden that I have some scallions that are growing. Sometimes I chop up a little bit of scallion and put it on top of my meat. I do like that so I'm not a hundred percent. So there seems to be an epidemic of people getting knee replacements lately. Friends that say, oh, I'm getting the knee replaced as if it is nothing. You're right. It does seem to be just about nothing. My age, boy, I'll tell you my age is really struggling.

I worked today on my course that we're about to launch called Boomer Apathy, all about my age, about 65 plus. I worked on it today with one of my team members and we're going to be getting that out and so we'll be talking about a lot of things that boomers have these days. They're making up for lost revenue during Yeah, you bet, Leanne. Yep. During the lost revenue during that period of time in 2020 to 2024. Okay, let's talk about Donna's schedule. This is what I suggested to her for a torn ligament and tendon. This would work for muscle too, my friends. Now, anytime somebody's had a drug even before this, even going back surgery means a drug, any kind of drug when you want to stop the action of the drug. So we start, we open a case with camp for 201 dose one day.

Now, I did not suggest that to Donna because I know she's done this in the past, so we don't have to do that every single time. So we start with Kafer 201 dose one day. Then I suggested that we use Symphytum 200 BID or twice daily. Then I suggested Ruta 200 BID, otherwise known as twice daily. Ven calendula 200 twice daily and the last one Hypericum 200. Now if the pain is excruciating, we would use a one M, but I suggested every three to 12 hours with Hypericum 200 because we want to start with Hypericum 200. We don't want to go too high, we don't want to go too low. 200 is a really nice, comfortable place to begin when somebody has pain and especially if you're using it frequently. A 200 of hypericum can sometimes act like a one M of Hypericum less frequently, so 200 more frequently, one M less frequently, but I like to start with a 200 tightness and ligaments in a recovery foot.

Injury foot does not want to flex. Well, flexibility is very much Ruda, symphytum, all of those that we've already talked about and it could be from a recovery, from a foot injury. It could be that. I go back to what I said earlier, make sure you're hydrated enough too. My brother-in-law's having knee replacements sometime too. He isn't open to homeopathy, but I sure offered to send him some remedies. Well, if he isn't open, he isn't open. Drop it my friends, when you have someone close to you that you care about, who doesn't care to even open a book to read my blogs, to come here on Monday nights to learn to take courses, it's okay. They don't have an interest. There was a time in my life, my friends, when I had absolutely no interest in health at all. Now I was young and I didn't have very many problems, so there was no reason for me to be interested, but let it go and just leave him alone.

He'll come to it if he's going to sim fight 200 root of Kula. Yes, all twice a day. You're absolutely right. Says Kirsten. Yes, camp for to start. Yep, you've got it. You've got it. You've got it all written down, my friends. Thank you. It's beautiful. Yes, beautiful. Donna's got it. Mindy's somebody. Barbara's thanking Mindy Theresa's thanking Kirsten. I love it. What was the second medicine? Everybody's repeating it for you so that you've got it, Theresa. Okay. Or was it? I think it was Mary. Mary and Theresa. April says, did you get all, yeah, it's all written down here. My friends just keep watching and I wanted you to know my friends. If you don't get it tonight, this is just live. Wait till tomorrow. This will be repeated forevermore. Okay. What does B-I-D-B-I-D means? Twice daily. Twice a day. Britain's telling Tracy and Carmen good. Pat from Grand Rapids. Yes, twice a day. Donna says it's means twice a day.

It's nurse talk. It says Elizabeth. It's true. It's medical talk, so it depends on who we're watching. Who's here tonight with us? I had a wolf hybrid that loved some veggies. Well, I'm not saying that we don't love vegetables. My friends, I dunno if you know what gardens are, but I love gardens. Love them burdock. I picked them in the spring. I missed it this year. I missed the time. You can't just pick 'em any old time. They grow wild. I love them and I will tell you that if next spring I get to a garden patch, if you're Italian or French, you know what I'm talking about. If I get there in time, I will still be carnivore. Most likely I'm still going to eat those cartoons because I adore them beyond measure and they do have oxalates, but once a year is not a big deal. Yeah. Homeopathy for the first Eighter is a great first book by Dorothy Shepherd.

I joined late for the tension and ligament injury. Do you wear a brace or support if it in some way? I would never put ice on an injury. I would never do that. If you need a brace to keep it from moving, then that is an indication that Briana may be needed instead and why would she throw it away? I don't know what you're throwing away. Okay, thanks. Mindy. Do you alternate the remedies? You don't take them all at one time. You have to separate them by a few minutes, 15 minutes, something like that. You're all helping each other. I love it. Good. I need to look up cartoons. Cartoons are burdock. I wonder if she took the expiration dates too seriously. Oh yes. Don't take the expiration dates on these remedies. Seriously, I have remedies. I wish I had one. Do I have one here?

Sometimes I keep one at my desk from the 19 10, 19, 18. I've got very old medicines. They still act. Do not throw homeopathic medicines away. What is from drop foot side effects from nerve injury or chemo? Sorry, that's a whole nother subject if you can to antidote Approving and you still have the proving. Can you repeat camper If you camper to antidote approving and you still have the proving. Oh, can you repeat? Yes. Yes you can. Why no ice? I think it's antithetical to helping an injuries heal. Is there danger to carnivore diet? No. High cholesterol. We love that cholesterol. That whole lipid theory has been disproven. Thank goodness. Ansel Keys is the one who brought that into the limelight back in the sixties and fifties and sixties and he was dead wrong. It's not cholesterol that causes trouble. I want a high cholesterol because it helps my brain.

It helps my reproductive organs also. Do you think it's a waste of time and money to get yearly physicals and blood work to get basic testing? Well, it is for me. I'm not saying you shouldn't do it, but it is for me. I don't want to do that. I can figure it out pretty much myself. If I can't, I've got trouble and I can't figure it out and I can't use homeopathy and I can't use food to change it and exercise and fresh air and walking, et cetera. If that doesn't do it and I need to know what it is, then I would go for a test. No, I don't like the blood test because I think they create a psychological shift in who we are. Yes. Thank you, Leanne. I suppresses the body's healing response that the inflammation we need. The inflammation. Thank you Leanne. Leanne's a physical therapist and a highly regarded physical therapist. To me. Card tastes similar to artichoke carts. They do, yes. I guess ice for an injury is kind of like Tylenol for fever in a way. It is.

There we go. Alright, my friends. I actually have to dash off. I've got a whole group. I've got 10 groups meeting with me and Gateway. If you're not a gateway student, my friends, don't be silly. Join a gateway group. It's so inexpensive. You'll meet people you like. You'll actually see them. You'll learn so much. You can never learn too much of this. My friends, those of you who've been through the study groups, the gateway study goes, please tell the others please, because it's not expensive and you can take it over and over and over and over. You own the book. Take it again and again. Start your own group T'S Learning Center. Scroll down to gateway to homeopathy. Thank you. Joet Blessings. Thank you. God bless you too. Love Gateway says Irene from Montreal. Love Gateway says Leslie, recommend. Gateway says Gina. Expect yes, my friends.

We have tens of thousands of people who have gone through these gateway courses. Harry came from, did Harry. No, it wasn't Harry. Sorry Harry, I don't think you've been through one Loved my gateway classes. I want to teach it. Yes, you should be teaching the gateway. You should be doing that, my friends. I would highly recommend it. I loved it. Loved gateway. Thank you Paula and Laurie and Nancy and thank you all. Love you all too. Thank you for being here. Taking your time to spend time with me and everyone else. God bless you all. Bye friends.

With our homeopathic protocols, you learn your remedies. My family A needs a me, so I must know our remedies, how much to take, how often to treat, and when to stop and when to repeat. With our homeopathic protocols. You learner to Rames ausa. No. Darius Elementary with Arnica had our Seneca Feds Paia slither arms from wither No more my family, A needs of me, so I improve my memory. Not only the Rems, but how often to treat.