I think I've had too much coffee today.

Everyone. I think I've got more energy than I'm supposed to have at this time of night. Hi everyone. Hello. Hello from Wisconsin, says Shelly and Buffy says Hi all and Gracia from South Florida. And hello from Oklahoma, says Angela and smiling tree branches. Hi from Lisa in Mexico. You've got your Mexican flag there and Elizabeth, hi Elizabeth, nice to see you all. Hi everyone, everyone's joining in. I'd love to see where you're from. Oklahoma and humble Texas is Tina. And what else do we have here? It's coming in fast. So I pat in Kansas and hi, Paula Sly from Wisconsin. Hi Conta. Hello from Arizona. I love the name Conta that had an Aunt Conta and Marty from Pittsburgh and Diane from Wichita Falls and Texas. And then another Houston, Texas, Theresa and Lori Elizabeth between Allentown and Penn and Philadelphia. Says Lori Noreen from Pay for Hi Noreen and Buffy from Ohio to sunny Ohio.

Hi, Noreen says Susie B Hi Susie B Hi everyone. It's great to see you all. Good evening. My name is Joette Calabrese and I am here as a homeopath to do one thing and one thing only. We do it every single Monday night at eight o'clock eastern time and we meet so that I can teach you what I know about homeopathy and I like to see you share information with each other and perhaps even connect. It's a good thing this community matters because homeopathy is pretty reliable, a lot more reliable than many other methods of medicine. So that's why we help each other. Sometimes it's not easy to figure out exactly what to do, but that's why we have each other. That's why we have your education, that's why you join Gateways, our Gateway classes and join our study groups, et cetera, et cetera. So my friends, for those of you who don't know me, my name is Joette Calabrese and I welcome you all.

Good morning from a rather wet Western Australia, says Tara, nice to see you all. And Kerry from Dallas. Hi Harry. Hi mighty. He says, alright, so tonight we are going to talk about something that happened to me and I thought you might be interested, maybe you wouldn't be, but I think it's helpful to know what other people do, what homeopaths do when they're injured. And it's been a while since I've had an injury that I can remember. Anyway, I walk on the beach every morning with my husband and we walk for about between 40 and 60 minutes every day unless it's pouring rain. And I always walk barefoot unless it's freezing cold. And even in the cold weather, I bundle up and try to walk barefoot, which is I can understand why we should we wearing shoes because as I walked along the beach, I stepped on what I would call a reed. It was a very hard grass, like a wild grass, and it went right into my heel. It was painful and it was, oh, good morning from Calcutta, how nice PR team, how nice to see someone from Calcutta.

So it hurt. It was obviously embedded and I hobbled home and Perry said, well, let me see if I can get it out. And it was hard to get, he couldn't get it out. We had tweezers, we washed it down with some calendula. I soaked it in some warm water and with calendula in it. And that's normally what we do when there's an injury of that sort because I didn't want it to close over the warm water and calendula keeps it from doing that. It also keeps infection down. And I'm not going to tell you what I did right away. I want to see what you think you might do or what you have done. I'd like to know if anyone's ever had this problem. Many certainly everybody steps on something from some time or another. But one of the problems here is that it's I walk every day and I not only walk on the beach, but I also, when I'm teaching my classes during the day, I have a treadmill now and I walk on that and I love it.

And I'm so into this walking thing. I've actually been walking almost two, sometimes even three hours a day because I have so many classes that I'm teaching in the Academy and Mastery Mastermind, et cetera, et cetera, that I am really into this and I want to be able to walk. Now I have to tell you, I could go to a clinic. In fact, my neighbor said, well here, here's a phone number and here's the location of a clinic. That's really good. It's podiatrist. This person I guess I think it's a woman really knows what to do and she'll get it out. And I was thinking, but it hurts a lot and I don't want anyone poking around there. And I know what they would do is they'd probably give me an injection and that's going to be painful. And to be honest, my friends, I'm chicken, so everyone's telling me what they would use.

They would use Silica, Silica, Silica, Silica. Everybody's saying Silica, Silica, Silica. Shanna, I think it's Shanna or is it Shana from Richmond says Ledum . And she's right. I took Ledum and Harry says, Ledum, Hypericum. You're absolutely right. So it was painful. I considered taking Hypericum, but it wasn't that painful. And Hypericum is also great for infections, but I did indeed, I took Ledum. Conta says Silica 6X, Alison says Silica. Harry says Silica. Everyone's saying what's really good is that Silica pushes out splinters. So the problem is that if I want it to come out, that means I can't. I mean I'm pushing it in every time I walk because I'm still walking. So the first of the day after I got bread and soaked it in milk and put it on the site, washed it down, cleaned it with calendula, scrubbed it a little bit and then put bread on there with milk and then put a bandage around it.

And that was hopefully what helped draw it out, but it also gave it a cushion. And so I didn't feel the pain because there was all this cushion of soft bread around my heel and that was actually very comforting. And then I was thinking I should be wearing shoes that have this kind of a cushion. It was really comfortable to walk the second day, third day, same thing again. Now when I squeezed out as I was walking, once I squeezed out a good amount of the milk, the cushion wasn't as spongy, but it still gave me some kind of cushion. So what I did was, let's say I stepped on a bee last Friday. Also no fun. I know I have stepped on bees too on the beach. This is how it happens to me almost every time. That's why I guess we wear shoes, this earthing business.

I don't know how far I'm going to go with this because if this keeps happening, I had stepped on a bee few months ago, about six months ago. So anyway, so I took Ledum mostly because it was an injury that was a splinter type injury. So these are the things that we know off the top of our heads, right? Everyone. And so what I want you to know is that I want you to think like this. I want you to know those medicines that are most useful in a pinch, but we also want to look in our Repertory because we might miss something. We might miss something that could be quite valuable. So here's my Repertory. This is Robin Murphy's fourth edition. If you don't have it, you might want to own one. And I'm on page, I'm looking on page 2312. And I look in the clinical section under injuries.

And if I look under injuries, wounds from splinters. Now there are several medicines there that we could consider. Arnica is bold, Hypericum is bold, of course Cicuta is bold, Ledum is bold. Myris is bold, and silica is bold. Now what is particularly interesting is if we want to, it says splinters and then expulsions to promote. So that's a sub rubric which is very useful expulsion to promote a splinter. So we have 1, 2, 3, 4 medicines. The two big ones are number one, Silica. Of course we all know Silica. In fact I just did, did we post that already? I don't know who's with me tonight. Is Serena here or is it Nathalie? I haven't looked to see who's with me tonight, but we just posted something on silica where we invited a few of my students to give us their stories on Silica. Fascinating. It was our podcast. I think it's up now. And so everyone talked about Silica and it's such a fabulous medicine because we know that Silica can push out splinters and glass shards, et cetera.

And we've seen it with shards of glass. And if you want to listen to that podcast, it's fascinating. So now my sister says Paula Sibley, my sister-in-law stepped on a fishbone on the beach and she had to have surgery to take it out. I don't want to hear that, Paula, I don't want to hear that. I mean I'll do it if I have to, but I'm really going to do whatever I can. So Marica is another medicine here. Now expulsion to promote the two main ones is number one, Silica in the second is marica. So after I took the Ledum in for a couple of days, I did start Silica and I started it in a 6x and I don't see any change. This has been about nine days now that I've had this embedded in my heel. The pain has gone down quite a bit. There's only pain when I press on it. I can feel that there's something there and I have to say that, oh yes, oh, thank you. My staff says yes. The podcast was just posted a few days ago. Nathalie, thanks Nathalie for pointing that out. So check out my podcast because we just talked about Silica.

Let me just tell you about Myristica because it's one of the two main medicines. Now I'm going to go to material medica and read about Myristica because of course we know Silica and I also happen to know Myristica, but I haven't looked at this medicine in a long time. It doesn't show up that often. It's really more often used for boils and I generally for boils, generally speaking, I use Hepar sulph, but Myristica is a very good choice as well. So here I am in Robin Murphy's material medica and under M for Myristica. And it's a Sebifera. We know that it's great for injuries and ations and whitlow. Now it's whitlow are those infections that gather around a fingernail or a toenail and they grow large and they fill with puss. But we also know that Myristica is great for, hold on, I'm going to find this.

I'm on page 1335 in the materia medica Robin Murphy's. Myristica is useful for abscesses from splinters. Now there is no abscess, at least not that I'm aware of, not at this point. I can't see it. Only Perry can see it. It's in such a position that I can see it, but not closely enough. Not well enough. I'm not as limber as I used to be, especially splinters under the nails causing infections, pus and pain. But of course this is not under the nails, but it says that it's, there's another little section here. I wanted to read foreign objects, sation, oh also of the joints. And now it was stated here that Cartier noted two cases in which he used Myristica and it was in joints that had been affected by an infection and pos had accumulated. And what was interesting was not from splinters, they were just joints that were infected and he used Myristica 3.

Was it C? Yes, 3C. And one took months for it to resolve. And another one it worked out fairly quickly. Five drops three times a day was given in 10 days there was no longer sation the size of the joint. And this elderly man, he was 87 years old, has become normal and the tender spot was gone. So that is certainly a possibility. Now I have to also say that Silica is also a great medicine for boils and abscesses. And so we have two medicines that have the capacity to soup rate to push and to push out a splinter as well as deal with a potential infection. So let's see what everyone else is saying. Almost always use Ledum as someone's saying here. Alright, let's see what everyone's got here. I like to hear what other people's experiences. Conta says the Ledum for puncture, wound and Hypericum for the pain.

And as I said earlier, Hypericum is great for infection as well as the possibility. Bentonite Clay, great idea. Jewel. Not a bad idea at all. I have Ben tonight. Clay, I had a splinter in my finger and my husband dug it out with a needle minor at-home surgery. No doctor needed. Yes, nice job. We like Myristica too and worked to cut a gum boil when Hepar sulph no longer was acting, says venicia. Okay, and how about PRID drawing Sav? It worked for my son when the head of a wood stick was embedded in his armpit. Now I don't know that. I do know about drawing salves, but I don't know about that particular one. Let's see what everyone else. I'm confused about the page number. Sorry, it was page 2313 in the Repertory and it's page 1335 in the materia medica. Alright, let's see. Pre homeopathic drawing Sav contains Arnica, Calendula.

Oh, isn't that Carbolic acid, Echinacea Sulphur. ethanol Silica and Sulphur. That's very interesting. Thank you Conta. I'm going to ask Nathalie to grab that for me, that name and I may just look into that ointment. If you went with Marissa Cocho, what potency would you use? You know what? I just ordered it. I don't happen to have any on hand and so I think that I ordered in a 30 and a 200. I'll probably use it in a 200. So I was using Silica 6. Then I've moved to Silica 200 and I think that's what I'm probably going to stay with is the 200 for Silica. I'm taking it twice daily. When I was using the 6x, I was using it 2, 3, 4 times a day. Oh, PRID is from Hylands. Interesting. I didn't know that. PRID is great, says Robin. Page 1403 in the fourth edition. There we go. 1403. Do I have the third? Oh, excuse me, friends, I'm using the third edition of the material, please excuse me.

Yeah, I might do that. Drawing Sav. Now a drawing Sav, we have to ask ourselves, does it draw out just and mire debris or will it also draw out? That's the question. Will it also draw out splinters, et cetera? Because we know that what Silica does, it doesn't draw out. It actually creates a sation and pushes it out because it causes, I don't know if I'd really call it quite an infection, but it causes it to harden around the splinter and then subsequently pushes it out. So I have to say that I'm prepared. Should I need to, I will have it. I mean I'll have Perry go at it first, see what we can do. If it is too painful and I have to have it done otherwise, then I guess I'd be prepared. But my friends, this is the way I look at it.

I trust my medicines and I'm going to trust them and I'm going to push forward and going to make the assumption it's going to work. Here we go. Lisa says, Pritt worked magic at a spider bite on hubby's back. Took a couple of days, but the swelling and redness has disappeared. Yes, great. And Karen says Pritt is great for itchy bug bite too. A little goes a long way. PRID is HPU S's. Robin, thank you. We like PRID as well. Okay, let's see. Betsy. I've used PRID often for splinters says Marty. Well that's good to know that it's also used for splinters. Vacuum that baby out or cupping. Cupping. Nice idea. Yeah, that's a very good thought, Harry, nice idea. Yeah, I'm sorry Elizabeth. I was using the wrong edition. I said fourth edition of the materia medica and it was the third. All righty.

Let's see what else everybody's saying on this form here. I use Silica to get rid of the corn on my foot. Yeah, Silica is really great for those kinds of things. PRID made from by Hylands. Let's see, I use PRID drawings for small sticker splinters and it works well. Thank you Angela. I'm going to certainly give that a try, but meanwhile I'm going to stay with my Silica orally Silica 200. I'm going to hold onto the idea that Myristica might be of use at some point as well. Let's see. Just had bad, bad cat bite after I accidentally stepped on cat. It says Nina, painful using Ledum and Hypericum. I only have 200 C. Is 1M better? No, 200C could probably do it, but I will tell you that cat bites, you want to look in your Repertory under bites, injuries, bites, animals and certainly Ledum and Hypericum are very important.

But I also want to remind you, I also think that Stramonium can be very useful in animal bites, can be very good remedy and we usually use it in a 200 for various things. Says Laurie, how did I not know about this combination medicine? That's so great to know. I had to have a fractured patella surgically repaired a few months ago. They used a wire to move the bone back into place. Would Silica act on that wire? It's possible if the wire is sticking out, it might help push it out further, but if the wire is in place, if you know what I mean.

If it's intended to be in a special place, and what I mean by it doesn't have anything to do with intention to be honest, but mesh in the abdomen and wires and all those kinds of medical implements are generally not pushed out bys unless they're already poking out. I have a friend who gave birth after her birth. They used a suture for her episiotomy after the app episiotomy and they left a suture right there and it was poking out from because she was using Slica. She couldn't imagine what it was. She had no idea. She used Silica and it did eventually start poking up, but she did have to have it pulled out all the way. Maybe she could have waited. I don't know if you want to wait that long when it's something like a suture and in that area you could take a photo of it so we can see it and enlarge in it. Yeah, we could do that. That's not a bad idea. I might do that. It's going to probably be a while before this comes out. Yes, the pod case was posted of. Okay, podcast. Okay. Yes, thank you. Alrighty. Let's see what else we've got.

PRID works magic in a spider bite. I think they got that already. My neighbor used Silica to get rid of some splinters, but unexpectedly it pushed out tiny metal shavings that were in his eye from years of handyman work. He wiped them out and then he was fine. Yes, Mindy, that's exactly the kind of stuff that happens with Silica. That's exactly what happens. Glass and people who have been in accidents and glass has been showers were embedded in the skin and they had no idea or that they were told it was all removed and they absolutely were not removed. So that's exactly what happens. We soaked the area in clean kerosene, very drawing. Yes, you're right about that. Buffy don't wrap tightly, draw every, even blood poisoning, splinters and infection, et cetera. That's her farm recipe. Bug bite thing is a useful little suction thing for splinters.

Bug bite thing is a useful little suction thing for splinters. Never heard that Nathalie. Jot that down for me please, if you don't mind. We use an Epsom salt soak for our goat who you had an infection around the hoof. Wonder if that would work for a splinter as well. Yes it could. Yes it would. I think it could help somewhat Kerosene cleared a cat bite. Kerosene can be pretty powerful stuff. Friends, it can be very useful. Epsom salt soak is a great idea. Debbie. We also use that to remove a glass splinter in my baby. Buffy, which remedy cleared the cat bite asks Donna the kerosene soak. I took Silica 6X is Phyllis for several days and it worked its way out enough so I could pull it out. That's what I'm expecting. I had a client tell me just the other day, she is in her late seventies.

She had cesarean sections for her babies after taking Silica. She was using it for, what was it bunions? Silica is a great medicine for bunions. And after a few, I think she said a couple of weeks, maybe a few months, one of the sutures from the cesarean section started to poke through her abdomen and she pulled the rest out and had been in there. I mean she was 78 my friend. She is 78. Her last baby was in her late thirties. I believe it was a one inch bamboo Splinters felt like a board. Yes, it says Phyllis. Yes. Good luck Joette. And I have confidence in these remedies too. So much so that my families thinks I'm crazy when I say I would use them before going to a doctor for something as serious as an animal bite. Yeah. Why do you use also recommend Stramonium for animal bites?

Would you give them Ledum first? I would use Ledum, but I would also use Stramonium. Why would I use Stamonium? Because it just happens to be one of our good medicines for animal bites especially. Well, I noticed dogs, but we could also use it for cats. And it's a Banerji. I believe it's, I think, I don't know if it's a Banerji protocol or Pratip just mentioned it to me. I don't really remember now. Okay. My non homeopathic tree service in laws have always used PRID for decades for splinters. Oh, I'm so on the PRID thing, I'm going for it. But meanwhile I'm going to stay with Silica. I'm going to stay with Ledum. I'm going to keep the area clean. And I've decided that although it's very hard for me not to walk because I sit so much that I need to walk every day. I think what I'm going to do is create some kind of a sponge and I may go back to the bread and milk and put a tape around it again so that I can walk every morning.

Let's see what everyone else. Lots of comments here. There's a foam heel pad for plantar fasciitis and has a pushout center. Yes. That's a great idea, Karen, that you can remove that creates a hole to promote a durable heel. That's it. So enough with the milk and bread, right? What potency for Stamonium. I would always use 200s friends for this kind of thing. Now having said that, I have to mention that it's working with the French protocols. They often use very low potencies. They use 5s.They use 3s, they use unusual potencies. Well, they use 9s. 9s, 9Cs, et cetera. Cut a hole in a sponge. This Susie B. Yeah, great idea. Yes. Yeah. What's wrong with my foot? I got a splinter in my heel walking on the beach. Foria Stramonium is for dog bites in the antibiotic alternative, of course. Thank you Foria. My beautiful students remember exactly where I've said these things. Yeah, it's so good. So tonight I'm going to shorten a little bit here and I'm going to Mighty's and then Mighty's Plus. And I want to show you an interesting little Diddy from, if I can pull it up and organize this so I can share my screen and a video. Not now. Pardon me?

Not now. Not now. No. You don't want me in might In Mighty's. Yes, in Mighty's. I'm going to do it. That's right. So I am thinking that, I'm hoping that I can pull this off because I've got so many screens going here. I think perhaps with Perry's help I'll be able to figure it out. Yeah, Karen from Grafton, Ohio says HyperArs if the infection it starts. You're right, you're right. And Myristica, because it is so specific for pushing out splinters as well as infections that ensue. Yes. What else do we have? Alright, I think we've got it. So anyway, I want to give you a little story tonight, and I also want to remind you, friends, this Monday, excuse me, Wednesday, this coming Wednesday at eight o'clock Eastern time, I'll be speaking at the National Center for Homeopathy. Join in. I'm going to ask you now, August 20th. Pardon me?

August 20th.

The 20th? Yes. August 20th. This coming Wednesday at eight o'clock eastern time. I'll be speaking. It's free. Join me friends. It's going to be a preview of my forthcoming course on boom neuropathy meaning remedies and methods that we use for those who are boomers. So it's anyone born from anytime from 1946 to 1964. And that certainly includes me and many of you because I know who you are. I signed up. Good. I signed up. Lots of people. Good. I signed up. Great. Wonderful. I need to tell my hairdresser says Robin, everybody signed up. Oh, it's great. Do sign up friends. We want to support the National Center for Homeopathy. And if you're so inclined, consider joining them. They're a really good resource. Let me also say one more thing about them. When I started my study group back in the eighties, started in my home, there was one person, her name was Jan, good friend.

She became a good friend and she was already a member of the National Center for Homeopathy. And she said, we must become members. I'm a member. Oh, good. I signed up Garrett. Great, great, great. Where do you sign up for this? You can just go to the National Center for Homeopathy and you'll be able to sign up there. I'll just Google it and you'll see that I'm speaking this Wednesday at 8:00 PM and so I hope that you can get in. So far we have 4,000 people signed up, but I'm hoping that they're going to have a good amount of capacity. Last year there were so many people that signed up when I spoke on, I can't remember the subject last year, but what Good gut, Bad gut last year, thank you Perry, that they didn't have a large enough opening for their forum, but this year they're opening it up further and I'm hoping it's going to be enough because so far it's looking good that we've got such good numbers.

Last year, I think we had 5,000 that signed up. And so what I like about the National Center for Homeopaths, I started to tell you is that my friend Jan insisted that we join. And the reason she insisted we joined is because that study group that I began in my living room, she actually kind of took over for a while because there was a study group method that we used. We followed the National Center for Homeopaths Study Group Method. And we followed it quite sometimes closely, sometimes rather loosely. And so they were a big part of my very beginning. And then they no longer had study. And that's around the time when I decided somebody's got to do study groups. Somebody's got to have them out there with a simple curriculum and a whole method so that groups could study on their own with starting with the right information and then also sponsoring.

That is Boiron. Boiron is one of the great pharmacies of the world. My friends, there's Boiron, USA, Boiron Canada, Boiron, Spain, Boiron, Italy, and they're all over the world. And they changed the complexion. In my estimation, the way I see it is they change the complexion of homeopathy in the U.S back in the late 80s, early 90s. Up until that time it was hard to find a lot of medicines. We only had them in Xs and they brought in the C potencies and they have been really valuable in keeping homeopathy alive and well. And so if you stay on now, if you're a mighty, stay with me and I'll show you a cute little story, a little video related to that. Alrightyy, my friends. I will see you next week unless you're a mighty. And then, so stay on My Mighty Friends. And then Mighty Pluses, after a few minutes with Mighty people are all helping each other. So

You there?

Okay. Alright friends. So we're going to go to, we're going to open this up, right Perry, I'm going to open up this little image here. First I got to tell you the story I met today with

Close out, all those others over

There. Over this. Get rid of this.

Yeah, get rid of that.

Okay. Okay.

Alright. So

And it's right here. I see it right here.

Oh, you got to leave that running? Yeah.

Yep. Okay. So I met today with Christine Donka. Wet. Do it. We can't do it.

No, we can't share a screen.

Can't do it because

Of the format you're in.

There's nothing to share. Oh, okay. Oh, so sorry. Okay, then I'll just tell the story. So Christine Donka, who is the executive director of the National Center for Homeopathy. And I met today and I met with Deborah from Boiron as well to plan for our conference Wednesday night. And so she was telling the story about her daughter being Christina said her daughter was in Paris and took a picture of the monument of Hahnemann in Paris. And I wanted to show you the monument. And I also wanted to show you a video that her daughter took. And it's particularly interesting because from a distance, she took this picture and she could see that there were these blue bottles all around the monument. She got up closer. And what people do in Paris is that they leave their empty bottles of the medicines that they've used at the monument.

They place them in the grooves of the beautiful carving. They put 'em all on the ground and they're all these blue bottles. Of course, they're blue bottles, means they're from Boiron. And that to show, in my estimation, to show their gratitude to Dr. Samuel Hahnemann, who lives right here with me. And you see, I keep a beret on him. For those of you who follow me, I do this because he spent so much time in Paris, the last nine years of his life was spent in Paris where he fine tuned his work and which represents a lot of what I'm doing today, what the Banerji have been doing. And that is using repetitive potencies or repetitive remedies and combination medicines and et cetera, et cetera. So he always has his beret on. So I wanted to show that to you. I'm sorry we couldn't do it. We'll have to do it another way. Excuse me, I'm going to sneeze another time, another way. So excuse me.

So also, I should also tell you that Hahnemann, there's an image of Hahnemann. Well, there's a whole monument around Hahnemann in Scott Circle in Washington DC as well. And I've actually been donating to that monument for years. And should you be interested, they often ask for donations. And if it comes up, I may bring that up one of these days so that anyone who's interested it is a beautiful, big, huge monument. And it's a monument to the only physician in all of D.C. There are many monuments in D.C I used to live there and I know that every other corner is another monument, but it's the only monument to a physician. And it's Dr. Samuel Hahnemann in Scott Circle. So that's kind of interesting too. Alright, the French protocols, availability, well, I teach them in the academy. So nice to see you. Ellen says, nice to see you, Perry.

All righty. So I really appreciate all the information everybody gave me tonight. This is really where we want to go with this. The fact that I'm a homeopath, and I mean, I know what to do, but people gave me more information. I did not know that combination medicine than Hylands sells. I didn't even know it existed. I buy cell salts from Hylands. It's one of the few things that I buy from them. And I like Hylands. I've spent time with Hylands, those who run Hylands years ago, it was years ago, but I went on a tour. Perry and I and my sons went on a tour of Hylands back in the, I don't know, I guess about 20 years ago, something like that. And so I hold them in high regard. I know they've switched their methods and not in homeopathy, but they're selling more supplements.

And I'm not a promoter of supplements. I do not have a pension for them. I don't have an interest in them. I used to take them and thought I spent way too much money on something that didn't serve me as certainly as much as homeopathy, not as reliable. And that word reliable came up today when I met with one of my study groups from the academy, this young mother was saying that she'd used been using many different kinds of products. She was using essential oils for a long time. But she found that and they helped here and there. And I found the same thing when I was first raising my oldest son especially. But it wasn't until, and I used herbs, used a lot of botanicals all along before that. I'd use vitamins and supplements before that, all of that stuff. But what's most reliable as far as I'm concerned, is homeopathy. And I have to say, and good nutrition. I think diet is key. And I think homeopathy is key. And the reason that we're all here tonight, and that you follow me and that I adore you as I do, is because we are part of a group of a large growing wave of change that's in the air.

And I've told you this before, that homeopathy is the second most used medicine on earth. And the first is not conventional drugs. It is not my friends, it's Chinese medicine because there are many more Chinese and modern medicine is really, and drugs. Drugs of commerce are really pretty much used here. It's only really, is it in other countries? Of course it is. But only here do we see these drugs on commercials. Only here do we see drugs in every women's magazine, on every billboard. It's overwhelming. So first is Chinese medicine. Most used homeopathy is the second most used medicine. And the third most used medicine on earth is conventional medicine, conventional drugs. So I say this because it's something that you might want to mention to people, and I tell people in the U.S, you need to get out. You need to do a little traveling and find out what the rest of the world is doing.

And I don't mean just as a short-term tourist, although I've done that myself, and I love being a tourist, but my friends, you've got to spend time in other parts of the world to see what's really going on there. You want to immerse yourself because it's not the same as here. And this medicine is reliable. And if we eat properly, and that means a really balanced diet with a lot of heavy amount of animal foods, animal, animal, animal. Especially if you're not well now, if you're well, and then you can eat just about anything. And that's what I want you to be able to do. In fact, I've often said I want you to be able to eat at McDonald's. Not that I want you to eat at McDonald's. I want you to be able to eat at McDonald's. In other words, I want your wellbeing, your body to be in such good shape. You don't have joint pain, you don't have fatigue, you don't have anxiety, you don't have insomnia, you don't have allergies or food intolerances. You don't have any of those conditions, polycystical, ovarian syndrome or any of these kinds of conditions.

What I want, if you don't have any of those conditions, then eat whatever you like. Of course, stay within reason. You don't want any foods that are pre-made, including your mayonnaise. Friends, make your own mayonnaise. And I can't remember if I've gotten that up posted yet, but I will put up the post for my mayonnaise that I make. And it's not my recipe. I've gotten it from others. And sometimes I make it with butter and sometimes I make it with butter and bacon fat and it's delicious. And it's the real thing with real egg yolks. So yes, Pius says, A good balanced diet is so important. Yes. Reliance. Oh, resilience. Thank you. Yes. Resilience is the goal. Butter is my new mayonnaise, says Susie. Yes, I know it's really true. Are there any experienced homeopaths in San Antonio? Jeanette wants to know. Well, most homeopaths, I have to tell you meet online just the way, I mean, that's how I meet with my clients. But if you go to Perry, help me with this to the academy and find

A practical home.

Yeah, find a practical homeopath.com. Thank you. Thank you. I can never remember all of our URLs. Find a practical homeopath.com. You will find people who have graduated from my academy and my mastery program and even are in my mastermind program, and they meet with people from all over the world. Okay, one of my sons currently lives in Paris, and I just sent him a text that he has to visit the statue and send his mother a picture. Orders from headquarters says Deborah in Wichita. Okay. Still loving, putting lavender oil on burns. Oh yes, Susie, I agree. There's a place for essential oils. It just isn't what I had hoped it to be. And I spent a good amount of time collecting essential oils and using them, it says Heather Martin says something happened to the mighty's meeting. I just got a message on that. I don't know what that means, but I, okay.

Anybody else have a problem?

No. Anyone else having any trouble with getting into Mighty's? Yeah. Donna says essential oils are good for emotional issues. Yeah, they can be, but you know what's even better? Batch flower remedies are very good for emotional issues. But try Aurum metallicum, if somebody's depressed, holy cow, try Ignatia 200, my friends. Try Coffea these medicines cure. I mean, they'd just get somebody right off of psychotropic drugs. Okay, confusing magic markers. Merc sol 200 is helping a fungal skin infection to be less red and itchy after six weeks, but it's spreading slowly. Is this improvement enough to keep going or better to increase potency or frequency or change the medicine? Oh Karen, I'm sorry. I need to know a little more than that. So, okay. Is everyone here a part of Mighty Members plus? No, we're going to Plus in a little few minutes, right, Perry? Yeah. In three minutes we're going to Mighty's Plus. So there's still time to join the riddle to win a prize as Faria at the end of the year by sending in your answer before the answer is read out loud tonight. We have some really fun riddles. Alright, let's see what else we've got here. Yes you are. If you object to patient to patent drugs, you're absolutely right. Carrie. I love being non-compliant. Let's see, what else? So funny says Deborah, Theresa, maybe I haven't really seen it. Okay, so I think you're responding to each other.

Okay, so get ready for might plus. Harry says, Ignatia is my go-to if I'm filling off. Filling off. Oh, feeling. I think you're saying feeling off. Yes. Karen, how about Bioplasma? Okay, the Banerji's favorite for headache is Pric acid mixed with Belladonna says carry. So somebody must have asked about that, which takes some knowledge to be able to buy. What is your favorite medicine for headache? That I can send a friend new to homeopathy to the store and buy for herself? Nux vomica 200 or Nux vomica is one of my top remedies. Even though the Banerji protocol of Pric acid and Belladonna is excellent for migraines, my friends Nux vomica is more often the medicine for headaches because most people come to us having had meds and a lot of meds. So try Nux vomica and I would use it in the 200 and it's surprising.

And then come back and report to us and let us know what happens with your friend. But it's such a common because Nux vomica is so specific for ailments from drugs. And actually Nux vomica was my first medicine. It was given to me by my homeopath where she knew, I just told her how many drugs I'd been taking for the previous 10 or 15 years of my life. This was back when I was, I don't know, 32 or something. And she nailed it. Nux vomica. It not only cleared up headaches, it cleared up so many concerns for me all in one. But Jennifer says Kali bichromium, if migraines are from barometric pressure change, and also I have to tell you, my friends, you can just do this Joette Calabrese headaches and you'll find a lot of my blogs. I talk about it. I've written about it in articles, so I urge you, whenever you have a concern, look it up. Just use my name, go to Google and go to Mr. Google and put my name in there and the name of the condition. Now sometimes the name of the condition needs a synonym. So you might say headaches or you might say my head hurts or head pain when the remedy, the article comes up really with the word headache. So you may have to come up with a synonym for it.

Okay, got to go. Everyone. Here we are. It's 8:45 Eastern Time. Now we're going to go to Mighty's Plus and yeah, so I'm going to stop streaming and I'll meet you over there. So right.