Dr. Michelle Sands: Hello, and welcome back to the Perimenopause Summit. I’m your host, Dr. Michelle Sands. And throughout this event, we’re really busting through those old beliefs about what it means to be a woman in her 30s, her 40s, her 50s and beyond. We’re not sitting here complaining. And we’re not even talking about covering up your symptoms. What we’re doing is we’re looking for solutions.

So this week is all about optimizing, enhancing, and harmonizing our bodies and our minds so that we can love our lives and live up to our fullest potential.

Today, I’m super excited because we are talking about homeopathic medicine. We’re talking about how to use this modality for shifts in your hormones and really transforming your life now and in the future.

If you don’t know what homeopathic medicine is, homeopathy is really a modality where you’re helping your body to coach up its innate healing ability. And we learn about this in naturopathic medical school. And it really is very powerful. It’s an art and a science.

And so today we have probably what I consider one of the most educated and also the easiest to understand expert in the field of homeopathic medicine. She actually has coined the term practical homeopathy so that you can actually not only use it but use it to your full advantage. So we’re talking with Joette Calabrese. Joette, welcome to the summit.
**Joette Calabrese:** Oh, Michelle, I’m so happy to be here. Thanks for inviting me.

**Dr. Sands:** Oh, Joette, you are amazing. And I was just poking around your website. And not only is it adorable. But it’s also so easy to understand. And it really opens up the doors and takes away the mystery about what homeopathy is. And so before I get into all that with you, we’re going to talk about what homeopathy is, how to use it, how to use it actually bring your life back in perimenopause—get rid of the irritability, the weight gain, the low libido, the headaches, the fatigue, all of that stuff that we’re dealing with. And our doctors are telling us we’re just getting older.

And there are actually ways to take care of this at home. It’s totally natural. And Joette is really going to teach us how to do all that really quickly in this class here today but then also show you how you can go further with it on your own.

So before we get into that, though, I want to give you a little bit of a background on Joette. So Joette Calabrese is a homeopathic master clinician. She’s a certified classical homeopath and a registered member of the North American Society of Homeopaths. She’s also a distinguished speaker and author and a passionate health advocate.

She studied with world-class homeopaths and has observed and recorded over 5825 cases in their homeopathic methodology including curing cancer and AIDS cases. This is amazing stuff you guys! That’s a lot of cases. Totally.

In addition to that, she’s been on regular radio and TV engagements. She has been published in *Homeopathy Today, Treatment Options*. And she authors a column in the homeopathic journal, *Wise Traditions*. She also publishes an amazing blog that is full of really actionable information. So we’re going to talk about that today and how you can find that. And also she contributes to numerous nutritional and mothering blogs like *Healthy Home Economist*.

She has been on staff for two universities in New York. And she has been a tutor with the British Institute of Homeopathy since 2008 where she has taught homeopathic principles to nurses and other healthcare practitioners.

She is presently a faculty member at the American Medical College of Homeopathy in Phoenix, Arizona. She has been a vocal advocate for homeopathic and nutrient-dense nutrition and directs her message to mothers and grandmothers because she believes that they’re really the masters of healthcare in the family. They’re the stewards of it. And she’s on the honorary board of the Weston A. Price Foundation.
And what I love about Joette is that she doesn't go for mammograms. She doesn't do colonoscopies. She doesn't even take bioidentical hormones. And she instead teaches the methods of really addressing these complex female conditions with simple, everyday homeopathic medicines.

So Joette, I am super excited to talk to you today.

**Joette:** My pleasure. This is fun, Michelle. It’s nice getting to know you, too.

**Dr. Sands:** Yeah. Oh, you too. So before we dig into exactly how we can solve these complex issues that we’re all dealing—the low sex drive, the irritability, the weight gain, all these things that we’re dealing with in perimenopause—let’s talk about what homeopathy really is and how we can use it.

**Joette:** Okay. Well, it bears a little importance in giving you a little bit of history. I don’t want to spend a lot of time on this. But I’ll try to give a quick summary regarding homeopathic medicine. It’s a medicine that’s over 200 years old. It’s actually a whole school of thought. But you’ll not find a doctor around the corner who knows anything about it in the U.S. pretty much. That fell away in the 1940s. Few would probably know that there were approximately as many homeopathic medical doctors here in the U.S. as were conventional allopathic doctors up until the 1940s.

In the world, however, it’s a different story. Homeopathy is the fastest growing medical paradigm. The global market is growing at a rate of about 25% per year with France as the largest contributor to the market and also Germany. And in most of these countries, homeopathy is included in their national health programs.

But for those who are listening, perhaps this doesn't matter in the very least because I know that when I was learning about homeopathy when I first found and discovered, you don’t care about that. What you want to know is, how is it going to help me, especially in whatever condition that it is that I’m suffering from?

So what homeopathy has to offer is that it has a reputation in the world, including 200 years’ worth, as being a very inexpensive and—here’s the key word—curative method and system of medicine.

So unfortunately, the word homeopathy has fooled us. People think it means home remedies because of the prefix home- in it. But it absolutely does not mean that. Although you can use it at home, it’s not home remedies.
It’s not herbs, not vitamins, not supplements. It is not even supported. It is not like a supplement or a vitamin, building the immune system. It is not an auxiliary group. But rather, it plays a chief role in the medical condition.

That’s because the medicine and its use is used to uproot or correct the illness, not just treat the condition. And that’s a key word. We don’t like the word treat because treat usually means treating symptoms. We like symptoms because they’re valuable, and they give us information. But we don’t treat them. We use them as informational aspects of the case.

So a lot of people will think, “Well, I’ll use a little allopathic medicine. And I’ll use some homeopathy.” And I always say it’s possible to do that. And many women come to me when I take their cases personally or when they take my courses. They are those who are using some conventional medicine. And they want to use homeopathy as well.

But I believe—and I’m sure you do, too, Michelle—that you’ll likely be most disappointed if you don’t dive into the paradigm that you believe in. So if you want allopathic medicine, it’s probably best to use it fully. If you want naturopathy or homeopathy, you should use it as fully as you can.

Now, it doesn’t mean you just drop injudiciously any medications you’re already taking. That could be potentially dangerous.

But we want to be able to utilize whatever method we’re using to its fullest. And it’s hard to do that when you have one arm tied behind your back, whether you’re an allopathic doctor, a naturopath, or a homeopath.

**Dr. Sands:** Oh, yeah. So true.

**Joette:** Homeopathy is a medical system. And it is regulated, by the way. Some people say, “Oh, yeah. It’s not even legal in this country.” No, that’s not at all so. I want to mention that it’s regulated by the FDA. And it is considered a medicine, not a supplement.

So the reason I say this is that I want folks to know that the FDA was actually sponsored, or grew out of, the work from a homeopathic doctor back in the 1940s. He was a senator in New York State, Royal Copeland. And he actually helped with the inception of the FDA in order to make sure that homeopathy was indeed included as one of the medical paradigms. So it is absolutely regulated and very tightly regulated, I might add. And so there’s no fear that this is underground or something that’s dubious or ambiguous, etc.

**Dr. Sands:** Yeah, true because homeopathic remedies have a drug code. They come with a drug code.
Joette: Yes, they do.

Dr. Sands: So they’re actually registered. And yeah, that’s important for people to know because sometimes people think, “Oh. Well, you never know what’s in it if it’s homeopathic.”

Joette: But you know exactly what’s in it.

Dr. Sands: Exactly. You know exactly how much and to the—

Joette: How much, how much it’s been diluted, what the carrier is. Absolutely everything about it, yes. And I’m fastidious about those issues as well. I’m very careful about my foods. As a director on the board of the Weston Price Foundation, it is very important to me what I eat. And so the purity of homeopathy is certainly an important aspect of this kind of a decision.

Dr. Sands: Awesome. Yeah, it’s so important. I think when people look, anyone who has dug in or tried to venture down the route of homeopathy, it can be very confusing because, first of all, the names of all the remedies are not English. You’re like, “What are they saying?”

Joette: Latin. Yeah, they’re all Latin because Latin the language of science.

Dr. Sands: Exactly. All the medical terms and you go to medical school, it’s all Latin. And you have to learn the prefixes and the suffixes and what things mean. But for the layperson, it is confusing and overwhelming because there are so many different remedies and different doses. And so what’s the best way for someone to even begin to understand where to go?

Joette: Well, first of all, let me tell you that my blog—I’ve been putting out my blog. I’ve been publishing it for close to 10 years now. I put out weekly information. And I give information on what people are most interested in.

I listen to what people want to learn. And so I give a specific condition. And then absolute, 100%, the name of the remedy, the potency, the frequency, and how long it should be used, etc. I also have a link. People can just click on that. And it takes them directly to—sometimes it’s Amazon. Sometimes it’s Boron, etc.

I don’t get kickbacks, by the way. I have no affiliate programs with any of these. I don’t make anything on this blog. I say this blog is free. And I mean it. It is absolutely free for anyone to use.
And so that is a great place to start learning how to use homeopathy. So what I suggest people to do is that if they have anxiety, that they Google the word anxiety and then my name. Or go to my blog or my website and just put in the little search bar “anxiety.” And bam! You’ll have two, three, maybe even four blogs on that subject and exactly which homeopathic medicine to use, what potency, how often to use it, and what to expect.

And I usually include a little story so that people can get an idea of how it’s used and how others have used it, including myself. I use myself as an example frequently. So I think that’s a really great way to start.

**Dr. Sands:** I just did the search for anxiety while Joette was talking. There’s anxiety for dogs. There’s anxiety for moms. There’s anxiety about cancer. There’s some great stuff on here. So there’s about postpartum depression, aging anxiety. So she’s not kidding. There’s a wealth of information on this site. And digging into it would be a wonderful place to start, especially if you have one prominent condition that you really want to get some help with.

**Joette:** Yeah, this can be done at home. I actually believe that we’ve lost that art of being able to take care of ourselves. We’ve been trained to believe that you ask your doctor. Now, it doesn’t mean that we don’t go to a doctor. If you’re stuck, you can’t do it homeopathically or nutritionally or herbally or whatever method you’ve decided to use—if you can’t do that and you’re in a position where you really need to know more, then of course a professional comes into play.

But I think we’ve gotten into a rut—not just our country. It is really the western world—into believing, “Don’t worry your pretty, little head. We will take care of that for you,” when indeed you can take care of it even though you might have a pretty, little head.

**Dr. Sands:** Oh, funny! You’re adorable. So let’s get into perimenopause symptoms—the mood swings, the low libido, the weight gain, the anxiety, depression, all these things that we’re dealing with as we start to get older. And we do go oftentimes to the doctor. And they tell us we’re getting older. This is what they’re telling us. “Oh, you’re just getting older.” Or, “You need bioidentical hormones.” Or whatever it might be. Depending on who you’re going to, you’re going to hear some different things. And you have a different approach to this for women.

**Joette:** Yes, I don’t like synthetics. I don’t like synthetic food. I don’t like synthetic drink. I don’t like synthetic clothing. I’ll be honest with you. I like cotton, linen, and wool. In general, I don’t like synthetics. Now, obviously, I have a synthetic phone. But I’ve never found a solid wood phone. But I don’t
like synthetics that are ingested. So I eschew that idea that what our body needs is something that’s coming from the pharmaceutical industry that is synthetically made in a lab.

Instead, what I love about homeopathy and botanicals and food is that it’s natural. And it was intended to make the correction without the hard-hitting synthetics. So that’s my first step.

Now, many people are not uncomfortable with that. They say, “Well, I have depression. I have to have a synthetic drug.” They’re not going to call it synthetic. “I have to have my meds.” And if that’s what they’re comfortable with, then I’m not going to give them the message that they’re looking for.

But for those who are seeking a method to do this so that they can get through this rambunctious time in our lives, there are ways to do it. And I’ve seen it happen not only for myself but for my hundreds, if not thousands, of students and also my many clients. It works. Homeopathy works.

And you just have to know. You just have to have the key. And the key is knowing which medicine for which condition. So you mentioned something, Michelle. You said, “What about the fatigue? And what about the anxiety, etc.?”

So I’ve got this little infographic. This is Lola. She’s our little cartoon person that we use. Actually, you can see her on my books, too. What we use are these kinds of graphics for a lot of the courses that I give. And I do have a course on feminopathy, although I’m not trying to encourage people to go right to that course. They’re welcome to do so. But I really think that they need to take a little step here and a little step there. So I would urge folks to download this because it gives not only the name of the condition but the name of the remedy and the potency.

**Dr. Sands:** Awesome! Awesome. That’s cool. Yeah, so it’s going give the symptom, the remedy, and—

**Joette:** Yeah, so for example, for hot flashes. One of the main remedies we use for hot flashes is Lachesis. It’s right here. Lachesis 30. It’s great for hot flashes. And it doesn’t just abort the hot flashes, although it can also do that as well, it corrects the problem that’s causing the hot flash in the first place. And we don’t have to know that mechanism, by the way. All we have to know is that there are hot flashes. And that is a very good medicine for that.

**Dr. Sands:** Very cool.
Joette: Want another one?

Dr. Sands: Yeah, let’s throw out one more.

Joette: Okay, this is one of my favorite medicines of all times, especially for women, for anxiety. It’s right down here. This medicine is called Ignatia. And Ignatia 200 when taken twice daily will in most cases—not all—most cases uproot anxiety, regardless of the cause. Whether it’s because the estrogen is too high or regardless of whether or not there are food intolerances or regardless of whether or not their child just got into an accident. It matters not. Anxiety. That’s what we need to know. So we’re using the symptom, which is anxiety, to choose the homeopathic medicine.

Dr. Sands: Awesome. So people are probably wondering, are there side effects? “What if I’m taking bioidentical hormones? What if I’m taking an antidepressant or a beta blocker or some other medication? Do we need to worry?”

Joette: No, there are no side effects in homeopathy. And the reason is because these remedies are made with a substance and then diluted 200 times to the 100th power. Highly, highly diluted. So what that does is it allows the curative aspect of the product or the medicine to come to the fore while the detrimental aspect is dropped. So even though some of these medicines are originally made from something that might be somewhat toxic, because of that highly diluted process, it removes the toxicity and brings forth the curative aspect.

It’s a very unusual way of looking at medicine. And I believe if you look into this—and I hate to be so colloquial, but it’s going to knock your socks off when you see how efficacious this can be.

Dr. Sands: Yeah, it’s almost in my mind an energy medicine because the energetic property of the original substance is in the dilution. And I feel like that is almost an easier way to explain it a lot of people. It’s the energetic property.

Joette: Well, the way I like to explain it is that every body has the ability to correct itself. And the body is always working to do that, just like if a child gets a fever, a fever can actually be very curative because it’s intended to correct and cook off the virus. That’s a natural response. So there’s always a push and pull, a back and forth, an up and down. And so what homeopathy does is it stimulates that little mechanism that exists in all of us to correct the condition.
Dr. Sands: Interesting. Interesting. I know a lot of people are wondering also, what are they made of? Where does the actual active ingredient come from?

Joette: Yeah, they’re made from plants. Sometimes, they’re made from animals. Ignatia is made from St. Ignatius bean. It’s actually a bean.

We also have sepia in here which is a great medicine for hyperpigmentation that often shows up during perimenopause. It’s also great for PMS, regardless of the age of the woman. So it can be PMS that’s occurring even at a slightly younger woman’s life or after the birth of a baby. And sepia is made from the ink of a cuttlefish.

Dr. Sands: Fascinating.

Joette: And then it’s diluted 200 times to the 100th power. And then when we ingest that, it works. It also helps with the thyroid as you can imagine because the cuttlefish is in the ocean. And there’s iodine, etc. We could go into all the explanations. But to be honest, what it boils down to is if you’ve chosen the correct medicine and it’s based on the correct diagnosis, it will act in most cases.

Dr. Sands: Awesome. And is there any reason why a certain person might do better on one remedy while somebody else would do better on another for the same symptoms? Or do you feel like those ones on the chart work for everyone across the board?

Joette: It’s not for everyone across the board. It is generally about 85% of the population who has this condition, let’s say the condition of anxiety. 85% will respond most likely to Ignatia. So there is a percentage of people who will not respond to that. And then of course, you have to go a little deeper. But that’s what my courses are for. But more importantly, that’s what the blog is all about to give you a couple of ideas if you tried one and it has not acted fully.

Dr. Sands: Yeah, that’s how we felt, too. We’re like, “Well, try this one. This is what works for most people. But then if you’re not feeling it, then there is another option.”

Joette: Right. Right, yeah. It goes on and on. That’s what medicine is all about. Good quality medicine is finding the right match.

Dr. Sands: Awesome. And then once somebody finds a remedy that’s working, would they be on it indefinitely? Would they use it only as needed? And what’s your feeling on that?
**Joette:** Well, it depends on what the condition is. But generally speaking, we tell them just take it until you feel better. When you feel measurably better and you say, “Oh. Alright. You know what? I don’t have that anxiety anymore. Or I might have a little anxiety. But it’s not like that screaming 9 out of 10 that I had two weeks ago.” Then you stop taking the medicine. And allow your body to complete its action on its own. But if it shows up again, when we do, we go right back to it again and reinstate it.

However, the goal always is we’re looking for three criteria to be met. I call them three magic markers. We want to see less intensity to the symptom whatever it is the symptom is that we’re measuring. So let’s say we’re still talking about anxiety. “I still have anxiety, but it’s not a screaming 9. Now, maybe it’s a 2.” Less intensity.

Lasting for a shorter period of time, meaning it used to be all day and into the night and all the next day and into the night. And instead, now it’s only when I first wake up in the morning, for example.

And a larger space between each episode, which means that it used to be every day. Now, it’s happening once every two weeks. Once we hit any one of those magic markers—two is better, and three of course is better still. If we can hit those magic markers, we know that the homeopathic medicine we’re using is acting correctly.

**Dr. Sands:** Awesome. Awesome! And I know a lot of people are probably thinking, “Well, Joette, I’ve got all those symptoms. And I have some other ones, too.”

**Joette:** Yes, I know.

**Dr. Sands:** “Is too much too much? Can I overdo it?”

**Joette:** No, to be honest, remedies for PMS would be sepia. Ignatia would be for the anxiety. I think you can—yes, I think I know. We do it all the time. We use two, three, sometimes four homeopathic medicines simultaneously.

**Dr. Sands:** Good. I know that was a question people probably had in their heads. So sex drive is one of the big ones that I work with a lot of women. They come in. They’re like, “I love my husband. But I’d rather read a magazine. I’d just rather read a magazine. I love him, but...”

**Joette:** Here. I want to redo the kitchen. Let me think about the cabinets.
Dr. Sands: And then we’re secretly like, “Well, shoot! How long is he going to stick around with no action?”

Joette: Yeah, yeah, yeah. Yeah. We’re right back to sepia. Even though I’ve written it as PMS, it covers low libido as well.

Dr. Sands: Awesome!

Joette: I’ve actually encouraged women to buy this remedy for their husband as a Father’s Day Gift, and then they take it.

Dr. Sands: Awesome! Awesome, yeah. I know. That’s the thing. When we work with women and libido picks up, we get husbands thanking us.

Joette: Yeah, yeah. Now they’re believers. They love it. Absolutely. Absolutely. So also it incorporates not just low libido, the sepia 200C. But it also incorporates pain that can be as a result of intercourse or dryness or that heavy feeling that some women get when it feels like the whole uterus is about to fall out after pregnancy or around menopause or before, even just during menses. That sepia is an excellent medicine for all of that.

And usually when we see one condition occurring, we do see all the satellite conditions as constellations. And then that one medicine that we’re using for what’s seemingly only one condition will cover many at once.

Dr. Sands: So awesome.

Joette: It actually becomes quite tidy.

Dr. Sands: Yeah, that’s really neat. So I know what you’re going to say here. But I just want to stress this. Let’s say we’re having all these issues and we’re taking these medicines, we still have to do all the other stuff, too. We still have to eat healthy. We still have to get our sleep. It’s not a magic bullet.

Joette: Well, yes and no. I work with people who drink diet soda. I work with people who never have yogurt, who don’t ever consider eating an egg. And they eat only—and I don’t know what anybody’s philosophy is here. But they eat only vegetables. And I think that that is not necessarily a good way to eat.

I think we need some animal products such as high quality yogurt from responsible sources and eggs from chickens that are free range, etc. and good quality artisan cheese as well as string beans and eggplant and garlic, etc. So there are people who eat only vegetables or only plant matter.

© 2019. All rights reserved.
And then there are those who, like I said, drink diet soda every day and wouldn’t even consider eating a vegetable. So it’s bread, peanut butter and jelly, diet soda, and hamburger from McDonald’s or something.

**Dr. Sands:** No offense if that’s what you had today.

**Joette:** Yeah, listen. Let me also mention this. Because I work with a lot of folks who have gut problems, I work with people so that they will be able to eat at McDonald’s. I want everyone to be able to eat there. Not because I want you to eat there regularly. But I want you to have the freedom so that you don’t get sick every time you go.

And if the kids are all clamoring and you’re on your way home for Thanksgiving and you’ve loaded up the car and you’ve got all the good snacks and you run out and they’re saying, “We’re hungry; we’re hungry,” and it’s 11 o’clock at night and you haven’t gotten to the destination yet and your husband says, “Honey, can’t we just go to McDonald’s once?” Then you say, “Yes, let’s go.” And you don’t have to worry because any food conditions, any allergies, etc. have been long corrected before that time.

So we do live in this world. And our kids go to school. And they go to church. And they have muffins and donuts, etc. And we don’t want, if possible, to keep children from being able to live a life that’s normal.

At home, I expect that the mothers are going to be making high quality foods hopefully. But when they go out, there’s only so much you can do. And so I don’t want people to worry that, “My gosh! If I have this or that, it’s going to make me sick forever. I’m going to become toxic. My child is going to get anaphylaxis, etc.”

**Dr. Sands:** Yeah, it’s important. It’s what we do the majority of the time that matters. Our bodies are designed to detox and to do all those things. And so yeah, in a healthy person, you should be able to have some exposure and bounce right back to be resilient. The idea is to, like I say, be harder to kill. You’re more resilient. Things can come at you. And your body can handle them. It’s just if that’s what you’re doing every day all the time—

**Joette:** Listen, Michelle. I went grocery shopping this morning. And I bought all free-range meats. And I bought beautiful cheeses from the Netherlands and from Ireland and some really great butter. And I bought all kinds of wonderful things. And then I got stopped at the Cape Cod potato chip area. And I bought a bag.

**Dr. Sands:** Yeah, and that’s beautiful.
Joette: You’ve got to have some treats from time to time. And so I used to feel very guilty about doing something like that. I no longer feel that way.

Dr. Sands: Awesome. And what you just mentioned brought up another question that I had. So for people who are vegan or vegetarian, some of the remedies do have some animal products in them. Does anyone see that as a problem?

Joette: Well, I don’t know. I’ve worked with vegans who were concerned about that. But remember. It’s diluted 200 times to the 100th power. And so some of them are animal. But most of them are plants as a matter of fact, like Ignatia, for example.

Dr. Sands: Right. So people can look in the ingredients and see what it comes from and if they want to have an alternate remedy.


Dr. Sands: Awesome. Because I know a lot of people are sensitive about that for whatever reason. Not me. But it’s a choice. And we don’t judge.

Joette: Now, I’m not judging. But I will say this. I really believe that a healthy diet is what your great-great-grandparents ate most likely. I think that that is the way we want to eat. Not the way our parents ate necessarily unless you had special parents or even our grandparents, depending on your age. But our great-great-grandparents.

So if your family is from Germany, you want to try to eat as close to that as possible, that old way of eating. Think of Heidi in Switzerland. She ate yogurt and cheese and milk directly from the goats that they tended.

Dr. Sands: Yeah. No, that’s true. That’s true because we do a lot of epigenetic and genetic testing in our practice. And you get your genetics from your ancestors. And it usually if you’re someone who can eat a lot of milk and dairy, it’s because that’s what was available. And there weren’t a lot of crops available for your ancestors at the time. By natural selection, you’ve actually had those genes passed down to be able to do that. And then other people maybe don’t have those but have genes for something else. And yeah, it’s so important to be able to think that way and to eat the way your body was actually made to eat.

Joette: Right. Right. But we went off on a direction I don’t think we had planned on talking about.
Dr. Sands: No. Yeah, sometimes it’s fun just to have a conversation. But back to perimenopause and dealing with these hormonal imbalances. Let’s say we go to a doctor, and we get our blood tests back. And we do, in fact, have hormonal imbalances. Maybe we have very low progesterone in relation to our estrogen or vice versa. How would a homeopathic remedy help to balance this out?

Joette: Well, instead of looking at the balance between estrogen and progesterone, we ask, “What are you suffering from?” Oh, hot flashes. Lachesis. Oh, it’s painful intercourse. Sepia. Oh, it’s weight gain. So that’s the way we look at this. We don’t bypass what’s most obvious. The obvious is, what is the name of the condition you’re suffering from? We don’t bypass and try to figure out why and try to fix this. We go directly to the first step. It’s just a different paradigm than naturopathy.

Dr. Sands: Right. Right, yeah, because we’re usually looking for the root cause. Why? Why are hormones imbalanced? And let’s fix that.

Joette: I think hormones are imbalanced for many, many women because they took birth control pills. Or their mothers did. Or worse yet, their grandmothers, their mothers, and them because it has been around since the 50s. I think that has done a real disservice to women for three generations now.

Dr. Sands: Well, birth control pills are actually endocrine disruptor.

Joette: Yes, ma’am.

Dr. Sands: They’re not actually hormones. They’re actually hormone disruptors. And a lot of people think that they’re taking bioidentical hormones. But actually they’re taking something that actually disrupts hormones from doing what they have to do. Yeah, the birth control pill. I think it’s toxins in the environment and then stress. I think those are the big things that contribute to today’s hormone imbalances that women are experiencing.

Joette: And, may I add, antibiotics, steroids as well.

Dr. Sands: Yeah, well, I consider that a toxin.

Joette: Yes. Right, right, right, right. So you consider it an environmental toxin.
**Dr. Sands:** Yeah, just all toxins as in our environment, in the food supply, in the water, in our medicines and pharmaceuticals. That’s all adding to toxicity in our bodies. And that just messes with our hormone. They’re not supposed to deal with that in that much of a load.

**Joette:** Yes. Yes.

**Dr. Sands:** For sure. For sure. So this actually is pretty simple and practical to just be able to see, what am I feeling? And then you can search on Joette’s site. You can download.

**Joette:** Yeah, is this a hot flash? Is this a hot flash ushered in with anxiety? A lot of times, that’s what women experience. Anxiety, feels a sense of doom. And then bam! The hot flash comes. And it’s almost all one. And by using the homeopathic medicine such as Lachesis—or we also use sulfur sometimes or Glonoine. But Lachesis is one of our top remedies. When we use that, it takes care of the anxiety that precedes that hot flash as well because it is a component of the hot flash.

**Dr. Sands:** Interesting. Interesting. And so would people also be looking to try to improve hormone health while they’re dealing with the symptoms because there are other ramifications like bone loss and cognitive issues and things like that?

**Joette:** Well, for bone loss, osteopenia or osteoporosis, we have Symphytum 200 mixed with Calc phos 3. So if there is bone loss—not if they’re thinking, “Maybe perhaps I might someday,” because remember this is medicine. We don’t take it just in case like we would say, “Oh, maybe I’ll just take some extra vitamin C.” No, no, no. If there is osteopenia, osteoporosis, then this is the medicine they want to use.

**Dr. Sands:** Oh, I’m glad that you mentioned that, too, because I know there are a lot of people who are like, “Well, I’ll take it just in case.” I think that’s the mentality that we use with a lot of supplements. We hear this is good for this and this is good for that. And we just want to take it all so that we’re covered. But that’s not the best way to use homeopathy at all.

**Joette:** No, it isn’t. Because it’s medicine, if we think about it as, this is medicine. We don’t take it perhaps. We have to have a solid rationale.

**Dr. Sands:** Awesome. Very cool. Is there anything that we missed talking about today that you want to cover?

**Joette:** I don’t think so. I think we’ve got it.
**Dr. Sands:** Awesome. It’s actually very simple. Something that you can totally do at home. There are some great resources like JoetteCalabrese.com. It’s J-O-E-T-T-E. That’s Joette. Calabrese is C-A-L-B-R-E-S-E. So dotcom. JoetteCalabrese.com/perimenopause to grab the cool, little guide that is super simple.

And then you can actually go on her site, JoetteCalabrese.com. And like I said, she has a search bar right up in the upper right hand side. And you can just type in hot flashes, low libido, thinning hair, whatever it might be. And you’ll get a whole list of things that you can do. So I love that.

**Joette:** Well, or anything else. Your child has otitis media, strep throat, conjunctivitis. Your husband has shin splints. Whatever it is, check it out. I have a lot up there.

**Dr. Sands:** And once people start using it, how long should they give before they start to see the results?

**Joette:** Well, depending on the condition, generally speaking, especially when it comes to PMS or something that’s physical such as that, or flooding, etc., you want to see at least one menstrual cycle pass and perhaps even two. So 13 weeks, 8 weeks, something like that. Anywhere between those two time periods is a good way to assess. “Oh, I’m better. But I’m not done.” So then we continue.

**Dr. Sands:** Oh, I’m glad I asked that question. I know a lot of people are like, “I took it once. And I still have the symptom.”

**Joette:** Yeah, yeah. No, no, no. It’s got to be used regularly. It’s got to be used regularly.

**Dr. Sands:** Awesome.

**Joette:** Absolutely. Absolutely.

**Dr. Sands:** Awesome.

**Joette:** Well, I guess the one thing that I wanted to leave folks with is that we need to get away from this paradigm of synthetics for no matter what’s going on. And I don’t believe the human body was intended to accept synthetics. And you said it so aptly, Michelle, that we have to worry about pollution.

And I consider the worst pollution personal pollution. And that is, “Oh, thanks, Doc. Oh, sure. I’ll take that pill every day for the next five years so as
to keep me from being able to get pregnant.” That is a very tall order for the body to be able to handle something like that. And so my message is to reconsider the pill. Reconsider synthetic hormones. And consider going with something that was intended for the body to be able to utilize.

So I don’t know if you know Dr. William Osler was one of the founders of the Johns Hopkins University or organization. And he once said that the person who takes medicines must recover twice, once from the disease and then once from the medicine.

**Dr. Sands:** So poignant.

**Joette:** A profound thought! This is a guy who really understood medicine. He started one of the largest allopathic organizations in the country. Unfortunately, not very many conventional thoughts in medicine follows that rule.

**Dr. Sands:** Yeah, unfortunately, there’s a lot of politics and greed and all of that involved in the pharmaceutical industry. And it’s unfortunate that we see so many of our clients on one medication first. And then because of the side effects of that medication, they’re taking another medication. And it’s just this endless cycle. And nobody is really working to heal the condition.

**Joette:** But that’s the bad news. The good news is no one is making you do it. You don’t have to do it. You can choose another path. That’s what’s so great about this. It’s not like the government is saying, “You must take that pill.” It’s not a mandate. It’s a choice.

And so in our market square if we stop buying these products and agreeing to them and coming up with other alternatives, they will have to switch gears and find something else to sell us. And then they’ll try to entice us then. But we still have a choice.

So we have to educate ourselves. And it takes discipline to educate yourself. And my guess is that many of the viewers here today are disciplined. Or they wouldn’t be watching this in the first place. So we either suffer the pain of discipline in the beginning. Or we suffer the pain of regret later. In the end, it’s our health. It’s our lives.

**Dr. Sands:** So beautiful. And hope that when you’re watching this you’re not just watching it and learning; you’re actually going to take some action because we can learn so many things. We can have so much knowledge. And the terms used to be, “Knowledge is power.” But I really believe action is power. Acting on this knowledge and actually putting to use.
**Joette:** Good point.

**Dr. Sands:** We don’t just want to know that homeopathy is a solution. And there are these different remedies that work for these different things. That’s great. But it’s not going to help your anxiety or your hot flashes unless you try it and make it work for you.

So I really challenge everyone listening. I know you’re probably watching this because you have a symptom or you know someone who does. So no one is symptom free completely all the time. So the next time you feel something come up, search for that remedy. Grab it. And give it a try. There are no side effects. You’ve got nothing to lose but whatever that symptom is.

So really, I think this is just a great place to start because I know if you’re watching this you’re totally interested in taking charge of your own health. You want to be able to be your own doctor and help your family to have better health long term. So I think you, Joette, for sharing your knowledge today and really breaking it down and making it easy and something that we can all put into action.

**Joette:** My pleasure, Michelle. It’s been fun.

**Dr. Sands:** Awesome. Well, thank you guys all for listening today. I hope that you enjoyed this episode. Definitely go down to JoetteCalabrese.com/perimenopause. Grab that chart. And you’ll have the actionable things you need to work on right away. And start doing it. Grab those remedies. They’re very affordable, like Joette said. And they’re easy to administer. There are no side effects. And so I hope that you do that.

And if you enjoyed this episode and you want to own the whole series where you get the transcripts and all the recordings and all the free gifts, you can go ahead and grab that on the page where you click the link to watch this interview.

So I want to thank you again for sharing some time with me today. And we will be back again with another episode of the Perimenopause Summit. Till then, have a wonderful day. Bye-bye.