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# The Solari Report

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**Solution Series:  
Homeopathic Health &  
Homeschooling  
with  
Paola Brown**

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**James White:** Hi, this is James White again with the *Solution Series*, brought to you by *Solari.com* and *CoreysDigs.com*. As always, my cohost, Corey Lynn, joins me from *CoreysDigs.com*. Corey, it's always great to be with you.

**Corey Lynn:** It's great to be here. I'm looking forward to this one!

**White:** Yes, and this interview goes along nicely with the last interview that we had here. We are going to continue to talking about things that you can do yourself. That is what this whole series is about – solutions and empowering people to take solutions into their own hands in some cases.

We have Paola Brown with us today on the broadcast, and we are delighted to have her. I will give you a brief background on Paola. Usually based in Texas, Paola Brown is a wife, homechooling mom of three, and an experienced homeopathy educator whose workshops, classes, and interactive outline courses empower other moms and families to incorporate homeopathic principles into their lives. We are delighted to be joined today by Paola Brown.

Paola Brown, thanks for being here on the *Solution Series*.

**Paola Brown:** Thank you for having me. We are excited to be here!

**Lynn:** I'm super-excited about this one! I have so many questions.

As James knows, I've been searching for a while now. I said, "We need to get some people on where we integrate some different styles of curriculum and things that they can use for homeschooling." When I came across this, I thought, "Oh my gosh! This is a perfect fit!"

It's health and homeschooling, but it is also information that the whole family can learn. And it looks fun. I don't know who your artist is, but this is incredible information.

**Brown:** Thank you! I wanted it to be beautiful and high-quality. I have a couple of designers and artists who I work with. Thank you. I love it, too!

**Lynn:** It's great information! Tell us how you got into homeopathy, and then

give us a background on what homeopathy is before we get into the different curriculums and what it is that you have here.

**Brown:** I have three children now, but my story begins when I had two children and I developed many bladder infections over the years and took plenty of antibiotics for those. Then I developed a terrible non-treatable (although not non-curable) autoimmune disease called interstitial cystitis. Harvard Medical School says it's a terrible chronic pain disease; one that is about analogous to someone undergoing chemo. That is the quality of life for people with this.

I wish I could show you the faces of my urologists and my OB-GYNs when they told me that I have this condition, and just how serious and how heavy they felt about it. That was not a good feeling.

I was living in Houston at the time, which is called the medical mecca. We had some of the best doctors in the area. I said to them, "Let's treat this! Let's get after this and get it under control."

They said, "The first option is to take a pill. That might make some or all of your hair fall out."

This is important to my curriculum. There was a logical process in my brain that switched on that said, "If I'm going to be taking medicine that could possibly make my hair fall out, even if it doesn't, that is poison, and what else is it doing to my body?"

So that line of thinking was very important for me. So I said, "No. Next?"

Then they said, "We can give you this device. You insert it like a tampon." Sorry, but that's how it works. "Then you electrocute yourself with it. You turn the dial, and you electrocute yourself. You do it as hard and as high and as long as you can stand it, and then afterwards, your nerves are tired, and you may not feel pain for several hours." You just need to keep doing that throughout the day.

I thought, "What is this? Shock therapy?" So again, I said, "No, thank you. Next?"

So then my doctor said, “We can give you painkillers, but I make my girls join a support group for the addiction.”

At the time I wasn't into the holistic real foods, but I also didn't drink soda pop. I was healthy; I ran triathlons. I thought, “Maybe I should get an addiction to soda first before I jump to opioids.” So, I turned them down, and that is how I spent seven years before I found homeopathy. So, I spent seven years trying to find other doctors and other treatment centers thinking that the conventional paradigm had the answer for me.

Then I switched to acupuncture, chiropractic, and all kinds of things. People ask me, “Have you tried this?” I say, “Oh yes!”

It's been great because at least now, I know all that is out there. When people come to me and want to talk to me about homeopathy and they reference what they are doing, I say, “I know exactly what that is.”

We spent plenty of money; we spent tens of thousands of dollars until I found homeopathy, which I found within a month of working with a practitioner. For chronic illness, you need to work with a homeopathic practitioner. You can get a great listing of directories on my website at <http://PaolaBrown.com/homie>. This provides different directories of good reputable homeopaths.

So I worked with one, and within a month, I started noticing small shifts. The beauty of homeopathy is that it encourages your body to heal itself. But let's get back to my journey. I was cured within a year; I was 98% better.

Fast forward 12 years: My mom emailed me and said, “Have you ever heard of this drug called Elmiron?”

I said, “Yes, that was a drug they wanted to give me that might make my hair fall out. It was the first drug that I turned down.”

My mom said, “Look at this,” and she showed me a class action lawsuit because people who were on it for about 15 years are going blind. It's drilling holes in their retinas. It brought me to tears a little because I thought, “Oh my gosh! Those poor women! They are already suffering with this bladder disease, and

now they're blind on top of it." I would have been on it for 12 years at that point – so not quite long enough do that damage.

I had already started this curriculum, but that was the moment when I knew I had to finish this. There was a moment that I experienced in the doctor's office 12 years ago when I said, "No, I'm not going to take this pill. There has to be a better way," and that is what we need to pass on to our children and our grandchildren and our great-grandchildren.

My slogan is, "Generations of health." We hear that 'generational wealth' phrase; we are talking about generations of health. That is my goal with my curriculum.

**White:** Let me interject here if I may. I don't know if we have an answer for this, but the drug companies have done a masterful job of brainwashing. If you watch any of these drug commercials, afterwards they give 30 or 45 seconds of side effects up to and including death on some of these drugs. Then they are all happy, saying, "Go see your doctor!"

**Brown:** The side effects are often the same of what you are trying to get over. The side effect might be, "May cause bladder pain," and I'm thinking, "I thought I was trying to get rid of bladder pain!"

What I believe the conventional drugs have done is a really good job of this arrogance of education. They have the marbled halls and the fancy tools and big degrees and intelligent people who are good at memorizing information. It's like a whole theatre, and that theatre is so impressive. You want to be part of the club; you want to be treated by these amazing minds that are so intelligent, and yet what are the results?

I tell people this all the time: I'm a Christian. Let's pretend that I'm going church shopping and I want to find a congregation. I go to the pastor, and I say, "Tell me all about your church," and he says, "We don't do salvation here. We actually help you get as comfortably as possible to hell. We gently get you to hell."

Then I say, "I don't think I want to go to this church; I'd rather go to another

church.”

Then you go to a different pastor, and they say, “Look, I can’t promise you salvation, but we’re going to try. We’re going to go for it. That is our focus. That is our goal. We believe you can get there, and all our energy is putting you onto that path to salvation.” That’s when I realized, you go to doctors, and they say, “We can’t cure this.”

Actually, the word ‘cure’ is illegal. You can’t even use it, so don’t say it. But the doctor will say, “But we can help you slowly die as comfortably as possible.”

**Lynn:** So, you’re saying that when you started on the homeopathy, you saw incredible results within just one year’s time?

**Brown:** Yes. With homeopathy or any kind of medicine that helps your body heal itself, you start having these moments. One example for me is that my bladder always felt full. The lining of my bladder was very swollen, so even a tablespoon of liquid in my bladder would make me feel really full. Then I would go to the bathroom, and I would void my bladder with not very much milligrams.

Then after about a week or two, I had that same sensation that my bladder was full and I had to go to the restroom, and I would go, and I was like, “Whoa! That was a lot of milligrams.” It was only once, and then the other times I went that week, it was the same.

Then the next week, I had two good days. Slowly but surely, my body started working it out. So, I guess this is a good time to define exactly what homeopathy is.

Homeopathy has one main core principle, and it’s the Law of Similars. It was developed 200 years ago by a German doctor named Samuel Hahnemann. Samuel Hahnemann was an ‘out-of-the-box’ thinker. He was going through many of the same struggles that we go through today with the conventional medical paradigm. The big thing that he was dealing with was, “I’m killing people. I’m doing all this blood-letting and all these treatments.” He was very logical. He realized that it made his patients worse when he did the

blood-letting – or too much at least. I think sometimes it can be good on a smaller level, but the amount of blood-letting that they did made him realize that he was killing people. We put an article of his in the curriculum. There was an amazing article he wrote in the German newspaper. I found the article, which was not easy.

Emperor Leopold, who was Marie Antoinette's brother, died. Samuel Hahnemann criticized Emperor Leopold's doctor. He basically said, "This guy was sick, and you guys did a blood-letting. Good. Then he got worse, and you did a second blood-letting. Okay. Then he got worse, and so you did a third blood-letting. He continued to get worse, and you did a fourth blood-letting. What are you thinking? Science hails before this. You're going to keep going back when the first three times didn't work? You are killing him. You are stupid!" What a wonderful way to teach children. This logical thinking applies to today.

So going back to homeopathy, Hahnemann was a big 'out-of-the-box' thinker. He had this idea, "I wonder if some substance – whatever symptoms it produces in its crude form – could stimulate those same symptoms in a sick person?"

Here is the classic example; an onion. If you chop an onion, what symptoms do you get?

**White:** You start crying.

**Brown:** What else? A runny nose. In homeopathy, we get specific: You've chopped a bucketful of onions, and you are in this small room. It's all closed off because it's a small kitchen. Your nose is running. What kind of runny nose is it? Can you think of the quality of that? Is it going to be green and thick, or is it clear?

**White:** It's clear and thin.

**Brown:** Now you're in this tiny, tight room. It's all stuffy, and your eyes are tearing. What are you going to do to get some relief?

**White:** You will expel the mucus from your nose with a tissue or something.

**Brown:** Right. You will blow your nose, and you are probably going to open the door and go outside to get out of that invisible cloud of onion fumes.

In homeopathy, we look at all the symptoms that a substance can produce in its crude form. If a person is sick and they have an egg-white runny nose – like the raw egg whites – they feel better when they go outside. Their eyes might water until they go outside. The homeopathic form of onion can cure that person.

Whatever symptom that something in its crudest form can produce, it can cure a sick person.

In homeopathy, we don't call it 'onion'; we say the Latin term because Latin used to be the universal language, and that is 'allium cepa'. We don't say 'Lunesta' or 'Viagra'. We're not there to try to convince people; we are very scientific. What is it called in the universal language, which used to be Latin? You match the symptoms of that remedy to the person.

How do they prepare the medicines? This is the second important thing about homeopathy. They dilute it; they take the crude substance, and there is a whole pharmacological process. Sometimes it's the root, sometimes it's the leaves, and it can be any substance; it doesn't have to be plant-based.

Think of a honeybee, which is 'apis mellifica'. Typically, when you get stung by a bee, what will happen? Redness and swelling. If you are allergic, you are talking about anaphylaxis.

I have an amazing story of my friend, Kathy. Her granddaughter is highly allergic to milk – anaphylaxis level. Somehow, milk got spilled, and it splashed on her plate. She took a bite of her food, and went into full anaphylaxis shock. Her dad was sprinting across the park to get to the car to get to the epi-pen. Kathy opened her purse and gave her granddaughter 'apis mellifica'. It shut down the anaphylaxis.

So, in homeopathy it's the study of what the symptom patterns are to these remedies in their crude form, and how do we match that to a person.



Of course, we are not going to give this little girl an actual honeybee. An onion is not so bad, but a honeybee is different. There are many toxins in homeopathy that are used, but what they do is use a very specific dilution process; the dilution process renders the remedy completely nontoxic. This is one of the criticisms of homeopathy; it gets diluted down so much that the result is often pure water chemically speaking, but they are able to analyze the structure of the water with magnetic or heat energy with microscopes, and they see these beautiful snowflake patterns. It is stimulating your body at a cellular level to address it.

Because it's so nontoxic, the other side of it is that there are no dangerous side effects.

James, let's say that you had allergies, and I gave you *allium cepa*, thinking it would help, but you have this cough. People don't typically cough when they chop onions. So, let's say that I don't know any better, and I give you *allium cepa* for your allergies, and you don't get better. The neat thing is that while the remedy is not helping, it is also not going to hurt you. You move on until you find something that works better.

So, the remedies must match; homeopathy will work if the remedy matches. Because it's nontoxic, it is incredibly safe.

**Lynn:** When I was growing up, I went through years of allergy shots. I don't know what your thoughts are on that, but essentially, they are injecting you with that which you are allergic to, and it builds up an immunity. It's different from what you are talking about.

**Brown:** There is some similarity. The Law of Similars is not only found in homeopathic medicine, it is a law, and it is something that we have seen throughout.

I was even thinking about this glass fireplace where the fire had made the glass all black. I used newspaper with water, and I dunked it inside the ashes, and I used the ashes to clean it, and it cleans it very well. You see this Law of Similars play out in many different ways, and it does work.

I think that allergy shots are getting some of that crude substance; it's just a smaller amount. In homeopathy, we are talking about such a minute amount.

**White:** Is there any correlation to vibrational medicine? When I was in Michigan I worked for a facility, and the person next to me practiced vibrational medicine with tinctures. For example, if a disease resonates at a negative three, you give a tincture that has a positive three, and it cancels that out. Is there any correlation to that with homeopathy? It sounds like it's just the opposite where you are matching things together, not finding the difference with the resonance.

**Brown:** Homeopathy works on the principle of similars and resonance. It is very important to have both of those. I would say that they are definitely cousins.

Many people who do that kind of medicine started out with homeopathy or they have some exposure to homeopathy which led them to that.

You're right: When the correct remedy is matched, you have that similarity, but then it creates a resonance. If people don't know what resonance is, this is in my curriculum. For example, you have two tuning forks that are the same note. You hit one tuning fork, and the other one will start singing spontaneously because there is a moment of resonance where that energy transfers.

If you have two tuning forks, and one is a different note than the other one, you hit one and nothing will happen; there is no resonance there. So that is how homeopathy works.

Let's say that James has the kind of allergies that allium cepa would help. We give him allium cepa, and his body responds to that. There is a resonance, and then they have what is called a 'cascade effect' where it triggers his body, and all the symptoms start going into balance.

**Lynn:** These are little white pellets, correct?

**Brown:** Yes, they look like ChapStick tubes, like what you would find at Whole Foods.

**Lynn:** I've seen these at multiple health food stores and nutritional places.

James, can you pull up Paola's website? You have so many things on there. I love it! You even have a club for adults, which is really 'cool and fun'; it's like a book club.

So, you have pre-kindergarten to kindergarten, and then you have grades 1-12, and then, of course, there is the family and the adults. Let's go through the curriculum of grades 1-12. I know that *Evie and the Secret of Small Things* is your favorite.

**Brown:** Yes, it is. It's kind of the backbone of so much of what we do. If you go to my website and look there it says, 'For Families', and, 'For Grown-Ups'. Under 'For Families' you can click on, "Teach me health and homeopathy for grades 1-12".

Basically, it's a one-room schoolhouse approach where you read from a storybook called, *Evie and the Secret of Small Things*. I like to say that it's for ages 6-96. What happens is you read the story, which is based on my family and my husband's family. Jason is the oldest of ten children, and they have their reunion. So, in the story, it begins with Evie waking up to the big family reunion day, and grandma is down the hall.

They are enjoying the family reunion, and this really happened. I think it was the year of the Swine Flu, and we all got sick. We called it the 'Brown Plague' because we're the Brown family. So, we all got sick with the Brown Plague. In the story, Grandma Annette got better a little quicker than everyone else. Evie wondered, "What did she do?"

So, Evie started following grandma around, and she started introducing her to the idea of terrain theory. This is not quite homeopathy, but we have to know how to think first in order to appreciate why we should seek out homeopathic health. Like it or not, natural medicine is a little slower. If you don't harness yourself on having that patience, homeopathy can feel slow. Homeopathy can be fast, too, but in general, in order to stick it out, you must have that 'why'. If you don't have that motivating why, then why not just take Advil instead of

arnica.

So, grandma taught her the story of Louis Pasteur and Antone Béchamp. Louis Pasteur is the father of germ theory, and Antone Béchamp is the father of terrain theory, which means that the health of the host impacts whether or not we are susceptible to these illnesses. We saw this happen with COVID. Some people got very sick with COVID, and some people just bounced back. That is terrain theory.

So, grandma taught her that, and she tells the story of Samuel Hahnemann and the blood-letting and everything. They have this great discussion in the book where the children are, “Man! Those doctors were so stupid back then to do all that blood-letting! What idiots!”

Then grandma says, “Hey, now. Wait a second. What are doctors doing today that 100 years from now are going to be considered stupid and prehistoric?”

Story is so helpful for children to stretch their little brains and think, “Oh!” and think it through. Story makes that whole idea manageable.

In the curriculum, you do the storybook as a family, but then the teacher’s manual tells you, “Read a chapter today.” Then next week you might put the book aside and you might do some exercises to build on terrain theory or to build on Samuel Hahnemann’s blood-letting thoughts. There is role-play in asking doctors questions and reading drug labels. That is a big part of the curriculum.

You can go onto my website, <http://paolabrown.com/free> to download three complete free lessons.

The way you do it in a one-room schoolhouse is you have one storybook and have one teacher’s manual, but you buy the workbooks that are appropriately leveled for the ages of your children. So, Level 1 is grades 1-3, Level 2 is grades 4-8, and Level 3 is grades 9-12.

When you are doing the drug label activity, Level 1 for children are grades 1-3 getting a very simplified drug label for acetaminophen. We might say, ‘yellow

skin' instead of jaundice, or 'watery poop' instead of diarrhea.

The Level 2 for children will get three drug labels because now they're thinking about polypharmacy, and they are getting the original language. So now they are thinking, "What if you take all of these drugs?" So, all the children get the outline of a human body, and they get to color symptoms onto the person. So, they are coloring the yellow jaundice, but the Level 2 for children are doing polypharmacy, so they are doing all the symptoms of three different drugs.

The high schoolers in Level 3 do what every adult should do, which is 'sit their butt down', and then, what do you do when you get prescribed a drug? You research it. Find the symptoms. They get to color because high school children like to color, too.

**Lynn:** Everyone likes to color.

**Brown:** They all do. That is a good example of showing how they all can do the same assignment at the same time, but it's appropriately levelled.

**Lynn:** Right, and then you have these remedy flashcards and a memory game and dominoes. How 'cool' is that!

**Brown:** All that is included in the main bundle of the curriculum for grades 1-12. Some of those are printable, but most are physical books.

**Lynn:** And then you have a vocabulary and reading guide, and you have music too. I remember seeing something about music.

**Brown:** Yes, we sell the memory work music separately because it goes with almost every product. It goes with the preschool and kindergarten primer, it goes with the curriculum that I was just talking about for grades 1-12, and it goes with my Homeopathy Heroes card games. So, I don't want to force people to keep buying it as part of a bundle, so it is sold separately, but it is awesome.

In homeopathy, the key is to know the symptoms of that remedy. When I think of allium cepa, I think 'egg-white runny nose, watery eyes, and maybe sneezing, and better in open air.' I know those.

So, when you see someone and you say, “So, do you feel better when you go outside?”

“Oh my gosh! Going outside is so much better!”

You start picking up on this. So, this memory work music I did with my good friend, Jayna Ray. Jayna recorded and helped develop these songs with me. They call them the ‘key notes’; they are the key notes of 19 different remedies plus five important homeopathy principles.

**Lynn:** So, it helps you memorize it by having the songs. That is such a ‘cool’ idea!

**Brown:** It is, and what is so ‘cool’ about homeopathy is that it works the same for humans as it does for animals. There is this whole group of farmers in the UK who use homeopathy on their farms, and they are all buying CDs or are getting it from iTunes because they are trying to memorize the remedies so that they can use it on the farm with their farm animals.

**Lynn:** That’s awesome! Then tell us about the book club. How does that work?

**Brown:** That would be on my website under the ‘For Grown-Ups’ tab. The book club is basically that same story book, *Evie and the Secret of Small Things*, but it comes with a companion booklet, which is the book club guide. I go through that story with adults, but after reading the chapter, I go a bit deeper than was appropriate for children.

I teach how to take a case. For example, my daughter walks in with a fever. What next? So, we coach you through that whole process, and it’s awesome. I love it.

**Lynn:** It is. That is what I like about your whole program. It doesn’t even matter what level it is; I think that this is fantastic for adults now and the whole family. Especially right now with the times that we are in, I think this is going to become more and more valuable.

I'm curious: How many different remedies are there with homeopathy?

**Brown:** I would say that right now there are probably 10,000 that exist from here to Europe and all over the world, but of the most used, I would say that there are probably 2,000.

I'm also president of Americans for Homeopathy Choice. It's interesting that the United States' homeopathic medicines are legal drugs per the Food, Drug, and Cosmetic Act. So here is some 'cool' history: The person who wrote the Food, Drug, and Cosmetic Act was a senator from New York named Dr. Senator Royal Copeland. He rose to prominence during the Spanish Flu of 1918 when one out of three people died.

New York had fantastic statistics, and guess who the health commissioner was at the time? It was Dr. Royal Copeland. And what was he? He was a homeopath.

**Lynn:** Interesting! I didn't know that.

**Brown:** Yes, and this propelled his political career, and he became a senator. So, when he was writing the Food, Drug, and Cosmetic Act, he wanted to make sure to include homeopathy in order to protect it. So, it is legally considered a drug by definition, although it doesn't fit any of the pharmaceutical models.

It is under attack by the FDA; the FDA has lost the institutional knowledge that it used to have about homeopathic medicines, and we recently sent out an action alert to the people on our list at HomeopathyChoice.org because they are changing their policy on homeopathy. I'm concerned about our access to that vast range of medicines.

**White:** The drug cartel has quite a grip on things, that is for sure. They don't like anything that is not drugs.

As far as sources are concerned, in order to get some of this material, is there anything that your local Kroger or local grocery store carries? Can you find ingredients that are there, or do you have to get this sourced?

You have a different source because you are probably in that community, but what about for someone who is not in a community and doesn't have the support group? Can you just go to your grocery store and get what you need?

**Brown:** Yes and no. What you are going to find at a typical grocery store or CVS or pharmacy store in their cough section are some combination remedies for coughs that are homeopathic. Look for that term 'homeopathic'. What they will do for these combination remedies is take several of the best homeopathic cough remedies, will mix them so you are taking multiple remedies at the same time in one dose, and that will help with your cough and the flu and that type of thing. So, they will have many of those combination remedies in different stores throughout the United States, which is a great beginner homeopathy. Just go to the store and pick a box that matches your illness, and take it; it can work great.

Sometimes when I can't find the right remedy, I'll just think, "Screw it! I'll just take this whole combo product," and it can help.

Another big one that many people might know about that is homeopathic is oscillococcinum. Some people call it 'oscillo'. It's a flu remedy, and Boiron sells that, which you can typically find in the stores.

If you want the single remedies, because that is where the true power of homeopathy comes in, you can start learning these remedies and learning their key notes, and selecting the single remedy. It tends to work even better. Usually the health stores carry these. Vitamin Shoppes have many of them. Whole Foods has many of them. Many of the mom & pop health food stores local to you will have the single remedies. If they don't, you should definitely encourage the manager to get some in because it's great.

**Lynn:** What about online? Are you familiar with any online places where people can find them?

**Brown:** Oh, yes! There are plenty of them. You can go to <http://BoironUSA.com>, <http://OlloisUSA.com>, and Washington Homeopathics at <http://HomeopathyWorks.com>. There is Hahnemann Labs based in California. Hahnemann is the father of homeopathy, so Hahnemann



Labs is a good one. Then there are some that are directly to practitioners, and I belong to those.

**Lynn:** I know that you homeschool, and you also had a farm and homesteaded. So, you have the whole package of what many people are working towards right now. What do you teach? What do you do for another curriculum?

When it comes to history or math or English or different trades or gardening, what types of things do you teach?

**Brown:** My curriculum is a little eclectic because I'm a little eclectic. I think my two core foundations are classical education, which requires plenty of memorization that you will see in my curriculum, mixed with Charlotte Mason, which is a great story.

For math, I do Saxton. I think it's a good program. Do your math every day. You must do it. That is the one subject that I outsource because you do not want me to teach children math. I'm not the girl to do it.

We go to Veritas Press online for an online math class, and they have done that for years, and my children know their math, and I'm happy about it. I even have a tutor. I thought, "Crap! I need to be checking their homework!" So, I have a tutor who will call—we used to live in Europe, so I have a friend from Hungary who will check their homework.

It's totally outsourced, and it's super-cheap because she is from Hungary, and the conversion rate for their money is much cheaper. So, that is off my hands.

For science, we've done my curriculum. We will circle back and do it again, and we will do *Trim and Healthy Mama*. She has a great nutrition curriculum for children. This year we are focusing on the human body.

There is this great body book where you cut out all the organs. My daughter is doing that now, and my boys have already done that.

For my daughter, we are doing a curriculum called, *Maidens by Design*, which talks about that maturation process. I'm sure you can guess that there are many

different maturation curriculums out there, so I really like that one for her.

For history, we have done many audiobooks, *Story of the World*. We've also done much history-based writing from IEW, the Institute for Excellence in Writing. I'm an English major with a master's in linguistics, so I like the IEW writings; IEW history writing is both history and writing.

For grammar, I used my own thing because I'm very picky on grammar. Then we've done a bit of Classical Conversations as well, which is a kind of coop.

**White:** One of the things that you hear about with homeschooling is socialization, socialization, socialization, right? Of course, that is important. Children need to be with other children. What about the concept of rather than going to playland, but maybe going out and learning how to identify plants that are edible and nutritional and medicinal and things like that? Do you care to comment on that?

**Brown:** Let me first comment on socialization: In my curriculum, I link to this because it changed my life. This presentation was given by Andrew Pudewa, who is in charge of Institute for Excellence in Writing (IEW). He talks about how the worst linguistic position you can put your children in is in a room full of people their own age. If they are in a mixed group where they have older children and younger children, they advance much better because they want to look smart in front of the older children, so they are trying hard, and they also want to look smart in front of the younger children because they are the older one.

This whole family-style learning with all these other families who have all these different ages is great. I love that my children can talk to adults and children, and I think that is because of the homeschooling aspect. Furthermore, I don't want my children to get socialized in the public school setting. That is when I hear about all the drama, all the drugs, all the swearing, and all this 'crazy stuff'. I want to opt out of that. I don't want that kind of socialization.

Having said that, you are right, I have one son who is doing a ham radio class right now. It's 'super-cool'! We have been working on our homestead, and my 13-year-old and I built a beautiful, giant, 16-foot barn door. There is plenty

value in working with inanimate objects when you are sawing, cutting, and drilling holes into the barn door. That teaches you something.

You can talk to a person and maybe work out your problems, but if that board is cut too short, you must do it again. There is a lot of meaning in that. So, I love the variety that living on a homestead gives my children.

We do a great deal of coops, and sometimes it's a bit too much and too many people, and then we scale back. Also, there is so much value in letting children work on their own.

There are some people who won't do anything unless they're around other people or they have a boss, and there is something to be said for being self-motivated. Studying plants and connecting with nature and having that quiet time away from the noise is so important, and I love that.

**Lynn:** It helps build their confidence, and it forces them to process and analyze and use critical thinking. I think that all of that is very important.

**Brown:** My son started milking our cow when he was eight years old. I remember one time I was looking out the window from my kitchen, and there was a cow. She was sitting there chewing her cud, and my son – this skinny, little eight-year-old – was holding her rope, and he was leaning so far back that if he let go, he would have fallen over. He was pulling as hard as he could, and she didn't even give a 'rip'.

He was telling her, "We've got to go milk in the barn!" and he was trying to get her in there. I love that for him; it is frustrating, but that is also life. You need to learn how to deal and problem-solve and get to the other side. It's been such an amazing blessing.

There is nothing wrong with therapy; I love therapy, and I've been to therapy. It's great. But I was talking to a group of my friends recently who I went to high school with, and most of their children are in therapy. I was outside hammering a barn door with my 13-year-old son, and we were laughing and talking. I tried to make it a positive experience – until it got to be -5 degrees, and then that was hard. But until the temperature dropped that much, I told my husband, "I think

this is therapy.”

You work out so many of those inner issues and you let go of things, and it’s so good to do that.

**White:** I think it’s also therapeutic to be outside in the dirt and in the sun, getting sunlight for vitamin D and dealing with animals. You are exposed to germs, but that strengthens your immune system. I think that is one of the key things for great health, a strong immune system, and I think that you can get a much stronger immune system with outdoor activities than indoor activities.

**Brown:** In high school, I had a friend whose father was a psychologist, and he would help troubled youth do this program called *Anasazi*, and that’s what they did. How many programs have you heard about where you go outside into nature, work with your hands, and learn survival skills. That is a huge part of the healing process and therapy.

I’m very against children having cell phones. My 15-year-old has a flip phone, which has turned into this hilarious thing where everyone thinks it’s so ‘cool’ to have a flip phone because my son has a flip phone.

Getting your children away from the television is so important. Parents, if you are listening or reading this, anything you do to limit screen time is worth it. Keep it up. Don’t give up.

I’ve told friends when they are having trouble with devices to run it over with their car and then say, “Oops! It broke. We don’t have money for it anymore.” Just lie; I don’t care, get rid of it.

It reminds me of my Brazilian mother. We were playing the old Nintendo games, and the game would go inside the top of the console. I was about six years old, and my brother was eight. We didn’t have much money; we were poor immigrants.

My mom said, “Get off the Nintendo. Go play outside.” We ignored her, and she snapped; the Brazilian came out. She walked over, ripped the game out of the console, walked over to the kitchen, lit a fire in the stove, and waved the

game over the fire, and she was glaring at us. She chucked it across the kitchen, and into the trash can. It landed ‘smack’ in the center. My brother and I both jumped up and said, “We’re going outside to play now. Bye!”

Channel your inner Brazilian if you must. We are so scared of damaging our children, but sometimes you need to ‘woman -up’ and do what you have to do and get the children off that because it is poison.

**White:** That’s a T-shirt slogan, “Channel your inner Brazilia”; that is a potential T-shirt right there.

**Brown:** I tell my children all the time, “She’s in there. If you want her to come out, just let me know.”

**White:** That’s funny! So, your approach is lifelong; what you do is lifelong principles. Your children are never going to forget these things, and they are going to pass those on.

Here is what I think: My view is that we are moving away from centralized control and centralized government, and we are moving more towards local community projects. What you are talking about is a perfect remedy for communities to come together, especially when it comes to children. That is the future for all of us.

**Brown:** It is 100% the future, and our world is ill; it is ill in so many ways. We are sick in our minds, we are sick in our bodies, and in the way we are treating these topics. The fact that people think that cows are causing all this greenhouse gas makes me think, “What?”

Maybe the centralized feeding operations – the CFAO’s – are not good, but we have a very sick world. I believe that the solution starts at home. I feel so strongly that the remedy is two things: Turn off the device, and put your children to work. Do it joyfully.

You can’t do it joyfully the whole time. The temperature sometimes drops to negative five degrees, and must get it done, but that is where the grit comes in.

My children and I just spent six weeks working on a property that we are eventually going to move to. It has been the most memorable, amazing, exhausting, hardworking, bonding experience. I thought, “Man, I thought my family was strong before this trip. I feel like we’re made of steel now. It’s such a blessing.”

**Lynn:** I love it! Tell people where they can find you on social media. I also noticed that on your website you have over 70 videos. What are the different videos about?

**Brown:** I’m on Instagram and Facebook. You can find me at Paola Brown’s Homeopathy. If you type my first and last name and homeopathy, I’m sure you’ll find me.

The 70 videos are part of that main curriculum for grades 1-12 – that one-room schoolhouse curriculum. There are 70 videos that go along with that curriculum.

I’m a homeschooling mom, but I’m sometimes a lazy homeschooling mom. So, there are days where I do not want to do the science experiment with my children, so that’s why I say in the curriculum, “If you don’t want to do this, just play the video.”

**Lynn:** You are smart.

**Brown:** You can do it. If you are an awesome mom, good for you, but sometimes I think, “I’m just going to make these videos.”

Do you remember the tuning fork example when I was talking about resonance? Sometimes it is expensive. Who has the money to buy tuning forks for one lesson? So, you can watch this great video where I show tuning forks, and I show that whole process of resonance.

It comes with 70 amazing videos that really enrich the learning. The book club program uses about 40 of those 70 videos, so it’s awesome.

**White:** I’m going through all the information that you have on your website – the key notes to your homeopathy remedies and other card games. It looks like you have a board game or something.

**Brown:** Yes. If you go to <http://PaoloBrown.com/game> or if you go under the drop-down of 'For Families', I have the Homeopathy Heroes card game. So, this is great fun. (And of course, I think it's fun because I made it.) It's a card game, not quite a board game. Basically, there are some amazing people in history who loved homeopathy. Did you know that Abraham Lincoln opened hospitals during the Civil War that were purely homeopathic?

**Lynn:** Really?

**White:** I had no idea.

**Brown:** Many of the abolitionists were all friends, and they shared a good deal of good information. One of the things that got into the abolitionist's group was homeopathy. Harriet Beecher Stowe, Louisa May Alcott, Thoreau, and all these people used homeopathic medicine as their primary form.

If you watch the *Little Women* movie with Winona Ryder, there is a scene where they are looking in their *Materia Medica*, and are talking about belladonna for Beth, who was dying from Scarlett Fever.

The great-grandmother of Queen Elizabeth, who just passed away, was Queen Victoria. She used homeopathic medicine. Why did Queen Elizabeth live so long? Guess what? She used homeopathy her whole life.

I think it's so sad that this important part of history has been lost. Charles Darwin used homeopathy. Amazing people used this type of medicine. Dizzy Gillespie, Beethoven, and Sarah Bernhardt, who was the first silent era actor, all used homeopathy. Gandhi used homeopathy.

In this game, all the children are sick in bed. Lincoln is a little boy, and Thoreau is a little boy; they are all sick in bed. You play the game, and when you find a homeopath, that homeopath can try to find a child. The child has three key notes. So, let's say they have symptoms like burning, watery eyes, and red-hot throbbing. So as long as one of the remedies that the homeopath matches one of those symptoms of the child— because they're not home and they only have a few remedies in their pockets – you can help the child get better. But if you

don't, you have to put the child back in bed until you can help them.

**Lynn:** That's smart!

**White:** We have about ten minutes left. What would you have as far as a homeopathy starter kit – if that's even a thing? If people wanted to go to the store and get five things or ten things to start with, what would you start with?

**Lynn:** That's a great question!

**Brown:** I would use the remedies that I teach in my curriculum. I keep saying that there are 19 remedies that you are going to learn in my curriculum; I would get those 19 remedies. Those are perfect for accidents and the big, acute illnesses. If you want to get a list of those, go to <http://PaolaBrown.com/music> and you can see the lyrics to all of my memory work music. I list all those 19 remedies because those are the titles of the songs. So that is what I would start with.

There is a saying in the homeopathy community, "She who has the most remedies wins." So, keep buying those remedies.

Washington Homeopathics has a great remedy kit. Ollois has a smaller kit.

**Lynn:** What are they cost-wise? It's been years since I bought some. I bought some years ago, but I haven't looked in a long time.

**Brown:** A single vial will cost you \$10, but usually when you are getting it in a set, like a kit, the price goes down quite a bit to something like \$3 or \$4, depending on the remedy. The vials can be small in a kit, or they can be the bigger ones; it depends on the kit.

**Lynn:** In the single vials that aren't in the kit – the taller ones that you would get individually – are you taking only one or two of those pellets a day? What would be an example?

Let's say that you came down with a flu or a bad cold. What would you take, and how many days would you take it for?



**Brown:** That's a good question. I teach this in my book club program more in depth because I can't teach children this since homeopathy is legally a drug. So, I couldn't really teach children how to take drugs in my curriculum. You can't do that! But in the book club program, I take that extra step with adults.

Basically, there are four stages. Let's assume you are so sick that you are on your way to the hospital and someone is having an anaphylactic reaction. You might be taking it every five to 15 minutes.

You need to make sure that by the third time, you take the third remedy (the third dose) and you see some sort of a shift or an improvement. You don't want to keep taking a remedy if it's not helping at all; you want to stop.

**Lynn:** So, you are saying every five to 15 minutes you take one of the little pellets?

**Brown:** If you are going to the hospital, yes. If it's that bad where you are hemorrhaging or whatever.

The next level up, I would say that you are sick in bed, you can't get out of bed, and you are miserable. If that is the case, then I would take it every three hours. You don't need to wake up in the middle of the night to take the remedy. If you are sleeping, your body is doing what it has to do, so don't wake it up.

The next level is, "I'm staying home, I'm out of bed, and I'm throwing some laundry in." So now you're taking it maybe three times a day.

Then the next level is, "I'm not 100%, but I'm picking my children up from school and I'm running to the grocery store." Now you're looking at two to three times a day. That's a general rule of thumb.

**Lynn:** One whole vial would probably go past just one remedy because you get plenty in those.

**Brown:** Yes, you do.

**Lynn:** So, it's relatively inexpensive if we compare it to the wonderful pharmaceutical industry.

**Brown:** That's part of the problem: Homeopathy is so affordable; we are competing with a whole different type of medicine. This is exactly why it is becoming so difficult. If homeopathy is a drug and the FDA requires it to comply with everything that drugs do, can it afford it? No, and it is unnecessary because it is so safe and it has such an impeccable safety history.

**White:** I make my own elderberry syrup and it is fantastic. I put apple cider vinegar in it, lemon in it, green tea and honey, and elderberries, of course. It knocks ailments out.

When you do homeopathy, is it okay to continue using the elderberry syrup since homeopathy is so safe? I don't even know what the elderberry remedy would be called; I don't think it's homeopathy.

**Brown:** It's herbal. Homeopathy is not herbal, although it sometimes uses plants to make its medicine.

You can use it together even with conventional drugs. If you are on medications, you can use homeopathy with it. Homeopathy does not harm the impact of any kind of other medicine you are on. However, plenty of times it is the pharmaceuticals that impact the effectiveness of the homeopathic medicines.

**White:** That makes sense to me. No doubt about it.

What is lacking the most is education, right? It's like anything else; it's a matter of educating people and letting them know.

I think that most people are so trained to the person in the lab coat who has an air of authority and has nurses around him. Society has all but enforced that theory. It's hard to break away from that. People generally have their doctor recommend alternative treatments, and they don't want to do it. How do you break that mindset?

**Lynn:** It's fear-based and dependency.

**Brown:** Do you remember when COVID hit? People were all dying in the hospital, and a nurse came out and said, "People are getting put on ventilators that don't need it. They are just scared."

I pulled my children aside, and I said, "Fear is what killed them; it was not COVID." How do you break from that? You start developing a relationship of trust with your body.

I remember when my son got his first fever after I had decided that I wasn't going to use the antipyretics, but instead, homeopathy. To my little boy, of course, it was like Murphy's Law. I decided, "I'm not going to use this stuff anymore. I'm going to do homeopathy." Great! Here comes a fever of 105.

I was so stressed and so anxious that I got diarrhea; it was very stressful. I gave him the right remedy, which is belladonna. People think, "Oh my gosh! My child has a fever of 102." I say, "Ha! That's not very high."

My son had a true belladonna fever of 105. He was hydrated, and he was not an infant; he was a little boy, and he could handle it. In homeopathy, we think that high fevers are your body's healing strength. It's a sign of his vitality.

So, he got a fever of 105, and I did the remedies: I kept him hydrated, and I checked on him '1,000 times', and he was fine. Twenty-four hours later, he was 100% better. That was baby step number one, and he was fine.

It's doing these little things so that when the big day comes, like when COVID hit and everybody was freaking out, I waited a couple of weeks and started getting reports from all the homeopaths like, "We are treating this fine. It's fine. We are doing good. Everybody is fine."

I thought, "Okay! This is not some random thing that suddenly homeopathy can't treat." So, I went to the grocery store – and this was when we lived in Hungary and no masks were required yet, but later when they were required, I did not want to go to Hungarian prison, so I did wear the mask when it was required – and I would buy a bar of chocolate. I thought, "I just need to get this

and get it over with.” I would eat it with my bare hands every time I went shopping, hoping to catch it and get it over with. That shows you how much I trusted my body and homeopathy, too.

I think it just takes baby steps and learning to develop that relationship of trust. We don’t want to be stupid. I don’t have a history of any other issues that made me especially vulnerable to COVID, so I wasn’t really worried about it.

**Lynn:** I have a quick question along those lines. Is homeopathy strictly for treating, or are you able to use any of it as preventative? When you saw that you were around people who were sick, did you say, “You know what? We should start taking some of this?”

**Brown:** It can be. There is a small branch of homeopathy that can be a bit preventative. I prefer to get sick; I prefer to burn the fever. Dr. Thomas Cowan, who works with the Weston A. Price Foundation, talks about how fevers kill cancer cells. It’s such a blessing. So, again, I’m healthy and my family is healthy. Maybe if I had a child with autism, since those children are more sensitive, I might want to be more careful to prevent something, but in our situation, I would rather get sick.

When that mucus comes out, when you’re coughing it up, you’re ‘cleaning house’. You’re getting rid of inflammation that you don’t want or need.

I get a fever about once a year. The last time I had a fever was from COVID. I had a fever of 103. I got into a hot, hot bath to aid my body in bringing it up to temperature, and then I felt so much better.

**White:** We’re here at the end, and the time has gone by fast. As a quick side note, about 30 years ago, I did some contract work at Szekesfehervar, Hungary; I visited Hungary and did some work there. There are great people in Hungary. I really, really enjoyed my time there. We stayed in Budapest.

**Brown:** That’s where we lived for three years, in Budapest. It’s really nice.

**White:** We’re out of time here. That went fast, and that was great information.

Paola, is there anything that you would like to say in closing? Is there anything that you want to get across to the people before we wind things down?

**Brown:** I would just say to get those free lessons. It's <http://PaolaBrown.com/free>. I have free lessons for the main curriculum for grades 1-12 and free lessons for the preschool and kindergarten primer. Go there and do those lessons with your children. Have some fun. You can read a chapter of my storybook, and you will get plenty of great information. I think that is a great first baby step.

**White:** Corey, is there anything that you want to impart or say before we wind things down with Paola?

**Lynn:** This was fantastic! I knew this was going to be a good one! We could go on for another hour.

**Brown:** We totally could!

**Lynn:** You hit on so many important things, from the homeschooling to overall raising children, and where we are headed with things. I think you hit on plenty of important things going beyond homeopathy and health, especially with the mental health. I think that is critical right now with everything occurring.

**Brown:** There is a book, *Battle Hymn of a Tiger Mother*, and it's a very controversial book. I would not read it as a how-to book; I would read it as, "Let's see what this mom did."

Ultimately, what I got from this book was that Chinese parents assume strength in their children. I decided to raise my children with that mentality, like, "You can do this", but I don't push them to the point of breaking their spirit. You must know that line, but assume strength in your children – in their mind, in their body, in their spirit – and give them those challenges and those opportunities so that they rise to it, accomplish, and feel good.

That is what that fever was. That 105-degree fever was me saying, "Alright! You are strong! Your body can do this. I'm going to support you and love you and give you the right homeopathic remedy, but you will overcome this," and it did. That confidence spreads. Homeschooling works with their spirit and their body

and everything across that.

Assume strength in your family, and allow those opportunities. Sometimes when you fail, you pick up and try again.

**White:** Those will be the last words here on this *Solutions Series* broadcast. We are delighted that you joined us here. We always appreciate the great feedback.

You can check out the *Solution Series* by going to [CoreysDigs.com](http://CoreysDigs.com) or [Solari.com](http://Solari.com). We were delighted to have Paola Brown here with us. Visit her website at [PaolaBrown.com](http://PaolaBrown.com). You can also find the interview at [CoreysDigs.com](http://CoreysDigs.com) or [NorthWestLibertyNews.com](http://NorthWestLibertyNews.com), which is my website. We do appreciate you looking in.

Until next time, this is James White for the *Solution Series* saying goodbye for now.