“I hate taking and giving drugs to my kids.” I’m told this all the time, but then I hear, “But I don’t know what else to do.”

Do you want to know how to reverse this dilemma?

The first step in any process towards health mastery is to understand that there is nearly always an alternative to drugs; particularly for childhood diseases and every day maladies.

*Health is not random.....it comes from a well-managed life of self-learning followed by mastery of specific skills and the confidence to use them.*

Did you notice that I used the word “self-learning”? That’s because it takes personal responsibility. It requires some effort and commitment.

And it means having courage. But that’s what being a parent is all about...isn’t it?

(By the way, I use the words “parent” and “mother” for anyone who is in the personal position of taking care of another. Whether it is caring for a dog, cat, best friend, a relative...these all qualify as parenting skills in my book.)

This species of thinking can cause a life-altering shift......

And that shift must *(will be)* be accompanied by your yearn to learn.
Mom, The Healer

In my own life as a mom, I was apprehensive of what drugs could do to my family, so I first taught myself how to use homeopathy with simple books and tapes.

Then, I joined a small course followed by another and another. I was never without a book on the subject of homeopathy on my lap.....

On the ride to church, the night out with my husband; at least one book accompanied me everywhere.

When I was obliged to drive, I listened to the notes that I had recorded on audios.

I reviewed the remedies that were taped to the window in front of my kitchen sink.

3x5 cards were stuck to my dashboard, affixed to the mirror in my bathroom and slipped into the diaper bag.

I recognized that the busy life of a mother required tricks for utilizing my time efficiently, so I invented memory tricks to skyrocket my learning process.

In the pocket of my red robe, I tucked 3x5 cards of remedies and their keynotes that had redness associated with them. Belladonna is a remedy that presents with a high fever and very red ears or eye margins. Those who need Sulphur often present with red orifices. So into the red robe pocket they were filed! ...to be reviewed again and again until I knew the attributes of each remedy, cold.

I was determined to learn how to take care of my family without drugs.

And I did it!

Now, my 3 boys are young men and have never taken as much as a Tylenol. Not even an aspirin! Neither my husband nor I have had any medications in over 25 years. So far, we’ve managed to stay robust .........I can proudly say, “I did it!”

And this is what I want for you.

Now, I must admit that after the classes I attended locally and all of my own self taught methods, I also attended homeopathy school for 5 years to obtain
my degrees, but I was able to address just about any acute situation even before formal training.

My post grad degrees certainly solidified and deepened my knowledge so that I could approach chronic health issues as well, but let me assure you that the kinds of things that most families suffer are indeed within the scope of learning without going to post grad homeopathy school.

And if more complicated problems crop up, I urge you to simply contact a homeopath to help you through the storm.

This is a sound strategy for robust health.

As an Italian American, family is an important aspect of daily life. I've devoted my life to the family; mine as well as others, by teaching mothers and others how to use homeopathy for their own.

My study methods, my tips and tricks, my experience as a classical homeopath, as an educator committed to passing on this vital information but most importantly from one mother to another, let me share this with you. My blog, free article and radio downloads are always available to you on my site. Take advantage of them. nearly every week I add another download for mothers and others.

Legal Drugs Poison

I have many stories to relay regarding the problem associated with seemingly safe drugs, but for me, one of the most profound is the story of my Aunt Mary.

Sadly, this one is not bestowed with a healing ending. Aunt Mary was my Godmother and my mother's only sister, with whom I was very close. We spoke on the phone weekly. Years ago I had given her a homeopathy kit so she could call me, should she need my help.

One day she slipped and sprained her ankle. Normally, she would have phoned me to learn which remedy to use, but this time, she just went to the doctor because she knew I had had a busy week. I would've indeed recommended she
have her ankle looked at to be certain it wasn’t a break and then return home to a homeopathic remedy to eliminate the pain and swelling.

However, following the doctor’s instructions, on the way home, my uncle stopped at a drug store to buy the Darvon, to relieve her pain.

That night, Aunt Mary took the Darvon and within 6 hours, she died.

The “cause of death” was cardiac arrest, however, she nor anyone in my aunt’s large family had ever had heart issues and only weeks prior, she had been given a “clean bill of health” from the very doctor who prescribed the fatal drug.

Down to my toes, I knew it was the Darvon that had killed her. So did my mother and uncle.

When I reviewed the dangers of Darvon online, it was evident that the cause of death was drug poisoning, particularly in the way she died. I won’t go into details, but it was a textbook case.

But more importantly, 2 years later, class action suits are sprouting everywhere against the manufacturer of Darvon.

As a result of many such deaths, the FDA has finally banned Darvon and Darvocet. Just for the record, it’s been the pain killer of choice for most doctors since 1957.

The reason it was taken off the market?

*It causes cardiac abnormalities and arrest in people who don’t have a history of heart disease, even in recommended doses!*

How many unsuspecting folks have been poisoned by this drug in the last 40 years with the cause of death appearing to be cardiac arrest or something else?

This kind of loss is always difficult. But the salt that stung the wound further is the thought that 1) my dear aunt trusted the doctor to give her something that was safe and 2) that the very remedy that would’ve offered her quick and more importantly, a harmless method of healing was only 20 paces away in her
medicine closet… in her homeopathy kit! The remedy that would have eliminated the pain was *Arnica Montana* alternating with *Hypericum* every hour.

This is the kind of story that I hear on a regular basis from clients and students from the world over.

As mothers and others, we need to protect our families and the only way to do so is to arm ourselves with knowledge.

But it means diligence.

I entreat all mothers to not be a “good little patient”. Be the one who questions every decision a doctor suggests and knowing your alternative options.

This is not a time for compliancy.

Be a fierce lioness when it comes to your family.

Be a mighty mom. Read, study, educate yourself. Then get to the job at hand…of being the most protective person in your children’s and family’s lives.

And when they’re set well, take care of your parents, your aunts and uncles, your friends, pets, and so on. I can’t think of a responsibility more important than this one.

**Let me give you what I Know**

What I’m going to share with you today are specific tangible steps that I’ve personally used in my life when I first turned my back on modern medicine’s follies and employed homeopathy to cure my own family.

On college campuses, in educational institutions, homeopathy schools, on radio, on-line in my books and cds…..I know *exactly* how to get the information that’s most useful into the hands of those with whom will do the most good: mothers, grandmothers, knowing fathers and grandfathers.
Owning these tools have shaped more miracles than I could have even dreamed was possible.

*This* is what will minimize and even eliminate the need for drugs and all of their hideous side and long term effects.

But be prepared; this requires a shift in your thinking because a genuinely better life requires a new perspective.

Indeed, anything in life that holds value, requires a push, a pull, hence an adjustment.

I’m here to pull you into my court. You’re job is to push yourself.

**It’s all about self mastery**

I admit that it will cost you some time and a small financial investment.

But what is the cost of self mastery?

What is the cost of protecting your family……. of becoming the healer?

What is the price of standing strong and confidently able to say, “No thanks” to the doctor and using something at home that’s safe and legitimately effective?

I know the answer, and I know you do too.

*It’s about owning a medicine you can call your own…homeopathy.*

So, if you’re ready for your personal “shift”, then let’s get started!

**Step 1) Learn the basic principles of homeopathy**

The principles and practices of homeopathy are in- depth and can take years to master, however, for simple acute illnesses such as chicken pox, fevers, ear infections, sore throat, lacerations, bee stings, sprained ankles, insomnia, teething, colic conjunctivitis and much more and the methods are really rather easy to master. Owning the skill to cure will afford you freedom from antibiotics, analgesics, steroids and anti-inflammatories.
Step 2) Own a Homeopathy Kit

I’m often told by mom’s that they own a number of remedies so they don’t need a kit. What most folks don’t know is that a pre-organized kit is well thought out by the homeopathic manufacturing pharmacy. For the last 200+ years, it has been determined through experience, exactly which remedies most households will need on a day-to-day basis. So I urge everyone to purchase the most well stocked kit they can afford. It will last a lifetime and will serve your family generationally. Contact me at 716.941.1045 or contact@homeopathyworks.net and we’ll guide to the right kit for your family.

Step 3) Know your family’s remedies

If your children are prone to fevers, then memorize the homeopathic fever remedies and their differentials. Fundamentally, there are only four. For example, Belladonna is for very high fevers of about 104-105 degrees while Pulsatilla is for those where the child is weepy. Learn this in my book “Cure Yourself and Family with Homeopathy” and you’ll be prepared for most fevers. It is available as part of an entire series of classes on HomeopathyWorks.

Step 4) Memorize the first aid remedies

When was the last time you knew when an accident would occur? The word “accident” means not knowing what or when it will happen. Memorizing the top 3 remedies (*See end note) and how to administer them, is a sensible and even lifesaving skill to develop. Download the top remedies on a 3x5 card and tape it over your kitchen sink so when you’re washing vegetables, you can commit them to memory. Then, if the worst occurs you can administer with confidence at home or even on the way to the hospital, if necessary.

When I was first studying these remedies, I recorded them on tapes. It was one of the most efficient ways to lasso the information. Since then, I’ve updated and streamlined my knowledge and make it available on my audio “Perform in the Storm; A Homeopathy First Aid” which is also available as part of the entire series of classes on HomeopathyWorks. But also visit my site within the next week or so. Soon I’ll have a free, first aid chart posted for your quick reference.
Step 5) Spunk, Guts and Moxie

Snowball, the cat, in Stuart Little said: "You've got guts, kid! And you've got spunk! Not to mention moxy! You've got guts, spunk, and moxy!" If a mouse can be described in that fashion, so can you!

Once you know enough homeopathy, get muscular in your resolve. The only way you can protect your family from antibiotics and such, is to apply your knowledge and become gutsy.

Indeed, if you don’t hold to your convictions for the sake of your family, trust me, no one else will. If your doctor says “This is the only way”, then thank him, go home and do your homework. If it is indeed the only way, THEN concede. But there usually is another, safer and more efficient method that most doctors are not aware of. It’s simply not the way your doctor was trained. But you will be.

Don’t get me wrong, a good doctor is an invaluable member of your team, particularly as a diagnostician, as long as he’s willing to acquiesce to alternative possibilities.

If not; **fire** him!

Then find one who is holistic, just for back-up.

Step 6) Celebrate Your Victories

When you unearth, administer and watch the remedy take action, celebrate!

Rejoice in your accomplishment.

Then cheer yourself on by sharing it with family, friends, and neighbors. However, most vital is to teach your children.

It’s key that this information be passed along to the next generation. We need to reverse the idea of dependency on drugs and such.

Curing your family member of an illness is a powerful springboard to deepened understanding. Remember to keep coherent notes by jotting down the entire
case. You also want to maintain a documentation of how quickly the remedy worked, etc. This will furnish you your template for the next incident.

Get Started Now!

What’s the best way to up your ability to heal? Invest in your learning process.

- Own as many good homeopathy books, cd’s and other learning tools as possible. One place to start is here.
- Join local and on-line classes geared specifically to mothers and others. I’ll be launching a yearlong class very soon. Stay tuned, you’ll be receiving a notice from me once we have your email address.
- Find a homeopathy mentor. Someone with whom you can relate who has been there with family health and has expertise. Consider my Mom’s Mighty Mentoring Minutes, where I teach one on one, answer questions about the process of taking a case....what went right and what could have been better, all in one SKPYE or phone call. If this interests you, contact me at 716.941.1045 or www.HomeopathyWorks.net to schedule a single hour session or as a monthly tutoring schedule.
- Engage a friend to learn with you. Share cd’s and consider organizing a study group. The greater the effort; the greater your results. Join the National Institute of Homeopathy

Financial strategists tell us to make investments in areas in which we have complete confidence. In someone we know we can trust.

So I decided long ago to invest in myself.

To this day, I invest in my knowledge every day. It’s a strategy for a successful life, for a healthy one and for one of which one can be proud.

Become your family’s healer.

Then, when you make these life reforming methods yours, send me your accomplishments. I not only relish in your triumphs, but if you grant me permission, I’d like to post your testimonies on my site. (Testimonies to include name and city, reviewed for approval and may be edited for length.)
Love and best to you in the adventure of becoming the family healer,

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The information contained in this message is for educational purposes only. Since I am not a physician, I am not prescribing, advising, nor making health decisions for you. The relationship between you and me is not one of a patient and prescriber; but as a client/student and educator. It is fully your choice whether or not to take advantage of this information. Additionally, homeopathy doesn’t treat a specific illness; it addresses the entire person as a matter of wholeness and requires an educational process.

* Arnica montana

Arnica is a made from a lovely little flower that grows in the Alps. It’s been used for centuries by injured Alpine travelers. By formulating Arnica into a homeopathic medicine, it demonstrates even greater capacities since it works, of course, on the energetic level. It’s particularly good for deep cuts with other bruises, and should be used in a 200 potency if the injury is more severe.

Don’t put Arnica directly on a wound; it should be taken only internally for such situations. Give frequently for severe bruises (maybe every hour for the first day). It’s
also of capital use for swollen and dislocated joints. A back injury will often become less trying when *Arnica* is used at the scene. *Arnica* and *Aconitum* are both premier choices for shocking situations in which the child appears either to be hysterical or remote and “spacey.”

My husband and sons are avid skiers and I’ve made certain that they each have a bottle of *Arnica* in their ski parkas. Any injury such as from broken bones, or strained muscles, blows, contusions, goose egg, etc., will profit from frequent doses of *Arnica* in the highest potency you have available. That is, I wouldn’t expect a 6 potency to be of great value in a severe injury, however, a 200c will likely help out quite a bit. It will minimize the pain and shock that occurs with an injury. It will also reduce swelling and absorb the pooling of blood. Use it for shock and any head injury. It also has a marvelous ability in the after pains of a mammogram. In fact after any injury to the breast (and that’s what a mammogram inflicts) *Arnica* or *Bellis perennis* should be used as soon as possible. Once you witness the efficacy of this remedy, you’ll likely wonder how you did without it.

* Hypericum

*Hypericum* is homeopathically prepared St. John’s wort. If you know your botanicals, then you know the value of this powerful plant. It’s a grand idea to have the tincture of St. John’s wort in your medicine chest as well as homeopathic *Hypericum*. In tincture form it can be used for anxiety experienced as a result of an injury, and in this way becomes a powerful accompaniment to its homeopathic counterpart. *Hypericum* can be applied topically to fend against infections from cuts and other lacerations, and is useful for puncture wounds that have sharp pains as well as for burns. However, its grandest benefit is in its ability to deal with extreme pain, particularly when a nerve has suffered trauma. Think of using this remedy after a tooth extraction when the pain is severe. If the pain is dull or acheing, then it’s not likely to act, however if the pain is sharp, stabbing or shooting, then *Hypericum* is just the ticket. When the pain is extreme, then frequent use, say every 15 minutes may be required. Also, consider it when your child’s dental braces are newly applied or tightened and the pains are characteristic to *Hypericum*. If there’s aching instead, consider *Arnica montana* first. It’s useful to alternate the two remedies, taking one on the even hours and the other on the alternate hours until there’s relief.

Remember this remedy for any puncture wounds, or injury to a nerve-rich area, such as the tail bone, finger tips or toes.

I once sustained a puncture wound that was rather memorable. Our family was visiting my in-laws so I didn’t have my remedies with me. I was sewing on my mother-in-law’s sewing machine and the needle inadvertently went clear through my thumb. Yikes! The pain was pretty intense but I found myself more anxious than pained. My in-laws wanted me to go to the hospital, but I knew if I could relax, my husband could extract the needle. The problem was that I couldn’t relax enough to sit still!
I make my own St. John’s wort tincture from St. John’s flowers in the field near our home in New York, but we were in Florida far away from my supply. However, I had given a bottle of it as a gift to my father–in–law. When my husband found it in their medicine cabinet, my heart sang. Now, I don’t generally drink alcohol and I make the tincture with 180 proof vodka. Commonly, the dose is 10-20 drops of tincture in a glass of water. In my zeal to get some relief, I took the little bottle and swigged probably ½ a shot of it! “Oh!” I said, “I feel just fine now.” And indeed I did. My husband pulled the needle from my thumb and, as they say, “I felt no pain.”

Some might contend that it was the alcohol that calmed me and eased the pain, however, I was neither drunk nor numb, just more composed and the pain was completely mitigated. Additionally, since *Hypericum* is known for its antibacterial ability, no other attention was needed, other than to continue taking it throughout the day and applying it to the wound. Had I gone to the hospital, I would likely have been given a tetanus shot, an antibiotic, and perhaps a valium. No, thanks! I like this way better.

Please understand my position. Had I not had the information on St. John’s wort, and been confident in its ability not only to relieve the pain but also keep infection at bay, I certainly would have solicited professional help. However, I know the far reaching capacity of herbs and homeopathics. I’ve done my homework and have witnessed countless injuries mitigated by these polite and intelligent ways.

*Ledum*

*Ledum* is the premier remedy for a black eye. As a matter of fact, *Ledum* is great for severe bruises. But where I’ve seen its best work is in puncture wounds. In the old homeopathic medical books, it’s said that *Ledum* has a reputation for preventing tetanus when administered every hour or so after the wound is inflicted. Of course, wounds need to be treated immediately with plenty of hot soapy water and pressure on the wound so as to encourage the flow of cleansing blood. Wound management is crucial. *Ledum* is also a first rate remedy for a puncture that’s very tiny, such as that inflicted by an insect as well as that caused by the bite of a dog or cat. Often the injury can have a cold feeling associated with it, but this isn’t always the case.