

*Joette Calabrese presents [HomeopathyWorks.net](http://HomeopathyWorks.net), where  
Mothers and others become empowered via Homeopathy.  
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Dear...

Take a moment to learn a few of my own, homemade, holistic beauty tips below. Then tomorrow, when you stand before the mirror, I bet you'll be saying "Hello, Gorgeous!"

Love,



## **My Hairdo is from the Pantry**



Before venturing on the holistic path to wellness via homeopathy over 25 years ago, I was sensitive to chemicals and fragrances. Compelled to examine the ingredients in the products I was using, I discovered that most of them included unpronounceable and questionable components.

At first, I looked to health food stores for goods that didn't include chemicals and fragrances. But was disappointed to find that, although marketed to the whole health industry, most were only packaged differently - not manufactured purely.

There must be methods used by women before the advent of the beauty market, I reasoned. Where would a woman look for her beauty products if not in a store?

Why, in the home!

And so I began an exploration of my pantry. (When we step outside our comfort zone, vistas present themselves.)

One of my first considerations was sugar and water as a substitute for hair spray. When I was little, I had a friend whose doll wore a dreadfully stiff dress. My friend told me the dress had been dipped in a sugar and water mixture that kept the fabric inflexible and in place.

This had possibilities; but then I had images of myself swatting away yellow jackets during a picnic with this rigid, sweetened hairdo.

On to the next idea.

Secondly, I considered a cornstarch and water mixture. The same image presented itself. At one point I even whipped up egg whites and vinegar and tried to put it through a misting bottle. Just in case you're tempted to try this... don't. It doesn't spritz through the nozzle.

So, after various trials and errors, I've distilled my methods to the few below. My tips are natural and easy. On your way to the pantry, you can toss the chemical hair products into the kitchen trash. Here are the methods that have worked for me so far:

- My most fun and current little discovery is the fact that we needn't use shampoo at all! I have recently been employing this method and I'm delighted to share this idea with you. Instead of shampoo, I thoroughly wet my hair, and then rub a liberal amount of baking soda into it. After incorporating the baking soda by massaging my scalp for a few minutes, I rinse it out. Then I use a vinegar rinse I've made using a mixture of raw vinegar (1/8 cup) in a glass of water (8 ounces). I keep this mixture in a bottle to which I've added 4 pills each of *Silica 6x*, *Nat mur 6x*, and *Kali sulph 6x* from [Hyland's Homeopathy](#). The vinegar provides a luster while the homeopathic remedies keep the scalp conditioned and the hair thick and healthy. A final rinse of plain water, after the vinegar, leaves hair thoroughly clean and soft without any chemicals!
- After my hair is dry, I scoop up an almond sized lump of 100% coconut oil, soften it between my hands for a few seconds, and then run it through my hair. Not unlike other hair conditioners, it offers shine, manageability, and a little volume, but minus the synthetic stuff. Then I take a little extra and gently rub it on my face and neck. Trust me, it's not greasy as long as it's well rubbed in and it leaves smooth skin with no shine. It's even helpful for acne.
- Lastly, instead of hair spray, my friend, Nancy, shared her secret of using Aqua Gel: A Real Willard's Water product, found [HERE](#). It's a combination of aloe vera and vitamin E with Willard's Water. I dip my fingers into it to sculpt and hold specific strands in place. It's more pure than the commercial version sculpting gel and it holds all day.

Not only do each of these kitchen products afford me safety and wholesomeness, but they cost a fraction of the price of commercial products. Yet, *most* of the fun is in knowing I figured it out on my own.

I'll bet you have your own homemade products, too. Pretend it's a pajama party... and let's have some fun! Pass along your natural or homemade beauty secrets.

*The information provided in this article is for educational purposes only and may not be construed as medical advice. The reader is encouraged to make independent inquiries and to seek the advice of a licensed healthcare provider.*

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Join me on my FREE One-Time Teleseminar Event...  
**"The 5 Most Common Mistakes Parents Make in Their Children's Health"**  
**Tuesday April 10 at 8:00pm Eastern**

Isn't it time you took control of your family's health? Don't miss this important up to date information I'll be giving away.

Whether you're a stay at home mom with a large family or a professional mom whose looking for tips to keep her children healthy, you won't want to miss this free teleseminar. I'll be sharing important tips and secrets on homeopathy that I've learned through the years.

- ✓ The best ways you can fever-proof your kids... starting today.
- ✓ Why the finest way to raise kids (and grandkids) is still the methods moms have known for centuries...homeopathy and common horse sense
- ✓ Frequent mistakes and how to correct them when faced with child's illness
- ✓ How to create a home setting so you'll be prepared for most anything.

And a lot more.

**Keep checking your inbox for specific information on how to link.**

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'Interested in finding out if Homeopathy is a fit for your and your family's health strategy? Call (716-941-1045) or [EMAIL](#) us to set up a FREE 15 minute phone conversation with Joette.

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## Hot Off the Press

**New** If you had the choice, which would you be? A lab rat or a book worm? Read more at Joette's blog post for [Liberation Wellness's blog: Lab Rats and Book Worms](#).

HomeopathyWorks.net's Newest Blog Post  
[Anatomy of a Cracker](#)

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## Check it Out

**"It goes without saying; homeopathy works.  
But don't misunderstand me; this doesn't mean that homeopathic remedies are indestructible!"**

Read more on how to [Avoid These Antidotes When Using Homeopathic Remedies](#) on our blog.

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## In the Kitchen



Here's a traditional recipe to start Lent, featured on our blog...  
[Strove Tuesday Gumbo](#)

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Our porch swing is one of the best places to sit in the summer.

It also have a surprising beauty when all covered in snow. Seeing this reminds me to savor those sunny days whenever I can.

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## Quote From Joette

"Our lives should inspire good amongst the chaos...  
like the perfected violin in a stunning concerto."

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## Books, Downloads, and CDs from Joette

If you liked today's issue, you'll LOVE learning more about Joette's programs and services for those seeking robust health via homeopathy. Joette offers a [FREE audio CD](#), lots of FREE articles, [a great blog](#), workshops, coaching, and other resources to help mothers (and interested fathers, too). Learn more now at our [website](#) and see more great [products](#).

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## About Joette



Joette Calabrese, HMC, CCH, RSHom(Na) instructs folks how to obtain and maintain authentic, vigorous health via homeopathy and sound nutrition by offering time-tested and scientific principles. She has become a trusted voice that is decidedly educated, experienced, and committed and has a following of discerning clients throughout the United States and abroad.

## Please Note...

Joette is not a physician and the relationship between Joette & her clients is not of prescriber and patient, but of educator and client. It is fully the client's choice whether or not to take advantage of the information Joette presents. Homeopathy doesn't "treat" an illness; it addresses the entire person as a matter of wholeness that is an educational process, not a medical one. In order to be treated or diagnosed, Joette believes that the advice of a holistic physician is in order.

***\* These statements have not been evaluated by the Food and Drug Administration. This (ezine) is not intended to diagnose, treat, cure or prevent any disease. The information in this ezine should be used only after consulting with your doctor or other health care professional and should NOT be considered personalized health care advice. This is meant for educational purposes only. We hope you will educate yourself thoroughly.***

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