

Homeopathyworks.net

Welcome to our issue for February 2010. This is where you and homeopathy meet. Your questions answered, fears quieted and resources discovered! If you have a specific question you'd like answered or topic covered in future issues, please E-mail suggestions to: joette@homeopathyworks.net or post comments on my blog at: <http://www.homeopathyworks.wordpress.com>

In This Issue:

- Greetings from Joette
- Quote from Joette
- Events with Joette
- Spotlight Article:
- Homeo Tip
- Edu-Tip
- Nutri-Tip
- About Joette Calabrese, CCH RSHom
- Available educational products from Joette
- Connect with Joette



Greetings

A number of clients and students have asked how I came to discover homeopathy and what led me to pursue it. My feature article this month is my story, with a sprinkling of wonderful remedies every home should not be without! Please feel free to share *your* stories and successes with this most empowering lifestyle... Homeopathy at home!

Warmly,

Joette

Quote From Joette:

“I’m dedicated to upping your health and empowering you along the way. Let me teach you about this vital medicine called homeopathy. It can be a lifesaver.”

Joette Calabrese, CCH, RSHom(Na)

Where is Joette?

Read her column, *The Homeopathy Corner* in *Wise Traditions*, the quarterly journal of the Weston A. Price Foundation. Back issues can be ordered at www.WestonAPrice.org

Listen to Joette on Vibrant Living [Radio](#):

- 1) WJOJ 103.3 FM in Northampton, Massachusetts
- 2) KKNW 11.50 AM in Seattle
- 3) WJTN 1240 AM in Jamestown, NY.

My Path to Homeopathy

I used to be angry. I mean the kind of anger that slowly eats away at your core. Years ago I had environmental illness and I hated it. I was plagued with allergies, headaches, chronic fatigue and outlandish sensitivities to chemicals and such. Illness and suffering can be a great motivator.

I'm not sure there was anything I worked harder at to bring to resolution in my entire life. I went to doctor after doctor and since I have plenty of them in my family, I started there. No one could offer an answer other than steroids. (I love you cousin, but no thanks.)

It slowly became clear after a few years that I needed to take my health into my own hands. What a disclosure! I don't know exactly why I thought it was someone else's job in the *first* place. So I studied botanicals, nutrition, home remedies and other natural methods. But it was when I attended a lecture offered by an MD on the subject of homeopathy that my ears pricked up. "Wow", I thought. This is medicine that makes *sense*. Here's medicine that has scientific standing and *logic* behind it.

To give you a little perspective, this was Buffalo, New York in 1984. It was hardly the Mecca of holistic health but I actually found a homeopath some 40 miles away. She had accrued her homeopathy degrees in England in the early 70's and was a source of inspiration and health to me. In fact, over the few years I worked with her I was set on my way to regained health. It worked faster, less expensively and less laboriously than all the other methods combined.

When your life has been altered in a deep way, it hardly makes sense to continue on the same old course anymore. I decided I wanted to learn this medicine. I mean I *had* to. My husband still remarks that he has never witnessed anyone as driven as I was to master a discipline. Nights after my family had all fallen asleep, in the car as my husband drove, listening to my notes that I'd recorded onto tapes ... I used every moment I could muster.

Everyone has a path to follow. Some will never know or care about homeopathy while others are anxious to get a handle on it for the wellness of self and family. I want to get to the second group. In fact I have a secret mission ...which won't be a secret *now*. I'd like to know that every medicine closet in the U.S. has at least *Arnica* in it. I want as many people as possible to know about *Aconitum* is great for panic and injuries, especially to the eye. That after you've eaten bad meat, you should take *Arsenicum album* 30 every few hours. And when your baby is fractious and teething that he ought to have *Chamomilla*. I also want you to have the gift of *Ledum* to abort tetanus after an injury. Yes halt it without the vaccine!

This, my friends, is why I write this e-zine. It's also why I teach, write, disseminate pamphlets, agree to radio interviews, and produce CD's. There are distinct downsides to doing this auxiliary work but it is my-self directed assignment.

So I urge you to circulate this information. If these e-zines have no value to you then please strike yourself off the list in the box provided below. If however, you find this information useful perhaps others will too. Sign up a friend or simply send it to them. They will benefit and I'll be one household closer to my goal.

Gandhi said, "Homeopathy is the most refined method of treating patients economically and non-violently." What else can we ask for? Pass on the good news, and then enjoy the tidbits I include here for indisputable health. I promise more to come.

Want to learn more? Joette's book *Cure Yourself and Family with Homeopathy* is your #1 guide by going to: www.homeopathyworks.net/products.html.

Homeo-Tip!

The best remedy I know for urinary problems especially mild infections is *Nat phos 6x*. Taken every hour at the onset of an infection can often terminate this illness within hours or a few short days. There are other more deep acting remedies that should be considered for the specific case but *Nat phos* is universally known to support this sensitive area. But *Nat phos 6x* doesn't stop there. Throw away your antacids!....it's the premiere remedy for most simple cases of indigestion. Four (4) pills every hour or so and it will not only halt most indigestion cases, but make the next bout less severe and less likely to even occur at all. No questionable ingredients, no side effects...nothing but pure, homeopathic medicine.

Edu-Tip!

Are you disheartened by the number of remedies there are to learn? I was too. The way I memorized for my exams was to write them on 3x5 cards and put them in places I knew I'd see regularly. It took a long time but I committed to memory over 500 remedies this way. Little cards were affixed to the toothbrush holder, above the kitchen sink, and the rearview mirror of my car. I tried to place them according to one of their symptoms such as *Lycopodium* being worse on the right side so I'd tape it to the right side of the bathroom mirror. *Belladonna* has red cheeks during fever so I kept it in the pocket of my red robe. *Aconitum* is the first remedy we think of for an injury to the eye, so I stapled it to my eye glass case. Start tricking yourself and learn more *Materia medica*.

Do you have a method of memorizing that has helped you? Please contact us; we'd love to share it with others.

Nutri-Tip!

How's your memory? Clear? Crisp? Well, if it isn't you'd likely benefit from saturated fats such as cod liver oil and coconut oil. Take cod liver oil in capsules. An egg fried in coconut oil is delectable and adds the right saturated fat that supports the central nervous system. Our college son swears he has higher grades when he doubles his intake of these fats just before exams. Once you've used it you'll not only reach for it again and again, you'll even remember where you put it! [Email us for more information.](#)



About Joette Calabrese, HMC, CCH, RSHom(Na)

Joette Calabrese teaches and instructs folks how to add, obtain and maintain authentic, robust health via homeopathy and sound nutrition by offering tips and principles of health. She has become a trusted voice in achieving robust health that is decidedly educated, experienced and committed and has a following of discerning clients throughout the United States and abroad. [Click here for more about Joette.](#)

Books, Tapes and CD's from Joette:

Learn more. Joette's educational CDs and books are on download at www.Homeopathyworks.net/products.html.

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, great blog articles, workshops, coaching and other resources to help women (and interested men too). Learn more now at www.Homeopathyworks.net

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