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Welcome to our issue for May 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](mailto:Joette@homeopathyworks.net) or post comments on our blog at: <http://www.homeopathyworks.wordpress.com>

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## Greetings

The sun is shining, the temperature's rising, my family is out and about and we're "aching" to be active after a long winter. Biking, hiking, and digging in the garden can all lead to that wonderful feeling of muscles strengthening or that not so wonderful-straining. Read on and find tips to help you thoroughly embrace the activities of spring and summer!

*Enjoy!*  
*Joette*

## Quote From Joette:

"As mothers and grandmothers, it's our responsibility to question...then discard the wobbly ways that don't show good judgment. Embrace sensible habits that remain timeless and truthful."

## Where is Joette?

Watch for Joette in her column *The Homeopathy Journal* in *Wise Traditions*, the quarterly journal of the Weston A. Price Foundation in Washington, D.C.

### **On Archived [Radio](#)**

- WXOJ 103.3 FM in Northampton, MA
- KKNW 11.50 AM in Seattle, WA
- WJTN 1240 AM in Jamestown, NY

### **See Joette this summer:**

Chautauqua Institution:

- July 18-23
- August 15 -20.

For more information go to [www.ciweb.org/special-studies/](http://www.ciweb.org/special-studies/)

### **See Joette this fall:**

Valley Forge Convention Plaza  
King of Prussia, PA

- November 15<sup>th</sup>, 2010

Joette will be speaking at the 11<sup>th</sup> annual conference of the Weston A. Price Foundation in an all day session called "Cell Salts; the Easy Homeopathy". For more information go to <http://www.westonaprice.org/> Click on: *Wise Traditions 2010* for conference information and *Speakers* for a list of those presenting along with Joette.

## Happy Mother's Day, Mom

My mother will be 81 this fall. She's spritely, has a touch of arthritis if she's overzealous in the garden and makes all of her and my father's meals from scratch. She has a feisty disposition that I'm sometimes reluctant to fess is my disposition as well. But it is that fierce tenacity that has granted her splendid health.

Mom doesn't believe in drugs or medical tests. Her wise old mother told her of the ill effects of modern drugs so she doesn't submit. She's never indulged in an aspirin, Tylenol, nor any drug *d jour* in over 40 years. She doesn't go for mammograms, colonoscopies, flu shots or hormones.

She's a drug-free grandma.

Her friends who have prescription lists as long as a drug store aisle tell my mother that she's just plain lucky.

But they're wrong.

They don't remember when Mom had hot flashes and insomnia. That's when she read her holistic books to find that she needed to minimize coffee and take butter and cod liver oil.

They don't have a recollection that twenty years ago she began a daily habit of eating yogurt that she fashioned from raw cow's milk.

They don't recall the episodes of facial neuralgia that plagued her, that was resolved with magnets strategically placed against her mouth.

They don't even know about the time she had pneumonia, or maybe it was bronchitis and I treated her with homeopathic *Antimonium tart* that resolved it within a few short days.

In every case, when life dealt my mother a bad turn, she straightened it around and made use of her resourcefulness. It's paying off.

Her tenacity is now offering dividends because she hasn't bankrupted her health with suppressive measures in the form of antibiotics, steroids, heroic measures and synthetic hormones.

Because of her inquisitiveness and desire for empowerment my family and I get to have a healthy grandma for a long and fruitful future. We get to have her remind my children how important it is to eat whole foods as she serves us her famous chicken soup with her homemade cheese.

Her wisdom is a testimony to a life well-lived.

Happy Mother's Day, Mom! You're my inspiration.

**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](http://www.homeopathyworks.net/products.html).



## Edu-tip!

The quintessential mothering remedy: *Arnica montana*. The one that reduces the pain of labor right before your eyes - 30c if small and then given every 15 minutes until improvement or 200c for a more serious injury. The remedy that makes a mother feel invincible during and after labor - 200c during transition and every 15 minutes after the 1<sup>st</sup> dose, then every hour for a few days after delivery. Arnica is the remedy that calms the pain of dental braces - 30c or 200c every 3 hours for 1-2 days. Don't forget this brilliant remedy to minimize pain and that shocky feeling after surgery - give 200c the night before, the morning of and just as the patient goes into surgery. And then, immediately after surgery in 1M as well as what's needed for pain. It can be taken for several days.

Too miraculous to be true? Buy a bottle of 30x or c for minor accidents, a 200 c for more substantial and a 1M for serious and try it out yourself. The miraculous truth of homeopathy belongs in your hands. Mother knows best.

## Momma-tip:

Moms need to have solutions at hand. Solutions that are immediate, safe and curative. Have your first aid remedies at the ready. Be sure you own the following remedies from Hyland's Homeopathics: <http://www.hylands.com>: *Arnica montana* 30 and if you're more advanced, then in 200c potencies as well. This goes for *Aconitum* in both of these potencies as well as *Ledum* and *Hypericum* too. These are the mainstays of homeopathic physicians and families from the last two centuries. They were used in hospitals and clinics throughout the U.S. and are still employed in Europe and India.

How will I learn all this stuff? How can I use more of it so I can treat my family for every day ills? These are the questions I used to ask myself and that I hear from budding homeopaths, mothers and others. I'll share with you how I did it. I spent years studying and found the easiest way for me to commit to memory was to hear the information over and over. After my classes in Toronto and N.Y., I'd read my notes into a tape recorder and I'd listen, listen, and listen.

That's why I've produced CD's and downloads...so others can learn the easy way in the car or while doing laundry. If you want to be prepared for pregnancy, birth and post partum,

just listen to my audio *Baby Grande; the Ultimate Preparation for and During Pregnancy* on getting the **right** start for you and your baby. If you're the grandmother, then this is the best way to support your family.... the homeopathic way. [Click here](#) to learn more. Let my voice direct you so you'll never be caught unprepared. Learn each remedy to have on hand and then how to use it. Become a homeopathic mothering expert. Don't waste a **minute!**



## About Joette Calabrese, HMC, CCH, RSHom (NA)

Joette Calabrese teaches and instructs folks how to add, 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.

## Books, Downloads and CD's from Joette:

Learn to treat **YOUR** family. Joette's educational CDs and books are on download at [www.Homeopathyworks.net/products.html](http://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, a great blog, lots of **FREE** articles, workshops, coaching and other resources to help mothers (and interested fathers too). Learn more now at [www.Homeopathyworks.net](http://www.Homeopathyworks.net)

## Connect with Joette on these sites:

### Joette's Blog

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