

Jealousy, Envy, Resentment, Oh My!



Dear...

The holiday season is starting to come alive and with that come our family traditions. Most of them probably involve the entire family; from grandparents, to long lost cousins, to your in laws... If you aren't feeling the most joyous, maybe a bit jealous or envious or just downright resentful, then take a look at Katherine's story below & let homeopathy be your guide.

Love,

Such unsettling and uncomfortable emotions. They're unbecoming, painful and oh so unnecessary. Yet, sometimes they get such a grip on us.

Katherine was a retired librarian of 50 and was just entering menopause when she found herself experiencing envy every time she went to her sister-law's house.

Her sister-in law was thin, had a beautiful home, and a fascinating career.

Katherine actually liked her, but just couldn't resist the sensations of envy, jealousy and sometimes hatred.

Katherine had no reason to be jealous. She had three beautiful children, a loving husband and a house of which to be proud.

Nonetheless, it became a struggle to visit her in-laws. Yet, she had not always been this way.

Of late, Katherine was also experiencing hot flashes that woke her most mornings and a restricting sensation in her throat.

Her familiar old contentment was replaced by these menacing emotions and sensations.

Her neighbor had recently mentioned that she had seen a homeopath for her menopausal symptoms of wakefulness and hot flashes and that she has been free of them since. So, Katherine thought she'd give it a try.

When Katherine listed all of her symptoms at their first meeting, the homeopath explained that her indications of hot flashes and throat sensations were related to her plaguing thoughts.

Because homeopathy views the person as a whole, it was important that these be considered.

“You mean my thoughts are considered symptoms?”, she queried. The homeopath explained that if her thoughts were balanced they would not be considered part of the illness, only characteristics.

However, when our thinking is askew and our thoughts become plaguing, then they must be considered out of balance. This made sense to Katherine because she certainly felt her thinking had gone haywire and hoped to retrieve her old comfortable and confident self.

Could a remedy do this? She looked forward to the process.



The remedy chosen was *Lachesis*. Within the first week, Katherine’s hot flashes abated. The following week, she noted that her sleep was restored.

But most remarkable of all was that just before she returned for her visit to the homeopath, she realized that the jealousy was gone.

"I mean *really gone!*" she emphasized.

In fact, she and her sister-in-law had been out to lunch and she was looking forward to their next planned outing.

Instead of envy, she wanted to learn as much from her as she could.

She wanted to know how she kept her figure so slim and how she chose such a beautiful color for her dining room. These questions represented a different thought process that was no longer ugly nor menacing.

This is the way Katherine *used* to approach life.

The more Katherine thought about it, the more significant the changes appeared to be.

Finally, after a few weeks of taking *Lachesis*, Katherine felt balanced and repaired.

No side effects, no covering up of symptoms, no postponement of the issues. Just back to normal.

Now *this* is medicine of a different sort.

Homeopathy, medicine of integrity and promise.

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LachesisThe quintessential female hormone-adjusting remedy is also one that incorporates the uncomfortable feelings that Katherine experienced.

One of the keynotes of *Lachesis* is a feeling of envy and jealousy. Menopausal symptoms as well as PMS are also an indication for the use of *Lachesis*.

Some of the other signs that plague those in need of *Lachesis* are:

- difficulty with swallowing, with a restricted feeling in the throat
- hot flashes around menopause
- a pent up feeling that's relieved once the menses commences

As always, in homeopathy, we use the totality of symptoms to determine the remedy choice. So it is paramount that all relevant information be included. Not all of these symptoms will necessarily present, but even if only two are represented and they are a significant aspect of the case, then *Lachesis* will likely work well.

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Winter is Coming...



Our house is mainly heated through the use of our fireplace insert in the living room. So we like to be prepared before the snow begins to fall.

And aren't we glad we didn't wait, since on November 11th we had our first snow! And I just had to share! Do you remember this view from our office balcony?



Granted, we have being on the top of a ski hill to our advantage, since most of the rest of the area surrounding Buffalo, N.Y. went untouched.

Quote From Joette:

“Our health should be as honest as an open diary. No hidden illness suppressed by a drug today only to show up in the future to stalk us.”

A Note from a Reader:

“I get your monthly email newsletter and just wanted to say the Halloween one was GREAT. I did as you suggested: made my 5-year-old son eat a large fatty grassfed steak and a HUGE glass of raw milk before trick-or-treating. He had a great time, but didn't ask ONCE to eat any of the candy! Wow. The next day I offered the trade you suggested: a toy for his bag full of candy. The toy won hands down.

So, thanks so much for those wonderful ideas. ”

**Kate Potter
Elmwood, IL**

Thank you for sharing Kate! It is always great to hear from our readers!

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About Joette



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

Please Note...

Joette is not a physician and the relationship between Joette & her clients is not of prescriber and patient, but as 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 an order.

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