

## **My New Halloween Bribe Candy**



Dear...

Halloween. Now what? Do we pass out candy? Do we let our kids eat it? Read on to discover solutions that have saved me time, guilt, and hyper kids.

Love,



A mom with a conscience, asked me the other day, "What do you give out to trick or treaters?"

Here's my best, time-saving and generally appreciated hand out. I gather up loose change my husband instinctively collects all year and I put them in a big carved pumpkin. The seeds and fibers are cleaned out, but it's still rather moist inside. Then, I dole out enough coins so that everyone gets approximately the same amount.

When we lived in the city, I'd have to ration since we had probably 50-60 kids on Halloween Night. Now, in the country, only one neighbor stops by with her grandchildren and they each plunge their chubby hands into the still slightly clammy pumpkin center for a fist full of coins.

The loot is more exciting when it's coated in just a *little* pumpkin muck.

When my kids were little trick or treaters, I'd agree to let them eat 3 pieces of candy while walking from door to door. But I held to no candy with dyes. That help eliminates the worst offenders. Then, when we got home, I'd trade with them. When they were really young, I'd have an inexpensive Leggo-type toy ready for the ultimate bribe.

"Give me all the candy and I'll give you this toy." It worked. Holding firm made all the difference.

As they grew a bit older it took a few dollars for the bribe to take hold. But even these tactics didn't work if they were hungry or craving sweets at the time of the transaction, so I used one more ploy to close the sale.

Like any good lobbyist, I fed them.

But it's what I fed them that counted.

Here's the secret: saturated fats.

And I mean saturated!

Before going out for the night, I'd serve them the dinner of all dinners. It was always butter laden soufflé or potatoes turned and roasted in lard and with lamb chops, for example.

I made certain it was something they really enjoyed. A big glass of raw milk was also an requirement, as in you -can't -go- out- unless- you -drink- the- entire- glass kind of condition.

And for dessert, I served my specialty: coconut, date, walnut clusters in a chocolate coconut oil base.

Everything in my recipe is 100% wholesome, organic and most importantly will make them so satiated with fats that there wasn't a millimeter left in their plump little stomachs for a piece of commercial candy.

My new client and friend, Hillary Boynton gave me her version of them and I just incorporated it into my repertoire of treats.

Here's how I interpreted the ingredients Hillary suggested:

## **My New Halloween Bribe Candy (Aka; "Stuff 'Em to the gills")**

- **1 Cup Virgin Coconut Oil**
- **1/4 cup organic raw cocoa powder** (Found at health food stores, but I like Wilderness Family Naturals best)
- **Big pinch of Celtic salt**
- **1 tsp of vanilla** (I make my own but any organic one will do)
- **1/4 cup raw honey** or less depending on what it takes for your family to be satisfied
- **1/2 cup shredded coconut**
- **1/4 cup dried ginger** (Fresh will work but it must be grated)
- **1/2 cup pistachios** (If they're salted, don't add the big pinch of salt above)
- **1/2 cup dried cranberries**
- **1/4 cup fermented cacao nibs** (Found at most health food or gourmet stores. Wilderness Family Naturals are best.)

### **Here's what you do:**

**\*This is super easy, fast and to be honest you don't even need to measure\***

In a food processor, mix the first 6 ingredients. Once fully combined, incorporate the last 3 ingredients so they remain chunky. Fashion a smooth layer of the mixture on a cookie sheet lined with parchment paper. Cool in the freezer for a few minutes.

Once hardened from the cold, break up into small chunks and serve immediately. Serve while the kids are dressing for Halloween, but keep on a bed of ice. They stay firm only while cold. What remains, if it does, can be stored in an air tight container in the refrigerator or freezer.

The consistency is like a rocky road of delightful textures and flavors.

### **Overdose of Candy? Think *Nux Vomica***

Ok, let's say you've done everything you can to steer clear of the

commercial stuff on Halloween Night, but your kids get handed a bag of candy in school the next day.

*Here's where Nux vomica 30* can be put to work. It antidotes the high fructose corn syrup, sugar, dyes, the wrong fats, too much wheat... you know the stuff.

Consider this for the next sleepover party too.

A few doses of *Nux vomica 30* and the child will settle into sleep more readily and any nausea, indigestion or other gastro intestinal disturbances will softly melt away.

By the way, so will the nasty behavior that ensues after a day or so of such excesses.

We moms have *our* own tricks too, ya know.

*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 inquires and to seek the advice of a licensed healthcare provider.*

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## Hot Off the Press!

**NEW! This Month!** Read all about your natural sources for Vitamin D in Joette's newest article titled [Goodbye Summer, Hello Cod Liver Oil](#) which was featured on the Radiant Life Company's blog.

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Check out Joette's column *The Homeopathy Journal* in *Wise Traditions*, the quarterly journal of the Weston A. Price Foundation. Her article, entitled [Antibiotics Pave the Way to Chronic Illness; Homeopathy Restores Health](#) was published in the Fall 2011 edition.

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Check out Joette's guest post on *theNOURISHINGgourmet.com* blog with her article titled [Homeopathy for Smart, Frugal & Tenacious Moms](#)

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## Check it Out!

There are heaps of great resources & free materials on our website. You might be left asking yourself... "Where do I start?"

Here's step one:

If you were one of the 64 people who signed up to follow our blog earlier this month you know that we have a new posting! So check it out.... [OUR BLOG](#)

If you didn't sign up to follow our blog, follow the 3 quick steps below to set it up for yourself!

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You can now easily sign up to follow our blog! Whenever there is a new post you will automatically be emailed with a link to go check it out.

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Remember, as always if you change your mind, there is an “unsubscribe” link at the bottom of each blog update email.

Enjoy reading!

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## Reds, Oranges, Yellows...



This photo was snapped just a short few days ago. I love how it shows the bright fall colors we have surrounding us here at the office. Have to enjoy them while they are here, since the leaves will drop before we know it!

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## Quote From Joette:

“No food should be without some sort of potent meaning... joyful, authentic, health promoting or traditional.”

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## There is always MORE!

Have we whetted your appetite for more? There is always something new to discover with Homeopathy & we can help you find it. Below you will find helpful links. Enjoy!

**From the Archives!**

**Kim Hartke's Blog, *Hartke Is Online*:** Is where you can find Joette's newest online publication [Mommies Beware! This Excitotoxin is Hidden in your Food](#)

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Listen [HERE](#) to Joette's newest Radio Interview with Ginger Leilani Chapin & *Conscious Lifestyles Radio*.

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Read Joette's article, [Itching for Better Medicine? Homeopathy May Be Your Best Choice](#) which was recently featured online in the [Journal of Natural Food & Health](#)

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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 more great [products](#).

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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.

***\* 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***



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