

## **Goodbye Acne! Hello, Homeopathy!**



Dear...

Appearances are very important to our teens. The way they feel about themselves on the inside should be a reflection of how they feel about themselves on the outside.

Jessie was struggling with this, and homeopathy was right there to help, like her very best friend.

Love,

"Oh, No! Not another one! My face is red with pimples!" Jessie was tired, distraught, and embarrassed by her appearance. She always had lovely,

clear skin until around her fourteenth birthday. Then it became nearly the only thing she could think of. She was certain everyone noticed.

Jessie was beginning to hate her appearance and sometimes even herself. While already on daily antibiotics and prescribed facial scrubs, the doctor recently suggested birth control pills. His argument was almost reasonable, especially since it promised to alleviate her menstrual pains as well.

But, something about taking hormones didn't sit well for Jessie and her mother. It seemed like killing a mosquito with a bazooka. Was her body meant to have pill-formulated hormones ingested daily just to deal with acne?

Because this is an important subject in the life of a teen, the pressure to use questionable medications and hormones looms large. However, toying with Mother Nature is a dangerous game with consequences that are far reaching; some known, others unknown.

The skin is considered one of the body's most important organs. Its function is to eliminate and cleanse waste from the other areas of the body. If this critical function is suppressed by medications, more serious consequences result.

Additionally, topical creams suppress the body's ability to complete this function. Jessie's mom knows that what is applied to the skin is readily absorbed into the body. Yet, she is also concerned about her daughter's recent embarrassed behavior as a result of her disfigured face.

Mom also understands that daily antibiotics at such a tender and developmental time will likely set the stage for future problems, and knows it is prudent to find natural solutions.

Jessie's acne was fast becoming a family dilemma of large proportions.

Enter homeopathy. By far, homeopathic remedies are the most reliable treatment for recalcitrant acne.

- Homeopathy is a method of medicine that is gentle, safe, has no side effects, and is not habit forming.
- Homeopathy unearths the propensity for the problem, often in spite of diet or lifestyle. It uses the person's symptoms to determine the correct remedy.

In other words, homeopathy is person-specific.

For example: Jessie's acne was always worse just before her period was due. In this case the remedy *Mag mur* could be a good choice.

If Jessie took this remedy twice monthly, for three months, she would likely find that her acne slowly dissipates to a mere whisper and her menses comfortably stabilize.

Conversely, Jessie's best friend Alexandra, who also suffers from acne, has a concentration of acne on her back and she often has cold hands & feet. The best choice for her would be a combination of *Calc sulph 6x* and *Silica 6x*.

Each of these girls has a different constitution; hence a one-size-fits-all is an over simplification that all too often reigns in modern medicine.

This is not so in homeopathy. Instead, it's based on the person's own reaction to young, adjusting hormones. If the above remedies don't provide a solution to Jessie's and Alexandra's acne, there is probably a larger picture that needs to be addressed. In that case, it would be prudent to seek the educational advice of a seasoned homeopath.

Jessie's mother decided to work with a homeopath that was recommended by a friend. The homeopath indeed suggested *Mag mur*.

Within one month, instead of red, painful, cystic lumps on her face, Jessie was left with only the satellite smaller ones on her forehead. This gave her more confidence and her old vivacious personality began to reemerge.

Within four months of beginning homeopathic care, Jessie's acne was only a memory of the past.

Jessie and her mother refused the birth control treatment, stopped the medicated scrubs, and eliminated all antibiotics.

Today, our teen is free of the dependence on drugs that never really worked anyway. Best of all, Jessie's skin has the glow of youth that comes from health from within.

Now, when Jessie looks in the mirror, she does it with a bounce in her step, and the only redness she sees is that of her full red lips in a satisfied smile.

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NOTE: There are many remedies used to deal with acne. Each is helpful only if the *totality of symptoms* is considered. If this method isn't used, it will look like the remedy didn't work, when in fact the reason the acne didn't improve is because the wrong remedy was chosen. This is a common occurrence for beginners and even intermediates to homeopathy. It is certainly worth a try, but stubborn acne is a subject that requires expertise. That's when you seek professional help.

*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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'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!** "Join the millions (yes, millions) of mothers throughout the world who count on homeopathy for their preferred medicine of choice. You may find the sound of a sleeping child a more common occurrence in your home. Ahhh... as quiet as a hushed baby." Read more of [Hush Little Baby](#) on the **All Things Healing** blog.



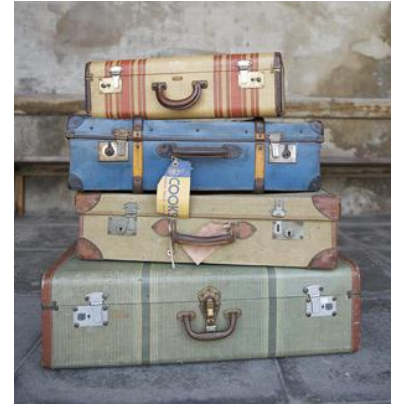
[Check us out on Facebook!](#) LIKE our page & get an exclusive excerpt of Joette's upcoming year long course *How to Raise a Drug Free Family*.

Read the newest post on our blog **Homeopathy Works** to learn more about homeopathic cell salts and the health of your teeth with Joette's article [Cavities? Try Homeopathy](#).

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## Leaving On a Jet Plane!

Did you know that Joette is heading to **Chico, California** soon? Come join Joette on the West Coast for her two day speaking seminar, **this weekend**, January 21 & 22. Visit this site for more information, and to [purchase your tickets online](#).



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## Check it Out!



"Do you love Chocolate Candy? Me, too. But I hate the ingredients. And even some of the more natural candies have questionable additives, such as soy. So here's my version of chocolate peanut butter cups that I make for Valentine's Day for my family."

Get Joette's recipe on her blog:  
[Homemade Valentine Candy; REAL Peanut Butter Cups](#)

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## Frozen...



Usually we don't have to wait very long for the snow to arrive in Buffalo, NY. Not this year.

We only now started to see some serious snow, just after the New Year!

My husband & boys have been reading the weather reports & keeping an eye on the sky in hopes that "this weekend will be the weekend we can ski."

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## 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."

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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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