

# Homeopathyworks.net

*Joette Calabrese presents HomeopathyWorks.net, where mothers are empowered via Homeopathy.*

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*Welcome to our issue for Mid March 2011! 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>*

*Schedule a FREE 15 minute phone conversation with Joette to see if Homeopathy is a fit for your health strategy by calling 716-941-1045 or E-mail.*

## *In this Issue*

- Greetings from Joette
- Quote from Joette
- Where is Joette?
- Spotlight Article:
- Recipe Tip
- About Joette Calabrese, CCH RSHom
- Available educational products from Joette
- Connect with Joette



## *Greetings!*

The birds and bees aren't quite buzzing, but with temperatures beginning to rise we are starting to shed some of our layers.....letting our spirits and even our skin breathe....read on to discover how to address acne woes.

*Warmest Wishes!*

*Joette*

## *Quote From Joette:*

Let me urge you...no, entreat you to read, read, read. Then when you finish studying and using these pages, read and study more. The power in homeopathy is that your health is in *your* hands; not big pharma, not the self serving medical associations, not the government, but in *your* capable and trustworthy hands.

*Joette Calabrese, CCH, RSHom(Na)*

## Where is Joette?

### **Watch for Joette's column:**

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

## **Good bye Acne! Hello Homeopathy**

“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 it was 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 loom 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 a natural solution.

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

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

- 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 life style. 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 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 and feet. The best choice for her would be a combination of *Calc sulph 6x* and *Silica 6x*.

Each of these girls have different constitutions, 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 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 so 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's certainly worth a

try, but stubborn acne is a subject that requires expertise. That's when you seek professional help.

## Recipe Tip!

Everyone knows you shouldn't have potato chips and such when you have acne and so the assumption is that fats are wrong. When in fact, the right kind of fats can help show improvement in certain types of acne as well as other skin issues.

Coconut oil, for example is a premiere food to nourish and keep the skin free of acne.

In fact, my teenage boys swear by it. As soon as they break out, they reach for the coconut oil and rub it directly into the skin a few times a day. Then, we'll up our intake of this beautiful saturated fat in our meals.

Duck fat, lard, butter, whole, raw milk; these are the foods loaded with the vitamins associated with clear beautiful skin. Where else would you find vitamin A, D and E in such abundance? Synthetic vitamins just don't cut it.

So, for example, tonight, at the time of this writing, I made the most delicious pork sausages from an organically raised pig (my farmer provided me), eggs (from my chickens), breadcrumbs and cheese, formed it all into patties and fried them in duck fat and coconut oil.

If you haven't tried this, you might want to. Its gourmet, (I'm certain Maxim's in Paris doesn't use Pam or canola) it's nutritious and it's intelligent.

None of my boys looks for a bowl of cereal (which I don't keep in the house anyway!) or cookies after a dinner like this because we're all satiated and content.

The next day...clearer skin.



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

Joette Calabrese 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)*

*If homeopathy has helped you, pass on the good news! Sign up friends, relatives and neighbors to our ezine, so they can learn too. Sometimes the most unlikely folks take homeopathy on with gusto. Let's keep the circle of homeopathy moving!*

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