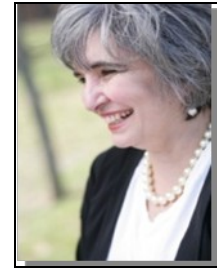


# Homeopathyworks.net

Welcome to our November issue. 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 my blog at: [www.homeopathyworks.wordpress.com](http://www.homeopathyworks.wordpress.com)

## *In This Issue:*

- Quote from Joette
- Events with Joette
- This Month's Spotlight Article
- Nutri-Tip
- About Joette Calabrese, CCH RSHom
- Available educational products from Joette
- Recipe for Meat Stock



## *Greetings!*

It's that time again and in this issue we will continue to focus on coping and dealing with the cold and flu season. My spotlight article: [Generous Gelsemium](#) is to help you to keep your family healthy and happy during this season, with this most empowering lifestyle... Homeopathy at home!

*Warmly,  
Joette*

## *Quote From Joette:*

"Take the time to do some small thing that may or may not be noticed. *Arnica Montana* to a bird with an injured wing, *Gelsemium* to an elderly neighbor with the flu. Homeopathy makes the world a softer, more hospitable place. It's gentle, it's genuine, it's generosity."

Joette Calabrese, CCH, RSHom (Na)

## *Where is Joette?*

Listen to Joette on Vibrant Living Radio:

- 1) WXOJ 103.3 in Massachusetts
- 2) KKNW 11.50 in Seattle
- 3) WWPR 14.50 in Tampa & Sarasota.

## Generous *Gelsemium*

I've fallen hard for homeopathy. It's because it feels like generosity to me. To empower mothers and others, (hence the family) is the greatest gift one can give. My personal goal is to get every medicine cabinet in America stocked with at least one homeopathic remedy.

If you'd asked me last spring which is the most important remedy to own, I'd have said *Dulcamara* because it is wonderful for ills that come on from alternating hot and cold weather. If again, you'd queried in the summer months, I might have advised *Arnica Montana* for all the spills and scrapes. But since its flu season, I propose one of the most efficacious homeopathics for your kit. *Gelsemium*. Oh, *Gelsemium*; a reward for an inquiring mind. Discover this remedy and you'll amaze yourself and friends. But use it only when there's profound fatigue associated with influenza. Employ it when the sufferer is so exhausted that any movement is an effort. And use it the moment it comes on. In a 30x or 30c potency, it can be administered every 3-4 hours for a day or so or until resolution. Resolution? Yes, if you've chosen wisely, the flu will vanish. If the symptoms return, repeat the dosage again. (A dose is always 4-6 pills.) Don't use it for more than 2 consecutive days. If it's not working, it's because you've selected incorrectly. Thus Homeopathy always facilitates.....as long as the remedy is well elected.

## Some Remarkable History

At the turn of the last century, approx 30-40% of the physicians in the U.S. were homeopaths. While the allopaths (or conventional) doctors stood puzzled by the bedside of their dying patients, totaling worldwide upwards of 39 million their homeopathic counterparts were administering safe and gentle homeopathic medicines and complete bed rest. Their results were astonishing. They treated their patients in large homeopathic hospitals where homeopathy was used exclusively by MD's, in homes, factories and the countryside.

In the aftermath of the 1918/1919 Flu, allopaths were still scratching their heads. Meanwhile, the homeopaths assembled for their annual conference with statistics. In 1921 at the 77<sup>th</sup> convention of the American Institute of Homeopathy in Washington, D.C., Dr. T.A. McCann from Dayton, Ohio was one of the presenters. He informed his distinguished, homeopathic colleagues that he had collected hard data on 24,000 cases of the flu that were treated by conventional means. In these cases a 28.2% rate of mortality was reported. Meanwhile, homeopathic physicians had 26,000 cases of the flu treated solely in the homeopathic manner and had a mortality rate of only 1.05%! Another report was offered by Dr. Frank Wieland of Chicago who confirmed that in the plant where he was employed, of 8,000 workers...

“We had only one death. We used no Aspirin and no vaccines. *Gelsemium* was practically the only remedy used.” The reports of many doctors - from New York to San Francisco were gathered and presented commanding evidence that still holds today. Homeopathy is not capricious with methods that are here today, gone tomorrow. Instead homeopathy’s ability to thwart even the deadliest of flu’s in the history of mankind, upheld in a most impressive manner. And with *Gelsemium* at the helm.

Want to learn more? Consider Joette’s new book: [You Too Can Protect From The Flu](#) or go to [www.homeopathyworks.net/products.html](http://www.homeopathyworks.net/products.html)

## *Homeo Tip!*

**As a prophylactic (preventative): *Influenzinum 30*** - taken 4 times in one day, repeated once weekly for one month and then once monthly until the threat is over has been a mainstay of homeopathic medicine for decades.

**At the first sign of a cold during an epidemic of the flu, it has been shown that the following protocol is highly effective: *Influenzinum 30*** - taken 4 times in one day for 2 days. Skip 3 days, and then take ***Oscilloccinum - 4x’s in 1 day for 2 days***. **The entire procedure is then repeated** several times until the illness is resolved.

**You can purchase single remedies at Johnson’s Village pharmacy 716.753.3200. For Information on homeopathic kits (a great way to save) call Joette’s office at 716-941-1045.**

## *Nutri-Tip!*

**Words to live by:** “There’s just no excuse for artificial food in our kitchens. Preparing authentic meals is something that doesn’t cost much. Only our time and the gift of time belongs to our families. Go to your kitchen right now and get your bone stock simmering. It’s about self-respect”.

*\*You can find the recipe on how to make your own delicious bone stock taken from Joette’s booklet [Secret Spoonful–Confessions of a Sneaky Mom](#) at the end of this newsletter.*



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

Joette Calabrese teaches and instructs folks how to add, obtain and maintain authentic, robust health via homeopathy and sound nutrition by offering tips and principles of health. She has become a trusted voice in achieving robust health that is decidedly educated, experienced and committed and has a following of discerning clients throughout the United States and abroad. [Click here for more about Joette.](#)

### *Books, Tapes and CD's from Joette:*

*If you'd like to learn more, consider Joette's special report "[Ahh Choo, the Flu](#)" as a download. Or a more fully fleshed out version for those who have more experience with homeopathy, try: Joette's new book; [You Too Can Treat the Flu](#). Are you interested in an assessment of what you can expect from homeopathy? E-mail us at Joette's office at: [www.Homeopathyworks.net](http://www.Homeopathyworks.net). Ask to schedule free 15 minutes with Joette to see if a consultation is a fit in your life.*

*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, great blog articles, workshops, coaching and other resources to help women (and interested men too). Learn more now at [www.Homeopathyworks.net](http://www.Homeopathyworks.net).*

### **Connect with Joette on these social networking sites:**

#### **Facebook**

<http://www.facebook.com/people/joette-calabrese#/joette?ref=ts>

#### **Twitter**

<http://www.twitter.com/homeopathyworks>

#### **Linkedin**

<http://www.linkedin.com/in/homeopathyworks>.

## Recipe for Meat Stock:

Start with about 4 pounds of bones and gristle from roasted chicken, beef, rabbit, lamb, venison, pork (any carcass or head, feet, cartilage, antlers etc.) My favorite is turkey.

4 or more quarts cold filtered water  
½ cup vinegar  
2 apples cut in half  
3 onions cut in half  
3 celery stalks cut in half  
3 carrots cut in half  
Several sprigs of fresh Thyme  
1 teaspoon dried green peppercorns, crushed (optional)

Page 4 of 5

[Homeopathyworks.net](http://Homeopathyworks.net)

November, 2009 Volume 1, Issue 3

1 bunch parsley (optional)

The most delicious and nourishing stocks are those made from a variety of bones. Plan to serve and save the bones from roast chicken, roast beef, pork, lamb, buffalo, rabbit 4 -5x/week.

After your roast has been served add approximately 4 quarts of water to the roasting pan, scraping the bottom to infuse the drippings. Add any additional bones, heads, feet etc. and remaining ingredients. Be sure the bones are covered. If not, add more water.

I include apples and onions because they impart a sweeter aroma that might otherwise smell gamey. Vinegar is added to draw out the calcium, magnesium, and zinc from the bones and render its usefulness.

Set the pot to simmer for 12-72 hours. Skim off the scum and discard. The pot can remain on the flame for an entire 72 hours or turned off nightly, left at room temperature and re-ignited in the morning. Once strained, the stock can be frozen.

While still on the stove, the uses are endless. Use as a rice base, pasta base, and soup base. The stock often doesn't have a particularly appealing aroma but will taste delicious after strained and used in cooking.



[Click Here](#) To Subscribe to this Newsletter



[Click Here](#) to Unsubscribe



[Click Here](#) to Share with a friend.

**\* These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure or prevent any disease.**

Copyright Homeopathyworks, 2009. All rights reserved. The information in this Ezine may be copied in its entirety but must have all copyright information included. The contact and creation information must be incorporated and only for a not-for-profit arrangement. An endorsement of this newsletter and support for subscription would be appreciated. Our goal is to promote the medical discipline of homeopathy.

*Page 5 of 5*

*Homeopathyworks.net*

*November, 2009 Volume 1, Issue 3*