

## **Ahh Choo!** **The Common Cold** **Cured with Homeopathy**



Dear...

Our yard gets quite snowy here in Buffalo, New York. Especially for us on the very tip top of a ski hill! It's a beautiful backdrop around my home, while I cozy up with a piping hot mug of bone stock. But with these coming months the thought of catching a cold is the worst! Read below on how homeopathy can help you along. Gives great satisfaction on these snowy days that the answer is in your kit, rather than bundling up to head to the doctor's office.

Love,



I once heard a saying that went like this: "A clever doctor can cure a cold in a fortnight and it will get well in itself in fourteen days." This is indicative of the way colds have been dealt with while on modern medicine's watch.

However, there is a certain method that can indeed address illness the way medicine was meant to. Homeopathy. It, in fact, has a sterling reputation for not only squarely curing colds, but indeed addressing most other human sufferings.

When choosing a homeopathic remedy to address a cold, look for the most outstanding features of the cold to match the most outstanding of the remedy. Use a 30<sup>th</sup> potency and administer it every 1-3 hours for up to 5 doses. When improvement ensues, stop the remedy. If need be, switch to another remedy once you have given the first one a good chance. It takes practice, but once you become adroit with homeopathy, you'll never return to the old ways.

Here are a few cold remedies and their corresponding symptoms:

1) The best remedy for the very first onset of a cold is *Nat mur* 6x. However, it must be ushered in with a number of sneezes and copious clear mucus and taken at the first onset. If these characteristics are present, then this remedy is nearly infallible. If not, it's best to consider others.

2) If chill is the outstanding feature, then *Aconitum* is your remedy. It is particularly valuable when the chill is as a result of standing in the cold or getting a chill from getting out of a shower, etc.

3) When a chill is very pronounced, then *Camphor* is more likely to be the remedy to abort a cold.

4) If the cold comes from moving from a very warm climate to a cool one, such as when the city dweller goes for a drive on a hot

day to the cool mountains, then *Dulcamara* is the best suited remedy.

5) If the cold has caused a weakness as the most prominent complaint, then *Gelsemium* is best indicated. Chills up the back, beating of the arteries up the neck and hands that are hot and dry are also symptoms associated with this remedy.

6) *Mercurius* is the remedy to choose when the mucus is prominent from the nose and is serious. The nose is swollen and red from which there is a foul smell. A heavy headache prevails in the face area; there is thirst and nightly sweats. The person who needs this remedy wants to be left alone, is depressed during the cold or is often low in spirits. The extremities are achy and all the symptoms are made worse from both heat and cold.

7) A closely related remedy to *Mercurius* is *Hepar sulph*. It is often a good choice when *Mercurius* fails and is particularly valuable when the person is over sensitive to pain.

8) *Nux vomica* is the remedy of choice when the body feels blocked, such as when the nose feels stuffed and would feel better if it could just release. The forehead feels heavy. The person is often irritable and impatient and they resent touch, noise, and odors.

Homeopathy has the ability to be applicable to any illness, great or small. It adroitly resolves the most uncomfortable colds. Next time you're stricken, choose the most appropriate remedy and enjoy the next few weeks because you'll be back on your feet in no time.

*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 you 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 Guest Blog Post!** Hop on over to **The Healthy Home Economist** blog and check out Joette's post on how [Cavities Benefit from Homeopathy](#)

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**NEW This Month!** Listen in to the [Food Rights Hour](#) featuring Joette Calabrese & Dr. Kaayla Daniels, as they talk about Real Food & Homeopathy on the **Farm-to-Consumer Legal Defense Fund's** website.

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Watch Joette's interview with **Kevin Brown** during his [Liberation Wellness Hour](#), radio show. And learn all about Joette's signature philosophy... that health is not random.

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## Check it Out!

Protect yourself from **Chillblains!** Does it sound like something you don't need protection from? Read more in our [blog archives](#).

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## Did You Know?

Our blog was listed as one of [20 Incredibly Educational Alternative Medicine Blogs](#) by Masters in Health Care.com! If you haven't been reading our blog already make sure to [CHECK IT OUT!](#)

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## Wonderful Winter ...

Another weekend, another snow! This time around we had about 2 inches of sticky, mushy snow. It was a great excuse to stay indoors & bundle up in a blanket.

In the case of our cat Carmelina, her story by the way is a fascinating one, had found this cozy spot right up next to our space heater.

I keep meaning to write about her experience with Homeopathy. Maybe during my next snowed in day I will have to cozy up and write about it, so we can share it with you.



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## Quote From Joette:

“Genuine health must possess three qualities: authenticity, accuracy and order. God provides this, and homeopathy maintains it. ”

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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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