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Since beginning this process with Joette, I have noticed some *phenomenal results*. Along the way I specifically had one longstanding pattern simply disappear. I also *felt genuine relief* from depression and anxiety for the first time in 4 years. From the start, Joette has been *insightful and incisive* and very responsive and I *recommend her* and this process to everyone.

-Bonnie, (Westfield, NY)

Homeopathy: Medicine For The Millenium

By Joette Calabrese, HMC

Recent years have seen a profound shift in thinking about health and medicines. The public is clamoring for medicine that makes sense, and intelligent people are asking, "If orthodox medicine is really effective, why are antibiotics, the mainstay of conventional medicine, now considered so dangerous?" and "Why are classrooms filled with asthmatics and ADT children when only a generation ago these terms were unheard of?" Arising from such concerns is a trend toward a more holistic viewpoint. The underlining concepts in holism is that we are each an integrated whole – we're not fragmented into separate parts falling into different specific illnesses or diagnostic categories.

As far back as nearly two decades ago homeopaths recognized the unity of body and mind, a key principle in holism. Yet homeopathy certainly isn't synonymous with holistic, and it doesn't mean home remedy (as many people seem to think). Instead it is a strict discipline based on proven principles nearly 200 years old.

The work homeopathy is based on the Greek words "homios" for similar and "pathos" for disease. Its underlying principal is known as "the law of similars" and states that any substance, which can cause symptoms when given to healthy people, can also heal those same symptoms in people who are not well. The law of similars is not a new concept. In the fourth century BC, Hypocrites wrote, "Through the like, disease is produced and through the application of the like, it is cured."

This technique makes homeopathy very effective. When well chosen, these remedies are extremely valuable in their curative power-as the Royal family of England could attest. They have used homeopathic physicians since before the turn of the century. Homeopathy also works on animals, babies and unconscious people-so it's hardly susceptible to what we call the "placebo effect"!

Yet that is what traditional medicine often calls it, since no material substance can be found in homeopathic remedies. This is because the remedies are substances that have been highly diluted. One drop of tincture is diluted into one hundred drops of alcohol. This is shaken one hundred times. Then a drop of this solution is diluted in another phial and shaken. This procedure is repeated 30 times. Understandably, not a single molecule remains of the original substance, yet the remedy's strength is in the "blue print" or "energy" obtained from it. Contrary to our materialistic thinking the more the substance is shaken and diluted, the more potent it becomes! Strange but true.

HOMEOPATHY is also effective as a therapeutic method because it individualizes care. Let us take for example two children with ear infections with common signs of illness: fever, eruptions, crying and coughing. Yet each will express illness in an individualized way. They may or may not be thirsty; they may perspire or have dry skin; they may be anxious or clinging, or sensitive to hot or cold. Since each of these different behaviors explains different reactional modes they must be obviously be treated to aid the individual's natural reaction. Thus, in order to treat effectively, a homeopath must use different people, even if the illness appears the same at first glance.

Although homeopathic remedies work well on animals, they're tested on people. "Provers", as they're called, take a substance that provokes particular symptoms. They take detailed notes of their physical and emotional reactions; this is logged in materia medicas. These remedies are later given to people who experience the same symptoms that the provers got from taking the tested substances. Apis is a good example; Apis is mashed honeybee. It's effective for maladies that show bee-sting' like symptoms-heat, redness, swelling, pain that is comforted by coolness, and anxiety. So homeopathic honey-bee might be given for bee stings, but strep throat, urinary tract infections, boils, and other maladies with similar symptoms.

Provings done in the early 1800s are still used by homeopaths today. In what field of medicine would a book written in the 1800s hold accurate and valuable information as to which medicines to use and how to treat?

Homeopathy has no fads. What worked for the Royal family's allergies in 1901 remains the same method of treatment today.

What is most striking about the worlds of homeopathy is that it is possible, even common, for non-practitioners to learn to treat themselves and family for acute ailments as bee stings, bruises, colds and simple ear infections with an exceptional measure of success. It is possible, for example, for a severe bout of vomiting to end peacefully with much needed sleep only minutes after administering a homeopathic remedy. For this reason homeopathy's popularity is increasing again after years of suppression by a resolute medical establishment. It's empowering to families to have access to health without the need of a drug or professional. Health issues of a chronic nature, however, should be addressed by a homeopathic consultant.

Increasingly natural food stores and even grocery stores sell homeopathic remedies. But if homeopathy's popularity is increasing in the U.S., it has already been well established for decades and even centuries in other parts of the world. Homeopathy is so well accepted throughout Europe that it is not considered an "alternative medicine." It is instead an integral part of mainstream care. In England more that 50% of British physicians refer patients to homeopaths. And India's Mahatma Ghandi stated, "Homeopathy cures a larger percentage of cases than any other method of treatment and is beyond all doubt safer and more economical and the most complete medical science."

Homeopathy has the ability to carry us into the future with more personal empowerment and responsibility via an elegantly simple method of healthcare. It has been formally practiced for nearly two centuries and has withstood the relentless test of time and the vicissitudes of many attacks because it works. There is a timeless quality to real truths.

Joette Calabrese, HMC has studied homeopathy since 1986 with world class homeopaths from England, Netherlands, Canada and India. Her speaking schedule includes corporations, schools, civic organizations and monasteries. Ms. Calabrese is the author of an educational CD on homeopathy, "Perform in the Storm", a nutritional CD, "Secret Spoonfuls, How to Get Healthy Foods into Kids Without Getting Caught" and a workbook for beginners, "Cure Yourself and Family With Homeopathy". She is an official spokesperson for the Weston A. Price Foundation and can be reached at homeopathyworks.net or (716) 941-1045 for consultations, CD's and seminars.