Break Out of Prison



Did I ever tell you about my time in prison, and how I broke out?

See, I had this spoon …

Just kidding!

I'm talking about the prison that my chronic allergies created for me. When I was a little girl (and later as a young woman), my allergies were so severe they forced me to

stay indoors …

… eat a super restrictive diet and basically avoid the outside world that consisted of other people's perfumes, neighbors' scented dryer sheets…

… meals at friends' homes, countless restaurants, civic meetings, new car smells, pesticides, etc. It seemed the more drugs the doctors prescribed, the more imprisoned I became.

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That is, until the day I broke free from my own prison.

It didn't involve digging a tunnel with a spoon (although I probably would have tried to if I thought it would have helped release me!)

Instead, I found a skilled homeopath whose treatment brought me back into the land of the living.

I would love for you to learn how to uproot *your* allergies at the source, too – and I'll get to that in a bit.

But I do understand that sometimes you just need a quick SOS to relieve emergent attacks that show up during allergy season.

Let me introduce you to a handful of single medicines for certain allergy reactions that show up. (I realize that allergies cause a lot more than what I cover here, but it's a good start for many.)

Check these out:

Allium cepa 30C

Allium cepa is red onion. An easy way to remember what this remedy addresses is to think of the symptoms experienced

when you cut an onion: a runny, burning nose with a watery discharge and spasmodic sneezing.

Apis mellifica 30C

Grab the *Apis mellifica* (honey bee) if you're experiencing painful, stinging nasal congestion that improves when you breathe in cold air. Allergies can cause inflammation that can block the airflow within your nasal passages and make breathing difficult. *Apis mellifica* can relieve this inflammation. And that's important because let's face it – breathing is good!

Galphimia glauca 6C

Hay fever can so often cause sneezing fits. Have *Galphimia glauca* on hand for its help with this type of sneezing, and for its overall positive effect on hay fever in general.

Histaminum hydrochloricum 30C

Histamine is released in your body as a reaction to allergies. Rather than reach for an antihistamine like Benadryl (which can bring on unnecessary side effects), keep *Histaminum hydrochloricum* in your homeopathy kit. Then the next time you experience symptoms such as hay fever, hives or a reaction to an insect bite, you'll be ready to combat them – safely.

Hydrastis canadensis 6C

Know someone who snores because of an allergic post-nasal drip? Are you considering holding a pillow over his head? Don't do it! Instead, try *Hydrastis canadensis* (goldenseal). It's also a great remedy even if you or your loved ones

don't snore, especially if you notice a thick yellow nasal discharge.

Keep these remedies on hand to treat yourself or your family, as needed.

If you buy any of these remedies directly from Boiron, you'll save 20% on your purchase by using the code "**Joette**" during checkout.

This information is also contained in a YouTube video you might also enjoy: https://www.youtube.com/watch?v=C4MVrvfZ7qM

I'd love to see you completely break out of your allergy prison like I did, rather than just *treating* your allergies when they become symptomatic.

Homeopathy is vast, and like I always say, there is more than one way to skin a cat (even a furry, dander-laden one)!

To that end, I have distilled my 23 years of clinical experience related to gut, diet, allergic states and homeopathy into a course designed to share practical protocols for uprooting allergies.

Remember: I don't teach how to *treat* symptoms, I teach how to *correct* them over a period of many months.

That course is Allergic?! I taught it live the first year, and now it's available for those who missed out on this jam-packed class.

In Allergic?!, you will learn clear, easy-to-follow protocols that will teach you how to correct allergies in both acute and chronic situations.

If you want to learn how to escape the prison of your allergies, chemical sensitivities, food intolerances and even the weird feelings an allergic state can cause, this

course is for you!

If you're new to homeopathy, this is an excellent place to start. If you've taken any of my other courses, then Allergic?! will tie together everything you've already learned.

Feel free to read more about how to join me at http://allergies.joettecalabrese.com

On this page, you can also download your FREE GIFT: An infographic to use as your starting point – a go-to referral to learn which homeopathic remedies are available to uproot allergies forever.

Consider this the ultimate escape map for your prison break!

Join me. It's time to get your spoon ready and dig in!

Warmly,



