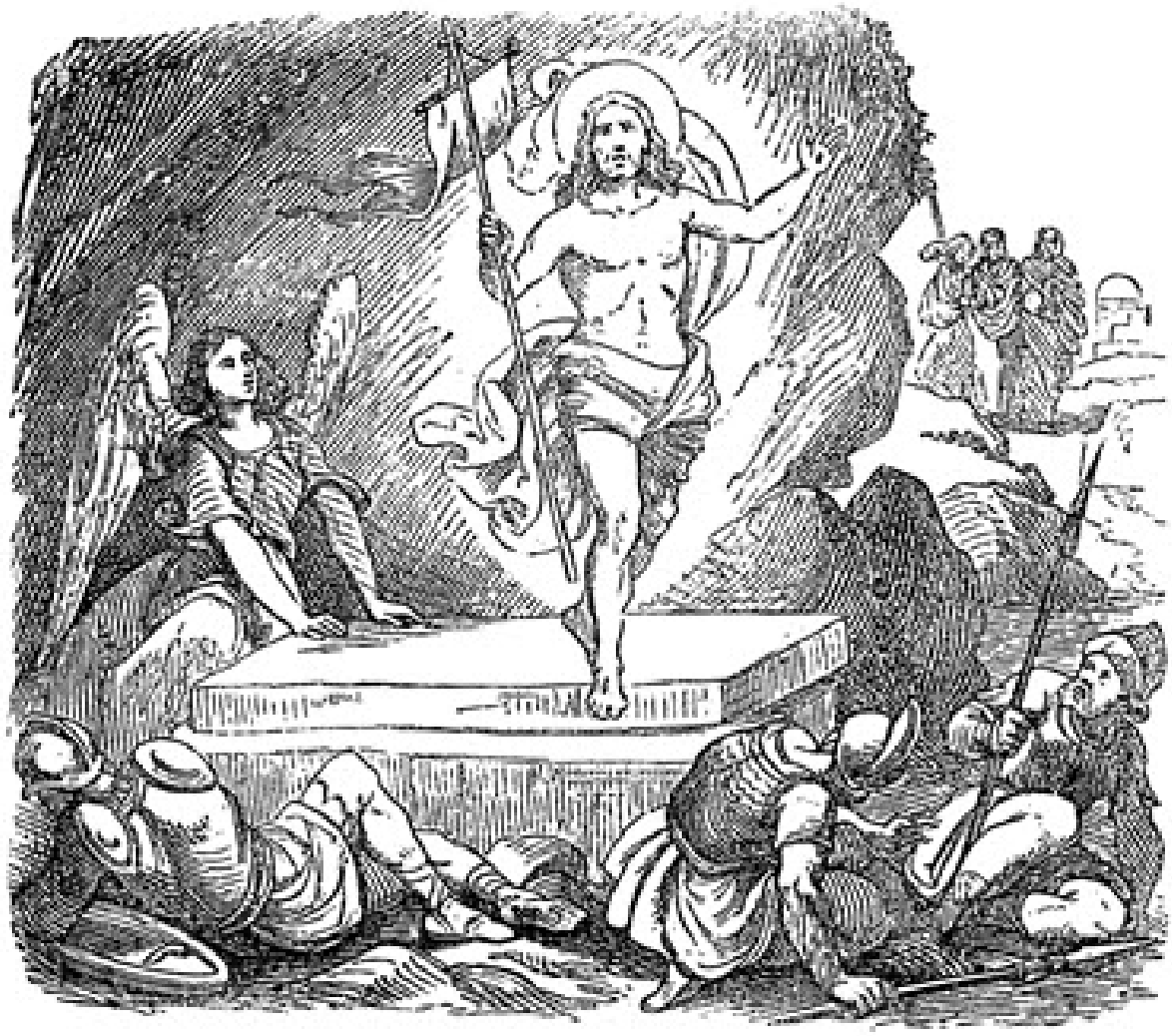
Happy Easter 2023



Happy Easter, my friends. Indeed, He is risen!

In recent years, I have abstained from posting a regular blog post on Easter Sunday because I hold the day sacred. However, I've been mulling over a concept that I wanted to teach you, and to be honest, this is the perfect time to do it!

Why? Because I gave up desserts for Lent.

In case you are unfamiliar, Lent is generally observed by practicing self-control through fasting.

So, let me be honest: The most challenging part of my observation of Lent is not giving up the desserts. I mean, that's not necessarily *easy*, but the hardest part is *remembering* that I gave them up!

For instance, a few weeks ago, I attended the Palm Beach Garden and House Tour with some friends and my daughter-in-law. It was a wonderful day of inspiration shared with other women. And they had fabulous cookies on the tour – not store-bought, but gorgeous homemade cookies.

So, I popped a cookie in my mouth and then realized … "OH NO!"

My mind was reeling. I had broken my commitment!

And after my initial shock wore off, I got annoyed with myself. "What a jerk you are, Joette! Can't you keep a cookie out of your mouth? Even when you make such a pledge? What is wrong with your brain?"

And that's when it hit me that I was fuzzy-brained.

I recently taught a Facebook Live on one of the best homeopathic medicines for stupefication, poor memory, mental dullness or slow responses. (Click here to listen to the entire event on Facebook for more details. Of course, my Mighty Members can watch in the Archives on your private page under "03-06-23 Post Viral Foggy Brain.")

The medicine? It's *Helleborus niger 30* and is generally employed once daily or once every other day, depending on severity.

Now, remember, homeopathy is not a vitamin, supplement or herb. It's *medicine*. And we only take medicines when we're suffering from a *pathology*. And let's face facts here: One cookie does not a pathology make. Eating that cookie was more or less garden-variety stupidity.

However, if it's *exponential* stupidity – a recognizable pathology of memory and recall – then *Helleborus* 30 has been shown to facilitate improvement such as the onset of Alzheimer's it can be a very good medicine to add to the well-thought-out homeopathy kit we are slowly assembling through my blog posts this year.

So alas, I could not blame my mistake on a need for *Helleborus*. I just needed to step away from the gorgeous cookies (and stay on my toes going forward by eating mindfully). Lesson learned.

But Lent is over, and I can assure you today, I am going to eat dessert. Last Thursday, I shared my family recipe for Sicilian traditional Easter cassata cake with the Mighty Members.

But today, I'm going to eat cannoli! No two ways about it!



And I make my cannoli from scratch, my friends. I even make my own shells.

When my brother and I were little, my mother bought a wooden dowel about the size of a broomstick to make the tubes. My father sanded it, then cut it up into appropriate cannoli

lengths, and that's what she'd wrap the dough around.

But these days, I use metal tubes. I wish I still had my mothers. I deep fry them in lard, fill them with my homemade cannoli filling, and dig in. Oh, are they delicious! There is absolutely no comparison to those purchased at the store. *Any* store, even Italian specialty stores.

You know. Come to think of it, perhaps during Lent, I was suffering from a new pathology – Cannoli Brain! My head was hard and crispy on the outside yet filled with goo on the inside! (I wonder if I can look that up in the repertory? No doubt, it will lead back to *Helleborus*.)

Okay, okay. We've had some fun, but I want to circle back around to the real meaning of today. It's a glorious Easter Sunday, my friends. It's the holiest day of the year for Christians.

And it beautifully coincides with the time of Passover on the Jewish calendar.

So, spend today with loved ones, with traditions, and with reverence and appreciation for the sacred religious meaning of this special day – our holiest and most solemn day.

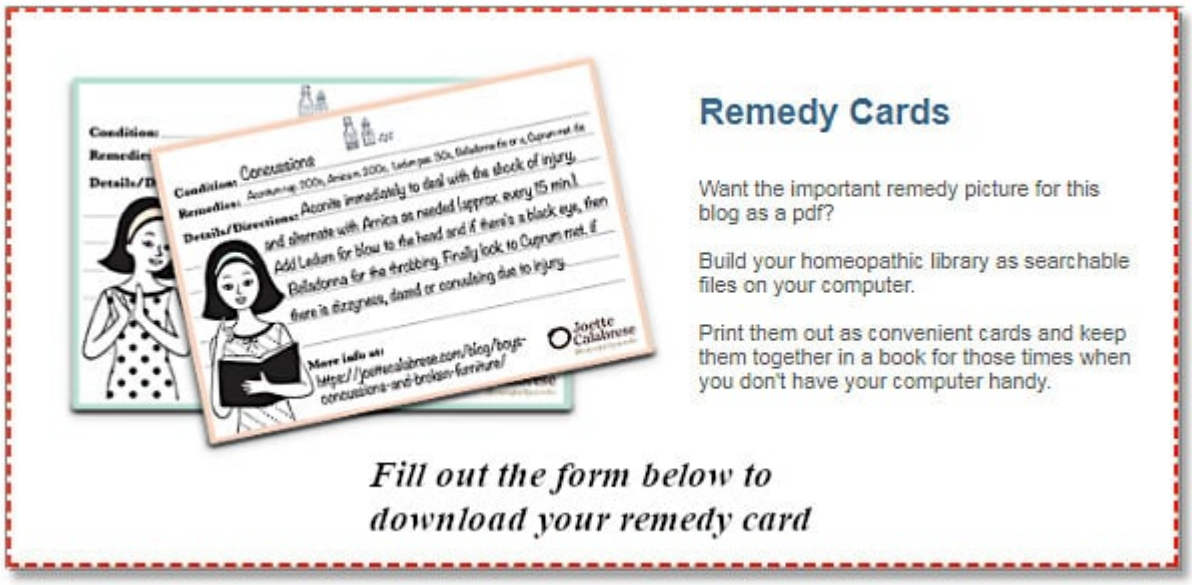
Buona Pasqua a te e alla tua famiglia.

Warmly,



P.S. My mission is still to bring homeopathy to every medicine cabinet in the nation – heck, the world! So, we're

including more social media sites in our outreach. We just joined Rumble and hope to add more sites in the coming weeks. So, stay up to date with all the places you can find my content by using this link on Linktree!



Happy Easter 2023
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Last Name *
Email *
Confirm Email *
Captcha
Submit
If you are human, leave this field blank.
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