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 **Joette
Calabrese**
*JoetteCalabrese.com
Practical Homeopathy Inc.*

Have you ever had one of those experiences when someone you had been hoping to impress caught you in an embarrassing moment?

I hadn't been married to my husband for very long when my in-laws came to visit.

One morning, I was sitting in the breakfast room chatting with my father-in-law.

Without giving it a second thought, I opened a cabinet door to reach for the supplements I usually took with my morning meal.

Maybe it was because I was distracted by talking to him, or perhaps it was because my schedule and organizational

methods had been disrupted by the visit, but I couldn't find the supplement bottles I needed.

I searched through the kitchen cabinet, moving bottles around like puzzle pieces, but the bottles I wanted weren't there. So, I opened the next cabinet. And the next. And the next.

Now, you have to understand, this wasn't a tiny breakfast nook, it was a substantial, cabinet-lined room. Floor-to-ceiling cabinets on *two* walls. And these cabinets were *packed full* of supplements.

Vitamins, minerals, supplements, amino acids, enzymes, flushes, cleanses, colonic detoxers: You name it, I had it.

There was a lull in the conversation, and I glanced over to notice that my father-in-law was watching me.

The expression on his face, a single raised eyebrow, caused a wave of embarrassment to wash over me.

This was the man who had raised my husband. He was a scientific man, an engineer – very “common sense” and direct. When I saw myself through his eyes, I realized how peculiar this must seem.

In all the time I had known him, the years during which I'd been choking down those supplements, nothing in that cabinet had really done anything for me.

He knew I was still struggling with my health. He'd witnessed everything I'd been doing, all the money I had spent and treatments I'd tried, yet he knew that I *still wasn't well*.

It's not like we had a lot of money to throw away. With his engineer's brain, I knew he could calculate fairly accurately how many hundreds (perhaps thousands) of dollars' worth of supplements those cabinets represented. All for

what?

Was my face red! I was a slave to “natural” pills, and now my father-in-law knew it.

(Believe me, there was no way I was going to let him discover there was a whole other wall of cabinets chock-full of pills he *hadn't* seen yet! In fact, I considered sneaking back in the middle of the night to put locks on all the cabinet doors my in-laws hadn't already seen inside!)

My father-in-law never said anything about my supplements that morning. He didn't need to; his raised eyebrow said enough.

Sometimes we need these moments of briefly seeing ourselves through another's eyes to take stock of what we're doing and consider a new direction.

I didn't turn on a dime but looking back, I now see that singular moment of shame as the beginning of the turning point for me.

Nowadays, I believe that eating a delicious, healthy, sensible diet is much better – and more effective – than taking dietary supplements. I came to this conclusion for a lot of reasons.

One is that I grew tired of spending so much time and money on supplements that had a questionable effect on my health. It was exhausting attempting to keep track of which supplements to take when: some with breakfast, some with dinner, some on an empty stomach, some together, others apart, etc.

And then there were the relentless and confusing updates:

“You should take CoQ10! No wait, that's ubiquinone, and it's not well absorbed. Throw that away and take *ubiquinol* instead. Are you taking B-12?”

“Yes.”

“What form is it?”

“Cyanocobalamin.”

“That’s no good! Throw that away and take Methylcobalamin!”

It seemed like every day I had a new list of what I should be taking. Old, mostly-full bottles collected dust on the shelves while I kept purchasing each new, presumably better supplement du jour.

And while we tend to think of health supplements as natural and harmless, they can have a deleterious effect.

Curcumin, for example, at dosages too low can be inflammatory and at dosages too high can be immune-suppressive or even cause DNA damage.

Calcium supplements can cause constipation, gas and bloating. Both calcium and vitamin D supplements can contribute to kidney stone formation.

Many have complained of anxiety, restlessness, irritability, and even panic attacks associated with B-complex vitamins.

Plus, I haven’t even mentioned concerns about additives, such as magnesium stearate, employed in the production of supplements.

I diligently took Fermented Cod Liver Oil until I could no longer stand the burning it caused in my throat.

When I started hearing negative feedback from clients about their adverse reactions to it, I became increasingly wary.

[Dr. Kaayla Daniel](#) has now shown – quite conclusively, in my estimation– Fermented Cod Liver Oil, once the most happening supplement of choice, is likely to cause more harm than benefit to most.

But what if eating a healthy diet isn't enough? What if you have an imbalance to correct?

That's where homeopathy comes in.

Homeopathy is medicine.

I believe that homeopathy is a better, more direct way to uproot illness and achieve our health goals. That's why I kicked my vitamin and supplement habit and now use homeopathy almost exclusively.

To prove my point, try this the next time you feel nauseated after taking all the stuff you thought was good for you: [Ipecacuanha 30](#) (Ipecac for short), twice a day until the nausea subsides.

Then join me and many other passionate students and homeopathy devotees while we empty out those embarrassing supplement-filled cabinets to make room for the staples of well-designed, healthy family meals – as well as some tiny tubes of homeopathic medicines that can uproot our ailments once and for all.

Warmly,

A handwritten signature in cursive script, appearing to read 'Jette', with a long, flowing tail that loops back under the main name.

P.S. Learn why you should turn to homeopathy rather than expensive, confusing, and contradictory supplement-based programs for wellness and detoxification. Check out my course [Rethinking Detox with Practical Homeopathy®: How to Stop Stressing About Toxins and Fearlessly Achieve Health the Simple Way.](#) [Click here](#) to download an infographic *Toxins Don't Scare Me Anymore!* I designed to give you the

hope that real homeopathic medicines exist



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