It Cracks Me Up! How to Cure Dry Skin Without Over Thinking



It makes me laugh – all the assumptions surrounding this illness or that. I hear them daily from my clients and students and must admit, recognize the ones even *I* believed in the past.

But I'd love to put an end to these unnecessary beliefs once and for all.

And luckily, homeopathy makes it easy to do just that.

It's a neurosis: before you know it, you're buying herbs, essential oils, drugs, and supplements by the bushel.

Stop trying to guess, theorize, and assume! It's pointless; a fool's errand. And honestly, when it gets to that point, I often recommend my clients take a good dose of *Ignatia*: http://joettecalabrese.com/blog/the-chatter-in-my-head/ before they drive themselves crazy!

This is what I hear:

"My skin is cracked and dry. It's because I don't drink a full gallon of water daily."

Or

"My skin is cracked and dry because I'm not eating enough coconut oil."

Or the *most* irritating:

"My skin is cracked and dry because my functional doctor told me I can't methylate my B vitamins."

STOP!

No more maddening assumptions and theories!

Is your skin dry? Cracking? Worse in the winter?

If so, the answer is simple: homeopathic *Petroleum*.

When it comes to parched, split skin that is often worse during the winter, reach for *Petroleum* 200, and use it once every other day until much improved.

There. It really IS that easy!

And lest you confuse homeopathic *Petroleum* with its gooey, crude, conventional counterpart found in a jar, remember that homeopathy utilizes a special method of dilution and succession that allows substances that would otherwise be toxic to become *curative*.

And on a final note, if you have a history of having used the unsophisticated version of petroleum, this actually *increases* the likelihood of homeopathic *Petroleum* being a remedy that will prove useful to you.

I have written about *Petroleum* before in the past. Just thought it's appropriate for winter conditions. Check out these two blogs for more information:

http://joettecalabrese.com/blog/let-skin-guide/

http://joettecalabrese.com/petroleum-200/dry-cracked-skin-how-to-get-rid-of-the-ruff-stuff/.

Warmly,



P.S. If your skin is more than just dry and cracked, and you want to learn all about skin conditions and how to uproot them yourself, consider my online course, *Skin: The Ugly Truth.*