

Muscle Memory



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It's like riding a bike. If you knew how to ride at one point in your life, then at any later date, you could pretty much grab a bike, and your muscle memory would take over.

Developing your *Homeopathic Muscle Memory* is the same process. You know how much I have encouraged you to read, read, read (and then read some more!) Learn everything you can, then practice that knowledge by applying it as often as possible.

Not only will this keep you and your family well along the way, it will also help to develop your homeopathy muscles for when emergencies arise.

Let me share with you an example of how a *Homeopathic Muscle Memory* can be very useful in an emergency when, in pain, your brain would otherwise turn to mush.

I listened intently as one of my more accident-prone staff members told me about her latest adventure in the kitchen. Wait for it ...

Wait for it ...

She was attacked by Tupperware.

Well, maybe not “attacked,” but at the very least, she certainly found herself injured by the hard edge of a Tupperware container. Upon the first examination, it just looked like a big paper cut. As a matter of course, she washed it thoroughly with soap and water and had no further concerns.

Off to bed, she went, believing she had handled it sufficiently. She slept for an hour and then awoke with massive pain around the cut – a surprisingly intense amount of pain. On a scale of 1-10, it was rivaling a 10!

Apparently, the cut had been much, much deeper than she realized and she needed help. So, she awakened her husband

to have him get a butterfly bandage to hold the sides of the cut together.

This is when her *Homeopathic Muscle Memory* kicked in.

Through the fog of her sleepiness, she remembered that (good girl) she kept her remedy kit right there by her bedside. She instinctively recalled that [Hypericum 200C](#) addresses pain: shooting pain, radiating pain, nerve pain, wound pain, and likely the pain she was experiencing from this Tupperware cut.

It also happens to keep potential infection at bay.

She took a dose of [Hypericum 200C](#) before her husband left the room. He was only gone a minute. But by the time he returned with the bandage, her pain had gone from a 10 to a 3! Her angst was quenched as well.

That is how fast [Hypericum 200C](#) worked.

Let's think about everything that contributed to that outcome.

First, she had developed the habit of instinctual turning to homeopathy immediately, and in this particular case, it saved her a lot of lingering pain.

Also, for quite some time, she had been developing her homeopathic knowledge by reading everything she could, becoming familiar with the most common remedies, and knowing the exact issues they address.

She had become so familiar, in fact, that she was able to wake up from a dead sleep with maybe half a functioning brain, and her *Homeopathic Muscle Memory* was able to take over. It led her to do precisely what she needed to do to alleviate her issue: [Hypericum 200C](#)!

And lastly, she had her [kit at-the-ready](#) for any

eventuality. It was right there when she needed it. Even better, it was stored by her bedside so that she didn't have to search around the house nor wait till morning to get to a store to purchase the medicine. (For those who live far from local grocery stores and such, or to have to wait until the medicine is delivered after an online purchase makes learning homeopathy practically useless in this kind of situation. Knowing what to take has little value if you don't own the medicine.)

She accomplished all this faster than her husband could fetch a bandage.

Can there be any greater victory over being accident-prone? She was prepared. She had the knowledge. She had the kit containing *Hypericum* 200C. And she had developed the muscle memory to activate her homeopathic autopilot even when she was in pain.

To help **you** develop your *Homeopathic Muscle Memory*, I will be offering my own *materia medica* in the coming weeks.

For those of you who are new to homeopathy, a *materia medica* is a reference book listing homeopathic medicines, along with descriptions of conditions, illnesses, and symptoms they address.

Some have described my *materia medica* as a shorter, more distilled version of other potentially overwhelming ones that are more specific to the way I teach homeopathy. That is: it is specific to the needs of busy households, not homeopathic physicians.

So, stay tuned!

By providing you with key information in an easy-to-read selection of homeopathic medicines, you will become even more confident in your familiarity with remedies and their applications. Because you never know when you may wake up in

the middle of the night with an emergency that requires you to react quickly.

Warmly,

A handwritten signature in cursive script, appearing to read "Jette". The signature is written in black ink and is positioned below the "Warmly," text.

P.S. On a personal note...I don't keep [my kit](#) by my bedside because if I need it for myself in the middle of the night, it wakes my husband. Instead, mine is in a hall cabinet.