My Story

I’m often asked how I got into homeopathy. If this kind of discussion bores you, feel free to scroll down to stuff that will teach a bit more. Otherwise, read on and I’ll try to give you the shortened version.

Around 33 years old, I lost my health. I was an account executive for NBC in Buffalo, NY and a director on a number of community boards including the Buffalo Philharmonic Orchestra. Yet, nearly over night I was struck with chronic fatigue, acute allergies, migraines, asthma, anxiety and more.

Doctor after doctor visit proved senseless. Instinctively, I knew (I hear this from others today in my practice) that there had to be a way to be cured, not drugged. Just a few short months after finding a lay homeopathic practitioner (like I am; now), she had swiftly and capably cured me of over 80% of my problems. Wow! I thought. This stuff is incredible! No side effects, gentle, inexpensive and most importantly curative!

So…I asked and she agreed to teach me, and a small devoted group of mothers how to use simple homeopathy for our families. I’m fiercely big on independence and aware that its price is being very big on responsibility. We met every Thursday night for 4 years. Our teacher taught us how to treat injuries, influenza, skin ailments, and sleep disorders, irritability, even headaches. You name it; we greedily sopped up every word.

Merrily along I went, curing my kids of ear infections, colic, chicken pox and the like without ever calling a doctor. It was empowering, enlightening and inexpensive. I grew myself into a homeopathic mom. It was particularly pleasurable because I had a group of other moms with me. The community girded me. But mostly I studied alone. I studied while nursing my babies. I studied in the car while my husband drove. I memorized my homemade flash cards and listened again and again to my notes that I’d recorded on tapes. I was hooked.

It was pure inspiration to see folks get well. And let me mention the animals I cured: a cow of chronic fatigue (no chuckling, please), a llama of mastitis, a dog of mange and a cat with chronic cystitis.

As my family grew, my knowledge matured too and as our sons entered the teenage years I was armed with remedies for acne, behavior concerns and junk food fallout. I memorized all their indications and was in the ready when it hit.

Around that time, I learned that a famous homeopath from London, England was teaching a three year graduate level homeopathy course in Toronto. I simply couldn't resist. I had no intention of ever practicing as a homeopath available to the public; I just hungered to learn more. At least that's what I told my husband. We dragged our family to Toronto month after month, sometimes staying in hotels, sometimes in a rented apartment and I studied and learned and met other homeopaths. I was in paradise. Well, that 3 year course was followed by a 2 year master clinician course offered by another great teacher. That was followed by yet another 3 year clinical study course and I found myself with knowledge too precious to keep to my family.

Then one day, an acquaintance asked if I would take her case. I had neither office, separate phone, business cards, nor any idea what to charge. I sometimes recall my reaction as fool hearty when I answered. "Of course I'll take your case….tomorrow? Uh…….ok". I never scrambled myself and kids so fast. On the back of our garage there was a bike room the size of a 1920's pantry that had a separate entrance. As soon as I hung up, I booted my kids into gear. We hauled out the bikes, basket balls and skis, schlepped in the paint cans and painted the walls and floor. That night when everything was sort of dry, I polished the little window, hung curtains I fashioned that afternoon and packed in a small table to serve as a desk. Two borrowed living room chairs were dragged in while my boys clutched boxes of accumulated homeopathy texts. Then I found a

lamp from the attic, a mat at the door and a plant on the windowsill. I was in business. The following week I had 6 appointments.

It's been over 16 years and I've sat for more exams, received advance certifications and continue in my love of this elegant, gentle medicine. Today, I instruct my assistant to scheduled no more than 30 appointments per week because my new passion is to entreat other mothers to do the same as me – at least the taking-care-of-the-family part. That's why I teach.

The great dentist and nutritional researcher of the 20th century, Dr. Weston A Price said, "We teach, we teach, we teach". Yet, I entreat you to "Learn, learn, learn." Learn something new every day of your life. Once it accumulates and meets with what you already know, it merges into the loveliest of human mosaics…. A life well lived.

Here's what to learn today: Know that no matter what happens to your loved ones, there's a homeopathic remedy at the ready. It's only a matter of knowing what to do. Here's an example:

Mag phos 6x is the great spasm remedy. Spasms such as: leg cramps, hiccups, eye twitching, but did you also know it's great for neuralgias? Such as pains of unknown origin. For many women, it can be downright magical for menstrual cramps. Since it's free of side effects, it's worthy of our full attention.

Put 4 pills of *Mag phos* 6x in hot water, allow it to dissolve, stir once and offer a teaspoon as a dose. Give one dose every 10 minutes if the pain is severe and more infrequently if not so harsh. Stop once improvement has set in and of course resume if needed again the next day. Remember, homeopathy is not like vitamins. So in general we don't take them daily, but as needed. Then you'll see that the need will become less an issue and soon your body will be doing it on its own. Isn't that we really want? Genuine health as God intended it. My

favorite brand of *Mag phos* is Hyland's because they melt quickly in water or on the tongue and they're top notch for quality. A bottle costs between $7 and $13 and will last you for years. Once you get the hang of using these remedies, you'll become a homeopathic mom (or dad) too!

Join me in this incredible adventure of homeopathy at home. My CDs, books, radio interviews and more are to be shared. Please send along this info to those who can benefit most…..mothers and others who want full autonomy. Feel free to sign up your friends. (They can opt out anytime.)
Want to learn more? Joette's book Cure Yourself and Family with Homeopathy is your #1 guide by going to: www.homeopathyworks.net/products.html.