Homeopathy and Radioactivity

Homeopathy has an impressive and extensively documented record with voluminous studies showing its efficacy. It’s been widely used in hundreds of hospitals and clinics for over 200 years. So, many count on its ability to protect from and treat even the most virulent pathologies.

In light of what’s taking place in Japan, I compiled the following information from homeopaths around the world: Israel, India, England, the Netherlands and Canada.

These remedies have been used before, during and after an atomic explosion. Some of these remedies are more difficult to find while some are common to most household kits. All of them are capable, so only one or two are needed.

Pass on this information as it could protect many.

1) Cadmium sulph 30 or Potassium iodide 30 taken once before and once after an atomic explosion. These are generally used before symptoms appear, but can be used after as well.

2) Cobaltum 30 has been known to remove side effects of radiation by taking it four times in one day for 2-3 days. Then an assessment is taken to determine if more is needed and how often. Generally, it’s used from that time forward four times in one day every two weeks for 2-3 months. In the hands of a skilled homeopath, this remedy can be used in a 200 potency.

3) Radium bromatum 30 has been used when skin eruptions or arthritis appear. Generally, twice daily if mild and up to 5 times per day if more severe. It has been used for as long as many weeks, but as always, with a watchful eye of a skilled homeopath.

4) Arsenicum album 30 in repeated doses every few minutes and

½ hour after, for approximately 1-2 days….then as needed depending on symptoms.

5) Phosphorus 30 and 200 and 1M one after the other in the same fashion as Arsenicum. Together these have a history of being a very useful 1st aid.
6) Calc fluor 12 and Nat mur 6 thrice daily for months after exposure. More frequently, if necessary. regardless of which other remedies are chosen from above, these two remedies have a way of helping the body eliminate toxins in tandem with the other remedies.

Until and in Addition to Homeopathic Remedies
Here's a tip from my friend and colleague, Dr. Kaayla Daniel. She suggests that as soon as radioactive exposure is apparent, pour one cup each of baking soda and salt into a hot bath. Submerge and soak for as long as the water stays warm. Don't add more warm or hot water to the bath unless all of the water is drained and then begin again if the exposure is particularly high.

For a free download of my latest report "10 Toxins and How to Antidote Them With Homeopathy" go to the home page of www. Homeopathyworks.net to "Free Downloads" and click on "10 Toxins" .

God's health to you.

"The information contained in this message is for educational purposes only. The author suggests that professional medial care be sought and makes no claim or promise that any product or service that may cure any condition or aliment."

For God, For Humanity…For Homeopathy

A note from Joette: I asked my new assistant to do some research on the Vatican's use of homeopathy. She filled me in on some striking information. And now, I want to share it with you, too.

Whether Catholic or not, it's appropriate for the upcoming season of Lent and food for thought. Enjoy!

Italy was rescued from the ravaging cholera epidemic during the first half of the 19th century.

That's a fact.

But did you know that the Holy Pontiff saw that it was homeopathy that did the good work? That's right. From within the Vatican, the successors of St. Peter himself bestowed accolades and great honors upon homeopaths!

Two popes, in particular, made sure to recognize those physicians who used homeopathic medicine to save many lives from succumbing to the disease.

What's more, they not only recognized the accomplishments of homeopathic physicians, but actively integrated and encouraged homeopathy within the Vatican.

Yes, indeed. The Vatican has a history of honoring homeopathy.

Popes publicly acknowledged that homeopaths served the "princes"- "princes" meaning the popes, dignitaries and common people who were cared for by homeopaths.

And so to that end, a famous Italian doctor,

Dr. Settimio Centamori, a homeopathic physician, was awarded the Grand Cross.

(The Grand Cross was the highest honor.)

Bestowed upon a layperson for his work in homeopathy!

This was after his homeopathic treatment restored health to those who had suffered from the deadly cholera epidemic.

But, Pope Gregory XVI didn't just recognize homeopathy's effectiveness in the hands of the good doctor, but also issued a Papal Bull, which in cases of emergencies, allowed even the priests to administer remedies.

So Catholic priests administered homeopathic remedies under the orders of the Pope.

Then, Pope Pius IX, continued to honor the works of homeopaths and granted Dr. Charge, the Order of St. Gregory the Great. This is one of the Five Orders of the Knighthood of the Holy See.

Great honors indeed.

Like Dr. Centamori, Dr.Charge saved many from the cholera epidemic. Among those people cared for by him, only 2.9 % died as compared to up to 70% of those who died after being treated in the conventional hospitals!

What about the pope's personal treatments?

Well, Pope Leo XIII's chronic tracheal infections became less serious with homeopathy.

And his homeopathic care apparently added years to his life…… He was the Church's oldest pope, when he died at 93.

So you see, the Vatican doesn't just evangelize the Gospel

message, but the good news of homeopathy, too!

Fine, you say, that was back in the 19th century, but what about more recently?

Homeopathy still has its place within the Vatican walls. The late Pope John Paul II was cared for by the respected homeopathic, Dr. Francesco Negro.

He had a choice of any physician, yet, not unlike other learned and noteworthy citizens of Europe, he chose a homeopath.

So, as a Catholic, I have to acknowledge, if homeopathy is good enough to have been bequeathed with the Papal Grand Cross, is good enough for Pope Gregory XVl, Pope Pius lX , Pope Leo Xlll and Pope John Paul II, I guess it's good enough for me![i]

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[i] In writing this article, I referred to Dana Ullman's informative book, *The Homeopathic Revolution; Why Famous People and Cultural Heroes Use Homeopathy*

Joette Calabrese,HMC,CCH,RSHom is certified classical homeopath who teaches and consults with folks the world over via phone and SKYPE. For a FREE download of ***11 Toxins and How to Antidote Them With Homeopathy*** go to Homeopathyworks.net and find it on the "Free Downloads and Articles" section of the homepage. Then, consider scheduling a FREE 15 minute conversation with Joette to see if homeopathy is a fit for you or your child's health strategy.

Shrove Tuesday Gumbo

Here’s a traditional recipe to start Lent

- 10 oz andouille sausage but if you can’t find a good source without nitrates and from quality pork, then Polish, Italian or any smoked sausage will do.
- 2 cups chicken meat
- raw shrimp (preferably wild)
- ½ cup crab meat

2T lard, tallow or duck fat

- 1 stick organic butter
- file powder (optional) found at gourmet stores
- 3 bay leaves
- 1 whole lemon
- 2 cups okra (this is optional because some don’t like okra, but I like a more traditional gumbo)
- 2 T fresh parsley
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped bell peppers
- 3 chopped garlic cloves
- 8 medium chopped organic tomatoes
- 1/4 cup chopped garlic
- 1 sprig fresh thyme
- 1/2 teaspoon fresh oregano
- 2 tsp paprika
- 1 tsp cayenne(I like more)
- 1 tsp ground peppercorns

- 1 tsp Celtic or other whole salt
- 1 tsp onion powder
- 2 cups dark beer. (Optional but adds depth)
- 2-3 cups bone stock. (Homemade is best)
- 3 bay leaves
- 1/4 cup flour or arrow root for thickening

Directions

Slice sausage and fry in lard, tallow or duck fat until lightly crisp. Remove sausage and place in a bowl. In the same pan, fry chicken pieces on both sides. Set to the side with the sausage.

In the same pan, saute chopped onion, celery, bell peppers, okra and garlic a few minutes until tender. Add more fat if needed.

In a large pot, combine spices, tomatoes, meat, stock and beer. Bring to a simmer. Add bay leaves and cover.

Make a roux by melting ½ stick butter in a small pan and then sprinkling four into it until it thickens and is slightly browned. If you're on a gluten free diet, do the same with arrowroot powder. You will need to constantly stir this mixture so it doesn't burn.

Add roux to gumbo, cover and simmer for about 2 hour, stirring from time to time. A few minutes before serving, add the shelled shrimp. As soon as they pink up, add the juice of the fresh lemon, remove bay leaves, add file powder and serve over cooked rice.

It tastes better the second day, so you might want to prepare this in advance.

Incredible!

Serves 8-10

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Almond Flour Pizza Crust

3 cups almond flour

1/2 cup parm cheese

1/2 tsp sea salt

2 tsp oregano

2 tsp garlic powder

1 tsp basil

6 tbsp olive oil

4 eggs

Mix all dry, mix all wet, mix together – 2 heaping tsp on parchment paper

Cover with parchment paper, spread out into small circles. Cook shells 10-12 mins

@ 350 – you can keep in fridge or freeze and use as needed.

Use as individual shells with any toppings. I use olive oil, homemade pasta sauce, harvati cheese,

Organic pepperoni a little more oregano on top – cook 350 10 mins.

Also use for garlic toast, olive oil, garlic salt, cook @ 350 10 mins…then broil till brown.

Nancy A. Beale

Thick Homemade Crock Pot Yogurt

Did you know that making delicious, nutritious yogurt could be as easy as prepping a few ingredients and leaving them in your crock pot for several hours? Here is my easy to follow method for making crock pot yogurt.

- Start your crock pot to get it a bit warm for

about 10 minutes.

- Pour 1-2 quarts of whole, raw milk in your crock pot and keep it at the low setting for 3 hours.
- Turn it off and allow the milk to sit for 2 hours or longer.
- Add 1 (2 if you're making 2 quarts) cup of whole, plain yogurt into a bowl and add an equal amount of the warmed milk.
- This should be mixed well and when added to the pot, mixed well again.
- Wrap the crock pot in a beach towel and put aside in the warmest corner of your kitchen until the following day.

Now it is ready to be eaten or put in the refrigerator where it will thicken even further.

Please note: some crock pots do not have a low enough setting to keep the milk warmed without actually cooking it. If your crock pot has a "warm" setting, that setting would probably work well for making this yogurt.

Cranberry Almond Loaf

¾ cup creamy roasted almond butter, at room temperature
2 tablespoons olive oil
3 large eggs
¼ cup arrowroot powder
1 teaspoon Celtic sea salt
¼ teaspoon baking soda
¼ cup dried apricots, chopped into ¼ inch pieces
½ cup dried cranberries
¼ cup sesame seeds
¼ cup sunflower seeds
¼ cup pumpkin seeds
¼ cup sliced almonds, plus 2 tablespoons to sprinkle on top
olive oil for greasing
blanched almond flour for dusting

1. In a large bowl, blend almond butter, olive oil and eggs with a handheld mixer until smooth
2. In a medium bowl, combine arrowroot powder, salt and baking soda
3. Blend arrowroot mixture into wet ingredients until thoroughly combined
4. Fold in apricots, cranberries, seeds and sliced almonds
5. Grease a 3 ½ x 7 ½ x 2 ¼ inch loaf pan with olive oil and dust with almond flour
6. Pour batter into loaf pan and sprinkle remaining sliced almonds on top
7. Bake at 350° for 40-50 minutes until a knife inserted into center comes out clean
8. Let bread cool in pan for 1 hour, then serve

Yield 1 loaf

Courtesy of Elena's Pantry Blog: http://www.elanaspantry.com

1/11/11

Cheese Pucks

(-From “Secret Spoonfuls. Confessions of a Secret Mom” CD Booklet)

Ingredients:

1 cup arrowroot powder

1 cup grated cheese

½ cup butter

1 cup cream cheese

½ tsp salt

½ tsp white or cayenne pepper

Mix arrowroot, salt and pepper; add butter and cheese to form dough. If it is too dry, add more butter; if too wet, add more arrowroot. Roll into a long snake, wrap in wax paper and chill for one hour. Cut into ½ inch rounds. Bake on ungreased cookie sheet at 400 degrees for 5-10 minutes.

These are good hot but remain fresh for weeks, so they are wonderful on trips and for school lunches.

It’s Sunday Morning Pancakes!! Gluten-free Style

In a food processor, blend the following ingredients:

2 cups almond flour

8 free range eggs

1 tablespoon maple syrup

2 teaspoons vanilla

½ teaspoon Celtic salt

½ teaspoon baking soda

Butter a hot griddle or cast iron frying pan and when good and hot, ladle a *small* amount of batter on to the sizzling surface. Keep the amount small as these pancakes don’t have gluten, so they don’t have the “glue” to keep them from breaking. Fragile, but delicious!

Load with rich, raw butter and local maple syrup, then serve with organic bacon and a glass of cold raw milk. Yum.