

It's Time to Smell the Flowers



If you had told me years ago that I would be able to cozy up to a bouquet of big yellow flowers like these – without my allergies sending me running far, far away – I would have told you that you didn't know what you were talking about.

Back then, I had allergies so severe they were debilitating. But through homeopathy, look at me now!

And what's more, is where these flowers were located. This photo was taken on my recent fellowship in Kolkata, where allergens are everywhere. Before, a crowded city filled with tightly trafficked roads, cigarette smoke and perfumes (not to mention gardens) would have been an allergic asthma attack waiting to happen. But now, I get to enjoy this great city without wishing I were in a plastic bubble.

I've shared various homeopathic medicines for allergies with

you before, but I'm especially fond of [Calcareo carbonicum 200C](#), taken every other day for immunity conditions.

Then there's [Bovista 200](#) for generalized allergies and food intolerances. It has become a favorite of mine after witnessing its success while working with Drs. Prasanta and Pratip Banerji at their Homeopathic Research Foundation in India.

These medicines are renowned for their ability to uproot allergies and restore a person's quality of life, free from the grips of allergic misery. It may take months, even many. But when given time, the results often soften over time.

I understand how anxious folks are about getting rid of allergies; I suffered from my own for decades. No, wait. Make that over a quarter of a century! So I was prepared to give the homeopathics at least months to a year. Healing is usually not immediate or even linear (some show improvement for a while, then experience a setback after exposure to some unexpected allergen, or even from nothing in particular at all.) But with these homeopathics, it has been shown that healing is achievable.

[Click here to watch my short video featuring my beautiful Kolkata yellow flowers.](#) (I'm told that the only thing contagious here is my happiness!)

If you have allergies, remember that modern medicine has written you off. The CDC says, "There is no cure for allergies. Strict avoidance of the allergen is the only way to prevent a reaction."

I beg to differ. I spent decades living in a bubble. Things improved when I stopped taking prescription drugs and changed my diet, but I was not cured. So, I kept searching until I found the thing that changed my life

forever.

Want to learn some of the same homeopathic steps I took to clear myself of allergies? If so, check out [Allergic?!](#)

Learn more about the course, and download a FREE infographic to help get you started at <http://allergies.joettecalabrese.com>. Upon your success, I'd love to see a picture of you taking a moment to smell the flowers. I don't think you'll be sorry you took the time to learn this!

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