

You Mean Summer Is OVER? When Back to School Results in Anxiety and Panic Attacks, Homeopathy Saves the Day



A mother is only as happy as her unhappiest child.

Mindful Homeopathy

Practical Protocols for Mental and Emotional Conditions

Anxiety...depression...bipolar...OCD...learning disorders...brain

fog...PTSD...addictions...dementia...

Homeopathy has a history of uprooting these conditions.

These are my favorites that I guarantee you'll use.

I created an infographic to give you hope that real, safe, efficacious alternatives to chemical drugs exist. [Click here and read more.](#)

This infographic contains some of my favorite remedies that I guarantee you'll use.

Crayons are on sale for a quarter? Notebooks are only 50 cents? Whether you are ready for summer's end or not, back to school is right around the corner!

Depending on your child, excited trips to the store are in your future or a sense of dread and panic is about to set in.



Back to school panic attack?
Not in your child's health
strategy!

Children thrive on routine, and the thoughts of a new school, new teachers or a new schedule can often evoke anxious feelings.

Talking with your child about the upcoming changes ahead of time may be helpful.

Taking a test drive to school, walking through the building to see the new classroom or meeting the teacher before school begins may ease the transition.

However, for some children, this is not enough, and symptoms may show up on a physical as well as emotional level.

My nephew's panic attack

When my nephew was about to start the first grade at a new school, he began having night terrors.

He would call out in his sleep, dreaming his bedroom was a classroom. He would be up for hours crying and screaming and complaining of pains.

During the day he would be fine and have no emotional or physical issues. By the third night, he was given the remedy *Arsenicum Album 30* before bed and didn't wake up once that night.

He was able to return to school well-rested and free of anxiety for school the next day.

Common remedies for panic

Homeopathic remedies are often chosen specific to the symptoms of the person in need, so while *Arsenicum album* worked for one child, another may need something different. Here are a few of the more common anxiety remedies:

Gelsemium 30

Gelsemium is indicated when a child becomes cowardly and weak and feels the task at hand is insurmountable. This remedy is popular for people who become paralyzed with fear before giving a talk or taking an exam. They may feel a physical and mental heaviness about them. The child may tremble and stutter, unable to collect his thoughts.

Argentum nitricum 30

Another common remedy for anticipatory fears is *Argentum nitricum 30C*.

The child may tremble with nervous energy and will likely have diarrhea before the event.

Anxious thoughts torment them, and they are extremely fidgety and may walk around quickly to calm themselves. Time

seems to move at a snail's pace. They hate to be kept waiting and lack confidence in their ability to do well. The child is better with company and hates to be alone.

Aconitum 30

A child needing Aconitum napellus 30C will look anxious, stare with glassy eyes and appear in a state of shock. They will be very distressed and inconsolable. They are restless and cannot sit still. This is a popular remedy for panic attacks when the heart is pounding, the person feels as if not enough air is coming in, and they feel faint.

Lycopodium clavatum 30

This remedy is indicated when the child has a fear of failure or looking foolish. The child dreads public speaking, taking tests or new things in general. This child will over-prepare in nervous anticipation. When the time comes to perform, they do an amazing job, in spite of their anxiety leading up to the event.

Arsenicum album 30C

The child will be pale and anxious, weak and exhausted. They may fear being alone and are more restless and anxious than those needing other remedies. An interesting note about *Arsenicum* children is that they want to be in a tidy environment and feel better in it.

Calcareo phosphorica 30

This is a common remedy when your child is reluctant to go to school. They may not admit there are problems with school, but they happen to have an ailment that will keep them home such as a stomach ache or headache. They have no "get up and go" and seem lifeless. Sighing a lot when talking and restlessness with complaints and grumbling are often seen with a need for this remedy. Insomnia may

accompany this remedy, with difficulty waking in the morning.

My favorite when panic symptoms are intense:

Ignatia 30

Having said all of this, my favorite remedy, should one be in doubt or if the above remedies don't help, is [Ignatia 30](#). When given 2-3 times per day when the symptoms are intense, then less frequently as the child improves, *Ignatia* has been one of my best go-to methods for my own family.

Even for the calmest and most outgoing students, returning to school is an adjustment. Have your homeopathy arsenal at arm's length, determine the remedy, administer and sit back. Then bear in mind, moms can cure their families themselves with safe, efficacious and inexpensive homeopathy.

You're a homeopathic mom!

We didn't forget you, [Teachers](#); here is some help for you!

Whoa Baby, It's Hot! Homeopathy and Smart Nutrition Handle Heat with a Healthy Sports Drink

Feel the mercury climbing? You don't need to stay cooped up in the A/C just to make it through summer. Thanks to homeopathy and smart-mother sports drinks that incorporate homeopathy and sound nutrition.

Symptoms of heat exposure, such as languidness, headache and flushing, respond remarkably well to the cell salt [Nat sulph 6X](#). I like to add it to my water bottle and sip it frequently when outdoors in the heat. This actually may prevent these unpleasant symptoms from ever happening when dosed in this manner.

Forget sports drinks that promise to provide the salts and electrolytes your body needs (along with artificial dyes and high fructose corn syrup, of course). Cell salts are the real deal!

If muscle cramping while exercising in the heat is a problem for you, add [Mag phos 6X](#) to your water along with the *Nat sulph 6X*.

For cases of prolonged strenuous activity in high temps, I like to up the ante. Try making my homemade replacement for Gatorade.



My Son Peter's Homeopathic Electrolyte Healthy Sports Drink

- 16 pills of [Bioplasma](#) *
- 16 pills of [Nat sulph 6X](#) *
- 1/4 cup acidophilus bifidus yogurt or whole kefir
- 1/4-1/2 cup fresh lemon or lime juice
- Maple syrup or raw honey to taste (not too sweet)

- 1 teaspoon [Celtic salt](#)
- 1/2 cup coconut milk (optional)

* Easily found at your local health food store or online at these links

Combine all ingredients in a gallon container and fill to the top with ice water. Shake well.

This is the concoction I make certain my sons take with them every day when working outside as a landscaper. We all know how hot a job that can be, but this electrolyte-packed drink keeps them comfortable and safe in the heat.

Happy summer!

Be the Healer in Your Home with Homeopathy

As parents, our greatest responsibility is to nourish and protect our children. We must defend them like mother lionesses. Let me point out that “mother” is a term I use for anyone who has loving charge over another. The same holds true for the “mothers” of friends or pets.

Here are my strategies to become the healer in your home with homeopathy:



1. Always protect your thinking. When you're told that the only way to address an [ear infection](#) or fever is with an antibiotic, learn enough homeopathy not only to prove otherwise to yourself but to offer the same success to others.

2. Create distance between your chosen method of mothering and those who criticize your choice. This doesn't mean that you purge family and friends. Instead, saturate yourself with enough homeopathic mastery to protect your family from negative influences.

3. Learn basic homeopathy strategies and stay connected with others who do the same. That may mean joining a homeopathy study group or starting your own. (See the free monthly [E-newsletter](#) and [blog](#)) Once you've mastered some of the basics, don't stop there. Homeopathy has an undeniable compendium of medical literature from around the world from which millions of mothers have drawn their skills.

4. Use the naysayer as motivation. Remember ... the best retribution is a life well-lived. Go out and cure a dog of an ear infection, treat a neighbor who was just stung by a bee, help your spouse get over that insomnia and anxiety. Arm yourself with just enough homeopathy to get the ball

rolling in your life so that others can't help but eventually recognize your skill.

5. Employ pig-headed willpower. Commit to staying on track. Being a "good little patient" will not serve you or your family. Keep yourself stimulated with knowledge and information. Utilize learning techniques by using your time cleverly. Download classes and study via CDs. They're a first-rate way to exploit otherwise wasted time in your busy day. Constant learning and reaffirming will hold you to your convictions.

Hold your head high

As you become a grandparent or great-grandparent, my hope for you is that you will be able to look back at your life with a satisfying inner smile that speaks of what was set right by your hands. Hold your head high and declare: "I raised my family. I healed my family. I cured friends and neighbors because I used my God-given intelligence and committed time to a life worth living."

Then, when you see an ad for Pepsi Cola or a billboard for another flu vaccine, you can smile knowing that your power was in your resolute knowledge.

Interested in learning more practical, proven protocols for women's health? Well, you are in luck! Order my popular course, *Feminopathy: How you Can Correct Female Ailments Using Save, Inexpensive and Effective Homeopathy*:
<https://feminopathy.joettecalabrese.com>

Did I Hear You Right? A Natural Swimmer's Ear Remedy?



Nothing says summer like having some water fun in the pool, beach or backyard sprinkler, but “swimmer’s ear” can ruin it all.

This painful condition, often called otitis externa, is caused when water becomes trapped in the ear, giving certain bacilli or fungi that thrive in moist conditions a place to proliferate.

Instead of heading to the doctor for a round of antibiotics, many moms reach for their homeopathy kit. Homeopathy works naturally, quickly and effectively to reduce pain and inflammation so kids can get back in the water without medications!

Here are some popular homeopathic remedies for swimmer’s ear:

[Aconitum napellus 30](#)

This remedy is useful for sudden onset of earache with fever

and pain that may wake the child from sleep. They may awaken anxious and scared. The child is worse after exposure to dry, cool winds or getting chilled. They may be thirsty and reach for cold drinks and feel better in fresh air.

Belladonna 30

This is often the first remedy to give when a part of the body becomes red and inflamed and throbs painfully, especially when being moved or touched. The earache comes on suddenly and strongly and may spread down to the neck. There may be noises in the ear, and the pain may be worse on the right side. Fever may accompany the earache, with heat radiating from the body.

Hepar sulphuris 30

The ear may be sensitive to touch and cold but does well with the application of heat. Pains feel stitching and may be accompanied by smelly discharge. The ear pains are worse at night.

Pulsatilla 30

Unlike *Hepar sulph*, *Pulsatilla* is indicated when there is sensitivity to heat, and the ear may be hot and painful when touched, while the cheeks are pale. The ears feel blocked. Smelly, thick yellow discharge may accompany this ear infection, which is also worse at night.

Prevention is important, so here are a few tips to keep swimmer's ear at bay:

- Always clear water out of the ears after swimming or bathing by tilting the head and gently shaking out any water.
- Avoid swimming in dirty or polluted water.

While I feel compelled to offer the top remedies above, I must admit that my personal all-time favorite for infections

such as this, for boils and even dental infections is *Hepar sulph* 6 or 30. Consider this story of my part-time copywriter's son's swimmer's ear story from just last night:

"Hi Joette, I just wanted to share my last experience of Jack's ear infection with you and how again, what you have taught me saved the day (and night!) Jack was still a bump on a log yesterday, not feeling well and complaining of his ear aching. I started giving him the Hepar sulph 12X at noon and every hour in addition to the Pulsatilla 30C every 4 hours.

"By evening, things were getting worse again, he was very irritable, crying and complained of the pain when we would even go near his right side. I put him to bed at 8 and then around 11 p.m., put some more Hepar sulph 30C in his mouth as he was sleeping.

"My husband was getting very worried and was poised to take him to Immediate Care. (My worst nightmare!) I convinced him to ride it out through one more night, and we would see how things were in the morning. (I then said about 100 Hail Marys for good measure.)

*"This morning, Jack woke up at 6:45 a.m., all smiles and proclaimed that his ear no longer hurt him **AT ALL!** We could touch it without him jumping to the roof and he was back to talking, smiling and playing again.*

"How wonderful is this?! Back to perfect health without succumbing to antibiotics. I don't know whose smile is bigger now, Jack's or mine! Once again, many thanks for your wisdom."

– Elizabeth Blouin, Amherst, NY, Bank Project Manager and homeopathic mom

This, my friends, is the way homeopathy works: efficiently, safely, resolutely, and most importantly, in the hands of

moms.



Remedy Cards

Want the important remedy picture for this blog as a pdf?

Build your homeopathic library as searchable files on your computer.

Print them out as convenient cards and keep them together in a book for those times when you don't have your computer handy.

[Click Here To Get Your Card](#)

Blahhck! Homeopathy for Car Sickness

What's the best way to ruin a road trip?



Car sickness.

Or [plane sickness](#) or just plain old motion sickness has a way of ruining not only the sufferer's day or entire trip but that of those around him as well.

So what do you do?

As always, whip out your homeopathy kit or stop at a health food store just have these remedies on hand.

My favorite is [Tabacum 30C](#). Not unlike what happens when you smoke a cigarette for the first time, the nausea is awful until the person finally finds relief after emptying the contents of the stomach. Regretfully, I admit to having smoked when I was young, and I remember forcing back this sensation to fit into my high school crowd.



But you might also consider [Boiron's Cocculus 30C](#) for motion sickness accompanied by vertigo. (Oh, the thought of it!) This remedy has a dual purpose. If you or your loved one gets motion sickness accompanied by vertigo, this remedy has a reputation for addressing both.

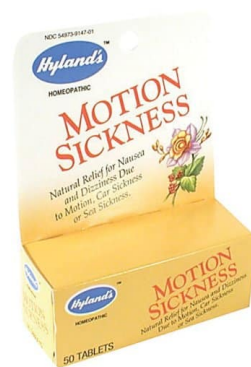
My son at age 10 used to get car sickness every time we went on a road trip. In fact, his brothers remind him regularly of how they had to endure such episodes.

Actually, it only happened on two occasions because I finally gave him [Tabacum 30C](#), and it gave him relief within about 15 minutes while we were still in the car. (We couldn't get off the highway because of a traffic jam). The next time, I gave it to him upon entering the car and then in intervals of every hour or so, which cured him.

Cured. Done. Fine. Never to return again!

Now that he's an adult and travels, he is still never bothered by this malady.

But then I recently learned about Hyland's product [Motion Sickness](#), which my students have been raving about.



I have not tried it myself, but I trust Hyland's, and you can likely find it pretty readily. This combination product incorporates *Tabacum* and *Cocculus*, plus two more remedies for good measure.

Any wonder why I love homeopathy? State by state, highway by byway, from one airline to the next, I never travel without my homeopathy kit nearby.

Shabby Synthetic Ascorbic Acid Gussied Up to Look Like Vitamin C

How can you tell a lady from a tramp? You can tell by the stuff from which she's made.

Vitamins have been resorted to for nearly a century. But oh, how carefully we must interpret who they're pretending to be!

For decades the public has been led to accept that products manufactured in a test tube are the same as

those that naturally occur in food. A promiscuous pretense.

Vitamins are not separate molecular combinations but biological intricacies whose actions depend upon the entire complex functioning with integrity. Like a fine Swiss watch, they can only act fully when the co-factors of the intact vitamin complex are present and running in intelligent harmony.

Vitamin C Misconception

In my old copy of Rodale's "Encyclopedia of Natural Home Remedies," which I bought in 1982, author Mark Bricklin considers vitamin C and ascorbic acid as one and the same. It reads "Ascorbic acid, or vitamin C, is perhaps the most widely used of all vitamins."

Those in the conventional medical as well as alternative health arenas were and remain enticed by this misconception, and one of the derelict stories is the vitamin C narrative.

Nobel Prize for Research on Vitamin C

The problem stems back to the 1930s with the efforts and misinterpretations of Dr. Szent-Gyorgyia. He was a biochemist and physician who won a Nobel Prize for his work in the field of vitamin C and discovered how to isolate ascorbic acid from whole food. He discovered how to produce in a laboratory a

synthetic isolate, ascorbic acid.



Dr. Szent-Gyorgyia recognized that vitamin C was the cure for scurvy but also showed that ascorbic acid alone was not nearly effective enough to protect against the disease. In fact, he found that the safest and most effective form of vitamin C was its whole food structure.

The good doctor concluded that isolated ascorbic acid is not a food at all and even ought to be considered a drug.

He reproached the pharmaceutical manufacturers who began marketing ascorbic acid after his discovery. In spite of this, the industry-led consumers to believe that ascorbic acid was the same as natural whole food vitamin C.

Sally Fallon in her book ["Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats"](#) warns us that "Synthetic B1 derived from coal tar did not cure beriberi in Korean prisoners of war but rice polishing with natural vitamin B complex did; synthetic vitamin C is not as effective in curing scurvy as fresh citrus juice; and synthetic beta-carotene given to smokers actually increased their risk of cancer while the natural forms found in fruits and vegetables are protective."

Why not get Vitamin C from food?

So then, why not just get vitamin C from our foods in genuine sources such as berries, fruits and vegetables as well as certain animal protein, organs and fat?



Why not indeed!

In [Nutrition and Physical Degeneration](#), Dr. Weston Price tells us that “Another important food factor consists of certain organs of large animals of the sea, including layers of the skin of a species of whales, which has been found to be very high in Vitamin C.”

And Dr. William Campbell Douglass in [The Milk Book: How Science Is Destroying Nature's Nearly Perfect Food](#) informs us that fresh raw milk contains vitamin C, which is completely absent from pasteurized milk.

Happily, we needn't journey to Alaska to find well-constructed, whole food vitamin C.

We can find it in our own gardens and from our dairy farmer. It is also possible to find it [in capsules](#) that include only high vitamin C foods,

not bifurcated, manufactured shams.



After reading the ingredients carefully, so far, this particular product is the only encapsulated vitamin C that I feel at ease giving my family.

Man-made ascorbic acid is wearing too much lipstick. Her stockings have snags and her perfume is cheap. Don't fall for her aberrant ways of empty promises and seductions.

Get your vitamin C from the right side of the tracks; from food, whether it's in the form of a convenient, high-quality capsule containing camu camu, from whale skin served on a plate in an Eskimo home or from a tall tumbler of your beloved raw milk.

Once again, it's evident that we need to look for the civilized version, the one you can proudly bring home to Mom. Only the decent, genuine and natural will please the integrity of Mother Nature.

3 Homeopathic Remedies for

Pesticide Exposure

I love our lawn. It's large enough for an animated game of badminton, for the dog to zig-zag wildly across it and for large family gatherings around the fire pit. I also take pleasure in the creeping Charlie, dandelions and plantain that tiptoe through the grass and give it an embroidered appearance.



But not everyone thinks that way.

Although I live in a country/suburban neighborhood, there's a neighbor down the road who contracts to have his lawn sprayed with pesticides.

One evening when my husband and I were on a walk, we ran into him, and I delicately mentioned that lawn pesticides have long been associated with certain cancers in humans and dogs. He paused momentarily. "Now that you mention it, every dog we've ever had has died of cancer ... and my wife had breast cancer."

I hope that this will give him reason enough to resist the sales pitch of the pesticide hawker next spring. Meanwhile, his family, wildlife and the unsuspecting neighbors are exposed to superfluous poisons.

We do all we can to keep pesticides out of our foods and garden, but we can't help what the guy next door spews on his adjacent lawn.

What's a neighbor to do? Why homeopathy, of course!

As always, I encourage folks to know how to use homeopathic remedies to protect themselves.

Here are three to consider when your family (pets included) have had an exposure to such chemicals.

1) If there's no actual immediate reaction to the pesticides, a well-known remedy of repute for providing generalized protection from poisonings is [Natrum mur 6X](#). Most folks take it every 4-5 hours for a few days. I have personally found it useful when I used to get asthma from pesticides. It never failed to abort the spasms of breathlessness.

2) [Arsenicum album 30C](#), is the remedy of choice if the exposure has caused a response such as anxiety, diarrhea, breathlessness and weakness. All these symptoms do not need to be evident, If even one of them is apparent, this remedy could be a good match.

3) [Carbolic acid 30](#) has a reputation for aiding folks who experience a more systemic reaction of a more serious nature. Years ago, a friend of a friend of mine, a chemical engineer, went into an anaphylactic reaction after exposure to formaldehyde. After a few doses of *Carbolic acid 30*, she showed signs of recovery within minutes and fully recovered within hours. *This remedy is more difficult to procure, but I feel it's important for folks to have this information, so I include it. If your homeopathic pharmacist doesn't carry this, [contact us](#) for more info.*

As is often the method of use, when an acute situation presents, it's best to use the remedy less frequently once

improvement ensues and stop when it is fully addressed. Sometimes this can take minutes, while other times it may take days.

In an ideal world bursting with dandelions and lamb's quarters, we would be able to prevent toxins from coming into contact with our families, but life's not like that. This is just one of the countless reasons why I keep my remedy kit close at hand.

Homeopathy: it's one of the most important steps you can take toward self-sufficiency.

Sixteen Reasons to Choose Homeopathy

[Homeopathy](#) is fast becoming the medicine of choice for families who are sick and tired of being dependent on drugs that often cause more problems than the original sufferings.

Ok, ok, I'll admit, Darvon works. Indeed, it kills pain, but after having been prescribed for 50+ years, it was banned from the marketplace for causing deaths in people who innocently took it for their pain. And what was the cause of death? It was cardiac arrest in those who had no previous nor family history of such. Quite a price to pay for something that could easily have been resolved with the use of a simple, inexpensive homeopathic remedy such as *Belladonna*, *Arnica* or *Hypericum*. If only those folks and their families knew before they filled the prescription.

Want further information on how Big Pharma drugs are more

often the problem than the original illness? Here's a short reading list:

- [The Truth About the Drug Companies: How They Deceive Us and What to Do About It](#), Marcia Angell, M.D.
- [Confessions of a Medical Heretic \(Tells you how to guard yourself against the harmful impact upon your life of doctors, drugs and hospitals\)](#), Robert Mendelsohn, M.D.
- [Politics in Healing: The Suppression and Manipulation of American Medicine](#), Daniel Haley
- [There's Gold in Them Thar Pills: An Enquiry into the Medical-Industrial Complex](#), Alan Klass

But I digress ... Easy to do when you feel strongly about this provocative subject.

Now for the reasons that homeopathy has been the #1 choice for my family for over 27 years, and ought to be yours for your family as well:

1) Homeopathy acts on children, infants, the elderly, pets and livestock. It bears repeating: **Homeopathy works.**

2) Homeopathy is approved by the FDA and unlike modern drugs, has never had a history of even one remedy having been forced off the market for adverse reactions. (By the way, one of the founders of the FDA back in the 1940s was Dr. Royal Copeland, a homeopathic physician.)

3) Homeopathy is inexpensive. The cost is \$5-\$20 per bottle and if you purchase a kit, the cost can be as low as \$1.80 each.

4) Homeopathy has a reputation for being preferred by the privileged and famous. These are the people who could afford to select any medicine in the world, yet depended on

homeopathy.

For example, the British Royal Family, The Beatles, Mahatma Gandhi, Mother Teresa, John D. Rockefeller, several Catholic Popes, Dizzy Gillespie, Daniel Webster, former Prime Minister Tony Blair, many American presidents including Bill Clinton, plus too many others to mention. Should you be interested, consider the captivating book, [The Homeopathic Revolution: Why Famous People and Cultural Heroes Choose Homeopathy](#) , by Dana Ullman.

5) It is possible (even fun) to learn homeopathy at home to address many illnesses. Should this be of interest to you, I offer webinars and on-courses on DVDs, this blog with free information and downloads on learning homeopathy at home.

6) Homeopathy has 200 years of double-blind data to support its claims. Some of the research has been published in conventional medical journals, most in homeopathy medical journals. My staff and I have begun to collect this data on my site for those who are members. If you'd like access, go to [my member's site](#). I have hired an intern who regularly reviews and updates the list. Keep checking in.

7) Homeopathy has no side effects.

8) Homeopathy has a following throughout the world including Europe, India and South America and is only now gaining re-acceptance in the US. Many countries such as England, Germany, Switzerland and even Cuba have incorporated it into their public health systems.

9) Homeopathy works. It's that simple. As long as the remedy is chosen correctly, it will often act within minutes or hours. For chronic problems, it can take weeks and months.

This is a far cry from a lifetime of drugs of commerce.

10) Homeopathy treats the whole person. This allows corresponding and seemingly unrelated issues to fall away as well ... a true medicine that touches us on every level.

11) Homeopathy can be lifesaving, yet it can also remove mild pain and deal with everyday ailments as well.

12) Credentialed homeopathic consultants are only a phone call away, so when you're stuck, there is professional help available.

13) Homeopathic philosophy follows specific decrees and principles based on the Laws of Nature. These have been proven for over 200 years, meaning they are not just considered theory.

14) Homeopathy is easy to dispense. Kids love the taste, and pets and livestock accept it readily, too.

15) Using homeopathy gives us a sense of self-mastery and independence that we so crave in a world of disingenuous drugs and condescending medical staff.

16) Do you see the bottles to the right? They are homeopathic medicines that were manufactured around 100 years ago ... and they are still as good today as the day they were made. Yes, they don't go bad. So, for those that you don't use up, simply pass them down to your great-grandchildren.



These remedies are from the early 1900s. I have them in my office on display. I have used them on my family, and they still work.

There you have it: incentive for you to make a deeper commitment to these God-given medicines. Feel free to reply here with your own ideas as to why homeopathy is the best choice for your family. I'll bet we can beef the number up to at least 25!

Protection from Sunburn: No Chemical Concoctions for Me – Only Common Sense and Homeopathy



I've seen the headlines screaming out already: "Best New Sunscreens," "Recent Research on Skin Cancer Risks," and "Keep Your Children Protected." Pardon my political incorrectness, but how does covering my precious babe in a smattering of synthetic glop equate to protection? Also, didn't our ancestors work in the blazing sun for centuries without developing skin cancers? Something doesn't quite add up.

Because I refuse to put anything on my skin that isn't 100% food, I forgo the sunscreen ([you can check out other articles on the subject here](#)). Instead, my family and I bask sensibly in the vitality-giving rays of the sun. Even my fair-skinned husband does it. A slather of antioxidant-rich coconut oil to nourish and protect the skin and a sun hat go far in reaching this goal sans chemicals.

I will admit though that occasionally we overdo it and end up with a bit of sunburn. Does this mean seemingly endless days of painful suffering? Not with homeopathy!

The first remedy for burns that we pull from our trusty remedy kit... is [Cantharis 30C](#). The hallmark of this remedy is burning pain, a familiar sensation to sunburn sufferers.

We match the potency to the severity of the burn, so 6, 12 and 30 would be potencies appropriate to minor or moderate burns. A more severe burn with symptoms such as fever and chills might require a higher potency, such as 200 or even 1M. If you've not adequately studied homeopathy, contact your homeopath.

When the burn is still very painful, offer the remedy quite frequently, maybe every hour or two. As the pain subsides, space out the doses. If pain returns, give the remedy again. This can be done for days or for a more severe burn, even weeks.

In addition to taking the remedy orally, much relief can be gained from dipping a soft cloth in water with some of the remedy pellets dissolved in it and applying it as a compress. Calendula Flower tincture is also wonderful for these compresses because it promotes cell healing and repairs skin quickly.

A tincture means the medicine is made in alcohol instead of pillules. When in this form, use the ratio of 1:4. That is, use one drop of *Calendula* to 4 drops of pure water for burn management. Distilled, filtered or spring water are all good for this use.

Calendula officinalis grows readily, and I urge everyone to grow it. Every year, I plant a plot of the seeds in the finest soil in my garden. In autumn, the bright orange flowers are a welcome sight. I gather their nearly fully opened buds and then dry them for later use as a tincture or salve. Just pack a dark glass bottle full of the flowers and cover it with grain alcohol or vodka. Come summer you'll have it at the ready for burns, scrapes, and cuts.

Now get out into the sun and sport a summer glow.

What He Really Wants for Father's Day

We received so many great responses when we put this in our newsletter; we thought we'd republish it here.

I have a wonderful father, and I'm married to a guy who is also a first-rate dad, so I feel pretty fortunate to be surrounded by good male energy. My sons are not yet fathers, but when I mentioned to one of them that I'd be writing a Father's Day article, he said,



“Mom, you need to talk about how the father is the warrior.”

I don't recall my husband or I having employed that word, but somehow he determined that dads need to take that posture of protector and provider. I found myself feeling extra proud of him that day.

What Fathers Really Want for Father's Day

This brings me to what fathers really want for Father's Day. I believe they want to be appreciated for their masculine ways. And although I was witness to the women's movement and regard it as an important episode in history regarding issues such as equal pay, it also trained me and those of my generation in a demasculinization of men and masculinization of women.

I believe we've done a disservice to men (hence women and the family) in expecting men to behave more like women and for boys to be banned from playing war games and other manly

pursuits. We have wussified men to the point that they are often confused as to what is expected of them. How untidy!

When our first son was little, I didn't allow toy guns. I know. I know. Very silly of me. It didn't take long before he began to nibble his toast into the shape of a gun and "shoot" us from across the breakfast table.

Then the next son came and the next, and I realized that the actions they demonstrated were not only normal but ideal for preparing them to become the protectors of the family and community. I soon grew to appreciate that my restrictions were foolhardy, so I adjusted my ways and began praising them for their ability to commandeer the bad guys.

Concomitantly, when men are permitted to take their masculinity into the arenas, they show a desire to defend. It allows women to settle back and immerse themselves in their womanly duties, such as raising the kids.

For isn't a marriage like a corporation? The buildings and grounds department head needs to run buildings and grounds while the personnel department head is counted on to take care of the employee needs. If the personnel department is constantly dabbling into the building and grounds department's business, not only is she undermining his work, but she's also not devoting enough energy to her own.

I like the old formula of a division of labor.

I know what you're going to say: that there are women who can make more income than their husbands and men can raise the family at home just fine. And while I'm comforted that this wasn't required in my family because I cherished being at home, I'm in wonder of those who can reverse the roles and make a go of it. For me, it would have been an additional weight on my family.

My Offer of a Father's Day Gift

So, allow me to offer my plan as to what to give the father of your children for this upcoming holiday besides a new tie or a pack of car wash coupons. My intention is to write a pledge in a homemade card and clarify how important his masculine ways are to my sons and me.

I will praise him for what he has accomplished to keep our family in a setting that sanctioned my making meals from scratch, homeschooling our children, wildcrafting the herbs around our home and studying homeopathy. My familial and personal goals would never have been met had he not provided the secure setting that fathers do so well.

The happiest of Father's Days to all the dads out there who hold their heads high and view their responsibility as the family warrior. May your day be one of conquest!

Joette Calabrese, HMC, CCH, has a passion for teaching moms (and respect for dads). Her methods are simple: clean living, nutrient-dense foods, staying away from the pediatrician's office and knowing ... really knowing ... homeopathy.

You may recognize Joette's name from her popular speaking presentations at the Annual WAPF Conferences and her column in Wise Traditions, The Homeopathy Journal. To learn some tips and tricks to keep your family's health decisions where they belong (in your hands) go to her [membership site](#). Or simply peruse her [blog](#) and archived copies of her [popular newsletter](#).

Want to know if Joette wrote on a topic of interest for you? Use the search function in the upper right corner of the website to look for keywords of interest.