

Medicine that makes sense

In recent years a profound shift in thinking about health and medicine has emerged. The public is clamoring for medicine that makes sense. The intelligent person asks the questions "If orthodox medicine were really effective why do heart disease and cancer effect so many people when only two generations or so ago they were rare? Why are classrooms filled with asthmatic and ADT children?" These illnesses were an unusual occurrence. Arising from these kinds of questions is a trend toward a more holistic viewpoint. The underlining concept in holism is that each of us is an integrated whole. That is, we're not fragmented into separate parts each carrying a specific illness or diagnostic category.

Homeo Tip

Make sure you and your family are protected from winter illness by insuring the right homeopathic cell salts are a mainstay of their daily regimen. Instead of multivitamins that can cause an imbalance of nutrients, look to *Bioplasma* made by Hylands. Four little pills 1-3 times daily will ensure a high level nutrient intake and since it's homeopathically prepared, it's gentle.

The information provided in this article is for educational purposes only and may not be construed as medical advice. The reader is encouraged to make independent inquiries and to seek the advice of a licensed health care provider.

What Do the Letters After Joette's Name Mean?

CCH: Stands for Certified Classical Homeopath through the Council for Homeopathic Certification, (CHC). It means Joette is a member of an accrediting organization that is dedicated to maintaining high standards of homeopathy in North America. Requirements for admission are rigorous. They include proof of completed college and post-graduate schooling in homeopathy, member recommendation, minimum five years clinical experience with notarized confirmation letters, professional references, written and oral exams, essays, written proof of cases and peer review.

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Chillblains

Chilblains. Could a pathology with such a cute name be all that bad? Well, it is only one step away from frost bite, so precautions are necessary. I live in Buffalo where the winters are a delight, but too often we become complacent with winter apparel. So preparation is essential. As in most illnesses, the best cure is to not allow it to happen in the first place. Dressing appropriately and retiring to the indoors *before* getting too cold is wise. Another safeguard is to eat a diet high in good quality fat such as butter, whole raw milk, whole cheese and cod liver oil. These foods are vital for the health of those who live in cold regions. Think

Scandinavia.

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Health Care at Home

If you're seeking to learn how to handle simple health issues at home through inexpensive, safe methods, you've completed your first step towards independence in your healthcare...searching. Learning to take responsibility for your and your family's health is empowering, safe and cost efficient. For thousands of years parents have been the nurturers, caregivers, birth attendants and healers. It is only since the last century that the "business" of health has been turned over to a member outside of the family.

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Mother's Intuition

It is powerful, usually right on the mark and if we deny its existence, we're always sorry later. Yes, mother's intuition is real. Today, many have lost the confidence our strong ancestors had built into them. Drugs are handed out like candy. In fact, if refused, we are often met with angry words and condescension. There is a better way that many mothers instinctively understand. A way that is safer, non invasive and yields stronger and often better adjusted children. It is the way of nature, of homeopathy, of intelligent mothering.

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Antibiotics

The media and modern medicine are beginning to catch up to what homeopathy has known for centuries: antibiotics are dangerous drugs and any decision to use them ought to be well weighed. So what do we do to replace antibiotics? Why, homeopathy of course! Homeopathy is a most efficacious method of not just addressing bacteria and virus related pathology, but leaving the sufferer in a better state than the one previous to the illness.

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Colds

When choosing a homeopathic remedy to counter a cold, look for the most outstanding features of the cold to match the most outstanding of the remedy. A 30th potency administered every 1-3 hours for up to 5 doses is the method most often found efficacious. When improvement ensues, stop the remedy. If need be, most will switch to another remedy after giving the first one a good chance. It takes practice, but once you become adroit with homeopathy, you'll never return to the old ways.

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Coughs

Homeopathy is unique because it doesn't treat the illness; it treats the person. This means that 5 people with a cough will receive 5 different remedies, based on the symptoms, or how their illness presents. What ever the presentation, whatever kind of cough, homeopathy has just the right remedy to address it. Not a discount, polyester, one size fits all, but, tailor made, cough specific, person specific. Now *that's* what I call real medicine.

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