

# Homeopathyworks.net

Welcome to our December issue. This is where you and homeopathy meet. Your questions answered, fears quieted and resources discovered! If you have a specific question you'd like answered or topic covered in future issues, please E-mail suggestions to:

[Joette@homeopathyworks.net](mailto:Joette@homeopathyworks.net) or post comments on my blog at:  
[www.homeopathyworks.wordpress.com](http://www.homeopathyworks.wordpress.com)

## *In This Issue:*

- Quote from Joette
- Events with Joette
- This Month's Spotlight Article
- Nutri-Tip
- Where to Find it-Tip
- About Joette Calabrese, CCH RSHom
- Available educational products from Joette
- Recipe for REAL Egg Nog



## *Season's Greetings!*

I'm thankful and humbled by the response we've received to our ezine and how altering it's been for so many. I love to hear of your conquests and successes with homeopathy and whole nutrition. We always aspire to offer straightforward, useful information along with a topping of encouragement.

Stephanie, my trusted and capable assistant, LauraLee, my accomplished editor, Margaret, our online wiz and my trouble shooting husband, Perry and I wish you a joyful holiday. Merry Christmas and Happy Hanukkah!

*Warmly,  
Joette*

## *Quote From Joette:*

"Have you ever notice how some people exude a certain energy, humanity, and a harmony of spirit? If you have, then you have witnessed the language of authentic health. A language softly spoken, passionately executed and universally understood."

Joette Calabrese, CCH, RSHom (Na)

## *Where is Joette?*

Read her column, *The Homeopathy Corner* in *Wise Traditions*, the quarterly journal of the Weston A. Price Foundation. Back issues can be ordered at [www.WestonAPrice.org](http://www.WestonAPrice.org)

*Listen to Joette on Vibrant Living Radio:*

- 1) WXOJ 103.3 FM in Northampton, Massachusetts
- 2) KKNW 11.50 AM in Seattle
- 3) WJTN 1240 AM in Jamestown, NY.

# **Yum. Munch. Blurp!** **4 Remedies for** **Overindulging This Season**

Here it comes; the time for over eating and drinking! So what can we do to prepare? Have the following remedies on hand and then pass the goose, potatoes, pie, and wine.

The best known way to use the following homeopathic remedies is to take one dose every 3-4 hours over a period of 1-2 days. If the symptoms are too extreme to wait for that 2<sup>nd</sup> dose, then shore up the time and offer it every hour. The trick is to know enough to stop when improved. Most will experience improvement within a very short time. Don't use more than a total of 4 doses. Remember, 4 pills is a dose. Ahhh blessed relief!

- 1) When over eating has caused nausea that you wish would just produce vomiting to get it over with, your remedy is *Nux vomica* 30x.

*Nux vomica* is also a capitol choice for the proverbial hangover and indigestion. It has a remarkable history of ending nausea and vomiting in relatively short order. Sometimes it even removes the desire for alcohol and overeating. Not in an unpleasant way but encourages more rational thought towards moderation.

This gem of a remedy will address 90% (my educated guess) of all overeating and drinking problems around the holidays. And will not interfere with any meds someone might already be taking.

2) When relentless vomiting is the main symptom, try *Ipecac* 30x. This is the one remedy we want to have on hand when the nausea isn't relieved even by vomiting. It's one of the worst settings, but true to homeopathy's repute, it will usher in an antidote to the problem.

3) When there is simple indigestion and over acidity, then *Nat phos* 6x can be taken every hour. It's often used in place of antacids, but with no side effects, of course! My father keeps this in his car for after lunches with his musician cronies.

4) For true food poisoning that causes chills, stomach pains, restlessness and anxiety then *Arsenicum album* 30x should be taken. This is best saved for when your goose is tainted, not from overindulging.

For a small investment, you can own these remedies in kit form, which in the long run is a substantial savings. These kits come with the top 100, 50 or 30 remedies most commonly used for home situations. I can't think of a better Christmas gift for Mom or college student! If you're interested in obtaining a kit, contact us at the address below and we'll be happy to share with you the best prices and kits we know of. To purchase remedies individually you may contact Johnson's Village Pharmacy in Mayville, New York at 716.753.3200.

Try these tried and true homeopathic remedies during the holidays and you might just find it easier to enjoy them all. Keep a log of the remedies you try and the results you find, so you have a record for next time the same symptoms occur. *That's* how we learn to take care of ourselves and take care of our families! Empower the family, and everything falls into place.

Want to learn more? Consider Joette's book *Cure Yourself and Family with Homeopathy* by going to: [www.homeopathyworks.net/products.html](http://www.homeopathyworks.net/products.html).

## *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. We'll be discussing more on cell salts in future issues.

## *Where to find it - Tip!*

You can purchase single remedies at Johnsons's Village pharmacy 716.753.3200.  
For Information on homeopathic kits (a great way to save) call Joette's office at 716-941-1045.

## *Nutri-Tip!*

One of the best Nutri-tips I know for the holidays is the following recipe for indigestion. To half a glass of water add 2-3 tablespoons of fresh lemon juice and stir. While stirring, add ¼ teaspoon of baking soda. The combo will create a little a fizz in your glass. Drink it down during the fizz if possible. If you're old enough to remember Brioschi, you'll recall the flavor, fizz and how quickly it works...But this is homemade!



*About Joette Calabrese, HMC, CCH, RSHom(Na)*

Joette Calabrese teaches and instructs folks how to add, obtain and maintain authentic, robust health via homeopathy and sound nutrition by offering tips and principles of health. She has become a trusted voice in achieving robust health that is decidedly educated, experienced and committed and has a following of discerning clients throughout the United States and abroad. [Click here for more about Joette.](#)

## *Books, Tapes and CD's from Joette:*

*If you'd like to learn more, consider Joette's educational CDs and books as a download at [www.homeopathyworks.net](http://www.homeopathyworks.net).*

**Schedule a FREE 15 minute phone conversation with Joette and learn how Homeopathy is a fit for your health strategy**  
**Contact us at [www.Homeopathyworks.net/contact.cfm](http://www.Homeopathyworks.net/contact.cfm)**

*If you liked today's issue, you'll LOVE learning more about Joette's programs and services for those seeking robust health via homeopathy. Joette offers a FREE audio CD, great blog articles, workshops, coaching and other resources to help women (and interested men too). Learn more now at [www.Homeopathyworks.net](http://www.Homeopathyworks.net)*

## **Connect with Joette on these social networking sites:**

### **Facebook**

<http://www.facebook.com/people/joette-calabrese#/joette?ref=ts>

### **Twitter**

<http://www.twitter.com/homeopathyworks>

**Linkedin**

<http://www.linkedin.com/in/homeopathyworks>.

## Recipe for REAL Egnog:

Want a truly delicious and powerhouse Christmas treat? Try REAL eggnog and eschew the stuff that comes in a carton.

Start with fresh raw milk. If you don't have it available, then whole organic milk is a decent 2<sup>nd</sup> choice. The same holds true for the cream.

- Raw honey to taste
- 16 ounces of full fat milk
- 4 ounces of cream (try to get it *not* ultra pasteurized)
- A good sized pinch of freshly ground nutmeg
- 4-6 fresh, raw eggs, preferably from grass fed, free range chickens

Put the eggs that are still in the shell into a bowl with a squirt of dish soap and good hot water. Then wash the shells thoroughly. (If salmonella exists, it's generally not from healthy chickens and it only resides on the shell.) While the eggs sit in the hot water, into your blender drop honey and about an ounce or two of milk. Whizz until the honey is fully incorporated. Rinse, dry the eggs and add the yolk and white into the milk mixture. Add the remaining milk and other ingredients and blend. Pour into frosted glasses with a sprinkle of fresh nutmeg on top. Yes, raw! Nourishing, safe, traditional and delicious. Happy New Year!



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