

Homeopathyworks.net

Joette Calabrese presents HomeopathyWorks.net, where mothers are empowered via Homeopathy.

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Welcome to our issue for Early February 2011! 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 or post comments on our blog at:

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

Schedule a FREE 15 minute phone conversation with Joette to see if Homeopathy is a fit for your health strategy by calling 716-941-1045 or E-mail.

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Greetings!

For the love of our clients & "fans" and at the request of many we will now be sending bi-monthly issues of our e-zine! This month's feature article is especially for you gal'sbut the guy's will love my Recipe Tip in our next issue! Watch for it in time for Valentine's Day!

Warmest Wishes!

Joette

Quote From Joette:

"I pass to you the torch of self-empowerment. Keep it lit and pass it on. Authentic truths are genuine and are meant to be shared for the sake of sharing good"

Joette Calabrese, CCH, RSHom(Na)

Where is Joette?

In the News...on the "Net"!

I guess people like our blog because it was just featured again! This time it was in *20 Incredibly Educational Alternative Medicine Blogs*, it can be accessed by going to:

<http://www.mastersinhealthcare.com/blog/2010/20-incredibly-educational-alternative-medicine-blogs/>

Our blog is rated #9 in "50 Homeopathy Blogs Worth Reading" Join us by clicking on <http://www.mastersinpublichealth.net/50-homeopathy-blogs-worth-reading/>

Watch for Joette's column:

The Homeopathy Journal in *Wise Traditions*, the quarterly journal of the Weston A. Price Foundation in Washington, D.C.

On Archived Radio

- WXOJ 103.3 FM in Northampton, MA
- KKNW 11.50 AM in Seattle, WA
- WJTN 1240 AM in Jamestown, NY

On YouTube:

Just Google: "Joette Calabrese – YouTube" and it will come up!

Period Perfect

Have you ever wondered what a normal menses is supposed to be like? Well, so had Angela. Angela is a full time mom, raising her six (yes, six) boys. Angela spends her day tending her household, preparing wholesome meals and homeschooling her children. But this was only three weeks of the month. The fourth week, she called her devil week. That's when Angela became as close to a fiend as imaginable.

She not only suffered cramps and swelling, but her moods shifted to a longsuffering outlook that included yelling, weeping and a desire to get away, even run away from her family. Sometimes that week stretched to 10 days. Even her ovulation week was becoming tetchy and the longing to just be left alone for a nap was crushing.

She knew this wasn't who she really was, so did her husband...or did he? It had become so common for her to be irritable and angry; she noted their relationship slipping too. This is not what Angela envisioned for her life. Yet lately she was noticing an aversion to her husband of 15 years. Even his odor became repugnant to her. "Is it him...or is it me?"

Whatever the origin, Angela was nearly desperate when she scheduled a phone appointment with a homeopath her neighbor recommended. Angela wondered if the neighbor had tendered this advice because she too was tired of hearing the rampages bellowing from Angela's home.

"This is embarrassing", she confessed to the homeopath. "But I usually don't even care about that either. My judgment is skewed and even the yelling seems to be well founded at the time. It's later that I feel regret. One minute I'm me, the next I'm a demon. How will my boys grow up

normally if I yell at them fourteen days of every month? And my *marriage!*" she sighed, as her head dropped into her hands.

The homeopath assured her that what she was experiencing was not only common but was directly associated with her hormones. Many more details were collected, such as, in which position she liked to sleep, if during her period she felt a dragging sensation in her uterus and other seemingly unrelated queries. "Wait! Dragging in my uterus? Yes... yes, sometimes it feels like I need to sit on my heels to give my organs support from hanging too low. How did you know that?" she questioned the homeopath. "In homeopathy we see such clusters of symptoms as indicators for the use of a specific remedy. In your case, the remedy is *Sepia.*"

Angela couldn't get to the pharmacy fast enough to begin taking the homeopathic. The first week, she had only one yelling match with her 13 year old, but it was different this time. Instead of getting all frothed up for a 15 minute round, she only said her piece and went back to her household duties, unfettered. "Wow! *That's* never happened before. I would have been upset, shouting and crying for the day after such an exchange. I wonder if it's the remedy, balancing things out." The following night her oldest came home long after his curfew and instead of barking at him, she coolly doled out the punishment and again returned to her tasks.

By the time she called her homeopath for the follow-up phone visit many weeks later, she was nearly giggling with coquettish enthusiasm. Her interest in her husband had been, ahem... shall we say *restored*? I won't go into details but she felt young and vibrant again and even her periods were back on track. The flow was only four days instead of a wearying seven. The cramps were gone and even the bloating that made her feel matronly were diminished.

Her attitude was that of a grateful and loving mom and wife, instead of an overwhelmed uncaring warden. She twinkled with enthusiasm at her new outlook on her old life. "This is the most perfect period I've ever had and I have oodles of balanced energy. Oodles, I say!"

Now Angela has taken up learning simple homeopathy for her family. She recognizes that if she learns some homeopathic techniques and remedies, she'll save on medical expenses but more importantly, she'll protect her family from dangerous drugs. So when her 5 year old gets an ear infection, when the baby gets colic and her husband can't sleep, she knows exactly how to make them feel perfect and whole again.

None of this would have been possible had she not suffered and been cured of those dreadful periods and intruding mood swings. Now her family looks back at those days when Mom was mean as a mere memory that sometimes makes them laugh.

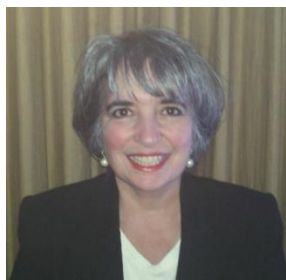
"Hey Mom, remember the time you dumped flour on Dad's head?" they hoot. "It was a period in my life that wasn't perfect" she breathes. And then, with a spring in her step and a sparkle in her eye, she contentedly gives them a hug and takes up her womanly duties.

"I love to hear your responses to what I post here. [I invite you to post your thoughts on my blog.](#)"

Joette

Edu-Tip!

You may be surprised to learn how profoundly your diet can influence your moods – both for better and for worse. Mood swings (monthly), depression and Seasonal Affective Disorder (SAD) which affects so many Northerner's this time of year, can all be helped by getting enough of the nutrients found in Vitamin D-rich cod-liver oil and coconut oil. Check my blog for mouth watering treats offering ways to incorporate coconut oil into you daily fare.



About Joette Calabrese, HMC, CCH, RSHom (NA)

Joette Calabrese instructs folks how to add, obtain and maintain authentic, vigorous health via homeopathy and sound nutrition by offering time-tested and scientific principles. She has become a trusted voice that is decidedly educated, experienced and committed and has a following of discerning clients throughout the United States and abroad.

Books, Downloads and CD's from Joette:

Learn to treat YOUR family. Joette's educational CDs and books are on download at www.Homeopathyworks.net/products.html.

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, a great blog, lots of FREE articles, workshops, coaching and other resources to help mothers (and interested fathers too). Learn more now at www.Homeopathyworks.net

If homeopathy has helped you, pass on the good news! Sign up friends, relatives and neighbors to our ezine, so they can learn too. Sometimes the most unlikely folks take homeopathy on with gusto. Let's keep the circle of homeopathy moving!

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Joette's Blog

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