



HomeopathyWorks.net

*Joette Calabrese presents HomeopathyWorks.net, where mothers
become empowered via Homeopathy.
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Dear...

As you may know, I live in the Buffalo, New York area and with that, I am very close to the Buffalo Bills Ralph Wilson Stadium.

This past Sunday our very own Buffalo Bills made football history with their stunning 34-31 comeback win over the New England Patriots!

Ending a 15 game losing streak against the Patriots since 2003.

With the Buffalo Bills record currently at 3-0, my city is on top of the world & full of pride. I even found myself, someone who hasn't watched a game in many years, cheering in those last few minutes of the game.

It's exhilarating & a great boost to our city's morale.

So I took advantage of this excitement to pass along these tips on sports and workout injuries.

And just like our football chant would go "The Bills make me

wanna shout!”

I say: Homeopathy makes me wanna shout!

Love,

A handwritten signature in black ink that reads "Joette". The signature is written in a cursive, flowing style with a large loop at the end.

Interested in finding out if Homeopathy is a fit for you and your family's health strategy? Call (716-941-1045) or [EMAIL](#) us to set up a FREE 15 minute phone conversation with Joette.

Quote From Joette:

“There is no excuse. If it’s not advantageous to our health in the long run, don’t do it. Anything less is an insult to our body and worse yet, to our intelligence.”

Check it Out!

There are tons of great resources & free materials on our website. You might be left asking yourself... “Where do I start?”

Here’s step one:

Read [Hot, Hot, Hot](#) in our blog from this past summer for “Peter’s Homeopathic Electrolyte Concoction” recipe to keep hydrated during your workout!

Hot Off the Press!

NEW! Check out Joette’s guest post on *theNOURISHINGgourmet.com* blog with her article titled [Homeopathy for Smart, Frugal & Tenacious Moms](#)

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Read Joette’s article, [Itching for Better Medicine? Homeopathy May Be Your Best Choice](#) which was recently featured online in the [Journal of Natural Food & Health](#)

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Also check out Joette's column *The Homeopathy Journal* in *Wise Traditions*, the quarterly journal of the Weston A. Price Foundation. Her newest article, entitled [Radiation & Community](#)

[Illness](#) was published in the Summer 2011 edition.

Athletic? You'll Love Homeopathy



Photo courtesy of BuffaloBills.com

OUCH!! Shin splints, sore muscles, sprained ankles, dehydration.

You know the routine.

You could take painkillers, muscle relaxants and the like, but why add to the toxic load when the goal is to fine-tune the body, not burden it?

Consider homeopathy. It has a reputation among knowledgeable sports figures for relieving pain, reducing swelling and leaving the sufferer with a sense of well being...naturally.

In fact, I've worked closely with the Sabres Hockey members and their families for years. They have used these methods and have come to depend on homeopathy.

You can, too.

Don't get me wrong. I don't advocate treating serious injuries without the aid of a trained medical professional.

I urge my students/clients however, to become aware of their ability to treat many everyday ailments with the world's most powerful medical method.

With the purchase of a small homeopathy kit that costs around \$220, a simple homeopathy book, a CD or short tele-seminar, one can treat most sports injuries or at least get the work begun before seeing a professional healthcare provider.

In my Cd (or download) [**Perform in the Storm; A Homeopathy First Aid**](#) you'll learn exactly when, how and which remedy to choose for your family's injured athlete.

If the injury requires emergent care, you'll know just which remedy to use on the way to the hospital.

Many a student/client of mine has reported that they were well enough to turn around in the parking lot of the hospital because the remedy worked that fast and effectively.

Even after an emergency room visit, a well-chosen homeopathic remedy will often hasten recovery and reduce pain.

Take *Arnica montana*, for instance

For a sprained ankle, this homeopathic remedy has been shown to reduce pain and swelling within minutes to hours. And the

amount of time to resolve the injury will usually be diminished by 50%, report sports figures.

Even if you decided to buy only one remedy instead of a kit of many, your money would be well spent on a small bottle of *Arnica montana* 200. For around \$15 U.S., you'll have peace of mind for the next spill. This is reason enough to keep a bottle in your camping gear or athletic bag.

Arnica is considered an analgesic after trauma, yet this is selling this powerhouse medicine too short.

It is the premiere remedy for any mechanical injury such as concussions, broken limbs, injury to soft tissue and even post-operative pain and swelling.

When a bed feels too hard, even long after an injury, here's another opportunity to think of *Arnica montana*. It's an excellent sports injury remedy both for injuries such as broken bones as well as those due to over use.

Even arthritis flare-ups can be relieved by a few doses or up to three to five days worth of *Arnica*.

It has a reputation for addressing a goose-egg injury to the head or a hematoma to soft parts, such as the thigh.

The swelling and pain will be soothed in short order.

Arnica montana absorbs the trauma, removes that weakened sensation after an injury, and puts the sufferer in balance.

An important tip

The more severe the injury, the more frequent the administration **and** the higher the potency.

This means that when your child falls off his bike and bruises his thigh, then *Arnica montana* 30 will suffice, if given every few hours.

But if the injury is quite severe, such as a professional athlete might encounter, then the higher potencies must be employed, and offered every 15-30 minutes.

When this occurs it would be best that the administrator have a good understanding of the principles of homeopathy or that a seasoned homeopath be contacted.

Whether for a mild injury or one that requires medical treatment, homeopathy can absorb the shock, minimize and often remove bleeding, reduce fear, anxiety and pain and put the injured in a better state.

Swelling and healing will be hastened. Even infection will be kept at bay with *Arnica Montana*.

In my experience, pain medications can even be omitted with the correct usage of a remedy.

Prince Charles of England, an avid polo competitor, has been heard encouraging a teammate to use his *Arnica* after a nasty fall.

His princely suggestion is one steeped in the Royal Family's commitment to homeopathy.

I urge those who lead active lives, or who are simply looking for relief from life's mishaps and spills, to embrace homeopathy.

It's the way of savvy athletes with a mind towards staying on top of the game.

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 healthcare provider.

There is always MORE!

Have we whet your appetite for more? There is always something new to discover with Homeopathy & we can help you find it. Below you will find helpful links. Enjoy!

From the Archives!

Kim Hartke's Blog, *Hartke Is Online*: Is where you can find Joette's newest online publication [Mommies Beware! This Excitotoxin is Hidden in your Food](#)

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Listen [HERE](#) to Joette's newest Radio Interview with Ginger Leilani Chapin & *Conscious Lifestyles Radio*.

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Books, Downloads and CD's from Joette:


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Have a Suggestion?

If you have a specific question you'd like answered or topic covered in future issues, please [E-mail suggestions](#) or post comments [on our blog](#).

About Joette



Joette Calabrese, HMC, CCH, RSHom(Na) 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.

Please Note...

Joette is not a physician and the relationship between Joette & her clients is not of prescriber and patient, but as educator and client. It is fully the client's choice whether or not to take advantage of the information Joette presents. Homeopathy doesn't "treat" an illness; it addresses the entire person as a matter of wholeness that is an educational process, not a medical one. In order to be treated or diagnosed, Joette believes that the advice of a holistic physician is an order.

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