

*Joette Calabrese presents HomeopathyWorks.net, where
mothers and others become empowered via Homeopathy.
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Thanks, Mom



Dear...

Ahh, a new year, when we take stock of the past and plan for the future. This is a photo of my family and I taken about 12 years ago. The stories below happen to have occurred around the time when it was taken and make up only one small chapter in my Homeopathy-rich life. Let me share with you how this knowledge keeps my family whole & well.

Love,



The first incident happened to my husband who is a part time professional ski instructor. On an ascent from an icy slope, he took a nasty spill, rolled, and landed (hard) on the back of his neck.

When he finally came to, there was a crowd of concerned skiers gathered around him. I learned this part later, from a family friend. The ski patrol aided him down the hill, but he insisted he was fine. He lied. I'm still not sure how he got home, nor is he, but he was dazed, confused, and shaken.

Since we live on a ski hill in New York, and my family spends every snowy hour they can on the slopes, I've made certain that they each have a bottle of *Arnica montana* 1M in their parkas just in case of accidents.

This time, however, *Arnica* was not the best choice because he was overcome and wobbly. The pain was not as important as his state of mind.

Once home, he reclined on the floor looking oddly blank. I gave him *Nat sulph* 1M; within half an hour, the smile that grew on his face indicated the transformation. "Thank you", he said. "My mind was wooly and I felt fragile and confused."

After the trauma is cleared, comes the next best part...."Thanks, Honey."

I love those words.

There are so many incidents in my life when this profound yet gentle medicine has given my family and me the kind of power all families ought to have available.

Another time, our son had a fear of a forthcoming exam which was consuming too much of his energy. Homeopathy to the rescue. *Gelsemium* 30, taken every 4 hours on the day before the event, was all he needed.

He aced the exam but, more importantly, he was not the least bit uneasy from the 4th dose on.

"Thanks, Mom."

Also that winter, my father had a suspicious abdominal lump appear only to have *Lycopodium* 200 resolve it within two days. It was likely a hernia since he'd had a hernia at this same sight three decades earlier. . Back then, he had surgery. That was before I knew Homeopathy.

After *Lycopodium*, I got, "Wow, thanks, Joette."

But my most profound story around this time is the one about my Aunt Mary. Unfortunately, this one is not endowed with a happy thank you.

Aunt Mary was my Godmother with whom I was very close. We spoke on the phone weekly. Years ago, I had given her a Homeopathy kit so she could call me should she need help.

One night, she slipped and sprained her ankle.

Normally, she would have called me to get a remedy, but this time, she went to the doctor without phoning because she knew my week was to be a busy one.

I would've indeed recommended she have her ankle checked to be certain it wasn't a break and then followed that with a Homeopathic remedy for the pain, swelling and quick healing.

Instead, on the way home, my uncle stopped at a drug store to get Darvon, following the doctor's instructions. That night, she took the Darvon and within 6 hours, she died in her bed.

The "cause of death" was cardiac arrest, however, no one in my aunt's large family had ever had heart issues and, only weeks prior, she had been given a "clean bill of health" from the very doctor who prescribed Darvon.

Down to my toes, I knew it was the Darvon. So did my mother and my uncle. When I reviewed the dangers of the drug online, it was logical that Darvon had caused her death.

Now, some years later, a remarkable number of class action suits are being settled against the manufacturer for deaths caused by this common drug.

Since then, the FDA has banned Darvon and Darvocet.

Just for the record, it's been prescribed since 1957. The reason it was taken off the market?

Even in recommended doses it causes cardiac abnormalities and arrest in people who don't have a history of heart disease..

How many unsuspecting folks have been poisoned by this drug in the last 40 years and the cause of death appeared to be something else?

This kind of loss is always difficult. I still miss my aunt. But the salt that stung the wound further is that she trusted the doctor to give her something that was safe.

The very remedy that would've offered her quick and, more notably, a harmless method of healing, was only 20 feet away in her medicine closet... in her Homeopathy kit!

As mothers and others, we need to protect our families and the only way to do so is to arm ourselves with knowledge: Homeopathic and nutritional knowledge.

But it means diligence.

I implore folks to *not* be a "good little patient". Instead, be the one who questions every decision a doctor suggests and know your alternative options.

When ill health presents, it is not a time for compliancy.

Be a fierce lioness when it comes to your family. Be a mighty-mom....read, study, educate yourself.

Then get to the job at hand... of being the most protective person in your family's life. And when they're well, take care of your parents, aunts and uncles, friends and pets.

Make it your winter resolve to learn as much as you can about Homeopathy's legacy of safety and efficacy.

The gratitude you receive will prompt you to continue on your path of healing.

Note from the editor: Joette will be teaching her new tele-seminar, ***How to Raise a Drug Free Family System*** starting this spring. Watch for details in forthcoming emails and also [sign up for the FREE WEBINAR](#).

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.



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.

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[52 Homeopathic Tips](#): For everything ranging from sleeplessness to leg cramps, from our blog archives.

From Joette's Kitchen

Ooh La La! Rich Vanilla Cake with Chocolate Butter Cream Frosting (gluten free, of course!)

This lovely recipe is based on the flourless cakes that have become so popular in high-end restaurants. (See my chocolate butter cream frosting recipe below!) It is rich, satisfying and



doesn't seem like a substitute cake at all. It's become my family's favorite birthday cake.

The main ingredient may surprise you.

[Find the full recipe on our blog.](#)



Like most homes in the North, we have icicles on the overhangs of our house. They have a certain type of beauty when the sun catches them.

Sometimes in the winter we get HUGE icicles that cover one whole window in my house.

So far, our mild winter has only given us these small, dainty ones.

Quote From Joette

"If I were asked to say what is the most important creation of art and the thing most to be longed for, I would answer: a body well designed and a mind clear enough to keep it that way."

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About Joette

Joette Calabrese, HMC, CCH, RSHom(Na) instructs folks how to 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 in order.

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