

21 Top Remedies You Need to Know to Protect Yourself and Family

Want a quick reference for the uses of the main homeopathic remedies for injury cases? For the sake of those who aren't clear on homeopathy's role in medical practices throughout the world, allow me to declare its sterling reputation. Homeopathy was counted upon by American Civil War surgeons, WW1 and WW2 camps and is the mainstay of homeopathic emergency rooms throughout the world.

The following remedies, used in medium to high potencies, work best for those who are familiar with homeopathy. They should be repeated every 15-30 minutes in severe situations and more infrequently as the pathology becomes less serious. There is nothing wrong with continuing the course of action for a week or even longer, as long as symptoms remain. Here is a short list of the best remedies and their indications to have committed to memory and to have on hand:

1. Bitten	<i>Ledum</i>	12. Infected	<i>Arsenicum iodatum</i>
2. Bled	<i>Vipera</i>	13. Inflamed	<i>Ferrum phos</i>
3. Burned	<i>Urtica urens</i>	14. Lacerated	<i>Hypericum</i>
4. Bruised	<i>Arnica montana</i>	15. Punctured	<i>Ledum</i>
5. Contused	<i>Arnica montana</i>	16. Poisoned	<i>Arsenicum</i>
6. Dislocated	<i>Arnica montana</i>	17. Suffocated	<i>Carbo veg</i>
7. Exerted	<i>Rhus tox</i>	18. Shocked	<i>Aconitum</i>

8. Electrocuted	<i>Phosphorus</i>	19. Stung	<i>Ledum</i>
9. Fatigued	<i>Bioplasma</i>	20. Over indulged	<i>Nux vomica</i>
10. Impaled	<i>Hypericum</i>	21. Slivered	<i>Silica</i>
11. Incised	<i>Calendula</i>		

The more serious the situation, the higher the potency needed of either Arnica or Aconitum. For example, if someone has had a concussion of severity, on the way to the hospital, a 1M potency would be advisable. Offer it every 15 minutes or more until consciousness is restored. If instead, it's only a mild head injury Arnica 30 will often do the trick when offered every 15 minutes or so. You would use a 200 potency for a moderate injury.

The less experience you have, the more important it is to stay with lower potencies such as 30c or 30x. Homeopathy is safe when and only when utilized properly. So I entreat you to learn as much as you can and when you're finished, learn a little more. If you're unsure, call us for a consultation. We're always in the ready.

Twenty-one fine remedies, each with its unique ability to address their corresponding ailments. If you want to learn more of these and how to own, use and know them cold, go to ["Perform in the Storm; A Homeopathic 1st Aid" download.](#)

The homeopathic treatment of injuries is rational, intelligent and safe. There are no side effects, no addictions and best of all; they get to the essence of the crisis. Get a handle on your understanding of the use of homeopathy. It could be the solution you're looking for when life's calamities get too big. Tiny pills, miniscule dilutions, hefty results...homeopathy.

Ask us about our homeopathy kits. We have a first aid kit, a general home use kit in 30 potencies as well as 200 potencies

available at our office. Then get started!

Our Week at the Chautauqua Institution

On the weekends, our boys join me at the Chautauqua Institution, while I teach during the weekdays. Chautauqua Institution is a not for profit, adult educational enclave dating back to the early 1800's. Situated on the shores of beautiful Lake Chautauqua, it's one of the several Finger Lakes in upstate New York. www.ciweb.org Here we are on our way to the shore to do some "manly" boating. Having a family with only boys has taught me to go with the flow.



Quit That!!!

Homeopathic "Quit Smoking Protocol"

Before beginning, have your resolve designed. That is, get certain foods, or activities lined up for your psyche and cravings to be supported. For example, if you adore shrimp, make it your treat when the cravings are extreme. Or have your bike ready to go for a quick ride and sweat it out to help realign your metabolism. Don't begin the program until you've made up your mind to do everything you can to stop.

1) Caladium 6x: once daily

2) Calc phos 12x and Nat mur 6x: 2 tabs each dissolved in 4 ounces of hot water, twice daily for months until a change is

realized.

3) Avena Sativa tincture: 10 drops in water twice daily.

Contact me with your results. I'd love to hear how you do.

Ouch! Don't touch

Sunburns, like chicken wings can be mild, medium or hot! Keep the following handy as the summer progresses to keep the heat down. First and foremost, never leave for a long weekend or vacation without your homeopathy kit. If you don't own one, contact us (above)...we have a selection to fit all budgets.

My remedy of choice is to always consider Cantharis first. It's useful for all sorts of burns including scalds and chemical burns, so sunburns usually respond well. Use a potency that matches the severity of the burn. This means; the more severe the burn, the higher the potency. For mild sunburn a 6c, 12c or 30c is likely to do the trick. For a more alarming incident; that is, one with severe pain, chills, blistering, etc. and only if you have knowledge of homeopathic medicine use a 200c.

Generally speaking in acute situations, the more severe the pathology, the more frequently the remedy needs to be repeated. So if the sunburn is moderate, very red but without blistering, and you're using a 30c potency, you might offer it every 30-60 minutes to keep the pain from ensuing. In fact, use pain as your indicator as to repetition.

If after giving Cantharis, there is no improvement, consider two other remedies. Urtica urens is the remedy of choice if the pain has a prickly, stingy or itchy sensation. In fact, if the sensation is of this nature from the beginning, then start

with this remedy and don't bother with Cantharis. For a deep, severe burn use Causticum. The more severe the burn, the more likely that Causticum is the correct remedy. Causticum is also handy for old burns that have taken a long time to heal. You should see a change in intensity of symptoms within 30-40 minutes of taking the correct remedy.



I also like to use cell salts as an intercurrent with higher potency remedies. So, for instance, once it's established whether Cantharis or Urtica urens is the correct remedy; then offer Kali mur 6x every 30 minutes or so to bring down the discomfort and pain. As always, when improved, stop administering. Topical ointments or tinctures can also be soothing. Try coconut oil, aloe vera gel or Calendula tincture. But to be honest, you'll likely find the homeopathic remedy to be enough. The entire picture is resolve with the remedies, pain is just the indicator. Peeling may still ensue but not as severely. A sunburn isn't a day at the beach. But don't worry, homeopathy, as always, has the solution.

Want to learn more? Joette's book *Cure Yourself and Family with Homeopathy* is your #1 guide by going to: www.homeopathyworks.net/products.html.

July 4, 2010

Sometimes we hear folks condemn the U.S. I've been guilty of it myself. Certainly, there is much we can improve upon, but it's clear that America has a capacity for heralding good in many corners of our world.

When my Sicilian grandparents stepped onto American soil a century ago, they were overwhelmed by gratitude and hope having found the country of their dreams. Here is where they would have a chance.....an opportunity to develop their independent and triumphant spirits.

Where else might they have gone where a country was actually founded on the principles of freedoms and opportunities that would carry them to great personal and cumulative heights?

My Mama and Papa Calabrese and Mama and Papa Giangreco, if alive today would join me

In the spirit of this Independence Day.

And so I entreat you, let's champion choices: the freedom to choose our foods, our education, even our medicine, Sometimes it's an uphill battle, but it's worth our perseverance for ourselves and generations that follow. And perhaps more importantly, to establish fully that this is where freedom rings vigorously.

From all of us here at Homeopathyworks we wish you a **healthy**, happy and victorious 4th of July Holiday.

With Love,

Joette

HOW TO MAKE KOMBUCHA TEA



A Wonderful Tonic & Natural “Soda Pop”

Ingredients:

- Kombucha mushrooms (can be purchased online by googling “buy Kombucha mushroom.”)
- $\frac{3}{4}$ – 1 cup white sugar
- 5 tea bags of conventional tea (such as Lipton)
- Boil 3 quarts of water
- Add $\frac{3}{4}$ cups of sugar (once the mushroom works on the white sugar it transforms it to good food, including lactic acid and a potent detoxifying substance called glucuronic acid). Don’t use maple syrup or whole sugar, since it’s difficult to insure consistency. More sugar may be used for added sweetness
- Simmer for 5 minutes or less to dissolve the sugar
- Remove from heat & add 5 tea bags (remove paper labels first)
- Remove tea bags after 10 minutes
- Allow the tea to cool to room temperature
- Pour the room temperature tea into a 4 quart glass or plastic container such as a bowl. This allows the mushroom lots of room to grow. The mouth of the bowl should be as great, or greater than the depth of the tea.

Kombucha mushrooms are alive so certain conditions need to be followed

- Gently place the mushroom into the room temperature tea with your fingers. Sometimes it sinks sometimes not. It will right itself within a few days.

- Do not use any metal on or around the mushroom; for example, metal tongs. Even a small contact can cause trouble for the mushroom.
- Cover the bowl with cheese cloth or a cotton or linen dish towel. Secure with clothes pins and place in undisturbed rather comfortable warm room for example the laundry room.
- Place the date you made tea, stated on a note card on top of the cloth and the date you expect it to be completed. (Usually one week or more) if it is summer it often ferments before that time. If you want it less sweet, keep it covered longer. It should be fizzy a bit, sweet and sour and have no taste of tea.
- To taste it don't use a metal dipper, use a coffee cup, ect. that has no metal on it.
- After the Kombucha is completed a week (sometimes less, sometimes more) remove the mushroom. Look on the underside of it and you'll find a second mushroom attached to the bottom. Pull it apart from the "mother" and make two batches next time or pass on to a friend. The same mushroom can be used again and again.
- Refrigerate the tea in a capped glass pitcher. The mushroom can also be refrigerated in a glass bowl and kept for several months. Kombucha beverage will lose its effervescence within one week.
- Four ounces is usually best amount to drink daily. (Your body would have told you this because of its powerful flavor and sensation). For a child $\frac{1}{2}$ that amount is advisable. It is a good idea to work up to four ounces slowly over a period of 1-2 weeks.
- For animals dilute 50% with water
- Most people with yeast allergies tolerate Kombucha but it is best to start with a very small amount first, then build.
- An excellent variation (especially to aid in digestion) is to add 1-cup freshly peeled ginger, coarsely chopped to brewing Kombucha. Serve in a delicate stemmed liqueur glass to honor your work

· Enjoy!

Gluten Free Banana Bread

Gluten Free Banana Bread

Scrumptious!

Makes 2 loaves

4 cups raw almonds

8 T coconut oil (preferably Green Pasture's)

8 bananas (the more ripe, the sweeter the bread)

10 eggs

2 teaspoons baking soda

$\frac{1}{2}$ teaspoon salt (preferably Celtic salt)

2 teaspoons vanilla

$\frac{1}{2}$ cup coconut flour this is not necessary, but adds protein.

1 cup raisins or other dried fruit, such as apricots, cherries, prunes, sultanas, etc.

The almonds: The most nutritious method of making this bread is to soak and then dehydrate the almonds so that they are more easily digested. If you chose to follow this method, place the almonds in a large bowl, cover with an extra inch of water and set on the counter for 12-24 hours. The following day, strain the water and arrange the nuts on a few

cookie sheets one layer in depth and allow to dehydrate in a 120 degree oven for 24-48 hours. They're done when crispy inside.

Put all the ingredients in a food processor and grind.

Pour the batter into bread pans and place in a 350 degree oven for 50-60 minutes.

Slather with cream cheese or butter...maybe both!

Homemade Candies – Quick making, Real Healthy, Kid pleasers

Moose Mounds

These homemade candies are quick, nutrient dense and kid pleasers. They have the toothsome resistance to the bite that makes them comparable to a high quality chocolate bar. But they're what we want our family to eat. They stay fresh for months in a sealed container in the refrigerator...but if your family knows where they are, they won't last that long! Very satisfying.

2 cups raw, unpasteurized, almonds, walnuts or pecans

1/5 cup almond flour, sometimes called almond powder

1 cup Green Pasture coconut oil

1/4 cup organic raw coco powder or nibs

1-2 cups raisins, goji berries, or any dried fruit as the

sweetener *or*

1 cup raw honey as alternative to dried fruit

1cup unsweetened dried coconut

Pinch Celtic salt

Teaspoon vanilla

Place nuts (one kind or another) in a large bowl. Fill with water up to about 4 inches over the nuts and let sit on counter for 24 hours. Soaking nuts allows the germination process to begin which in turn adds higher nutritional value and better digestion.

After having soaked, drain the nuts thoroughly and place on cookie sheets so that they're laying one layer thick only. Usually 2-3 trays suffice. Put the nuts in an oven set at 120 degrees for 24 hours or until crispy. Sometimes this process takes hours longer; sometimes shorter. A dehydrator will do the same if your oven doesn't have low settings.

In a food processor, grind the nuts to their finest level. The less oily the nut; the more powdery the results which makes for a finer candy bar texture. Almonds grind to a lovely powdery consistency.

Leave the ground nuts in the food processor, add remaining ingredients and grind everything together. Taste for flavor. More raisins or honey for a sweeter candy, more coco powder for a more intense chocolate taste.

With your fingers, scoop up walnut sized amounts and form into balls. They will be oily and messy because the coconut oil is warm, but will firm up like a candy bar once cooled. At this time, these can be rolled in coconut or coco powder and then placed on a cookie tray. Place in the refrigerator or freezer for 30 minutes. That's it!

They can then be placed in little, individual candy wrappers and left outside the refrigerator unless it's a warm day.



Bear Bars

For results that more resemble a chocolate bar, mix in the same fashion as above but instead of balls, press into a square cake or brownie pan and score into bite sized bars. Then place in the refrigerator or freezer.

Fox Fudge

Shorter shelf life and refrigerator-dependent but a fudge-like consistency try adding 1-2 cups of cream cheese.

Low Carb-Bar

For diabetics and others who want high saturated fats but low carbs, simply eliminate dried fruit and or honey. Great consistency, but no sweetness. For those on a high fat, low carb diet, these help suppress the appetite!

Joette has mastered the art of getting healthy foods into her children. If you want to read more download her *Digital CD; Secret Spoonfuls Confessions of a Sneaky Mom – Get Healthy foods into Kids without getting caught*. <http://bit.ly/atv7A4>.

Follow her here for more timely tips, or get her free monthly newsletter that includes more Nutritional and Homeopathic tips. <http://www.homeopathyworks.net/newsletters.cfm>

Nutri-Tip! Dandelions, as kids we loved them

Nutri-Tip!

Dandelions; as kids we loved them, as homeowners we find them annoying. Allow me to encourage you to find your way back to loving them again. It might just bring back childhood memories of joyful summer days. Dandelions make the perfect spring tonic. Just as the flowers emerge, find a clean patch away from traffic and/ or pesticides and pop off the freshest flower heads. If your plot is clean enough and especially if it's just dewed or rained, you needn't wash them. Skip back to the house and toss in a hot frying pan ready with sizzling butter or coconut oil. Sauté quickly and top a steak or grace an omelet with these pretty little edible flowers. Commanding in taste, dandelions are known for their powerful cleansing and tonic effects so only a few are needed. Delicious, memory filled and nutrient packed..... the perfect accompaniment to spring recollections.

Butter, Butter, Butter and Lard



I love good food. I mean, my favorite movies are *Big Night*, *Chocolat*, *Julie and Julia*. So when it comes to quality, I have a difficult time getting past the low-fat paradigm.

As far as I'm concerned: fat is where it's at. Now, not all fats are the same. Think of the distinction between a Dunkin Donut doughnut and my Sunday homemade buttermilk waffles, drenched in maple syrup and raw spring butter. One is fried in weeks old soybean or canola oil, the other is made with real butter from my local farmer whose cow's name is Priscilla. Can there be any comparison?

Butter, Butter, Butter and Lard

The notion that saturated fats causes heart disease is not only facile, but just plain wrong. Do you remember the Framingham Heart Study? Well, if not, you ought to know that it is the mainstay of the advocates of the low-fat paradigm. Yet its hypothesis has been turned on its head. In hindsight, some 40 years after the study became public, the director of the study confessed that "the more saturated fat one ate, the more cholesterol one ate, the more calories one ate, the lower the person's serum cholesterol... we found that

the people who ate the most cholesterol, ate the most saturated fat, ate the most calories, weighed the least and were the most physically active”.

Can we deduce from the director of the lipid theorists flagship study that arterial sclerosis has little to do with cholesterol and fat consumption? It certainly appears we can. But there's more to it than a study; there's physiology as well.

Interestingly, arteries that are clogged are *not* choked with saturated fats, but with calcium deposits akin to lime. This is not what we have imagined all these years. Instead, we've been visualizing the fats from a juicy, marbled steak with buttered potatoes to practically travel from the mouth, to the stomach and then directly into the arteries. It simply isn't so and there's plenty of evidence to substantiate this. Despite repetitious conventional medical mantra and unsound pop culture advice we might reconsider the last 40 years of fat phobia to be a wash.

So, if butter, tropical fats, cod liver oil, whole milk, lard and other animal fats in general don't cause heart disease, then what does? We know that deficiencies of vitamins A, E and D are one cause. Where are these vitamins found? Why, in butter, lard, tropical oils and animal fats....the very food we've been directed to eschew!

B vitamins and mineral deficiencies are also contributors to heart disease. These occur as a result of eating foods of commerce, such as soda,

preservatives, additives and enhancers, instead of whole, homemade fare. Vitamin B happens to be abundant in red meat and in organ meats.

There's no doubt that stress contributes to heart and artery pathology. The very nutrients that accompany traditional foods are depleted at such times. Hence, during periods of stress, it's prudent to take in more than the usual amount of nutrient dense foods that provide the greatest amount of animal and tropical fats.

Butter and lard, because of their antioxidants, protect us against free radicals and are therefore, preventatives for diseases such as cancer, heart disease, depression, infections and reproductive disorders.

I remember 6th grade science where we were taught that Vitamin D, the brain vitamin is found via three main sources: cod liver oil, lard and the utilization of sunshine. In addition, Vitamin E, the heart vitamin is found chiefly in butter. So if we want to benefit the heart and brain, the two most vital organs, how would we do this if we didn't eat these perfect foods?

In colonial America, where people lived hearty lives often stretching to the 100 year mark, it was simply understood that saturated fats were a mainstay of daily life, particularly in the cold months. These people lived agrarian or at least semi agrarian lives so they had whole, healthy foods available as daily fare. Beef tallow and pork fats were rendered

after the slaughter in the fall. Then these products were used to make biscuits, piecrusts and the like. Which when consumed, would fend off the blues, respiratory infections and build robust bodies.

Organ meats such as liver, sweetbreads, kidneys and heart were a weekly fare.

Growing up in Buffalo, New York, we had liver every Monday night and as Italian Americans we enjoyed tripe or squid in homemade red sauce regularly. We drank whole un-homogenized milk, plenty of fresh cheeses and beef or lamb regularly. Today, spring butter is still prized in Europe because of its high concentration of nutrients. It's reverently stored and preserved in the form of special cultured butter and cheeses for use in later months. The Intuits who had lives of extended longevity until the last century, ate a daily ration of whale blubber. Germans still eat a generous coating of lard on their whole grain rye bread with a slice of onion and the French enjoy ham with the accompanying fat daily. Yet these cultures have low heart and cancer rates; or at least a great deal lower than modern Americans. The connection? traditional fats, traditional artisan methods, traditional meals.

How can we reinstate these time-honored fats into our diet? Simply eat like an age old European, like an old time American farmer and prepare like the finest gourmet restaurants in the world. Unearth your great grandmother's old-world recipes, toss out the canola oil, vegetable oils and buy a traditional cookbooks or learn the easy way, via my audio *Secret*

Spoonfuls . It's where the answers get easier because it covers my own methods, tips and tricks that lightened my efforts to get authentic, gourmet foods into my family.

Get happy! Ward off hot flashes, heart pathology, allergies, fatigue, and spring infections. Eat like a true gourmet. Include butter, coconut oil, organ meats, fresh milk and in plentitude. Then go outside and take a walk. Your brain, heart, lungs and even your arteries will thank you.

Joette has mastered the art of getting healthy foods into her children. If you want to read more download her *Digital CD*; [*Secret Spoonfuls Confessions of a Sneaky Mom*](#) – Get Healthy foods into Kids without getting caught. .

Nutrition and Physical Regeneration, Dr. Weston A. Price

Nourishing Traditions, Sally Fallon and Dr. Mary Enig

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