

Not Sensitive Anymore, but I Get “Delhi Belly”



Ox cart transportation on early morning in Old Delhi, India

For today's blog, I write to you from the far-away land of India. After spending many a cold winter month in the gray and cold state of New York, the majestic country of India always brings a welcomed burst of color, warmth and a shot of vibrancy.

I have always enjoyed traveling, but now I enjoy it even more, especially after I learned how to curb the effects of jet lag using homeopathy. <http://joettecalabrese.com/blog/homeopathic-remedies/no-jet-lag-on-my-trip-to-india/> .

I also enjoy it much more since I am no longer allergic or overly sensitive to chemicals, perfumes and such.

About 30+ years ago, I would never have ventured to sit in sometimes fume-filled airplanes, stay in occasionally musty hotels, eat airline food and even be sprayed with insecticides upon landing in India. Yes, the airline attendants actually walk down the aisles with a spray of insecticide and mist everyone with the stuff. I would have simply stayed home where the air is superbly fresh on the top of my ski hill, my food is homegrown, and my office is cleaned with essential oils and unscented soaps.

But I'm a different person now. I have been transformed. Changed for the good. Homeopathy cured me and opened up my previously allergic and sad-little-stay-at-home- life. <http://joettecalabrese.com/blog/is-homeopathy-enough-plus-on-e-of-my-remedies-for-allergies/>

On my first trip to India six years ago, when I finally completed the 35-hour journey, I thought the hardest part of the trip was over. Little did I know about the Kolkata traffic. The whizzing cars all act more like a tangled bowl of pasta than the tidy neat lines I'm used to in my hometown. Here, you don't honk at someone if you're angry (I've yet to see that happen); rather, honking is constant and seems capricious, but actually isn't. It's what I call the "Kolkata traffic language." There's order to it.

Imagine cars intermingled with goats, motorcycles, trucks with people tied on, and rickshaws powered by motor or by legs. Even the interpretation of traffic signs is different:

“Green” still means go, but “yellow” means go faster, and “red” means just go anyway. I remember feeling quite queasy and green around the gills after my first ride on the Kolkata roller coaster.

Kolkata is a wild and wonderful place.

<https://www.youtube.com/watch?v=ArAofthE7NU>

And so, it is here in Kolkata that I have perfected how to treat various ills for myself and my husband so differently from those in the U.S. such as:

–[Motion sickness](#)

–[Delhi Belly](#). (Trust me, it affects a lot more than just the belly.)

–[Jet lag](#)

–[The faint odor of mold](#) in even the best hotels

You might be asking yourself, “Wouldn’t that be a lot of medicines to take? ”

To be honest, when I was extremely sensitive, I probably would not have taken all of these; only those that would have helped me with the most severe of my symptoms.

But today, I don’t take any of these medicines. Why? Because I no longer need them. My immune system is capable of ridding my body of these ailments on its own, thanks to my 100% reliance on and use of homeopathy.

So even when I push the envelope, I don’t suffer.

That is, except for when I first arrive. Each time I visit, I inevitably get [Delhi Belly](#) (most commonly known as dysentery). I take my homeopathic medicines when it happens, and I’m over it in a few hours, regardless of the severity of the event. Lest you think this is just a touch of nausea,

allow me to assure you that Delhi Belly comes on so fast and so furious that I barely have time to get the medicines in me. Without being too graphic, everything on my inside wants to be on my outside!

However, these otherwise grueling ailments don't just happen in India, so if you find these same ills plague you back in Ohio or Alaska or any other roads you may travel, I urge you to give these methods a try. Once you see how effective they are, be sure to pass on the good word of homeopathy. It works!

Warmly,

Joette

P.S. If you purchase the medicines at [Boiron](#), be sure to use the discount code, "Joette" for 20% off.

P.P.S. Love to save money? Consider starting a [study group](#) with me for just a tiny investment. Last count, we had over 1,030 study groups going across the globe. Super chocked with ways to cure your family alongside like-minded moms and grandmoms.