

Tina Ingrassia-Dietz, Williamsville, NY

Sebastian was colicky when he was born and had a lot of difficulty with my breast milk AND was a very frequent waker/poor sleeper. I took him to Joette when he was 10 months old and with the first remedy, he went from his usual sleep, to only waking 1 -2 times per night MAXIMUM. This happened within a week.

After about a month, I switched to another remedy and he started sleeping 10 -12 hours a night without waking, in his own crib, and hasn't been a night waker since.

He started soothing himself to sleep and for naps when he was 13 months old (without crying), and now since 16 months old he ASKS to go to sleep. When he wakes in the morning, he'll also play and talk by himself for up to 90 minutes or so. Mornings are very pleasant now.

See why I feel so strongly about homeopathy? Some of the same remedies we used for sleep we also use for teething. He still doesn't wake at night and really has only minimum fussiness with the teething now. Joette is fantastic. She has helped me enormously with postpartum depression, digestive issues, back pain, pregnancy issues and learning how to do more self-diagnosis for common ailments (like colds, sinus stuff etc.)

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