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Volume 2 Issue 8 ~ ISSN: 2152-4890

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Greetings

Remember I told you last month that our duck, Christine was committed to the coop while laying on her eggs? Well she gave up! The eggs never hatched, so she's back in the water. Here she is in the pond with the rest of the flock.

Enjoy the warmth and sunshine,

Joette

Quote from Joette

"Homeopathy is like painting a watercolor; a dab of color here, an edit there and then a pause to step back and see the beauty of its overall effect."

Joette Calabrese, CCH, RSHom(Na)

Where is Joette?

On Archived Radio

- WXOJ 103.3 FM in Northampton, MA
- KKNW 11.50 AM in Seattle, WA
- WJTN 1240 AM in Jamestown, NY

On YouTube:

Just Google: Joette Calabrese – YouTube and it will come up!

This Summer:

Chautauqua Institution:

- July 18-23
- August 15 -20

For more information go to www.ciweb.org/special-studies/

This Fall:

Joette will be speaking at the 11th annual conference of the Weston A. Price Foundation at Valley Forge Convention Plaza, King of Prussia, Pennsylvania in an all day session called "Cell Salts; the Easy Homeopathy"

- Monday, November 15th, 2010

For more information go to <http://www.westonaprice.org/>. Click on: Wise Traditions 2010 for conference information and Speakers for a list of those presenting along with Joette.

Watch for Joette's column:

The Homeopathy Journal in Wise Traditions, the quarterly journal of the Weston A. Price Foundation in Washington, D.C.

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 additions 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!

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.

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Edu-Tip

Plantain.... the weed that comes in handy It is the quintessential herb that is not only ubiquitous, (it's right there in your lawn), but powerful in fending off infections and cleansing a wound. Pick it on a picnic as a first measure in fending off infection after an injury or to soothe bug bites, eczema, poison ivy, or other minor skin irritations. The way this has been done for centuries is to break up the leaf with clean hands to emit the medicinal juices and place directly on the wound. Keep it there until you can get to a source of soap and water. Once you have flushed the wound, reapply a fresh leaf or two. You can make a soothing poultice of fresh, mashed leaves and a little cool water (especially for use on sunburns). As always, be mindful of the environment from which the plant derives. We always want herbs that are set away from traffic or pesticides.

About Joette Calabrese HMC, CCH, RSHom (NA)

Joette Calabrese teaches and 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, experience and committed and has a following of discerning clients throughout the United States and abroad.

Books, Downloads and CDs From Joette

Learn to treat YOUR family. Joette's educational CDs and books are on download at www.Homeopathyworks.net/products.html.

If you liked today's issue, you'll LOVE learning more about Joette's programs and services for those seeking robust health via homeopathy. Joette offers a FREE audio CD, a great blog, lots of FREE articles, workshops, coaching and other resources to help mothers (and interested fathers too) . Learn more now at www.Homeopathyworks.net.

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