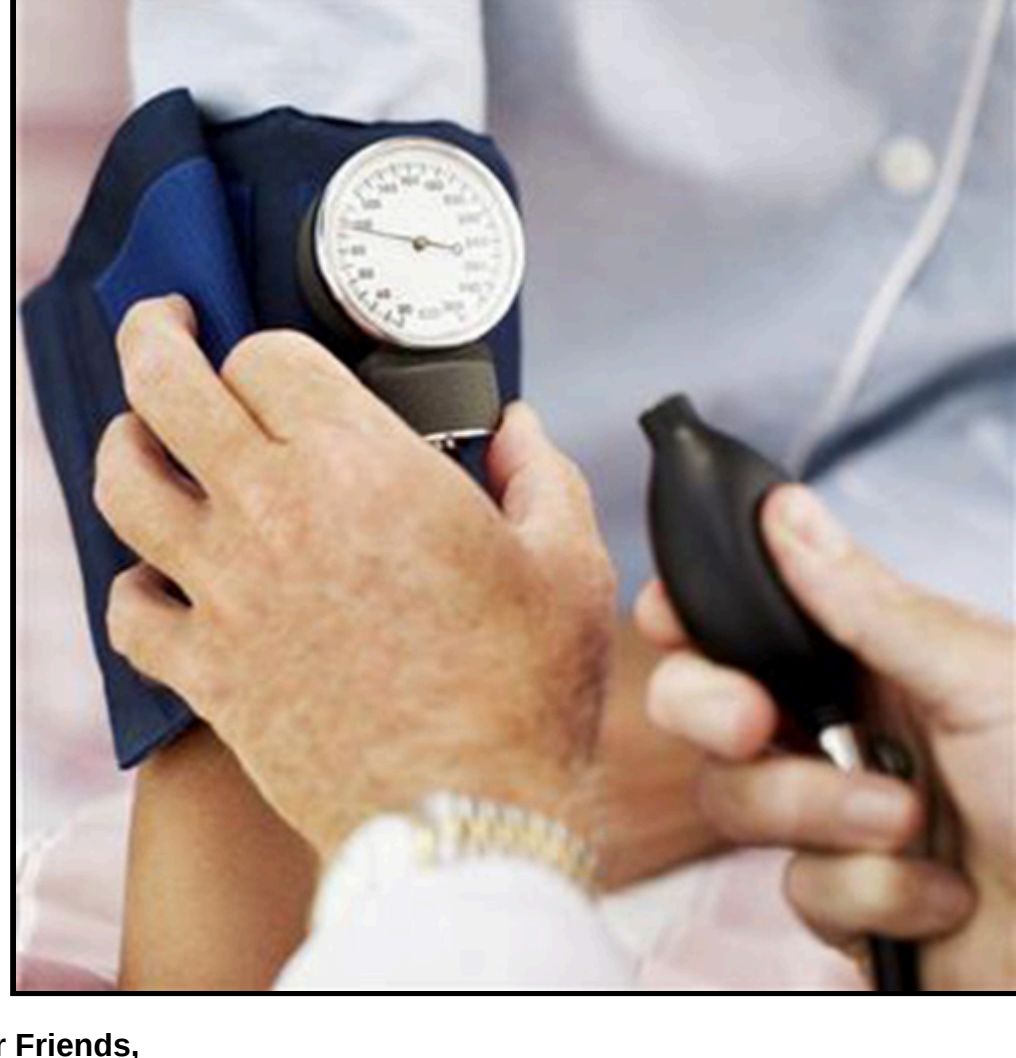


## Watch Your Blood Pressure!



Dear Friends,

Blood pressure drugs are one of the most commonly prescribed medications. A recent web search for blood pressure drugs revealed 14 different categories, all with various methods of affecting the blood pressure and all with some type of side effect. Homeopathy offers a much simpler, more natural way to achieve the same results without the cost or potential dangers!

Love,

## Reduce Blood Pressure Naturally With Homeopathy

So this guy said, "If you really want your blood pressure to go down to normal, you should go to a homeopath."

Everyone at the party listened. Probably because many of them were on hypertension medication and wished they could get off. They were also interested because homeopathy is an alternative with no side effects, no costly pharmaceutical bills and the potential for total relief.

But I wonder if that guy and the others know that homeopathy is a medical method that has a worldwide reputation for reducing both the systole and diastole of high blood pressure naturally? And that it doesn't require ceasing the present conventional drug?

A person can take homeopathic remedies simultaneously with their current drugs because homeopathy doesn't interfere with conventional meds. However, as this little party recognizes, high blood pressure medications frequently fail to show a benefit.

This is a perfect opportunity for homeopathic remedies to make good. Once the remedy begins to act, it only makes sense to minimize the drugs with the aid of the physician and continue on the remedy. This *must* be a judicious process with the teamwork of the patient and his physician. If someone simply hops off their present medication, it could result in problems.

One of the most common remedies used to decrease the systole and diastole is *Veratrum viride* 6. When properly used, this remedy can reduce blood pressure slowly and comfortably so that over weeks or months, the pressure reduces gently.

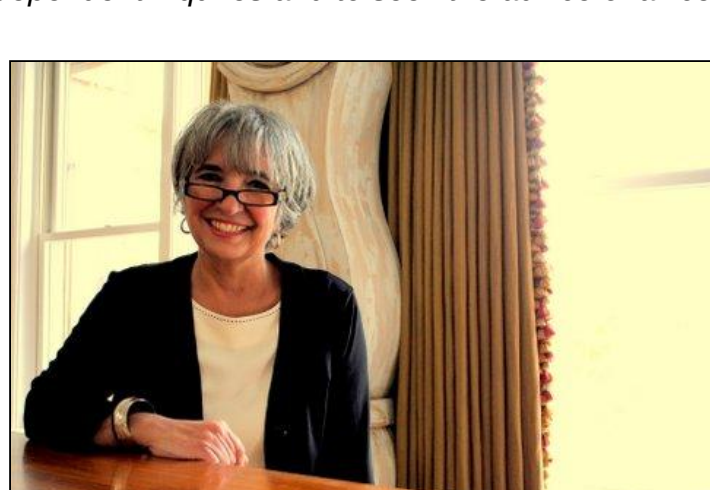
Another remedy we homeopaths know about is *Aconitum*. Interestingly, I witnessed its use while working shoulder to shoulder with the doctors at the world-renowned Prasanta Banerji Clinic in Calcutta. In fact, they utilized this remedy nearly exclusively for hypertension.

Reducing blood pressure is not the only benefit of taking these remedies. Many times it is reported that the person experiences better quality of sleep and their disposition improves.

Unlike a drug that induces an unnatural, forced state, homeopathy stimulates the body's natural ability to bring itself to its best place. It does this by safe, natural means.

Homeopathy is often called the rational medicine. For hypertension, there is no better way than the polite and gentle yet powerful way of homeopathy. I guess the guy was right.

*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](mailto:Joette@JoetteCalabrese.com) us to set up a brief introductory appointment with Joette.

## HOT Off the Press!

### Radio News

You can hear Joette speak on August 28 from 12:00-1:00 EST on Debra Lynn Dadd's show at <http://www.debralyndadd.com/toxic-free-talk-radio>. Debra Lynn has been researching and educating people for 30 years about how toxic chemicals affect their health and what they can do about it.

### Now We're in German!

Our recent blog on swimmer's ear caught the attention of German homeopath Katrin Sigwart. She translated the blog into German and posted it on her website at: <http://www.narayana-verlag.de>

### Hear Joette speak in person:

**How to Raise a Drug-Free Family**  
Weston A. Price Foundation 14th Annual Wise Traditions Conference  
November 8-11, 2013 (Joette will speak on November 11)  
Sheraton Downtown Atlanta Hotel  
Atlanta, GA

For more information:  
<http://conferences.westonaprice.org/main-conference>

## Joette's Newest

### JoetteCalabrese.com's Newest Blog Post

[You Mean Summer is OVER? When Back to School Results in Anxiety and Panic Attacks, Homeopathy Saves the Day.](#)

## Let's see what's outside

### Feeling the Heat?

Heat stroke is extremely serious and requires emergency treatment. Luckily, it can be prevented. Staying hydrated is of utmost importance, along with supplementing your electrolytes.

When we experience symptoms from being overheated, it is a signal that the body's internal cooling system is overtaxed and can't function properly. Therefore, we should consider a homeopathic remedy to gently stimulate the system back into alignment.

Find out more:

[Feeling the Heat](#)



## In the Kitchen

### We All Scream for Ice Cream

There's nothing like homemade ice cream on a hot summer's day. This is my favorite ice cream recipe.

- 2-1/2 cup raw cream
- 1/2 cup raw milk
- 6 raw egg yolks
- 1 tsp. vanilla (if you add peaches, quince or apricots, use almond extract instead)
- 1/4 cup of raw honey (first choice), maple syrup or Rapidura. (Taste for sweetness. Too much sweetness makes the ice cream harder to freeze.)

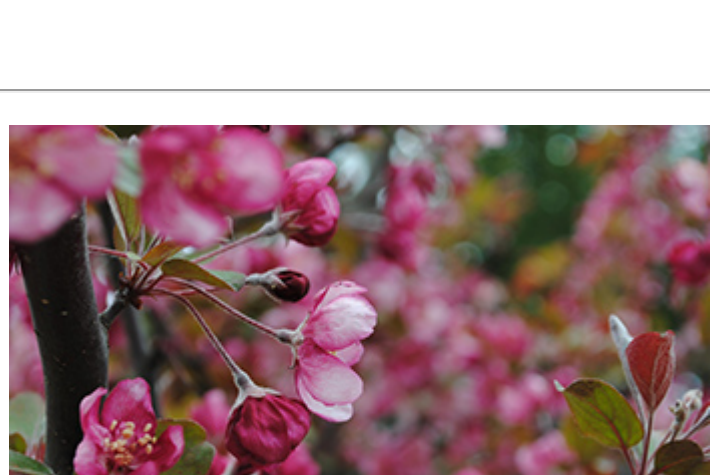
Mix and put into ice cream maker. For adults watching their weight, eliminate the milk and add pecan pieces, a little stevia powder and orange flower extract.

Serve to smiling faces!



## Quote From Joette

*" Drugs of commerce take no note of how we are housed. Only the real and legitimate understanding offered by homeopathic principles and laws has enduring worth. "*



One of the great joys of summer is the beautiful flowers that surround us. Take time today to enjoy the world outside!

## New to our Email List?

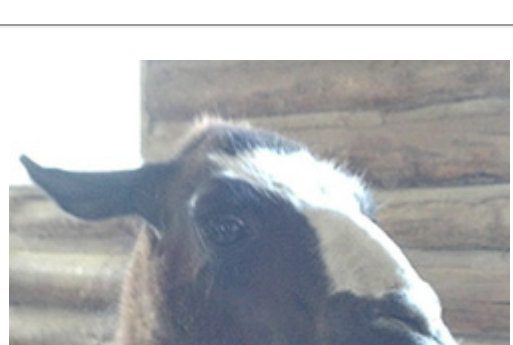
Then you can check out our past e-newsletters [HERE](#)

## Don't Get Spitting Mad!

We never want to intrude or be unwelcome. If at any time you decide you no longer want to receive our newsletters or emails, simply opt out.

To unsubscribe, click the link below:

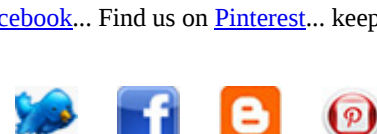
<https://homeopathyworks.infusionsoft.com/app/optOut>



BUT if you like our content and believe our message needs to get out, please thank forward this newsletter to your friends. If they think the way you do, they will thank you, and you will have turned them on to a powerful paradigm. Joette says: "The time has come when North America needs to understand what the rest of the world already knows about homeopathy...that it is the medicine that we've all been looking for."

## Social Media

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## Books, Downloads, and CDs from Joette

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](#), lots of [FREE articles](#), [a great blog](#), workshops, coaching, and other resources to help mothers (and interested fathers, too). Learn more now at our [website](#) and see more great [products](#).

## Have a Suggestion?

If you have a specific question you'd like answered or topic covered in future issues, please [E-mail suggestions](#) or post comments [on our blog](#).

## 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 that of prescriber and patient, but of 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"; it addresses the entire person as a matter of wholeness, which 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.



\* These statements have not been evaluated by the Food and Drug Administration. This e-zine is not intended to diagnose, treat, cure, or prevent any disease. The information in this e-zine should be used only after consulting with your doctor or other health care professional and should NOT be considered personalized health care advice. This is meant for educational purposes only. We hope you will educate yourself thoroughly.