

It's the Dreaded Cold!



Dear Friend,

You made it through most of winter without getting sick. Then it happens...the dreaded March cold! Often brought on by the sudden temperature swings and damp weather of March, this nasty virus can leave us sniffing, coughing and generally miserable. Fortunately, homeopathy can help tame this monster in record time!

Love,

When a Cold Strikes

The common cold, one of most frequent infections of any age group, is a viral infection that affects the respiratory system. While modern medicine has no cure for the common cold, colds often respond well to homeopathic remedies.

In addition to taking the correct remedy, a person afflicted with a cold should rest and drink plenty of fluids to help flush the virus from the body and prevent the dehydration that can be caused by the cold symptoms.

Hot herbal tea with fresh lemon juice and raw honey can help manage the symptoms. So can a cup of warm raw milk or bone stock. Don't forget your fermented drinks, such as kefir, kombucha, kvass and even a splash of raw vinegar in a glass of water. These can add a little interest to your day, aid in digestion and help alkalize the system.

For people who are particularly susceptible to catching colds, *Calc carb 30* can be taken once per day as a prophylactic for several months during the cold season. ("Particularly susceptible" for an adult would be 3-4 times per year or maybe less, but each time becomes an event. For a child, this might be frequent occurrences all winter long or at least every month or two.)

Calc carb will likely not be as useful for someone who is not prone to frequent colds. But, boy, it's great as an overall preventative and a general boost to the immune system!

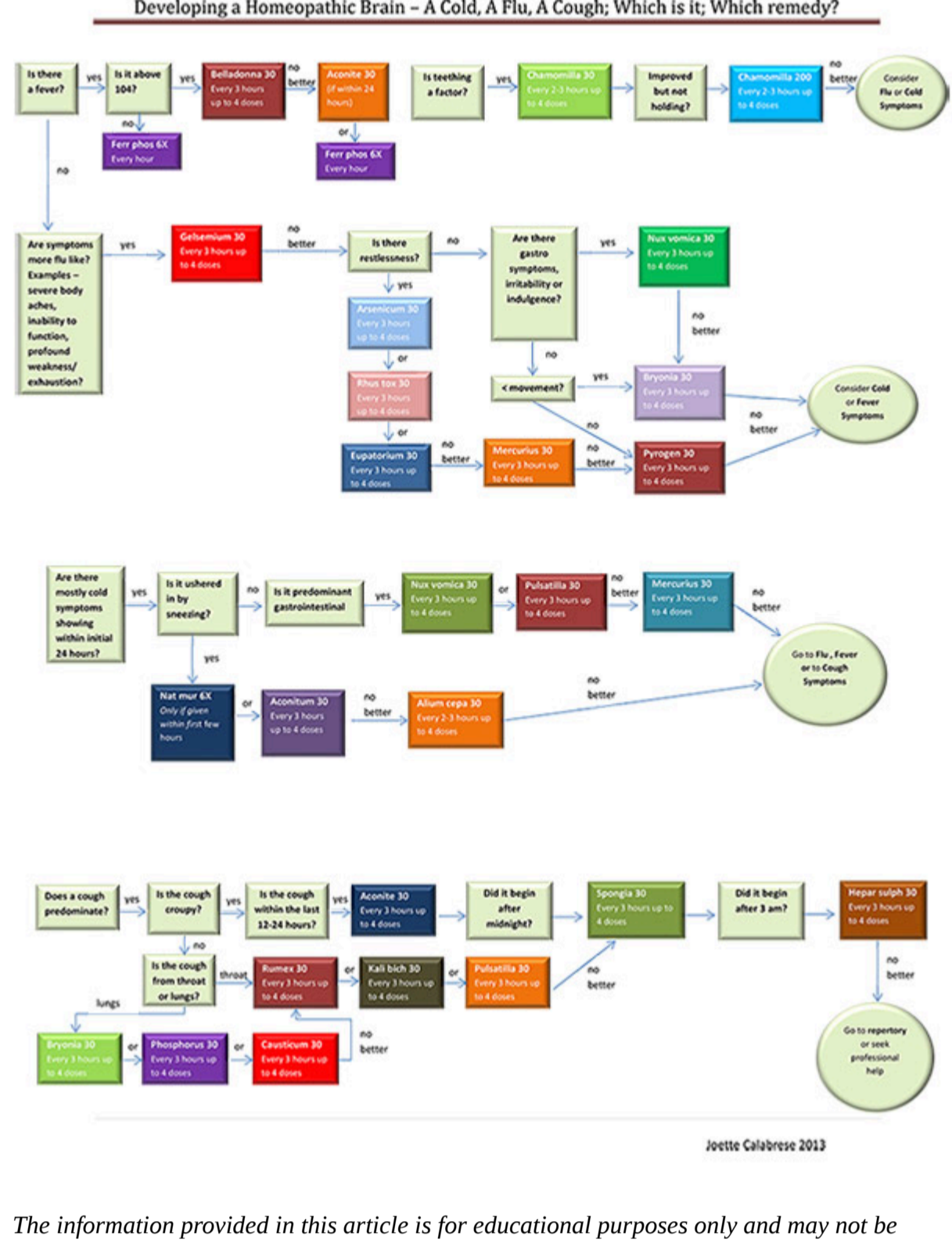
Just as cold symptoms can take many forms, many remedy choices are available, and it is important to make the choice that best matches the symptoms.

Elizabeth Thompson in North Carolina found this out when her daughter suffered for four days from a severe headache and fever. "I was definitely feeling stressed out about the prospect of allowing the first dose of meds going in my little girl. I often feel when I am under pressure that 10 remedies look perfect!" she says. Then she administered the correct remedy, and "she woke up 1.5 hours later with the fever and headache gone, gone, GONE! Oh, how much do I love you, homeopathy, and untampered-with immune systems! Oh, how much!"

When you catch a cold, a good strategy is to employ *Bryonia 30* mixed with *Aconitum nep 200*. Taken together once every 3-4 hours, this potent combination has a history for short circuiting a cold that is already under way.

If the cold includes a cough, then *Hepar sulph 200* mixed with *Sanguinaria 200* and taken together once every 3-4 hours may aid in shortening the length or softening the intensity of the illness.

If these strategies don't serve you, then you might want to refer to the flow chart below that my assistant, Aimee, helped me put together. More in-depth descriptions of the various remedies can be found in my book *You Too Can Protect From the Flu*, which is available by calling my office at 716-941-1045.



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 us to set up a brief introductory appointment with Joette.

HOT Off the Press!

Hear Joette speak in person:

Food Intolerance: The New Childhood Disease
The National Center for Homeopathy 8th Annual Joint American Homeopathic Conference
April 19-21, 2013
Hyatt Regency Reston
Reston, VA

Contact: National Center for Homeopathy
email: office@nationalcenterforhomeopathy.org
website: www.nationalcenterforhomeopathy.org
phone: (703) 548-7790

The Gut Psychology Connection: Homeopathy is the Trump Card
Canadian Holistic Nutrition Conference 2013
May 24-25, 2013
Ontario Science Centre
Toronto, Ontario, Canada

For more information: <http://www.holisticnutritionforum.com/pages/Conference-2013.html>

Joette's Newest

JoetteCalabrese.com's Newest Blog Post
[Counting Sheep? Try Homeopathy](#)

In the Kitchen

Colored Eggs?

With Easter approaching, our thoughts may turn towards coloring eggs for Easter egg hunts or cheerful table décor, but do you give any thought to the color of the inside of your eggs? A bright orange yolk is a sign that the egg came from a healthy, pasture-fed hen. Find out more here:

[Plump, Happy, Colorful Eggs](#)



Did You Know?



Clemence Sophia Lozier, MD (1813-1888) opened a homeopathic medical school for women at a time when it was almost unheard of for a woman to take on this role. Consider her quote, "That woman was, by every instinct and aptitude of her nature, better fitted for the medical profession than man." We also have Florence Nightingale, MD (1860-1919) in our corner. She was a homeopath as well as a surgeon — a little known fact that I bet you didn't know.

Quote From Joette

"Our lives should inspire people to live in a stunning concerto...like the perfected violin in a stunning concerto."

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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" an illness; 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.