

Joette Calabrese presents [JoetteCalabrese.com](http://JoetteCalabrese.com), where mothers and others become empowered via homeopathy.  
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## Making Dad's Day Special



Dear Friend,

**Happy Father's Day to all the dads out there! Fathers play a very special role in their children's lives...one that stays with a person forever. They also face a great deal of stress in working to give their family all the things they want in life. Whether the person you think of as Dad is your biological father, your stepfather, your children's father or just a very special man in your life, this Father's Day, let's take some time to let Dad know how much he is appreciated.**

Love,

## What He Really Might Like for Father's Day

I have a wonderful father, and I'm married to a guy who is also a first-rate dad, so I feel pretty fortunate to be surrounded by good male energy. My sons are not yet fathers, but when I mentioned to one of them that I'd be writing a Father's Day article, he said, "Mom, you need to talk about how the father is the warrior."

I don't recall my husband or I having employed that word, but somehow he determined that dads need to take that posture of protector and provider. I found myself feeling extra proud of him that day.

This brings me to what fathers really want for Father's Day. I believe they want to be appreciated for their masculine ways. And although I was witness to the women's movement and regard it as an important episode in history regarding issues such as equal pay, it also trained me and those of my generation in a demasculinization of men and masculinization of women.

I believe we've done a disservice to men (hence women and the family) in expecting men to behave more like women and for boys to be banned from playing war games and other manly pursuits. We have wussified men to the point that they are often confused about what is expected of them.

How untidy!

When our first son was little, I didn't allow toy guns. I know. I know. Very silly of me. It didn't take long before he began to nibble his toast into the shape of a gun and "shoot" us from across the breakfast table.

Then the next son came and the next and I realized that the actions they demonstrated were not only normal but ideal for preparing them to become the protectors of the family and community. I soon grew to appreciate that my restrictions were foolhardy, so I adjusted *my* ways and began praising them for their ability to commandeer the bad guys.

Concomitantly, when men are permitted to take their masculinity into arenas they show a desire to defend, it allows women to settle back and immerse themselves in their womanly duties, such as raising the kids.

For isn't a marriage like a corporation? The buildings and grounds department head needs to run buildings and grounds while the personnel department head is counted on to take care of the employee needs. If the personnel department is constantly dabbling into the building and grounds department's business, not only is she undermining his work, but she's not devoting enough energy to her own.

I like the old formula of a division of labor.

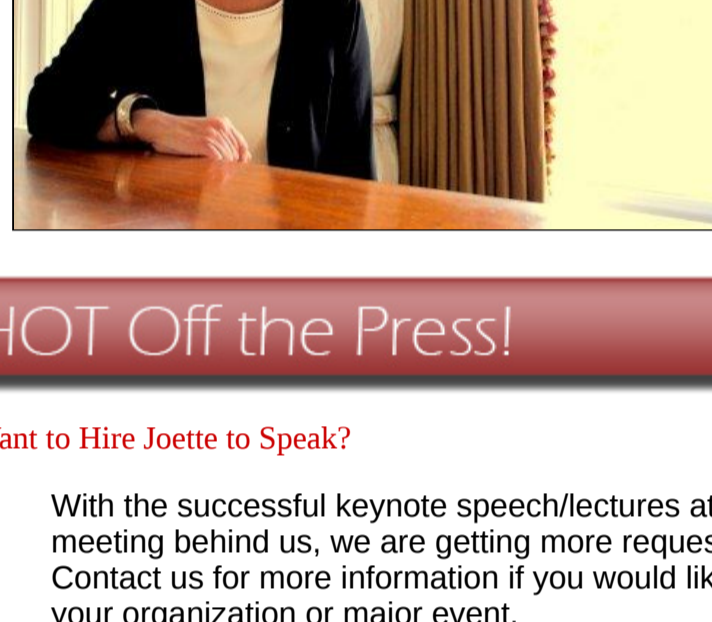
I know what you're going to say: that there are women who can make more income than their husbands and men can raise the family at home just fine. And while I'm comforted that this wasn't required in my family because I cherished being at home, I'm in wonder of those who can reverse the roles and make a go of it. For me, it would have been an additional weight on my family.

So, allow me to offer my plan as to what to give the father of your children for this upcoming holiday besides a new tie or a pack of car wash coupons. My intention is to write a pledge in a homemade card and clarify how important his masculine ways are to my sons and me.

I will praise him for what he has accomplished to keep our family in a setting that sanctioned my making meals from scratch, home schooling our children, wild-crafting the herbs around our home and studying homeopathy. My familial and personal goals would never have been met had he not provided the secure setting that fathers do so well.

The happiest of Father's Days to all the dads out there who hold their heads high and view their responsibility as the family warrior. May your day be one of conquest!

*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!

Want to Hire Joette to Speak?

With the successful keynote speech/lectures at the most recent NCH meeting behind us, we are getting more requests for Joette to speak. Contact us for more information if you would like Joette to speak to your organization or major event.

For more information: <http://joettecalabrese.com/hire-joette-to-speak>

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

[Ice Cream A Perfect Breakfast Food](#)

## Did You Know?

**Simple Solutions to Stay Drug Free**

Want to raise a drug-free family? Take the time now to learn these easy remedy suggestions that you can administer for popular pathologies, instead of resorting to over-the-counter meds, antibiotics and all the other drugs that you're advised by the medical establishment to use. THIS is how you reclaim your God-given right to take care of your children!



- Rhus tox* instead of Tylenol for chicken pox
- Belladonna* instead of acetaminophen for fevers over 104°
- Hypericum* instead of Vicodin for dental work
- Chamomilla* or *Belladonna* instead of codeine for ear infections
- Belladonna* instead of Amoxicillin for strep throat
- Arnica* instead of Ibuprofen for strains, sprains and injuries in general
- Coffea* instead of Lunesta for insomnia
- Aurum* instead of Zoloft for mild depression
- Staphasagria* or *Cantharis* instead of antibiotics for UTIs
- Nux vomica* or *Arsenicum album* instead of Imodium or Xifaxin for diarrhea

## Check It Out!

Oh, No! Poison Ivy!

With summer comes lots of fun outings, hiking in the woods, summer camp...but our fun can be easily sidetracked if we run into a certain three-leaved plant that can leave us with itchy blisters.



Check this out for some homeopathic solutions to that annoying itch:

[Oh, No! It's Poison Ivy Again!](#)

## Quote From Joette

"Know how to treat with a tincture of time, simple kitchen measures and homeopathy."

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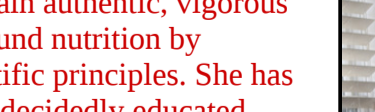
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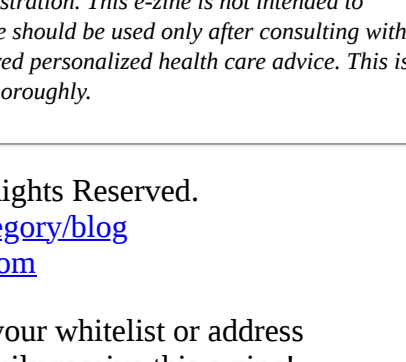


## Have a Suggestion?

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" an illness; it addresses the entire person as a matter of wholeness, which is an eternal 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.

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