

*Joette Calabrese presents [HomeopathyWorks.net](http://HomeopathyWorks.net), where  
mothers become empowered via Homeopathy.*

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Dear...

Anxiety. It's not a way to live life. I suffered from it for years. My anxiety appeared to be unrelated to anything that I was experiencing at the time. I'd have to call it free floating.

Sometimes it felt like background music that followed me everywhere.

The blessed remedy that helped me was *Aconitum*. I'll never forget the sensation of relief I experienced when I took it. And it never returned. That was over 20 years ago!

Read on to learn about other remedies that may be ready to lend a hand for you or your loved one.

Love,

A handwritten signature in cursive script, reading "Joette".

During the time of and shortly after 911, homeopathy became a most powerful tool in addressing fear and anxiety. Many folks from NYC and Washington, D.C. turned to homeopathy.

Years later, we are faced with a national economic struggle and the similar phone calls flood homeopathy offices. How can homeopathy address the uncomfortable emotions of anxiety and fear?

First, we need to understand that homeopathy doesn't treat the symptoms. Instead, it uses the symptoms to find the correct remedy.

We must look at how the suffering is experienced.

Is the person shaky, restless or talkative? Does he look cowardly, irritable, or upset? The symptoms must be considered.

Symptoms are our gifts that represent the inner experience of the sufferer. We can ask: Are you depressed? But, our observation can often be more fruitful. This would be shown by a smile-less expression, eyes gazing downward or a furrowed brow.

Observational skills are paramount.

One of the first homeopathic remedies for anxiety after a fear from a market turn or any other similar shock is *Aconitum*.

*Aconitum* is a remedy for exactly that... shocking news. It is useful for someone who becomes frightened in a crowd, is full of anguish, restless, has difficulty concentrating, fears sensations at the heart or fears the dark and darkened rooms.

In fact, it is one of our first choices for someone who feels like they might have an impending heart attack.

It is also useful for an anxiety that has been locked away in the person's psyche for many years.

Take Katherine, for example. After being robbed at knifepoint 15 years ago, she discovered she couldn't go into crowds.

Realizing it wasn't normal she tried meds prescribed by her doctor, but they just made her feel emotionally flat. Then, she attempted hypnosis. It was innocuous enough, but she simply couldn't fully get past the dread.

After three days of taking *Aconitum 200c*, she was able to go to a philharmonic concert without a care. Previous to this, although she was a symphony enthusiast, she simply couldn't remain seated.

If *Aconitum* seems remarkable, consider another remedy, *Argentum nitricum*.

It too, covers anxiety, but instead of experiencing it in the heart, this sufferer feels it in the stomach region, particularly at the navel area. The person who needs *Argentum nitricum* is always in a hurry, fidgety, scared and must walk quickly until he finds he's nearly running. He runs and runs until he exhausts himself.

This person lives in horrifying fear of impending doom, always anticipating the worst. Digestion becomes a problem and the sufferer can barely eat. Instead, he shakes at the thought of the fears that control him the most.

There are few places in the world where we can turn to assuage the fears that abound. Homeopathy offers this calm cadence.

The little pills of homeopathy that are gentle, polite and oh, so powerful can, at times of stress, become a powerhouse of stillness and comfort.

Never addicting, always without side effects and oddly enough, remarkably inexpensive. Join the millions of others throughout the world who have come to depend on the power of homeopathy

and step into the peace of relief.

*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.*

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'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 FREE 15 minute phone conversation with Joette.

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## Hot Off the Press!

**Our Blog:** [Christmas Wishes from Homeopathy Works](#)

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Learn from Joette how to make your own [Homemade Filters for Clean Indoor Air](#) on **The Healthy Home Economist** blog.

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Read Joette's guest blog post on [Homeopathy for Indigestion, Heartburn and Reflux](#) before heading out to that holiday party! Featured on **theNOURISHINGgourmet** blog.

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[Say Goodbye to Croup Cough with Homeopathy](#), Joette's publication, is currently being featured on the **Peaceful Parenting** blog.

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Listen to Joette talk with **Tara Rayburn**, after the Weston A. Price Foundation's conference last month, [Healthy Habits Virtual Town Meeting Radio Show](#).

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Joette discusses [How to Treat a Fever without Pills](#) on Kim Harke's blog, **Hartke Is Online!**

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No one ever plans on stuffing themselves to the gills! But should you, remember the [Five Homeopathic Remedies for Overindulging This Season](#) which is posted on **All Things Healing** blog.

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In need of some go-to resources? Then check out **Radical Homemakers**, where you will find two of Joette's articles... [Homeopathic Remedies for Colds & Flu, as well as Information on Nutrient-Dense Smoothies for Kids.](#)

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## Check it Out!

[Injuries & Accidents](#) could happen at any time, and can be a frightening situation – But take a look at our November 2008 blog post to better educate yourself on how Homeopathy can ease these difficult situations.

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## Did You Know?

... that Joette will be traveling to the West Coast this January for a speaking engagement in **Chico, California**. If you are in the area, or would like to travel to see her, you can find more information, as well as [purchase tickets online](#).



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## Peaceful...



I find it a wonderful to live where I do. It's a peaceful kind of solitude without feeling stranded or alone. A wonderful place to raise my children surrounded by the beauty that Mother Nature as to offer. Takes you back to simpler times...

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## Quote From Joette:

"Our lives should inspire good amongst the chaos...  
like the perfected violin in a stunning concerto."

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**Books, Downloads and CD's 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 more great [products](#).

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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](#).

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## About Joette



Joette Calabrese, HMC, CCH, RSHom(Na) 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, 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 of prescriber and patient, but as 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 that 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 an order.

***\* These statements have not been evaluated by the Food and Drug Administration. This (ezine) is not intended to diagnose, treat, cure or prevent any disease. The information in this ezine 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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Classical Homeopathy

444 Vermont

Buffalo, New York 14213

United States

(716) 941-1045