

Ouch! Don't Touch.



Dear Friend,

You know the feeling--the burning redness and blistering skin from spending too much time in the hot July sun. How do you get relief?

Homeopathy, of course!

Sunshine is important to our health and those of us living in the North need to be particularly mindful of our need to replenish stores of Vitamin D that nature lovingly provides.

So soak up the sun.

Know when to stop.

And rest assured the proper homeopathic remedy will bring relief if you lose track of sun time.

Love,

Ouch! Don't touch!

Sunburns, like chicken wings, can be mild, medium or hot! Keep the following remedies handy as the summer progresses to keep the heat down.

First and foremost, never leave for a long weekend or vacation without your homeopathy kit. If you don't own one, contact our office at (716) 941-1045. We have a selection to fit all budgets.

When confronted with sunburn, the first remedy I turn to is *Cantharis 30*.

It's useful for all sorts of burns including scalds and chemical burns. Use a potency that matches the severity of the burn. This means the more severe the burn, the higher the potency.

For mild sunburn a 6c, 12c or 30c is likely to do the trick. For a more serious case with severe pain, chills, and blistering, a 200c may be needed. But first seek advice from a seasoned homeopath.

When treating an acute condition such as sunburn, use this general rule: the more severe the pathology, the more frequently the remedy needs to be repeated.

So if the sunburn is moderate --very red but without blistering-- and you're using a 30c potency, you might offer it every 30-60 minutes.

Use pain as your guide to determine how often to dose.

If after giving *Cantharis* there is no improvement, consider two other remedies.

Urtica urens is the remedy of choice if the pain has a prickly, stinging or itchy sensation. In fact, if the sensation is of this nature from the beginning, then start with this remedy and don't bother with *Cantharis*.

For a deep, severe burn, use *Causticum*. The more severe the burn, the more likely that *Causticum* is the correct remedy. *Causticum* is also handy for old burns that have taken a long time to heal.

You should see a reduction in intensity of symptoms within 30-40 minutes of taking the correct remedy.

I also like to use cell salts in alteration with higher potency remedies.

For instance, if you have determined that *Cantharis 30* is the correct remedy, then alternate *Kali mur 6x* with *Cantharis 30* every 30 minutes or so to bring down the discomfort and pain.

As always, stop when there's improvement.

Topical ointments or tinctures can also be soothing. Try coconut oil, aloe vera gel or *Calendula* tincture.

But to be honest, you'll likely find the homeopathic remedy is all that you need.

Sunburn isn't a day at the beach. But don't worry. Homeopathy, as always, has the solution!

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.

One more tip...

Sunscreen? Toss it out! If you wouldn't or couldn't eat what you put on your skin, it shouldn't be used.

Read the ingredients.

If they don't read like a list of ingredients in a good recipe book, then toss 'em out.

Your liver, the filtering organ, will thank you.

What's the solution?

Cover up with a sunhat, a t-shirt in the pool and seek shade during times of scorching sun.

My husband is blonde, blonde, blonde, an avid sailor and hasn't worn sunscreen in 30 years. (Not since we met!)

So my rule is..... act sensibly, not chemically.

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@homeopathyworks.net) us to set up a FREE 15 minute phone conversation with Joette.



Help Wanted!

Join Joette's growing team in her office in Western New York!

We're looking for a mature person living in Buffalo, New York area who has bookkeeping, customer service and project management experience. And would appreciate working in a fast paced setting with homeopathy info. abounding!

Competitive compensation and pension and profit plan offered.

HOT Off the Press!

As we celebrated our great country's independence on July 4th, I found myself asking, isn't ultimate freedom the ability to take care of yourself and your family?

Now, more than ever, we should be mastering the timeless tools of homeopathy.

Just last week, we had 2 more students join our year-long program [How to Raise a Drug Free Family](http://www.homeopathyworks.net). It's still not too late to apply!

If this program is not for you, check out our [website](http://www.homeopathyworks.net) for our free downloads and articles. Empower yourself with knowledge!

Where's Joette?

- Joette will be speaking at the 2nd Regional Meeting of the Weston A. Price Foundation, September 15th and 16th at the Hyatt Regency Buffalo Hotel and Convention Center. **Early Bird Special extended and incentive added!** Register by August 15th and receive \$50 off the cost of regular registration and a \$50 certificate from Green Pasture. Don't delay! Go to this [link](http://www.westonaprice.org) for more information and to register.
- Mark your calendars for November 9 - 12. Joette will be speaking at the annual Weston A. Price Foundation conference in Santa Clara, California. Register by August 19 to receive the early bird discount. Go [HERE](http://www.westonaprice.org) for more details.

Edu-Tip...

Aloe has been used since ancient times and has recently enjoyed a rediscovery and subsequent popularity.

The gel remains thick when the leaf is first cut, but after a few minutes an enzymatic reaction causes it to become liquid and freely run out. This makes it easy to apply to sunburns and minor injuries.

Aloe plants are easily grown in a sunny window, and aloe gel is commercially available making it portable and suitable for your first aid kit.

Great for not only sunburn and other skin issues, but also for parasites...but that's a topic for another issue!

Quote From Joette

"Place nothing in or on your body that you do not know to be of superior quality. Ask yourself, would my great grandparents have done this?"

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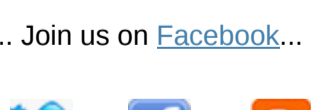
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Books, Downloads, and CDs from Joette

If you liked today's issue, you'll LOVE learning more about Joette's programs and services for those seeking great health via homeopathy. Joette offers a [FREE audio CD](http://www.homeopathyworks.net), lots of FREE articles, a [great blog](http://www.homeopathyworks.net), workshops, coaching, and other resources to help mothers (and interested fathers, too). Learn more now at our [website](http://www.homeopathyworks.net) and see 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](http://www.homeopathyworks.net) or [post comments on our blog](http://www.homeopathyworks.net).

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 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 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 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 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.