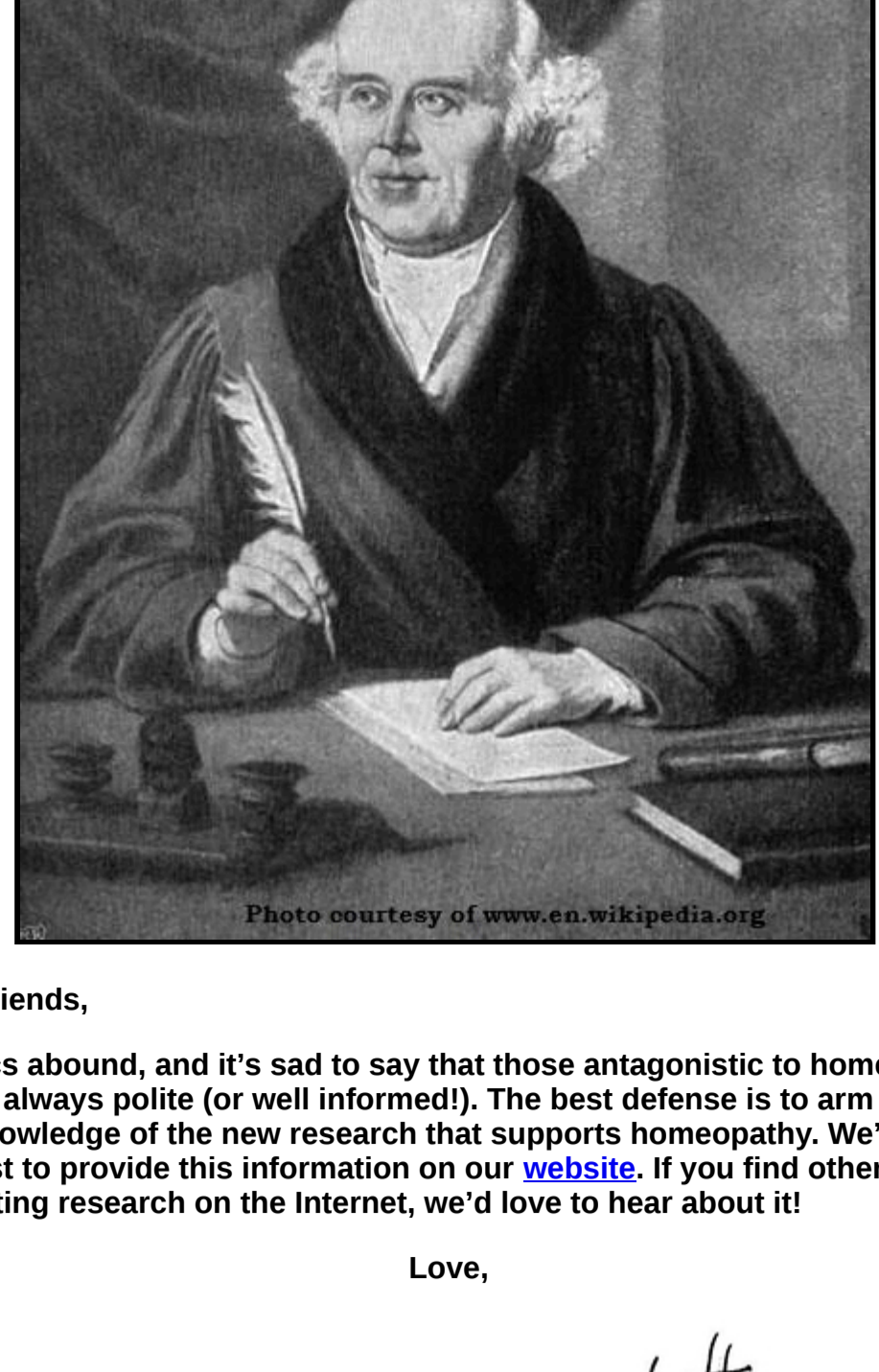


The Case for Homeopathy



Dear Friends, Skeptics abound, and it's sad to say that those antagonistic to homeopathy are not always polite (or well informed!). The best defense is to arm yourself with knowledge of the new research that supports homeopathy. We're doing our best to provide this information on our website. If you find other interesting research on the Internet, we'd love to hear about it!

Love,

Joette

Why Homeopathy Is Ahead of Its Time

Despite its 200-year record of successful cures, homeopathy often comes under attack because of the supposed lack of "scientific evidence" to support the claim that highly diluted homeopathic remedies can still affect the human body. In fact, numerous studies, both medical studies and studies from other disciplines, support the effectiveness of homeopathy.

For example, in 1986, Dr. David Taylor Reilly conducted a double-blind study entitled "Is Homeopathy a Placebo Response?" (Originally published in The Lancet, November, 1986). Dr. Reilly's study concluded that the evidence did not support the idea that placebo action explains the clinical response to the homeopathic drug.

Eight years later, in 1994, Dr. Reilly conducted another double-blind study entitled "Is Evidence for Homeopathy Reproducible?" (The Lancet, December, 1994). Here, he successfully reproduced the results from studies done by two of his colleagues at the University of Glasgow on homeopathic immunotherapy in inhalant allergies. The study showed that homeopathically treated patients had a 33% reduction in symptoms and physical signs of breathing distress, while placebo patients had a 10% reduction in signs and symptoms (P=0.0004).

Similarly, in 2004, the journal Rheumatology reported a double-blind, randomized, parallel-group, placebo-controlled trial of homeopathy entitled "Improved clinical status in fibromyalgia patients treated with individualized homeopathic remedies versus placebo." The study found that "individualized homeopathy is significantly better than placebo in lessening tender point pain and improving the quality of life and global health of persons with fibromyalgia."

We have recently collected a number of these studies and have them available for your review on our website under "Resources." I urge you to familiarize yourself with these results, so you will be prepared to answer the skeptics in your life.

Despite this evidence, skeptics continue to argue that homeopathic remedies cannot possibly affect the body because there is no visible sign that the active ingredient still exists in the diluted remedy. But today's science is beginning to provide answers for that argument as well.

A study by Rao, Roy, Bell and Hoover, entitled "The defining role of structure (including epitaxy) in the plausibility of homeopathy," published in Homeopathy, Volume 96, Issue 4, October 2007, states in its abstract:

"The key stumbling block to serious consideration of homeopathy is the presumed 'implausibility' of biological activity for homeopathic medicines in which the source material is diluted past Avogadro's number of molecules. Such an argument relies heavily on the assumptions of elementary chemistry (and biochemistry), in which the material composition of a solution (dilution factors and ligand-receptor interactions) is the essential consideration.

"In contrast, materials science focuses on the three-dimensional complex network structure of the condensed phase of water itself, rather than the original solute molecules. The nanoheterogeneous structure of water can be determined by interactive phenomena such as epitaxy (the transmission of structural information from the surface of one material to another without the transfer of any matter), temperature-pressure processes during succussion, and formation of colloidal nanobubbles containing gaseous inclusions of oxygen, nitrogen, carbon dioxide, and possibly the remedy source material.

"Preliminary data obtained using Raman and Ultra-Violet-Visible (UV-VIS) spectroscopy illustrate the ability to distinguish two different homeopathic medicines (Nux vomica and Natrum muriaticum) from one another and to differentiate, within a given medicine, the 6c, 12c, and 30c potencies. Materials science concepts and experimental tools offer a new approach to contemporary science, for making significant advances in the basic science studies of homeopathic medicines."

Now, that's a lot of heavy-duty science, but what it means in effect is that by using the correct tools, researchers can differentiate between different homeopathic remedies and different potencies.

In other words, the better we become at measuring the world at a molecular level or smaller, the better we will be able to explain why homeopathic remedies work.

Another study published in 2004 by the peer-reviewed journal Inflammation Research showed that water in which histamine had been diluted and succussed is significantly different from water in which no substance has been diluted and succussed. Not only is the water significantly different, but this water also brought about significant effects in the body.

This concept of "water memory" remains controversial, but this study and others are the first attempts to understand a world that is foreign to many of us.

When I was young, the first computer ever built barely fit into a very large room. Today, far greater memory capacity than that of that first machine can be housed on a single water smaller than your fingertip.

I learned that atoms consisted of neutrons, protons and electrons. Today, the field of quantum mechanics has introduced the concepts of sub-particles such as quarks and leptons.

The study of nanotechnology is teaching us how to manipulate matter on a molecular and even atomic scale. Kevin Bonsor and Jonathan Strickland in an article entitled "How Nanotechnology Works" published on howstuffworks.com say, "There's an unprecedented multidisciplinary convergence of scientists dedicated to the study of a world so small, we can't see it - even with a light microscope. That world is the field of nanotechnology, the realm of atoms and nanostructures. Nanotechnology is so new no one is really sure what will come of it."

I have trouble wrapping my mind around the concept that the cells of my body are made up of tiny particles we cannot see; in fact, everything we touch is made of atoms spinning and interacting in a dance all their own.

As we explore more deeply into what makes up the world, we find smaller and smaller particles that have a huge effect on how our bodies work, how materials work...how the universe works. Is it really such a huge leap of the imagination to say that homeopathic remedies maintain some small particles that can affect the body?

I cannot see the electrons that make electricity, but I know that when I flip a light switch, the light will come on. Likewise, I may not be able to determine the differences between Nux vomica and Natrum muriaticum pills without ultraviolet spectroscopy, but when I take a properly chosen remedy, I know that it will work.

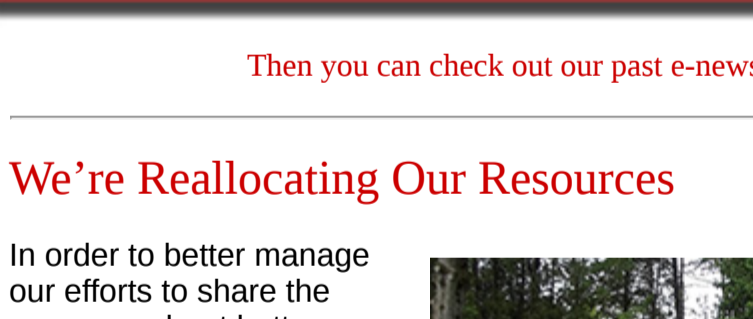
I feel confident that as science continues its journey into the world of the tiny but powerful, the proof for homeopathy will be even more fully revealed. It has been there all the time...homeopathy was just ahead of its time in taking us there.

Meanwhile, I don't need a study to tell me that homeopathy works...my dog no longer is covered in cysts within days of being given Thuja 30. Nor does our cat need to understand Avogadro's number when she stopped suffering from chronic abscesses on her legs after Silica 30.

I could recall many, many accounts over the past 26 years, but I like to share the animal ones best because they are not prone to placebo reactions.

Indeed, whatever the reason for its efficacy, simply put, homeopathy works!

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: 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

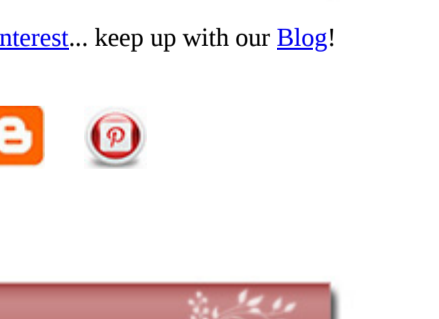
For more information: http://conferences.westonaprice.org/main-conference

Joette's Newest

JoetteCalabrese.com's Newest Blog Post Blahhck! Homeopathy for Car Sickness

Let's see what's outside

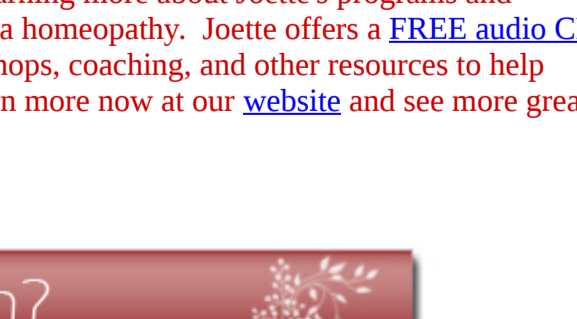
Sunscreen or Vitamin D? Ah, summer! Bright sunny days. Family barbecues. Trips to the beach. Don't forget the sunscreen, right? Not so fast! Slathering on sunscreen could actually cause a deficiency in Vitamin D.



Learn how to find balance here: Here Comes the Sun...Throw Out the Sunscreen

In the Kitchen

It's Pickle Time! Those of you with gardens (or Farmers' Markets) may like this simple recipe for fermented pickles. The same recipe can be applied for pearled onions, cauliflower, green tomatoes, garlic, beets, celery, rutabaga or asparagus. Yummy!



Fermented Pickles: Freshly washed cucumbers, 4 tablespoons whey (the liquid on top of plain yogurt), 1-2 teaspoons pickling spice, 2 cloves of garlic (optional), Medium sprig of fresh dill, 1 tablespoon Celtic salt

Place the dill, pickling spice, salt and garlic on the bottom of a clean glass jar and add the cucumbers. (The cucumbers can be sliced or cubed if they are large.) Add the whey and fill the jar with cold filtered water to within 1/4 inch of the top. Tightly close the top, shake to dissolve the salt and place the jar on a counter for three days. Then transfer to the refrigerator. These get better after 1-3 months. The juice gets sparkling after awhile and makes a delicious elixir. Serve the pickles each time you serve cooked meat.

Quote From Joette

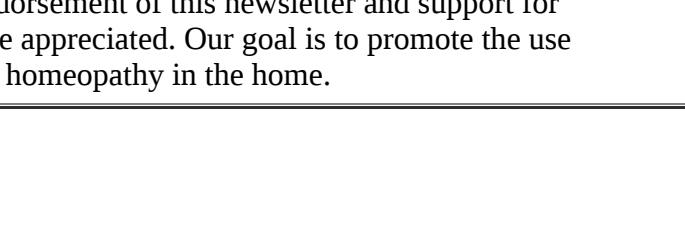
"My mother would say to me, 'Organizzare de soll!' which means to organize yourself. I took it to mean, make it happen...do what it takes."

New to our Email List?

Then you can check out our past e-newsletters HERE

We're Reallocating Our Resources

In order to better manage our efforts to share the message about better health through homeopathy and nutrient-dense foods through our newsletter and blogs and still be able to bring you more new products and classes, we have decided to publish our newsletter only once per month, beginning in July.



We will continue to publish weekly blogs, and watch for information about our new course, "The Survivalist Guide to Homeopathy" coming later this year!

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.



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BUT if you like our content and believe our message needs to get out, please 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."

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Books, Downloads, and CDs from Joette

If you liked today's issue, you'll LOVE learning more about Joette's FREE audio CD, 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" 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.