

## When It's Hard to Go...

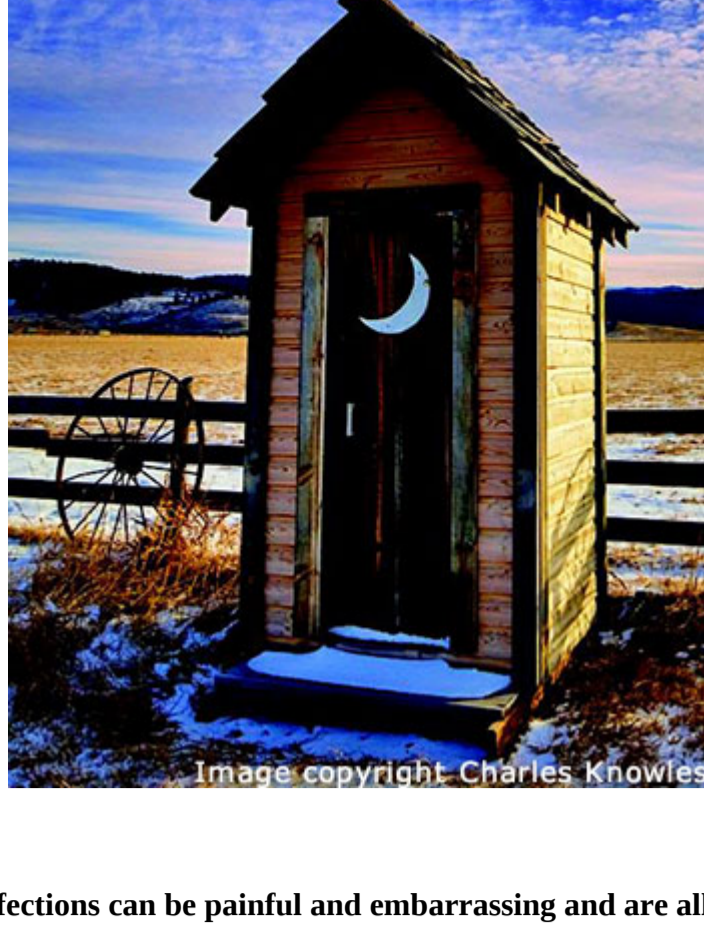


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Dear Friend,

Urinary tract infections can be painful and embarrassing and are all too common. Fortunately, homeopathy has the answers to help you spring back quickly from these painful problems.

Love,

## Urinary Tract Infections (UTIs)

According to Dr. Joseph Mercola, "UTIs are the most common infectious disease in women. One-third of women in the United States are diagnosed with at least one UTI that requires medical treatment before the age of 24."

Thanks to homeopathy, you can be prepared if you experience this common ailment.

Across the board, *Nat phos 6x* is the #1 remedy for urinary tract infections. It can be administered immediately and given as often as once every 1-2 hours. This will provide you with some time to differentiate between the other remedies. Once you've found the best-matched remedy in the 30th potency, it can be alternated with *Nat phos 6x*. The 30th potency remedy can be taken every 3-4 hours, while *Nat phos 6x* can be taken every 2 hours, except on the hour when you use the 30th potency remedy.

For the remedies discussed here, one dose can be given every 3-4 hours unless the symptoms are severe, in which case, one dose can be given every 1-2 hours.

Here, in order of importance, are the key remedies for UTIs:

*Natrum phosphoricum (Nat phos)* – This little gem of a remedy can be used in conjunction with any of the other listed remedies for any urinary problems. *Nat phos 6x* is indicated whenever there is an acidic and alkaline imbalance. There is a strong urge to urinate, yet the woman must wait for the urine to flow. Watch for symptoms such as nervous weakness, burning pain and albuminous urine; these signs are made worse after lovemaking and in the evening.

*Ferrum phosphoricum (Ferr phos)* – This little cell salt is great for any inflammatory state, especially when the inflammation is accompanied by throbbing. Consider this when the UTI is accompanied by a fever. The sufferer may be nervous, anemic and sensitive. This cell salt remedy, along with *Nat phos 6x*, can be alternated with any of the other listed remedies.

*Aconitum* – When I teach students about this remedy, I call it "quick shock!" because *Aconitum* is a useful remedy when the body experiences a shock of sorts. Think of a hot day of swimming in warm water and then hopping into a cold, air-conditioned car while still wet. If a urinary tract infection ensues, you might immediately think of this remedy. A fright, such as after an accident, can also call for *Aconitum*. Burning before urination and a sense of pressure in the bladder should also point you to this choice.

*Cantharis* – For those who experience a strong sense of urgency, yet very little is voided upon reaching the bathroom, look to *Cantharis*. The sufferer may be compelled to rush to the toilet and may even lose urine on the way. Sometimes a sense of frenzied desperation accompanies the infection, and the pain may make this symptom worse. Burning pain is also a strong indication for *Cantharis*.

*Berberis* – When the person experiences burning pains in the urethra that are made better with urination, try this remedy. During urination, the person may experience pain in the loins and thighs. The urine may contain thick mucus or bright red, mealy sediment; it may also be pale yellow. After urination, there is the feeling that urine remains. The kidneys might feel sore, bubbling and burning, while a cutting and burning pain is felt in the bladder. There may also be sticking, cutting and violent pains, which travel from the kidneys into the bladder and urethra.

*Pulsatilla* – This is the remedy of choice if the girl experiences urine leaking on coughing, laughing or sneezing. She's often a soft, round and feminine-type who gets a bit weepy when she gets these infections. Nausea and other gastrointestinal issues may also be present, particularly from eating ice cream or other rich, creamy foods. Urination may be smart, but it's nowhere near as painful as the picture presented by the other remedies.

*Nux vomica* – Try this one when the UTI comes as a result of overindulgence of stimulating foods such as chocolate, caffeinated beverages or poor quality foods. This remedy is also useful for those who experience anxiety or frustration when ambition is impeded. The person who needs *Nux vomica* will likely be irritable and wake in the night at about 3 or 4 am. Sometimes a concomitant symptom is the need to have a bowel movement at the same time as the urine urgency. Chills often accompany the infection, and the urgency can be rather extreme.

*Sarsaparilla* – A UTI requiring *Sarsaparilla* has pain that is most concentrated at the end of urination. The urine flows in dribbles, and sometimes the woman is unable to complete the void unless standing. This remedy is useful when the pain is burning, but pain may not be the most pressing symptom.

*Staphysagria* – This remedy has a reputation for aiding girls who suffer UTIs after being abused, either physically or emotionally, or after a recent embarrassment. So common is *Staphysagria* in this malady that it should be considered if no other remedy seems to fit the "picture" of the symptoms.

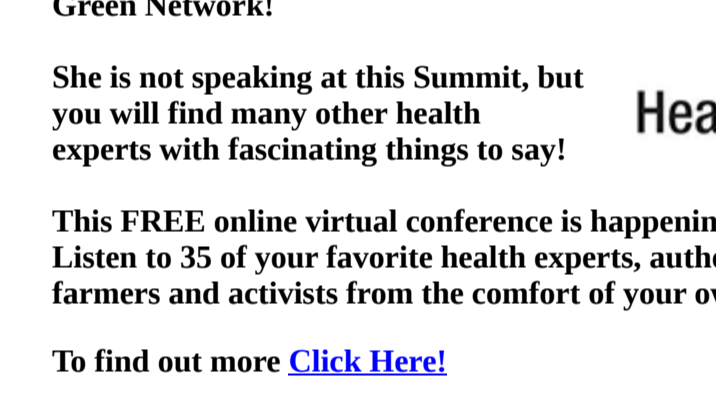
*Arnica montana* – As the quintessential remedy for injuries, *Arnica* is indicated for a UTI that comes on after an accident. One remarkable characteristic for the need of *Arnica* is an inability to empty the bladder, usually due to injury to the perineum. There may be some dribbling of urine as well.

*Apis* – During a UTI, the urine can be white, thick and milky and include coffee-bean-like sediment. It may also be dark and bloody. Such urine is scanty, hot and burning and may be accompanied by an offensive odor. The kind of pain experienced by someone who needs *Apis* is like a bee sting: stinging, hot, burning and perhaps accompanied by a swelling sensation.

*Equisetum* – *Equisetum* may be the answer if the bladder always feels full and the person experiences severe, dull pain. Despite a constant need to urinate, urination might result in only a few drops. There may be severe, burning pain in the urethra during urination. This pain might worsen at the close of urination and be accompanied by a sudden urge to urinate again. Additionally, there may be much mucus in the urine.

In addition to these remedies, Hylands offers a combination remedy called "Bladder Irritation." This gentle remedy is designed to help when the symptoms include pain and burning at the time of urination, pain in the bladder and urethra, and a constant need to eliminate. It includes the following ingredients: *Rhus aromatica 3x*, *Benzoicum acidum 3x*, *Equisetum hyemale 3x*, *Argentum nitricum 6x*, *Cantharis 12x*

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!

### 2013 Healthy Life Summit

Joette has become part of the Village Green Network!

She is not speaking at this Summit, but you will find many other health experts with fascinating things to say!

This FREE online virtual conference is happening March 24-30, 2013. Listen to 35 of your favorite health experts, authors, doctors, bloggers, farmers and activists from the comfort of your own couch!

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### 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](mailto:office@nationalcenterforhomeopathy.org)  
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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  
[Death by Colonoscopy](#)

## In the Kitchen

### Snack Time!

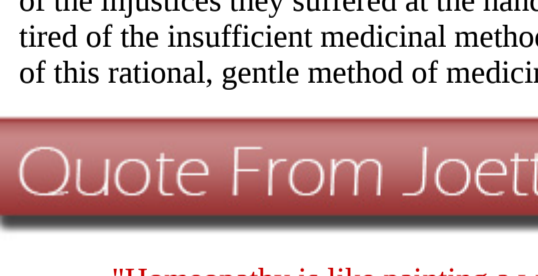
Have you been asked to send a snack to school? Or need a pretty little snack to brighten up a gathering? Here are some suggestions for cool snacks that will also build strong minds and bodies:

**Parrots in the Snow:** orange slices dipped in honey-infused raw cream with sprinkles of nutmeg or orange blossom water.

**Rain Forest:** Coconut chunks with cherry or melon slices on top, held together with little paper umbrellas.

**Cheese Poppers:** Old-fashioned popcorn drenched with butter and coated with Romano cheese, oregano, basil, garlic, salt and pepper. Adults might enjoy a dash of hot sauce.

**Surprise Pot:** A bell pepper opened like a jack-o-lantern and stuffed with different surprises, such as carrot sticks, raisins or dried cherries, and topped again with its little cap.



Samuel Hahnemann, the father of homeopathy, was born during the Age of Enlightenment. This was an unprecedented period in history, an era of higher education, questioning minds and a cultural life centered upon reason as the source and legitimacy for authority. A road was being paved by the brilliant intellectuals, artists and musicians for rational science, for truth and for universal intellectual freedom. Authorities were being questioned as citizens sought legitimate leaders rather than royal figureheads.

Musicians were moving away from Bach's polyphonic intricacies. Societies were weary of the injustices they suffered at the hands of royalty and aristocracy. And people were tired of the insufficient medicinal methods of their age. What a perfect time for the birth of this rational, gentle method of medicine!

## Quote From Joette

"Homeopathy is like painting a watercolor: a dab of color here, an edit there and then a pause to step back and see the beauty of its overall effect."

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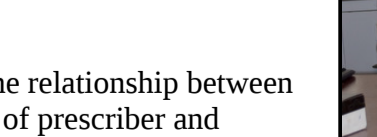
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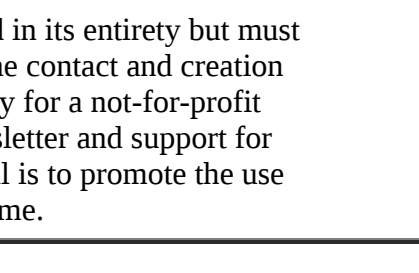


## Have a Suggestion?

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 her physician and the relationship between Joette and a patient 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.