

Generous Gelsemium



Dear Friend,

With Thanksgiving just around the corner and mid-term exams looming on the horizon, the last thing we want is a family member who is wiped out from influenza and confined to bed (or the sofa). One of my favorite remedies for extreme exhaustion from flu is *Gelsemium*, which can help get your loved-one back on his or her feet.

Love,

I've fallen hard for homeopathy. It's because it feels like generosity to me. To empower mothers and others (hence the family) is the greatest gift one can give. My personal goal is to get every medicine cabinet in America stocked with at least one homeopathic remedy.

If you'd asked me last spring which is the most important remedy to own, I'd have said *Dulcamara* because it is wonderful for ills that come on from alternating hot and cold weather. If you'd queried in the summer months, I might have advised *Arnica montana* for all the spills and scrapes. But because it's flu season, I propose one of the most efficacious homeopathics for your kit: *Gelsemium*. Oh, *Gelsemium*, a reward for an inquiring mind. Discover this remedy, and you'll amaze yourself and your friends. But use it only when there's profound fatigue associated with influenza. Employ it when the sufferer is so exhausted that any movement is an effort. And use it the moment it comes on. In a 30x or 30c potency, it can be administered every 3-4 hours for a day or so until resolution. Resolution? Yes, if you've chosen wisely, the flu will vanish. If the symptoms return, repeat the dosage again. (A dose is always 4-6 pills.) Don't use it for more than two consecutive days. If it's not working, it's because you've selected incorrectly. Thus homeopathy always facilitates...as long as the remedy is well selected.

Some Remarkable History

At the turn of the last century, approx 30-40% of the physicians in the United States were homeopaths. While the allopaths (or conventional) doctors stood puzzled by the bedside of their dying patients, totaling upwards of 39 million, their homeopathic counterparts were administering safe and gentle homeopathic medicines and complete bed rest. Their results were astonishing. They treated their patients in large homeopathic hospitals where homeopathy was used exclusively by MDs, in homes, factories and the countryside. In the aftermath of the 1918-1919 Flu, the allopaths were still scratching their heads. Meanwhile, the homeopaths assembled with statistics for their annual conference. In 1921, at the 77th convention of the American Institute of Homeopathy in Washington, D.C., Dr. T.A. McCann from Dayton, Ohio, was one of the presenters. He informed his distinguished homeopathic colleagues that he had collected hard data on 24,000 cases of the flu that were treated by conventional means. In these cases, a 28.2% mortality rate was reported. Meanwhile, homeopathic physicians had 26,000 cases of the flu treated solely in the homeopathic manner and had a mortality rate of only 1.05%! Another report was offered by Dr. Frank Wieland of Chicago, who confirmed that in the plant where he was employed, of 8,000 workers...

"We had only one death. We used no aspirin and no vaccines. *Gelsemium* was practically the only remedy used." The reports of many doctors, from New York to San Francisco, were gathered and presented commanding evidence that still holds today. Homeopathy is not capricious with methods that are here today, gone tomorrow. Instead, homeopathy's ability to thwart even the deadliest of flus in the history of mankind upheld in a most impressive manner. And with *Gelsemium* at the helm.

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 FREE 15-minute phone conversation with Joette.

HOT Off the Press!

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
website: www.nationalcenterforhomeopathy.org
phone: (703) 548-7790

Preview Webinar Series:

To publicize the JAHC conference, WholeHealthNow will conduct webinar presentations with the distinguished speakers that will participate in the conference. Joette's pre-conference webinar presentation will be held on December 11 at 8 pm EST. For information, go to the WholeHealthNow website at <http://www.wholehealthnow.com/>

Listen to Joette online:

Joette will be interviewed by Kevin Brown on *Liberation Wellness Hour* on Monday, November 19th at 7pm EST: <http://liberationwellness.com/liberation-wellness-hour>

A successful conference in Santa Clara:



Joette's talk at the Weston A. Price Foundation Conference in Santa Clara, CA, was very enthusiastically received by a standing-room-only crowd of more than 500 attendees. Our booth was frequently three people deep, with loads of questions on how to get started. We've come away with new friends, lots of names submitted for the Hyland's Household Kit raffle and orders for CDs and kits to be shipped all over the world. It was a blast!

Clearly we touched a subject that has an ardent following.

India, here we come!

Joette will be in India from January 3rd to January 28th, working with Dr. Benergy at the homeopathic hospital in Kulkata, India. Watch for Joette's journal entries on the blog...they will definitely be interesting and informative!

Joette's Newest

JoetteCalabrese.com's Newest Blog Post

[Who Else Loved the Weston Price Conference in Santa Clara?](#)

Check It Out!

I know you moms and dads out there are always looking for creative and healthy lunch ideas for the kids to take to school... this week try [5 Tips to Outsmart Lunch Menus](#)

Did You Know?

Here's a way to save money, use up some of that brandy or vodka that's been sitting on a shelf and make those Thanksgiving desserts even yummiier: [Homemade Vanilla Extract](#)

Quote From Joette

"Let me urge you...no, entreat you, to read, read, read. And when you finish studying and using these pages, read and study more. For the power in homeopathy is that your health is in your hands, not big pharma, not the archaic and self-serving medical associations, not the government, but in your capable and trustworthy hands."

Remember When...



Wouldn't it be lovely if we could go back to having fresh, local raw milk delivered right to our door? We have many technological innovations today that make our lives better and more convenient in many ways, but all the same, I wonder if this woman realized how lucky she was!

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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 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](#).

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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, it 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.