

Breaking Bad



Dear Friends,

Halloween can be a horror for parents who are afraid of sugar highs and nightmares. Thankfully, I have a tactic to help!

Love,

Trick and Treat

As the leaves begin to turn and the school year goes into full swing, children find their minds filled with thoughts of Halloween. Scary movies, costumes, pumpkin carving and the excitement of receiving candy can leave children feeling overwhelmed. Meanwhile, parents struggle to discover ways to balance what the children want from the holiday and what their parents do not want.

Cavities, canker sores, cold sores, hyperactivity, stomach aches, diarrhea and ghastly behavior for days.

Avoiding this nightmare is as easy as turning "trick-or-treat" into "trick-and-treat."

Strategy. I say it's all about strategy.

We parents need to employ our "baddest" tactics to keep our kids from the nutritional nightmare called Halloween.

Here's my method to reign in the wickedness.

Tactic #1

Before the children even get into their costumes and grab their baskets to fill with treats, fill them up with a wholesome feast. The key here is **saturated fats**. Fill them up with buttery and lardy foods they really enjoy until their stomachs are completely content!

Fire up the oven, dredge out the lard and butter and stuff your kids to the gills! In fact, this scheme can commence even early in the day.

This is the day to pull out the savory butter-laden soufflés and lamb chops with potatoes turned and roasted in lard...and lots of it. Now that's a dinner to prepare for a night of indulgence!

And never forget the glass of raw milk. You can turn this into a game: time them drinking their milk, have them count how many gulps it takes to drink it or race them to the bottom of the glass.

I like to use a glass of raw milk and an egg yolk or two with some coconut oil melted and whipped with cinnamon into a Halloween frothy treat. Pour it into a creepy mug and save it for Halloween only.

This meal will be the death of any notion of hunger for treats by the time they get to neighborhood doors.

If you can, enlist the aid of other parents to participate in handing out alternatives to candy. Pencils, stickers and little toys can often be just as exciting for children.

Tactic #2

So what happens when they return home with a basket full of contraband?

Have them pick a few favorites and simply draw their attention away from the rest. Maybe play a game or ask them about other costumes they liked. As they grow older, trade little toys or money for the candy they think they need. Because Halloween is directed towards children, truly make it their night. Just without the sweets.

When my kids were little, I told them the Halloween fairy came in the night and took the candy. This tactic has only a 5-year longevity, after which I had to turn to bribery. I traded **scary Legos** or gave them money for the candy they think they need. Still fun but with a capitalistic twist.

Tactic #3

If your children end up eating more candy than anticipated, whether at school or at a Halloween party, **Nux vomica 30** is one of the best solutions.

This remedy has a reputation for restoring calm and recovering from gastrointestinal effects. Digestive problems, including constipation and diarrhea, may also occur.

Nux vomica also relieves the fevers and chilliness that can be associated with overindulgence.

When your child develops irritability and other ghastly emotions either from reaching a "sugar high" or right after a "sugar crash," this remedy serves as a cleanser of emotional turmoil and gets them off to sleep without bad dreams. I find that **Nux vomica** relieves this problem in no time. However, as I teach my student/clients, once improvement is seen, the remedy should no longer be taken.

Remember Fido

With kids running around with pieces of candy, the risk looms of your canine friends getting into trouble eating something they should not. **Nux vomica** may also be administered to your dog in that case.

Some dogs are sensitive to chocolate and can become extremely ill, so the sooner and more frequently the remedy is administered, the better. If the poisoning is quite severe, then administer every 30 minutes on the way to the vet's.

Nux vomica is also applicable to other forms of overindulgence, as it stimulates the body's ability to return to wholeness.

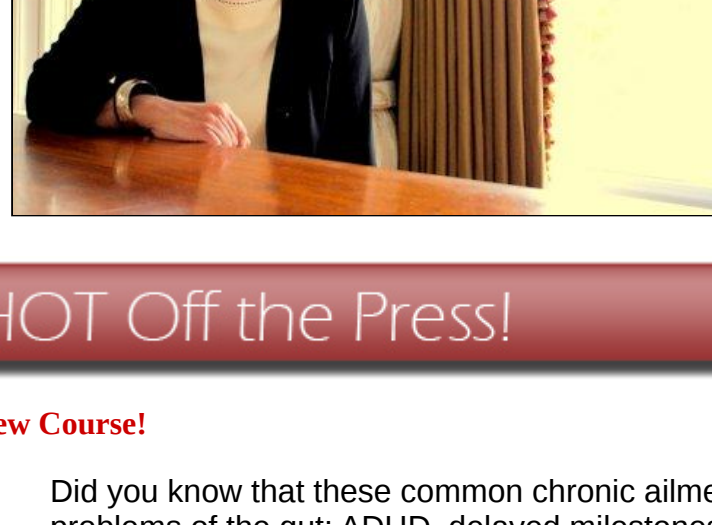
Tactic #4

Homeopathy can also assist with the fright factor of the holiday. For some children, fear is captivating, but for those paralyzed by fear of the dark or scary Halloween stories, **Stramonium 30** can ease anxious restlessness and dread.

Fear of the dark and angst about monsters are often alleviated by this remedy as well. One dose should be sufficient if the fear is temporary and pertaining to such events.

Half the fun of Halloween is its ghastliness. Take control and make sure it's wicked in every way except the indulgences.

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!

New Course!

Did you know that these common chronic ailments may be linked to problems of the gut: ADHD, delayed milestones, moodiness, food intolerances, allergies, sugar addictions, chronic fatigue, constipation and diarrhea and chronic bloating? More importantly, did you know that homeopathy is the key to uprooting these and many other chronic ailments?

Joette is about to teach a new course called **Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind**. This course will consist of four 2.5-hour interactive webinars where Joette will share what she has learned from personal experience, nearly two decades of devotion to Weston A. Price Foundation methods, six weeks working side by side with the doctors at the world-famous Banerji Clinic in Calcutta, India, and 20 years of clinical experience related to gut, diet and psychology. She will also share your real-life cases as learning tools.

Find out more information here:
<http://courses.joettecalabrese.com/goodgutbadgut>

But hurry, the course is starting soon and you won't want to miss a minute of this life altering material!

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

[Deadly Nightshade...a Medicine?](#)

From the Kitchen

A Pre-Trick or Treating Treat!

This is my special dessert that I always served my kids before they went trick or treat: coconut-date-walnut clusters in a chocolate coconut oil base. Everything in this recipe is 100% wholesome and organic and, most importantly, will make your children so satiated with fats that they will have no room left in their plump little stomachs for a piece of commercial candy.

My Halloween Bribe Candy (Aka "Stuff 'Em to the Gills")

- 1 cup virgin coconut oil
- ¼ cup organic raw cocoa powder (Found at health food stores, but I like **Wilderness Family Naturals** best)
- Big pinch of Celtic salt
- 1 tsp of vanilla (I make my own but any organic one will do)
- ¼ cup raw honey or less depending on what it takes for your family to be satisfied
- ½ cup shredded coconut
- ¼ cup dried ginger (Fresh will work but it must be grated)
- ¼ cup pistachios (If they're salted, don't add the big pinch of salt above)
- ¼ cup dried cranberries
- ¼ cup fermented cacao nibs (Found at most health food or gourmet stores. Wilderness Family Naturals are best.)

In a food processor, mix the first 7 ingredients. Once fully combined, incorporate the last 3 ingredients so they remain chunky. Fashion a smooth layer of the mixture on a cookie sheet lined with parchment paper. Cool in the freezer for a few minutes.

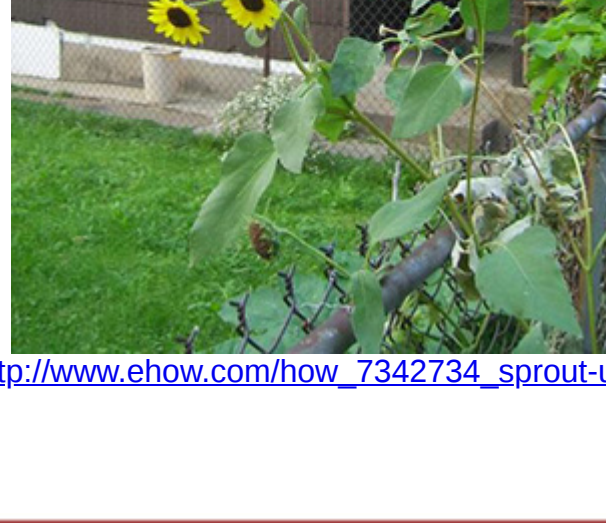
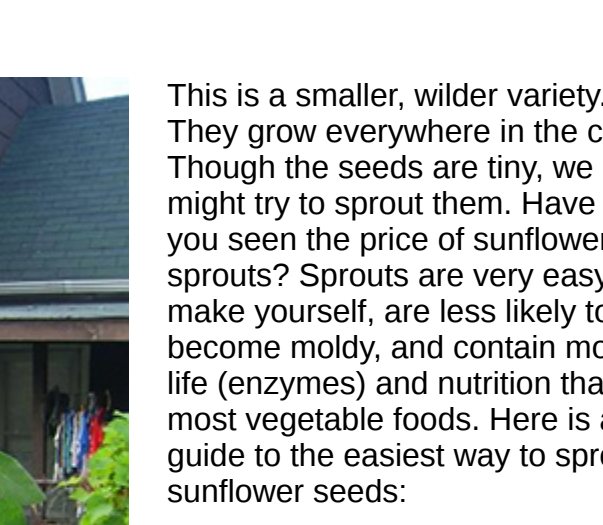
Once hardened from the cold, break up into small chunks and serve immediately. Serve while the kids are dressing for Halloween, but keep the treats on a bed of ice. They stay firm only while cold. What remains, if anything does, can be stored in an air-tight container in the refrigerator or freezer.

The consistency is like a rocky road of delightful textures and flavors.

Let's see what's outside

Fall Foraging: Sunflowers

Fall is a wonderful time to forage for yummy, nutritious foods. Even the wilderness of the city often yields surprising harvests. We have found mulberries, greens, raspberries, blueberries, punk rockers...and lots and lots of sunflowers. They come in all varieties and are ubiquitous. This giant sunflower yielded several cups of viable seeds. They are wonderful fresh, and if you grow them yourself, you know they're free from harmful chemicals.



This is a smaller, wilder variety. They grow everywhere in the city. Though the seeds are tiny, we might try to sprout them. Have you seen the price of sunflower sprouts? Sprouts are very easy to make yourself, are less likely to become moldy, and contain more life (enzymes) and nutrition than most vegetable foods. Here is a guide to the easiest way to sprout sunflower seeds:

http://www.ehow.com/how_7342734_sprout-unhulled-sunflower-seeds.html

Quote From Joette

"There is no excuse for doing anything that is not advantageous to our health in the long run. Anything less is an insult to our body and worse yet, our intelligence."

From All of Us



Happy Halloween to you and your family from all of us at Joette Calabrese LLC!

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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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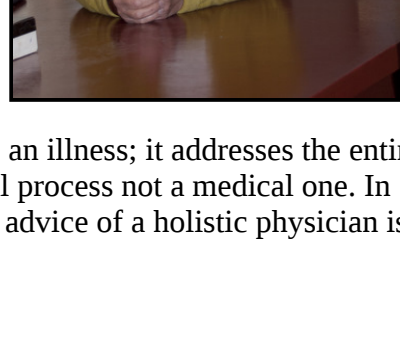
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If you have a [specific](#) question you'd like answered or topic covered in future issues, please [E-mail suggestions](#) or post comments [on our blog](#).

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.

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