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Welcome to our issue for April 2010. This is where you and homeopathy meet. Your questions answered, fears quieted and resources discovered! If you have a specific question you'd like answered or topic covered in future issues, please E-mail suggestions to: joette@homeopathyworks.net or post comments on our blog at: <http://www.homeopathyworks.wordpress.com>

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Greetings

With this unexpected burst of warmth; dandelions are popping up in the grass. A sure sign of a pesticide free yard where children and pets alike can play and enjoy the renewing effects of spring!

Enjoy!
Joette

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 splendor of its effect in full concert."

Joette Calabrese, CCH, RSHom(Na)

Where is Joette?

Watch for Joette in her column *The Homeopathy Journal* in *Wise Traditions*, the quarterly journal of the Weston A. Price Foundation in Washington, D.C.

On Archived [Radio](#)

- WXOJ 103.3 FM in Northampton, MA
- KKNW 11.50 AM in Seattle, WA
- WJTN 1240 AM in Jamestown, NY

See Joette:

Chautauqua Institution:

- July 18-23
- August 15 -20.

For more information go to
www.ciweb.org/special-studies/
See you there this summer!

Valley Forge, PA

- November 15th, 2010

Joette will be speaking at the annual conference of the Weston A. Price Foundation in an all day session called "Cell Salts; the Easy Homeopathy".

I love good food. I mean, my favorite movies are *Big Night*, *Chocolat*, and *Julie and Julia*. So when it comes to quality, I have a difficult time getting past the low-fat paradigm. As far as I'm concerned: fat is where it's at. Now, not all fats are the same. Think of the distinction between a Dunkin Donut doughnut and my Sunday homemade buttermilk waffles, drenched in maple syrup and raw spring butter. One is fried in weeks old soybean or canola oil, the other is made with real butter from my local farmer whose cow's name is Priscilla. Can there be any comparison?

Butter, Butter, Butter and Lard

The notion that saturated fats causes heart disease is not only facile, but just plain wrong. Do you remember the Framingham Heart Study? Well if not, you ought to know that it is the mainstay of the advocates of the low-fat paradigm. Yet its hypothesis has been turned on its head. In hindsight, some 40 years after the study became public, the director of the study confessed that "the more saturated fat one ate, the more cholesterol one ate, the more calories one ate, the lower the person's serum cholesterol. We found that the people who ate the most cholesterol, ate the most saturated fat, ate the most calories, weighed the least and were the most physically active".

Can we deduce from the director of the lipid theorists flagship study that arterial sclerosis has little to do with cholesterol and fat consumption? It certainly appears we can. But there's more to it than a study; there's physiology as well.

Interestingly, arteries that are clogged are *not* choked with saturated fats, but with calcium deposits akin to lime. This is not what we have imagined all these years. Instead, we've been visualizing the fats from a juicy, marbled steak with buttered potatoes to practically travel from the mouth, to the stomach and then directly into the arteries. It simply isn't so and there's plenty of evidence to substantiate this. Despite repetitious conventional medical mantra and unsound pop culture advice we might reconsider the last 40 years of fat phobia to be a wash.

So, if butter, tropical fats, cod liver oil, whole milk, lard and other animal fats in general don't cause heart disease, then what does? We know that deficiencies of vitamins A, E and D are one cause. Where are these vitamins found? Why, in butter, lard, tropical oils and animal fats....the very food we've been directed to eschew!

B vitamins and mineral deficiencies are also contributors to heart disease. These occur as a result of eating foods of commerce, such as soda, preservatives, additives and enhancers, instead of whole, homemade fare. Vitamin B happens to be abundant in red meat and in organ meats.

There's no doubt that stress contributes to heart and artery pathology. The very nutrients that accompany traditional foods are depleted at such times. Hence, during periods of stress, it's prudent to take in more than the usual amount of nutrient dense foods that provide the greatest amount of animal and tropical fats.

Butter and lard, because of their antioxidants, protect us against free radicals and are therefore, preventatives for diseases such as cancer, heart disease, depression, infections and reproductive disorders.

I remember 6th grade science where we were taught that Vitamin D, the brain vitamin is found via three main sources: cod liver oil, lard and the utilization of sunshine. In addition, Vitamin E, the heart vitamin is found chiefly in butter. So if we want to benefit the heart and brain, the two most vital organs, how would we do this if we didn't eat these perfect foods?

In colonial America, where people lived hearty lives often stretching to the 100 year mark, it was simply understood that saturated fats were a mainstay of daily life, particularly in the cold months. These people lived agrarian or at least semi agrarian lives so they had whole, healthy foods available as daily fare. Beef tallow and pork fats were rendered after the slaughter in the fall. Then these products were used to

make biscuits, piecrusts and the like. Which when consumed, would fend off the blues, respiratory infections and build robust bodies. Organ meats such as liver, sweetbreads, kidneys and heart were a weekly fare.

Growing up in Buffalo, New York, we had liver every Monday night and as Italian Americans we enjoyed tripe or squid in homemade red sauce regularly. We drank whole un-homogenized milk, plenty of fresh cheeses and beef or lamb regularly. Today, spring butter is still prized in Europe because of its high concentration of nutrients. It's reverently stored and preserved in the form of special cultured butter and cheeses for use in later months. The Intuits, who had lives of extended longevity until the last century, ate a daily ration of whale blubber. Germans still eat a generous coating of lard on their whole grain rye bread with a slice of onion and the French enjoy ham with the accompanying fat daily. Yet these cultures have low heart and cancer rates; or at least a great deal lower than modern Americans. The connection? Traditional fats, traditional artisan methods, traditional meals.

How can we reinstate these time-honored fats into our diet? Simply eat like an age old European, like an old time American farmer and prepare like the finest gourmet restaurants in the world. Unearth your great grandmother's old-world recipes, toss out the canola oil, vegetable oils and buy a traditional cookbook or learn the easy way, via my audio *Secret Spoonfuls* [Click here](#). It's where the answers get easier because it covers my own methods, tips and tricks that lightened my efforts to get authentic, gourmet foods into my family.

Get happy! Ward off hot flashes, heart pathology, allergies, fatigue, and spring infections. Eat like a true gourmet. Include butter, coconut oil, organ meats, fresh milk and in plentitude. Then go outside and take a walk. Your brain, heart, lungs and even your arteries will thank you.

~*Nutrition and Physical Regeneration*, Dr. Weston A. Price

~*Nourishing Traditions*, Sally Fallon and Dr. Mary Enig

Want to learn more? Joette's book *Cure Yourself and Family with Homeopathy* is your #1 guide by going to: www.homeopathyworks.net/products.html.



Nutri-Tip!

Dandelions; as kids we loved them, as homeowners we find them annoying. Allow me to encourage you to find your way back to loving them again. It might just bring back childhood memories of joyful summer days. Dandelions make the perfect spring tonic. Just as the flowers emerge, find a clean patch away from traffic and/ or pesticides and pop off the freshest flower heads. If your plot is clean enough and especially if it's just dewed or rained, you needn't wash them. Skip back to the house and toss in a hot frying pan ready with sizzling butter or coconut oil. Sauté quickly and top a steak or grace an omelet with these pretty little edible flowers. Commanding in taste, dandelions are known for their powerful cleansing and tonic effects so only a few are needed. Delicious, memory filled and nutrient packed..... the perfect accompaniment to spring recollections.

Edu-tip!

Dandelions?! How will I ever get my family to eat **them**?! Some find unusual foods interesting and will eat new things for the love of adventure. Our sons used to love to show their friends our Kombucha mushrooms we grow, just because it opened a cool "look-how-gross-my-mother-is" session. But many a time until my family got used to new food ideas, I'd have to disguise nutrient dense foods in favorite meals. When our oldest son was about 3 he was going through a bout of colds one winter. This was before I knew enough about homeopathy to treat him effectively. I did know however, that he loved ice-cream, so I'd whip up homemade ice cream and add garlic to it. Yes, I know...it sounds bizarre but it was actually quite tasty! For years after that he thought all ice cream had that flavor! Not all kids will accept mom-devised tricks but it's certainly worth the effort and makes for entertaining family stories years later. Meanwhile, if you need some good tricks-of-the-trade [Click here](#). On my audio download "*Secret Spoonfuls; Confessions of a Sneaky Mom: or How to Get Good Food into Kids without Getting Caught*" I disclose all. Join the ranks of mothers who will stop at nothing to get the highest quality into their kids.

About Joette Calabrese, HMC, CCH, RSHom (NA)



Joette Calabrese teaches and instructs folks how to add, 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.

Books, Downloads and CD's from Joette:

Learn to treat YOUR family. Joette's educational CDs and books are on download at www.Homeopathyworks.net/products.html.

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, a great blog, lots of FREE articles, workshops, coaching and other resources to help mothers (and interested fathers too). Learn more now at www.Homeopathyworks.net

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