

# Homeopathyworks.net

*Joette Calabrese presents HomeopathyWorks.net, where mothers are empowered via Homeopathy.*

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*Welcome to our issue for December 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](mailto:joette@homeopathyworks.net) or post comments on our blog at: <http://www.homeopathyworks.wordpress.com>*

*Schedule a FREE 15 minute phone conversation with Joette to see if Homeopathy is a fit for your health strategy by calling 716-941-1045 or E-mail.*

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## Holiday Greetings!

It already looks like a Christmas card up here on the hill this year! The snow isn't the only thing a bit ahead of schedule! An early cold and flu season has prompted this month's feature article & tips! Keep cozy and read on for useful information to get you through the season in good stead.

*Warmest Wishes for a joyful  
Christmas and Hanukkah!*

*Joette*

## Quote From Joette:

*"People's health is expressed in little details. You look at these details and a world unfolds. That is what is needed to chose the similimum...the remedy that is precisely for *their* suffering."*

*Joette Calabrese, CCH, RSHom(Na)*

## Where is Joette?

### **Blogging!**

Our blog is rated #9 in "50 Homeopathy Blogs Worth Reading" Join us by clicking on <http://www.mastersinpublichealth.net/50-homeopathy-blogs-worth-reading/>

### **Watch for Joette's 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

### **On YouTube:**

Just Google: "Joette Calabrese – YouTube" and it will come up!

## Ahh Choo! The Common Cold and Homeopathy



I once heard a saying that went something like this: "A clever doctor can cure a cold in a fortnight and it will get well by itself in fourteen days." This is indicative of the way colds have been dealt with while on modern medicine's watch.

However, I know a little secret.....homeopathy. Yes, homeopathy has a sterling reputation for squarely facing colds by shortening and minimizing, and if caught early enough, aborting them completely.

When choosing a homeopathic remedy to counter a cold, look for the most outstanding features of the cold to match the most outstanding features of the remedy. A 30 potency administered every 1-3 hours for up to 5 doses is the method most often found efficient. When improvement ensues, stop the remedy. If need be, switch to another remedy after giving the first one a good chance; after at least 4 doses.

It takes practice, but once you become adroit with homeopathy, you'll never return to the old ways.

Here are a few cold remedies with their corresponding symptoms to help you differentiate:

1) The best remedy for the commencement of a cold is ***Nat mur 6x***. However, it must be ushered in with a number of sneezes, copious clear mucus and taken at the onset. If these characteristics are present, then this remedy is nearly infallible. If not, don't bother because it simply won't work.

2) If chill is the outstanding feature, then ***Aconitum*** is often the remedy. It is particularly valuable when the chill is as a result of standing in the cold or getting cold after getting out of a shower etc. It must be taken within the first 12-24 hours or else it will not be effective.

3) ***Nux vomica*** is the remedy of choice when the body feels blocked, such as when the nose feels stuffed and would feel better if it could just release. The forehead feels heavy. The person is often irritable and impatient and they resent touch, noise and odors. The bowels may also feel blocked and the sufferer has recently over done it; such as too much artificial food, not enough sleep, recent meds.

4) Is the weather wet and cold? Then ***Oscillococcinum*** is the remedy most likely to address your cold. This remedy is the best selling medication including over-the-counter and prescribed meds in France. That's right - not Tylenol!

5) If the cold comes from moving from a very warm climate to a cool one, such as when the city dweller goes for a drive on a hot day to the cool mountains, then ***Dulcamara*** is the best suited choice.

6) If the cold has caused a weakness as it's' most prominent complaint, then ***Gelsemium*** is your best choice. Chills up the back, beating of the arteries at the neck and hands that are hot and dry are also symptoms associated with this remedy. If any symptom of your cold is made worse from movement, then this is the correct remedy.

7) ***Mercurius*** is the best choice when serious mucus from the nose is prominent. The nose is swollen and red from which there is a foul smell. A heavy headache prevails in the facial area; there is thirst and nightly sweats. The person who needs this remedy wants to be left alone, is depressed during the cold or is often low in spirits. The extremities are achy and all the symptoms are made worse from both heat and cold. Excessive saliva is also an indicator that *Mercurius* should be considered.

8) A closely related remedy to *Mercurius* is ***Hepar sulph***. It is often a good choice when *Mercurius* fails and is particularly valuable when the person is over sensitive to pain and is irritable.

9) When a chill is very pronounced, then ***Camphor*** is more likely to be the remedy to abort a cold.

10) ***Influenzinum*** is your first pick if you're certain it's influenza OR as a prophylactic ***one day (only)*** each month starting now for the entire winter. Defer to this if you or your family is hit hard with the flu every year. In either case, a general rule of thumb is 4 times on the day you take it.

Homeopathy restores well being during the most uncomfortable colds as long as the correct remedy is chosen. If the remedy you've chosen doesn't work, it's likely you've chosen incorrectly....homeopathy always works when the symptoms match.

So, the next time you're stricken, choose the most appropriate remedy. Take it according to the directions given above and get back on your feet in a jiffy. Then, enjoy the holidays!

## Homeo-Tip!

'Interested in learning about homeopathy kits? Own the above remedies so you're in the ready. Email us at [JoetteCalabrese@HomeopathyWorks.net](mailto:JoetteCalabrese@HomeopathyWorks.net). We carry kits ranging from \$62.00 – 199.00. A home kit makes the perfect Christmas gift!

## Edu-Tip!

If homeopathy has helped you, pass on the good news! Sign up friends, relatives and neighbors for our ezine, so they can learn too. If my approach doesn't engage them, they can easily opt out. Remember, sometimes the most unlikely folks take homeopathy on with gusto. Let's keep the circle of homeopathy moving; mother to mother.



## About Joette Calabrese, HMC, CCH, RSHom (Na)

Joette Calabrese 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](http://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](http://www.Homeopathyworks.net)*

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