

Homeopathyworks.net

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

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Welcome to our issue for Early May 2011! 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>

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.

In this Issue

- Where is Joette?
- Spotlight Article:
- Edu Tip
- About Joette Calabrese, CCH RSHom
- Available educational products from Joette
- Connect with Joette



Greetings:

Wow! I offered a Mother's Day special on my favorite 30x potency kit that included free shipping and some of my favorite downloads. We completely sold out in less than 2 days! I had no idea there were so many moms interested in getting a move on their knowledge. If you missed out on this special, we're extending the offer for another 5 days. We look forward to offering more promotions to get each and every one of you up and running with your health autonomy. Thanks for the great response. I'm tickled pink for all of you.

*Love,
Joette*

Quote from Joette:

Homeopathy's aim is to amaze, in a polite and resourceful way.

Where is Joette?

- *The Homeopathy Journal* in **Wise Traditions**, the quarterly journal of the Weston A. Price Foundation in Washington, D.C.
- **Chautauqua Institution** – August 1-5, 2011
Look on page 41 in the Health and Fitness section. Course # 1338

Bread and Butter Basics of Hay fever With Homeopathy

Allow me to postulate that health is not random. As a homeopathic consultant for over 16 years, I have seen health and the lack of it. I believe that the principles and laws of health are available to anyone interested in observing and then emulating them. There are explicit strategies that must be in place in order to achieve anything we do in life. In attaining health it would be wise to follow the traditions of true healing.

Hay fever has been understood by the great minds of homeopathy for the last two hundred years. One of the postulates is that hay fever is a result of poorly treated fever during youth. In other words, hay fever can be directly attributed to the unknowing deeds of doctors who handed out aspirin, Tylenol and antibiotics to address fever in children. This indeed is reason enough to not use drugs of commerce when approaching fevers.

Since there is little we can do to return to the past, we must work with what we have. Homeopathy is unique because it doesn't treat the illness, it treats the person. This means that five people with hay fever will receive five different remedies based on their symptoms or how their illness presents. Choose a remedy that best fits the symptoms and then give it hourly if the symptoms are severe. If the hay fever is forthcoming, then give the remedy thrice daily during the weeks leading up to it.

The premiere remedy to not only prevent the threatening attack, but to subdue one that has already begun, is *Mag Phos 6x*. *Mag phos* is a remedy for spasms, so it will relax the spasms of sneezing fits. It is best administered in a cup of hot water and then sipped one sip at a time every 30 seconds or so. I like to call this remedy ***Mug phos*** because it works so well in a mug of hot water. This remedy is often the only one needed to abort an episode.

When the person craves salt and the sun makes sneezing and runny eyes worse, as well as itching in the nose and associated areas, then *Nat mur 6x* is indicated. This can be taken 3 times per day for maintenance and up to 10 times per day when the suffering is more extreme.

Silica 6x is a remedy for those who have itching deep in the nose, back of the throat and deep in the ears. There is often violent sneezing with tingling in the nose especially in the morning. The mucus can be of a burning nature accompanied by hoarseness and dryness in the throat that is relieved with a drink of cool water. All of these symptoms are made worse by lying down at night, especially a tickling in the throat. Use this in the same fashion as *Nat mur*.

Then, there are combination remedies such as *Sabadil*. This is a combination remedy made from a number of remedies known to address hay fever. Hyland's Homeopathic manufactures it and it is available at Johnsons' Village Pharmacy (716)753-3200 or from your local health food store. Even Wal-Mart carries it.

We can't assume that the above remedies will thoroughly eliminate hay fever from your life forever, but they can certainly make it a little easier during the season. It's always worth a try to do this alone, but if complete success is the goal, and there's an interest in deepening the curative action so that the illness doesn't return year after year, contact your homeopath.

Often, what completes the work and moderates the propensity to have the hay fever in the first place is from the use of a nosode. Nosodes are remedies that are very powerful indeed. They are chosen based on past illnesses of the person as well as the family history. For example, someone who has a history of eczema and other skin diseases, obesity and experiences coldness, would likely be benefitted by the remedy *Psorinum*.

On using this remedy before or during hay fever season, the intensity is usually greatly mitigated and each subsequent year of it further enhances its effect. This is one of the areas in which a homeopath would be required in order to determine the remedy choice, potency and repetition.

However, when applied correctly, homeopathy will offer deep corrective action. No side effects. No synergistic effects. Just resolution. Now *that's* what I call medicine!

Edu Tip:

Learn as much as you can about homeopathy. It will change your and your family's lives. If you find that you've tried a remedy and it doesn't seem to work, it's not that homeopathy doesn't work, it's that the remedy wasn't chosen properly, the frequency is off or the potency is incorrect. With over 3,000 remedies from which to select, sometimes it can be tricky. But with practice, you'll get the hang of it. Hone your observational skills and delve a bit deeper in your books. Knowing that homeopathy ALWAYS works as long as the remedy is well chosen will give you hope that anything is possible. Keep learning. Keep trying.



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.

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

If homeopathy has helped you, pass on the good news! Sign up friends, relatives and neighbors to our ezine, so they can learn too. Sometimes the most unlikely folks take homeopathy on with gusto. Let's keep the circle of homeopathy moving!

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