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Welcome to our issue for January 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 my blog at: <http://www.homeopathyworks.wordpress.com>

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Greetings for the New Year!

I write this from my frosty home office in Colden, New York. The snow is 3 feet deep! Not only can't I see across the road, but my car is hidden behind an embankment of about 10 feet of fresh snow. It's sparkling, magical and makes us feel snuggly. We heat our home with a wood fire place and it's aglow 24/7. This is baking time. Baked apples with cinnamon, and raw cream atop, flan to use up the extra eggs, and venison stew to get the freezer cleaned out readying for the spring lamb and beef that's coming. It's a quiet season after the Christmas festivities, but it's got a temperate rhythm all its own.

When my husband and sons come in from skiing down across the road, they are welcomed by the fragrance of home. It's healing and nourishing. Wherever you are in your world, I wish you a snug January. May your home be warm and welcoming with an inside hearth that burns 24/7.

*Warmly,
Joette*

Quote From Joette:

“Our health should be as honest as an open diary. No hidden illness suppressed by a drug today only to show up in the future to stalk us.”

Joette Calabrese, CCH, RSHom(Na)

Where is Joette?

Read her column, *The Homeopathy Corner* in *Wise Traditions*, the quarterly journal of the Weston A. Price Foundation. Back issues can be ordered at www.WestonAPrice.org

Listen to Joette on Vibrant Living [Radio](#):

- 1) WJOJ 103.3 FM in Northampton, Massachusetts
- 2) KKNW 11.50 AM in Seattle
- 3) WJTN 1240 AM in Jamestown, NY.

My Italian Mama Knew

I'll make no apologies. I love my work because I get to be a mother. Firstly, it allows me to mother my children by being available to them....but then I also get to be a mother hen to folks in need. As a woman, I can't think of more rewarding work. What better way than to teach others how to bring the art of mothering to its summit? What better way indeed!

Homeopathy puts our children's care back into the hands of moms and grandmoms....where it belongs!

As children of Italian immigrants, my parents grew up in a time when you went to the hospital to die. There were no “well baby” appointments...in fact; there were no doctors in their lives at all. My grandmothers weren't neglectful, actually they were quite committed. (Have you ever heard of an Italian mother who wasn't?) They had big families, birthed at home, cooked meals from scratch, tended their vegetable gardens and even found time to go to daily mass.

Why then would they leave the care of their children's health to a stranger....and then **pay** for it? They learned the techniques their mothers, aunts and Godmothers taught them, and no one was the worse for it.

They knew a fever was a good thing and should not be tampered with. Instead, they just sat it out. They let fevers rise good and high in a comfortable bed administering plenty of water. They knew something most mothers in the last 70 or so years have forgotten. They knew that a fever was an outward expression of an inner turmoil.

Although they didn't employ homeopathy (mostly because it was the medicine of the educated Americans and British) they understood on a visceral level how key it is to let the body finish without removing the external signs. What's more, the great homeopathic minds of the last

two centuries know that the root of hay fever in adulthood is directly linked to the suppression of fever in childhood.

Think about it. Do your elderly parents and grandparents who allowed a fever to flourish suffer from hay fever today? Or is it the subsequent generation that does? Homeopathy doesn't suppress the symptoms...it doesn't put off the illness for another time. Instead, it stimulates the body's ability to cure itself. It promotes completion of the illness because it touches the mechanism in the immune system that triggers the healing response.

So.....if we treat a feverish child with a homeopathic remedy, it will rouse the natural process without injury. It will not abort it, but bring it to completion naturally. This is because it's not treating symptoms. This is a huge distinction worthy of our full attention. After the correct remedy is used the child often resigns to peaceful slumber...a good sign. Homeopathy requires the art of observation and hones skills of interpretation.

So how can we apply the wisdom of these wise mothers and integrate it into our knowledge of homeopathy? How can we hold our heads high knowing we've done a job well?

Here's how:

The **#1 remedy** for a high fever sometimes accompanied by severe ear pain is *Belladonna* 30, which by the way means "beautiful woman" in Latin. Give four pills, which is one dose every 2 hours if the fever is above 103. As soon as the little one is asleep or improved, then stop. Give no more than 4 doses.

If there is no improvement, then consider the **#2 remedy**, *Nux vomica* 30. *Nux vomica* is the premiere remedy for when your child has overindulged. Too many sweets at the birthday party, stayed up too late at Grandma's, pushed the limits and got a chill...this is a call for *Nux vomica*. It's often ushered in with chills and a "rumbly-tumbly" (a direct quote from Pooh). Administer it in the same fashion mentioned above.

If none of these characteristics fit, then consider the **#3 remedy**, *Pulsatilla* 30. This remedy is used for children who have just a fever. The classic *Pulsatilla* needing child is weepy, clingy, whiney, and craving of affection. They too can get a fever after overeating and usually the offending food is ice cream.

Bear in mind that even without homeopathy, your child will not likely suffer anything more than some discomfort for a few days. This is a small price to pay for the benefits of allowing his body to perform as it should.

Remember:

For a small investment, you can own these remedies in kit form, which in the long run is a substantial savings. These kits come with the top 100, 50 or 30 remedies most commonly used for home situations. Presently we have these as well as cell salt kits, professional kits and first aid travel kits. They come in nifty compact purse size, plastic chest size and professional size. I can't think of a better Mother's Day gift! Contact us below for your kits.

Undertake these “tried and true” remedies from your kit this winter and you might just find it easier to enjoy the cold. Keep a log of your efforts and the results so you have a record for next time the same symptoms occur.

That's how we learn to take care of ourselves and our families! Empower the family, and everything falls into place.

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.

Homeo-Tip!

One more remedy to consider is *Ferr phos 6x*. You can actually give this on alternating hours with any of the above remedies as long as there is a fever. Like those above, stop when there's improvement.

Edu-Tip!

Open up and learn homeopathy. Homeopathy is within your grasp for fevers and the like. While you're holding your little one in your arms, get your homeopathy book out or listen to your CD's. Understand from your head down to your toes that childhood fevers aren't dangerous. Suppressing them is.

Nutri-Tip!

Water, water and more water! During a fever, keep the babes hydrated. Dehydration is the primary threat with fevers of up to 105.



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

Joette Calabrese teaches and instructs folks how to add, obtain and maintain authentic, robust health via homeopathy and sound nutrition by offering tips and principles of health. She has become a trusted voice in achieving robust health that is decidedly educated, experienced and committed and has a following of discerning clients throughout the United States and abroad. [Click here for more about Joette.](http://www.Homeopathyworks.net/products.html)

Books, Tapes and CD's from Joette:

Learn more. 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, great blog articles, workshops, coaching and other resources to help women (and interested men too). Learn more now at www.Homeopathyworks.net

Recipe for *REAL* Pedialyte

Throw out the manufactured version! Have you ever read the ingredients in Pedia-yuck? Here's the list: water, dextrose, potassium citrate, sodium chloride and sodium citrate, FD&C Blue #1 and Red #40 (grape flavor) and FD&C Red #40 (bubblegum flavor).

Yikes! And it's given to children whose health is already compromised! No Italian Mama in her right mind would put her money down for this.

Make your own instead: Mix 1 tablespoon whole fat, organic yogurt with a tablespoon of fresh lemon juice and raw honey to taste in a glass of water. To this, drop in 4 pills each of: *Ferr phos 6x*, *Silica 6x*, *Calc phos 6x*, *Nat sulph 6x* and *Nat mur 6x*. Have your child drink it in small sips. This can also be made into popsicles. Offer a glass or a popsicle several times per day. Yum! These are *real* electrolytes and mothering at its best!

Connect with Joette on these social networking sites:

Facebook

<http://www.facebook.com/people/joette-calabrese#/joette?ref=ts>

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<http://www.twitter.com/homeopathyworks>

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