

# Homeopathyworks.net

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

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*Welcome to our issue for January 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](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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## Greetings!

The holiday season has concluded, the days are once again getting longer. When the sun appears seems just a little brighter! This month's feature article is about feeling better from the season of over indulgence and the toxicity of meds taken for often seasonal illnesses - in a gentle yet effective way.

*Warmest Wishes!*

*Joette*

## Quote From Joette:

*"All the necessary elements of true health are evident in the essence of the person. I can tell who is taking medications and who isn't by the look in their eye and their demeanor. There is honesty in real health."*

*Joette Calabrese, CCH, RSHom(Na)*

## Where is Joette?

### ***In the News...on the "Net"!***

I guess people like our blog because it was just featured again! This time it was in *20 Incredibly Educational Alternative Medicine Blogs*, it can be accessed by going to:

<http://www.mastersinhealthcare.com/blog/2010/20-incredibly-educational-alternative-medicine-blogs/>

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!

# De-toxing the Homeopathic Way

Although detoxifying or "de-toxing" is usually associated with naturopathy, colon therapy and botanicals, homeopathy can offer a surprisingly polite, yet powerful method for eliminating toxins from the body. The benefit of using this 200 plus year old medical method is that it is gentle, inexpensive, easy to administer and most importantly, profoundly effective.

It would be helpful if an understanding of homeopathy was at hand since it's an oft misunderstood word. Homeopathy is a method of medicine used the world over by medical doctors, hospitals, and clinics with a luminous history of data and research. However, because of the prefix "home" in the word, the understanding of homeopathy is easily misconstrued. The "home" in homeopathy actually means homonym, similar, or like. When placed before the suffix "pathy", which of course construes illness or pathology, the true significance of the word is revealed. That is, homeopathy means "similar pathology".

On administering a substance that in its original or gross form causes illness, when diluted (according to a specific homeopathic methodology), it will eliminate that illness. Dr. Samuel Hahnemann, the Father of Homeopathy discovered that substances in small doses stimulate the organism to heal that which they cause in overdose.

What does this represent for someone suffering from toxic overload? In classical homeopathy we think not in terms of how toxic someone is, but rather exploring the unique

pathology of the person who is suffering. In other words, we don't necessarily name the pathology or cause. Instead, we use symptoms, which are the body's way of conveying illness, to determine the best remedy for that particular person. It's individualized, well thought out and intelligent.

In Greek; the word symptom means sign and that's exactly what we search for; the signs of how this person is reacting to the illness. But we don't look for mercury in hair samples; instead, we search for evidence, such as spongy gums, a recurring sore on the septum and metallic taste. We don't stop there. We also want the emotional tell tale signs. Is the person aggressive, meek, or fearful at night? In other words, we use the totality of symptoms. This requires the skill of a homeopathic practitioner to decipher the exact remedy that will stimulate the person's ability to cure. It is a time-concentrated method that yields exciting, often permanent results. This is where homeopathy can shine at its best.

Having said this, there are little tricks of the trade we can employ to minimize the effects of toxins that don't require the work of an expert. This is where my passion lies as a homeopath and educator. As an advocate of self-care and health autonomy for families, I've made it my mission to teach folks; mostly mothers how to use homeopathy for their families.

Here are some of the pearls and secrets I've gleaned not only from having been in practice for over 15 years, but from treating my own family.

The first choice one might consider for toxicity is *Nat mur* 6x. This remedy is made from sodium chloride. Yes, that's right, salt! It becomes a powerful ally as a result of the specific homeopathic, pharmacological method that allows it to be utilized on a cellular level. Remember? Very dilute. In fact, so dilute are these remedies that they work on a nano molecular level. Nano molecular means very minute, yet very influential.

So, when one has been exposed to cigarette smoke, it's as easy as taking 4 pills of *Nat mur* 6x every 30 minutes and allowing them to melt in the mouth. Most folks who are sensitive to smoke will likely feel their discomforts abate. Not because the symptoms are covered up but because the mechanism of cure is being stimulated.

Ingesting an unsolicited measure of MSG from a restaurant can also be a call for the use of this remedy. Again, a dose of *Nat mur* 6x every 30 minutes will often put the headache to rest, restore the pounding heart to a normal beat and permit the toxicity to be eliminated.

*Nat mur* is also welcome for the toxic effects of x-rays. It can be taken in tandem with a dose of *Calc fluor* 6x every few hours, for a day or so after the exposure.

Some of the most dangerous toxins are found in the arena of modern drugs. Antibiotics, steroids, birth control pills, analgesics: these are substances that carry a big punch in what they oblige the liver to process. Alcohol in excess can also be added to this list. A powerhouse tactic for removing these particular toxins from the body employs the use of

*Nux vomica* 30. Taken every 4 hours for 1-2 days after ill effects from a drug, will calm the gastro intestinal tract and allow the liver to complete its extra efforts in cleansing.

The difference in the way one feels after taking these remedies... (Remember: only if the symptoms fit), will be downright memorable. Not only will you be sold on how it can change the way you approach your family's health, but you'll likely want to learn more because of the power it gives you. Homeopathy is a medicine that graces us with autonomy by putting the power of healing back into *our* hands. Can you think of another medicine that can promise as much? Me neither.

## Edu-Tip!

**Samuel Hahnemann** was a German physician who earned his Doctor of Medicine degree in 1779. At the time of his graduation, scientific advances were beginning to be seen in the fields of chemistry, physics, physiology and anatomy.

The clinical practice of medicine, however, was rife with superstition and lack of scientific rigor. The treatments of the day, such as purgatives, bleeding, blistering plasters, herbal preparations and emetics lacked a rational basis and were more harmful than effective. Hahnemann recognized this and wrote critically of current practices in several papers on topics such as Arsenic poisoning, hygiene, dietetics and psychiatric treatment.

Hahnemann was a language scholar and pharmacist as well as physician and chemist. While translating William Cullen's *A Treatise of the Materia Medica* into German, Hahnemann was struck by a passage that dealt with cinchona bark, which was used to treat malaria.

Cullen described its mechanism of action as a function of its stomach-strengthening properties. Hahnemann did not accept this explanation and took "four good drams of Peruvian bark, twice a day for several days" to attempt to characterize the action of the quinine-containing bark. Hahnemann reported that he began to develop symptoms identical to those of malaria.

He concluded from this experiment (and subsequent arduous and voluminous others) that effective drugs must produce symptoms in healthy people that are similar to the diseases they will be expected to treat.

Today this principal is known as the "Law of Similars" and is the basis for the use of the term homeopathy. And data accumulated throughout the medical world with corresponding peer review has substantiated this law and its tenants.

That's why homeopathy is universally used in hospitals, clinics and private practices throughout free Europe, South America and India today. Now let's bring it back to the U.S., one mother at a time.

*\*Excerpts from: <http://altmed.creighton.edu/Homeopathy/history.htm>*



## 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)

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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### Joette's Blog

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