

Homeopathyworks.net

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

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Welcome to our issue for **Late** April 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: Contact@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!

Exciting things are Springing forth! At the end of March, Dr. Oz featured homeopathy on his television show. He even mentions that his wife chooses homeopathy for their children before consulting him when there is an issue. He offers a forum where homeopathy users can tell their success stories! Great news to get the word out about homeopathy!

Warmly,
Joette

Quote from Joette:

Be bold! Say no to meds of commerce.

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* Join Joette for a full week of intense homeopathy: Aug 1-5 Come for just the class, or to also enjoy the beautiful grounds and exceptional activities of this world class summer destination. For more information; go to the Chautauqua Institution website at: www.ciweb.org. Under special studies you can download the 2011 Special Studies Catalog. Joette's course is on page 41. See you there!

Snap, Crackle, Pop... Arthritis Pain and Homeopathy

Stiff elbows, creaky wrists, crackly knees. Suffering from arthritis swelling and pain is not the way we planned to spend our middle and later years. And as if the pain, swelling and restriction aren't enough, the side effects from the drugs can cause entirely new symptoms and diseases. Just reading the small print of arthritis drugs is enough to give one a case of anxiety disorder.

Yet, there is an alternative of grand proportions....homeopathy. Homeopathy is the gentle medicine that has offered relief from joint pain and slowed the progression of this disheartening disease for the last two hundred years or so. If properly utilized, homeopathy can address the inflammation, pains, sleeplessness, lethargy and despair. It can even eliminate future problems and bring joints to their normal state if caught early enough.

Take Carolynn for an example. Carolyn is a knitting enthusiast. As a young girl, her mother taught her to knit everything from scarves to ponchos and ever since that time, mother and daughter have enjoyed their hobby together. When Carolyn's right thumb began swelling with pain last fall, she commenced taking analgesics a few times a week.

Soon she discovered that it wasn't enough when she had a knitting project at hand. So she doubled the dose and began taking this amount daily, especially when the weather was damp. Within three months she experienced abdominal pain and blood in her stool. When she mentioned this to her doctor, the first thing he asked her was if she was taking aspirin or the like. After leaving the doctor's office with three new prescriptions, one for the abdominal bleeding, one for inflammation and another for joint pain, it was clear to Carolynn at that moment that she needed to find an alternative method for the mess she was in.

On the way home, with swollen hands and a sharp pain in her abdomen, she recalled that only last week her neighbor mentioned that a homeopath had cured her husband of tendonitis. "Hmm", she considered "I wonder if an inflammation of joints is treatable with homeopathy."

Carolynn met with a homeopath a week later and after taking the remedy for only three days, she felt measurably improved. The blood in her stool and abdominal pain were gone in about ten days. Her thumb was no longer painful within the first week, even the swelling was reduced. More unexpectedly was her hip that had also been bothering her nightly in bed for years was no longer sore and achy. She was so accustomed to it that she never even thought to mention this to the homeopath. Now that pain was distinctly missing. This, in turn restored her sleep to the way it was when she was younger. The most astounding relief came from her feet. She had always suffered from pain and other sensations in her heels anytime she walked too far. Yet now this pain, too, was nearly gone.

It was difficult to imagine that the little pills she took had no side effects, were non-addictive, cost under \$20 and could make such a difference in her well being. Her knitting was not only done without pain, but she found that the dexterity she lost years ago had returned.

The homeopath informed her that she should take *Rhus tox* once every two weeks. After the second appointment, no follow up appointment was scheduled because she was no longer in pain. Wow! No pain and no meds! Carolynn was so delighted; she scheduled an appointment for her mother Maddie, who also suffers from arthritis.

Maddie; in her eighties has had arthritis ever since she was in an automobile accident nearly twenty years ago. She has taken steroids for the last three years. However, she recently read on line that steroids can cause bone loss. There was no coincidence; she thought that she had broken her hip last year from a minor injury. It indeed seemed too extreme a break from such a minor fall. It was the x-ray technician who made the correlation between the drug and the break. Why hadn't she been warned by her doctor? She wouldn't have taken the steroids had she known the consequences. Now she was hopeful that her daughter's homeopath could offer another way.

Her visit to the homeopath was not unlike Carolynn's. She learned that homeopathy has no side effects, is gentle and could be used in tandem with her anti-inflammatory medication. The best part was that she could soon reduce the medications as her joint pain improved. And that's just what happened.

The homeopath prescribed *Arnica montana* for Maddie, for the residual pain in her hip from the fracture. She noted that the pain was lessened and the shaky feeling that had become a part of her daily life since the injury, was also resolved.

Two months later, Maddie was given another remedy, *Sanguinaria*, for the chronic joint inflammation and pain in her neck. It was like a miracle! It took a few weeks, but soon Maddie was free of soreness altogether! She told her friends, neighbors; and anyone who would listen.

From time to time, Maddie returns to her homeopath for what she calls her "adjustment". Each visit is an opportunity to get another health issue resolved.

And so, soon her sleep was restored, too. What used to be a nightly struggle became recuperative, uninterrupted sleep followed by a desire to spring into action on arising. Life simply got easier without the little aches, tenderness, and disturbances.

It is said that health is freedom. Freedom to pursue what each of us is meant to do. Homeopathy provides and respects the individual differences between us and offers a safe, drug free solution to debilitating disease and puts the body in order. It politely tames the disease so that it no longer exists.

For both women, there is no longer a concern that knitting will be painful or will be put aside because of joint pain. Now Carolynn and Maddie go for long walks, often to the local knitting shop to get inspiration for the next project. Then they stride home - the long way. They swing their arms with comfort and ease, each with a satisfied grin as they head home to wield their needles for their new knitting venture and a life worth living.

Homeo-Tip: Although there are a number of remedies that are useful in arthritis, one of the most powerful and common choices is *Rhus tox*. More often than not, it's best used in a 200c or even higher. However these elevated potencies should be left to the experienced hand of a classical homeopath

or at least someone with training. Meanwhile, many experience improvement from even a 30 potency. So, the way to give this a try, is to use *Rhus tox* 30 twice daily for one week. Then take a week off and repeat the process on the 3rd week. Follow one week on, one week off over a period of 6 weeks. If improvement is accrued at any time during the process, the remedy should be stopped. When symptoms return, once again the course can be resumed.

In homeopathy, the entire case needs to be taken in order to choose the remedy most closely aligned to the person. Yet, *Rhus tox* is one of the lovely exceptions to this rule. Before contacting your homeopath, you might want to give *Rhus tox* 30 a try for your mother, grandmother or even your aging dog. Cure your family. That's what moms are all about!

To learn how to treat your family for mechanical problems such as injuries and first aid, I'm confident you'll benefit from my CD, "Perform in the Storm; A Homeopathic First Aid". Listening to a CD is one of the best ways to incorporate homeopathy into our lives. Go to HomeopathyWorks.net, and then get more cures under your belt!



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 client/students 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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