

# Homeopathyworks.net

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

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

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## Greetings

June means winding down the school year and ramping up the wild edible season; Dandelions and cardoons (burdock). My chickens and ducks are laying lots more eggs. That means dandelion omelets and fried cardoons. Read on to see how to ease aches and pains, and enjoy the abundance of wild edibles in the spring.

*Love,*

*Joette*

## Quote From Joette:

"Genuine medicine, such as homeopathy, is neither of this moment nor that. It's no slave to fads. There are no novel drugs to be clandestinely removed from the market when too many post-market studies indicate dangers, only to be replaced with the "hot, new pill". It's timeless, well-mannered, smart and curative. And in mom's hands, it's the helper she's been looking for."

## Where is Joette?

Watch for Joette in her column *The Homeopathy Journal* in *Wise Traditions*, the quarterly journal of the Weston A. Price Foundation in Washington, D.C.

### See Joette this summer:

- *The Homeopathy Journal* in **Wise Traditions**, the quarterly journal of the Weston A. Price Foundation in Washington, D.C.

- **Chautauqua Institution, Chautauqua, NY** – August 1-5, 2011  
Look on page 41 in the Health and Fitness section. Course # 1338  
[http://www.ciweb.org/storage/downloads/SScatalog\\_2011\\_web.pdf](http://www.ciweb.org/storage/downloads/SScatalog_2011_web.pdf)

## Oooh! My “Dogs” Are Barking; Aching Feet and Legs Meet Homeopathy

"Shopping done....car unloaded... Oh, my aching feet and legs!" A hot soaking bath would be welcome right about now. Is it fibromyalgia, arthritis, plantar fasciitis? Whatever you call it, it makes us feel old and downright sore. But it doesn't have to be this way.

I too suffered this malady until I studied homeopathy. Today, as a result of the exquisite remedies of homeopathy, I'm free of that awful, tender pain. If you too suffer in this way consider one of the following remedies. If you don't get enough relief, contact your homeopath for a remedy that is more specifically suited to your body.

The first remedy that has a reputation for aches from over exerting is *Arnica Montana* 30c or 200c. In either potency, it can be taken every 3 hours up to 4 doses but stopped once

there's improvement. If on the other hand, the pain is worse on first movement after sitting for an extended period or in the morning upon getting out of bed, the remedy is likely to be *Rhus tox* 30. If your pain is also in the knees and ankles....*Ruta grav* 30 is more specific for these areas and especially for tendons. *Rhus tox* and *Ruta* can be taken in the same method as *Arnica montana*.

Whichever remedy you choose, it should be used for no more than a few days. If there is no improvement, then go to the next most likely choice. Once it's clear that you're on to the correct remedy, you'll find it to be the one that works again and again. So that the next time this same pain comes about, you'll know which one is right for your specific pain and circumstance. Remember: Homeopathy is person specific.

Here's the exception.....*Calc phos* 6x. It can be used in conjunction with any of the above. It can be taken 3-5 times daily for many days and when done so, in tandem with any of the above remedies. It's often the little extra nudge needed to move the situation along.

Homeopathy is gentle and polite never with any risk of side effects nor synergistic outcome with other meds, herbs, vitamins, etc. In fact, although regulated by the FDA for the past 60 plus years, never has one, **not even one** homeopathic remedy been removed from the market for dangerous side effects or misuse. This is quite a statement given the number of conventional drugs removed regularly. Homeopathy has a consistent sterling reputation for safety, purity and ability. More importantly, homeopathy works!

If you find yourself intrigued with this information, dig further!

Homeopathy; the choice of discerning people who expect a medicine to deliver results.

**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](http://www.homeopathyworks.net/products.html).



## Edu-tip:

Burdock has been used for centuries to treat a host of ailments. It has been traditionally used as a "blood purifier" to clear the bloodstream of toxins, as a diuretic and as a topical remedy for skin problems such as eczema, acne, and psoriasis. In Traditional Chinese Medicine, burdock is often used with other herbs for sore throat and colds. Extracts of burdock root are found in a variety of herbal preparations because of its medicinal properties. In Japan and some parts of Europe, (Italy, France and Spain) burdock is eaten as a vegetable.

Burdock contains vitamin B6 as well as Magnesium,

Phosphorus, Potassium, Manganese and Sodium.

(University of Maryland Medical Center site [www.umm.edu/altmed/articles/burdock](http://www.umm.edu/altmed/articles/burdock))

## Nutra-tip:

Just after the lilacs blossom, burdock shows itself in full bloom. That's right about now in Western New York. That's when it's time to harvest burdock. Any later and the stems become too tough and bitter. Coming from an Italian American background, we called them cardoons. I believe the French use the same word.

Burdock lives in disturbed soil such as beside old buildings, barns and around farm settings. They'll grow just about anywhere, but are not usually allowed to survive in around gardens because of their ugliness. However, once you develop a taste for them, you might devote a section of your garden for your burdock patch. Then enjoy one of early summer's best wild vegetables.

Here's how to make your family a nutritious meal that costs no more than some time. Some folk's say it is an acquired taste...for me they are in a word, delicious!

- With a spade; dig down alongside the plant and bring up the leaf stems with a bit of the root still attached. Not too much, because you want the plant to re-grow next year.
- While still at the sight, cut off the stems with a sharp knife and put them into a bag, leaving behind the leaves.
- Once home give the stems a good wash with a "scrubbie", and pull off some of the celery-like threads.
- Cut into bite size pieces, gently simmer in a small amount of water, until *almost* fork tender.
- Strain (saving the liquor/liquid) and cool.
- Beat a raw egg and add the cooked stems.
- Toss in flour with salt and pepper. For those with gluten allergies, dried coconut is a good substitute.
- Fry the burdock in equal parts lard, coconut oil and butter until browned on the outside.

Refrigerate the retained liquid and drink a couple of swigs daily for a week. But be prepared....it tastes like an old fashioned tonic: **strong**. Just remember as you muscle it down, that it's an extraordinary spring tonic!

I hate to admit this.....but my sons eat these with *ketchup*! No thanks. My consolation? At least they eat them!

Safety note: As with all wild plants, be certain that what you're harvesting is the real thing. There are many look-alikes in the wild plant world.



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

Joette Calabrese teaches and 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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