

Homeopathyworks.net

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

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Welcome to our issue for Early March 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.

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Greetings!

The days are getting incrementally longer and the sun peeks out a little more often, but spring still seems a long way off. Read on to discover an excerpt from my recent blog and a treat to prepare at home to help make these long last days of winter a little sweeter.

Warmest Wishes!

Joette

Quote From Joette:

"By its very nature, homeopathy requires us to make it essential in our lives. It advises us of the opportunity to commit to something fundamental, something on a quiet, yet gigantic and enduring scale.

Joette Calabrese, CCH, RSHom(Na)

Where is Joette?

Watch for Joette's column:

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

For the Love of Family – Homeopathy!

Recently I was asked in a blog for some personal examples that demonstrate the power of homeopathy....here is an excerpt from that blog, that again reconfirms my commitment to this profound yet gentle science.

Well, I'll tell you an incident that occurred only last weekend to my husband who is a professional ski instructor. He took a nasty spill, rolled and landed (hard) on the back of his neck. When he finally came to, there was a crowd of concerned skiers and the ski patrol gathered around him. I'm still not sure how he got home, nor is he, but he was clearly dazed, confused and shaken up quite a bit.

Now, since we live on a ski hill in New York, and my family spends every snowy hour they can on the slopes, I've made certain they each have a bottle of Arnica Montana in their ski parkas. This time, however, Arnica was not the best choice because of the fact that he was dazed and wobbly, so the pain was not as important as his state of mind.

I gave him Nat sulph 1M and within half an hour, he grew a smile on his face that indicated the transformation. "Thank you", he said. "My mind was fuzzy and I felt fragile and confused." There are so many incidents in my life in which Homeopathy has given my family and me the kind of power all families ought to have available.

Our son had fear of a big exam that was forthcoming a few weeks ago but was calmed by *Gelsemium* taken every 4 hours. He aced the exam, but more importantly, he was not uneasy the morning of the exam. Also a few months ago, my father had a suspicious lump appear only to have *Lycopodium* resolve it within 2 days.

But the most profound story is the one about my Aunt Mary. Unfortunately, this one is not bestowed with a happy ending. Aunt Mary was my Godmother with whom I was very close. We spoke on the phone weekly. Years ago I had given her a Homeopathy kit so she could call me should she needed my help. Well, one night she slipped and sprained her ankle. Normally, she would have called me to get a remedy, but this time, she just went to the doctor without phoning because she knew I had a busy week that week. I would've indeed recommended she have her ankle looked at to be certain it wasn't a break and then a Homeopathic remedy for the pain, swelling and quick healing.

Instead, on the way home, my uncle stopped at a drug store to get Darvon, following the doctor's instructions. That night, she took the Darvon and within 6 hours, she died in her bed. The "cause of death" was cardiac arrest, however, no one in my aunt's very large family had ever had heart issues and only weeks prior, and she had been given a "clean bill of health" from the very doctor who prescribed Darvon. Down to my toes, I knew it was the Darvon, so did my mother and my uncle. When I reviewed the dangers of the drug on line, it was logical that the drug had caused her death. Now 2 years later, class action suits are sprouting everywhere against the manufacturer. The FDA has finally banned Darvon and Darvocet. Just for the record, it's been prescribed since 1957. The reason it was taken off the market? It causes cardiac abnormalities and arrest in people who don't have a history of heart disease, even in recommended doses. How many unsuspecting folks have been poisoned by this drug in the last 40 years with the cause of death appearing to be something else?

This kind of loss is always difficult. But the salt that stung the wound deeper is that first; my aunt trusted the doctor to give her something that was safe. Second; that the very remedy that would've offered her quick and more importantly, a harmless method of healing was only 20 feet away in her medicine closet..... in her Homeopathy kit!

This is the kind of story that I hear on a regular basis from clients and students all over the U.S. As mothers and others, we need to protect our families and the only way to do so is to arm ourselves with knowledge: Homeopathic and nutritional knowledge. Well, there's also the protection we gain from holding to our faiths and scrutinizing what is taught in the schools. But it means diligence.

I entreat all mothers to not be a "good little patient". Be the one who questions every decision a doctor suggests and knowing your alternative options. This is not a time for compliancy. Be a fierce lioness when it comes to your family. Be a mighty mom....read, study, educate yourself. Then get to the job at hand...of being the most protective person in your children's lives. And when they're set well, take care of your parents, your aunts and uncles, your friends, pets, and so on. I can't think of a responsibility more important than this one.

Recipe Tip!

Homeopathy on only one way I care for my family. They love these yummy yet nutrition packed treats!

REAL Peanut Butter Cups

Do you love chocolate candy? Me too, but I hate the ingredients. Even some of the more natural candies have questionable additives, such as soy. So here's my version of a chocolate peanut butter cup I make for Valentine's Day for my family.

The Chocolate Layer

- 1 Cup Green Pasture's coconut oil (One of the best brands)
- ¼ Cup organic raw cocoa powder (Found at health food stores)
- Big pinch of Celtic salt
- 1 tsp. vanilla (I make my own but any organic one will do)
- ¼ Cup raw honey
- 1 Cup organic almond flour

In a food processor mix all ingredients except peanut butter. Scrape out ½ of mixture and make a smooth layer on a cookie sheet lined in parchment or waxed paper and place in the refrigerator for 30 minutes or so. Set the other half aside at room temperature. While the mixture is cooling begin the peanut butter layer.

Peanut Butter Layer

- 1/2 Cup organic peanut butter
- ¼ Cup raw honey
- Parchment or waxed paper

Combine peanut butter and honey in a cleaned food processor. Smear the peanut butter topping in a uniform layer on top of the cooled chocolate layer. Return to refrigerator.

Once cooled, spread remaining chocolate mixture over the peanut butter layer. Place back in the refrigerator. When completely cooled, break up into individual bit-sized pieces and place in paper crinkle cups or fashion on a doily placed on a plate. They may remain at room temperature but a distance from the fireplace. (Yes, there's a story behind this caution) Usually, I keep them in a glass covered container in the fridge.

Mint Variation

Using the above recipe, omit the peanut butter layer and instead, add 10 drops of essential oil of mint. Oh! Heavenly Day!

Orange Variation

Using the above recipe, omit the peanut butter layer and instead, add 10 drops of essential oil of orange. A little twist of orange peel on top is a lovely addition and denotes which candy is the orange one, if you decide to make a variety.



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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