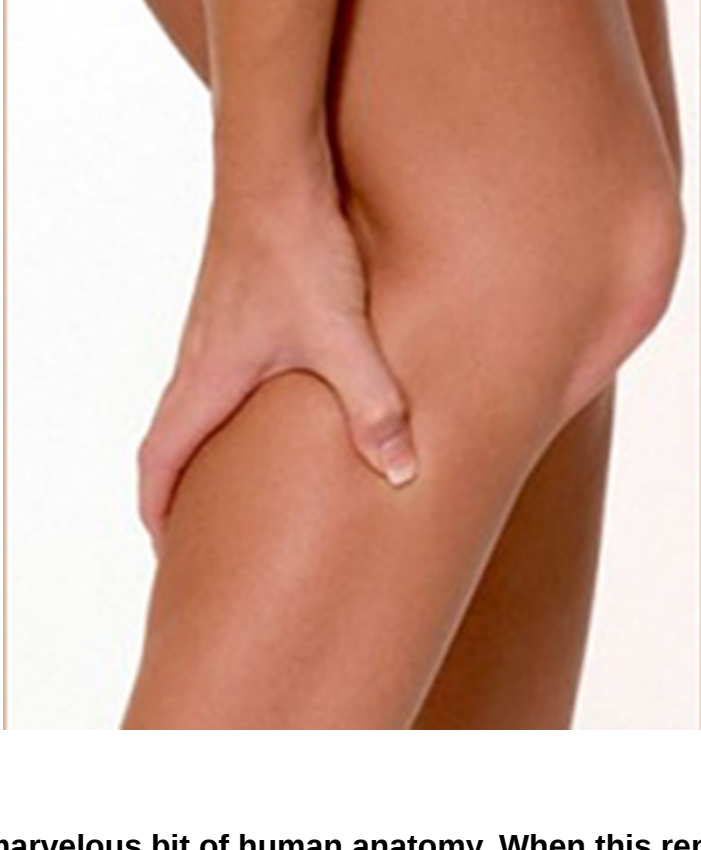


Joette Calabrese presents [JoetteCalabrese.com](http://JoetteCalabrese.com), where mothers and others become empowered via homeopathy.  
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## Homeopathy: It's the Bee's Knees



Dear Friend,

The knee is a marvelous bit of human anatomy. When this remarkable structure is injured or comes under stress from overuse, then pain, swelling, redness, warmth and limited range of motion may ensue. But, never fear, homeopathy can provide an answer to many common knee ailments and even help avoid surgery!

Love,



### A Formula for Treating Knee Problems with Homeopathic Remedies

Oh those aching knees! Are you considering knee surgery? In many cases, homeopathy can repair knee problems that might otherwise require a trip to the operating room. Before submitting to the knife, dangerous anesthetics and antibiotics and analgesics and steroids and...yikes! At some point we have to stop all the interference with nature and do something that doesn't actually cause harm.

Enter homeopathy. Homeopathy is the only form of medicine that has no hostile side effects. Instead it gently and effectively eliminates pathology in such a polite fashion that it is often barely noticed until healing has occurred.

Here's a regimen that has gained notoriety in the homeopathy world for painful, creaky knees. The remedies can be found inexpensively at many health food stores. The noted schedule is as follows:

- 1) *Ruta graveolens* 6x- twice daily
- 2) *Symphytum* 200- once every 2 days
- 3) *Rhus tox* 30 - twice daily

Most folks who follow this regimen find that once the knees improve, there's no need to take the remedies any further.

These remedies are known for uprooting many knee problems. I'm not prescribing here. I'm simply passing along educational information that has helped folks in the past.

Another helpful tip for many is to eliminate gluten from the diet. Some find that one simple dietary switch can minimize pain and inflammation.

It has been shown that if this kind of regimen doesn't fix the knee problem, it is prudent to consider contacting a homeopathic consultant for a more individualized regimen.

There are fascinating depths to homeopathy. This is a mere tip of the iceberg that may whet your appetite for exploring the curative power of homeopathy.

The best part of homeopathy is that it offers autonomy. It's wise to learn as much as possible without dependency on drugs or surgery. Don't you love being able to use something that's gentle and effective? Oh, and inexpensive too!

*The information provided in this article is for educational purposes only and may not be construed as medical advice. The reader is encouraged to make independent inquiries and to seek the advice of a licensed healthcare provider.*



Interested in finding out if homeopathy is a fit for you and your family's health strategy?

Call 716-941-1045 or [EMAIL](mailto:Joette@JoetteCalabrese.com) us to set up a brief introductory appointment with Joette.

## HOT Off the Press!

Want to Hire Joette to Speak?

With the successful keynote speech/lectures at the most recent NCH meeting behind us, we are getting more requests for Joette to speak. Contact us for more information if you would like Joette to speak to your organization or major event.

For more information:  
<http://joettecalabrese.com/hire-joette-to-speak>

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**How to Raise a Drug-Free Family**  
Weston A. Price Foundation 14th Annual Wise Traditions Conference  
November 8-11, 2013 (Joette will speak on November 11)  
Sheraton Downtown Atlanta Hotel  
Atlanta, GA

For more information:  
<http://conferences.westonaprice.org/main-conference>

## Joette's Newest

JoetteCalabrese.com's Newest Blog Post

[Morning Sickness Ruining Your Pregnancy?](#)  
[Choose one of these Homeopathic Remedies](#)

## Did You Know?

### Lab Rats?

While on modern medicine's watch for the last half century, we have witnessed countless increases of chronic disease...autism, heart disease, infertility, cancer, MS, RA, obesity.



One day we hear how promising a new drug is; the next, we learn the drug has been removed from the market for having caused worse disease than the one it was intended to address.

This is such a common event that we barely notice it anymore.

Weren't these drugs tested? Apparently not thoroughly enough. The American public is the test. We are the lab rats whose health is potentially harmed by the drugs of commerce.

If any other industry had made such blatant and consistent mistakes, they would have ended up on the chopping block long ago.

The medical/pharmaceutical cartel has immunity to the wrath of the public. In fact they haven't even lost credibility!

Well, perhaps until now. Finally, folks are fed up with taking a drug for cholesterol, then a drug to cover up the ill effects of the statin drug, then a drug to make it comfortable enough to take the last drug, then...STOP! NO MORE!

Enter homeopathy. Homeopathy as a medical discipline is oft misunderstood. It is actually a medicine of great repute throughout the world and was well established in the United States until the 1940s.

The voice of homeopathy was not a concern to conventional doctors until the homeopaths began to make public the foundation upon which homeopathy is built.

Once they proclaimed that the cause of modern ills is directly attributable to the use of drugs, it was the beginning of their demise. This was blasphemy. It was high treason. In fact it was cause enough to be blackballed from medicine's ivory tower.

Now, more than 60 years later, the burning question has become, which paradigm of medicine ought to be black balled?

The one that causes illness or the one that doesn't? What do you think?

## Check It Out!

### Avoiding Gatorade

With summer approaching, many people turn to concoctions such as Gatorade to maintain their electrolyte balance and avoid dehydration.



While both of these are important goals, there are better ways to achieve them without the preservatives, dyes and other questionable ingredients in commercial sports drinks.

Here's a suggestion for a homemade version that is effective and good for you!

[Get Rid of the Goofy Gatorade](#)

## Quote From Joette

"Take the time to do some small thing that may or may not be noticed. Amica montana to a bird with an injured wing. Rhus tox to an elderly neighbor with arthritis. Homeopathy makes the world a softer, more hospitable place."

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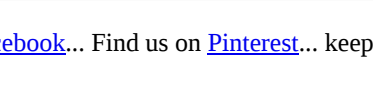
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## Have a Suggestion?

If you have a specific question you'd like answered or topic covered in future issues, please [E-mail suggestions](#) or post comments [on our blog](#).

## About Joette

Joette Calabrese, HMC, CCH, RSHom(Na) instructs folks how to 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.



### Please Note...

Joette is not a physician and the relationship between Joette & her clients is not that of prescriber and patient, but of educator and client. It is fully the client's choice whether or not to take advantage of the information Joette presents. Homeopathy doesn't "treat" an illness; it addresses the entire person as a matter of wholeness, which is an educational process not a medical one. In order to be treated or diagnosed, Joette believes that the advice of a holistic physician is in order.

\* These statements have not been evaluated by the Food and Drug Administration. This e-zine is not intended to diagnose, treat, cure, or prevent any disease. The information in this e-zine should be used only after consulting with your doctor or other health care professional and should NOT be considered personalized health care advice. This is meant for educational purposes only. We hope you will educate yourself thoroughly.

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