

# Homeopathyworks.net

*Welcome! This is our newly formatted newsletter on homeopathy, but more importantly...YOUR place for homeopathy. This is where you and homeopathy meet. Your questions answered, fears quieted and resources discovered. I love being a homeopath and educator and that means I love helping you with your achievement of optimum health.*



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## *Note From Joette:*

Greetings!

Welcome to this first, after-a-hiatus edition of Homeopathyworks.net! For those of you who had come to look forward to it, I hope I can make it up to you with forthcoming issues. My practice has been busy so I've hired LauraLee Naughton to organize and

put out a consistent newsletter worthy of your consideration.

I think you'll be pleased with what we have in store for you and your family.

It's that time again and in this issue we will focus on the upcoming cold and flu season. My spotlight article: Tips, Techniques and Tactics is to help you to keep your family healthy and happy during this season, with this most empowering lifestyle...

Homeopathy at home!

*Warmly,  
Joette*

## **Tips, Techniques and Tactics**

**A Flu Story:** I lived in Washington D.C. in the 1970's when the other swine flu was declared an epidemic. I obediently lined up at the Air and Space Museum waiting for hours in line with thousands of other Washingtonians. Later, I learned of a friend and then an acquaintance that were both rendered paralyzed as a direct result of the vaccine. I never did meet or hear of someone who actually got the flu from not taking the vaccine. This was my initiation into the importance of questioning information from medical authorities.

## **Tips, Techniques and Tactics continued:**

### **The Don'ts:**

By far, one of the easiest ways to protect against the flu and any other infectious illnesses that are epidemic in nature is to adhere to as many of the following common sense tactics as possible:

1. Eliminate the lure of panic.
2. Don't submit to the hype about the vaccine (It has been known to suppress T-cell counts. Additionally vaccines usually contain thimerosal and other immunosuppressive substances and they often relay the very same illness that they're meant to protect against.. The vaccine theory is replete with faulty science.
3. Avoid anti-viral drugs as they and most other drugs suppress a person's ability to withstand the illness at hand as well as others down the pike.
4. Don't eat denatured foods of commerce.
5. Don't allow stress to enter your home. Minimize exposure to the news on TV and support each member of the family with extra understanding.

### **The Do's:**

1. Eat plenty of whole fresh and raw foods, especially fermented or live cultured vegetables such as kimchee, kombucha, sauerkraut, truly fermented pickles and fermented dairy such as yogurt and cheese. These are natural pro-biotics.
2. Use large amounts of traditional fats such as butter, cream, lard, coconut oil and palm kernel oil. Eschew processed vegetable oils.
3. Include plenty of raw foods such as raw cheese, raw butter and most importantly, raw cow or goat milk. Again, these are the best probiotics to keep digestion optimal. A well-tuned digestive system is a well protected body.
4. Make loads of bone stocks from the bones of organic chicken, turkey, beef, pork, fish, and venison. Make this your daily fare. (*More on this in upcoming newsletters.*)
5. Get lots of sunshine. It's free vitamin D! Go for walks in the fresh air or make a habit of going through your mail or reading in the sun for 15 minutes every day....preferably at noon.
6. Take high quality cod liver oil daily.
7. Get the requisite amount of rest. If tired; take a nap.
8. Take care of each other. Our families are teams for life. Pope John Paul reminds us, "Pray for the integrity of the family."

## Homeo Tip!

**Homeopathic Protocol:** Homeopathy has a reputation worldwide for working with the immune system to set it on the right course. Until there is more information as to which remedies are the closest fit, the general protocol for most flu's is the following:

**As a prophylactic (preventative):**

***Influenzinum 30*** - taken 4 times in one day, repeated once weekly for one month and then once monthly until the threat is over has been a mainstay of homeopathic medicine for decades.

**At the first sign of a cold during an epidemic of the flu, it has been shown that the following protocol is highly effective:** ***Influenzinum 30*** - taken 4 times in one day for 2 days. Skip 3 days, and then take ***Oscilloccinum - 4x's in 1 day for 2 days***. The entire procedure is then repeated several times until the illness is resolved.

The top flu remedies to consider for this upcoming season in addition to

*Influenzinum 30* and *Oscilloccinum* are *Gelsemium*, *Dulcamara* and *Baptisia*. Keep them on hand in a 30 potency. We'll review each as the season goes on so that you'll be able to differentiate like a pro. As I get more calls from folks getting sick, we'll have a better idea of which is the best choice of the season. I'm presently researching comprehensive homeopathic treatment of influenza. It will be available through my website and office by Oct. 15.

You can purchase these remedies at Johnsons's Village pharmacy 716.753.3200

## Health Tip!

**Bone Stock:** In folk wisdom, rich chicken broth – the famous Jewish penicillin – is a valued remedy for the flu. The 12<sup>th</sup> century physician Moses Maimonides prescribed chicken broth as a treatment for colds and asthma. Modern research has confirmed that broth helps prevent and mitigate infectious diseases. The wise food provider, who uses gelatin-rich broth on a daily or frequent basis, provides continuous protection from man's health problems....

Sally Fallon, *Nourishing Traditions*



*About Joette Calabrese, HMC, CCH, RSHom(Na)*

Joette Calabrese teaches and instructs folks how to add obtain and then maintain authentic, robust health via homeopathy and sound nutrition by offering tips and principles of health. She has become a trusted voice in achieving robust health that is decidedly educated, experienced and committed and has a following of discerning clients throughout the United

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States and abroad, known for her skilled and creative style, Joette's expertise has been showcased on radio shows in Connecticut, Oregon, San Diego, and at the Chautauqua

Institution. She is a columnist for the nutritional quarterly, *Wise Traditions*, published in *Homeopathy Today*, and has published a book many articles and 4 CD's.

As a certified classical homeopath, Joette Calabrese's signature philosophy is that health is not random and that it can be achieved through the detailed and systematic method of classical homeopathy. She draws her ability from nearly twenty five years of extensive study with her teachers from England, The Netherlands, Israel, Canada and India. Yet she also references the care of her extended Italian American family in utilizing her unique methods of classical homeopathy and gourmet/slow food nutrition. She may be contacted for in-person or phone consultations, seminars and interviews at [www.homeopathyworks.net](http://www.homeopathyworks.net) or 716.941.1045

*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, great blog articles, workshops, coaching and other resources to help women (and interested men too) . Learn more now at [www.Homeopathyworks.net](http://www.Homeopathyworks.net).*

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