

## Three Easy Homeopathic Remedies



Dear Friend,

Easy?

Nothing is ever just plain easy, is it?

Homeopathy is a vast subject. It can sometimes seem overwhelming.

But, if we approach only three remedies, as I suggest below, you'll master enough to take care of a few of life's little issues without the risk of dangerous side effects. And check out our special on a cell salt kit to get you started.

Love,

Enter the world of cell salts, sometimes called biochemic tissue salts. It's homeopathy's easy solution. With the three following remedies, you'll be able to address a cold, relieve pain, and fend off infection.

There are 12 cell salts in all, and if you'd like to learn about the other 9 cell salts, download, "Cell Salts; The Easy Homeopathy" [HERE](#). Meanwhile, I'll offer just enough in this ezine to whet your whistle.

### ***Ferr Phos 6x***

The first cell salt remedy, most endearing to those who suffer from infections, is *Ferr phos 6x*.

When I was teaching my sons the peculiarities of the English language, I used the name of this remedy to demonstrate phonics:

Ferr PHos (the "t" sound) is for First aid. It is also good for inFlammation.

It's also invaluable for a wound, a forthcoming fever, and even fatigue. Taken at least three times per day, it will gently minimize the problem and often resolve it in short order if caught soon enough.

And there it is. *Ferr phos 6x* is the quintessential remedy to use when in doubt for ANY inflammation. It can be diarrhea, a cold coming on, a boil, a sore throat, etc.

Try it and it will soon become one of your favorite standby remedies.

### ***Mag phos 6x***

Next, there's *Mag phos 6x*, the pain reliever.

But it *must* be the kind of pain that is comforted by warmth and pressure.

For example, when menstrual cramps are soothed by a hot water bottle gently pressed against the abdomen, this is a call for *Mag phos 6x*.

Instead of taking this cell salt dry in the mouth, its efficacy and speed are augmented when 4 pills are added to a cup of hot water and then sipped every 30 seconds or so.

That's why I call it **Mug** phos... a little memory trick to help recall that this cell salt is associated with heat and is best administered in a mug of hot water.

If there's no relief, then repeat the process right away. In most cases, my clients rave about *Mag phos*.

It is also useful for someone suffering from hiccups.

Why hiccups?

Because *Mag phos* is associated with spasms. But it doesn't stop there.

This means it's useful for any cramps, including leg cramps. So any time you or your loved one suffers from cramping pains or has pain that is comforted by warmth and/or pressure, think of *Mag phos 6x* in a mug of hot water.

### ***Nat mur 6x***

The next time you get a cold that is ushered in with lots of sneezing and copious amounts of watery mucus, run, don't walk, to the bottle of *Nat mur 6x*. This lovely remedy is nearly infallible for aborting a cold that is accompanied by these particular symptoms.

But do it soon.

You'll find it works best at the first sign of this kind of cold.

It's also valuable for those who are chemically sensitive to cigarette smoke, perfume, and the like. It will soften the reaction if taken every few minutes upon exposure.

Bee sting reactions can also be minimized with *Nat mur 6x*.

And the more severe the cold, chemical exposure, or bee sting, the more frequent the dosing.

One year while watching July 4th fireworks, I found myself nearly surrounded by cigarette smokers. Since I keep *Nat mur 6x* in my purse, I began taking it every 10 minutes or so.

This was a time in my life when I was still chemically sensitive and would have suffered with asthma after such an exposure. Not with my *Nat mur*, though. I had no asthma and was barely bothered at all!

THIS is the way to treat life's little issues. Homeopathy at its easiest.

No side effects, low cost, and most of all it works!

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.

## Cell Salt Special

The best way to learn about cell salts is to start using them! If you would like to purchase a cell salt kit or other homeopathic remedies, please call us at (716)-941-1045. We'd be happy to assist you!

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

Call (716-941-1045) or [EMAIL](#) us to set up a FREE 15 minute phone conversation with Joette.



## HOT Off the Press!

We just finished the 2nd of 12 webinars as part of our yearlong system, "How to Raise a Drug-Free Family." We extended the time to 3 hours to give Joette time to expand on the subject. The questions were right to the point, so we know all in attendance have been reading their materials!

My staff tells me that the discussions on the Insider Forum are lively, instructional, and informative too.

It makes my heart sing!

There's still time to join and catch up with the group. In fact, we welcomed two more students just this week and inquiries continue to stream in.

Be sure to inquire about our special payment plan by sending a message to [yes@homeopathyworks.net](mailto:yes@homeopathyworks.net). Feel free to share with family and friends who might be interested too.

### **Where's Joette?**

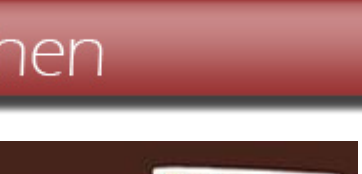
- Joette and her staff are preparing for the second regional Weston A. Price Foundation (WAPF) conference which will be held in Buffalo, NY at the Buffalo Hyatt Regency, September 15 and 16. Joette will be a featured speaker. The WAPF is offering an early-bird discount of \$50 if you sign up by August 1. Go to this [link](#) for more information and to register. You don't want to miss this!
- For our west coast friends and everyone interested in traveling to California in the fall, Joette will be speaking at the annual Weston A. Price Foundation conference in Santa Clara, California November 9 - 12. Register by August 19 to receive the early bird discount. Go [HERE](#) for more details.

## Check It Out!

HomeopathyWorks.net's newest blog post: "[Get Rid of Goofy Gatorade.](#)"

You probably don't need a reason, but check out our listing of [Sixteen Reasons to Choose Homeopathy](#) and maybe share a few facts with a friend!

## From the Kitchen



Check out Joette's recipe for [Cheese Pucks](#), which is an excerpt from her "Secret Spoonfuls, Confessions of a Sneaky Mom" CD & recipe booklet.

Want more recipes like this?  
[Purchase this product and many others on our website.](#)

## Take the Challenge

[Read my blog post](#) on why I like to challenge many of my clients to go gluten free for 30 days and find out whether or not gluten is the culprit responsible for their health dilemmas. Would you take on my challenge? If your answer is yes, I offer five of my gluten-free recipes at the end of my post, enjoy!

## Quote From Joette

"Drugs of commerce take no note of how we are housed. Only the real and legitimate understanding offered by homeopathic principles and laws have enduring worth."

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## Books, Downloads, and CDs from Joette

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](#), lots of FREE articles, [a great blog](#), workshops, coaching, and other resources to help mothers (and interested fathers, too). Learn more now at our [website](#) and see more great [products](#).

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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 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 that 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 (ezine) is not intended to diagnose, treat, cure, or prevent any disease. The information in this ezine 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.