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HomeopathyWorks.net

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

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Dear Friends,

Welcome to our new e-newsletter. As you can see we have made a few changes & updated our look. We hope that this new layout makes things easier to find & read. Enjoy!



Interested in finding out if Homeopathy is a fit for your health strategy? Or you just want to learn more? Call (716-941-1045) or [EMAIL](#) us to set up a FREE 15 minute phone conversation with Joette.

Greetings:

Summer is upon us full force and we need all the energy we can get. So get outside and soak up that beautiful sunshine. VITAMIN D... it's Mother Nature's free gift to us!

Love,

A handwritten signature in black ink that reads "Joette". The signature is fluid and cursive, with the "J" and "o" being particularly prominent.

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 HMC, CCH, RSHom(Na)

Where is Joette?

Check out Joette's column *The Homeopathy Journal* in *Wise Traditions*, the quarterly journal of the Weston A. Price Foundation in Washington, D.C. Her newest article on the subject of Homeopathic support for liver

function, entitled [Manic Mom](#) was published in the Spring 2011 edition.

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**Kim Hartke's Blog, *Hartke Is Online*:** Is where you can find Joette's newest online publication [Mommies Beware! This Excitotoxin Hidden in your Food](#)

## Please Don't Eat the Daisies Homeopathy First Aid



If you know any homeopathy at all, you know the first remedy taught to all students... *Arnica montana*. It's definitive for injuries, especially to the soft tissue, the head and limbs.

But, do you know the remedy *Bellis perennis*? It is made from the common daisy and is nearly comparable to beloved *Arnica*.

Interestingly, the daisy, in its natural form, is poisonous. Yet, once made homeopathically in a pharmacy, however, it becomes not only safe, but curative. That's the way with Homeopathy.

Homeopathic remedies are prepared from substances that are significantly diluted

so that they are what some call "nano- pharmacology". This means they're small, yet powerful.

It's in this minute dose that a response is capable of bringing completion to an illness.

Homeopathy had an illustrious history and, although it is no longer a part of the American medical scene, it has made a resurgence among those who are interested in a medicine that isn't dangerous. Most important, it's welcome because it offers folks the opportunity to treat their families without dangerous drugs.

Many find it compelling to know all the main trauma remedies because when recognition of the correct remedy is mastered, the remedy action is swift & impressive.

*Bellis perennis* might not be the first remedy one would choose after trauma, but certainly its use is valued after *Arnica*'s work is done. Both are similar in sprains, bruises and lacerations.

Taken in pill form, like most homeopathic remedies, *Bellis perennis* will serve well when used as a secondary or tertiary remedy for specific types of trauma.

Let's take Peter. Peter loves the game of Ultimate Frisbee. As a teen, it seemed he was immune to injuries. Now in his late twenties, however, he has to show caution ever since he pulled out his shoulder two years ago. He was raised on the use of homeopathy because he grew up in Great Britain. There homeopathy is used by most; even ER's, so he immediately recognized the importance of *Arnica* 200 after the injury.

Unfortunately, it was not long before he injured his shoulder again. This time, although he took *Arnica Montana* for several days during the inflamed period, it seemed to take the improvement only so far. He also noticed the lymph gland under his arm was swollen and sore and his shoulder and upper arm were cold.

Peter called his family homeopath who asked the usual twenty questions. "Is your shoulder or arm cold?" she asked. "Why yes!" he replied. She knew instantly the best course of action. She explained that *Arnica* is often useful for the initial period, but that often either *Ruta graveolens* or *Bellis perennis* would likely follow.

Additionally, her clue that *Bellis* was the right choice was his lymph node swelling.

Since Peter was so interested, she listed *Bellis*'s other capabilities such as in rheumatism, abscesses, and interestingly, anxiety before and after surgery. Further, she explained that post operative pain is minimized and this powerful little remedy will hasten the recovery time. "Wow", thought Peter, "This is the remedy for me".

So he took *Bellis perennis* 200c, 4 times in one day, spread out over the day and then repeated it, one day only, every two weeks over a period of 6 weeks. He decided to take it the 1st and 3rd Sunday of every month and by the second round, he was certain of his shoulder's improvement. He continued the schedule only because of some residual discomfort.

It wasn't long, maybe less than a week, before Peter was wielding the Frisbee with no pain from this injury and a sense that the shoulder could take anything a good game could dish out.

Add this little daisy to your repertoire and witness certain kids of injuries melt away.

Homeopathy is medicine of reasoning. It is gentle, effective, safe and will not cause side effects. Of course, Peter already knew that. He just didn't know that it would be a daisy that he would be taking.

"Health is not random" says homeopath, Joette Calabrese HMC, CCH, RSHom(Na). Her book *Cure Yourself and Family With Homeopathy* and her CDs *Perform in the Storm, a Homeopathy First Aid* and *Secret Spoonfuls: How to get Healthy Foods into Kids Without Getting Caught*" are collections of experiences as a skilled homeopathic consultant to hundreds. Her lively, entertaining examples and solutions of what to use for the most common ailments a homeopath is confronted with, have graced national journals such as *Homeopathy Today* and *Wise Traditions*. The author, practitioner, mother splits her time between working with clients throughout the U.S. and abroad and speaking in arenas such as Chautauqua Institute, national radio shows and college campuses. Join her at [www.homeopathyworks.net](http://www.homeopathyworks.net) for events, forums and consultations.

*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.*

## More for FREE...

Need to learn how to use *Arnica & Bellis* plus much more!  
Then check out our **brand new & comprehensive** 30 page [First Aid chart](#).

For all of life's bumps, bruises & scrapes -- this chart is your go-to manual! Print it out, pass it on, find a nice binder for safe keeping & have it handy with your homeopathy first aid kit.

Find this FREE educational download on our website by clicking [HERE](#).

*My passion is to teach mothers and others how to cure their families.*

## About Joette 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:

*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 our website [CLICK](#) and more great products [HERE](#).*

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