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Welcome to our issue for November 2010. 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:

What a glorious autumn! Stunning colors, beautiful sunshiny days and crisp nights.....next stop: The Holidays! Embrace the true meaning for each of these glorious celebrationsand be ready for just a wee bit of over indulgence.

Enjoy this issue!
Joette

Quote From Joette:

"You will never have a greater or lesser dominion than that over yourself. The height of a man's success is gauged by his self mastery, the depth of his failure by his self abandonment."

Leonardo da Vinci 1452-1519

Where is Joette?

This Just In!

Our blog is rated #9 in "50 Homeopathy Blogs Worth Reading" Join us by clicking on

<http://www.mastersinpublichealth.net/50-homeopathy-blogs-worth-reading/>

Coming Soon!

Joette will be speaking at the 11th annual conference of the Weston A. Price Foundation at Valley Forge Convention Plaza, King of Prussia, Pennsylvania in an all day session called "Cell Salts; the Easy Homeopathy"

- **Monday, November 15th, 2010**

For more information go to

<http://www.westonaprice.org/>

Click on: *Wise Traditions 2010* for conference information and *Speakers* for a list of those presenting along with 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.

On Archived Radio

- WXOJ 103.3 FM in Northampton, MA
- KKNW 11.50 AM in Seattle, WA
- WJTN 1240 AM in Jamestown, NY

On YouTube:

Just Google: "Joette Calabrese – YouTube" and it will come up!

Plop, Plop, Fizz, Fizz

After the extravagances of past decades, we're finally seeing a shift in thinking with regard to the use of medications. Yes, I know, every other commercial is a company pushing their newest drug. Yet, in spite of this, there is a ground swelling of those who remember life without drugs and recall a healthier world.

Take antacids for example. If we followed the TV ads we see, the magazine and newspaper ads we read; we'd be ingesting these nostrums daily. If indeed they must be ingested day after day, isn't that cause for questioning the value of these products in the first place?

I say, it is time we consider another method. One of intelligence, efficacy, of time-tested value and purity....that is, of course, homeopathy. Why? Because it doesn't cover up the problem, it squarely addresses it.

Homeopathy is founded on a firm rock. Its laws and principles are irrefutable, being proven in tests and clinically in hospitals, clinics, nurseries and veterinary offices throughout the world for over 200 years.

So, does homeopathy offer an antacid for the relief of over eating and drinking? You bet! Let's examine some of homeopathy's two best known remedies and how to use them for a little too much at Thanksgiving or an excess of holiday cheer.

Natrum phos 6x is homeopathy's king of antacids. Tuck a small bottle of it in your purse, diaper bag or glove compartment. Then, any time indigestion hits, toss 3-4 pills directly in the mouth. If no relief is afforded within 15 minutes or so, continue taking in the same manner. In most cases, the indigestion will be resolved within short order. Curiously and as a welcome old friend, the next episode of indigestion will often not be as severe, not last as long and will be fended off for a longer period of time. Further, the cost of these little pills is under \$20 and they pack neither side effects nor additives.

Nux vomica 30x is also a remedy one can count on to be efficient and powerful, yet gentle for the relief of reflux. It is used when we have over done a good thing...too much dip, too many drinks on New Year's Day, too much candy on Halloween. It will antidote the symptoms of heartburn, nausea, vomiting, diarrhea and even irritability, as long as this cluster of symptoms matches.

Even a hang-over is a thing of the past with the correct use of *Nux vomica*. Taken every few hours, it will offer not only relief, but do so without side effects. Often the person suffering from indigestion who will benefit from *Nux vomica 30x* also complains of wakefulness, usually around 3:00 a.m., with the thoughts of the day dancing around in his or her head.

The *materia medica* of homeopathy has thousands of remedies that have been used since the late 1700's. They are as consistent today as they were when the homeopathic doctors used them then. Homeopathy is not capricious; it doesn't declare that the latest drug is "the" solution only to have it pushed to the back of the pharmacy shelf within months or years in lieu of the newest hottest catholicon. Better yet; no homeopathic remedy has ever been withdrawn from the market due to subsequent illness that it has caused.

So when you've eaten too much turkey or had more than your share of wine consider homeopathy. It may not only relieve your heartburn, but also the irritability that comes from having to withstand the parade of irksome drug commercials during the football game!

Homeo-Tip!

Learn more. In fact never stop learning; ultimately our own well being and that of our family is in our own hands. No one cares like we do. NO one! **Listen up:** Check out our audio download <http://www.homeopathyworks.net/products/PerformInTheStorm.html> and hone your observational skills. Make yourself the homeopathic mentor in your family and neighborhood. Don't you love self-mastery?

Nutri -tip!

Just in case you don't have a remedy kit, consider old tried and true methods to eradicate indigestion and bloating from over eating. Now, I'm not admitting that *I* over eat, but I like to use one quarter teaspoon baking soda in a half glass of cold water and a squeeze of lemon juice. Just as it begins to fizz, I drink it in total. Often within minutes, the relief will be measurable....in just enough time to squeeze in another piece of pie before the night is over! Baking soda and lemon; affordable, already on hand, no side effects and safe. Don't you just love common sense?

Gift- tip!

Looking for a great gift for your Christmas or Hanukah list? Consider the gift that will last for decades.a homeopathy kit! Email or call us about our selection from \$62 to \$199.



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

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