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Welcome to our issue for October 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

A fleeting memory from my past - When our now 23 year old son had an ear infection as a babe, I learned to treat him with gentle remedies. To this day, he remembers his dad walking him across the room while I sat with my books open, searching for the cure. He tells us now, that he remembers thinking that he knew he'd soon feel better, so he didn't cry too much. I love that he had confidence in my prescribing ability, even back then, when I was a fledgling homeopath.

Enjoy this month's issue!

Joette

Quote From Joette:

There is a unique relationship that occurs between the homeopath and the client. Homeopathy is the architect of wellbeing. The homeopath is the vector, while the client is the recipient of the elegant design.

Joette Calabrese, CCH, RSHom(Na)

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!

Hush Little Baby

Listen. Do you hear that? Yes, silence. It's the quiet of a sleeping child without an ear infection. When Sophia awakens, the severe pain and fever will probably not return. Instead, she will assume her curious life of a cheerful three year old, likely not to be plagued with *otitis media* again.

Sophia was given the homeopathic remedy *Pulsatilla* 30c based on her symptoms. This remedy was chosen for its ability to address the painful ear infection. Yet, it's person-specific, not pathology-specific. So another child's ear infection might be addressed by *Chamomilla*, *Sulphur* or *Silica*. This is the way of homeopathy; the totality of symptoms determines the choice.

Sophia was weepy, clingy and wanted nothing more than to sit on her mother's lap embraced in motherly love. She is fond of peanut butter. In fact, it was nearly the only thing she would eat for the last day and when offered a glass of milk or water she refused it. The pain was in both ears, but she began tugging her right ear two days ago. Additionally, Sophia has always loved being outside, but lately the desire has increased to a frank craving for wind blowing on her.

These symptoms represent the classic picture of *Pulsatilla*. That is; ear infections often beginning in the right ear, accompanied by craving attention, desire for creamy foods, particularly peanut butter and a lack of thirst. People who need this remedy often love air blowing on them. When this cluster of symptoms is present, *Pulsatilla* will likely resolve the pathology.

When administered every half hour (if the pain is severe and every 3-4 hours if moderate) for up to four to five doses, *Pulsatilla* has not only been shown to relieve the pain in short order, but abort the illness and leave the child in a better state than before the illness ensued.

In other words, the child will not only be without the ear infection and pain, but will be up, active and back to full activity. If after administering the remedy she falls asleep, take this as a sign that the remedy is correct; for sleep is often where the best healing work is done. If upon waking, the child exhibits the same symptoms, repeat the same remedy every half hour (or less frequently if not very severe) until the pain is resolved. As always, it's prudent to have a medical practitioner close at hand until you get the hang of it.

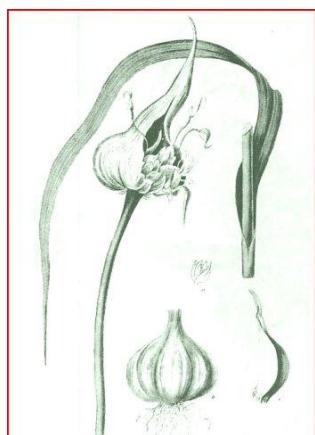
Once studied and grasped, this method of medicine is something one can depend upon for most acute illness and traumas. Instead of being a source of anxiety, ear infections, fevers, vomiting, conjunctivitis and flu can be dealt with in short order with safe, gentle and inexpensive medicines. No antibiotics, no analgesics, no towing to a pediatric office.

Join the millions (yes, millions) of mothers throughout the world who count on homeopathy for their preferred medicine of choice. You may find the sound of a sleeping child a more common occurrence in your home. Ahhh...as quiet as a hushed baby.

'Want to learn more? Joette's book *Cure Yourself and Family with Homeopathy* is your #1 guide by going to: <http://www.homeopathyworks.net/products/CureYourself.html>

Homeo-Tip!

Pulsatilla is a remedy that's found in most home kits. We carry a kit of 100 of the most commonly used remedies and the above download to help you get on your way. The kit will last for decades and is \$189 plus postage....that's \$1.89 per remedy. Email for further information.



Herbal-tip!

While waiting for the remedy to work, pressure and pain can be minimized and the infection attacked with the use of garlic. This is how you do it: get a few (preferably organic) cloves of garlic, mash them in a press and put the entire contents in an ounce or two of olive oil. Allow the mixture to steep for a few days at room temperature. If you need it immediately, it will still work, just not as powerfully.

Gently warm, (don't cook) the mixture on the stove, strain through cheese cloth and when the temperature is a bit warmer than body temp, pour some into both ears. Be sure to test the temperature on your wrist first. Even if the other ear is unaffected, this natural antibiotic will keep the potential at bay as well as sooth the pressure of the bulging ear drum. Reapply every few hours and plug up with a cotton ball. Remember to wrap an old towel around the pillow case. Smelly child...well ear.

Nutri -tip!

For Halloween candy, instead of the same old artificially manufactured chocolates, try making my Moose Mounds. 'Chocolate that's the real thing. Go to my blog at www.homeopathyworks.wordpress.com/2010/04/27/homemake-candies- and check out the world's easiest to make and most wholesome chocolate candy.

When my boys were little (well even now, but don't tell them) my technique was to load them up with a heavy meal with lots of saturated fats and then treat them to these homemade candies as a special treat just before going trick or treating. They were so satiated they could barely muscle down any commercial candy. I also cautioned them that they could eat 3 pieces of the other stuff as long as they had a big glass of raw milk with it. The rest was thrown in the garbage. By the way, this technique worked for before birthday parties too. Who can compress a piece of cake, ice cream, and soda after a huge steak and eggs breakfast, with whole fat, raw milk followed by Moose Mounds? Share your thoughts and discoveries on our blog. We love hearing your successes and ideas.



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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