



HomeopathyWorks.net

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

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Dear Name,

Welcome to our first newsletter for August.

This is where you and homeopathy meet. Your questions answered,
fears quieted and resources discovered!



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

Greetings Moms:

Get ready! The start of school is just around the corner. Think about what your kids are having for breakfast, lunch & dinner. Make sure they are getting the best possible nutrition they can for a wonderful start to their school year! *Mangia!*

Love,

A handwritten signature in black ink that reads "joette". The signature is written in a cursive, lowercase style with a large loop at the end of the word.

Quote From Joette:

"Be **BOLD**. Say no to meds of commerce."

Joette Calabrese HMC, CCH, RSHom(Na)

HOT off the Press!

NEW! Listen [HERE](#) to Joette's newest Radio Interview with Ginger Leilani Chapin & *Conscious Lifestyles Radio*.

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Also, 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, entitled [Radiation & Community Illness](#) was published in the Summer 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 is Hidden in Your Food](#)

Good Fats Vs. Fake Fats



The notion that saturated fats cause heart disease is not only facile,

but just plain wrong. Do you remember the Framingham Heart Study? Well, if not, you ought to know that it is the mainstay of those who advocate low fat foods.

Yet, in hindsight, some 40 years after the study became public, the director of the study admits that "the more saturated fat one ate, the more cholesterol one ate, the more calories one ate, the lower the person's serum cholesterol... we found that the people who ate the most cholesterol, ate the most saturated fat and ate the most calories, weighed the least and were the most physically active."

What this director of the world's most referred study is saying, is that arterial sclerosis has little to do with cholesterol consumption.

And I agree.

In fact, arteries that are clogged are not choked with cholesterol and saturated fats, but with calcium deposits akin to lime.

There is no relationship between eating saturated fat and heart disease, despite vague and unsound TV and pop culture advice. So, if butter, cod liver oil, lard and animal fats, in general, don't cause heart disease, what does?

Deficiencies of vitamins A and D are one cause. And where are these vitamins found? Why, in butter, lard, tropical oils and animal fats....the very food we're told to eschew!

How ironic!

Vitamins B and mineral deficiencies are also contributors to heart disease. These occur as a result of eating foods of commerce, instead of whole foods.

There is no doubt that stress contributes to heart and artery pathology, but this is because the above nutrients are depleted during such a time.

Butter and lard, because of their antioxidants, protect us against free radicals and are therefore preventatives for diseases such as cancer, heart disease, depression, infections and sexual disorders.

Have you ever noticed that when winter arrives with over cast days and little time outdoors, that our mood drops?

Lack of sunshine, hence the availability to synthesize vitamin D, is missing in our blood stream. That is why when we enter the cold months, we need to increase our saturated fat consumption.

Vitamin D is found in three main sources: cod liver oil, lard and the utilization of sunshine. Vitamin E, the heart vitamin, is found chiefly in butter. A little confusing? You bet. Consider the following:

In colonial America where people lived robust lives often reaching the 100 year mark, it was simply understood that saturated fats were a mainstay of daily life, particularly in the cold months.

Beef tallow and pork fat was rendered after the slaughter in the fall. Then these products were used to make biscuits, pie crusts and the like, to fend off the blues, respiratory infections and build robust bodies.

Spring butter is prized in Europe because of its high concentration of nutrients and lovingly stored and preserved in the form of special cultured butter and cheeses for use in later months as needed.

The Eskimos who had lives of longevity until the last century, ate a daily ration of whale blubber. Germans ate and still eat a nice coating of lard on their whole grain bread with a slice of onion and the French eat ham with the accompanying fat several times each week.

Get un-depressed, ward off winter infections. Eat like a true gourmet...eat butter and lard, and in plenitude. Then go outside and

take a walk. Your brain, heart, lungs and even your libido will thank you!

Joette in the Kitchen



Here is another great recipe that my family and I love. 'Want more? Check out the blog [HERE](#).

How Important is Gelatin? VERY!

I've posted blogs on the importance of regularly drinking bone broths. You know; the rich, delicious stock made from the bones of the last roast you made. But it's August now, and who wants to make stock when the kitchen is hot? In its place, try this timeless recipe for gelatin that's cool, summery and refreshing.

Seafood Tomato Aspic

- 1 Tbsp Jensen's gelatin (Knox will do, but so far I've found Jensen's to be superior. My new favorite one however, is Great Lakes Beef Gelatin from grass fed cows. Purchase [HERE](#))
- 1C, hot water
- 2/3c chili sauce or tomato juice. (Of course, better yet, wait until your garden is overflowing with tomatoes and toss 4 tomatoes into your food processor. Whiz until liquid and use this for your base.)
- 2 drops Tabasco sauce

- $\frac{1}{2}$ tsp horseradish
- $\frac{1}{2}$ t Celtic salt
- 6-12 cooked shrimp, or cooked crab meat Avocado (optional)
- Olives (optional)
- 1tsp raw vinegar (Bragg's apple cider vinegar is good)

Dissolve the gelatin in hot water and add remaining ingredients. Pour into a gelatin mold and place in the refrigerator. After the gelatin starts to set, add shrimp, chopped celery, sliced olives, sliced avocado, chopped garden herbs. Cool in refrigerator for about 2 hours, or until firm, and then flip over the mold by placing a plate on top and quickly turning it onto the plate. Garnish with parsley, cilantro, or mint and add a dollop of sour cream on top.

Throw out the calcium tablets and Boniva! This recipe is extraordinarily nourishing to bones, joints, inflammations in general, including allergies, and just downright delicious!

Mangia!

There is always MORE!

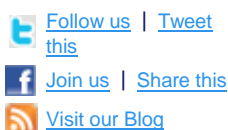
Have we whet your appetite for more? There is always something new to discover with Homeopathy & we can help you find it. Below you will find helpful links to take you and connect with us.

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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Have a Suggestion?

If you have a specific question you'd like answered or topic covered in future issues, please E-mail suggestions [CLICK HERE](#) or post comments on our [BLOG](#).

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.

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