



Memo to Mighty Members Tip #172

DISCUSSION and HUMOR: Wisdom Comes with Age

September 14, 2023

Hello again, Mighties! I look forward to our discussions here. I hope you do, too! Today, I want to share a conversation I recently had with a friend about the vitamin D craze. You already know my belief. We should get our vitamins and minerals through nutrient-dense, local, organic, fresh-from-the-farm foods ... not from supplements.

Supplements claim to be “natural,” but so many are synthetic. And even if a supplement truly is natural, what does that mean? Arsenic is natural, but that doesn’t mean I want to ingest it! (Although, homeopathically prepared *Arsenicum album* — potentized and succussed — is a different story, of course.)

To me, the most concerning aspect of the vitamin D craze is that those who take the supplement report they have more energy and feel great.

Red flag.

Back in the 1990s, I started hearing these same claims of burgeoning energy from clients who had jumped on the bandwagon of the blue-green algae supplement movement.

Indeed, a group of my health-conscious friends were part of the multi-level marketing scheme that swept the natural foods community around blue-green algae. So, I bought a bottle. I took it for a while, but something about it made me uncomfortable. I don't recall precisely what triggered my foreboding, but I stopped.

Now — years later — we have learned that blue-green algae was throwing the adrenals into hyperdrive! The increased energy reported by users was simply a symptom of a developing dysfunction.

I've lived long enough to witness many of these fads. Wisdom comes with age.

I may have no data on the vitamin D craze as of yet, but I suspect we will in a few years. Think twice before volunteering to become a guinea pig for the statistics.

Here is an [informative video from Dr. Tom Cowan](#), well-known alternative medicine doctor and current vice president of the Weston A. Price Foundation.



My friends, I'm suspicious of anything new that sweeps the health care world, probably because I come from a marketing background. Bad news may travel fast, but good news is pushed via deliberate marketing schemes.

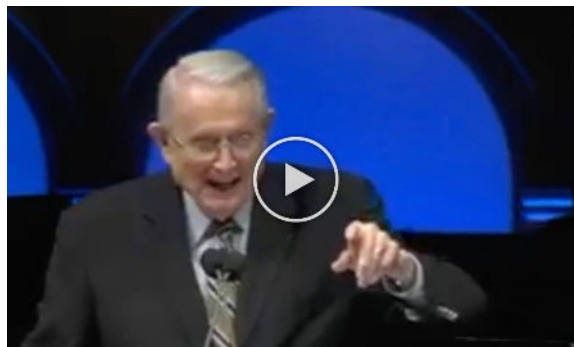
So, when you hear something is the "latest and greatest," I urge you to take a step back. Use your wisdom. Look at history for lessons. Many times, these trends are a different form of the same old thing — snake oil.



Nutrient-dense food never goes out of style, and homeopathy has been around for two centuries! Neither is capricious, and neither can be patented. That's why good, nutritional food and homeopathy will never be considered the latest flight of fancy. They'll simply be considered wise, as they have been for a very long time.

Indeed, age has its benefits, so don't bemoan those gray hairs! There's a freedom to living through many years. We've learned! We don't fall for just any old thing, and we know how to handle situations that arise.

Proving that point, I just have to share this video, [Don't Mess with Old People](#). It'll be the best two minutes you'll watch all day!



I'll say it again: Wisdom comes with age. Right? Stay Mighty!

A handwritten signature in cursive script, reading "Joette".

Joette Calabrese, HMC, PHom M

Founder and Director of The Academy of Practical Homeopathy® and Mastery™

Links:*

Vitamin D Is Not a Vitamin, It Is a Hormone, by Dr. Tom Cowan —

<https://www.bitchute.com/video/miP4PCgrmKuv/>

Don't Mess with Old People — <https://www.armstrongeconomics.com/humor/dont-mess-with-old-people/>

*We provide external links for your convenience, but we do not receive any remuneration nor affiliation in payment from your purchases on other sites.



If you have questions regarding this Memo to Mighty Members, please post them in the [Mighty Members' Discussion Group](#) in Joette's Social Center rather than contacting my office.

Other Mighties may have the same question, and by utilizing the forum, my team members can provide the answer to everyone. Plus, you might benefit from the conversation your question sparks!

If you have any tips to share, please send them to my team member tracey@practicalhomeopathy.com. She will compile them for me, and you might see your advice shared with our group — with proper credit given, of course! However, please send tips and suggestions only; we cannot answer questions at this email address.

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