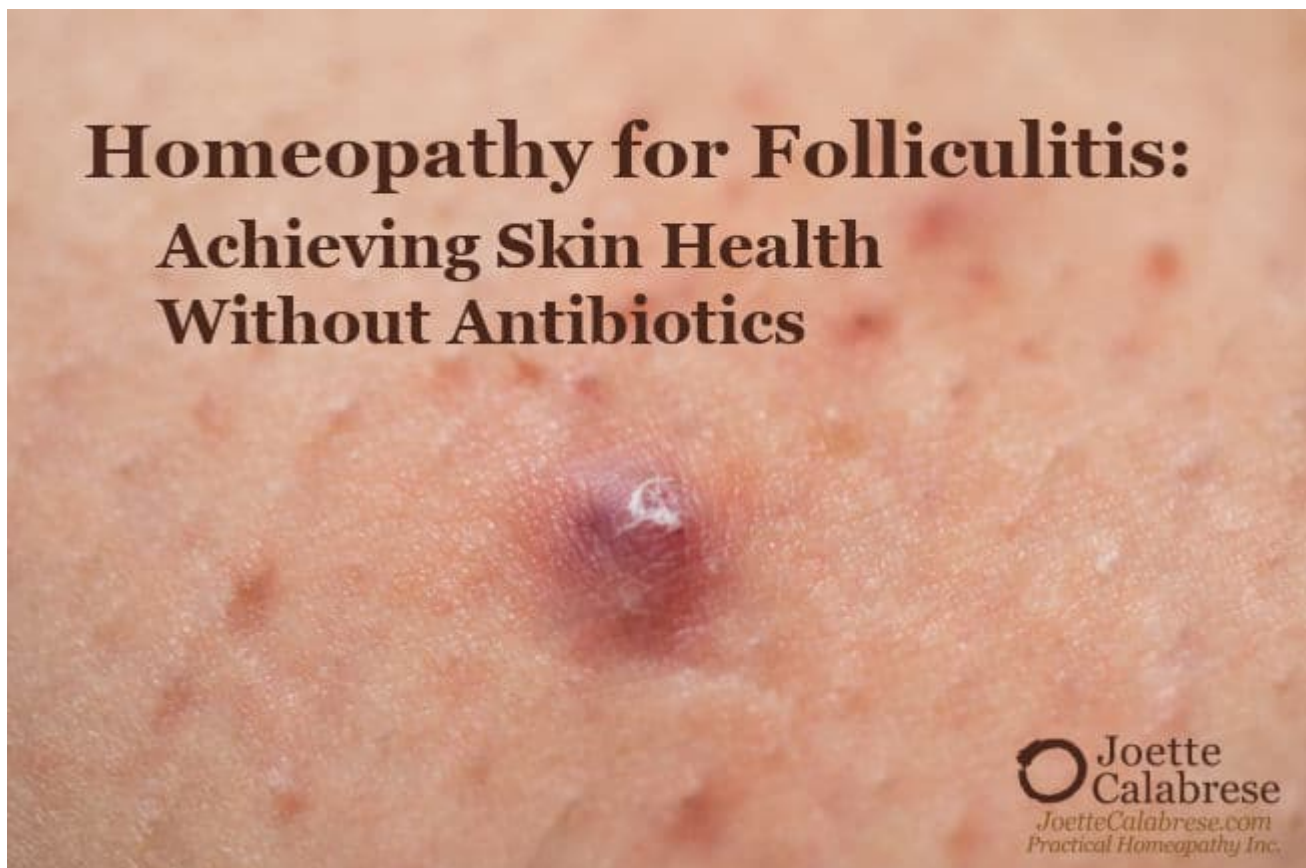


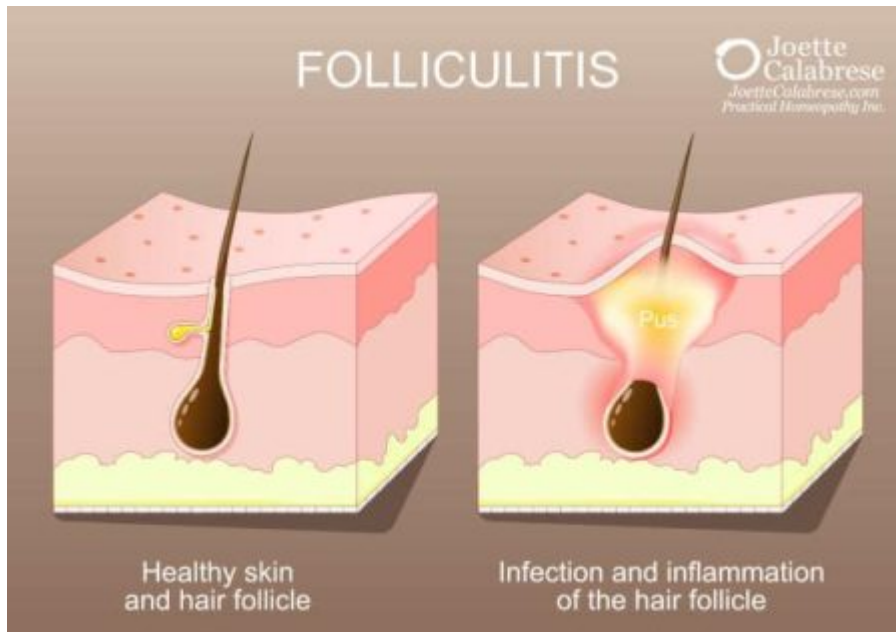
Practical Homeopathy® for Folliculitis: Achieving Skin Health Without Antibiotics



Let's talk about folliculitis ... small, rough bumps that generally form on the upper arms, thighs or buttocks.

"Joette, hold on. Didn't you discuss this condition last week as [keratosis pilaris](#)?"

Not to worry, my friend. I'm not getting forgetful. Folliculitis is often confused with keratosis pilaris. The resulting bumps are quite similar in presentation, but completely different in causation.



Folliculitis vs. Keratosis Pilaris

Now, etiology doesn't always matter in homeopathy because we often choose a medicine based on the symptoms. However, given similar symptoms, the name of the condition – the diagnosis – can often make a difference.

Folliculitis is characterized by small pimples on the arms, thighs and buttocks. Often (but not always), it displays a white head, much like teenage acne. However, folliculitis generally does not blanket the skin on the arms, legs and buttocks, but instead occurs in small groups of often tender pimples.

Whereas the similarly presenting keratosis pilaris is caused by clogged hair follicles, folliculitis is actually caused by an infection in the hair follicle, most often from the *Staphylococcus* and *Pseudomonas* bacteria. Consequently, the conventional medical solution for this condition is an antibiotic ointment or – perish the thought – systemic oral antibiotics.

I ask you, my friend, why pollute one's entire body – healthy gut biome and all – with an antibiotic for a skin condition? Doesn't that feel like killing a fly with a hand grenade?

Instead, we can turn to homeopathy and not have to worry about unwanted side effects.

The Natural, Polite, Efficacious Homeopathic Medicine: *Hepar sulph*

In my clinical experience, spanning decades of professional practice, I have utilized *Hepar sulphuris calcareum* (*Hepar sulph*) in several different potencies in response to folliculitis. However, since most folks have it in their well-curated homeopathic kit or inventory, [Hepar sulph 30C](#) is a good consideration, twice daily, until very much better.

Avoid the Usual Bacterial Suspects

Of course, avoiding common places where folliculitis-causing bacteria thrive is a smart preventive measure. Public hot tubs can be a culprit, as are barber shaves. Those, I suppose, are easily avoidable. However, I don't want to encourage a fear of germs, so let's pretend I didn't even say that.

Folliculitis can also be found in individuals who are wheelchair- or bed-bound. The trapped, immobile skin remains warm, moist and without air circulation, allowing infection to develop if the bacteria are present. If left untreated, relatively minor folliculitis infections can deepen to become a boil. (I've covered those before in [Double, Double, Boil and Trouble: Treat Boils and Cystic Abscesses with Homeopathy.](#))

Keep in mind, though, I am not talking about bed sores, which are ulcers, not pimples. Bed sores are injuries to the skin caused by prolonged pressure, which cuts off the circulation of blood and oxygen to the skin.

Because bed sores are a different animal, I teach my Mighty Members how to approach them in my Memo to Mighty Members (#277, to be released to the Mighties on Thursday, September 18, 2025).



Stay Curious and Keep Learning

If you're not already a [Mighty Member](#), can you believe that you have already missed 276 extra blog posts? That's a lot of education you could have received for the same monthly expense as one Big Mac meal. Nobody needs to spend their hard-earned money on a Big Mac meal when learning homeopathy is *intellectually* delicious – and much healthier.

[Join now](#) and peruse the Memo to Mighty Member archives to catch up on what you've missed. You'll find that I am often more candid and personal in my Memos, as I don't have to worry about the prying eyes of naysayers and trolls.

Plus, all my Mighties qualify for a 10% discount on course purchases. If skin issues are a significant topic in your life or the lives of your loved ones, my course, [Skin, the Ugly Truth: Safe, Effective Treatment of Skin Ailments, Chronic or Acute, with Homeopathy](#), may be just what you need to find health freedom.

We also need to get the word out that antibiotics are not the only answer to infection (as we've just learned in the case of folliculitis). If avoiding unnecessary antibiotics is your family's primary concern, I suggest my course, [The Antibiotic Alternative: Balance Your Bugs Without the Drugs](#). In it, I cover animal bites, fevers, appendicitis, bone infections,

bronchitis, cavitations, cellulitis ... and that's only a few conditions culled from just A to C! I will provide you with a list of 321 timestamps, marking the various conditions and their corresponding "antibiotic alternative" contained in this video.

Learn as much as you can, my friend, and then pass on the good news of Practical Homeopathy®!

Warmly,



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