

# Is Cleanliness Out of Hand?



There seems to be an ever-increasing list of things foisted on us. My team and I hear your frustrations almost every day.

Most recently, we've been receiving a lot of renewed questions about hand sanitizer. The use of sanitizer has gone from personal choice to de rigueur to mandated in some situations.

"Cleanliness is next to Godliness," they say ... but what happens when cleanliness gets out of hand? (Pardon the pun.)

As in-person classes reconvene, the biggest concern I'm hearing is for your children. You've expressed alarm regarding the over-the-top use of hand sanitizer in schools.

And well you should! Your child's healthy flora might inadvertently become collateral damage as the chemical hand sanitizer assaults everything in its path. Who knows what's

in the hand sanitizer they are pushing at school?

Perhaps, more importantly, is the state of mind over-attention to cleanliness produces. OCD is a real, life-altering condition.

So, what do you do?

Are you able to send them to a different school – one more aligned with your philosophy? Are you able to homeschool them?

Those would be the optimal choices. But if you can't, well, I have three suggestions. Just remember the letter "B."

### 1. **Get Belligerent!**

At least, that's what I would do. As a parent, it's your right to say, "NO! You are NOT putting that on my child!"

No one can impose a medical procedure on you or your child.

Know your rights! Hand sanitizer rules are guidelines. And guidelines are not laws. When was the last time you were in a Court of Guidelines? Probably never. So, don't be hoodwinked that you *must* comply with guidelines.

I might suggest *Ignatia* for the school board, principal and teacher – and tell them to get a grip and calm down!

'Just saying.

However, if your child is anything like my children were, they probably would rather avoid any conflicts in large groups. Once children are old enough to understand peer pressure, they embarrass easily, preferring to go with the flow.

Well, here's a great teaching moment.

I'm not suggesting you pull out the old saw, "If everyone

were to jump off a bridge, would you?" (Although, between you and me, it's an apt comparison.)

However, if everyone else decides to destroy their skin, should you?

No.

But let's say you're backed into a corner.

## **2. Bring Your Own.**

Safe and natural hand sanitizer can easily be made at home, making it possible to avoid the conflict altogether.

Politely say, "No, thank you. I have my own hand sanitizer." Then, whip it out and spray it right in front of them.

Problem solved.

If you're one of my [Mighty Members](#), I'll be sending you my recipe for hand sanitizer later in the week.

## **3. Build Your Child's Immune System.**

Perhaps your child has already been using an inordinate amount of hand sanitizer before you realized it. I assume it goes without saying that should continue their healthy diet of good quality eggs, grass-fed beef and butter. But perhaps add some sauerkraut, locally sourced vegetables and limit the sugary junk food to help rebuild their gut flora.

Now, lest you think I'm vilifying all school personnel, let me add that our teachers can be casualties of these over-zealous school policies as well!

My office has received emails from teachers who are suffering adverse reactions such as cracked skin, and hives to the harsh sanitizing products their schools employ on a

nearly hourly basis.

So (speaking of teaching moments), what can we do homeopathically about hives resulting from chemical sanitizers?

*We do the same thing we do with hives resulting from other causes.*

Don't get caught up with the cause, believing you are doomed because you cannot escape the situation.

Regardless of the trigger, hives are best addressed with [Apis 6C](#) – every three hours during an acute attack, moving to twice daily as it becomes less severe.

(I teach this protocol – and many, many others – in my course [Allergic?! Escape Allergies, Sensitivities, and Intolerances, with Homeopathy.](#))

So, coming full circle: Yes, cleanliness is next to Godliness, but even a good thing can be overdone!

Do not allow misguided (I'm being kind here) guidelines to throw you or your child's God-given natural balance into a tailspin.

Say no if you can. If not, fight back with your homemade nutrient-dense food and homeopathy!

You'll be the hero (and I'll be your guide).

Warmly,

A handwritten signature in cursive script, appearing to read "Jette".

P.S. Remember – all of my Mighties ([Joette's Mighty Members](#)) qualify for a 10% discount on course purchases. If you need assistance getting your discount, email [contact@practicalhomeopathy.com](mailto:contact@practicalhomeopathy.com) for more information.



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