

# Ear Infections, Antibiotics and the Gut



By now you probably know that I oppose the overuse of antibiotics practiced by conventional medicine. Through its focus on managing the symptoms of illness rather than uprooting the cause, modern medicine has created a state of depleted health for many.

Antibiotics suppress symptoms such as fever and ear infections but at a cost. Generally, they drive the pathology deeper into the body until it re-emerges later as a more serious problem. This is why one illness follows another shortly after the use of drugs to “control” the symptoms of the first.

And gastrointestinal problems such as food intolerance emerge shortly after rounds (sometimes only one) of

antibiotics.

Let's take the example of Sammy, a normal two-year-old. Sammy is not feeling well because he has an ear infection. His parents take him to the doctor where antibiotics are prescribed.

This isn't new to Sammy's family because only last fall the same symptoms were met with the same prescription.

After administering the antibiotic, the ear pain abates by the following night, and Sammy is okay again.

Or is he? Six weeks later, Sammy cries out in the night with ear pain and a fever. Considering this yet another isolated incident, his parents return to the doctor for the next antibiotic.

Again peace. At least for now.

Within three months, the family is revisited with an [ear infection](#) again.

This time, Sammy is put on a more powerful drug on a daily basis for a scheduled six months. His parents are relieved that this will be the end of ear pain and fevers because they believe the stronger antibiotic wouldn't allow an infection to thrive.

Instead, the now sallow Sammy begins to have stomach pains and obstinate constipation accompanied by mild rectal bleeding, especially after certain foods.

Again, a trip is made to the doctor, this time with a subsequent stay in the hospital for invasive and scary

tests.

This reveals nothing more than what the parents already suspect...the antibiotics are causing a new illness.

A stool softener and analgesic are prescribed, along with a muscle relaxant and a prescription laxative.

He remains on the antibiotic.

Sammy is now on five medications, each packing noteworthy side effects. His ear infections are likely not resolved. Why do we know this? Because a large percentage of childhood ear infections return repeatedly while under this sort of treatment.

Also, Sammy is no longer able to have a normal bowel movement without the aid of medications. In fact, an inflammation in the descending bowel has caused some bleeding.

This is an ideal site for an infection, which is exactly what happens to Sammy.

He develops a rectal fissure that subsequently becomes abscessed.

But how could this happen? Isn't he on a daily antibiotic? The doctor explains that within short order antibiotics become nearly useless, and again a stronger product is required to keep the infection from mounting.

Sammy's life becomes a series of demoralizing medical appointments, scary invasive tests, pain and anxiety. There is little joy for Sammy and his parents.

They have lost quality of life.

Now, on the other hand, consider the case of Constance.

Constance is in her bed when she's awakened by fever and sharp pain in her right ear accompanied by frightening dreams. Her mother comes to her with her homeopathic remedy kit.

She has been working with a professional homeopath for her family's ills for years. She is also prepared because she recently completed a course on homeopathy and common family illnesses.

It's empowering to become adept at discerning what signs and symptoms are available to help choose the correct remedy.

While Constance's father comforts the crying girl, her mother, with the aid of their well-worn and beloved homeopathy book, ascertains that [Belladonna 30C](#), every few hours until the symptoms are improved is the best choice for Constance's symptoms.

Her mom chooses this because of the severity of Constance's ear pain and her fever of around 104°.

She administers the remedy two times within two hours, and Constance drops into peaceful sleep. In the morning, this spirited teen is back to her packed social life with no sign of illness. That afternoon, their healthy family heads for a trip to the shore.

Which lifestyle would you choose?

Homeopathy has been embraced by more than 500 million people

throughout the world because it is gentle, powerful, elegantly simple and uncommonly inexpensive.

And as long as the correct remedy is chosen, it works.

But that has always been the challenging part.

For many years, as a classical homeopath, I searched for shortcuts, protocols and pathology-specific remedies that I could employ as well as teach families.

I knew that homeopaths in India had the lead on these methods.

In the past 10 years, I studied every homeopathy book I could find written by Indian homeopaths (I own 47 of them), most penned by MDs, and spent 5 years studying with homeopathic Indian doctors in New York and Toronto.

Little by little, I began piecing together and collecting methods simpler than those I had learned in classical homeopathy so that the method was as simple as naming the illness, and the remedy was already determined.

But it wasn't until my fellowships at the Banerji Clinic in Calcutta in 2013 and again in 2014 that I learned and honed skills that are reproducible.

This is when I became an advocate for their relatively simple, straightforward homeopathy methods to treat acute as well as chronic conditions.

I have compiled this information in my course [Good Gut, Bad Gut](#) to help people stuck in the quagmire left by antibiotics and other drugs, particularly conditions that originate from

the gastrointestinal tract.

More importantly, to be able to follow simple instructions for specific ills.

Should you be interested in getting a good idea of what you would learn in my course, feel free to [click here](#).

And [check out](#) what other moms have said about learning what I have gathered over the years.

It is the perfect course for Sammy's family. I hope they consider it.

Please understand that it's ok if this is not of interest to you. In that case, simply use what I give you here.

It is practical information and you're free to download and print ***all*** of my blog articles.

Particularly those I've published in the last 3 years because they emphasize what I learned in Calcutta.

Allow my blog articles to become your personal study in protocols for specific illnesses that will serve you and your family for years.

I seek to give as much as possible away at no cost.

So, take what I offer for free and run with it.

I've also compiled some links to articles specific to antibiotics and ear infections to further your study.

Now go forth and heal your family the genuine and elegant way!

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*It is no longer necessary to undertake years of classroom study and countless hours of clinical practice for you to master a health strategy that is both safe and effective in treating CHRONIC and ACUTE GUT ISSUES. I am swinging open the doors to reveal a proven system I have used in raising my kids ... literally taking your hand in mine to show you my methods and answer your questions. Find out more about my most popular course: **Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind**: <http://courses.joettecalabrese.com/goodgutbadgut>*

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<http://www.bmj.com/content/318/7185/715.full>

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# Welcome to Good Gut, Bad Gut Syllabus

By the completion of the GGBG course, the student will come away with not only an overview, which is necessary to use homeopathy effectively, but specific strategies for each condition covered. The protocols taught in this course are unlike any other methods used in the U.S. and Europe because they are distilled to simplify an otherwise complex method. Joette uses the Banerji Protocols to give the astute student near immediate skill, bypassing years of homeopathic study.

## Webinar 1:

- Our problems are not as unique as we think
- What causes a 'bad gut'- problems with antibiotics, vaccines, drugs, suppression, bad diet and environmental toxins
- General rules for using homeopathic remedies
- Observation according to homeopathic theory: asking questions and taking note of symptoms that the patient might not notice or realize
- Pacing of chronics vs. acutes and measure in degrees of changes
- The connection between the health of the gut and the rest of the body
- Diet alone is often not enough
- Treating acutes to prevent chronics, dealing with chronics once they've set in
- Obstacles to cure
- Questions

## Webinar 2:

- How to take a case

- Age-specific Banerji Protocols
- Thoughts on the role of diet and other lifestyle factors
- How to integrate the remedies to represent the person
- Intro to nosodes
- Some cases
- Questions
- Protocols covered:

- o Opening a case
- o Colic
- o Excessive crying
- o Teething
- o General food allergies
- o < sugar
- o < junk food
- o Reflux
- o Abdominal pain in children
- o Off in physical growth
- o Delayed milestones- mental or physical
- o Gastro with palpitations
- o Anticipatory anxiety
- o Eczema
- o Acne vulgaris
- o Teenage acne
- o Temper tantrums
- o Hypersensitivity, ADD, restlessness and autism

- o Morning sickness
- o Nursing mothers
- o Improving vitality and nutrient absorption in the elderly
- o Alzheimer's, dementia
- o Anaphylaxis
- o Using homeopathy to treat emotions, including depression, anxiety, eating disorders

### **Webinar 3:**

- More pathology-specific Banerji Protocols and how they are laid out-prioritizing and combining
- Cases
- Reviewing questions and complex scenarios
- Protocols covered;
- o Dysmenorrhea
- o Infertility
- o Mastitis
- o Irregular menses
- o Clearing a miscarriage
- o Anemia
- o Menopause
- o Hot flashes
- o Low libido, infertility or poor sperm quality
- o Headaches with nausea
- o Headaches-migraines

- o Colitis, ulcerative
- o Regurgitation
- o Burning in chest/throat after eating
- o Vomiting and poor appetite
- o Nausea, vomiting or gagging
- o Failure to thrive-to improve immunity
- o Failure to thrive-marasmus
- o Irritable bowel
- o Bad stool with rumbling
- o Hard stool
- o Prolapse with pain
- o Loose stool, gas and acidity
- o Constipation and bleeding and pain
- o Diarrhea
- o Parasites
- o Interstitial cystitis, UTIs
- o Bladder, kidney and cystitis with a temperature
- o Bladder, kidney and cystitis with dysuria
- o Candida glossitis
- o Skin rashes (in general)
- o Depression and feeling overwhelmed
- o Alopecia

## Webinar 4:

- More pathology-specific Banerji Protocols
- More cases
- Reviewing questions and complex scenarios
- Ordering from OHM Pharma
- Administration, dosing, antidoting
- Protocols covered:
  - o Colic
  - o Food sensitivities
  - o Crohn's
  - o Chronic fatigue
  - o Indigestion, heartburn, bloating, gas
  - o Gastro-related food intolerance
  - o Undigested food in stool
  - o Fungus infection
  - o Peptic ulcer
  - o Nausea
  - o Fistula ano
  - o Anal pain in general
  - o Shingles
  - o Diverticulitis
  - o Panic attacks, anxiety
  - o Dry, cracked skin
  - o Pain from ovarian cysts

## Webinar 5 (An Extra Scoop)

- An examination of cases from Class 3 that were skipped
- Some additional new cases
- Questions answered
- Protocols covered:
  - o Bedwetting
  - o Yeast/fungus
  - o ADD
  - o Protocols from webinar 3
  - o Low thyroid
  - o Food allergies
  - o Severe constipation
  - o Asthma
    - You're doing it yourself!

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If you are interested in learning more... watch this short 9

minute [informative video](#). [Click Here](#).

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# Consider the Dangers of Vitamin K Shot at Birth: And the Simple Solution



Back in the '80s when I was birthing my first child, it was difficult to find a doctor who would agree to the kind of experience I wanted.

My idea of birthing was one in which I did all the work, and the midwife or doctor stood by in case I needed them. No drugs. No procedures. No interference.

I did everything I knew to make that happen.

But just moments before I gave birth to our first child, a vigorous discussion with the OBGYN ensued while I was in transition.

You might know about transition: the component of birthing where you wonder if you'll make it because it's the most rigorous and painful phase of childbirth. Mine turned into a debate with hospital staff, thank you very much.

"Why don't you want a vitamin K shot for your baby?" the nurses and doctor grilled relentlessly.

I confess that I don't have much confidence in hospitals and their procedures. It's not that I think they're scalawags; it's that I don't trust a measurable amount of medical research and the subsequent practice based on it.

Of all the interventions, in my considered opinion, vitamin K injection was one of the most superfluous, particularly given the homework I had done.

## **What I Learned**

As usual, the arguments in favor of injecting a newborn with a vitamin K shot and those against contradict each other. Not unlike most medical squabbles, after reading both sides, you wonder how medical science could be called scientific.

The reason vitamin K is considered at birth is that low

levels of it are blamed for internal bleeding of the infant's brain as a result of injury during birth, particularly in forceps deliveries.

According to some medical reports, anywhere from 1.8 to 5 out of every 100,000 babies who do not receive vitamin K injections suffer permanent injury or death due to bleeding in the brain from the trauma of birth, particularly around 3 to 7 weeks after birth. Of those babies that experience bleeding, 45% suffer permanent brain damage or death.

At first blush, this is scary, but let me remind you that the dangers are considered rare.

Nonetheless, this subject is worthy of our attention, particularly as protection from intracranial hemorrhaging is not difficult to prevent, and the injection itself poses risks.

It's important to recognize that atypical bleeding is generally the result of liver disease, likely undetected until the bleeding occurs, which is usually days or weeks after birth.

Certain liver problems can reduce its ability to make blood-clotting factors out of a normal amount of vitamin K. The theory is that large amounts of K could prevent this kind of a bleed.

Infants exposed to drugs or alcohol are particularly at risk for these liver disorders as well as those from mothers on anti-seizure medications.

Mothers with these histories skew the overall statistics, bringing the risk to those of us who don't fit that group

even lower.

It is important to understand that newborns are born without vitamin K. They don't start manufacturing it until the proper bacteria are introduced into their guts via breast milk, which is of course a powerful argument for breastfeeding.

Though we may not understand why this is, it is the way nature intended and therefore ought to be trusted as long as we are prudent in our approach.

### **Dangers of Vitamin K Shot:**

No one in the medical field warns you that there are dangers to newborns associated with vitamin K shot. Never expect full disclosure of the dangers of medical procedures from those who use them.

**Danger #1:** One of the most alarming threats is the reports of anaphylactic shock due to this injection. Some sources suggest that this is rare, but then so are the numbers on the other side of the argument.

**Danger #2:** In the 1980s the belief was held that the introduction of levels that are 20,000 times the usual newborn level, (the amount usually injected) are not without consequences. A possibility of 80% increased risk of developing childhood leukemia had been associated with the practice of injecting vitamin K at birth.

**Danger #3:** As always with vaccines, certain vitamins and drugs, there's the issue of preservatives that are included in the formulation.

**Danger #4:** Consider the effect of imposing pain, which has the potential of rummaging psycho-emotional damage at a most precious moment in my newborn's life.

**Danger #5:** In the last few years, media began reporting the sweeping problem of opportunistic MRSA and other dangerous infections rampant in hospitals. An injection site is the perfect breeding ground for such infections, particularly in an immature immune system.

### **What I Did:**

Without the advantage of the Internet and only a handful of sources, it didn't take long to learn that certain greens eaten weeks in advance and in abundance could offer enough vitamin K so as to avoid deficiency.

Additionally, I reasoned that if scurvy could be prevented by eating foods high in vitamin C and we could be absolved of beriberi with the ingestion of foods high in vitamin B, then why would it be any different when it came to vitamin K?

I began a routine of drinking nettles and raspberry leaf tea from the time I learned about this, which was early in my first trimester.

I made it my drink of choice in my forthcoming pregnancies and nursing periods as well. Of course, I also ate dark leafy greens, especially wild greens frequently: cardoons, dandelions, purslane, spinach, Brussels sprouts, beet greens, etc.

### **What I Know Today as a Seasoned Homeopath**

Given the potential dangers of infections, questionable, unpronounceable preservatives, a remote, but nonetheless chance of leukemia and anaphylaxis, psycho-physical reaction and infection, the scales are tipped towards a gentler way of making vitamin K available to babies.

Even supplementation of low oral doses of liquid vitamin K can be taken by the mother a few weeks before birthing and administered to baby from birth for weeks. This was not my choice because I eschew synthetic vitamins.

Having said all of this about vitamins, homeopathic medicine is a method that transcends vitamin therapy. That is, in spite of the number of vitamins and nutrients that may be lacking, homeopathy often treats the disease anyway. Moreover, with alacrity.

Take [\*Arnica montana\* 200C](#), for example.

It is one of the most powerful (yet extremely gentle) homeopathic remedies for head trauma and subsequent bleeding known to mankind. I've witnessed its ability time and again for injuries to the head in ski accidents, automobile accidents, vascular bleeds and other cranial traumas. European professional ski teams count on it.

It is routinely used in the ER for head and other traumas in a large hospital in my hometown, and plastic surgeons use it as a rule for hemorrhaging.

And if that's not enough, Arnica also happens to be an important medicine to administer to laboring moms for pain, bruising and bleeding and is inadvertently given to babies at birth for unseen traumas.

Something that has been used at birth for centuries to protect from hemorrhaging without any knowledge of vitamin K deficiency.

How encompassing!

How innately intelligent!

How like homeopathy.

[Arnica montana 200C](#) can be used during labor to not only aid in pain management but to protect against bleeding and bruising. Taken at the onset of labor and continued every 3-5 hours and especially just after birth is a well-established plan for both mother and baby.

Many homeopaths recommend giving the baby a dose twice daily for a week while the mother can take it every few hours for a few days for any soreness and overall well-being.

So, do your homework, drink your nettles tea, eat lots of fresh greens, don't drink alcohol or take drugs, make sure you have a gentle birth without forceps (the subject of another blog) and most importantly, get yourself a bottle of [Arnica montana 200C](#).

And when reviewing the literature in favor of vitamin K shots remember, breastfeeding a child was considered unscientific and barbaric by the whole of the pediatric community only decades ago.

And they had their studies to demonstrate their posture.

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I have been where you are now. I've dieted, taken supplements, bioidentical hormones, essential oils and herbs – but nothing, nothing has ever come close to the reproducible, safe, and effective results I and my clients have achieved with homeopathy. To see the full syllabus for my Feminopathy course and read the testimonials of other women who have been helped by my Practical Homeopathy® methods, [click here](#).

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# Good Gut, Bad Gut: FAQ – Homeopathyworks

*“Read the Science. Raise Your Hand. Ask Your Questions.  
[Learn the Facts.](#)”*

Many of you have asked very good questions so I know you are learning the facts.

## **1) I can't see my insides ... how do I know if my gut is good or bad?**

The relationship between digestion and overall health is much more far-reaching than simply experiencing gastrointestinal symptoms. Various mental and physical ailments, such as ADD and autoimmune diseases, have been observed to have their origins in poor digestive health. The way you might know if an illness is related to the gut is if there are chronic problems that began after a gastrointestinal event, even years previous. Also, if foods seem to be bothersome, even if the symptoms present in remote areas such as on the skin, the respiratory tract or neurologically, it can potentially mean the gut is disturbed and is worth investigation.

## **2) Should I have allergy tests?**

Many folks find that allergy tests given by conventional allergists are archaic and misleading, offering contradictory and even erroneous information. What matters in homeopathy is not so much *what* you are allergic to, but merely the fact that you *have* allergies and or food intolerances.

### **3) How can I tell if I have a food intolerance? What causes them?**

Some of the symptoms of food intolerances can include: bloating, gas, irregular bowels, moodiness, depression, anger, chronic fatigue, arthritis or any chronic condition. When we look at the research chronicled in the vast literature on homeopathy, we find that the causes of food intolerances and allergies, in general, come from a combination of inheritance along with overuse of vaccines, antibiotics and medical treatments in general.

### **4) What are the most common food intolerances?**

Generally, food intolerances show up in the foods we also know to be the “worst” foods: commercially prepared meals and snacks, refined sugar, pasteurized dairy, but also sometimes wholesome foods such as raw dairy and heirloom grains. However, with proper dietary management until the selected homeopathic remedies act fully, in time these sensitivities can be reduced to a mere twinge, if not completely eliminated. Our inability to handle small amounts of these allergens is a sign of immune system interruption.

### **5) If antibiotic ruination of the gut is the problem, why not just use probiotics?**

I certainly think probiotics can be useful and a good place to start! Many people experience great healing from regularly consuming kombucha, sauerkraut, beet kvass, kefir, etc. However, sometimes that is not enough. That's when homeopathy comes in.

### **6) Why isn't diet enough?**

Diet should be enough. But because of processed food, vaccinations, antibiotics, bad dentistry (mercury fillings and root canals, for a start), our systems have become

overloaded and more importantly, not allowed to present with normal acute illness. Conditions such as chronic fatigue, food intolerances, and other persistent conditions will begin to surface. A return to a traditional diet and a more natural lifestyle is a super start, but it is sadly often not enough. That is where homeopathy comes in; we use it to uproot what diet cannot. The results can often be remarkable.

## **7) How are mental disorders related to an unhealthy gut?**

Dr. Natasha Campbell-McBride, the author of *Gut and Psychology Syndrome*, studied the health of hundreds of patients with autism, learning disabilities, psychiatric illness, and other problems. She found that in nearly all cases these children and adults suffered digestive problems. Her thorough investigation of this subject disclosed a stunning connection between damaged intestinal flora, meager digestion, and toxicity from chemicals created by undigested foods. She found that these characteristics can cause an effect on the chemistry of the brain.

Dr. Campbell-McBride tells us that when certain carbohydrates are digested improperly, it causes an overgrowth of candida and other microorganisms intended to remain in check. The result is a simultaneous production of acetaldehyde and ethanol.

Her research suggests that certain chemicals have been shown to negatively affect brain chemistry. This can then cause delays in emotional and intellectual advancement, as well as abnormal behavior, mental retardation, memory loss and even stupor.

Dr. Natasha Campbell McBride also makes it clear that although diet and the cessation of the use of conventional medications are key, homeopathy also ought to be employed.

## **8) So, what do you advocate?**

I agree with the good doctor and homeopathic masters. It makes sense that we ought to refrain from superfluous drugs, employ a most wholesome diet of nutrient-dense foods, and count on homeopathy to uproot initial and ongoing problems.

The sooner this is done, the sooner relief from chronic illness will be enjoyed. Most importantly, the information on how to achieve this is not as elusive as it used to be. We can learn to take care of ourselves and our families at home. The information that I relay to folks in my [Good Gut Bad Gut Class](#) is designed to empower students of homeopathy in this specific way.

## **9) Do I have to have knowledge of homeopathy to learn from your course?**

No! [This course](#) is designed specifically for those who have been struggling to find the answers to their chronic and gut-related problems. However, the more knowledge you have of any subject the more you will get out of it.

I'm teaching this course using mostly the Banerji Protocol, hence sidestepping the complexity of classical homeopathic methodology. This will allow folks with no training in homeopathy as well as those with plenty, to find this information fresh and exciting.

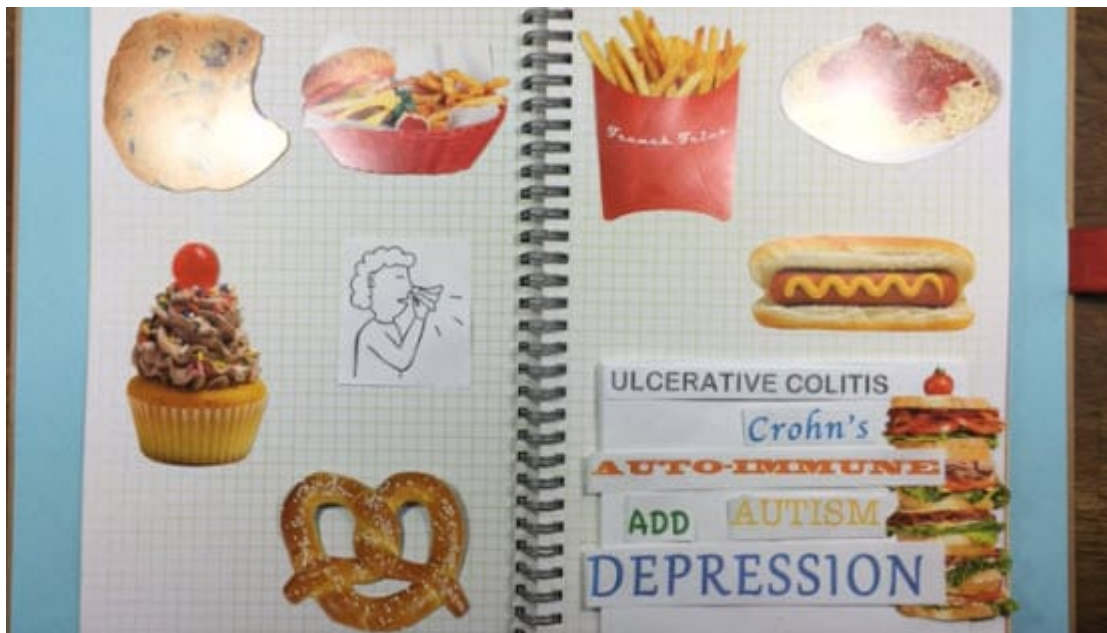
Don't believe for a moment this course is too advanced. I have included a FREE 5-part PowerPoint presentation entitled, "*Intro to Homeopathy*" that will bring you up to speed in a jiffy!

## **10) Where can I get the remedies that have been used to address gut problems? Some of these remedies are not easy to find ...**

In this course, I tell you *exactly* where you can get the

specific remedies, at a special student price (the savings will pay for the course over time). Many of the Banerji protocols use combination remedies or potencies that are not commonly available, but we have worked with a homeopathic pharmacy here in the United States to make these remedies available to students who have taken this course.

If you are interested in learning more... watch this short 9-minute [informative video](#). [Click Here](#).



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# Antibiotics Are Bulldozers Causing Reflux Colic, Etc. – Homeopathy Cures.



Gandhi said, “Homeopathy is the most refined method of treating patients economically and non-violently.”

My family and I live on 15 acres in the Boston Hills of New York where we built our house and pond. We laid out our land to keep chickens, ducks and bees and to raise our family. I’ve experienced the anticipation and thrill of watching a bulldozer reshape the earth to our family’s needs.

In taking on this project, we knew there was a good deal at stake if we uprooted a spring or dismantled a stand of apple trees, so we learned as much as possible on the subject before permitting the powerful bulldozer to rearrange our land.

Antibiotics are like a bulldozer. They rearrange our insides. Just as we knew that our decision in 1994 would impact the terrain even today, so must we consider what an antibiotic can leave in its wake decades, even a lifetime, later.

The human body is a virgin forest. It is capable of a prosperous yield and abundance, often in spite of our abuses. Antibiotics clear out the natural growth and often destroy these strengths. This is why one illness follows another, with ever-deepening pathology, shortly after the use of drugs to “control” the symptoms of the first.

No matter the new arrangement made by the antibiotic, the terrain will never be the same. It will never look or perform like a virgin forest again.

Even modern medicine has finally begun to recognize the folly of prescribing antibiotic after antibiotic.

### **Enter Homeopathy ...**

Long before modern medicine's antibiotics and other drugs became a way of life, homeopathy had its own take on infectious disease.

Even before the understanding that microorganisms cause infectious disease, Dr. Samuel Hahnemann made a simple but insightful observation. He noted that suppression of any

symptom is dangerous and ill-conceived because it treated the wrong thing.

That is, by treating the symptom, the illness is being managed, not cured.

Herein lies the division between modern medicine and homeopathy and the reason for the political divide between the two philosophies (if you can call modern medicine a philosophy. I call it a lot of scrambling spent on chasing symptoms.)

Modern medicine controls symptoms. Homeopathy celebrates them as clues to the right remedy that will uproot the illness forever.

But now we get to the interesting and, more importantly, practical part.

No matter how many years previously the antibiotic was administered, this method has a reputation for uprooting the pathology that the antibiotic caused.

Did you hear me? Uprooted illness.

I'd love to tell you that there is a one-size-fits-all method, but what I *can* share with you is that with the methods I teach in my [Good Gut, Bad Gut course](#), I give you ...

- 1) A thorough step-by-step guide
- 2) How to do this, so that you needn't be shackled to a diet or even dependent on a homeopath.
- 3) The ability to cure yourself!

I know. I know. Homeopaths have told you it is not possible to cure your family of chronic conditions. I even told you this years ago.

Please accept my apologies.

Having suffered from food intolerances myself, I knew there had to be a way to cure this with reproducible homeopathic measures, and I also knew Indians had the best knowledge of it.

I studied every homeopathy book I could find written by Indian homeopaths (I own 47 of them), many authored by MDs, and spent 5 years studying with homeopathic Indian doctors in New York and Toronto.

I pieced together disease treatments with simpler methods than those I had learned in classical homeopathy.

But it wasn't until my fellowships with Drs. Banerji in Calcutta in 2013 and again in 2014 that I learned and honed skills that are reproducible.

This is when I became an advocate for their relatively simple, straightforward homeopathy methods.

I can't tell you what a turn-on this is for me as a homeopath, mother and educator.

Let me give you examples of how this works for indigestion and certain pains after eating.

1) If someone experiences reflux (another name for chronic indigestion) that presents after taking antibiotics, even years later, the remedy [\*Iris ver 200\*](#), taken twice daily for

a few months, will for many, get rid of the problem. I don't mean that the symptoms are held back.

2) If there is only occasional indigestion, a better choice might be [Natrum phos 6X](#). This would be used as needed, say a dose every hour while the indigestion is active. Again, symptoms are no longer needed because the illness has resolved.

3) [Nux vomica 30C](#) would be a good pick for someone who suffers after eating junk food. This would be taken every hour or so until the indigestion calms down. If the remedy is well-chosen, indigestion will be gone.

4) For a colicky baby, one of my favorite remedy combinations that I learned from the Banerjis is [Nux vomica 30C](#), mixed with [Colocynthis 200C](#), twice daily. Sleeping baby instead of screaming baby.

Each of these examples (and there are 9 more just for indigestion, depending on how it presents in symptoms) would be considered after antibiotic poisoning.

And, yes, I call it poisoning because illness that is caused by a substance would have to be categorized as poisoning.

- If you want to get off the ever-more-restrictive diet conveyor belt...
- If you want to know the how (how to do this), why (why this method is superior to drugs) and where (where to purchase these remedies) ...
- If up want to learn a life-changing method to cure your family yourself ...

Keep reading.

If you don't want to learn more, at least jot down my above protocols and call it a day.

What lit my flame in learning these protocols was having observed and recorded 5,528 live cases at the Prasanta Banerji Homeopathic Research Foundation in Calcutta, right in the thick of their clinic. I returned home and categorized every one of those cases into specific rules.

(I still can't believe I did all of that but loved every moment of it.)

I'm bursting at the seams to share this with Americans, Europeans and the rest of the world...Most importantly families.

So, if this excites you as it did me in Calcutta, come along with me.

Let me share this with you. You owe it to yourself to at least take a look. [Click here ...](#)

... so that you can undo the damage created by modern medicine's methods and cure your family of stuff that has stumped allopathic doctors for years.

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For those of you who want to know more about the effects of antibiotics on our health, I've compiled a few resources. Every one of these conditions and how to treat them will be covered in my course:

- Intestinal Flora and antibiotics: <http://aac.asm.org/cgi/content/abstract/29/2/225>
- Research reported in the journal *Rheumatic Disease Clinics of*

*North America* suggests that the use of antibiotics, no matter how many decades previous, influences the development of conditions such as Crohn's disease, rheumatoid arthritis and other joint abnormalities. The use of antibiotics produces changes in the gut membrane that allow food antigens and bacteria to enter the bloodstream and cause the white blood cells to attack the joint tissue.

- In his book *Childhood Ear Infections*, Dr. Michael Schmidt states, "The trend in bacterial development of antibiotic resistance is not unlike the increasing resistance of agricultural pests to pesticides."
- Drug resistance within intestinal flora: <http://aac.asm.org/cgi/content/abstract/31/4/587>
- Colonization resistance in intestinal flora: <http://journals.cambridge.org/action/displayAbstract>
- Antibiotics and Crohn's disease and irritable bowel syndrome: <http://articles.mercola.com/sites/articles/archive/2003/09/13/inflammatory-bowel-disease.aspx>

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*It is no longer necessary to undertake years of classroom study and countless hours of clinical practice for you to master a health strategy that is both safe and effective in treating CHRONIC and ACUTE GUT ISSUES. I am swinging open the doors to reveal a proven system I have used in raising my kids ... literally taking your hand in mine to show you my methods and answer your questions. Find out more about my most popular course: **Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and***

**Mind:** <http://courses.joettecalabrese.com/goodgutbadgut>

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# Homeopathy Tip – Stress and Sleep

I've been asked by Boiron, a world-class homeopathic manufacturing pharmacy, to give a series of my homeopathy tips. This one focuses on stress and sleep solutions.

Women are particularly susceptible to stress as they juggle careers, child rearing and household responsibilities.

Stress and sleep issues go hand in hand. Too much stress can make all of us anxious and tense, thus leading to sleep problems.

In the coming weeks, future videos will feature more helpful tips on other Boiron homeopathic medicines that can help ease fever, coughs and colds, and allergies.

Please pass this on to anyone you know. Everyone will benefit.

Warmly,

A handwritten signature in black ink, appearing to read 'Joette', with a stylized flourish at the end.

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# Vaginal Yeast Gone with Homeopathy

Vaginal yeast infection, also called candidiasis, is a common problem of women caused by the overgrowth of the fungus *candida albicans*. This fungus normally resides in the body but is kept under control by lactobacillus bacteria.

A healthy immune system will maintain a correct balance between the yeast and the bacteria, but if this balance is upset, the fungus can get out of hand. Some things suspected to contribute to the overgrowth of *candida* include the use of antibiotics, birth control pills and immune-suppressing drugs such as steroids; eating refined sugar and processed foods; or ingesting certain trigger foods, such as bread and baked goods, even honey and too much fruit.

Need I mention how important diet and abstinence from drugs is to keep this in check? Yet even hormonal changes during pregnancy and perimenopause can also trigger candidiasis, so it's not always drugs and the wrong foods that are to blame.

If unchecked, an overgrowth of *candida* can lead to a wide range of systemic symptoms, including digestive issues such as pain, gas, bloating, constipation, diarrhea and mucus in the stool; itching in the skin, ears, vagina and rectum; skin problems such as acne and eczema, reproductive problems such as painful menstruation, infertility and low libido; and even mood changes, such as anxiety, depression, mood swings and difficulty focusing.

Conventional treatments focus on destroying the *candida* to stop the overgrowth, but like all drug treatments, this can

be accompanied by side effects, and often the overgrowth reappears as soon as the treatment stops. A suspension of symptoms is not what we're after. We want full resolution, and you can get that with the protocols I share with you today.

Homeopathy is a safe and effective medicine that gently guides the body back to health and reduces susceptibility to future outbreaks.

Homeopathic treatment for recurrent candidiasis usually brings relief within a week, but the treatment may need to continue for 3-5 months to eliminate the problem and prevent recurrences.

I've included a few of the most common remedies used to uproot vaginal yeast infections. I'm including them but want to give you a heads up that my all-time favorite remedy for this affliction is based on what I learned in Calcutta from Dr. Prasanta Banerji. In approximately 80% of the population with this affliction, the best by far medicine for yeast is [\*Mercurius solubilis\* 200C](#) taken once daily. If there's accompanying itching, not mild, but quite intrusive, then [\*Arsenicum album\* 200C](#) twice daily is a better choice. However, if these remedies aren't found to be useful (give at least a few weeks to note improvement or not), then consider some of the following remedies. But I'll bet you won't need to go any further than these.

[\*Kreosotum\* 30C](#): The sufferer needing *Kreosotum* will experience violent itching and burning of the vulva, labia and thighs. The discharge is profuse, watery and sometimes yellowish with marked acidity causing soreness, smarting and red spots on the vulva.

[\*Calcareo carbonica\*, 30C](#): The person needing this remedy will likely show a profuse, persistent milky or yellow discharge

accompanied by itching and burning. The person may also experience morning hunger, acidity of the stomach and cold, damp feet.

[Sepia 30C](#): Women who are prone to recurrent candidiasis and repetitive urogenital infections might want to consider this medicine. The discharge is yellowish-green in color, somewhat offensive and often worse before menses with pains in the abdomen. The woman is likely to be on birth control pills or overwhelmed by her motherly duties.

[Natrum muriaticum 30C](#): This cell salt is excellent for a woman with a watery discharge who is prone to skin and respiratory allergies, acne or herpes.

Knowing how to treat problems like this quickly, inexpensively, without a prescription, questionable drugs and high costs is the way I like to live my life and I want to share with you how you can do the same.

Warmly,

A handwritten signature in cursive script, appearing to read 'Jette', written in dark ink.

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I have been where you are now. I've dieted, taken supplements, bioidentical hormones, essential oils, herbs – but nothing, nothing has ever come close to the reproducible, safe, and effective results I and my clients have achieved with homeopathy. To [see the full syllabus for my Feminopathy course](#) and [read the testimonials of other](#)

women who have been helped by my Practical Homeopathy methods, [click here](#).

Please pass this on to your friends.

Love, Joette



### Remedy Cards

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# Revolutionize Yourself: Homeopathy Cures Apathy



Happy 4<sup>th</sup> of July, America! And here's a valuable homeopathy tip.

I know. I'm two weeks late, but that weekend I spent a grand time with my extended family. And the ideas for this blog came to me as we sat around my cousin's bonfire and watched fireworks over Lake Ontario.

So, indulge me and take a look at this postponed message that I hope will help direct and simplify your life.

First, a short history lesson to establish my point.

Did you know that homeopathy, the doctors who practiced it and the hospitals that counted on it were purposely ruined in North America in the 1940s by the AMA and the pharmaceutical industry?

Did you know that our laws were manipulated by this medical

faction to disallow homeopathic practitioners and their hospitals?

If you didn't know this, and you love homeopathy, the freedom it affords you and your family, its cost benefits, its curability and intelligence, then you ought to know.

**What matter is this to me *now*, you might ask?**

It matters because it can happen again. And there is a powerful group that still and more than ever has the financial and political means to accomplish this. Even Wikipedia has been bought out to ensure that homeopathy is consistently disparaged. (While in India, I heard more than once that the more apt pronunciation of Wikipedia is Wiki**PAID**ia.)

And there is no reason to fantasize that this trend would not become even more aggressive, banning the availability of homeopathic remedies, practitioners, schools and home learning resources.

Indeed, if blood pressure can be reduced to normal range by simply not eating foods with MSG, then it would behoove the pharmaceutical-manufacturer-funded medical schools to teach young doctors that what you eat doesn't matter. This would ensure that hypertension drugs would become a way of life for millions for an entire lifetime.

If eczema in a child can be cured by a mom who knows the homeopathic protocol, it would trouble the steroid cream producers who expect to have that child as a customer for life. (This was covered in my blog only a few months ago, and to that end, I will "plug" my upcoming online course called "[Skin](#).")

If asthma can be uprooted in a teenager by his mom with a little bit of knowledge of homeopathy so that he can get back to soccer, what hope would the makers of inhalers have? They had counted on this patient to be their customer for at least another 60 years (this is covered in my class called [How to Raise a Drug-Free Family](#)).

Is it me or do you notice a long-standing trend? I don't mean to be downbeat here, but I can't help but detect that certain things, even beyond medical choices are happening in the U.S. and that apathy is playing a role.

Yes, the freedoms that families had to make their own decisions on what kind of medicine they can use is eroding.

But also, the independence to raise children in traditional environments where they are not taught how to put a condom on a cucumber at the age of 7 or sold birth control pills when they enter junior high seems to be eroding.

Doesn't it seem that traditional freedoms are grinding down and parental rights are being replaced by government schools and medical mandates that decide for us what our children ought to be taught and given?

The ways in which freedoms are stolen from you and me are multiplying.

**The upshot is this.**

Dig in and apply all you get from me.

Implement with a sense of urgency.

Get every blog I publish (the old ones too), print them out

and put them in a notebook in categories of illness. A is for asthma and allergies and so on.

Or as one of my readers shared, put each protocol on a 3x5 card and organize it into a file card box.

This blog is a very *real* portal to self-sufficiency, money-saving methods and independence. The kind that we value most.

So, I beseech you, put yourself under pressure, work assertively and diligently, get there sooner not later, and certainly not “maybe someday.”

Do it today.

Keep this one for when apathy plagues someone you know.

So, home school your kids. Use homeopathy as your science block. Toss out the politically correct rubbish that many science books spew and use homeopathy to teach them (and of course yourself) something immediately useful.

If your kids are in school, don't worry, just hold tight to your family values and assign a homeopathy book for their summer reading requirements.

If you don't have kids or they're grown, learn this stuff for yourself. Knowing how to cure a burn within minutes is the best summer reading I know.

I give this information away.

Here on this blog.

For free.

So far, I've been able to it without advertisements.

I'm not a young woman, and I very much want to make certain that my life matters. I want to be sure that empowering families with homeopathy, sound nutrition and, most importantly, freedom to have a firm grip on our traditional values be well-fastened before I'm finished on this earth.

I want this for families. And if you are so inclined to take one of my online courses or [purchase a CD or book from my site](#), that's good, too. But if you can't or don't, I just want the homeopathic Banerji and other protocols encircling the earth.

Let's link arms across America, one woman tied to the arms of another from sea to sea and then to our European, South American, Australian, African, Indian and Asian neighbors and offer them some old-fashioned American freedom.

We are not apathetic.

Join me. Pass on this free blog to everyone you know, interested or not. You never know when their family member, just out of surgery, doesn't snap out of anesthesia properly (see below).

Revolutionize yourself and your friends.

The homeopathic medicine for apathy? I thought you'd never ask.

There are 3 main ones, whether political ennui or otherwise.

1) If there is sadness or a feeling of being defeated, a sense of feeling overwhelmed that results in indifference,

remember a remedy that I taught here a few weeks ago ... [Ignatia amara 200C](#), 2 times every day until improvement settles in. It could take a few days or weeks. Stop when there's improvement.

2) If the apathy stems from a disappointment or embarrassment, such as being fired from a job, the remedy is likely [Staphysagria 30C](#) or 200, 2 times per day for a few weeks.

3) One last one is [Phosphoricum acidum 30C](#) or 200. This is a wonderful medicine after someone has been overmedicated or after a surgical procedure. The apathy often presents in the form of fatigue and what appears to be laziness. This is one of my favorites when anesthesia has not worn away fast enough, even from dental work.

Revolutionize yourself, learn as much as possible, teach your children and pass it on to another family.

My **FREE** stuff to you is fodder for your **FREE**dom.

Happy belated Independence Day America!

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Want to learn more about how homeopathy is THE medicine for when the SHTF? For more information, and to learn how to Think Outside of the Box, click here >> <https://homeopathyworks.iljmp.com/3/toanu>

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# The Perils of Summer: Poison Ivy and Poison Oak

Poison ivy and poison oak can turn a happy summer excursion into a nightmare. Itching, blisters, redness and swelling ... all from touching a harmless-looking plant.

Conventional medicine treats poison ivy and poison oak, as it does most rashes, with oral or topical steroids. This provides a short-term solution by blocking the body's immune response to remove the rash. However, the principles of homeopathy tell us that when symptoms are suppressed, they are not resolved but rather driven deeper into the body to reappear at a different time and perhaps in a more serious form.

With this in mind, I urge moms to treat their family's itchy summer rash themselves without harmful steroids.

First, remove contaminated clothing and wash it immediately. Flush the affected areas of the skin with warm water and wash with a gentle soap and water.

The remedy that first comes to mind to those with some knowledge of homeopathy is [\*Rhus toxicodendron 30C\*](#) (the Latin name for poison ivy) because it is the remedy made from the poison ivy plant. *Rhus tox* is indeed a powerful treatment as a preventative to the outbreak for those who are particularly susceptible. Actually, the most commonly used remedy for poison ivy is *Anacardium* and for many, it's all that's needed.

To identify the correct remedy, pay attention to the

location of the rash, the type of pustules that form, and the general demeanor and preferences of the person when making your choice. Watch for anything that seems peculiar to help point to the correct remedy.

[Anacardium orientale 30C](#) – For poison ivy, poison oak and poison sumac, think *Anacardium orientale* 30C for swelling and rashes that itch intensely and burn when scratched. Scratching makes the itching worse by causing the eruptions to become red and inflamed but rubbing actually brings some relief. The symptoms are usually worse on the left side and at night. Warm applications and a warm bed aggravate the itching, but interestingly, the person usually welcomes a warm drink. In most cases, I'd begin with this remedy and only if it shows no improvement after several doses would I consider the others that follow below.

[Croton tiglium 30C](#) – For a rash with many blisters and much inflammation and itching, often on the scalp or the face in general, near the eyes or on the genitals, buttocks or lower limbs, *Crot-t* is associated with yellowish symptoms. The pustules may ooze yellowish serum, which dries to form thick grayish/brownish scabs. Scratching aggravates and leads to burning and much pain. Like *Anacardium*, the rash may be worse at night and on the left side of the body. Light pressure ameliorates the pain, but the person feels tight all over his body and maybe mentally inflexible and rigid. Quite frankly, the person cannot bear the rash.

[Graphites 30C](#) – Honey-like symptoms point us to *Graphites*. When the rash is scratched, the resulting discharge is sticky and yellowish, and it burns. The skin will have a crusty appearance, especially in the joint areas and the parts of the body that are usually covered, that is the torso and limbs. Relief comes from rough rubbing and scratching that actually tears the skin. The person may feel

better when wrapped up. The person generally feels chilly, thick and dull.

**Sulphur 30** – When scratching causes the pustules to bleed, and this bleeding brings relief, look to *Sulphur*. After scratching, the pustules may produce a yellowish or white discharge, and what remains of the pustule will be crusty and dry. The person feels better in a warm bed but is averse to bathing. Generally, *Sulphur* symptoms are left-sided and afflict the scalp. Facial swelling may be present. The person requiring this remedy may be irritable and restless at night.

**Rhus toxicodendron 30** – Unlike *Anacardium*, hot showers bring relief to the person needing *Rhus tox*. Outbreaks may be located on the face, around the eyes, on the genitals and on the palms in particular. Vesicles may line up along a scratch, and the skin may look angry. The person is irritable with a restless mind. Resting provides no relief, but the symptoms improve with movement and with dry, warm air.

Administer the chosen remedy in the 30<sup>th</sup> potency three to four times per day, reducing the frequency as symptoms improve. If a lower potency, such as 12X or 6X, is all you have on hand, you can use it, but you may have to administer it more frequently. If you don't see even the tiniest bit of improvement after the second or third dose, try the remedy that seems to be the next most likely choice.

## **Prophylactic use**

Those extremely sensitive to poison ivy, who seem to get a rash when anywhere near a poison ivy plant, may benefit from taking *Rhus toxicodendron 30*, prophylactically. I've seen excellent results from administering four doses of *Rhus tox* 30 in one day at the onset of the season and then repeating

this one day per week for one month to minimize the intensity of the exposure.

With your remedy kit in hand, you can take on any challenge of the summer and experience the joy and satisfaction of healing your family!

A handwritten signature in black ink, appearing to read "Jette", with a large, stylized loop at the bottom.

P.S. Want to avoid the medical conveyor belt with seductive antibiotics, beguiling steroid creams, or the latest natural skin ointment?

Learn more about my course: [Skin the Ugly Truth: Safe, Effective Treatment of Skin Ailments, Chronic or Acute with Practical Homeopathy.](#)

I designed an infographic titled, [Skinderella; 15 common skin conditions, 15 remedies.](#) [Click here](#), opt in, and download!

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# Sunburn and Dehydration? Homeopathy Offers the Cure



We love the warmth and sun of summer. But too much sun and heat can cause problems. Before you set out for a sunny excursion, be sure your remedy kit is stocked and ready!

One of the most common problems of overexposure to the sun, sunburn can be helped with one of the following remedies. Administer one dose every three hours until improvement is seen or less frequently depending on the severity of the burn.

[Cantharis 30C](#) – The premiere burn remedy, *Cantharis 30* is used for a burning sensation that is relieved by cold applications. This is generally the first remedy to think of for just about any kind of burn. The more severe the affliction, the more frequently the remedy should be

administered. A 200 potency is often highly recommended for more extreme burns and the frequency should be matched with the pain, swelling and other symptoms.

[Urtica urens 30C](#) – For burns with a stinging or prickly feeling.

[Belladonna 30C](#) – For red hot sunburn, perhaps with a pulsing sensation in the skin. This is for the sunburn that is REALLY red and hot.

The cell salts [Ferrum phos 6X](#), [Kali mur 6X](#) and [Kali sulphuricum 6X](#) can be given in addition to the selected remedy. Administer one dose of each 3 to 4 times daily or less frequently, depending on the severity of the burn, for up to three days.

To soothe the skin topically, include aloe vera gel (directly from the leaf of the plant if possible), a vinegar bath consisting of one cup of raw vinegar in a bathtub of tepid water, coconut oil or unsalted butter.

My family's favorite is [coconut oil](#).

Meanwhile, dehydration can also occur around the time of too much sun. The best treatment is rehydration with water and electrolytes. The following concoction is my favorite for rehydrating or avoiding dehydration altogether. It is purer than sports drinks or Gatorade, and it's tasty, too!

16 pills of [Bioplasma](#)

1/4 cup acidophilus bifidus yogurt or kefir

1/4 to 1/2 cup fresh lemon or lime juice

Maple syrup or raw honey to taste

1 teaspoon Celtic salt

1/2 cup coconut milk (optional)

Combine all ingredients in a gallon container and fill to the top with ice water. Shake well. This tasty beverage is mildly sour with a hint of sweetness. Always shake well before each drink.

If dehydration becomes extreme, try one of these remedies. Administer every 15 minutes until the symptoms diminish in intensity, then every 1-4 hours until significant improvement is seen.

[\*Cinchona officinalis\* 30C](#) (*China*) – For exhaustion and debility from loss of fluids. Indicators include digestive bloating, headache, sensitive scalp, flushed face, sensation of sand or pressure in the eyes and buzzing in the ears.

[\*Phosphoricum acidum\* 30C](#) – For mental and physical exhaustion, apathy, listlessness, pale face and sunken eyes, stumbling and milky urine.

Be prepared! Homeopathy helps keep you and your family on track for a safe and fun summer!

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Site: <http://erin.oconnor.cx/>



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