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.

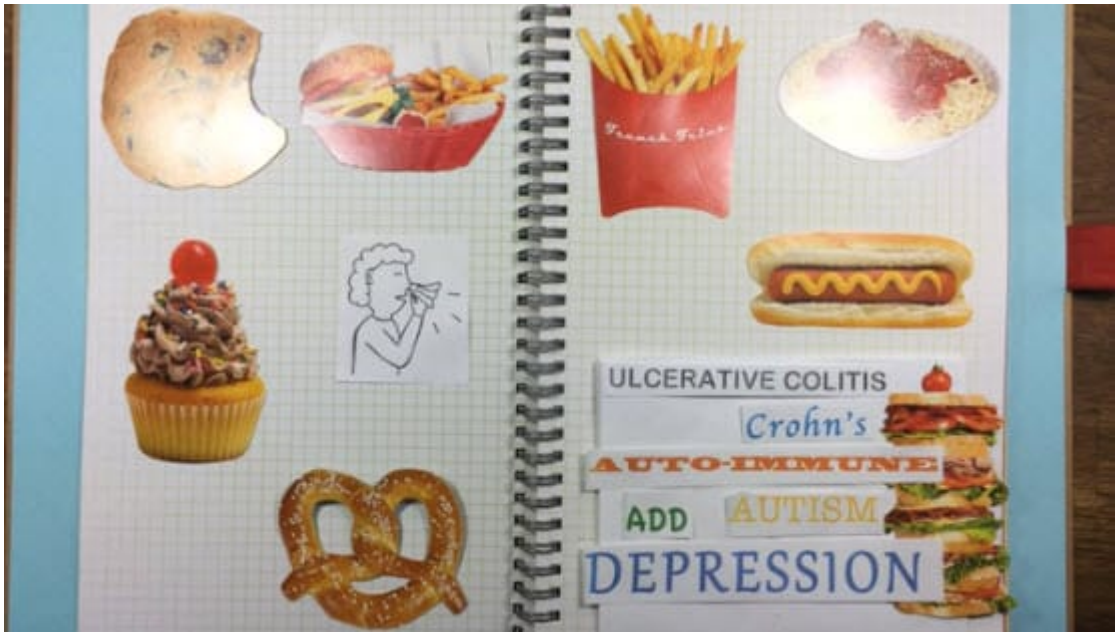
Don't believe for a moment this course is too advanced. I have included a FREE 5-part PowerPoint presentation entitled, "*Intro to Homeopathy*" that will bring you up to speed in a jiffy!

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.



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*