# The Biggest Mistake Parents Make




Are you familiar with those ubiquitous “listicles” on the internet? Like, “The Top 7 Reasons Your House is a Mess” or “The 9 Most Frightening Items in Your Closet”

Do you know why those lists are everywhere? Because they are successful marketing tools, and internet businesses love successful marketing tools.

Have you ever noticed they are most often an odd number? There are probably 6 or 8 reasons why your house is a mess. And there could be 10 or 12 frightening things in your closet. But odd numbers have been shown to be more trustworthy in marketing studies.

Go figure.

Often, the numbers are random, chosen to fit the needs of the writer rather than the truth of the situation.

**So, to heck with creating a list. I'm going to tell you the ONE biggest mistake parents make regarding their children's health care.**

One. Uno. Une. Una. Ein. Yksi. Énas.

What is it?

They panic.

Let's take, for example, a fever.

How many times have you seen a mother PANIC because her child has a fever! She runs for the Tylenol in an unnatural attempt to get the fever down. But the fever is serving its purpose, burning off the virus or the bacteria and developing an effective immune response for later years. (See my earlier article Get Your Kids High: Fever is Good.)

When your child gets sick, **DO NOT PANIC**.

No. Relax.

I'll repeat it: relax, relax, relax.

Children are SUPPOSED to get sick. It's how they build their immunity. It's how they grow. It's how they flourish.

Sicknesses are a natural part of childhood and not something to avoid at all costs. Sometimes – many times – the avoidance or repression of disease is decidedly worse than allowing the body to naturally fight the illness. We're forcing the body to stop treating itself.

In a typical childhood illness, fevers can run high – and so can emotions.

When a parent is in a panic, their rational brain flies out

of the window, and they appeal to others for answers. Medical practitioners often utilize that susceptibility to convince panicky parents that antibiotics are the only solution. They shame parents into believing it's their *responsibility* to provide antibiotics for their children's recovery.

This is the moment when Biggest Mistake Number One leads to Biggest Mistake Number Two: Antibiotics! (But, alas, I'm not making a list!)

When you're in a panic, you don't have the mental clarity to consider what an antibiotic can leave in its wake decades, even a lifetime, later. You're opening the door to recurrent infections, gut problems, eczema, a lifetime of food intolerances, and more. (Read: The Downward Spiral: Antibiotics and Recurring Infections.)

Antibiotics are woefully over-prescribed to children of parents filled with uncontrollable anxiety, but they are *not* the only answer.

Say, for instance, your child has a painful ear infection accompanied by a high fever. You might consider *Belladonna* 30 every few hours until the symptoms improve. Or you might find *Chamomilla 200* matches better with your child's ear infection symptoms, or perhaps *Pulsatilla* or *Hepar sulph*.

As I've said before, there is more than one way to skin a cat. But if you are in a blind panic, you cannot sufficiently take the case and choose a remedy.

"So, great, Joette. You're telling me not to panic, but you're not telling me HOW to keep calm?"

That, folks, is where preparation – in the form of education – comes in.

If you have studied alternatives to antibiotics, your

intelligence will be better armed to overrule your emotions. When you visit the pediatrician for a diagnosis, you will stand equipped to turn down the antibiotics she offers.

You will know your options.

You can do this for free by reading my blogs and listening to my podcasts or Facebook Live events. But to truly take a deep dive into the world of life beyond knee-jerk antibiotics, I recommend my course, The Antibiotic Alternative: Balance Your Bugs Without the Drugs. This course is designed for those who have already been harmed by antibiotics, individuals who can't use antibiotics due to allergies, and preppers and others who want to be ready for a predicted future *without* antibiotics.

But most of all, it is for parents who want to give their children the best start in life, a clean slate, a life without chronic illness!

It is for parents who no longer want to panic when their child gets sick – because they are prepared!

You will be the hero! Allow me to serve as your guide.

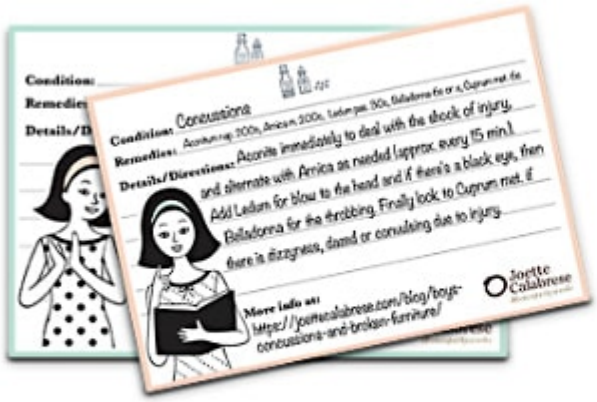
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P.S. Click here to download a free infographic from my course The Antibiotic Alternative to use as a starting point in your studies.

**And 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**

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