



An alternative for antibiotics

Antibiotic drugs are one of the pillars of conventional medicine. Without antibiotics even minor surgery becomes

more risky. However the use of antibiotics is seriously under threat because of the resistance of bacteria that naturally occurs. Some antibiotics such as Penicillin are no longer effective for the treatment of infections. New antibiotics are hard to find and to licence. The rise in resistance force doctors to use so-called 'reserve' antibiotics which are used when other treatments have failed. The increased use and abuse of these 'reserve' antibiotics also led to an increased resistance. Some of the other 'reserve' antibiotics are causing serious side effects and are not effective enough.

Homeopathy is a holistic system of natural medicine that provides a safe alternative for antibiotics. Homeopathic remedies stimulate the body to overcome infectious diseases of its own accord and have no side effects. Any person who is under treatment for a chronic condition may avail of my telephone service in case of acute infectious disease such as colds, ear-, nose-, and throat infections, at a fee of only € 10.- per phone call. This telephone consultation fee includes the remedy.

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Enjoy this newsletter. Regards,
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The side effects of antibiotics

The common side effects of antibiotic drugs are a soft stool or diarrhoea and an upset stomach. However some people may react more intense and develop severe diarrhoea, abdominal cramps, a rash or vaginal itching and discharge. Yet some people may react allergically which manifests as raised, intensely itching spots, swelling in the face, lips and of the tongue, throat tightness, wheezing and coughing. These more serious and sometime life threatening symptoms may be accompanied by white spots on the tongue and require immediate medical attention.

Homeopathy is the alternative

Antibiotics fight the harmful bacteria for you while the homeopathic remedies stimulate your body to get over the disease of its own accord. In homeopathy the infectious disease



is taken as an opportunity to really get better than before it got a grip on you. Homeopathy prepares your body better for the future infectious disease and in that way homeopathy is

also effective in the treatment of recurring ailments. When taking antibiotics we don't take the disease as an opportunity to become stronger and in that way we actually undermine our defence mechanisms. In life we need the bad experiences to become stronger. Likewise we need disease in its broadest sense to develop. Health and disease complement one another and we need both for our development. We cannot learn how to walk without falling. Falling is the downside to learning how to walk and likewise disease is the downside to our development. The homeopathic practitioner has a large arsenal of safe and very effective remedies at his/her disposal to heal in a mild manner without side-effects.

Homeopathic remedies

Over two hundred years ago the founder of homeopathy, a German physician called Samuel Hahnemann, discovered that a disease could be cured by a substance which causes similar symptoms in healthy human volunteers. Over the years thousands of remedies have been tested and in order to cure it is the task of the homeopath to prescribe a remedy that caused a similar set of symptoms during homeopathic trials. The homeopath looks for a remedy that suits the individual. This is in contrast to the prescription of antibiotics where anyone with same bacterial infection receives the same antibiotic. Homeopathic remedies are derived from plants, animals, minerals and other crude substances. All homeopathic remedies are diluted to such an extent that only the curative properties remain.

Three persons suffering from a throat infection may present three different homeopathic remedy pictures. The first person needs the homeopathic remedy **Gelsemium**, because he complains of a dry, burning pain in the throat which extends to the ears when swallowing. He feels as if paralysed; everything feels heavy, especially the limbs. He fears that he will fail for his exams. **Dulcamara** will be given to the second person, because his throat problems are accompanied by an ear infection and diarrhoea. Her problems started after catching a cold on a cold rainy autumn day. Remarkable is that she feels worse from rest and generally feels better when she is moving about. The third person I would prescribe **Eupatorium Perfoliatum** because he has a particular painful cough with pain in the chest which aggravates when lying on the back. He feels pains and aches in the bones and joints. He feels thirsty but eating and drinking makes him feel nausea.

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