

# Teach Me Health and Homeopathy

Evie and the Golden Homestead

**FREE**  
*Promotional  
Sample*

## TEACHER'S MANUAL



A comprehensive guide for teachers

BY **PAOLA BROWN**

Endorsed by the Academy of Homeopathy Education



UNIT  
4





## READ ALOUD TIME!

### Chapter 4: Toothless

“It was the Pied Piper who had led the strawberries to the bakery.”  
- Anonymous

#### MATERIALS NEEDED:

- *Evie and the Golden Homestead* storybook
- Ingredients for Grandma Annette’s Strawberry Cheesecake Pancakes (Suggested Treat - See recipe)
- Ingredients for Grandma Annette’s Seed Bombs (Suggested Activity - See recipe)



#### SUGGESTED TREAT

See recipe at the end of the lesson

#### Read Aloud:

Read aloud *Evie and the Golden Homestead*, Chapter 4: Toothless. Complete one of the quiet activities found in the Read-Aloud Time Materials section in the Teaching Tips of the Teacher’s Manual, if necessary, while the read-aloud portion of the lesson takes place.

#### Discussion:

Hold a discussion with the students:

Here are some questions to lead the discussion, but if the students have special insights, be sure to answer their questions or further discuss the topic.

Q) What kind of pie was Evie and Grandma Annette making at the beginning of the story? What is your favorite kind of pie?

A) Possible Answer: *They were making strawberry pie and my favorite is peach!*

Q) What was wrong with Monti, Bella’s calf?

A) Possible Answer: *He had a small surgery called a castration, and it was infected.*

Q) Why did Grandpa think the castration got infected?

A) Possible Answer: *Grandpa felt like he and Grandma Annette had been too busy, and they weren’t able to do the surgery soon enough. By the time Monti got so big, it made it harder for him to heal from the surgery.*

Q) Why couldn’t they use the truck to take Monti to the vet?

A) Possible Answer: *It was in the shop getting repairs*

Q) What was the problem with taking Monti in the Rav4?

A) Possible Answer: *The Rav4 is a small SUV. It has a large back trunk, but it’s not easy to transport a big, almost 200 pound steer in.*

Q) What did they use to load the steer in the back?

A) Possible Answer: *Grandpa used an old, spare wooden door to make a ramp.*

# LESSON 10 READ ALOUD TIME! *Toothless*

Q) What happened to Evie when they loaded the steer?

A) Possible Answer: *She was in the trunk, luring Monti in with a big bowl of alfalfa hay drizzled with molasses. When Monti climbed in, Evie tipped over the back seat and the hay fell all over her.*

Q) How did Monti help Evie clean up?

A) Possible Answer: *By licking her face.*

Q) How did the vet and his staff react to how they transported Monti to the veterinary clinic?

A) Possible Answer: *They thought it was really funny; they laughed and laughed.*

Q) What was the veterinarian's recommendation for Monti? What does Grandma want to do instead?

A) Possible Answer: *He thinks he needs to take antibiotics, but Grandma wants to try homeopathy first.*

Q) Do we know if Monti is better yet?

A) Possible Answer: *No, he's still sick, but Grandma selected a remedy for him. We are waiting to find out if it worked or not.*

Q) Grandma told Evie a short story about Constantine Hering's three-legged stool. What does this story teach?

A) Possible Answer: *It teaches you how to select a homeopathic remedy.*

Q) Can you explain what the three-legged stool represents? How does it help us pick a homeopathic remedy?

A) Possible Answer: *When someone is sick, you make a list of all their symptoms. Then, you try to match their three most characteristic symptoms to a remedy's three key symptoms. If it's a close match, then you may have selected the correct remedy.*

Q) Why was Constantine's friend, Dr. Trites, sad?

A) Possible Answer: *He was sad because he was having a hard time learning how to select good homeopathic remedies for others.*

Q) After teaching his friend about the three-legged stool, what was Constantine's other recommendation?

A) Possible Answer: *He told his friend that he should master a few remedies, and then learn a few more. One by one, as he masters one remedy at a time, he will become an expert of many.*

Q) After Grandma finished telling the story about Constantine, what happened?

A) Possible Answer: *Christian came in howling because he had cracked part of his tooth off.*

Q) How did Christian crack his tooth?

A) Possible Answer: *He was jumping on the trampoline, and he fell and hit his face on the leg of the trampoline.*

Q) Aside from helping Christian with the pain, why was Grandma still worried about the tooth?

A) Possible Answer: *Because Christian hit the tooth so hard, he was at risk of the rest of the tooth—the part that was still in his head—dying.*

Q) What remedy did she give Christian? Why?

A) Possible Answer: *The remedy she gave Christian was Hypericum because it's a great remedy for nerve damage, and teeth are rich with nerve endings.*

Q) What were other remedies Evie learned that day that are good for teeth?

A) Possible Answer: *Evie learned about Chamomilla and Ruta.*

Q) Briefly describe Chamomilla.

A) Possible Answer: *Chamomilla is good for teething babies who are fractious, people who are in a lot of pain, and who are overly sensitive to pain.*



# LESSON 10 READ ALOUD TIME! *Toothless*

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Q) Describe some of the times that Evie took *Chamomilla*.

A) Possible Answer: *When she was a teething baby, when she had a tummy bug, and when her molars were coming in.*

Q) Briefly describe *Ruta*.

A) Possible Answer: *Ruta is good for overuse, for joints, tendons, and for connective tissue.*

Q) Do you remember what connective tissue is?

A) Possible Answer: *It is the 'glue' that holds the skin, bones, and muscles in place.*

Q) When it comes to joints, what is the main difference between the remedies *Rhus tox* and *Ruta*?

A) Possible Answer: *When it comes to joints, they are very similar, except painful joints that need *Ruta* tend to give out from weakness.*

Q) When can you use *Ruta* for teeth?

A) Possible Answer: *When you have a tooth pulled or when you get braces adjusted.*

Q) What was something Grandma used *Ruta* for?

A) Possible Answer: *When she fell on her tailbone.*

Q) Why was it such a busy day for Grandma and Evie?

A) Possible Answer: *They made pie, had to take Monti to the vet, had to select a remedy for Monti, had to help Christian who cracked his tooth, had to schedule the dentist appointment, and then deliver pies to the neighbors. It was a busy day!*

## Grandma Annette's Strawberry Cheesecake Pancakes

**Directions:** Make the following recipe with your students, and while you enjoy your meal, have a mini-discussion about food with your students.

### Ingredients:

*For the syrup*

- 1 Cup organic sugar
- 1 Cup water
- 1-1/2 Cups organic strawberries mashed with a fork

*For the pancakes*

- 1 Cup of your flour of choice, preferably sprouted (for a gluten-free variation, use Pamela's Pancake and Baking Mix as it is divine in this recipe. Even gluten-eating people prefer it!)
- 1 Tbsp organic cane sugar or alternative
- 1 Tsp baking powder
- 1/4 Tsp baking soda
- 1/4 Tsp salt
- 1 pastured egg
- 1 Cup cultured buttermilk
- 2 Tbsp melted grass-fed butter
- 8 oz grass-fed cream cheese cut into 8 cubes

### Instructions:

**To make the syrup,** bring sugar and water to a boil. Slowly add strawberries, and return to a boil. Once it's boiled, reduce the heat and simmer, uncovered, for about 10 minutes, allowing some of the liquid to evaporate. Be sure to stir occasionally. Serve over pancakes or ice cream.

**For the pancakes,** place dry ingredients in a bowl and mix together. Set aside. Blend on high the egg, buttermilk, and melted butter in the blender. While the blender is running, add cream cheese, one cube at a time, until incorporated. While the blender is running, add the dry ingredients, one heaping spoonful at a time. You may need to pulse your blender as the batter thickens. Be sure the entire batter is smooth and uniform. From the blender, pour about 1/4 cup onto a hot skillet and fry the pancake. Flip when it's light golden brown. The inside of the pancake will be a little soft, like cheesecake. Serve with strawberry syrup and fresh strawberries.

## **Mini Discussion about Clean Food:**

You may notice that today's recipe calls for sprouted flour. In the previous unit, we discussed sourdough bread, but this week we will think about the flour that can be used in recipes like sourdough bread and in today's pancakes.

The interesting thing about healthy food is that it's not enough to just buy clean ingredients; the way we prepare them matters a lot. Whenever we prepare our foods correctly, we increase the nutrition of the food. We learned this in Unit 1 about preparing pork in a way that makes it better for us, we learned more about how bread can be more nutritious when baked as sourdough bread, and today we will talk about how we can make wonderful foods—like nuts, seeds, and grains like flour—even more healthy.

### **What happens when you eat food?**

As we previously discussed, it's important to digest our foods properly or this can cause health issues. But, what exactly happens to the food when you eat it? You know what happens to it at first. You begin by putting food in your mouth, then you chew it, and then you swallow it. Yum! But, what happens after that?

When it reaches your stomach and gut, your body begins to pull out vitamins, minerals, and nutrients from your food. Your body can use these to help you have energy and to help you grow. This is hard work for your gut to do, especially if the food is harder to digest.

Foods like nuts, seeds, and grains like wheat are naturally harder for your body to digest, and if you don't help your body by preparing the food carefully before you eat it, your body might not absorb (or use) the good stuff, and it will just end up getting rid of it next time you go to the bathroom. That would be a waste! And, this is especially true if your gut bacteria has been damaged by previous use of antibiotics, steroids, and other drugs.



### **How can we make the foods easier to digest?**

There are many ways of preparing foods to make it easier to digest. Sprouting and fermenting are two important ones. When we sprout and ferment foods, we are making it easier for our bodies to digest the foods. When it's easier to digest, our body will take (or assimilate) more minerals, vitamins, and nutrients from the food.

When it comes to nuts and grains, they all have these natural coatings that can make them tough for our bodies to digest. Even superfoods like chia and flax seeds have this stuff. For example, flax seeds are really tough for us to break down, so people often grind them up to try to help our bodies absorb them better. But, even when you grind them, these coatings are still there, and they can mess with your digestion. The acids in these coatings are often the reason why people have tummy troubles like indigestion and leaky gut.

Sprouted grains are great for your body and digestion. When you soak grains to sprout them, it breaks down their tough outer coating. This increases the nutrients your body will use after you eat it. Sprouting also makes special enzymes that help your body break down carbs and proteins easier. Plus, it can boost the good stuff like antioxidants, vitamins, and proteins while keeping the calories lower.

In the end, it's important for us to remember that we don't need to eat perfectly all the time, but taking little steps to improve our diet is always a good choice!

 **For fun:** (Especially for students in Level 2 and 3) Watch this 5 minute video about sprouted grains available in the  [Online Teacher's Area](#).

## Grandma Annette's Seed Bombs

**Note:** In the story, *Evie and the Secret of Grandma's Homestead*, Evie reminds Harriet of the seed bomb craft they made. This is a wonderful late-winter activity to do in anticipation for Spring. Once dried, throw the seed bombs around your yard, and watch the flowers bloom in the spring!

### Ingredients:

- Flower seed
- Potter's clay powder, from any craft shop
- Peat-free compost
- Water
- A bowl
- A baking tray

### Instructions:

Mix approximately:

- One cup of wild flower seeds,
- Three cups of clay,
- Five cups of compost

Next, while someone helps you mix, add water slowly and gradually. You don't want it to be too thick or too thin. When you can, roll the mixture into the size of a ping-pong ball. As you complete each ball, lay it out to dry on a baking sheet, preferably in direct sunlight. It should take about three hours to dry, or can be left overnight.