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Your Guide to Health through Homeopathy

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Founded in 1974, the **National Center for Homeopathy (NCH)** is a 501(c)3 non-profit organization dedicated to promoting health through homeopathy by advancing the use and practice of homeopathy.

NCH supports education in, awareness of, and increased access to homeopathy. We have the largest, most diverse membership in the homeopathic community and we are the national go-to resource for all who are interested in learning about homeopathy.

We educate consumers and play an important role in the continuing education of practitioners and are dedicated to making homeopathy more accessible to the public. We inform legislators and work to secure homeopathy's place in the U.S health care system while working to ensure that homeopathy is accurately represented in the media. We help you get and stay connected and find the resources you seek while being a strong and collective voice for homeopathy in the US.

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HOMEOPATHY TODAY

Homeopathy TODAY

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Homeopathic selfcare can be appropriate for simple first-aid or acute illness. Those with more serious or chronic illness should seek the services of a competent healthcare professional.

We welcome articles, letters, and reviews pertaining to homeopathy. We reserve the right to edit or decline submissions.

Email submissions preferred, sent to: info@HomeopathyCenter.org

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What is homeopathy?

Homeopathy is a safe, effective system of natural medicine, used by millions of people worldwide for more than 200 years to achieve wellness. Homeopathic medicines are prepared from natural sources, are used in extremely small amounts, and are recognized by the U.S. Food and Drug Administration. They are non-toxic and, when properly administered, can be safely used with infants, children, adults, and animals.

How does homeopathy differ from conventional medicine?

Homeopathy is based on the principle that “like cures like.” That is, if a substance can cause symptoms of disease in a healthy person, then it can cure a sick person suffering from similar symptoms. Suppose a person has hay fever, with watery eyes and a burning nasal discharge. Instead of giving an antihistamine to dry up the discharge, a homeopath might prescribe *Allium cepa*—a tiny dose of onion, specially prepared by a homeopathic pharmacy in accordance with FDA-approved guidelines—because onion is known to cause watery eyes and a burning nasal discharge.

Homeopathy regards symptoms as the body’s healthy attempt to restore itself to balance. A homeopath will choose a remedy that supports the symptoms—rather than opposing them or suppressing them as in conventional medicine.

Homeopathy recognizes that each person manifests illness in a unique and slightly different way. That is why two people with the same illness will not necessarily receive the same homeopathic remedy. A cold sufferer with a stopped-up nose and dry eyes would receive a different remedy than a cold sufferer with a runny nose and watering eyes. Unlike the “one size fits all” approach often used in conventional medicine, a homeopath chooses a remedy that matches a person’s unique symptom profile—including physical, mental, and emotional symptoms.

What is homeopathy’s history?

The principles of homeopathy were developed into a system of medicine by the German physician Samuel Hahnemann (1755–1843). Homeopathy spread quickly throughout Europe and the rest of the world, including the U.S. The exact mechanism by which homeopathy works is unknown, but 200 years of clinical experience along with hundreds of peer-reviewed basic science, pre-clinical, and clinical studies confirm homeopathy’s effectiveness.

Homeo-Speak

acute illness: A condition that is usually brief in duration and self-limiting; that is, either the illness runs its course or the patient dies—as opposed to chronic illness that usually develops more slowly, lasts indefinitely, results in deterioration of health, and does not resolve without some sort of healing intervention. Examples: acute illness—colds, flu, ear infections; chronic illness—arthritis, hypertension, diabetes.

characteristic symptom: a symptom of an unusual nature—strange, rare, peculiar—that gives the case a pronounced individuality (i.e., “characterizes” the case). For example, chilliness with desire for ice cold drinks, or dizziness that is better from motion. Such a symptom often points directly to the curative remedy.

chronic illness: (See acute illness.)

common symptoms: Symptoms that are commonly found in a particular disease, for example, spots in measles or swollen glands in mumps.

constitutional treatment: Treating the whole person, rather than the symptoms alone, thereby attempting to enhance the general level of health rather than just getting rid of the symptoms.

materia medica: Latin for “materials of medicine.” A reference book listing homeopathic medicines and their therapeutic actions/indications. This information comes primarily from the provings of the medicines; also from clinical observation.

miasm: a block to health, usually left by a disease. This can be inherited or acquired and is an obstacle to cure.

Organon: The Organon of Medicine, by Samuel Hahnemann, founder of homeopathy, is the book in which he set down the fundamental principles of homeopathy. He wrote 6 editions, the last in 1842; current homeopaths refer primarily to the 6th and sometimes the 5th editions.

potency: The strength of a homeopathic remedy according to the number of times, during preparation, it has been diluted and succussed (i.e., potentized). Potency is represented as a number attached to a remedy name (e.g., Aconite 30c or Arnica 6X—the letter c or X refers to two different methods of dilution during remedy preparation).

proving: The testing of a substance, either in crude form or in potency, on healthy volunteers to discover the symptoms it is capable of producing, and therefore able to cure. Participants in a proving record their symptoms; the symptoms are collated and used as therapeutic indications for prescribing that substance.

repertorize: To look up symptoms in a repertory, in order to determine which remedy or remedies is common to the presenting symptoms.

repertory: An index to the materia medica; an index of symptoms (based on the materia medica) with a list of remedies indicated for each symptom.

rubric: A symptom listed in a homeopathic repertory.

simillimum: The “most similar” remedy corresponding to a case; the remedy that most closely matches the totality of the symptoms of the patient, and therefore, is curative according to homeopathic principles.

suppression: The driving inward of disease symptoms, so that a person experiences more serious symptoms than they originally had.

vital force: Term used by Hahnemann to describe the energy that animates all living beings. The vital force is stimulated by the homeopathic remedy to enable the body to heal itself.

The above definitions were largely adapted from the following excellent references: *The Complete Homeopathy Handbook (its glossary)*, by Miranda Castro, FSHom, CCH, and *Yasgur’s Homeopathic Dictionary and Holistic Health Reference*, by Jay Yasgur, RPh, MSC.



MESSAGE FROM THE NCH BOARD OF DIRECTORS

Tina Quirk, RN, MS, CCH, RSHom(NA), is a member of the NCH Board of Directors and Liaison for Homeopathic Research. She is Head of Academic Support and Quality Assurance at the Centre for Homeopathic Education-New York City, which offers part and full-time programs in homeopathy. She is the Project Manager for Homeopathy for Health in Africa and is a graduate of the Dynamis School for Advanced Homeopathy. She can be reached at tinqui@gmail.com.



On April 20 and 21, an historic meeting took place at the U.S. Food and Drug Administration campus in Silver Spring, Maryland, as 8 FDA panelists, 44 presenters, and over 150 observers gathered for a public hearing on labeling regulations for homeopathic medicines. Current FDA labeling regulations were set 25 years ago, and the market for homeopathic products has grown extensively since then. Therefore, the question for the hearing was: Are current labeling regulations sufficient for consumers' informed choice and safety?

Observations from historic FDA hearing

FDA Asks & Homeopathy Delivers

For two days, FDA specialists in ethics, research, drug evaluation, biostatistics, risk management, regulatory policy, pharmaceutical quality, pharmacology (drug action), and pharmacognosy (medicines derived from natural sources) listened attentively to presenters explain the many facets of homeopathy and the consumer experience.

As expected, much expert testimony came from within the homeopathic community, including industry representatives, homeopathic researchers, practitioners, teachers, and association leaders. NCH provided information on consumer attitudes about homeopathy and was well represented by our Executive Director, Alison Teitelbaum.

Many supportive presentations also came from outside the immediate homeopathic community, such as from a poison-control-center expert who cited excellent safety statistics for homeopathic remedies, a retail consultant who explained the placement of homeopathic products on store shelves, representatives of consumer groups whose constituents rely on homeopathic remedies, and a former FDA regulator. Only four of the more than forty speakers voiced opposition to consumer access to homeopathy. Presentations from

all speakers (including audio-visual) are now publicly archived on the FDA website, and transcripts will be available soon. After a period of public written comment, the FDA will decide what, if any, updates will be made to the labeling regulations of homeopathic medicines. www.fda.gov/Drugs/NewsEvents/ucm430539.htm

Key points gleaned

As an observer representing the NCH Board of Directors, I found the proceedings both inspiring and enriching. The atmosphere conveyed by the FDA was one of respectful inquiry, suggesting the potential for a continued cooperative relationship between the homeopathy community and the FDA. This was heartening, but what made the event remarkable for me was the depth and breadth of homeopathic information and history that speakers compressed into two intense days. It provided a holistic, "as if one person" experience of U.S. homeopathy for attendees. While it is impossible to describe everything that was presented during the hearing, here are a few highlights.

Homeopathic remedies are officially "drugs" under FDA law. Homeopathic medicines are not unregulated, as many critics claim, but they have a different

category of regulation than other drugs overseen by the FDA; they are included in the FDA's Over-the-Counter division, along with herbal products and food supplements. Homeopathic manufacturers follow a detailed and comprehensive FDA Compliance Policy Guide in all areas of production and marketing (FDA-CPG Sec. 400.400).

The Homeopathic Pharmacopoeia Convention of the U.S. (HPCUS) is an important bridge between homeopathy and FDA. The FDA relies on this organization to produce *The Homeopathic Pharmacopoeia of the U.S. (HPUS)*, which is the official compendium of approved homeopathic drugs. The HPCUS also interfaces with homeopathic manufacturers to standardize the manufacturing process. A non-profit organization with 54 volunteer members (botanists, chemists, homeopaths, biologists, pharmacists, and other scientists), the HPCUS approves all newly introduced homeopathic medicines and is reviewing new data on the 1295 medicines introduced since establishment of the *HPUS* in 1897. After a thorough investigation and analysis of a proposed homeopathic drug, including submission of a classically-conducted, rigorous homeopathic proving and documentation of clinical use, the HPCUS compiles a monograph and designates the substance an "official homeopathic drug" in the *Homeopathic Pharmacopoeia of the U.S.* The HPCUS is an important component of the complex homeopathic regulatory process. Learn more about the HPCUS and its work in maintaining the official *HPUS* at www.HPUS.com.

Look north to Canada for a regulation model. Jeannine Ritchot, Acting Director General of the Natural and Non-Prescription division of Health Canada (Canada's FDA counterpart), held everyone's attention as she described how Canada regulates homeopathic medicines and the challenges ahead. Homeopathic medicines in Canada can be licensed in one of two ways—as a general homeopathic remedy with non-specific claims or as a remedy

for relief of specific symptoms. Different evidence for safety and efficacy (based on provings and materia medica) is required for the different licenses.

Safety of homeopathic medicines is incontrovertible, according to Edward Krenzelok, toxicologist from the Rocky Mountain Poison and Drug Center, which receives reports on overdoses from all U.S. states and territories. While discussing a report of calls or “exposures” to poison control centers from 2006 to 2013, Krenzelok stressed that “exposures do not necessarily represent poisoning or overdose. Every exposure is not an adverse event.” Of 12,040,220 calls, 80,456 were about exposure to food supplements, herbals, and all homeopathic medicines (combination, those combined with active substances, and single product). One percent of exposures related to homeopathic single products. Children’s accidental ingestion was the biggest percentage, as is common with all pharmaceutical products, but 98% of the exposures reported either no or only minor effects. Only 0.1% of exposures to single homeopathic products reported a major effect, but the details of these effects were not available. Overall, Krenzelok says homeopathy has low morbidity and low mortality (meaning it is very safe).

Other presenters echoed the safety of single or combination homeopathic medicines (apart from products containing pharmacologically active agents mixed with homeopathic substances), citing multiple examples of published research in homeopathy and pharmacology journals.*

Homeopathy research is ongoing and favorable. Two expert researchers, Dr. Wayne Jonas, original Director of the National Center for Complementary and Alternative Medicine who is now with the Samueli Institute, and Dr. Peter Fisher,** Clinical Director and Director of Research, Royal London Hospital for Integrated Medicine, and also Editor-in-Chief of *Homeopathy* (a peer-reviewed research journal), provided an overview of the state of homeopathic research. Dr. Jonas asserted that no single method of research is better than another. The goal is to match the method to the research question, and high quality research means using the best method. Poor research often comes from misapplying

the methodology. He also reminded panelists and attendees that the latest study is not necessarily the best study and does not replace previous studies. Commenting on the phenomenon of many homeopathy studies not showing results better than placebo, he pointed out that 40% of all pharmaceutical studies cannot be replicated to show results over placebo. Dr. Jonas recommended comparative effectiveness research, which accommodates the use of a whole system of therapy, as suitable for homeopathy studies.

Dr. Fisher directed panelists to examine the CORE-Hom database (Clinical Outcome Research Homeopathy) with its more than 1,000 high-quality clinical trials, including over 200 randomized controlled studies (www.carstens-stiftung.de/core-hom). He also noted that:

- A new comparative effectiveness study in France showed a reduction in antibiotic use in children with upper respiratory infection who used homeopathy.
- A long-term study in France showed reduced use of NSAIDs (non-steroidal anti-inflammatories) and steroids in homeopathy patients with chronic musculoskeletal pain.
- An ongoing study of 6,000 subjects treated with homeopathy in 800 medical practices is being conducted by the Department of Pharmacoepidemiology in Bordeaux, France.

Homeopathy consumers want choice and access. Peggy O’Mara, former publisher of *Mothering Magazine*, and Dr. Nancy Peplinsky of the Holistic Moms Network, spoke eloquently about their personal use of homeopathy and that of consumers. O’Mara gave the reasons for using homeopathy as: affordable, easily available, easy to use, effective, and helping to reduce antibiotic use. She noted a profound shift in consumer behavior; consumers are now proactive in health research, desire personalized health maintenance, and demand self-determination in treatment. She would like to see more doctors become knowledgeable about homeopathy.

Dr. Peplinsky heads an organization with 13,000 members, more than 100 chapters, and 92,000 Facebook friends and followers. She stressed that having access to homeopathic medicines empowers the parent who is keenly aware and responsive

to their child’s symptoms. Because homeopathic medicines are safe, parents can do their own research to find the most suitable medicine; however, she thinks more education for consumers would be helpful.

Results from a Consumer Healthcare Products Association survey articulated the key benefits of using OTC medications (homeopathic medicines are part of the OTC market) from the consumer’s perspective: • *Saves time rather than visiting doctor.* • *Keeps me in good health.* • *24/7 access/availability.* • *Avoids hassle of making doctor appointment.* • *Less expensive than insurance co-pay.* • *Feel greater ownership of my health.* • *Is something I know will work every time.* • *Is something I know will be as effective as a prescription.* • *Gives me a boost to keep me going.* • *Feel empowered.* Additional surveys have shown that consumers are overwhelmingly confident in using OTC medicines and prefer to self-treat minor ailments before seeking professional care.

A retail consultant and retired buyer for Walmart’s OTC medications division, Yale Martin, shared his professional experience. He finds consumers are well-educated about care for themselves, are short on time and money, and self-treat less serious ailments before going to a professional. He emphasized that 10,000 Americans turn 65 every day, and this group with increasing health issues needs access to self-treatment options. The growth in the homeopathy market, he pointed out, signals consumer satisfaction with the products.

Diverse, yet unified voice

The homeopathy community rose to the occasion of this historic hearing to present a professional and unified message to the FDA. The consensus was that the current FDA policy guide for labeling of homeopathic medicines is working and adequate. An unexpected outcome was the opportunity to hear the myriad perspectives of the community and experience the devotion, passion, and support from those who participate in and benefit from our powerful, healing art.

* Tournier, A. Adverse Effects of Homeopathy: A systematic review of published case reports and case series. *International Journal of Clinical Practice*, 2013.

** Dr. Fisher was also a featured speaker at the 2015 Joint American Homeopathic Conference in Philadelphia in May.



2015 JAHC

10th Annual Joint American Homeopathic Conference Celebrating the Past, Embracing the Future

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Your important work together supports the JAHC and strengthens the community.

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- Ann Jerome, PhD, CCH, RSHom(NA)
- Joe Lillard, MPA

Your extensive efforts in planning the JAHC are much appreciated.

Want to sponsor or exhibit at the 2016 JAHC in Colorado, April 8-10? We'd love to hear from you to discuss opportunities! Please contact Anita Parker at aparker@homeopathycenter.org.

A Crowd-Pleaser of a Conference

See you in Colorado, April 8-10, 2016!

Three days of learning, laughing, connecting, and celebrating! That's how more than 350 homeopathy enthusiasts spent May 8-10, 2015 at the 10th Joint American Homeopathic Conference in Philadelphia.

- We soaked up wisdom and clinical experience from world-renowned homeopaths Prafull Vijayakar, MD (India), Peter Fisher, MB, FRCP (UK), Heiner Frei, MD (Switzerland), André Saine, ND (Canada), Paul Herscu, ND (US), and many more.
- We browsed the expanded Exhibit Hall, chatting and sharing tea or a meal with representatives of homeopathic schools, pharmacies, and organizations, as well as local artisans.
- We viewed a fascinating exhibit from the homeopathy archives of Philadelphia's Drexel University College of Medicine, featuring kits, books, and memorabilia that once belonged to the father of American homeopathy, Constantine Hering, and other noteworthy homeopaths.
- We welcomed more than 50 new homeopathic users who joined us for the first-ever Homeopathy Academy for Moms *Live!* Workshops.
- We danced the night away to the music of an excellent square dance band, The Orpheus Supertones.

And we plan to do it all again next year in Colorado! So mark your calendar *now* for April 8-10, 2016. We'll meet at the beautiful, rustic Westin Westminster (outside of Denver) with mountain views, walking trails, and easy access to restaurants and shops. Watch the NCH website at www.homeopathycenter.org for details.

Thank you JAHC volunteers!

These friendly volunteers helped make the JAHC run smoothly: Patty McIntyre, Kathy Haywood, Tamara Cope-Musleh, Mary Cutts (NCH staff), Elvei Newbern, Betsy Brucker Skelton. [Volunteers not pictured: Barb Brosenne, Linda Hutchings, Margaret Ridall, Lynn Wagner.]



Many thanks to

JAHC 2015 Gold Partner, Hyland's Homeopathic, a long-time supporter of NCH's mission to promote health through homeopathy! Pictured at the Philadelphia conference are representatives from Hyland's and its TxOptions and 1-800-HOMEOPATHY divisions: Catherine Dow, Mary Borneman, Jay Borneman, Jeannine Taillac, Tracey Dixon, Nancy Webb, Liliana Glubisz, and Laura Glenn.



NCH Board Members Tina Quirk, Joe Lillard, Loretta Butehorn, Sharlene Goldfischer, Abby Marks-Beale, Andrew Kaufmann, Edward Conway, Lauren Hubele, with Executive Director Alison Teitelbaum.

Welcome New NCH Board Members!

At the National Center for Homeopathy's membership meeting held in conjunction with the JAHC, we welcomed three new board members: Sharlene Goldfischer, MEd, CPC, ELI-MP, Andrew J. Kaufmann, ND, and Lauren Hubele, MEd.

"I was blessed with the miracle of homeopathy 21 years ago," says Pennsylvanian **Sharlene Goldfischer**. When a pregnancy loss at 19 weeks resulted in distressing chronic symptoms that conventional medicine could not help, Sharlene searched for answers. A chance meeting with a stranger in a health food store led her to look into homeopathy, and she soon made an appointment with an experienced practitioner. "After two doses of *Natrum muriaticum*, I was as good as new—actually better than new—feeling balanced, in control, optimistic about the future of my family, and completely cured." Ever since that life-changing experience, Sharlene has been sharing the miracle of homeopathy with others. Most recently, she volunteered on the JAHC planning and NCH fundraising committees. She also led a successful effort to erect a Pennsylvania State Historical Marker at the home and office site of Dr. Constantine Hering in Philadelphia. A professional coach specializing in leadership development for individuals and organizations, Sharlene brings nearly 40 years of experience in education, training, and consulting to her position on the NCH Board of Directors.

Following graduation in 2003 from Southwest College of Naturopathic Medicine in Tempe, AZ, **Andrew Kaufmann** worked as Medical Director for the San Carlos Apache Tribe Department of Health and Human Services Diabetes Prevention Program for seven years. In 2012, he and his wife Sandra founded Tree

of Life Natural Medicine clinic in Mesa, AZ, focusing on the treatment of mental, emotional, and behavioral disorders using classical homeopathy. He is a member of the American Association of Naturopathic Physicians, AZ Naturopathic Medical Association, Naturopathic Academy of Primary Care Physicians, and the Homeopathic Academy of Naturopathic Physicians. "My personal experience with homeopathy as a layperson dates back to 1985, which sparked a desire to learn more about this unique method of treating acute and chronic conditions," says Andrew. "The professional training I received as a naturopathic physician, seven plus years as a Medical Director for an underserved community, and over 11 years of clinical experience using homeopathy will add diversity and a unique dimension to advancing the long term goals of the National Center for Homeopathy."

A powerful experience with homeopathy motivated **Lauren Hubele** to study, practice, and promote it. "While living and teaching in Heidelberg, Germany, four months pregnant at age 41," she says, "I faced a diagnosis of melanoma. My search for a drug-free solution led me to an introduction to my first homeopath physician associated with the University Klinik. My life changed dramatically from that moment forward. Following the birth of my healthy son, I began a five-year journey from patient to pupil and discovered that the gift from my cancer would be a new career." Lauren is now a busy homeopathic practitioner



Sharlene Goldfischer and Andrew Kaufmann



Lauren Hubele with Board President Ann Jerome

in Austin, Texas. In her previous career, she was an educator, and she has served on a wide variety of non-profit boards and advisory committees for churches, women's organizations, and schools. She brings these valuable skills and experiences to her position with the NCH Board of Directors and looks forward to helping the NCH as it works to create a unified message to the public about homeopathy's safety, affordability, and reliability.

Sharlene, Andrew, and Lauren joined veteran NCH board members Ann E. Jerome, PhD, CCH, Edward Conway, MBA, Loretta Butehorn, PhD, CCH, Joseph Lillard, MPA, Tina Quirk, RN, MS, CCH, RSHom(NA), and Abby Marks-Beale, MA, CCH, along with Executive Director Alison Teitelbaum for two days of planning meetings in conjunction with the JAHC.



Great Giving

Over the years, the National Center for Homeopathy has received numerous planned gifts. These include will bequests, gifts of life insurance, stock, and other assets. Each one of these gifts has been received with sincere and enthusiastic appreciation.

Though every gift is important, we have learned that some gifts stand out from the rest as “extra special.” And interestingly, it’s not the size of a gift that makes it particularly special, though we are always encouraged and excited when a larger asset comes our way.

What makes a gift extra special are the circumstances surrounding it, including the donor’s love of and belief in the organization.

As we look back over the many gifts, certain common characteristics emerge that combine to make a good gift “great.” See if you agree.

1. A great gift is motivated by our mission.

Our mission (*to improve lives through homeopathy*) is why we do what we do. Something intangible, yet valuable, is added to a gift when it addresses the purposes of our organization. The donor identifies with our vision and mission. His or her planned gift reflects a sense of ownership and partnership. Such a gift warms and inspires us to continue fighting for what we believe in.

2. A great gift is well-planned.

Great giving requires time and effort. One must consider a variety of factors and options and select the right asset for the right gift vehicle at the right time—and do it in a manner that will appropriately address his or her overall estate plan, as well as the needs of NCH.

As the saying goes, anything worth doing is worth doing well. Great giving may require more work, but the rewards are well worth it.

3. A great gift pleases the donor.

That is, the donor is convinced that his or her gift will make a positive difference at NCH. It has been well-planned and there are no regrets. A sense of fulfillment prevails and crowns the gift with added value. The gift is made greater by the glow of satisfaction.

Donor delight is right up there at the top of our list, and we work hard to make it happen. When our donors are happy, we are happy.

As you consider what kind of planned gift you would like to give to NCH, we urge you to contact Anita Parker at (703) 506-7667 or aparker@homeopathycenter.org. She is well-versed in the various gift arrangements and is dedicated to helping our donors make “great” gifts.



IN MEMORY & GRATITUDE

Edna P. Krockenberger

July 29, 1907 – September 13, 2014

In late 2014, we learned that the National Center for Homeopathy was the recipient of a substantial monetary gift from the estate of Edna P. Krockenberger. This amazing woman of foresight and generosity lived to be 107 years old! We are honored that she thought so highly of the National Center for Homeopathy that she chose to support its important work—improving lives and keeping the flame of homeopathy alive and well. No record of Ms. Krockenberger could be found in current or past NCH membership files, so we reached out to her representative, Patrice Miller, to learn more about her and pay tribute to her here.

Edna was born to George Krockenberger and Edna Wagner Krockenberger on July 29, 1907, in Chicago, Illinois. Seven years later, a sister, Doris, was born. Despite the seven-year age difference, Edna and Doris were inseparable throughout their lives.

Edna went to business school to become a secretary. She worked for the State of Illinois Office of Pensions all her adult working life. Her sister worked for the U.S. Treasury Department, and together they started investing in stocks, bonds, and notes. When their father died, he left each of the daughters “old telephone company” stock. That was the basis for the eventual estates of both Edna and Doris. Of course that “old telephone company” stock became AT&T and went through the 1984 divestiture, which spawned other companies. Both sisters were frugal from their upbringing, and they were in the right place at the right time to accumulate a fair amount of wealth for their circumstances.

Edna never married. Her sister, Doris, married Ernest Leibfritz later in life. Doris did not have children of her own but Ernie had two grown sons with families of their own. When Doris married Ernie, Edna became part of the “team,” and the three of them traveled together around the world and were regular diners at restaurants and entertainment venues throughout Chi-

cago and its suburbs. Edna “adopted” the Leibfritz family and was included in virtually all family celebrations and holidays.

During her lifetime, Edna was not only a shrewd investor, she cultivated an intense interest in natural healing, astrology, and all things spiritual in nature. She was a generous benefactor to many organizations and remembered them as beneficiaries of her trust, including the National Center for Homeopathy. One of her keen interests later in her life (in her 90s) was the Center for Older Adults at Fourth Presbyterian Church, Chicago. Since Edna never learned how to drive, she took public transportation everywhere, and traveling the 15 miles from her suburban Skokie home to downtown Chicago



was no exception. She took a taxi to the Skokie Swift train, which took her to an elevated train (the “El”), which took her to a bus, which dropped her off in front of the church on Michigan Avenue. She did this until the age of 97. While she was in Chicago for the program at Fourth Presbyterian Church, Edna often would get a manicure and massage, visit her astrologer, and maybe have lunch at Bloomingdales!

Edna lost her best friend and sister, Doris, in 2000. Ernie predeceased Doris in 1999. After Ernie’s death, Edna moved from her apartment in Chicago to Doris’s home in Skokie where she kept Doris company and helped take care of her. Edna would live in the house until her death in September 2014 refusing any idea of a “retirement” home.

I met Edna in 1999 shortly after the death of Ernie Leibfritz. My husband was retained as attorney for Ernie’s estate and represented both Doris and Edna in estate planning matters. When Doris died, we represented Edna as Trustee under Doris’s trust and later represented the Trustee of Edna’s trust when she could no longer handle her financial matters. Throughout the first five years after the death of Doris, Edna and I became well acquainted, taking the relationship beyond business at times. Since Edna was on her own after Doris died and did not drive, I would take her around to the various financial institutions where she would manage her accounts. Sometimes we would have lunch and sometimes we would just sit at her dining room table and talk about life and her interests. Our legal relationship tapered off, but we kept abreast of her well-being and did some periodic “fine tuning” of her estate plan.

~Patrice Miller, legal assistant for Richard P. Miller, Attorney at Law.



On a Wing and a Prayer

Fear of flying nearly grounded me ... homeopathy to the rescue!

by JUDITH ACOSTA, LISW, CCH

When I was 18, I used to go up in little two-seater Cessna planes out of Stormville Airport in upstate New York. My friend was the pilot and, since he was not much older than I was, he was prone to all sorts of high-testosterone, mid-air stunts—stalls, turns, loops. They all made me giggle with delight. I had no fear whatsoever. There wasn't a flight that didn't end with, "Can we do that again?"

All hell breaks loose

Then some fifteen years later, I was a passenger on a commercial flight from New York to Miami. The cabin was full and I was sitting towards the back. There was no hint of bad weather that I could see from my window. But in a split second, we went from soporific calm to mayhem. They called it turbulence. I called it hell. For some reason, we experienced a loss of altitude and a shuddering of every loose screw in the hull.

I remember two things distinctly from that portion of the flight: I prayed intensely, bargaining with God, explaining (to the Almighty!) how He couldn't take me while my mother was alive because then it would be killing two people. And I remember crying. My distress was visible enough that the flight attendant offered me one of her Valium® pills.

Travel with trepidation

After that experience, I was never the same with aircraft or travel of any kind. I made my peace with cars, motorcycles, and more "normal" forms of locomotion. But planes? Trams? Bullet trains? Forget about it!

If I had not been so restless a person, that would have been that. But there were places to go, seminars to give, and

**They called it turbulence.
I called it hell.**

people to see—which often meant flying. I found some help with *Bach's Rescue Remedy*® and with the homeopathic remedy *Carcinosin* used in a constitutional manner. But despite some improvement, low-level panic endured.

Years passed, and planes came and went. I dreaded them and boarded them anyway. My husband's arms bear the marks of that anxiety—poor, sweet man that he is. I tried very hard to make my travel plans around times of good weather. This is no easy feat, considering that our city of Albuquerque is not an airline hub, and there are hardly any direct flights to anywhere except straight into mountains and tornado country.

Sweet relief

Then came a surprise. A wholly unexpected, lovely surprise. I went into menopause. That was not lovely because I experienced some unpleasant symptoms. But based on the advice of Karl Robinson MD, the remedy that was indicated for me and my symptoms at that time—*Sepia*—was very, very lovely. Not only did the homeopathic remedy help my menopausal difficulties, but after years of anxiety, my fear of flying and sense of terror disappeared like a fog in the morning sun—quietly, almost unnoticed until the light shone through and I was just fine.

As I write this article, I am still unpacking from a trip to New York. It was long. There was a plane change in

Atlanta. There was turbulence. There was a little "weather." There were mountains. There were inexplicable sounds coming from parts unknown on the plane. The pilot even delayed take-off because, as he described it, "There was an electrical problem in one of the jets."

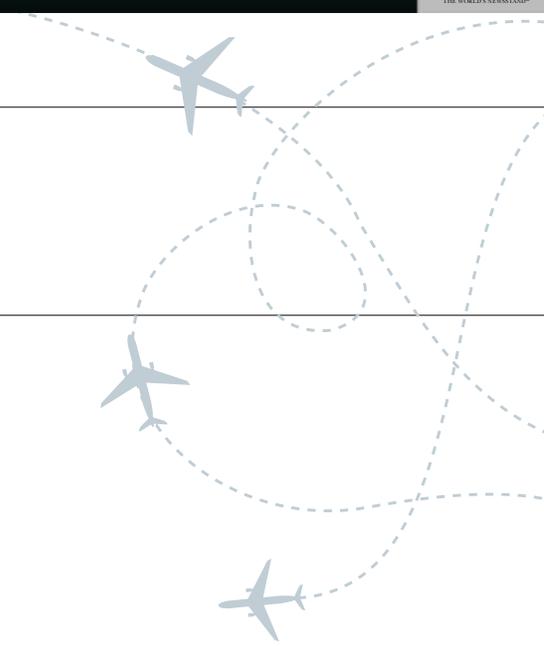
A year ago that would have had me begging to get off the plane. This time, the thought I noticed was, "Well, they wouldn't take off if it was anything serious. They want to live as much as I do." And I went back to reading.

A complex complex

Flying is a complex of experiences, and numerous things can go into making a person afraid of it, even though airplane travel is still statistically the safest mode of travel on earth.

For some people, flying is awful because of the lack of control they feel. For others, it is the sense of motion sickness that they can't tolerate. For some, it is a prior disturbing experience that haunts them. For others, it can be claustrophobia, fear of heights, or fear of falling that contributes to their fear of flying.

Some people who use homeopathic remedies to treat their own fear of flying may get lucky and find relief, but for the very best results, I recommend visiting an experienced classical homeopath. As always, your homeopathic practitioner will home in on your particular experience and symptoms and tailor a prescription to the whole you. They will not rely solely on the repertory rubric (i.e., index to the materia medica) called, "Mind, fear of flying, in airplane" that lists 10 remedies. However, it is a very good place to start. The remedies are: *Aconitum napellus*, *Argentum nitricum*, *Arsenicum album*, *Calcarea carbonica*, *Lupulus humulus*, *Lysinum*, *Natrum muriaticum*, *Phosphorus*, *Psorinum*, and *Triticum vulgare*.



Did you notice that *Sepia*, the remedy that helped me recover from fear of flying, was absent from that list? This is a beautiful reminder that in homeopathic treatment, we always want to consider the whole person and the totality of their symptoms—not just a specific illness.

Getting to the root

So a first question would be—what’s actually making the person afraid of flying? Is it motion? Particularly downward motion? If so, then we would need to take a good look at the remedy *Borax*, which is notable for being indicated when a person is worse from downward motion (as in the case of roller coasters, drops in altitude due to turbulence, etc.), or possibly *Gelsemium*, which is listed with *Borax* in the repertory rubric, “Mind, anxiety, motion aggravates, downward.”

Is the person really afraid of falling? If so, the remedy *Psorinum* rises to the foreground. Or is there a fear of closed spaces? For that we would refer to the repertory rubric, “Mind, Fear, narrow place,” which lists 67 possible remedies, including *Aconitum* and *Argentum nitricum*.

The big fear remedies

So, as you can see, your homeopath has to consider many different remedies before landing on the one that will help you. For this brief article, let’s take a look at the major players listed in our “fear of flying” repertory rubric, so we can differentiate them one from the other: *Aconitum*, *Argentum nitricum*, *Arsenicum*, *Calcarea carbonica*, *Lyssinum*, *Natrum mur*, *Phosphorus*, and *Psorinum*.

***Aconitum*.** People needing this remedy tend to be excitable, sensitive, and manifesting fear in a sudden gulp. They have the terrifying sense that death has its hand on the door and is calling on them. They have an urgent need to prepare for it. Like people who need *Arsenicum*, they are very restless, but their attacks of fear are more violent, unpredictable. Their fear is made worse by light, noise, odors, and even the slightest pain. They are worse in narrow spaces and better in open air. They tend to crave cold water, and their pains are often referred to as “burning.” *Aconitum* is a premier remedy for acute inflammation both physically and mentally, and that is what makes it a major player in homeopathic first-aid kits for sudden illnesses and the after-effects of a sudden fright.

***Argentum nitricum*.** This remedy is made from silver nitrate, which is extremely reactive and often used to form explosives. People who need this remedy are usually impulsive, often irrational (though they may hide their thoughts well), superstitious, and ritualistic. They are afraid they will lose control (mostly over themselves) and that their irrational impulses will burst through. They are very hurried and have strong fears of bridges, high places, open windows, and ill health. Their fear of flying can be a combination of all those fears. They are very impressionable and comforted by having someone to talk to. Generally, they are warm-blooded and have a very strong craving for fresh air, cold drinks, and cold food. They are also known for craving both salt and sweets.

***Arsenicum album*.** One of the most

We experienced a loss of altitude and a shuddering of every loose screw in the hull.

often-used remedies in the homeopathic pharmacy, *Arsenicum* has a well-developed repertoire of symptoms. Its primary keynote is anxiety. Homeopath Frans Vermeulen notes two major themes in the indications for this remedy: self-preservation and decline into death. Although very anxious, people who need this remedy are very much in control of their environments. When situations present that defy their grip on things, they can become very frightened, obsessive, and controlling. They are fastidious and tremendously restless. They are generally chilly in body temperature, feel better when with others, and need a great deal of reassurance. They have great thirst, but they tend only to sip. And although they crave cold water (like a person who needs *Phosphorus*), their stomach is aggravated by large quantities.

***Calcarea carbonica*.** Like the oyster shell from which this remedy is sourced, those who need *Calcarea* feel the need for protection and organization. They are very frightened by things that threaten their routine and their security. They have vivid imaginations and many fears and will often see ghastly images when they close their eyes. (*Calcarea* is listed in more than 60 “fear” rubrics in

My distress was visible enough that the flight attendant offered me one of her Valium® pills.



the repertory.) They worry that people will see how frightened and confused they are. Their fear of flying will reflect their deeper fear of “leaving the shell” or letting go. Generally very chilly, they are worse in cold, damp weather and from getting wet. They have strong appetites and have a tendency to become overweight. They may be able to trace their fear of flying to a disaster they witnessed, as *Calcarea carbonica* is



listed under the repertory rubrics, “Ailments from fright” and “Ailments from sight of an accident.”

Lyssinum. This remedy, which is available by prescription-only and is made from the safe, highly diluted saliva of a rabid dog, is (at least in my opinion) an oft-overlooked remedy. People who need *Lyssinum* are in a highly excitable, sensitive state and may demonstrate quick perception, amazing acuteness of understanding, and a sharp mind. Although in more extreme cases the person who needs *Lyssinum* can present with delirium and delusion, those needing it for a fear of flying may show excitability or acuity in more subtle ways, such as a heightened “sixth sense.” They may express a sense of apprehension and sensitivity. They may have an excess of saliva, which may be ropy or frothy, and they need to spit. They are known for fits of anger or destructiveness but they do not necessarily have to exhibit this in order for *Lyssinum* to be a useful remedy. They are averse to drinking. They are generally worse from running water, bright, shiny objects or glaring sunshine, heat, riding in a carriage (car or plane), and drafts. They are better from bending backward and gentle rubbing.

Natrum muriaticum. This is one of the preeminent remedies in our homeopathic materia medica. Sometimes known as “The Great Retainer,” this remedy is made from sodium chloride. Although it’s usually associated with emotional containment or suppression, the person needing it can have a host of fears lurking under a tightly sealed lid. My homeopathic repertory software

For some people, flying is awful because of the lack of control they feel.

(RADAR) lists nearly 70 specific fears for *Natrum muriaticum*! For people needing this remedy, what characterizes many of their fears, according to Douglas Borland, is a lack of balance. They are either overly responsible or thoroughly disinterested, lavishly affectionate or cool through and through. A person who needs *Natrum muriaticum* will generally be averse to consolation. They will be warm-blooded, have great thirst for cold drinks, desire or loathe salt, and frequently complain of hammering headaches.

Phosphorus. People needing this remedy have a reputation for being engaging, easy-going, and loving, but when a *Phosphorus* personality is afraid, they are very, very afraid and can be easily vexed. Furthermore, the list of fears for *Phosphorus* is nearly as long as it is for *Calcarea carbonica*. People who need *Phosphorus* are similar to those who need *Aconitum* in that they feel death is imminent. The difference is that *Aconitum* will predict it, even announce the day and time. *Phosphorus* is more scattered, more easily distracted, and more impressionable. They are ameliorated by company and consolation, are sympathetic even when ill, and are very perceptive. A plane flying through or near a thunderstorm would surely be enough to set off a person who needed *Phosphorus*, as they are aggravated by thunderstorms. Generally they

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are chilly but they love fresh air (which can worsen any respiratory symptoms). They are often ameliorated by sleep, massage, and hypnosis.

Psorinum. Though normally seen as “the Eeyore of homeopathic remedies” because of the pervasive sense of despair that runs through its indications, people who may benefit from *Psorinum* in less severe situations are not nearly so hopeless. Rather, they tend to have numerous forebodings and restless anxiety. They are afraid of lacking something important: love, money, hope, health. They often have skin disorders and are very,

very chilly. Their fears may be manifest in a wringing of hands and in persistent thoughts that torment them as well as everyone around them. They may have offensive discharges or odors and are known to have ravenous hunger.

Helping fear take flight

If you or a loved one suffers from fear of flying, I hope you find the above information useful. For those moments when you don't know what remedy to give, however, wait to see your homeopath. Until then, on your next flight, carry some *Rescue Remedy*® with you. It may not effect a

cure, but it can make the trip more manageable. Happy flying!

ABOUT THE AUTHOR :



Judith Acosta, LISW, CCH, is a licensed psychotherapist, certified classical homeopath, and crisis counselor specializing in anxiety and trauma. She is author of *The Next Osama* and co-author of *The Worst is Over: What to Say When Every Moment Counts*, and *Verbal First Aid for Children*.

She has written numerous articles on Verbal First Aid, culture and the media, religion and mental health, trauma, and alternative medicine. You can read her blog and reach her at www.wordsaremedicine.com

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Uh-oh! He Swallowed a Quarter!

How homeopathy helped ease a child's crisis

by CHRISTINA MUELLER

Has your child ever swallowed a foreign object? Chances are, the answer is yes! Perhaps it was a coin, a marble, a toy, a paperclip, a magnet, a battery, or a pen cap. Hopefully, there were no problems, and the object came out as it should. I would like to share with you what happened when our 3½-year-old boy swallowed a quarter and how we used homeopathy to help.

Some background

When a child swallows a foreign object, the first concern is whether the object will safely go down the esophagus—or get stuck in the airway, which can be life-threatening. Our son Fritz had been putting random things in his mouth since babyhood—usually a toy, the corner of a book, a spoon, his fingers, your fingers! But on this day, he'd found a quarter lying on the floor and was mouthing it. I had caught him doing this several times in the past with smaller coins, and I had immediately taken them from him. I had also tried to “educate” him about not putting coins and metal in his mouth. He had never swallowed any of these things before though, so I wasn't overly concerned.

Then it happened...

I was downstairs folding laundry when I heard our 8-year-old daughter's blood-curdling scream, “MOOOOMM! Fritz has swallowed a quarter!!!” I immediately jumped up knowing that a quarter is fairly large for a 3-year-old to swallow. My first thoughts were to make sure he was breathing. Well, he was. In fact, he was walking down the stairs as I was coming up to him. I could

hear swallowing and gulping sounds in addition to little wincing noises—the quarter was apparently stuck in the back of his throat.

Stay calm, Mom, and observe!

I slowly walked him to the bathroom observing him the entire time. He was breathing, his face was of normal color, and his cheeks were rosy. He was calm. He was leaning forward with his hand at his throat trying to swallow the quarter. I asked another child to bring a flashlight so I could look down his throat. I was still running through ideas and scenarios when, just as I brought the flashlight up to his mouth, Fritz announced, “Mommy, it's in my stomach now!”

Phew! I even considered taking a dose of *Aconite* 30c for myself for shock after a sudden fright, but fortunately, I overcame my own shock quickly this time!

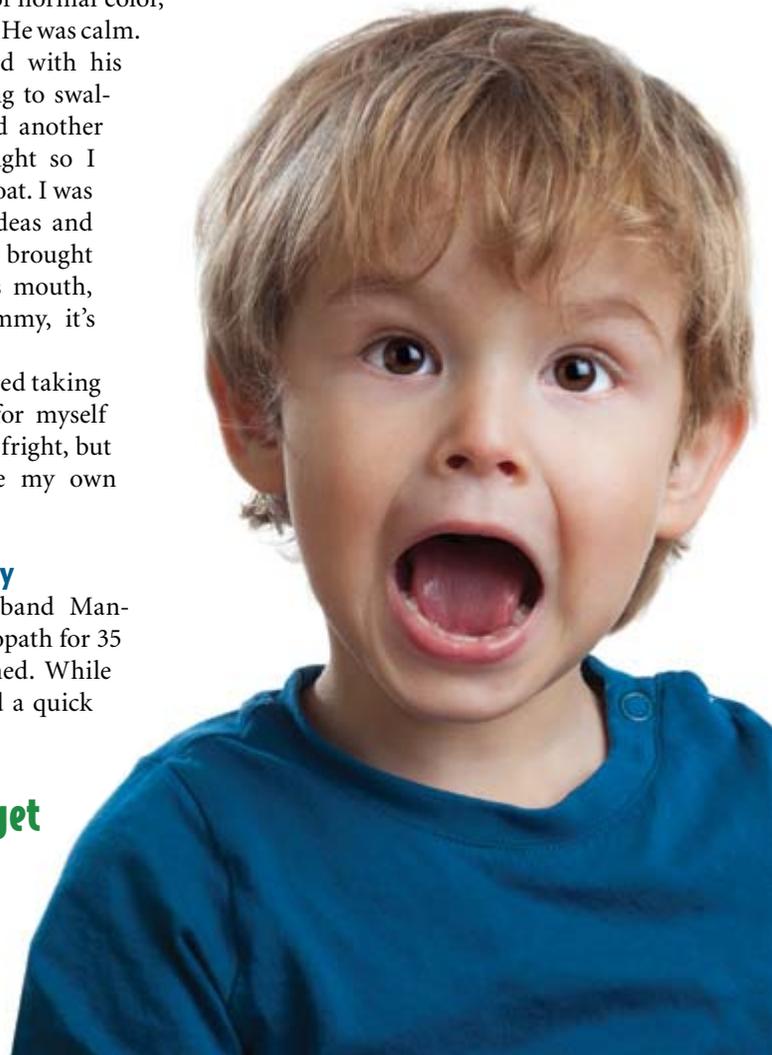
What the experts say

I went to tell my husband Manfred (a practicing homeopath for 35 years) what had happened. While I tended to Fritz, he did a quick

internet search and reported his findings: swallowing a coin is common; if small, like a penny, it usually passes; however, a quarter could get stuck and in rare cases could require surgery; in most cases, it should pass naturally in 3 to 7 days, maybe longer; give extra drinks and extra fiber to help it pass. This was mostly welcome news.

Homeopathy to the rescue

I returned to Fritz to see how he was doing. About 20 minutes after the quarter went “down to his stomach,” Fritz complained of a mild pain towards the bottom of his sternum. We assumed this



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meant the quarter was “stuck” and trying to get through the stomach opening or just inside the lower esophageal sphincter. Manfred and I had already been discussing remedies that could help the quarter pass and avoid any potential complications. The primary objective of treatment would be to relax any tight sphincter muscles or passageways by using a homeopathic “antispasmodic” remedy.

There are many great antispasmodic polychrests in our materia medica—*Cuprum metallicum*, *Magnesium phosphoricum*, *Belladonna*, *Nux vomica*, to name a few. *Cuprum* is a great remedy for cramps in the large and small muscles and for spasms in the respiratory tract (like in whooping cough). *Magnesium phosphoricum* can help with cramps and spasms of the stomach, trapped and painful gas in the intestines, menstrual cramps, and cramps that are better from heat. But since the goal was to use a remedy that would specifically address the rigid and circular sphincters in the body, we ruled out *Cuprum metallicum* and *Magnesium phosphoricum* from our remedy discussion.

Manfred looked in the computerized repertory and found the rubric “contraction of the cardiac orifice” (i.e., the opening of the esophagus into the stomach). The rubric listed 33 remedies. The sub-rubric “cardiospasm” (painful spasmodic contraction of the cardiac orifice)

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seemed to resemble Fritz’s situation the closest. Nineteen remedies were listed, the most prominent being *Agaricus*, *Argentum nitricum*, *Belladonna*, *Conium*, *Ignatia*, and *Nux vomica*.

Nux vomica, another great antispasmodic with a special affinity for the gastrointestinal tract, has helped many people find relief when a contracted anal sphincter was causing constipation, and has soothed bowel spasms thereby allowing trapped gas to pass. It is a great remedy for “acid reflux” from an incoordination in the lower esophageal sphincter, and it has helped many belch when they suffered from an uncomfortable indigestion or heartburn.

Belladonna is also known to be a great antispasmodic remedy. In Kent’s *Lectures on Homeopathic Materia Medica*, he says of *Belladonna*, “Spasms—general spasms and local spasms. Spasms of little canals, of the circular fibres, of tubular organs, like that I have spoken of in the gall stone colic. In the ductus communis choledochus [common bile duct] there is a clutching—or it may be in the cystic duct that the circular fibers clutch that little bit of stone and will not let it through. The passage is large enough to admit it and it has started to go through—but the irritation of the part causes a spasm and it clutches that little stone.” We, too, have seen *Belladonna* dilate the sphincter of Oddi during a gallstone colic (although we’ve seen many other remedies work more often!); relax the vaginal canal; open a closed cervix during a birth; relax leg spasms during a fever; and more.

For Fritz, I was strongly leaning towards *Belladonna*, yet Manfred was leaning towards *Nux vomica*. However,

since I spend more time with Fritz during the day while Manfred is busy providing homeopathic consultations to clients, I had made a few additional observations that Manfred was not yet aware of. These were the type of observations that ultimately help us to differentiate between any potential remedies!

For example, for the past several weeks, I had noticed other *Belladonna* symptoms in Fritz such as having a tendency to randomly screech for no reason (“Mind; Shrieking, screaming, shouting”). He had also been biting himself and me—always in the context of a game between us (“Mind; Antics, plays” and “Mind; Biting; children, in”), and he never bit hard, just enough to know his teeth were on your skin. And, lately he’d been tearing up paper (“Mind; Tears; things; pieces, to, everything”)—usually it was a drawing done by one of his older siblings (and, yes, this always caused a fight). Once I related all this to Manfred, he agreed that we should try the *Belladonna* first, since all of these symptoms were new for Fritz and they fit *Belladonna*, not *Nux vomica*.

The coin was moving!

I already had *Belladonna* 30c mixed in a 1/2 oz amber dropper bottle with distilled water and 10% grain alcohol, so I gave Fritz an olfactory (sniff) dose.* Within minutes, he said, “It stopped hurting now, Mommy!” Phew! A few hours later, he came to me doubled over and complained of pain, this time pointing below the sternum in the general area of the pyloric sphincter (valve between the stomach and small intestine). Again, an olfactory dose* of *Belladonna*, and within minutes, Fritz’s pain stopped!



Our son Fritz had been putting random things in his mouth since babyhood...

Two mornings later, Fritz woke me up at 5 a.m., saying, “Mommy, it hurts right here!” He was pointing to his lower right abdomen, the area of the ileocecal valve (the sphincter between small intestine and large intestine)—a perfect place for a quarter to get stuck. I sleepily reached for the *Belladonna* from the remedy box (conveniently located on my bedside table) and succussed the bottle and gave him another sniff. He then sat in the chair beside me and, after a few minutes, he jumped up, “Ok! It feels better! Bye!” With this good news, I was peacefully able to catch a few more zzzzzz’s!

It would be another two days before Fritz complained of any more pain. This time, it seemed to come from the sigmoid flexure—the S-shaped curve where the colon joins the rectum. After a dose of *Belladonna*, Fritz again was almost instantly relieved of pain.

So where was the quarter?

We waited and waited. We sifted through poopy diaper after poopy diaper (yes, he was 3 ½ yrs old and still holding onto those diapers!) but still no quarter. All stools were of normal size and texture. On day 9, I decided the quarter must be stuck. The logical thing to do was give Fritz another dose of *Belladonna*, even though he had no pain, on the theory that the quarter was just not able to pass through the anal sphincter. Exactly one hour later, he pooped for a second time that morning... and there was the missing quarter!!!

Would Fritz have passed that quarter

without the help of homeopathy? I’m guessing the answer is “yes.” But when you consider the help this well-chosen remedy afforded him, the relief in pain it provided, and the lack of side effects it offered, then why not at least try homeopathy first before panicking, calling the doctor, and attempting heroic or hurtful measures?

When your child swallows a foreign object, consider using homeopathic *Belladonna* 30c or *Nux vomica* 30c** given once every day, and additionally, every time there is discomfort, until the object passes. You will save your child pain and possibly internal damage as the object passes through those tight places. Plus you can put your mind at ease knowing you are doing everything you can to help your child safely and quickly pass the object.

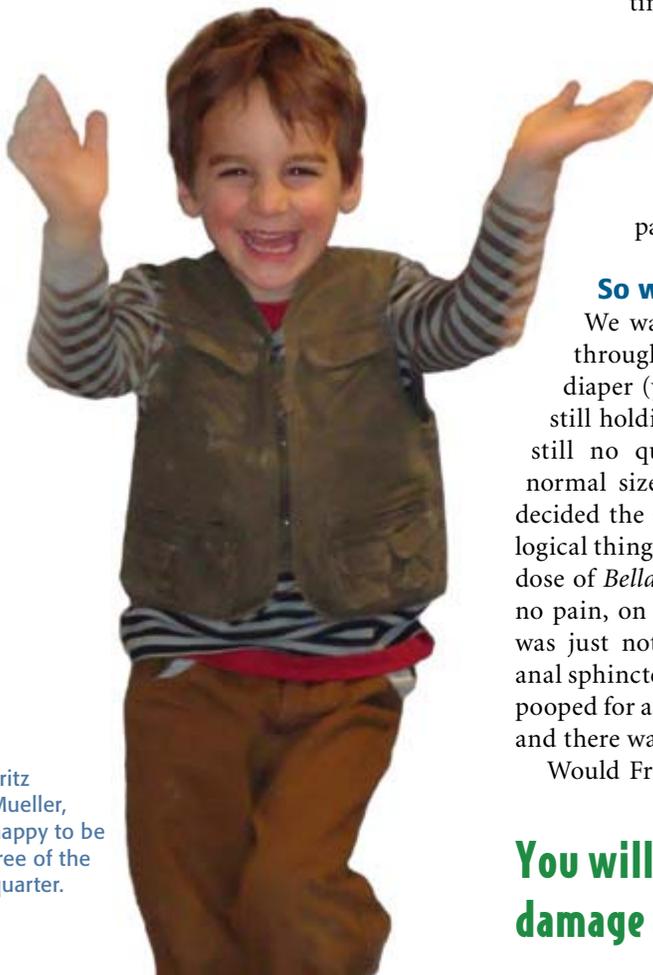
* In our practice, we individualize the dose of each remedy to fit the sensitivity of each client. Fritz is sensitive enough to take an olfactory dose of all his remedies.

** Dissolve one pellet of the remedy in a ¼ oz or ½ oz dropper bottle of distilled water. Strike (succuss) the bottle a few times against the palm of your hand before each dose (a few drops from the dropper). Alternatively, you can dissolve a pellet in a jar with a lid and use a spoon to administer a few drops; or you can use a cup, in which case you will use a spoon to stir the remedy a few times before each dose and administer a few drops with the spoon.

ABOUT THE AUTHOR :



Christina Mueller met her husband Manfred Mueller in 2004, and immediately began her homeopathic apprenticeship, which lasted until 2012 with the birth of the couple’s fourth child (they now have a brood of five!). Although motherhood has taken a front seat to becoming a practicing homeopath, she takes every opportunity to keep her homeopathic pencil sharp. She is Director of The Homeopathic College and serves as a teaching assistant, student adviser, and developer of curriculum. She has authored several articles and many publications.



Fritz Mueller, happy to be free of the quarter.

You will save your child pain and possibly internal damage as the object passes through those tight places.

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by KARL ROBINSON, MD

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Physical and mental anguish

Arnica also can be effective in more complex medical problems. The proving symptoms of *Arnica* show that it affects the mind as well as the body. The following example involved a nasty land feud that ended up causing extreme physical pain and mental anguish.

A seventy-year-old woman, a self-confessed workaholic, came in complaining of extreme pains

in her left upper arm and, to a lesser extent, in the right upper arm. She said the areas were “hard and painful.” Recently, she had been gardening. It involved bending over planting seeds, also pulling weeds. These simple maneuvers, which she had been doing for many years, were no longer possible because of the pain.

“It feels like someone is ripping my arm off,” she said. “All the muscles are being ripped.”

Also, the left heel felt as if “bruised by a stone.” She could not step on it without pain. She could not lie on either side because, she said, “The pain is excruciating.” In addition, her boss had been cutting back on her hours and she felt she was being forced out of her job, a job she had been performing faithfully and well for many years.

I had known her for over ten years. She was entirely accustomed to hard physical work and was, if anything, something of a stoic who rarely complained of anything so for her to use “ripping” to describe her pain caught my attention.

I asked if anything else stressful had occurred in her life recently.

“Yes, the worst thing in our whole lives...it’s about our land,” she said.

Land feud

She and her husband lived and farmed trees on twenty-three acres in East Texas. Eleven of the acres her husband had inherited. The other twelve had been deeded to him by his great uncle and aunt. Her husband had been living on the land for sixty-nine years. He discussed the deed with a title company. These twelve acres had been part of forty acres. This uncle had a gambling problem and sold twenty-eight acres to settle a gambling debt. That was in 1946.

With the title company's comments attached, her husband filed the deed in the local county courthouse. Sometime later, a survey team appeared on their property. Her husband, not suspecting anything, allowed them to proceed. It turned out another party was laying claim to his land. The survey was grossly inaccurate. He protested and one day a swarm of off-duty law enforcement officers entered his land and belligerently asked him, "What right do you think you have to this land?" Another threatened to grab him out of his living room and take him to jail.

He stood his ground. He was certain these off-duty lawmen had been hired to intimidate him. Eventually, they left but

a few days later a bulldozer appeared on his property and brazenly bulldozed down shrubs and trees on three to four acres right in the center of his twelve acres.

The other party started a lawsuit claiming his land was theirs. He counter-sued. The matter was being adjudicated when I saw her.

I asked my patient how she was reacting to having her land unlawfully surveyed, having corrupt law enforcement officials threaten her and her husband and having her land entered and bulldozed. "It has been absolutely the worst thing to happen to us in our whole lives," she said. She felt she was confronting supremely evil people and feared they might possibly succeed in their efforts to take their land.

She volunteered, "It feels like I've been beaten within an inch of my life." Though she was describing her bodily pains, it was an apt metaphor for the way the other party had been abusing her and her husband.

She was to receive *Arnica montana* though she had suffered no physical trauma. Yet she felt as though she had been "beaten within an inch of my life." People needing *Arnica* often say they feel "bruised" and "sore" and, sometimes,

The proving symptoms of *Arnica* show that it affects the mind as well as the body.

"beaten." The bruised, sore, beaten feeling can result, not only from trauma but also from financial loss and the perceived threat of evil.

Dread of impending evil

In *Materia Medica Pura* by Samuel Hahnemann, in the section describing the effects of *Arnica* it is written: "Fears; anxious dread of coming evil." That means that at least one prover, after taking *Arnica*, reported experiencing a dread of impending evil.

Though the physical symptoms of *Arnica* are well-known, few homeopaths are aware that *Arnica* can be of use when confronted with stark evil. Examples: female children in bed at night afraid of a male figure coming to abuse them; fear of a terrorist bombing; fear of torture; etc.

It is important that the physical sensations of *Arnica*, that is, the bruised, beaten feeling, the ripped apart sensation, be present along with the "anxious dread of coming evil." In addition, my patient and her husband were under financial strain because of the litigation.

She received a single dose of *Arnica* in the 1000 potency (diluted 1000 times). [1M]

The next day she called to say she

Plastic surgeons have begun to use *Arnica* post-operatively to control swelling and discoloration following cosmetic surgeries.



Everyone's Favorite

Here's the

By MIRANDA CASTRO, FSHom, CCH, RSHom(NA)

Arnica montana is a perennial herb with yellow flowers rather like those of a daisy or marigold that grows at high altitudes. It has long been valued by Swiss mountain climbers who chew it to relieve muscular aching after a day's hard climbing. In nineteenth century Europe, "Flowers of *Arnica*" was a popular household remedy, used externally as a soothing compress for bruises and sprains.

Arnica promotes healing, controls bleeding, reduces swelling and prevents pus forming and is therefore an essential ingredient of your homeopathic first-aid kit. It is the first remedy to think of after an accident that has caused an injury, or any other trauma where there is shock, such as surgery or childbirth. People needing *Arnica* will usually feel sore and bruised and will not want to be touched or jarred. When lying down, the bed feels

hard to them, and in trying to find a comfortable position to lie in, they appear restless.

People needing *Arnica* will deny that they are ill and will say they are well when in fact they are (sometimes very) sick. They may moan and complain about their pains, but more usually they will deny that they are suffering, especially after an injury accompanied by delayed shock. After being knocked down by a car, for example, a person might stand up demanding to be left alone, maintaining that nothing is the matter, while blood pours from a gaping wound in the head. He'll say, "I'm OK. Leave me alone" that is, "Don't touch me." He may even ask for a taxi to be called so that he can go home. This is extremely dangerous after a head injury because of the possibility of delayed concussion. Give *Arnica* as a routine after a fall or

~adapted from *The Complete Homeopathy Handbook: A Guide to Everyday Health Care*

had the worst headache of her life. I told her it would pass. Often patients experience a worsening of symptoms before the improvement starts. Homeopaths refer to such a response as an *aggravation*. Sure enough, the next day she was beginning to improve. Within two to three days, she was back at work though still unable to lift heavy objects.

“Like a human being again”

When I saw her three weeks later, she reported feeling seventy-five to eighty-five percent better.

“I was really bad when I saw you three weeks ago,” she said. “That pain was excruciating. It was like, ‘Please, God, take my life.’”

“You know, within minutes of taking *Arnica* my feeling of hopelessness disappeared. It made me feel like a human being again. I was feeling like a poor little donkey they beat until he falls down in the mud.”

Her report of immediate improvement deep in herself is important. A true cure should begin with a sense that the patient has improved in her core. Then the physical symptoms will follow. Hers decreased markedly day by day. “The pain is not nearly as intense as it was,” she reported. “Now it is more of a dull pain. Also, I can now lie on either side. Before, I could only lie flat on my back.”

I asked about her emotional state. “It is much better. I was really, really depressed

The bruised, sore, beaten feeling can result, not only from trauma but also from financial loss and the perceived threat of evil.

when I saw you,” she said. “I’m a lot more cheerful now and not so worried about the land.”

This case illustrates how a long-standing fearful situation can result in unbearable musculoskeletal pains. By treating this woman’s anguish *and* her sensation that she had been beaten as a single phenomenon, *Arnica* was able to successfully resolve both.

Her husband was not so fortunate. Though at the time, he appeared unfazed by the land dispute, he developed an unremitting cough. Homeopathic treatment was unsuccessful. A chest x-ray revealed a cancer of the lungs. Despite radiotherapy and chemotherapy, he died within two months of the diagnosis.

More on “dread of coming evil”

It was some years back that I first “discovered” what Hahnemann had found out over two hundred years ago, i.e., that *Arnica* could cure an irrational fear of pending evil. A woman in her forties came in to my clinic on September 19, 2002, complaining of low energy and frequent weeping with depression. Two months earlier, she had had a splenectomy (removal of the spleen). “I’m scared I won’t be able to pay my bills,” she said. She was not sleeping well. “I’m up all night. I can’t stop thinking of all my obligations.”

She said she was tossing and turning all night. Most people, when they hear that a person with sleep problems is tossing and turning, accept it as a common consequence of sleeplessness. Not a homeopath. We always want to know why, as people toss and turn in bed for different reasons.

“Why do you toss and turn?” I asked.

“I try to find a comfortable position. It may feel right for a few minutes and then it doesn’t. I’m uncomfortable and then I have to find a new position.” She was speaking in code. She didn’t know she was speaking in code, but I did. She was saying that the reason she kept shifting her position was because her body felt uncomfortable, even sore, when it stayed in one position too

long. A bit later, she confirmed my hunch when she said, “My bed feels hard. I can’t get comfortable.” Again, she was speaking in code. Her bed, which she had been sleeping in for years, had not changed. But she had. Her body was sore and, to her, the bed felt “hard.”

She also mentioned she had been irritable, quarreling with her mother. Sudden noise caused her to start.

I considered everything she was saying and concluded she needed either *Rhus toxicodendron* or *Arnica* because both medicines have the sensation that the bed feels too hard.

I opened *Materia Medica Pura* and began reading the proving of *Arnica* when I came across, “Fears; anxious dread of coming evil.”

“Do you have any fear that something evil could happen?” I asked.

She gasped, “How did you know? Yes, at night I think the terrorists are coming and are going to break in my house. I live near an airstrip and I have this fantasy that they are going to land and take me hostage.”

It had been a year and eight days since 9/11 but for her the terrorist threat was imminent. She needed *Arnica* and she needed it now. She received the 200th potency. When I saw her next, the irrational fear had departed and the bed no longer felt “hard.” *Arnica* had helped her body and her mind.

The above is a chapter in the author’s new book, Small Doses Big Results: How Homeopathic Medicine Offers Hope in Chronic Disease.

ABOUT THE AUTHOR



Karl Robinson, MD, practices in Houston and Albuquerque, and regularly teaches in El Salvador and Guatemala. In between, he goes to Mumbai to study with Dr. Prafull Vijayakar. A graduate of Yale University and Hahnemann College (Philadelphia), he is the author of *Small Doses, Big Results—*

How Homeopathic Medicine Offers Hope In Chronic Disease, a book designed to 1) attract the general public to homeopathy and 2) teach homeopathic patients about homeopathy. Practitioners will also find it useful.

Remedy rub on Arnica

bang to the head, whether or not there is concussion. For maximum effect, wait for an egg to appear on the head (before it has discolored), and then give *Arnica*; you will be able to watch the lump disappear in front of your eyes.

ABOUT THE AUTHOR



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injured or arthritic joints and scars in the UK and US for 25 years. Find them and a treasure trove of homeopathic resources at www.mirandacastro.com.



Summer Vacation

Chill out or hit the road: Homeopathy helps you survive & thrive!

by LIA BELLO, RN, FNP, CCH

Nurses Earn 1 Contact Hour Free

The goal of this continuing education program is to enhance nurses' knowledge about homeopathy. After studying the information presented here, you will be able to:

1. Describe three preventive measures for common travel-related problems and illnesses.
2. List two homeopathic remedies used for motion sickness.
3. Name the homeopathic remedy made from the Poison Ivy plant.

The planner and author have declared no relevant conflicts of interest or bias that relate to this educational activity. The author and planner do not endorse any brand names of products mentioned.

School's out, and vacation season's on! All across the country, people are tossing swimsuits, sneakers, and sunhats in their bags and hitting the road or hopping a plane to see the sights. New experiences, pleasant weather, and (hopefully) much-needed rest and relaxation await!

Summer days keep us from experiencing quite so many colds and flus, but people find summery reasons to need homeopathic remedies anyway. Many of the families in my practice take their entire 50-remedy kit with them on all but the shortest vacation trips. As one mom told me: "Something always seems to come up, and having our homeopathic remedies gives us peace of mind. No more late-night drives through strange towns with a screaming kid in the car, in search of an open drugstore for fever reducers, antihistamines, or whatever! And no more hunting down an urgent-care clinic for antibiotics either! With our homeopathic kit, we can handle most things on our own—or with a call to you."

Even though common homeopathic

remedies are much easier to find in natural food and drug stores these days than in the past, it is still more convenient to carry your own supplies. I recommend a compact remedy kit small enough to consider packing for a trip—check the homeopathic pharmacy companies for various options. You will also want to bring a *Calendula* wound ointment or gel, which can double as a burn salve, and a topical *Arnica* product for bruises and injuries. And don't forget the flu preventive, *Anas barbariae hepatitis et cordis*, to take at the onset of a cold or flu. If there are certain remedies that you find your family needing frequently throughout the rest of the year, definitely include those in your travel kit, too. In addition, certain remedies should always be taken on a trip

n~Ready, Set, Go!



because they are specific to health problems known to arise around travel. (As it turns out, vacation time might lead us to use some of the rarely-opened remedy bottles in our homeopathic kits.) Here are details on a few vacation-season problems that could arise, along with the homeopathic remedies that might be called for.

Flying high puts pressure on ears



Just getting on a jet plane can cause problems for some—like ear pain from changes in altitude and air pressure while landing and taking off. Ear fullness, crackling, pain, as well as later complications might be prevented by administering the homeopathic decongestant remedy, *Kali mur 6c* or *12c*, a dose or two before take-off and again one or two times before landing. Chewing gum, blowing up balloons, or performing the Valsalva maneuver (closing the mouth, pinching the nose and attempting to breathe out) to “pop” your ears is a good thing to do for air pressure

changes—and should be taught to children new to flying. Allowing babies to suck on the breast or a bottle is helpful for adjusting ear pressure, too. Adults and older children can also use special ear-plugs designed to help equalize air pressure during plane travel, which are available at drugstores.

One young mother made a video call to me all the way from India after a 15-hour flight from New York to New Delhi with her nursing baby—whose good health on take-off blossomed into full-blown infections in both ears with high fever by the next day. Fortunately, she had *Belladonna* with her in two potencies (i.e., strengths)—*30c* and *200c*—as this remedy is excellent in the early stages of any inflammatory illness that comes on suddenly and is accompanied by high fever, red, flushed skin, glazed or dilated eyes, piercing pain, and agitation. *Belladonna* helped relieve the baby’s initial strong fever, pain, and discomfort, she told me. But then his inflammation became more

“With our homeopathic kit, we can handle most things on our own...”

low-grade, his ears seemed stuffed/full, and he became clingy, weepy, and wanting to be held all the time. That’s when the hotel concierge sent a runner out to a nearby homeopathic pharmacy for the *Pulsatilla 1M* that I suggested. This is an often-used remedy for kids who display this kind of behavior/temperament along with a stuffy head cold or ear infection. After one dose of *Pulsatilla*, the baby’s mood and health improved straightaway; *Kali mur 6c* and *30c* were later used to help drain the Eustachian tubes and act as a decongestant to bring full resolution—with no need for antibiotics and, therefore, no repeated bouts of ear infections (which are all too common when antibiotics are used to treat middle ear

Many of the families in my practice take their entire 50-remedy kit with them on all but the shortest vacation trips.

infections). Thanks to homeopathy, this mom and baby were quickly able to continue their trip without a hitch.

Flying is best postponed if someone has just been diagnosed with middle ear infection—as more pressure on the eardrum (tympanic membrane) could cause a rupture or drive infection deeper. If crackling in the ear, sensations of pressure and fullness, and hearing loss or vertigo start after a plane flight, then a course of *Kali mur* 30c, the decongestant remedy, can often clear this by helping to drain the Eustachian tubes.

Fears arise!



Do any of you have fears or anxiety when you get on an airplane? This is one of the more common phobias. I actually have first-hand knowledge on this one, as I have had the start of some panic attacks on airplanes. For me, it is the feeling of being closed into too small a space and the fear that something might happen and I won't be able to get out. Very unpleasant! I can totally understand why some people just won't get on a plane or need some kind of drug or alcohol to help them relax to get through the flight.

But—I have found a more natural medicine to use for fear—one that I have been prescribing successfully for years to my patients for phobias such as not wanting to drive on crowded four-lane highways or big bridges, or for the fear



of flying: the homeopathic remedy *Aconitum napellus*. It is indicated for that panicky feeling of being hemmed in, the fear of death, and the feeling as if you cannot be calmed. The heart suddenly starts pounding; the person is restless, and they look terrified. This is the picture of a person who needs *Aconitum*. So if I do start to feel panicky when the plane doors close, I just take out my little vial of *Aconitum* 30c—which can be bought right over the counter at a health food store—and pop one or two pellets into my mouth and suck on them. About 10 seconds later, the whole feeling of fear is gone, and I feel calm inside again.

Keep *Aconitum* in mind for other travel situations where sudden fears might arise, too, such as at amusement parks and when snorkeling or swimming. As you learn more about homeopathy, you'll find that *Aconitum* is also a go-to remedy in many early stages of illnesses and accidents, especially when the problem comes on suddenly and the person is fearful.

Ups & downs of motion sickness



Traveling by car (especially in the back seat), bus, train, plane, or boat (even large cruise ships) brings on a miserable motion sickness for some of us. The longer the trip and the rougher the ride, the more likely that someone prone to motion sickness will feel ill. Symptoms usually include nausea, vomiting, dizziness, and headache. Your homeopathic remedy kit can be a vacation saver. If you are prone to motion sickness, check out the remedies *Tabacum*, *Petroleum*, and *Cocculus*. Many families

keep a vial of *Cocculus* in the car glove compartment for occasional need on winding roads.

The motion sickness associated with *Cocculus* is made worse by the sight, smell, or thought of food. People needing this remedy are forced to lie down because of dizziness and nausea. Rising up, hearing noises, and getting cold make them feel worse.

One patient reported how a two-hour ride in the back seat of a small car with plenty of hairpin turns through the mountains of West Virginia left her dizzy and nauseated. Arriving at her destination, all she could manage was to climb out of the car and immediately lie down on the grass, grateful to be on solid, non-moving ground. The nearby smells of barbecue and sounds of music further sickened her. After a few doses of *Cocculus*, however, she came around, and within about 30 minutes, she was up and enjoying the outdoor party—people, music, and food—as originally planned.

Someone needing *Tabacum* will be pale and clammy. They will want to lie still with their eyes closed, and the smell of cigarette smoke worsens their nausea.

Petroleum motion sickness is unique in that the person is hungry for small amounts and has an increase in saliva. Gas and exhaust fumes may play a part in their sickness.

For an acute illness like motion sickness, take a dose of the indicated remedy every five minutes, up to three times, to see if it will help. Try another remedy if no better! If you don't have any of these remedies handy, try the more commonly



found remedy *Nux vomica*, known for helping many GI troubles, hangovers, and nausea; it matches many typical motion sickness symptoms, too.

Think ahead, and have these remedies handy during that sailboat ride—not back in the hotel room! The view of the beautiful blue sky and turquoise water, and the sound of the wind whipping the sail as the boat skims across the water to the island is what you want to remember about your trip—not how you couldn't wait for it to be over while lying down and feeling nauseated below deck.

Relieve jet lag



Jet travel to distant time zones did not exist during the heyday of early homeopathy, hence there is nothing in the classic homeopathy literature about jet lag. So we have had to get creative in our treatment for this modern ailment. The biggest single cause of jet lag is crossing several time zones, which disrupts the body's circadian rhythms. The syndrome is most severely felt when traveling from west to east, but other factors, such as dehydration, sleep disruption, and lack of exercise contribute to a host of symptoms that can take some time to wear off upon arrival.

I love seeing the advertisement on a PBS-TV travel show for a popular product from New Zealand for jet lag, which contains a combination of five common homeopathic remedies (*Arnica montana*, *Bellis perennis*, *Chamomilla*, *Ipecacuanha*, and *Lycopodium*), each known to combat some of the symptoms that can arise from jet travel. As always with homeopathic "combination remedies," you never know which remedy in the combination is the one that helps you. People swear by this product, but as a classical homeopath I always prefer to look for the one "most similar" remedy. So I tell people interested in preventing jet lag to take *Arnica* 30c once during their trip and twice

more on the arrival day to see if this single remedy is sufficient to address the tiredness associated with air travel. Several patients who have used *Arnica* give glowing reports of their ability to adjust quickly after a long trip. Perhaps the body feels jet travel as a form of "trauma," and if so, then *Arnica*, the premier homeopathic trauma remedy, is well suited to bring the needed balancing.

The World Health Organization has concluded that there is a definite link between long-distance air travel and deep vein thrombosis, but they say it is small, and mostly affects people who are already at risk for blood clots. This is another good reason to take *Arnica* during and after long flights—as it has been used for generations for the resorption of blood extravasations (blood that has leaked into tissues) and bruises.

Bathroom business



Traveling brings with it a change in diet, water supply, and schedules, sometimes leading to constipation. Almost 40 percent of people get constipated when they travel! Dehydration, a reduction in exercise, and unfamiliar bathrooms contribute to this problem—but homeopathy answers the call with a remedy known to help.

Alumina can relieve "traveler's constipation"—providing that the person's main symptom is that they have absolutely no urge to move the bowels.

Compare this with the kind of constipation helped by *Nux vomica*, where there is a constant urging with no results. Speaking of *Nux vomica*—this is also the remedy for stomach upsets from overeating food or over-indulging in alcoholic drinks—so easy to do on vacation! And remember, *Nux vomica* is the best hang-over remedy!

A smart family carries remedies for diarrhea, especially if they travel to places where the food and water might con-

tain amoebas or viruses. *Arsenicum album* is the first remedy to think of when thin, irritating diarrhea hits, especially if stomach pains and/or nausea/vomiting accompany it. Remember *Arsenicum album* also for food poisoning of any kind. Some families dose themselves with *Arsenicum album* before traveling to a country where dysentery is a possibility, as a preventive measure. A more severe diarrhea, explosive and debilitating, might need *Veratrum album*. *Podophyllum* can be the right choice for plain old diarrhea without the drama associated with the other two remedies (i.e., no pain or nausea). [See "Stomach Bug Gotcha?" pn page 32 for more.—ed.]



Cruising along



A cruise can be a fun, relaxing way to spend a vacation, but any vacation spent with the flu is no vacation at all. Since large numbers of people come into close contact with one another on cruise ships, contagious respiratory and intestinal viruses can spread easily aboard these floating communities. Thinking ahead and carrying along remedies to treat such potential illnesses would be smart. For stomach bugs, remember *Arsenicum album*, as mentioned above. For respiratory flu, think of *Anas barbariae hepatitis et cordis*, and take it as soon as you feel the onset of symptoms. If you want to go one step further and focus on preventing these illnesses in the first place, you might take a dose or two of these remedies in a prophylactic fashion—that is, take a dose once before boarding and then take again every two or three days afterwards, as long as you are still on board the ship.



The view of the beautiful blue sky and turquoise water ... is what you want to remember about your trip ...



Sunburn, sun poisoning, & sea nettles



Summer is sunburn time! If you or a family member accidentally gets overexposed to the sun, apply your natural burn gels (like aloe and *Calendula*) to the affected skin—and if pain continues or if sleeping is difficult due to the burning sensation, give *Cantharis* 30c orally for a few doses. *Belladonna* 30c will come to the rescue if the burn is bright red and angry-looking, with systemic symptoms such as headache or chills starting.

Some people are so sensitive to the sun that they get an itchy, stinging eruption called sun poisoning or urticaria. That is when we can finally pull the remedy *Urtica urens* out of our kits. I learned the hard way about the plant “stinging nettle” (the herbal name for *Urtica dioica*)—a close relative of the plant “burning nettle” from which the homeopathic remedy *Urtica urens* is made—when I accidentally brushed against its serrated leaves while walking near a river (it likes moist soil) when I was dressed in shorts. I quickly felt strong stinging and burning pains and developed raised skin bumps. Stinging nettle is unforgettable after you’ve met it in this way. Homeopathic *Urtica urens* taken orally (or applied topically if you have it in a cream or salve form) can be used to soothe similar stinging skin eruptions. I have used *Urtica urens* successfully for “sea nettle” stings, too, when someone comes out of the ocean covered with itchy welts after swimming.

The buzz on bites & stings



Have you experienced the soothing effects of *Apis mellifica* for bee stings? Yes, this remedy (made from the honey bee) can really cut the pain and swelling after bee and wasp stings (although the specific remedy for a wasp sting is *Vespa*). When a bee stings you, the venom acts on cellular tissue causing puffiness and swelling; the skin around a bee sting will be red and shiny and will indent on pressure. These are also the symptoms that indicate the need for the remedy *Apis mellifica*. The person (or the affected part) will feel worse from heat and touch, better from open (cool) air, and much better from cold applications. They may also be restless, have little or no thirst, and not want to be left alone.

In addition to bee stings, *Apis* should be considered for swellings in reaction to vaccinations, other inflamed insect bites, thorns, hives, rashes, welts, sore throats, boils, painful red joint swellings, and allergic reactions with puffy swelling (see the following section on allergic reactions). Each *Apis* symptom is aggravated by heat and feels better from cold.

Mosquito bites that get overly inflamed may be helped by *Apis*. Some people report that taking the remedy *Staphysagria* can prevent mosquito bites. This would be a real plus for a family out camping or for kids at summer camp. I am going to take *Staphysagria* preventively next time I go camping! Have you noticed that some people (and some animals) are bothered by mosquitoes and flies much more than others? They would likely benefit from preventive doses of *Staphysagria*. To try this out, take one dose of *Staphysagria* 30c thirty minutes before expected exposure

and repeat every 15 to 60 minutes during buggy outdoor experiences.

Prepare for allergic reactions



Common symptoms of acute allergy are sneezing, itching, watery eyes, and streaming runny nose. The homeopathic remedies *Allium cepa*, *Euphrasia*, or *Arsenicum album* fit all these symptoms well. Choose *Allium cepa* if you have bland lachrimation (tearing, watering) and excoriating nasal discharge. Choose *Euphrasia* if you have the opposite: excoriating lachrimation and bland nasal discharge. Consider *Arsenicum album* if you have burning eyes and burning nasal discharge.

Hives, also known as urticaria, are an outbreak of swollen, pale red bumps, patches, or welts on the skin that appear suddenly and itch or sting—and are another sign of an acute allergic reaction. The homeopathic remedy *Apis mellifica* will help to calm this reaction—while you search for causes to avoid!

While they are bothersome, itchy eyes, a watery nose, or hives won’t usually cause you to abandon your trip. Swelling of eyelids, ears, throat, lungs, limbs, lips, and tongue, however, are a sign of severe allergic reaction, also called anaphylaxis. This dangerous and life-threatening condition requires emergency medical care, as the swelling could make it difficult or impossible for a person to breathe.

While we were visiting a warm Caribbean beach, a friend of mine had a severe allergic reaction. He never did figure out what caused it—perhaps it was from eating ceviche (a raw fish dish) or mangoes, or it might have been from getting sunburned. His lips blew up to three times their size, he was covered in hives, and



Some people are so sensitive to the sun that they get an itchy, stinging eruption called sun poisoning.



I hope you feel empowered to tackle just about any simple, self-limiting health problem that you or your family encounters this summer.

his tongue started to swell! They rushed him to a doctor who administered intravenous antihistamines and steroids, and all the allergic symptoms disappeared.

But, while still at the beach two weeks later, he started having the same allergic reaction. This time he was ready with *Apis mellifica* 200c to take frequently, alternating with *Histaminum hydrochloride* 200c, the homeopathic remedy made from histamine. Acute allergies are frequently histamine-mediated (the body's immune response to an allergen is the release of histamine, causing swelling, secretions, etc.), and I have found that using *Histaminum* isopathically can reduce the need for antihistamines. (Using it isopathically means according to the principle of "same cures same" as distinguished from the homeopathic principle of "like cures like.") Things went much better this time, and the swellings subsided with no need for further intervention. Now my friend will always make sure that he carries *Apis* and *Histaminum* with him, as well as a prescription-only dose of injectable epinephrine (which quickly opens airways and reverses anaphylaxis) for back-up purposes to prevent emergency room visits.

Poison ivy: ditch the itch



The rash of poison ivy and poison oak is another dreaded summer bummer. Fortunately, if caught early, the rash usually responds well to a few doses of *Rhus toxicodendron* 30c, which is a homeopathic remedy made from poison ivy itself. When the

itching is reduced and the rash shrinks instead of spreads, you know that your remedy is working. There are many instances, however, when a higher potency (e.g., 200c or 1M) of *Rhus toxicodendron* might be needed to quell a bad case of poison ivy. Don't let the rash get too bad before you increase the potency. Usually, those who respond well to this remedy will have intense itching and burning that feels better from warm applications or a hot shower. And if the rash is getting worse despite having taken a higher potency of *Rhus toxicodendron*, switch to another remedy.

Anacardium may need to be your second remedy, especially if large blisters filled with yellow fluid form. The swelling in this kind of poison ivy reaction can look quite monstrous, especially if it is on the face, and the rash usually feels worse from warm or hot water. Eruptions that require *Croton tiglium* can also blister and be quite inflamed, but they tend to form very thick scabs and the burning is less than rashes requiring *Rhus toxicodendron*.

For a person who always gets a bad case of poison ivy every year, I give one dose of high potency *Rhus toxicodendron* as prevention in early spring yearly. Many times, they will not get poison ivy at all that year.

Happy, healthy summer

Armed with your homeopathic kit, the information in this article, and a homeopathic first-aid guidebook (like *Every-*

body's Guide to Homeopathic Medicines by Cummings/Ullman, *Homeopathy 911* by Nauman/Derrin-Kellog, or *Homeopathic Medicine at Home* by Panos/Heimlich), I hope you feel empowered to tackle just about any simple, self-limiting health problem that you or your family encounters this summer.

Better yet, may your summer be free of all these problems! Happy vacationing!

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Hello Health, Good-bye GI Complaints

Swift & sweet relief—after a long trip down conventional medicine's primrose path

by AMY ROTHENBERG, ND, DHANP

When I got to work, I saw on my schedule the name of a patient I'd not seen for a decade. I love when long-ago patients return, and we pick up the thread of our relationship, much like old friends. I am heartened as a doctor to have such relationships built upon open communication, caring, and love.

"After that last remedy you gave me, I felt so good that I really didn't need to come back ... until now," Sally told me. The homeopathic remedy *Sepia* had done wonders for Sally ten years earlier, alleviating her menopause-related fatigue, depression, and constipation.



Fast forward to our current visit and the reason for it. Sally, now 63, explained: "About six months ago I began to have a sore throat. Well, it was not exactly a sore throat, more of an irritation ... but nothing helped it. I also had this little cough. Thing is, I didn't really feel sick in any overall kind of way at that time ... no tiredness, fever, mucus, or anything else." Over the weeks, however, she also began to experience nausea.

After about a month of these symptoms, Sally visited her conventional medical doctor, who suspected gastro-esophageal reflux (GERD) and prescribed the drug *Prilosec*®, a proton-pump inhibitor that reduces stomach acid. "I stopped taking it after a week or so, though. It didn't help my symptoms and I did not feel well on it at all, so I didn't see the point," Sally said.

Twists, turns, & troubles ...

At around the same time, Sally had developed a skin infection in the nail bed of her finger, which her doctor began treating with an antibiotic, then another antibiotic when the first one did not do the trick. After the second antibiotic, Sally's skin infection got better, but her throat symptoms worsened—and now she also had severe diarrhea, every day, several times, and sometimes in the middle of the night.

Sally was then diagnosed with severe gastritis (inflammation of the stomach lining) and put back on the *Prilosec*®, at a stronger dose. Her gastrointestinal and throat symptoms got better slowly over the next month or so, when she and her partner decided she was well enough to go on a long-awaited trip to India.

Trapped by turista

Sally did not do well in India. "Oh, I felt terrible," Sally said. "The diarrhea returned with a vengeance! I was bound to stay within a few blocks of the hotel at all times because I needed to use the facilities many times throughout the day."

By the time of our visit, Sally had been home for two months, had had several stool analyses to check for parasitic infection (all normal), had lost nearly 20 pounds (that she could not afford to lose), and was still struggling with daily diarrhea. She had been prescribed the powerful antibiotic *Flagyl*® and the anti-diarrheal drugs *Imodium*® and *Pepto Bismol*®. She was also taking a probiotic. But nothing seemed to help. The stool was watery and burned on evacuation but did not cause pain. There was no bleeding, hemorrhoids, cramping, or gassiness.

Sally's appetite was low, and her spirits were dropping. "I feel so weak ... and extremely tired," she lamented. She continued her work as a school counselor but was forced to drop down to half time. "I come home at lunchtime and just spend the rest of the day on the couch under a blanket. My appetite is nil. And I have no idea what I'm supposed to be eating

"I was bound to stay within a few blocks of the hotel at all times because I needed to use the facilities many times throughout the day."

to help myself anyway,” she said. “I’m always wearing extra layers, too, because I’m so chilly all the time.” Feeling chilly was usual for her, but worse now, as she was so thin, barely 100 pounds. Sally still had the original throat irritation, too, possibly from gastritis.

Wish you’d seen me sooner!

When patients recount stories such as Sally’s—where one or two seemingly simple symptoms get treated and then evolve into a cascade of many and oftentimes worse symptoms—my first thought is always, wow, sure wish you had come to see me earlier! Homeopathy and natural medicine, used early on, might have been able to nip those early symptoms in the bud, averting Sally’s downward health spiral and saving her much suffering. But people do what they will do, and we cannot legislate their choices. Had I done a better job at patient education initially (something I often speak to my students about), I do believe that Sally would have remembered to contact me earlier.

In any case, increasingly, patients come to me with stories like Sally’s. They are often taking a number of pharmaceuticals and have long and complicated medical histories. Part of my job is to tease out what is causing what (such as which symptoms are drug side effects and which are the natural progression of an illness), assess the current situation, and decide what to do next. By the time I saw Sally, her initial seemingly minor acute complaints had been going on so long that they had crossed over into a new, more troublesome chronic condition.

Worries, concerns, & anxieties

I asked Sally about the previous year to find out whether there had been any strong stressors that might have triggered her original symptoms. She shared a long, sad story of family dysfunction related to

an ailing aunt and uncle, her role with the cousins, and ongoing anxiety and feelings of hopelessness; indeed it had been an extraordinarily difficult year, both before and after the start of her troublesome symptoms.

As we discussed these things, Sally leaned in, asked numerous questions, and shared her deep worry and concern about her health condition. Her anxiety was palpable and constant. She was extremely worried about herself and what these symptoms might mean.

Some of the main remedies we think of in cases of people with ongoing diarrhea are *Arsenicum album*, *Veratrum album*, *China officinalis*, *Podophyllum*, and *Chamomilla*. In Sally’s case, I ruled out *China*, as she had no gas whatsoever; I ruled out *Chamomilla* as she had not become irritable or cranky; *Podophyllum* was a good choice but she did not have quite the urgency or intensity of the explosive stool associated with that remedy. If she had needed *Veratrum album*, I would have expected more destruction to the tissue in the rectal and anal area after such a long bout with diarrhea.

A remedy for Sally

So, I prescribed one dose of *Arsenicum album* 200c. This is one of our most common remedies when diarrhea results from food poisoning or a viral issue, or when there is initial underlying inflammation, as in Sally’s case (manifested by the throat irritation, gastritis, and nail bed infection). The attendant antibiotics likely wiped out Sally’s normal varied gut flora, which did not help matters. For me, the fact that she had burning with her stool, extreme chilliness, and pervasive anxiety confirmed the remedy *Arsenicum album*, since burning pains, chilliness, and anxiety are key indicators for this remedy. Sally’s anxiety was manifest in the way that she kept going over the

Homeopathy and natural medicine, used early on, might have been able to nip those early symptoms in the bud ...



Sally also regained her strength and the weight she'd lost, and her gastrointestinal inflammation and irritation slowly resolved.

minutiae of her story, sharing with me each fact from lots of different angles; she also kept questioning me, did I think this was something more serious? Had I ever seen this kind of thing before? As a naturopathic doctor doing homeopathy, I want all my patients to be good reporters, but there are some that are so focused on the details that I have come to understand that as a symptom itself, a symptom of heightened anxiety and worry. For a person needing *Arsenicum album*, their anxiety almost always revolves around their health. In addition, most people needing *Arsenicum album* are seeking emotional support from those around them—they need extra encouragement, as Sally did.

Some might wonder why I did not start with the remedy *Sepia*, which had served Sally so well in the past as a constitutional remedy. Had she come to me with a constellation of *Sepia* symptoms, I

would have done just that, but it was not the case. When a person needing *Sepia* is affected by gastrointestinal troubles, I expect to see symptoms related more to constipation than to diarrhea. And in the psycho-emotional realm, those needing *Sepia* tend more toward having a flat affect or depressed mood rather than active anxiety. Clearly, Sally no longer needed the constitutional remedy that had helped her previously; this can happen with some patients, especially when there are big changes in life or big stressors. It's appropriate to remember and keep track of the remedies we use for a person, as often we circle around and repeat a prescription, but only when it is relevant and indicated.

Natural measures

Sally and I also discussed using naturopathic approaches to help heal the upper gastrointestinal and throat irritation

Stomach Bug Gotcha?

Here's a handful of helpers for "turista," food poisoning, and the like

by HOMEOPATHY TODAY staff

Summertime BBQs, dining at new restaurants, and travels to exotic locales can be fun—except when they are marred by unexpected and unwanted trips to the bathroom with diarrhea (or vomiting).

For gastrointestinal troubles of short duration, you might try one of the remedies below in a 30c or 30X strength to help "soothe your stomach"—if your symptoms match. According to Timothy R. Dooley, MD, ND: "The main thing about treating patients with diarrhea is to not hesitate to give the remedy frequently and to keep giving it. In a more acute situation, the remedy might be given every 15 minutes or so, and in patients who are less acutely ill, every 3 to 4 hours. One handy rule is to give a dose after every diarrhea stool; in this way, the dosing is automatically decreased as the patient recovers."

If, however, you have been struggling with GI troubles for more than a few days and/or

your symptoms are very strong, seek professional help! Remember, too, that you need to be replacing fluids (and electrolytes, especially potassium) in roughly the same volume that you are passing them. Make your own replacement drink according to Dr. Dooley's recipe: "clear fruit juice (low fiber) mixed 50-50 with water, plus 1/2 teaspoon salt and 1/2 teaspoon baking soda per quart."

5 HANDY HELPERS

- ***Arsenicum album***. Consider this remedy first when diarrhea is related to food poisoning, travel to unfamiliar places, and/or underlying inflammation. People needing it are extremely anxious, restless, chilly, and weak; they want

and inflammation, including taking the amino acid glutamine, which is known to help heal damaged mucous membrane tissue. I also encouraged her to use the botanical preparation deglycyrrhizinated licorice (DGL), which soothes the lining of the mucous membranes of the esophagus and the stomach. I switched her probiotic to one that contained a more diverse number and type of organisms and instructed her to eat some cultured food and bone broth each day, too. I was working to get her system repopulated with the correct and varied cultures that are so essential for good health in general and for gastrointestinal health in particular.

Hello to good health

The next morning after our meeting, Sally left me a message to say she'd had a normal bowel movement—for the first time in months. And much to her happiness and relief, *that was the end of the diarrhea*. I saw Sally a few more times over the following weeks and months, and she continued to have normal bowel movements.

Over time, Sally also regained her strength and the weight she'd lost, and her gastrointestinal inflammation and irritation slowly resolved. I believe this was a result of both the homeopathic treatment and the naturopathic supportive measures.

Sally continues to do well some years later. I love this story because it reflects the speed with which a homeopathic remedy can work—offering enduring improvement when conventional approaches were not helpful.

ABOUT THE AUTHOR



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Founder and instructor at New England School of Homeopathy www.nesh.com, she's on the Board of American Association of Naturopathic Doctors and president of Massachusetts Society of Naturopathic Doctors. She raised three wonderful children with husband, Paul Herscu, ND, MPH, and spends non-working hours in the garden, in her art studio, and on the ballroom dance floor.

I love this story because it reflects the speed with which a homeopathic remedy can work

company and reassurance. They may be intensely thirsty but will take only small sips of water. They can have vomiting and diarrhea simultaneously, along with cramping and burning sensations. They tend to feel worse after midnight or 1:00 a.m.

• **Veratrum album.** Someone needing this remedy is generally very cold, feels cold to the touch, and breaks out in a cold sweat, especially on the forehead. They are exhausted and feel as if they will faint from profuse, watery diarrhea and (possibly simultaneous) violent vomiting. The ongoing discharges exhaust the person's vitality as well as their tissues. They may want cold drinks even though they are chilly.

• **China officinalis.** Consider this remedy when a person has ongoing, painless diarrhea that leads to debility and exhaustion. They typically also experience much gas, rum-

bling, and gurgling in the digestive tract; their abdomen may be bloated and tight as a drum. It may feel as if food is not digesting well, and stools may contain undigested particles.

• **Podophyllum.** Consider this remedy for urgent, intense, explosive diarrhea; it is typically painless, very offensive, and worse at 4:00 a.m. and early morning. The stool may be green, yellow, or chalky. Diarrhea may be worse in hot weather and during teething of infants.

• **Chamomilla.** The person needing this remedy will likely be irritable, cranky, or spiteful. They may have foul-smelling, greenish diarrhea and complain of gas pains (though passing gas does not relieve the pain). They are extremely oversensitive to pain and find it unbearable. They whine a lot and are restless; children needing this remedy want to be carried.

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Active kids, aging athletes, and weekend warriors find gentle, fast-acting support

Nurture Your Inner Athlete with Homeopathic Cell Salts

by TANYA RENNER, CCH, RSHom(NA)

With his discovery of 12 essential mineral salts, Schüssler believed that homeopathy could be greatly simplified. A cell salt remedy is selected according to the "the law of deficiency."

For over a century, *the 12 cell salt remedies*—as defined by homeopathic physician Wilhelm H. Schüssler—have been helping to keep people hearty and healthy. I first discovered these remedies (also called *tissue salts*) as a mother of two active boys. We were a family of weekend warriors, and I began using cell salt remedies to support speedy recovery from injuries. As my comfort and familiarity with the remedies grew, it occurred to me that I might also use them to support athletic performance and nurture the inner athlete. This led to more research and home testing, and soon I was sharing my discoveries and excitement with others. Within a few short years, cell salt use for sports performance increased greatly among my friends and colleagues. We continue to be amazed by this small set of 12 homeopathic remedies, and we want to share our successes with you.

But first a little history ...

In the 1800s, improvements to the microscope and rapidly evolving laboratory sciences led to new insights into the healthy

functioning of the human body. In 1858, pathologist Rudolf Virchow published *Cellular Pathology*, in which he wrote, "Every form of suffering is only based on a disorder in the cells. Only the cell can become sick—the cell, the smallest functioning unit of the human body." Other cell researchers of this era were thinking along similar lines; researcher Jacob Moleschott concluded that in order to stay healthy, the cells must be nourished by essential inorganic "constituents."

The work of these researchers greatly influenced German homeopathic physician Wilhelm Schüssler (1821-1898), who investigated the chemical make-up of human cells by analyzing the ashes of human tissue. His research led him to believe that all tissues could be reduced to 12 essential inorganic mineral salts; in their absence, cells cease to function properly, and disease develops. Schüssler declared: "The inorganic substances in the blood and tissues are sufficient to heal all diseases which are curable ... by supplying to the cells the cell-salts needed for a normal condition to exist,



thereby destroy[ing] the breeding place for the fungi, germs, or bacilli. Today we recognize these salts as essential macro-minerals.

A simpler method

With his discovery of 12 essential mineral salts, Schüssler believed that homeopathy could be greatly simplified. He concluded that the active ingredients in any homeopathic remedy were really the inorganic minerals that affect cellular metabolism, so perhaps the only remedies the body really needed were these 12 “cell salts”: *Calcarea fluorica* (calcium fluoride), *Calcarea phosphorica* (calcium phosphate), *Calcarea sulphurica* (calcium sulphate), *Ferrum phosphoricum* (iron

A couple doses ... were all that was necessary to see good improvement in the leg stiffness.



They are easy to use, fast-acting, and gentle.

phosphate), *Kali muriaticum* (potassium chloride), *Kali phosphoricum* (potassium phosphate), *Kali sulphuricum* (potassium sulphate), *Magnesia phosphorica* (magnesium phosphate), *Natrum muriaticum* (sodium chloride), *Natrum phosphoricum* (sodium phosphate), *Natrum sulphuricum* (sodium sulphate), and *Silica* (silica).

He named his new method the “Biochemic System of Healing” and employed only these 12 salts prepared by the homeopathic pharmaceutical process of trituration—repetitive dilution and grinding with a mortar and pestle of a very small amount of a mineral salt in lactose. The resulting low-potency remedy (typically 3X, 6X, or 12X) was then pressed and shaped into a tiny, quick-dissolving tablet. (This is different from the homeopathic pharmaceutical process of repetitive dilution and succussion in an alcohol-water solution, then applying the resulting remedy solution—which could be any potency from low to high—to small, round, slower-dissolving, sucrose pellets.)

In Schüssler’s biochemic system, a cell salt remedy is selected according to the “the law of deficiency.” In other words, the body’s signs and symptoms point to certain mineral deficiencies, and when the appropriate cell salt remedies are

We typically only give cell salt remedies ... in low potency 3X, 6X, or 12X triturated tablets.

taken to restore the minerals, he believed the tissues would be strengthened, which would lead to healing. For this reason, some people liken his method to using mineral supplements—except that cell salt “supplements” have been prepared according to the homeopathic pharmacy process. Because cell salt remedies are low potency by homeopathy’s standards, they typically do contain a tiny amount of the original mineral salt within them.

Cross-pollination between methods

Certain homeopathic remedies were in common use before Schüssler deemed them “cell salts” (e.g., *Natrum muriaticum*, *Silica*), so they are often prescribed according to classical homeopathic principles based on their extensive provings and *the law of similars*, rather than according to Schüssler’s law of deficiency. Other remedies, such as *Magnesium phosphorica*, were first introduced into homeopathy by Schüssler; classical homeopaths later conducted provings that corroborated most of Schüssler’s indications for *Magnesium phosphorica* and expanded upon them. In his *Dictionary of Practical Materia Medica*, J.H. Clarke writes of *Magnesium phosphorica* and Schüssler’s indications: “This sketch of Schüssler’s is confirmed in every point by [H.C.] Allen’s proving, and by the clinical use of

Mag. p. in the highest attenuations. ... But it is only right to say that Schüssler arrived at them by a way of his own, which shows that there are other means besides provings of finding the keynote symptoms of remedies.”

Clearly, much crossover can take place between Schüssler’s biochemic method and the classical homeopathic method. Current descriptions of cell salt remedies found in homeopathic references may well include indications for use from both sources—Schüssler’s theories and classical homeopathic provings. Some professional homeopaths use the cell salts according to Schüssler’s method (perhaps as an adjunct to constitutional prescribing or as targeted support for a physical condition) while others avoid his method since it is not based on the classical homeopathic principles of “like cures like” and provings.

So, is there actually any difference between cell salt remedies and homeopathic remedies? For instance, is the homeopathic remedy trituration *Mag phos* 6X different from the cell salt remedy *Mag phos* 6X? No, the remedies are the same; only the theory or principles that a person uses to decide which remedy to use might be different. It’s important to remember, however, that we typically only give cell salt remedies according to Schüssler’s principles in *low potency* 3X, 6X, or 12X triturated tablets.

Dig Deeper into Cell Salts

To learn more about the cell salt remedies, check out these resources.

LOOK AND LEARN: Excellent article by Miranda Castro from *Homeopathy Today*, January-February 2008 <http://www.mirandacastro.com/articles/CellSalts.htm> Also, her DVD, *Gentle Little Souls: The 12 Fabulous Cell Salts* at this site.

LISTEN AND LEARN: Excellent 110-minute audio with handout. <http://www.uheal.net/teaching.htm>

RESOURCE BOOK: *Homeopathic Cell Salt Remedies* by Nigey Lennon and Lionel Rolfe.

FREE ONLINE BOOK: *The Biochemic System of Medicine* by George W. Carey. The Library of Congress, Internet Archive. <https://archive.org/details/biochemicsystemo00car>



Experience & success stories

In my experience, cell salts prescribed according to Schüssler's method can address simple ailments effectively and also provide deep-acting support. They are easy to use, fast-acting, and gentle, making them well suited to home care. The 12-remedy kits are inexpensive and make great gifts for kids headed off to college or for people who are looking for an easy place to start with homeopathy.

At Teleosis Homeopathic Collaborative, I teach first-year students about the cell salts in weekend one or two—and then we have one to four years of wonderful success stories coming back to us every month! We call them “true life adventures,” and you'll get to read some of the sports-related ones below.

Perhaps you will be inspired to use homeopathic cell salt remedies yourself! Be sure to start slowly and build on experience. Use the remedies alongside other common-sense supports, such as sound nutrition and an Epsom Salt bath for sore muscles. Always consult a professional for help with chronic, complex complaints. And if you are already working with a homeopath for your health care, keep them informed about any cell salt or other homeopathic remedies you take.

“Wow, I couldn't have run these races without those cell salts you gave me!” she said afterwards.

Runner beats own “Personal Record”

by Laurie Desmarais-Melcuk, a Teleosis alumnus who lives with her family in Western Massachusetts.

My son did cross-country running (5K) for the first time last fall, and I suggested he try the cell salts to see if they would affect his performance. It turned out to be a great experiment because the time it takes an athlete to run a particular course doesn't vary by much. When people break their former records, 30 seconds is a pretty big deal.

Because the minerals calcium and magnesium are essential to muscle contraction, we decided to use the corresponding cell salts *Calcarea phos* and *Magnesium phos*. Running also demands good utilization of oxygen by the lungs and muscles, and because iron is essential to oxygen metabolism, we included *Ferrum phos* in our experiment, too.

He used the cell salts for the first time during a practice run, taking *Ferrum phos* 6X about three hours before running and *Calc phos* 6X and *Mag phos* 6X about one-half hour before running. When I asked how it went, he replied: “I couldn't feel my legs.” That scared me a bit until he explained that, usually, it is pain in his legs that limits how fast he can run: “This time, I couldn't run fast enough to make my legs hurt.” Then he added, “But I couldn't breathe!” We made a guess that it might be better to take *Ferrum phos* 6X closer to the start of the race, to help with oxygenation in the lungs.

The next time, before an actual race, he took *Mag phos* 6X, *Calc phos* 6X, and *Ferrum phos* 6X together about one-half hour before running. Result: he P.R.'d (new vocabulary for me—means he broke his own “Personal Record”) by almost two minutes! And this was on a harder course than his previous best time. His coach was stunned. My son reported no breathing problems during the race, and his legs felt much less tired than after races without the cell salts.

After these good results, he continued the cell salt protocol before every race and did very well. I suggested he might want to experiment to see what would happen if he *didn't* take the cell salts but, of course, he was more interested in the possibility of running faster than in testing homeopathy. Once, however, he forgot to bring the cell salts with him for a particular race—and he ran significantly *slower* on what was supposed to be an easier course!

My son continues to successfully experiment with *Calc phos* 6X and *Mag phos* 6X for muscle aches after sports-related activities—it's been great to see him feel like he has these tools to use!

Athlete overcomes overtraining injuries

by Alice Neiler, a Teleosis alumnus practicing in Rhineback, NY, who can be reached at [Sattva Homeopathy, aliceneiler@gmail.com](mailto:aliceneiler@gmail.com).

My son Otto used cell salts to relieve repetitive stress injuries and overtraining pains during his high school long-distance running career. His first injury was a stress fracture with bone pain and notable hard swelling around the fracture site. He took *Calc phos* 6X to promote union of the fracture, *Calc fluor* 6X to address the induration (hardened tissue), and *Silica* 6X for its affinity for bone and for strengthening and stabilizing weakened tissues. He took them together, three tablets each for a total of nine per dose, three times per day. By the second week, all his complaints were significantly improved so he reduced the dose to twice daily for two more weeks. After this, he stopped taking them as he had no symptoms whatsoever. Additionally, he used a leg brace for support

...continued on page 39



Fleet-footed Otto runs cross-country.

Exercise Smarter: Your Quick-Start Guide to Cell Salts

Natural support & enhanced performance in sports & fitness

by TANYA RENNER, CCH, RSHom(NA)

It's no surprise that the homeopathic cell salt remedies are rapidly gaining popularity with athletes! These twelve remedies are natural, easy to use, and quick-acting. That's why the cell salt kit is the first thing I pack for a weekend of athletic adventure.

The cell salts are believed to assist the body in absorbing and utilizing macro-minerals and are selected by careful observation of the body's natural signs and symptoms. Next time you are packing the sports bag, remember to throw in a cell salt kit!

Nine ways to nurture the inner athlete

The following information comes not only from a survey of the literature on cell salt remedies but also from experience. All the remedy suggestions below have been tested numerous times by me and students at Teleosis for these various situations, and we have found that they work well.

• **Muscle cramps:** *Mag phos 6X* eases muscle spasms and cramps, especially in the legs during prolonged exercise. Use as a preventative. When *Mag phos* fails to bring relief, add *Calc phos 6X*. Calcium and magnesium work synergistically; magnesium increases permeability of cell membranes, while calcium tightens cell membranes.

• **Endurance:** *Mag phos 6X*, *Calc phos 6X*, and *Ferrum phos 6X* taken in combination are the athlete's favorite because they seem to improve endurance and performance. Glucose metabolism in muscles is dependent on magnesium. Calcium promotes healthy cellular activ-

ity and restores tone to weakened tissues. Iron carries oxygen throughout the body.

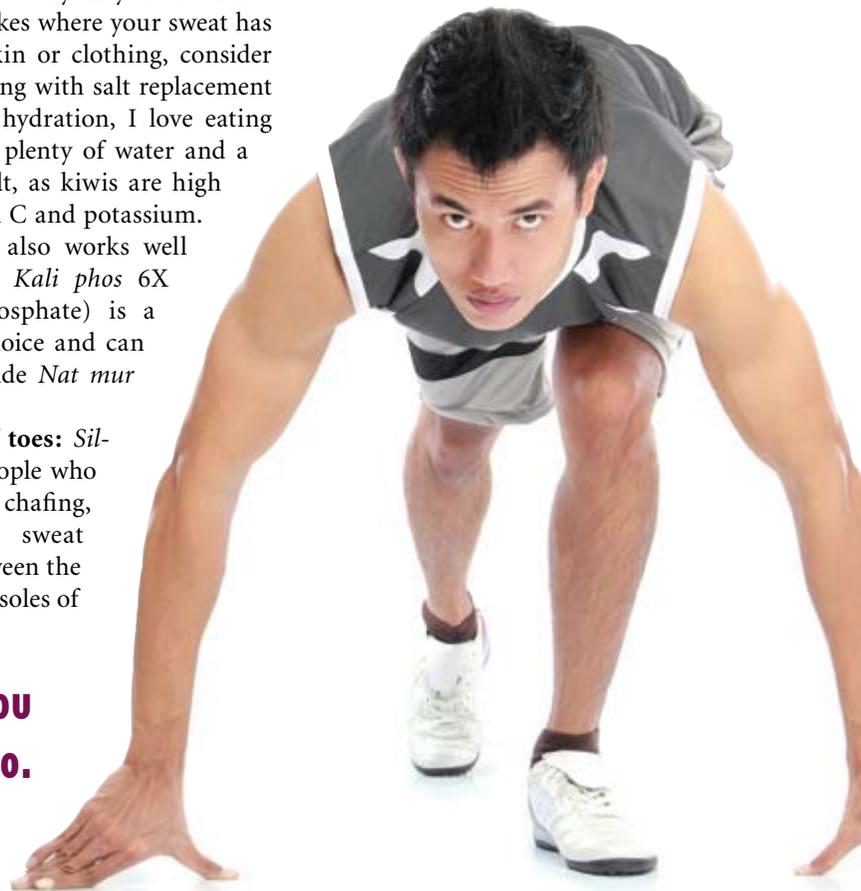
• **Nervous exhaustion:** When nerves get the best of you, think of *Kali phos 6X*. This remedy is perfect for pre-competition jitters and post-competition nervous fatigue. *Kali phos* is sometimes called "the tranquilizer" of the cell salt remedies.

• **Dehydration:** Good hydration is essential for athletes. Try using *Nat mur 6X* to increase the body's ability to retain water. *Nat mur*—made from sodium chloride or table salt—attracts moisture to tissues in the body. If you see traces of white salt flakes where your sweat has dried on the skin or clothing, consider *Nat mur 6X* along with salt replacement solutions. (For hydration, I love eating kiwi fruit with plenty of water and a pinch of sea salt, as kiwis are high in both vitamin C and potassium. Coconut water also works well for hydration.) *Kali phos 6X* (potassium phosphate) is a good second choice and can be used alongside *Nat mur 6X*.

• **Chafing of toes:** *Silica 6X* is for people who suffer from toe chafing, because they sweat excessively between the toes and on the soles of

their feet. The mineral silica helps balance perspiration and is a supportive element in connective tissue.

• **Injury:** Bleeding helps cleanse a wound, but sometimes it continues longer than necessary. Need to stop bleeding quickly? *Ferrum phos 6X* works beautifully. Some people dilute a couple of tablets in water and apply with a compress, while others take the remedy orally. I've even seen a *Ferrum phos 6X* tablet placed directly on a bleeding wound (in a pinch) stop the bleeding immediately. *Ferrum phos 6X* is also the first cell salt remedy indicated in recent injuries to soft tissue, and it is ideally suited for cuts, bruises, and sprains. Iron assists with the oxygenation of tissue and strengthens blood vessel walls.



With a little knowledge and practice, you can nurture your inner athlete, too.

• **Bone complaints:** *Calc fluor 6X*, *Calc phos 6X*, and *Silica 6X* are ideal tonics for stressed or injured shins and bones. Add in *Ferrum phos 6X* after recent injury or excessive stress to bony tissue. Calcium and silica build strong bones, and *Calc fluor* is known as a natural producer of suppleness and elasticity.

• **Sprains:** Immediately after a sprain, choose *Ferrum phos 6X* and *Kali mur 6X*. After the initial swelling starts to decrease, make a compress from *Calc fluor 6X*, *Ferrum phos 6X*, *Mag phos 6X*, and *Kali mur 6X* dissolved in tepid water and apply to injured area to support repair. *Mag phos 6X* may be particularly helpful when a sprain is very painful on standing. *Ferrum phos* is known for helping inflammation and congestion. *Kali mur* is said to destroy the body's wastes and build fibrin, which promotes healing. *Calc fluor* is known as a connective tissue rebuilders, and *Mag phos* is said to be a nerve tonic.

• **Depletion:** *Ferrum phos 6X* helps maintain energy while training and encourages more rapid recovery after depletion. *Ferrum phos* carries oxygen to tissues and supports healthy circulation.

How to take cell salts

As with all homeopathic remedies used for self-care, take them for a limited time only. Following cell salt principles, take 3X, 6X, or 12X potencies. Dose according to the severity of the symptoms; that is, take the remedy more frequently for more acute conditions and less frequently for more minor conditions. Once you have moderate improvement, reduce the frequency of dosing. Stop taking altogether once you have significant improvement. Also, if you have no improvement after a few doses, stop taking and consult a professional homeopath. (To learn more, see "Dig Deeper into Cell Salts" on page 36.)

ABOUT THE AUTHOR



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wellness. She also has a private practice in New Hampshire where she combines her experience as a wellness coach and homeopath.

Experience & success stories (continued)

and compression for the first six weeks on his doctor's recommendation; however, it appeared that the area was completely healed in four weeks.

More definitive was the healing of his chondromalacia—also known as patellofemoral pain syndrome (damage to the cartilage under the kneecap from overuse, injury, or a kneecap that is not aligned properly). Following a three-week backpacking trip, Otto's cross-country season began with very intense training. He developed pain in the knee directly behind the patella (knee cap) along with a cracking sensation and swelling. He used the same formula—*Calc phos 6X* for joint pain, *Calc fluor 6X* to support elasticity and repair of ligaments, and *Silica* to strengthen and stabilize tissues. He saw immediate and definitive improvement in his symptoms within 24 to 48 hours. He then reduced the dose to twice a day for ten days, after which he had no trace of any symptoms and no recurrence for the remainder of the season.

A formula Otto often used for ill effects from overtraining included his old friends *Calc phos 6X* and *Calc fluor 6X* with the addition of *Mag phos 6X* (indicated for cramps, especially when better from heat). Typical onset was when the weather was getting colder; in spite of daily stretching, his hamstrings and calves would tighten and cramp up, and his legs looked stiff when he walked or ran. A couple doses of three tablets of each of these three remedies were all that was necessary to see good improvement in the leg stiffness, and he never took this formula for more than three days at a time. He also got some relief from hot baths, especially with Epsom salts added.

Overall, we found the cell salt remedies invaluable in supporting Otto's athletic performance and resolving injuries. Additionally, I often noticed a pickup in his energy and mood when he took the remedies.

Boost for a marathon runner

by Robin Channell, RN, BSN, a Teleosis alumnus who has practiced nursing for over 20 years; she lives in Massachusetts with her young, active family.

A friend who is an avid runner frequently enters marathons "just for fun." One day, she expressed concern to me that she had signed up for two marathons in two major cities one week apart when she wasn't in marathon-running shape. "Do you have anything up your homeopathy sleeve?" she jokingly asked. And I answered, "As a matter of fact, a friend of mine just helped her son run a 5K with cell salt support." She said, "I'm in. What do you have?"

So for the Boston marathon, she took one dose of two pellets each of *Ferrum phos 6X*, *Calc phos 6X*, and *Mag phos 6X* one-half hour before the race. At mile 12, she felt so tired that she really wanted a caffeine boost to keep going, so she drank a cola. After finishing the race, she took one package of Bioplasma Sport—a combination of the 12 cell salts combined with some electrolytes in a powder form sold by Hyland's Homeopathic, which is great for when the body is depleted of minerals, especially after a marathon. In hindsight, I wish I had given her two packages, so she could have taken one at the 12-mile mark instead of the cola beverage. (I had recommended she take it after the marathon, as that is when I had anticipated more bodily inflammation, lactic acid build-up, muscle cramps, and overall fatigue.) Her running time wasn't as good as her previous races though, and I was concerned but she was not. "I told you I didn't train like I normally do, and without your help I wouldn't have done as well as I did," she said. "And I will definitely use the cell salts again next week for the other marathon."

The next weekend, she took two pellets of *Ferrum phos 6X*, *Calc phos 6X*, and *Mag phos 6X* one-half hour before the race, again at the 10-mile mark, and again at the 20-mile mark. She had no desire for caffeine half way through the race as she had the week before. "Wow, I couldn't have run these races without those cell salts you gave me!" she said afterwards. "I was so unprepared—I can't believe I even finished. Those cell salts really worked for me. Thank you!"

She had signed up for two marathons in two major cities one week apart when she wasn't in marathon-running shape.

Experience & success stories (continued)



They worked brilliantly for those energy dips ... *Calc phos 6X* and *Ferrum phos 6X* helped me enjoy a full day of climbing without fatigue.

Help for a high altitude workout

by Tanya Renner, CCH, RSHom (NA)

I live at sea level in New England, but I love traveling to higher ground. In the high mountains, however, I often feel the effects of altitude, including lethargy, breathlessness, dizziness, headaches, nausea, and sleeplessness with overactivity of the mind despite physical exhaustion. To minimize these effects, I use the homeopathic remedies *Arnica montana* 30c (made from the “mountain tobacco” plant) and *Coffea cruda* 30c (made from coffee), according to classical homeopathic indications. *Arnica* is helpful for “ailments from over-exertion” and altitude sickness, and *Coffea cruda* is wonderful for sleeplessness accompanied by exhaustion and overactivity of the mind. On a recent cross-country skiing trip in the Montana mountains, these two remedies worked beautifully for my altitude sickness symptoms!

There were a few times during the vacation, however, when I felt a noticeable drop in energy, and sometimes this happened just as my feet hit the ground in the morning—not a good start when

you plan to spend the rest of the day skiing up a mountain! This is where the cell salts come in. We know our red blood cell count increases when we move to higher altitudes, and it stands to reason that we need nutrients to support these extra red blood cells. According to George Carey’s *The Biochemic System of Medicine* book, *Calc phos 6X* and *Ferrum phos 6X* have a strong affinity for blood tissue. He says: “*Calc phos* supplies new blood-cells,” and “*Ferrum phos* is helpful after the new blood cells have been supplied by *Calc phos*.” Also, *Ferrum phos* is a “component of the blood, and without it the exchange of oxygen and carbonic acid between the lungs and tissues could not be carried on.”

These two cell salts sounded like a good match for my symptoms and the situation. As it turned out, they worked brilliantly for those energy dips. *Calc phos 6X* and *Ferrum phos 6X* helped me enjoy a full day of climbing without fatigue on several occasions. This is impressive, because I was working out hard, and fatigue is always a problem for me at high altitudes. Thanks to homeopathy for saving another vacation!

Get started!

Are you intrigued by the cell salts? With a little knowledge and practice, you can nurture your inner athlete, too. These stories are shared by people like you and me, who look for simple, natural, and effective ways to enhance athletic performance. To learn more, see “Dig Deeper into Cell Salts” on page 36 and “Your Quick-Start Guide to Cell Salts” on page 38.



Tanya Renner with husband Klaus Renner, cross-country skiing on Lone Mountain, Big Sky, Montana.

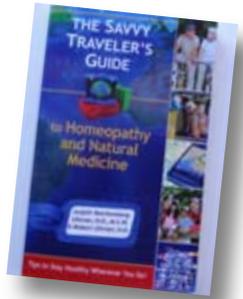


BOOK REVIEW

THE SAVVY TRAVELER'S GUIDE TO HOMEOPATHY AND NATURAL MEDICINE: TIPS TO STAY HEALTHY WHEREVER YOU GO

by Judyth Reichenberg-Ullman, ND, and Robert Ullman, ND
Picnic Point Press, 2014, paperback, 5 x 8 inches, 235 pages, \$22.95.

Reviewed by JAY YASGUR, RPh, MSc



What, another book from the Ullmans! Haven't they tired from writing a "gazillion" of them? The last time I counted they were up to eight, which includes their best-selling *Ritalin-Free Kids*, an indispensable classic from 1996.

Tired!? I guess they haven't and that is our gain, as this little book "travels" well.

In just over 200 pages, the authors, who are experienced naturopathic physicians and globe-trekkers, put their heads together to explain the nuts and bolts of savvy travel. They tell us how to prepare, exactly what to take with us, how to stay healthy and safe en route, and even how to travel with pets. Their copious insights and practical tips on ecotourism, travel vaccinations, the best airline booking sites, voluntourism, packing light, and many other topics will have you underlining key points and making notes in the margins to remember for your next trip. These introductory chapters are excellent and contain no fat, just meat. A ton of first-rate website recommendations are included, and the book is peppered throughout with colorful photos, interesting sidebars, and captivating personal stories from the authors' many years of adventure travel.

These first sixty introductory pages also include a six-page introduction to homeopathy: what it is, how it is unique, what are homeopathic remedies, and how to choose and give the remedies. There is no discussion on potency of remedies, which could be a source of confusion if the reader has no knowledge of homeopathy. There follows a four-page collection of ten homeopathic practice cases/exercises, so that the reader can become familiar with the general idea of self-prescribing.

The final 150 page-section of the book discusses, in alphabetical format, maladies the traveler might encounter and associated treatments. Each malady (there are some 70) gets about two pages and covers several sub-topics: description, homeopathy, prevention, more natural tips, lifesavers (e.g., when to seek emergency care), and tripsavers. Under "bladder infections" the remedies suggested are *Apis*, *Berberis*, *Cantharis*, *Sarsaparilla*, and *Staphysagria*—all good choices, followed by recommendations in each of the sub-topics. "Our book gives you much of what you need, but, if you become acutely ill with something that is beyond your self-help expertise, you can email drreichenberg@gmail.com or drbobullman@gmail.com or contact your natural health care provider at home..."—p. 17.

Now, how does that make you feel—"getting personal with the Ullmans"? Health care doesn't get much better than that!

Throughout, the book is color-coded and thumb-nail coded on the outer edge of each page to help locate the maladies. There is a short bibliography which generously includes the competition, Ravi and Carola Lage-Roy's *The Homeopathic Guide for Travelers: remedies for health and safety* (2010), Richard Pitt's *The Natural*

Medicine Guide for Travel and Home (2013), and Colin Lessell's *The World Travellers' Manual of Homeopathy* (2004). [Not mentioned, but worthy of your consideration, is Thomas Kruzel's still-useful-after-all-these-years, *Homeopathic Emergency Guide* (1992).]

There is an adequate index and the book is typeset in a sans-serif font.

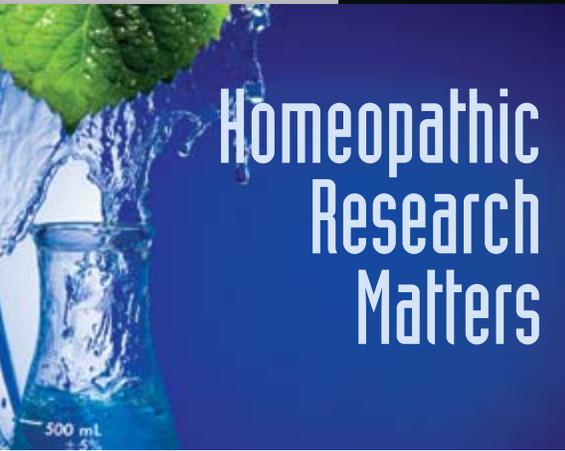
Because of its small size and bountiful content, this book will be a good companion, but it does not have to travel. It can be used as your quick-fix, daily homeopathic manual.

Rick Steves would be happy to own a copy; you will be too.

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Jay Yasgur, RPh, MSc, is a licensed pharmacist who also works as a healer specializing in homeopathy and plant spirit medicine. His first book, *Yasgur's Homeopathic Dictionary and Holistic Health Reference*, 4th Ed., is a standard reference in the field. His book, *111 Great Homeopaths*, is translated into six languages. He may be contacted c/o: Van Hoy Publishers, PO Box 731, Greenville, PA 16125, info@yasgur.net, and www.yasgur.net.





Research Made Simple

Your guide to understanding it and using it, for homeopathy's sake

by LORETTA BUTEHORN, PhD, CCH, RSHom(NA) and
TINA QUIRK, RN, MS, CCH, RSHom(NA)

How often have we heard the mantra “there is no research” when someone is disputing or denying the value of homeopathy? It is very useful for all of us to know that there is research in homeopathy—and how to find it.

How research works

Many people think a research study proves or disproves that something is “true.” Actually, that is not the case. When scientists look at the value of any intervention—medical, behavioral, or systemic—they are asking: does this approach have a greater than coincidental chance of making a change? To measure this outcome, mathematical formulae are used—statistics! (Remember those from school?) If the math shows that the outcome is likely to be greater than chance, it is said to be “statistically significant.”

A researcher starts with a question (e.g., Does the homeopathic remedy *Arnica* reduce bruising?) and a hypothesis (e.g., *Arnica* reduces bruising). The researcher then gives *Arnica* to a person who has just been bruised and notes that the bruising is diminished. This is a sample of one, and the result may have been caused by *Arnica* or by chance. If that same scientist gives *Arnica* to 50 people who have been bruised and 43 of them (86%) have little or no bruising, this is mathematically greater than chance, and the intervention is said to support the hypothesis that *Arnica* reduces bruising.

The math in a study that indicates statistical significance is called a “p-value.” It tells you the probability that the results, as stated in the hypothesis, are *not* true.

When you read the results of a study and $p=.05$ or less, there is a 5% or less chance that the results (*Arnica* reduces bruising) are not true. That means this study gives support to the hypothesis that *Arnica* reduces bruising; however, it does not prove it. For a researcher, there is no definitive “proof” that an intervention “works.” Rather, a study’s results are said to lend strength to the hypothesis that is being studied.

A natural progression

Over the history of science, healers first noticed when something helped the healing of a single client ... then they noticed a pattern ... and finally they said, “Let’s study this!” So research progressed (and still does) stepwise. Here is a sample progression:

- a. Clinical experience (often presented as a single case story in journals such as this one).
- b. Case studies (one or more cases analyzed in depth on a particular topic or condition, as seen in many homeopathic journals).
- c. Animal studies (testing an intervention on animals, such as studies using *Nux vomica* [1] and *Gelsemium* [2] with rodents).
- d. Randomized, double-blind, placebo-controlled trials (comparing

two groups, with one receiving the intervention and the other receiving placebo; individuals are randomly assigned to one group or the other, and neither the individuals nor the researchers know who belongs to which group; Weintraub and Chapman’s head injury study is an example [3]).

As with nearly everything in our competitive, compartmentalized culture, some researchers tout one type of approach as the “best,” and the randomized, double-blind, placebo-controlled trial is currently considered “the gold standard.” This approach, however, is best suited to and most often used for the testing of conventional pharmaceuticals in treating a specific condition. As noted by research expert Iris Bell, MD, it is less applicable to homeopathic research because homeopathy is specific to the totality of the person and does not easily fit the “one treatment fits all people with this condition” research approach. [4]

Why do research anyway?

Before 1963, pharmaceuticals that were sold in the U.S. had to be tested to prove they were safe, but they did not have to be proved effective. Therefore, it was common to find many drugs on the market that claimed to be effective for a wide variety of health conditions without any proof that they actually worked. So Congress enacted the Kefauver-Harris amendments to the Food, Drug, and Cosmetics Act, which required manufacturers to prove that their products were both safe and effective.

Placebo-controlled clinical trials subsequently became the standard method for proof in clinical or laboratory research. Unfortunately, like the general public, most lawmakers do not know

Much research on pharmaceuticals has been funded by companies wishing to sell medicines to the general public, often at great cost.

a lot about research; when passing this law, they assumed one could “prove” that something worked!

In recent years, much research on pharmaceuticals has been funded by companies wishing to sell medicines to the general public, often at great cost. If we look at the drug advertising on TV, we can see this at work.

How to read research

When reading research it is important to note several things:

1. Does the research start with a good literature review identifying what is already known about the intervention?
2. Who is funding the research—does the funder have an “axe to grind” or a “position to push?”
3. Are the design and statistical analysis appropriate to the question being asked?
4. Are the interpretations made about the data coherent and specific to the data?
5. Are reasonable measures of effectiveness cited by the researcher?
6. Do researchers cite alternative possible explanations for the results?
7. What areas of additional inquiry will help develop the information about this condition and this intervention?
8. What is the paradigm of the researcher—holistic or compartmentalized? It makes a big difference in how they understand the world and pursue their research question.

Where to find research

A tremendous body of clinical data has been presented in homeopathic journals since homeopathy’s inception. And there is a growing body of research on homeopathy using modern scientific research techniques. Much of this newer research lends support to what we advocates of homeopathy know from personal experience—homeopathy works!

In the box at right are several web-

If we look at the drug advertising on TV, we can see this at work.

sites where you can access research on homeopathy. We encourage you to find a few positive research studies that relate to your life and the folks you typically interact with. For instance, if you are an elementary school teacher, choose a piece about homeopathy helping children’s earaches. If you’re a veterinarian, find a piece about homeopathy for dogs or cats. If you’re an oncology nurse, choose a piece about relieving the side effects of cancer treatment. Then when you talk to your colleagues, friends, or family about homeopathy (and we who have had experience with it always do, don’t we?), you will have some data to pull out and share if you hear that old saw—“but there is no research!”

FOOTNOTES:

1. Sukul, et al. Strychnos Nux-Vomica Extract and Its Ultra-High Dilution Reduce Voluntary Ethanol Intake in Rats. *The Journal of Alternative and Complementary Medicine*. April 2001, 7(2): 187-193.
1. Bellavite, et al. Homeopathic Doses of *Gelsemium* Improve the Behavior of Mice in Response to Novel Environment. *Evidence-Based Complementary and Alternative Medicine*. 2011. Vol 2011. 362517.
1. Chapman EH, Weintraub RJ, et al. Homeopathic treatment of mild traumatic brain injury: a randomized, double-blind, placebo-controlled clinical trial. *J Head Trauma Rehabil*. 1999;14:521-542.
2. Bell, IR, Evidence-based homeopathy: empirical questions and methodological considerations for homeopathic clinical research. *American Journal of Homeopathic Medicine*, 2003; (96):17-31.

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Homeopathy Research Institute

This UK organization offers access to the comprehensive and academically rigorous Clinical Outcome Research in Homeopathy database (CORE-Hom), which allows search by clinical condition or field. HRI also provides user-friendly FAQs, information, and analysis of selected research. www.hri-research.org/resources/research-databases/

PubMed

Use this search engine maintained by the U.S. National Library of Medicine and National Institutes of Health to access the MEDLINE database of medical journal articles. A recent search on the word “homeopathy” resulted in more than 5000 articles! www.pubmed.com or www.ncbi.nlm.nih.gov/pubmed/

Faculty of Homeopathy

This organization (involved in regulating the medical practice of homeopathy in the UK) provides summaries and analyses of various kinds of homeopathic research on its site, from cost-effectiveness studies to veterinary studies and more. www.facultyofhomeopathy.org/research

Central Council for Research in Homeopathy

Established by the Indian government, this organization coordinates a wide variety of homeopathic research across India and reports on it at: <http://ccrindia.org/index.asp>

BMC Complementary and Alternative Medicine

An open-access, online, peer-reviewed journal offering research on complementary and alternative medicine (including homeopathy), summaries free of charge, some full articles available, others may be ordered. www.biomedcentral.com/1472-6882



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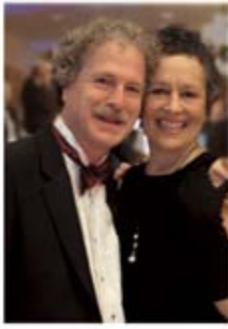
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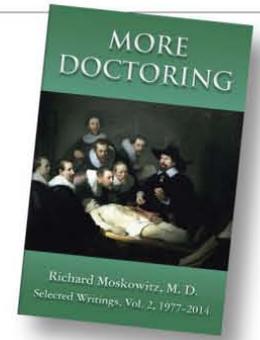


BOOK REVIEW

MORE DOCTORING, SELECTED WRITINGS, VOLUME 2, 1977-2014.

by Richard Moskowitz, MD
CreateSpace, 2014, softcover, 390 pages, \$25.00.
ISBN: 978-1502426680

Reviewed by ROGER MORRISON, MD



This is a review of the second collected volume of Dr. Richard Moskowitz's essays, cases, interviews and book reviews.* It's another dandy. The subtitle tells us the series is complete to 2014, but if his recently circulated article on the 2015 measles scare is any indication, I may be reviewing a third volume before too many years.

Section I of the book is named "Articles," and is anchored by a vintage Moskowitz-style essay entitled, "Illness as Metaphor (with apologies to Susan Sontag)." It describes the many uses of metaphor in homeopathic prescribing, beautifully illustrated by excellent and pithily described cases, while at the same time acknowledging Sontag's concerns about pop culture's often hurtful beliefs and blaming of disease victims. It is a testament to Moskowitz's breadth of interests that he should even know of Sontag's view on the subject, and it really brings a bit of audacity and perspective to a homeopathic journal to see an apology to such an author.

Section II is a series of cases which are must-reads. Section III on "Political Statements" begins with Dr. Moskowitz's days running the National Center for Homeopathy in the mid-1980s and continues into current times. It brought back those early years when Dr. Moskowitz's articles in *Homeopathy Today* influenced many young homeopaths—including me.

Sections IV through VII are a series of book reviews, obituaries, letters, and interviews of diverse homeopathic thinkers.

The books reviewed are not only homeopathic and include those by Larry Dossey, George Vithoulkas, Harris Coulter, and Julian Winston, to name a few. Each review shows remarkable thought, openness to new ideas, and polite criticism. Notably absent is his review of Nancy Herrick's *Animal Minds, Human Voices*.

But the real heart of the book—and I use this term advisedly when speaking of such a gloomy subject—is a series of obituaries, ranging from Elinore Peebles in 1992 to Catherine Coulter in 2014. Many of these are works of such historical accuracy and tenderness that I nearly hoped for an opportunity to be so eulogized.

This is a work that holds something for everybody. The cases alone justify the price of the book. Dr. Moskowitz is an intellect, wordsmith, and master clinician rolled into one. We have no other of his ilk.

* The first volume in the series is *Plain Doctoring: Richard Moskowitz, MD, Selected Writings, 1983 - 2013*.

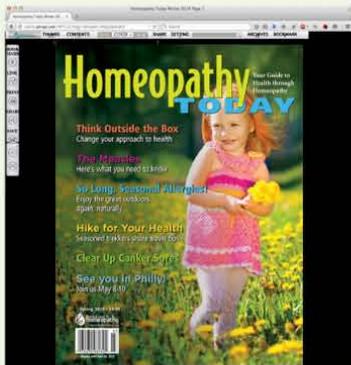
ABOUT THE AUTHOR:

Roger Morrison, MD, has been practicing homeopathy for more than 30 years. He co-founded the Hahnemann Medical Clinic and Hahnemann College of Homeopathy in the San Francisco Bay Area and is a past member of the NCH Board of Directors. One of the foremost leaders and educators in homeopathy, he lectures extensively in the US and abroad, and authored two indispensable textbooks for homeopathic practitioners: *Desktop Guide to Keynotes and Confirmatory Symptoms*, and *Desktop Companion to Physical Pathology*. Contact him at: www.herrickmorrison.com

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AUGUST

20-23 **San Francisco, CA** • Understanding Mineral Kingdom to the Core • Dr. Jayesh Shah • (408) 835-7420 • rina@pacifichomeopathy.com • www.pacifichomeopathy.com

SEPTEMBER

10-13 **Montreal, QB Canada** • Minerals, Animals, Their Interconnections & Recent Advancements • Bhawisha Joshi • taraleigheddy@gmail.com • www.joshihomeopathymtl.com

OCTOBER

1-2 **Lewisville, TX** • 24th Annual Conference for the Texas Society of Homeopathy • Harry van der Zee & Alex Bekker • info@texassocietyofhomeopathy.com • www.texassocietyofhomeopathy.com

1-4 **Hudson, NY** • Dinesh Chauhan • Presented by Stellar Seminars • 914-378-5320 • aquamarinabr@gmail.com

2-4 **Vancouver, BC** • Luminos Homeopathic Courses 20th Anniversary Celebration • Louis Klein • info@homeopathycourses.com • www.homeopathycourses.com

2-6 **North Andover, MA** • Homeopathic Treatment of Sexual Dysfunction • Massimo Mangialavori • 978-635-0605 • neha.homeopathy@gmail.com

APRIL 2016

8-10 **Westminster, CO** • Joint American Homeopathic Conference presented by the National Center for Homeopathy • info@homeopathycenter.org • www.homeopathycenter.org

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