

homeopathy

TODAY

Your Guide to Health through Homeopathy

Summer Issue 2022

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on Men**

Optimize
prostate health

**What is a
Good Death?**

It's all part
of a good life!

**Going With
Their Gut**

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for Good**

Bringing hope to
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SUMMER 2022 • VOLUME 42, NUMBER 2 • ISSN: 0886-1676

FEATURED ARTICLES



14 Stay in the Game!

Rebound from sports injuries, gain further ground

By Lauri Grossman, DC, CCH, RSHom(NA)

24 The Good Enough Death

It's all part of a good enough life!

By Amy Rothenberg, ND, DHANP

36 Focus on Men's Health

Prostate symptoms relieved, thanks to homeopathy

By Ron Dushkin, MD



6 Message From the NCH Board of Directors

Tiny White Pellets

Changing the world with homeopathy

8 JAHC News

17th Annual Joint American

Homeopathic Conference

Novel hybrid experience

12 NCH News

NCH Recognizes Three Service

Award Winners

20 Advocacy Update

Advocating for Homeopathy

It takes a village

22 Teach Kids Homeopathy

Summertime Lesson: Slithering snake

remedies soothe symptoms

30 Homeopathy for Good

Homeopathy Institute of the Pacific

Bringing hope to racially traumatized communities

32 Homeopathy for Animals

Going With Their Gut: Digestive health

and homeopathy for animals

42 Remedies in Action

Thorny Problem on a Summer

Camping Trip

44 Book Review

Live Right for Your Remedy Type

46 Research Matters

Homeopathy Helps with

Childhood Migraines



The National Center for Homeopathy is a 501(c)(3) non-profit organization dedicated to improving lives by empowering the homeopathic community with high quality resources and connections.

NCH serves a large and diverse membership in the homeopathy community with homeopathy information resources for consumers, practitioners, industry, students, and schools. As a collective voice for homeopathy, NCH advocates to ensure that homeopathy is an accessible healthcare option to all.

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

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- \$550/year for Organizational Membership



What is Homeopathy?

Homeopathy is a gentle and natural healing system that works with the body to relieve symptoms, restore vitality, and improve overall health. It is a federally recognized form of medicine regulated by the FDA. Homeopathic remedies are environmentally friendly, cruelty free, and derived from natural sources. Affordable, over-the-counter remedies are available at natural food stores, homeopathic pharmacies, online retailers, and some traditional grocery stores and pharmacies.

How does homeopathy differ from conventional medicine?

A homeopathic practitioner chooses a remedy that supports, not suppresses, symptoms. Why is this? Homeopathy is based on a rule of nature called the Law of Similars. This “like cures like” Law states that a substance that can cause a “sickness” in a healthy person can help restore health to a person suffering with a similar “sickness.” For instance, when you peel an onion, your eyes burn, itch, and water. You might also have sneezing and runny nose. During a cold or allergy attack, *Allium cepa*, a homeopathic remedy derived from red onion, can help your body heal itself from runny nose, watery eyes, and sneezing.

A homeopathic practitioner also chooses a remedy that matches the unique symptoms the individual is experiencing. For example, a person with upset stomach who is chilly and not thirsty would receive a different remedy than someone with upset stomach who is hot and craves water. Practitioners follow the homeopathy guiding principle known as Totality of Symptoms when they choose a remedy based on a client’s unique symptoms.

In homeopathy, a person takes just enough of a homeopathic remedy to stimulate their body’s healing response. This homeopathy guiding principle is known as Minimum Dose.

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

Short duration illness such as flu or earache, often starting with intense symptoms.

chronic condition

Long-standing illness such as asthma or arthritis.

constitutional homeopathy

Homeopathic care of the whole person to enhance overall health.

keynote symptom

A symptom known to be helped by a particular remedy. For example, the rash of a person who needs *Rhus toxicodendron* feels better with hot water or hot applications.

materia medica

An organized listing of homeopathic remedies and their actions, often found in the form of a book or computer-based reference.

potency

A homeopathic remedy strength determined by the number of dilutions and succussions (vigorous shaking), expressed as X, c, M, or LM potency. More info at homeopathycenter.org/getting-started-with-homeopathy

proving

Homeopathy research method used to understand a remedy’s action. Healthy volunteers take a remedy and record their symptoms. Researchers use the records to identify remedy characteristics and actions.

repertorize

The process of using a repertory to find a remedy that matches symptoms.

repertory

A book or computer-based reference, organized by body system and symptoms.

rubric

A symptom listed in a repertory.
Example: Ear, pain, pulsating.

simillimum

The remedy that best matches symptoms; curative according to homeopathic principles.

succussion

Vigorous shaking of a homeopathic remedy diluted in water.

suppression

When symptoms during illness are driven inward, resulting in more serious illness in time.

vital force

The energy animating all living beings that is stimulated by a remedy to promote self-healing.

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.



Christina Donka, CCH, discovered homeopathy 18 years ago while seeking an alternative to eye surgery for her young son. After one dose of some little white pellets, eye surgery was no longer necessary. Determined to learn more, she eventually became a Certified Classical Homeopath. She believes that nutrition coupled with homeopathy is a powerful combination for optimal wellness. Also a Certified Public Accountant, Christina joined the NCH Board of Directors in 2018 and served as Treasurer. She now serves as NCH Executive Director.



Tiny White Pellets

Changing the world with homeopathy

National Center for Homeopathy (NCH) Board President Lauri Grossman introduced Christina Donka, former NCH Board member and current NCH Executive Director, during the Saturday evening dinner at the Joint American Homeopathic Conference 2022 in late April. Christina spoke about homeopathy, NCH, and the future with the onsite attendees in Reston, VA. Lauri invited Christina to share her comments with Homeopathy Today readers in this column.

Nineteen years ago, a naturopath gave my eight-year-old son some tiny white pellets. As a “side effect” of this treatment, my son’s lingering eye condition disappeared, so we were able to cancel his eye surgery. Five years later, a veterinarian gave my obese, respiratory-challenged cat some tiny white pellets. My cat’s “side effects” included a reduction in asthma attacks, a return to a healthy weight, and the discontinuation of prescription asthma medications. Based on these

experiences, I developed a reverence for the tiny white pellets, and I wanted to learn more.

During an online search, I stumbled upon the NCH website. Using an NCH educational resource list as a guide, I started reading books such as *Homeopathy*, *Beyond Flat Earth Medicine* by Timothy Dooley, MD, *Impossible Cure* by Amy Lansky, PhD, and *The Complete Homeopathy Handbook* by Miranda Castro, FSHom, CCH. I also took courses with Joette Calabrese, CCH.

By then, I had started telling anyone who happened to mention health concerns about the tiny white pellets. Most thought I was nuts, so I decided to find a better way to talk about homeopathy.

Serendipitous search

As a Certified Public Accountant, I knew that education and training credentials help establish credibility. In another online search, I accidentally found the Accreditation Commission for Homeopathy Education of North America (ACHENA) website, where I learned about homeopathy education and credentialing. In 2017 when my homeschooled daughter left for college, I enrolled in homeopathy school at the American Medical College of Homeopathy. For the next three years,

Joint American Homeopathic Conference 2023 — San Antonio, TX



A hybrid event: in-person and live-streamed

NCH is excited to announce that JAHc 2023 will be held in San Antonio, Texas, March 24-26, 2023! Save the date and make plans to join your friends and colleagues at the premier in-person homeopathy conference. Or attend the conference online and enjoy live-streamed speaker presentations all three conference days.

Homeopathy in the 21st Century is the JAHc 2023 theme, and multiple conference speaker tracks will engage all learning levels with fresh, relevant, and practical topics. San Antonio is a warm, vibrant city—the perfect backdrop for learning more about homeopathy, connecting with the homeopathy community, and witnessing how homeopathy continues to grow and thrive. We look forward to seeing you there!

Save the date
**March 24-26
2023**

I spent every other three-day weekend in class and all of my free time in study to become a professional homeopath. In 2020, I experienced my own homeopathy “side effects”: I graduated from homeopathy school, passed the Council for Homeopathic Certification (CHC) exam, and earned my Certified Classical Homeopath (CCH) credential.

What now?

Shortly after graduation, I rented a tiny office, and finally, as an “expert,” I was ready to tell people about the tiny white pellets! And then our world changed in March 2020. Unable to see clients in-person and reluctant, as a new homeopath, to see clients online, I began to wonder how I would help people with homeopathy.

Silver linings

But sometimes things happen for a reason. While in homeopathy school, I had decided (on a whim) to answer the call for NCH Board of Directors nominations, and I was elected—most likely because of my background in accounting, audit, and financial consulting. I spent the remaining months of 2020 strategizing with fellow NCH Board members about NCH’s future and whether to change the management structure of the previous eight years, in which an outside association-management company was contracted to staff and administer NCH. After much analysis, the Board decided it would be more advantageous for NCH to break ties with the management company and to hire NCH’s own internal management team.

At the start of 2021, NCH became a self-managing entity, and I unexpectedly found myself in the role of interim executive director. Over the past year and a half, NCH has made great strides—we’ve improved the website, increased educational resources and member benefits by tenfold, and here we are at our first-ever national hybrid conference. We’ve come so far, but there’s more work to be done for NCH and homeopathy.

The future of NCH

As executive director, I have many goals: I want NCH to be the foremost repository of homeopathy information. I want the NCH website to come up first in internet searches, so no one has to “stumble” upon the site, as I did. I want everyone to access NCH’s superb, curated resources so they can learn to use those tiny white pellets effectively for home care—and so that those who want to take their homeopathy education to the next level can easily find the CHC, North American Society of Homeopaths (NASH), and ACHENA. And when people want to purchase homeopathic remedies, software, and courses, I want them to find reputable sources at www.homeopathycenter.org and make purchases using discount codes from NCH’s Organizational Members. I want everyone to have

access to NCH’s many free educational resources, and I am working to expand them.

Changing the world

Accessible education at every level is key to increasing homeopathy awareness, so that when someone talks about tiny white pellets, they don’t get the eye roll. Tiny white pellets changed my son’s life, they changed my cat’s life, and they changed my life. I believe that when enough people learn about them, the tiny white pellets of homeopathy can change the world.

NCH has been making a difference since 1974, and we are just getting started. I am humbled to have this opportunity to serve each one of you, while also serving the National Center for Homeopathy. 💧

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Homeopathy heroes Melanie Hahnemann (Denise Straiges), Samuel Hahnemann (Alastair Gray), Elizabeth Stanton (Paola Brown), James T. Kent (Ron Whitmont), Dorothy Shepherd (Tanya Kell), and Constantine Hering (Alex Bekker) made a surprise visit to the Opening Reception at JAHC 2022 in Reston, Virginia.

17th Annual Joint American Homeopathic Conference

Novel hybrid experience



NCH's first-ever JAHC Hybrid conference is a wrap! We are so grateful for everyone who helped "re-open" the in-person conference experience in Reston, Virginia, and for those who joined the conference online in real-time. Supported by a hard-working volunteer team, the conference committee provided non-stop learning

and fun throughout the April 22-24, 2022, weekend.

Each year NCH hosts the JAHC to bring together individuals from our diverse community, and this year added another chapter to our conference history. In-person and online attendees learned from speakers and exhibitors, connected

with new and old colleagues and friends, and witnessed how the homeopathy community continues to grow and thrive. We hope that these in-person conference photos convey the positive, collaborative energy that was generated in Reston. And we look forward to seeing you at a future JAHC! 💧



LEARN

“I learned some very specific things that will be excellent for some of my cases.”



CONNECT

“I had the absolute time of my life and being able to meet fellow professionals warmed my heart.”





THRIVE!

“The conference excited me, inspired me, and supported me.”



NCH Recognizes Three Service Award Winners

Recipients: Robin Murphy • Wanda Smith-Schick • Clare Relton

The National Center for Homeopathy (NCH) recently recognized three outstanding individuals from the homeopathy community during the Joint American Homeopathic Conference (JAHC) 2022 in Reston, Virginia. Each year, NCH acknowledges the time, effort, and commitment invested in homeopathy and the profession by individuals such as these. Lauri Grossman, President of the NCH Board of Directors, virtually presented the awards prior to the conference, and JAHC attendees enjoyed watching the pre-recorded presentations during this year's conference recognition ceremony.

Every day, people in our global homeopathy community go above and beyond in their passion for spreading the word about homeopathy, teaching homeopathy, healing with homeopathy, researching homeopathy, serving the homeopathy community, and more. The annual NCH Service Awards provide an opportunity to focus on great works and to express sincere gratitude for amazing contributions to the homeopathy community and beyond. And now...the award winners!

These annual awards allow the NCH to highlight the extraordinary time, effort, and devotion the three honorees have offered our thriving profession.



View the virtual award acceptance videos here.

Henry N. Williams Professional Service Award



Robin Murphy, ND

The Henry N. Williams Professional Service Award honors a homeopathy professional who has demonstrated service, leadership, and dedication to the homeopathy community in the form of clinical work, education, research,

organizational leadership, or in the political arena. Dr. Henry N. Williams (1915-2002) demonstrated these qualities with wisdom and a quiet presence, and he left an indelible mark on homeopathy in this country. Dr. Williams was one of the incorporators of the National Center for Homeopathy in 1974 and a founder of the Council on Homeopathic Education (now ACHENA, the Accreditation Commission for Homeopathic Education in North America). He was active in the American Institute of Homeopathy and served on the Homeopathic Pharmacopoeia Convention of the U.S. After 52 years of active practice in Lancaster, Pennsylvania, Dr. Williams retired in 1993.

This year's recipient, Robin Murphy, ND (1950-2021), exemplified the qualities this award honors. He went out of his way to serve the homeopathy community, especially in the

realm of education and organizational leadership. Dr. Murphy was a naturopathic physician who taught and practiced Homeopathy, Oriental Medicine, Tai Chi, and Qigong for over 30 years. He was an internationally recognized author and researcher on Homeopathy and Medical Qigong. He first encountered homeopathy while studying pre-med at Michigan State University, where he discovered a dusty trove of homeopathy journals in the library.

Dr. Murphy brought homeopathy to life in seminars he taught throughout North America, and he trained homeopaths worldwide. He often said, "Homeopathy is for the people—for the children, for the families. It has the ability to change lives. My goal is to get it into every household." Two of his most popular books, *Homeopathic Medical Repertory* and *Lotus Materia Medica*, and others have been translated into many languages. A comment from one of his nominations perfectly describes why Dr. Murphy received this honor: "Robin Murphy immersed himself in homeopathy. It wasn't a job for him, it was his life. The contributions he has made to the profession are lasting. Homeopaths and students worldwide will be using his books for the next 200 years, and he will be remembered then, as we remember Hahnemann and Kent now." *Thank you, Robin!*

Martha Oelman Community Service Award



Wanda Smith-Schick, CCH

The Martha Oelman Community Service Award honors a person or organization that has demonstrated unusual devotion to the practice and promotion of homeopathic treatment.

The award honors the memory of Martha Oelman (1949-1997), a dedicated and skillful advocate for homeopathy through the promotion of accurate public information, her work with printed and spoken media, and the example she set for active and clear communication of the merits of homeopathy. She was a model for commitment to the interests of the homeopathy community as a whole.

Wanda Smith-Schick, CCH, is the 2022 recipient, and she goes above and beyond in volunteering and serving the greater homeopathy community, especially in service to those in need, such as under-served populations. Wanda became interested in homeopathy when she worked as an assistant in a hospital emergency room while completing pre-medical school

coursework. “My heart went out to the ‘regulars’—those with alcohol abuse issues, suicidal attempts, and other chronic conditions—and I felt like there had to be a better way to help their suffering. I decided on homeopathic medical school because homeopathy looks at the totality of the person, helping them reach their full potential. That spoke to my heart, and I knew that homeopathy was the direction for me.”

Wanda is president and co-founder of the Homeopathic Institute of the Pacific, a non-profit dedicated to supporting the physical, cognitive, and emotional health of veterans and the underserved in California’s San Francisco Bay area, through free and low-cost volunteer-run community clinics. More recently, Wanda is leading an initiative to bring homeopathy to racially traumatized communities. (See article on page 30). A comment from one of Wanda’s nominations nicely sums up what led to her award: “Wanda has the most positive, can-do attitude of any homeopath that I know, and she has improved the health and lives of some of the most vulnerable and de-humanized people in our society, treating each with great dignity and care.” *Thank you, Wanda!*

Peter Fisher Memorial Award



Clare Relton, FSHom, BA(Hons), MSc, PhD

This award honors a person or organization that has substantially contributed to homeopathy in the field of research.

It was created in memory of Dr. Peter Fisher (1950-2018), one of the world

leaders in homeopathy research. He was Director of Research at the Royal London Hospital for Integrated Medicine, Europe’s largest center for integrative medicine. Physician to Her Majesty Queen Elizabeth II, Dr. Fisher was also Honorary Consultant Rheumatologist at King’s College Hospital. A graduate of Cambridge University and a Fellow of the Royal College of Physicians and the Faculty of Homeopathy, Dr. Fisher was a widely published expert in rheumatology and complementary and alternative medicine. Dr. Fisher chaired the World Health Organization’s working group on homeopathy and was a member of WHO’s Expert Advisory Panel on Traditional and Complementary Medicine. He was awarded the Albert Schweitzer Gold Medal of the Polish Academy of Medicine in 2007. Dr. Fisher was committed to holistic and compassionate care for his patients.

This year’s recipient, Dr. Clare Relton, has a background in Philosophy and Complementary and Alternative Medicine.

Currently, she is Honorary Senior Research Fellow in the School of Health and Related Research at the University of Sheffield in South Yorkshire, England. Dr. Relton specializes in efficient and practical design of randomized, controlled research trials that generate real world evidence. She also supervises PhD students and teaches courses about research trial design.

Dr. Relton designs and leads intervention research trials in public health nutrition and integrative medicine, including homeopathy. In 2017, she designed and co-authored a homeopathy randomized controlled trial with approximately 225 participants with self-reported depression. The trial tested the effectiveness of adjunctive treatment by homeopaths compared to usual care alone. The homeopathy care group reported a 1.4-point lower mean depression score. Dr. Relton also tests practical benefit interventions to help support healthy lifestyles and empower people and their communities.

A nomination comment encapsulates Dr. Relton’s dedication to research and to homeopathy: “Dr. Clare Relton is one of the UK’s foremost homeopathic clinical researchers. She has co-created an innovative, ground-breaking new trial design, Trials within Cohorts, which was first used to assess treatment by a homeopath for menopausal hot flashes. Clare’s homeopathy and methodological research activities have significantly raised the profile of homeopathy research internationally.” *Thank you, Clare!*

Rebound from sports injuries

By Lauri Grossman, DC, CCH, RSHom(NA)

Piper, an active eight-year-old, was a master of the monkey bars and a speedster on the skateboard. While playing a rough game of baseball with her sister, she got hit in the face and developed a “black eye” with severe swelling. A visit to the doctor revealed no broken bones, but the bruise grew bigger and darker overnight. That’s when Piper’s mom phoned me, saying: “Her eye looks like it will take *forever* to heal.”

The prescription was simple: “Apply an ice pack wrapped in a towel to the area several times a day, and give *Arnica* 30c, two to three pellets, on or under the tongue, three times a day until the swelling and discoloration abates.”

Deep bruising around the eye usually takes two weeks to resolve on its own, but when I saw Piper on the seventh day, her eye and face showed minimal traces of the accident. I advised her mom to give *Arnica* twice a day for two more days—then Piper would be ready to play ball and race her bike again. As Piper ran out my office door, I advised her mom to keep a vial of *Arnica* in her purse at all times. I was pretty certain that it would come in handy in the near future.

First aid for active folks

Being physically active is vital to good health. But accidents and injuries are bound to happen. This is where

homeopathy can shine. The soccer star David Beckham used homeopathy for his broken foot before competing in the World Cup. James Ellington, the British Olympic sprinter, used homeopathy for muscle and joint pain before his competitions. Champion figure skaters Jayne Torvill and Elvis Stojko used homeopathy for their bruises. These world-class athletes recognize that homeopathic medicines speed healing and get them back in training quickly, and without troublesome side effects.



STAY IN THE



Arnica, Bryonia, Hypericum, and Ruta are our go-to remedies for sports injuries. As a homeopath and chiropractor, I rely on them to help active kids like Piper, as well as many athletes and weekend warriors. Learn more about these and other tried-and-true remedies in *7 Remedies for Active People* on page 17.

A wider lens

The way I evaluate sports and activity injuries has changed dramatically over the course of my career. In the beginning, I relied almost exclusively on these well-known trauma remedies. I still rely on them, but I now find that some of the most helpful remedies turn out to be those that are not typically thought of

for sports injuries. A person's underlying sensitivities may necessitate a different remedy, one that addresses the whole person, even when their chief complaint is a sprain, bump, or bruise.

At other times, athletes are not seeking help for a physical injury. Instead, they are looking for ways to get their mind in gear for fierce competitions and extreme trainings. The following four remedies often prove helpful in such situations:

Gelsemium sempervirens will bolster the timid athlete who reports a weak stomach, a jittery feeling, and weak knees before the starting gun goes off. It can restore their calm and equilibrium. This remedy can ease performance anxiety in other settings as well; it's a favorite of

GAME!

actors and musicians to relieve stage fright and of executives to calm nerves before proposing major business deals.

Nux vomica can help the “Type A-personality” athlete who is irritable, on edge, and needing to “chill out” before climbing onto the racing block. It can also help the super competitive kid who loses a game and lambasts fellow team members about how their actions led to the loss. People who benefit from this remedy often cannot accept loss and can be cruel to their teammates. After taking *Nux vomica*, they become more amenable to the idea that it is not okay to yell at teammates. They are also more able to shift their focus away from the loss and towards overall enjoyment of their sport.

Aurum metallicum is suited to the intense, idealistic competitor who can only be “the very best” and who sets impossibly high goals. From her perspective, it is her duty to win, and she becomes depressed if she or the team doesn’t win. These people, young and old, typically cannot enjoy training because they are so hard on themselves. They can’t accept the silver medal; if she or the team doesn’t finish first, she blames herself. Giving her *Aurum metallicum* can help soften her perspective on winning or losing and shift her mood away from depression. This remedy is also known for its ability to heal headaches that come on after experiencing loss or failure.

Natrum sulphuricum can help the athlete who becomes seriously depressed after sustaining a head injury in football, field hockey, or other contact sport. It can also help people who experience other types of mood changes after head injuries, as well as troubling physical symptoms, as in Richard’s case below.

Soccer player’s head injuries

An outstanding high school soccer player, Richard was known for the effective way he could “head the ball.” That means he used his head to hit the ball and send it to players across the field or directly into the goal.

After one particularly aggressive game where Richard made many forceful head contacts, he began to feel dizzy and hear ringing in his ears. His eyes also became very sensitive to light. Although Richard downplayed these symptoms, his family grew concerned and told his coach, who insisted that Richard get medical attention before playing another game.

When Richard’s older sister sought my advice, I recommended that her brother see a head trauma specialist immediately. The specialist diagnosed a concussion and told Richard to limit both physical and mental activities and to avoid TVs and computer screens.

Healing went slowly, so Richard’s sister contacted me again a few weeks later. After interviewing Richard, I prescribed *Natrum sulphuricum* 200c. This remedy was a good fit for Richard’s symptoms; it can be helpful for the long-term effects of head injury including dizziness (vertigo), ringing in the ears (tinnitus), and especially light sensitivity (photophobia), which is almost always present with concussions calling for *Natrum sulphuricum*. I opted for 200c, a relatively high potency,



because of the severity of the injury. And I recommended Richard take it in water once a day for three days (three to five pellets dissolved in one cup of water, sipped slowly till finished) because I have found this dosing method leads to gentle healing in brain injury cases.

Several days later, I checked with Richard to see how he was faring. “Nothing’s gone away,” he said, “but for the first time, the dizziness and ear noises seem a little better.” This was a hopeful sign, and I suggested he take another round of *Natrum sulphuricum* 200c, in the same manner as before.

Three days later, I checked with Richard, and this time he said, “Everything’s much better! I still feel a little dizzy once in a while but nowhere near as bad as last week. And I haven’t felt like I needed to wear sunglasses in the house this week either.”

Profound personality change

Most remarkable, however, was the news I received from Richard’s sister a few days later: “I can’t believe it. I feel like the old Richard is coming back!” When I asked what she meant, she told me: Richard had been a kind, caring, playful brother. The entire family adored him. He was the one to think up games and get everyone playing together in the backyard after dinner. A few years ago, however, Richard’s personality changed. He became very irritable. If a family member asked him to play when he was doing something else, he got especially nasty. She felt bad to admit it, but she no longer enjoyed his company. “I figured Richard just didn’t care much about the family anymore and that our happy times were a thing of

7 Remedies for Active People

Arnica. If you carry only one, choose this top first-aid remedy. It can relieve pain and speed healing after any sports injury, strain, sprain, bruise, bump, blow, or fall, where soft tissue is affected. It can also help relieve sore muscles after overexertion, such as when training for a marathon or at the start of a sports season.

Hypericum. Select this when you've injured an area rich in nerves, such as fingers, toes, tongue, or genitals. Think of it for climbers when their fingers get crushed or for cyclists who hit their genitals on the bar of a bike.

Ruta. Keep this on hand for shin and kneecap injuries, especially for kids playing soccer (shinguards typically do not stay in place, leaving shins vulnerable to a kick). It's also great for tendon injuries, such as achilles tendonitis, and for repetitive stress injuries, especially tennis elbow.

Symphytum. Think of this for any injury to the bone or cartilage, or for a blow to the eyeball. After a bone fracture, this can support bone growth and healing.

Rhus tox. This is one of the main remedies for pain and stiffness from overuse. It's also a big remedy for injuries of the shoulder. So it's a go-to remedy for baseball pitchers and people who canoe, especially if they have pain or stiffness before limbering up.

Bryonia. Think of this for joint injuries with sharp, stitching pains made much worse from movement and better from firm pressure. People who benefit from this remedy prefer to wear ACE bandages or braces to restrict movement.

Magnesium phosphoricum or Cuprum metallicum.

Consider these for muscle and leg cramps: *Magnesium phosphoricum* when cramps feel better from warm applications, or *Cuprum metallicum* when a person gets repeated cramps in the calf or soles of the feet.

Dosing: The ideal dose will be tailored to the individual, but here is a general rule: Take two to three pellets of a 30c remedy two or three times daily, for three days. If improving, stop taking. If no improvement, choose again or consult a practitioner.

Richard was a born soccer star, thrilled to be back on the field and performing at the top of his game.

the past. But ever since he started taking that remedy, he is much easier to be around, and more fun and playful, like the old days.”

This was the first I had heard of Richard's irritability problem. Interestingly, it had started a few years earlier, around the time he began to take soccer very seriously and hone his skills at heading the ball. *Natrum sulphuricum* is known to help people who experience unwelcome mental-emotional changes after head injuries, and Richard's improvement in mood told me that he was responding deeply to *Natrum sulphuricum*.

Continued healing

Richard's vertigo and tinnitus lingered for another couple of months, although at a much milder level than before homeopathic care. Over the course of a year, I recommended that he re-dose himself with *Natrum sulphuricum* 200c in water every two months, and I eventually increased the dose to 1M.

When the concussion symptoms completely abated, the head trauma specialist insisted that Richard stay off the field for an additional two months, to ensure that he was well enough to handle any trauma that might accompany a return to soccer. When Richard started playing again, I increased the *Natrum sulphuricum* dosing frequency to monthly because he was using his head to make passes from time to time, and I wanted to address any lingering sensitivity. I added a second monthly dose the couple of times that a hint of dizziness, photophobia, or tinnitus returned, and each time, the symptoms quickly dissipated.

Richard was a born soccer star, thrilled to be back on the field and performing at the top of his game. But the concussion installed a new sense of caution in him. He learned to depend more on his feet to get the ball down the field, cutting back on how often he used his head to make long passes. And Richard's family was especially pleased to have their “old Richard back,” now that his irritability was a thing of the past.

Welcome surprises

It is always a welcome surprise when someone seeks homeopathy's help for one set of complaints (Richard's dizziness, tinnitus, photophobia from concussion), and they get help for that, along with much more—relief from a deeper problem they hadn't even mentioned (his irascibility). What follows is another example of a person who initially sought help for a sports injury, but who received unexpected help for a deeper problem as well.

Tendonitis from tennis

Susan, 42, played tennis in a league once or twice a week. In March 2020, the pandemic put a sudden stop to that and most of her other regular physical activities.

When her tennis club fully reopened nearly two years later, Susan was eager to get back in shape for the coming spring and summer seasons. She began pushing herself, taking lessons twice a week and working with a coach, who guaranteed that she could return to top form if she practiced often and remained committed. She was hoping to ace her opponents with her strong serve, so she was practicing it whenever she could.

Several weeks into her increased exercise regimen, Susan found that she could barely lift her right arm—her serving arm. In fact, with even the slightest motion, she felt excruciating pain.

Susan visited an orthopedist who suggested she rest the arm and take Advil. The doctor said improvement would be slow and offered to inject a corticosteroid around the tendon in hopes of bringing down inflammation, thereby easing the pain.

That's when Susan decided to call me. She'd injured that shoulder before and was concerned that additional corticosteroid injections might weaken the tendon further. When I first saw her in February 2022, her right arm was in a sling, which she kept close to her chest all day. At night, she could sleep only if she was lying on that side.

Choosing a remedy

I considered *Ruta* for Susan because it can help when tendons are inflamed from overuse; also, people who benefit from it

may feel worse when they exert themselves or move their limb. I also considered *Stellaria*, another remedy that can help in orthopedic conditions when a person feels sharp pain from slight motion and does not want the area touched or examined. However, a person needing either of these remedies typically feels worse initially from movement but better once they get their joints loosened up and moving.

In contrast, Susan felt sharp tendon pain from the slightest motion of any kind—initial movement as well as continued movement. That's why she kept the joint immobilized in a sling. Lying on her injured side at night also kept the shoulder immobilized and applied pressure to the area, which made her shoulder feel better. All these symptoms pointed to the remedy *Bryonia*.

I prescribed *Bryonia alba* 200c, once a day, for three days, taken each day as follows: add three to five pellets to one cup of water; let it sit for 20 minutes; stir well; then sip till the cup is finished, stirring before each sip. I chose a relatively high potency of *Bryonia* because Susan's symptoms were severe.

Rapid, remarkable results

I next heard from Susan when she sent this email: "It's been three days taking *Bryonia* 200c in water. It's been interesting. I like being on *Bryonia* for some reason.

"My sleep has been very deep. I feel more refreshed during the day, a little more energy, but at night I'm very tired and fall asleep for hours. The pain in my arm and shoulder increased the first day, but after that, I think all my joints have been better. I also had a couple headaches, but they are gone now.



Susan was eager to get back in shape for the coming spring and summer seasons.

Perfect Partner for Chiropractors

People seeking help for sports injuries and musculoskeletal issues often turn to chiropractors first. And homeopathy is a perfect partner that can enhance the effectiveness of spinal adjustments in varied ways. Topical *Arnica* gels lessen swelling and bruising from injuries, so adjustments are held for longer periods of time. Topical *Calendula* creams speed the healing of cuts and scrapes, common symptoms of patients who take tumbles on the field, bike path, or mountain trail. While the chiropractic adjustment aligns the spine, homeopathy can heal the skin and lead to a greater overall improvement.

An excellent resource for chiropractors is Boiron's Chiropractic Training online. It has four modules, covering topics such as trauma, sports injuries, bone fractures, arthritis pain, tendonitis, bursitis, sciatica, and more. While aimed at chiropractors, the course is open to all health professionals.

Learn more at:
www.boironusa.com/hcp/hcp-education/chiro-training/

"Here is the strange one: since I had Covid in March 2020, my taste and smell never returned to normal. In the past few days, I have been smelling better and tasting more acutely, particularly salty things. It's been awesome. I have this pumpkin cleanser I use, and this morning I actually could smell it. I hadn't even realized I wasn't smelling it till now."

This was an excellent report. First, when patients say they like being on a remedy for whatever reason, that's always a good sign to me. Deeper sleep and increased energy are also indications of a positive response to a well-selected remedy.

In addition, the improvement in Susan's formerly severe joint pain was remarkable. Typically, patients with tendonitis need much more time than a few days, along with rest and the added support of chiropractic or osteopathy, to experience a deep cure.

Finally, I had no earlier knowledge of Susan's lingering "long Covid" symptoms, but the improvement she experienced in those symptoms, which she described as "strange," was not strange to me at all. *Bryonia* was the number one remedy in my New York City practice for the relief of symptoms stemming from the original Covid-19 variant in 2020—most notably joint pain, muscle aches, headache, back pains, and irritability. This was confirmed by other homeopaths (Drs. Paul Herscu and André Saine, in particular). *Bryonia* has helped to clear a long list of symptoms stemming from the coronavirus in other patients of mine, so I was delighted it was helping to restore Susan's taste and smell, too. *Bryonia* is also an effective remedy

for headaches, so her brief experience of headaches that then dissipated was not a surprising detail either.

After hearing Susan's good report, I suggested she take a break from the *Bryonia* for a few days; and then repeat it in the same way for another three days. I also cautioned her to go easy with her training sessions and referred her to a chiropractor and physical therapist near her to help ensure that she would not reinjure that shoulder.

Expect the unexpected

Both Richard's and Susan's experiences highlight how a well-selected homeopathic remedy may have beneficial effects, far beyond a practitioner's or patient's expectations—even in what may initially seem like straightforward sports injury cases. While deep healing results like these are not unusual, they are always welcome surprises! 💧

ABOUT THE AUTHOR



Lauri Grossman, DC, CCH, RSHom(NA), serves as president of the Board of Directors for the National Center for Homeopathy. She practices in New York City and has taught in many NYC hospitals. She is a frequent presenter in workshops across the country, including Gilda's Club, working with people living with cancer to overcome cancer treatment side effects. Some of her most rewarding work has been with Homeopaths Without Borders in Trinidad and Haiti and with medical doctors working to establish homeopathy in Afghanistan.

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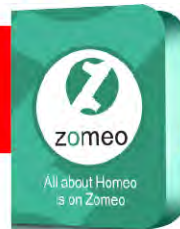
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Advocating for Homeopathy:

It Takes a Village

By Glenna Tinney, MSW, ACSW, DCSW, Captain U.S. Navy (Ret.)



If you are reading this article, you are likely a member of the National Center for Homeopathy (NCH). What does it mean to you to be a member of NCH? Does it mean that several times a year you excitedly read your copy of *Homeopathy Today* cover to cover? Does it mean you attend the Joint American Homeopathic Conference (JAHC) every spring? Do you take advantage of every opportunity presented to you to educate others about homeopathy and to share your experiences? Do you enthusiastically accept your responsibility as an advocate for homeopathy? Whoa! Wait a minute! Is she talking to me?

Okay, I understand that most people don't necessarily think of themselves as advocates. It is someone else who does that, right? According to the NCH website, "The National Center for Homeopathy (NCH) provides education and builds awareness while advocating for access to homeopathy as an effective and affordable system of medicine." Great, if NCH is already doing that, you can take that off your to-do list, right? Wrong! You know that homeopathy is under attack in the United States, as well as in other parts of the world. Since 2015, government regulatory agencies have conducted hearings and issued guidance that have the potential to negatively affect continued access to homeopathy as an effective and affordable system of medicine. Those battles are far from over. So, we all have to be prepared to embrace our role as advocates for homeopathy for the long run.

What is advocacy?

So, let's take a look at advocacy and

what it means to be an advocate. Advocacy is public support for a particular cause, idea, or policy. The aim is to influence decisions within political, economic, health, and social systems and institutions. It is one of many possible strategies to approach a problem. According to the National Association of Healthcare Advocacy Consultants, healthcare advocacy focuses on improving patient outcomes through "patient-centered reforms that maximize the use of the healthcare system, protect consumer choice, and improve access to high quality, affordable care."¹

There are different types of advocacy:

- Individual advocacy involves analyzing the implications of any action that an individual may take, or that is taken on behalf of a specific person.
- System advocacy analyzes the implications of any action that interveners/providers may take, or that is taken on behalf of people in specific situations. Healthcare advocacy is a specific type of system advocacy.
- Legislative advocacy is the specific activity of advocating for the creation and adoption of specific legislation, or changes to existing legislation.

Most of us have engaged in individual advocacy in some way. Have you advocated for yourself or a loved one related to medical care and/or hospitalization? When my father was at the end of his life and hospitalized, I was there with him to make sure that he received the quality of care he needed. Have you ever intervened to make sure that

you or a family member received the services you paid for from a company or organization? We have all done this type of advocacy. It is hard to function in this world without having to put your advocacy hat on some of the time. Many of us have also engaged in system and legislative advocacy as well for various issues and causes that we support and champion, including homeopathy.

How can you be an effective advocate?

To be effective in your advocacy, it is important to be aware of some basic principles for advocacy:²

Understand the issue(s). Know what you are talking about inside and out.

- Develop a strong knowledge base.
- Don't assume that anecdotes, advice from individuals, your personal experience, or even statistics, show the whole picture.
- Research the issues and know:
 - The circumstances people face
 - Institutional responses that have been developed and their outcomes
 - The assumptions, theories, and concepts that underlie the institutional response.

Use a systemic and social-change analysis

- Expose systemic problems; don't point fingers at the shortcomings of individual practitioners.
- Identify the weaknesses in the system, weaknesses that produce poor outcomes.
- Recognize the methods used to standardize and maintain the status quo.

- Identify barriers to system change.
- Identify both allies and foes on the issue(s); be familiar with their arguments and be prepared with counter arguments.

Use a model of constructive engagement—Be nice!

- Be respectful: problem-solving rarely works when it is couched in an atmosphere of criticism and personal attacks.
- Build relationships and trust.
- Be clear and concise about your position and the change(s) you are seeking.
- Bring all points of view into the discussion.
- Remain solution-oriented.
- Facilitate analysis and problem solving.

Why is advocacy important to homeopathy?

Healthcare is a major industry in the United States. Healthcare costs continue to rise yet Americans are less and less healthy, with a significant array of chronic and life-threatening diseases. More and more people are becoming

dissatisfied with mainstream medicine and the reliance on drugs that often carry with them serious side effects requiring additional drugs. Many people are seeking alternative and complementary treatments, which include homeopathy and other integrative health modalities.

Homeopathy has become a major player in the healthcare market in recent years with hundreds of millions of dollars in sales annually. With this increase in popularity and sales, homeopathy has come under scrutiny from government regulatory agencies. This scrutiny so far has been aimed at labeling and claims on over-the-counter homeopathic products, as well as safety and effectiveness. We must be prepared to advocate for homeopathy in every way we can—for individual patients and their right to choose their healthcare treatment, for changes to the healthcare system to ensure it is inclusive of integrative health alternatives, and for legislative changes at both federal and state levels.

Are you ready? You've got this. Just breathe. NCH will be there with you every step of the way. We will alert you

when action is needed. We will define what action is needed and will provide information to support the required action. Watch your emails, check the NCH advocacy page at HomeopathyCenter.org/advocacy, and follow NCH on Facebook and Instagram. Thank you for all you do for homeopathy! 💧

Excerpts reprinted from Homeopathy Today Spring 2018

Footnotes:

1. National Association of Healthcare Advocacy Consultants, <https://www.nahac.com>
2. Adapted from Praxis International. (2014, March). 4 Golden Rules of Institutional Advocacy: Leading an Effective Inter-agency Response to Violence Against Women. Retrieved from <https://praxisinternational.org/advocacy-learning-center/>

ABOUT THE AUTHOR



Glenna Tinney, MSW, ACSW, DCSW, Captain, United States Navy (Ret.) is a social worker and a Registered Yoga Teacher (RYT® 200). Glenna was on the National Center for Homeopathy Board of Directors for five years and served as Treasurer, Public Policy and Advocacy Committee chair, and Publications Committee member. She represented NCH in and facilitated the Homeopathy Action Alliance. She initiated and facilitated the Homeopathy Advocacy Working Group and represented NCH at the Integrative Health Policy Consortium. In 2021, Glenna received the Julian Winston NCH Service Award.

NCH ADVOCACY EFFORTS

As part of its mission, NCH advocates for access to homeopathy as an effective and affordable system of medicine. More specifically, NCH partners with fellow homeopathy backers to ensure that consumers freely find and use homeopathy to help with their minor illnesses and injuries. NCH advocates for homeopathy by:

- **Facilitating the Homeopathic Action Alliance (HAA)**, a group of 501(c)(3) homeopathy organizations. HAA addresses topics such as presenting a unified political voice, working with humanitarian organizations during times of crisis, maintaining open communications between organizations and within the community, encouraging the education and certification of practitioners, supporting the health freedom movement, and supporting research. Learn more at HomeopathyCenter.org/homeopathy-action-alliance
- **Facilitating the Advocacy for Homeopathy Working Group (AHWG)**, a unified group of individuals and national and state homeopathy organizations that advocates for

continued access to and use of homeopathic products and services. AHWG also focuses its efforts on communication plans and materials for advocating for, promoting, and defending homeopathy. Learn more at HomeopathyCenter.org/advocacy-ahwg

- **Financially and collaboratively supporting the work of Americans for Homeopathy Choice (AFHC)**, a national non-partisan, non-profit organization focused on supporting the rights of those who use homeopathy, protecting access to homeopathic medicines, and supporting manufacturers of homeopathic medicines that meet the standards for strength, quality, and purity.
- **Providing an NCH representative on the Integrative Health Policy Consortium (IHPC)**, a non-profit organization intent on eliminating barriers to health. NCH collaborates with other IHPC board members about the direction of advocacy efforts.

Summertime Lesson

Slithering snake remedies soothe symptoms

By Paola Brown, M.Ed.

A Snake is Summer's Treason

*Sweet is the swamp with its secrets,
Until we meet a snake;
'Tis then we sigh for houses,
And our departure take,
At that enthralling gallop
That only childhood knows.
A snake is summer's treason,
And guile is where it goes.*
— Emily Dickinson

One night while milking our little jersey cow Belladonna, I heard a “different” sound over the rhythmic splashing of milk in my bucket. The sound wasn’t the evening breeze, and it definitely wasn’t the crickets chirping just outside the barn door. And then I caught a glimpse of her—a giant Texas rat snake slithering above me in our barn rafters. She was about seven feet long, black, and very well fed. Although it was a bit unnerving to have a snake sliding around in the beams above, I tried to tolerate her, and every few days while milking after dark, she’d catch my eye.

Texas rat snakes are commonly called chicken snakes because of their fondness for chickens and hen eggs. They are non-venomous and usually quite docile unless they are cornered. It wasn’t until our snake was found in the barn, in broad daylight, with an entire chicken down her throat (yes, the feet were sticking out!), that I decided she had to go. I just couldn’t milk my cow in paranoia anymore, and I wasn’t about to let anything harm my good laying hens. “Who would blame me?” I rationalized. It is perfectly fine to have barn-milking



Paola and her family and their jersey cow, Belladonna.

Safety tips: Most snakebites happen when a snake is being handled or when someone accidentally stumbles upon it. Rattlesnakes, water moccasins, and copperhead snakes are responsible for the majority of venomous snakebites. Although most snakes are not aggressive and will slither away at the first hint of human presence, parents and their children should always take precautions to lessen the chance of being bitten.

expectations that don’t involve a snake in the rafters.

About a month after my husband “dealt with” the snake, mice infested our barn. My barn cats—lazy things who have never done a day’s work—were of no use. It seemed that the mice reproduced four generations within an hour’s time, and it was no longer sanitary to milk in the barn. I began to regret ending my slithering companion’s life, even if she did snack on one of my chickens.

Lessons learned

The whole experience with our resident snake taught me that even “bad” things can sometimes have an incredibly positive side. This also applies to homeopathic remedies made from snake venom; something that seems ominous is actually positive when it is turned into a health-supportive remedy. In today’s lesson, students learn about two of the most common homeopathic remedies made from snake venom, and they also learn a bit about the snakes.

As for me, I too learned my lesson about snakes. About a year after my experience with that beautiful Texas chicken snake, I found another snake tangled in some garden netting I planned to use around my tomatoes. Unable to free herself, the snake was helpless and stuck. My friend Libby and I carefully clipped away the netting and set the happy serpent free. I felt like Mother Nature was testing me, trying to determine if I had really learned my lesson. Indeed, I had. 💧

ABOUT THE AUTHOR



Paola Brown is a wife, Texas homesteading mama of three, and homeopathy educator whose workshops and online courses empower moms and families to incorporate homeopathic principles into their lives. With a

BA in English education and an MA in curriculum and instruction, she taught English at high school and college levels for more than a decade. She is co-founder and President of Americans for Homeopathy Choice. Her widely acclaimed Teach Me Health & Homeopathy curriculum helps children and families learn homeopathic principles, building them a solid foundation for life. Get free lessons at: PaolaBrown.com/free

Lesson #7:

A SNAKE IS SUMMER'S TREASON

(GRADES 1-12)

Materials Needed:

- Internet access for lesson, videos, and song
- Printed assignment sheets for the age you are teaching
- Art supplies such as coloring pencils and crayons
- (Optional) Printed art canvas sheets for the Art Exercise

Objective:

Learn about two snake-related homeopathic remedies named *Lachesis* and *Naja*: their uses, and the serpents' natural characteristics (habitat, behavior, and more).

Central Questions:

What are the benefits of snakes? What are the symptoms associated with the *Lachesis* and *Naja* remedies?

Teacher Set-Up:

This lesson was designed as a "one-room-schoolhouse" model for students grades 1-12. Downloadable assignment sheets are adapted for specific ages: Grades 1-3, 4-8, and 9-12. Begin by visiting the free online area to access Lesson #7 at TeachKidsHomeopathy.com/NCH Code: **SlitheringSnake**. Next, gather and print the Materials Needed listed above.

Lesson Instructions:

Step 1

Meet *Lachesis*, The Bushmaster Snake:

- Share the habitat and behavior of the bushmaster snake.
- Share about the homeopathic remedy made from the bushmaster snake: *Lachesis*.

Step 2

Meet *Naja*, the Indian Cobra snake:

- Share the habitat and behavior of the Indian Cobra snake.
- Share about the homeopathic remedy made from the Indian Cobra: *Naja*.

Step 3

Introduce the concept that homeopathy can take poisonous substances and turn them into something that heals you.

Access Lesson #7 at TeachKidsHomeopathy.com/NCH
Code: **SlitheringSnake**
Access expires: September 30, 2022

Step 4

Optional for Grades 4-12: Read and discuss the following article, *Constantine Hering's Snake*:

Constantine Hering's Snake

Constantine Hering was a medical doctor from Germany. He had an interesting life and traveled a lot. During medical school, he discovered the amazing world of homeopathic medicine and became a passionate advocate of this kind of healing. After medical school, he couldn't find a job as a doctor, but German King Frederick August I of Saxony hired Dr. Constantine Hering as a zoological and botanical researcher and explorer in Suriname, South America. Even though Dr. Constantine was supposed to study animals and plants, he was always sneaking off to practice homeopathy. He helped many sick people with homeopathy, but he also discovered new materials to study as homeopathic remedies.

It was Constantine Hering who discovered the first homeopathic remedy that was made from snake venom, *Lachesis*.

One day while exploring in the Amazon forest, the locals brought him a Bushmaster snake, which they called *Surukuru*. The snake had been run over or injured in some way. Even so, it was not dead and was still very dangerous! The locals placed the snake in a bamboo box, dropped the box in front of Constantine, and ran away as fast as they could! After knocking the snake out of the box, Constantine held its head down with a forked stick and pressed on the venom glands to "milk" out the venom from the fangs. He collected the venom and prepared homeopathic dilutions.

But somehow while gathering the venom, he touched it and experienced the effects of the dangerous liquid and some strong symptoms associated with the remedy *Lachesis*. For the rest of his life, he did not like to wear shirts with tight collars, even though this was the men's fashion during those days.

In 1830, Hering donated the actual snake that he had milked to the Academy of Natural Sciences of Drexel University in Philadelphia, and it can still be found there today!

Step 4

Art Exercise

- For Level 1 Students (grades 1-3)
 - Print the snake art project and follow the instructions.
- For Level 2 & 3 Students (grades 4-8 and 9-12)
 - Print the snake research project and follow the instructions.



The Good Enough Death

It's all part of a
good enough

Life!



By Amy Rothenberg, ND, DHANP

As a licensed naturopathic doctor, my job is to help patients feel better, to understand and address root causes of illness, and to offer lifestyle and natural medicine approaches for acute and chronic ailments. I work to support my patients so they can live life as healthy as possible. And still, patients die. As I round the corner of 36 years in practice, many of the patients I met 30 years ago, when they were middle-aged or older, are now well into their 80s and 90s. Even the healthiest among them will eventually pass.

During these pandemic years, the sheer number of Covid-related deaths in the world along with the specter of medicalized, difficult, and lonely deaths raises the question: What does it mean to have a good death? A recent, comprehensive article in the *Lancet*¹ outlines 11 elements, which I'll detail later. But first, I want to share the stories of two of my older patients, who led very different lives and had very different deaths.

Amanda

Easygoing, enthusiastic

Amanda, a spry 86-year-old, was a community organizer by trade, which right away tells you a lot about her personality and passions. When her grown kids, all in their 60s, decided it was time for mom to move to an assisted living community, she resisted, not wanting to give up her independence. They insisted, she relented, and just as soon as she moved in, she took it upon herself to initiate and organize a recycling center. She made new friends and found she actually liked living close to other people, where she could participate in activities and outings.

Amanda came to me for help with chronic diarrhea, and for heartburn and a general unwell feeling in her belly ever since the move some three months earlier. Her recent digestive complaints were probably triggered by the change in diet from her previous simple fare to more and different kinds of food, with increased refined carbohydrates, salt, and sugar. That said, Amanda was happy cooking less and enjoyed sharing meals in a communal setting. Amanda also complained of general soreness in her low back, especially if she stood for too long.

Amanda was so delightful and entertaining, that gathering her health history at our first meeting was more like a fun conversation with a smart, engaging person at a cocktail party than a medical intake interview. She navigated even the most delicate areas of the intake with confidence and good humor, putting me at ease in the process.

She'd had consistently good health throughout her life and no hospitalizations except for the delivery of her three children. She was not taking any medication, a rarity at her age! She'd lost her husband ten years earlier, which was tough for her, but she'd leaned on friends and family and poured herself into various projects.

Narrowing the choices

In deciding on a homeopathic remedy for Amanda, I knew she needed one that would address the loose stools and indigestion. The remedy also needed to fit her extroverted, easygoing nature and how she was full of ideas, energy, and enthusiasm for her own life and the lives of others. Not too many remedies fit that bill: *Medorrhinum*, *Belladonna*, *Lachesis*, and *Sulphur* were at the top of my list.

If Amanda had needed *Medorrhinum*, I would expect a history of wild or erratic behavior as well as swings in mood and energy, which I did not see. People who benefit from this remedy often have a history of lots of discharges in the form of emotional upheavals or physical discharges, such as inflammation with swelling or sinusitis/allergies with much mucus—which was not true for Amanda either.

If Amanda had needed *Belladonna*, I would expect that, at her age, she would have some circulatory issues, inflammatory processes, headaches, and possibly temper flares. Again, this was not Amanda's story.

People who need *Lachesis* tend to have more anxiety and fear than Amanda showed. They also tend to have feelings of claustrophobia or a dislike of snug-fitting clothing, which she did not have. People needing *Lachesis* also tend to have issues with sleep and with the heart, but Amanda slept like a baby and had no heart or circulatory issues.

Remedy for an idea person

This left *Sulphur*, a remedy that is often helpful for “idea people,” those who can gather the groups and plan fun activities. They move through life, especially if they are in a balanced state, with ease and a good amount of joy. If pressures or stressors mount, however, they might not stay balanced; they can become grumpy and messy, and unable to manifest their many ideas. But when life is mostly going well, with no big insults or accidents, people who need *Sulphur* may appear much like Amanda: curious, encouraging, energetic, and getting things done.

I gave Amanda *Sulphur* 200c, and within a few weeks, her chronic problem with loose stools improved dramatically. Amanda's more recent problems with heartburn and indigestion also improved, and she was back to having fairly normal digestion that did not distract or irritate her.

Over the next eight years of treatment, she took additional doses of *Sulphur* a number of times, and it always helped her: once when she had a spreading rash along her chest and abdomen, once when she went through a time of deep sadness after losing a buddy she'd made in her new place, and a few occasions when her digestive system acted up. Amanda loved homeopathy and felt that it kept her happy and healthy. She was curious about it, always asking me questions, and was very appreciative of having me as a resource if symptoms arose. From time to time, I also prescribed other natural medicines, such as botanicals when she had viral illnesses. And I introduced her to Therabands for resistance training, to help with both her balance and keeping calcium in her bones.

Overall, Amanda enjoyed her new surroundings, made dear friends, and continued to bring fresh ideas and experiences to her life and to those around her. I thoroughly enjoyed the opportunity to work with her, and she taught me much more than I ever taught her—about being positive, being friendly, and accepting people as they are. She passed away peacefully in her sleep at 94. What a blessing!

Amanda was happy cooking less and enjoyed sharing meals in a communal setting.

Nick

Aggressive, inappropriate

Nick, in his 80s, was well into cognitive decline when his wife brought him to see me. She had been my patient for decades, so I already knew quite a lot about him and his antics from her ... and oh, how I wished she'd brought him in sooner!

Nick had not taken good care of himself throughout his life; he'd been an excessive drinker with a poor diet and sedentary lifestyle. He was overweight and had a hard time getting around. He had Type 2 diabetes, hypertension, and high cholesterol, all managed to one degree or another with medications. Often in a sour mood, Nick criticized his wife at every turn.



Recently, his cognitive issues had begun increasing at an alarming rate, and he was less able to care for himself. He would turn mean and aggressive toward his family, snapping and lashing out. He would comment inappropriately about people in the room and laugh at times for no apparent reason. He would often sit in his chair with his private parts exposed, with no sense of what was proper in company. He would make lewd remarks to his wife, which she found mortifying, even though she understood it was part of his illness and decline.

She was at her wit's end. Caregiving is exhausting, and she did not have the stamina or patience to take care of him. She didn't feel good about it, but with her children, she decided to hire help in the house so she could have support.

Remedies for Nick's cognitive decline

When I looked at the trajectory of Nick's life, this period of his older years was not a huge surprise. I needed to find a remedy that would address his compromised cognitive function as well as his loss of inhibition, his aggressive behavior, and his not realizing right from wrong. This led me to consider the remedies *Belladonna*, *Bufo*, *Veratrum album*, and *Hyoscyamus*.

Nick had not taken good care of himself throughout his life...

People who need *Belladonna* often lash out at others, as Nick did. But they also usually have a lot of inflammatory ailments; those are the diagnoses that end in "itis" such as pharyngitis, colitis, bursitis, or any ailment with inflammation or infection, which Nick did not have.

People who need *Bufo* may have a decline in cognition and the capacity to communicate. They may also laugh for no reason and return to an almost childlike state. But they do not usually have angry outbursts or the loss of inhibition that Nick showed.

People who benefit from *Veratrum album* may lash out at others, as Nick did. But they also tend to have strong feelings of superiority, huge mood swings, and excessive discharges, none of which were true of Nick.

People needing *Hyoscyamus* can exhibit meanness, lashing out at others, and an inability to know right from wrong. They are also prone to silly behavior, lewd talk, and exhibitionism, which fit Nick's recent

changes well. I gave Nick the remedy *Hyoscyamus* 200c. A few weeks later, his wife reported some improvement in his behavior. His demeanor was calmer, and he had fewer violent outbursts of lashing out at others, which made it a little easier for them to care for him.

A sad goodbye

But just a few months after our first visit, Nick fell ill with an upper respiratory infection that quickly went to his lungs. He was immediately hospitalized and sedated, and I did not have the opportunity to work with him further. Nick succumbed to pneumonia a few weeks later. It was not the best way to leave this world, without his faculties and without any closure or goodbyes. But his wife and family actually felt somewhat relieved, alongside their feelings of loss and grief.

What can homeopathy do?

I have seen homeopathy do wonders for people, and I wish I'd had the chance to work with Nick earlier, say when he was in his 30s or 40s. I am pretty sure I could have helped him shed some unhealthy habits, which may well have changed his life

trajectory. Many people know what to eat and what not to eat, and what to do and what not to do for their health—but they have a hard time doing it. Whole-person homeopathic treatment can offer them the self-agency, discipline, and clarity around decision-making that allows them to make the needed changes. It can be key in helping people shift an unhelpful attitude, find more gratitude, be more positive and accepting, and make life choices that lead to better health. While I use homeopathy to address the symptoms for which patients are seeking help, it's also my hope that the right homeopathic remedy will touch some of these deeper aspects of life.

Once a patient is fully into cognitive decline, as Nick was when he finally sought homeopathic care, I have seen homeopathy help to some degree and possibly slow the progression; but as with most every chronic disease, primary prevention is always best. I've emphasized this to Nick's adult children so we could work together against any genetic predisposition for dementia. Thankfully, they live healthier lifestyles than their dad did and sought care earlier, so I'm less worried about them.

Of course, there are many risk factors for cognitive decline, and some patients who take pristine care of themselves will still develop cognitive issues later in life. The most we can do, for ourselves and those we care for, is to address the modifiable risk factors as best we can. [Read more on this topic in Dr. Rothenberg's Spring 2019 *Homeopathy Today* article, "Maintain Brain Health as You Age," in Member Resources at www.HomeopathyCenter.org.]

Many ways to live a life

The contrast between Amanda's and Nick's stories is stark. But what I have found in my years of working with patients of all ages is that many people age—and die—similarly to the way they have lived their lives. It's important to underscore that we all come into life with our own genetic inheritance. Life circumstances—where and to whom we are born, our lived experience, accidents and illnesses—all intertwine to bring us to where we are. I never judge a person or the way they live, handle adversity, or interact with the world. I use that information to help me find an effective remedy. But as my mother often reminded me, there are many ways to live a life.

Never underestimate the role a homeopathic remedy can play to bring comfort, ease pain, and help, even at the very end.

Planning for a good death

With Amanda, Nick, and their families, I made it a point to speak about end-of-life wishes. Amanda was very clear about what she wanted and did not want, and had already discussed it with her family. She had all her paperwork in order. Nick, on the other hand, had not discussed anything with his family. (See *Everyone Needs These Documents* on page 29.)

What are key features to a good death?

Here's the list from *The Lancet* piece:

- Relief from physical pain and other physical symptoms
- Effective communication and relationship with healthcare providers
- Performance of cultural, religious, or other spiritual rituals
- Relief from emotional distress or other forms of psychological stress
- Autonomy with regards to treatment-related decision making
- Dying at the preferred place
- Not prolonging life unnecessarily
- Awareness of the deep significance of what is happening
- Emotional support from family and friends
- Not being a burden on anyone
- The right to terminate one's life

I had to read that list a few times to appreciate its breadth and depth. This is not a spoiler alert: this list makes up elements of a good life, too! When I compare Amanda and Nick, who had such different lives and different deaths, it underscores how similar these lists are. Most of us want to: avoid having ongoing physical or emotional pain, be able to communicate effectively, feel connected culturally or spiritually, not have relentless stress, live where we want, be self-aware, have autonomy and self-agency, and not be a burden to others. In essence, it's many of the very same characteristics of a good life that go into having a good death.

Some of us spend years in physical or emotional discomfort or pain. Some of us live a lifetime with emotional or psychological stress. Some of us spend decades seeking spiritual or religious connection and meaning. Some of us do not feel supported by family and friends. So, when we are dying, the above-identified areas are even harder to come by and that much more essential.

Get support early

The continuously improving fields of palliative and hospice care have revolutionized end-of-life support for patients and loved ones. Palliative care reflects an interdisciplinary

approach, which aims to optimize the quality of life and reduce suffering for people with serious and complex ailments. Coordination of supportive therapies, treatment for pain, and psychological support might be part of palliative care. Palliative care does not mean death is imminent, and in fact, research² shows that accessing palliative care earlier is better for patients.

Hospice care focuses on the quality of life for people, as well as their caregivers, when there is an advanced and life-limiting illness. Hospice care offers compassion and support for people in the very last part of life, so that they may feel as comfortable as possible and lovingly cared for.

I encourage families to seek palliative care early and hospice care when appropriate. Some families in my practice do not want to access these services. They want to deny the inevitable; the reality and finality of impending death hits hard. It's also true that the support, access to pertinent resources, and compassionate care offered by both palliative and hospice care is broad and can be tremendously helpful for individuals and families.

When done well, these services, support programs, and providers help the dying person and their family move toward many of the characteristics of a good death mentioned earlier. Some of the points, such as not prolonging life unnecessarily, can be addressed while in good health or early in an illness process. Confirming your own desires or knowing the wishes of your loved one, and having the right paperwork on file, are important steps we can all take. (See "Everyone Needs These Documents" on this page.)

Homeopathy's role

I have had the privilege of working with patients in both palliative and hospice care, and am enormously grateful to have a tool like homeopathy. I have seen remedies ease pain and discomfort as well as address the strong feelings that arise, for both the person who is ill or failing as well as those who love them. Never underestimate the role a homeopathic remedy can play to bring comfort, ease pain, and help, even at the very end.

Whole-person, whole-medicine

My work is whole-person, whole-medicine in its nature and scope. So, while bringing up the topic of a good death with my patients and their families can be difficult, I feel like it's part of my job. I would like to edit the phrase to a *good enough life* and a *good enough death* to remove any hint of judgment and to approach this whole topic with a loving dose of encouragement and actionable information. After these conversations, patients often feel more settled and have more of a plan of action, which can help bring some peace in light of the inevitable ending. Part of the contract of having the chance to live is the guarantee of death, so the more we can talk about it, the better for all. And increasingly, I appreciate the idea of a good enough death, as just another part of a good enough life. 💧



Everyone Needs These Documents

In what can only be described as a jarring juxtaposition of a family celebration and tacking down end-of-life wishes, a few years back when my dear sister was toward the end of her life, our extended family was gathered to celebrate a life milestone for another family member. Knowing my sister did not have any end-of-life paperwork on file, we gathered as four siblings to all fill out our Living Wills, Do Not Resuscitate forms, and other state documents related to end-of-life care. We did it at the same time to try to normalize the moment, which in hindsight, was not especially normal!

The general fear of death, or the fact that talking about death is taboo in many cultures, has many of us avoiding the topic. We miss the opportunity to have our own and our loved one's end-of-life desires shared. Many of the necessary legal forms can be found online for free: some simply require a witness's signature, some require a doctor's signature, and some may require time with a lawyer. Rules and forms vary by state, so please check your own state's requirements. You can review "9 End of Life Documents Everyone Needs" by Emily Crowley on the Legal Templates website here: <https://legaltemplates.net/resources/estate-planning/end-of-life-documents/>

Footnotes:

1. Mehreen Zaman, MHI et al. What would it take to die well? A systematic review of systematic reviews on the conditions for a good death. *The Lancet*. Volume 2, Issue 9, E593-E600. 9/2021
2. Hoerger M, et.al. Defining the Elements of Early Palliative Care That Are Associated With Patient-Reported Outcomes and the Delivery of End-of-Life Care. *J Clin Oncol*. 2018 Apr 10;36(11):1096-1102.

ABOUT THE AUTHOR



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Rothenberg's writing can be found at *Medium*, *Thrive Global*, *The HuffPo*, and more. When not working, Dr. Rothenberg enjoys spending time with her family, in nature, and playing the guitar.



Homeopathy Institute of the Pacific (HIP) supports the physical, cognitive, and emotional health of veterans and the underserved in California's San Francisco Bay area, through free and low-cost volunteer-run community clinics.

HOMEOPATHY INSTITUTE OF THE PACIFIC

Brings Hope

to racially traumatized communities

From left: Zelda Johnson, Astra Rugless, Wanda Smith-Schick (Homeopathy Institute of the Pacific President and Cofounder), and Jamilah Peters-Muhammad (ASHÉ Cultural Arts Center community volunteer) meet before the homeopathy clinic day begins.



Homeopathy Today spoke with Wanda Smith-Schick, CCH, president and cofounder of Homeopathy Institute of the Pacific, to learn about her recent trip south where she shared homeopathy with New Orleans' underserved—many of whom are still “waiting for help” after Hurricane Katrina (2005), and who were further traumatized by Hurricane Ida (2021). Wanda's fellow travelers, Astra Rugless, MS, QASP-S, DHom, of Los Angeles, and Zelda Johnson, DNM, MSPH, MAHAS, of Delaware, joined the conversation.

Wanda, how did you start working with the underserved?

While completing my medical school pre-requisite courses, I worked as a secretary in a local hospital emergency room. I noticed that many “repeat” patients never seemed to get better. The doctors patched them up, but nothing ever addressed the cause. This led me to investigate alternative health modalities, and I chose to study homeopathy because it works on the mental, emotional, and physical levels. After homeopathy school, I volunteered at homeless clinics and witnessed the transformative power of homeopathy and how it changed lives for the better.

How do you use homeopathy in a clinic for people experiencing homelessness?

First, homeopaths who serve in a homeless clinic must leave prejudice at the door and remain open-hearted and open-minded. Working in a homeless clinic, you engage with people you may never see again. As homeopaths, we may see and perceive a whole list that needs to be “cured.” However, it is important to ask what the person wants help with, and to carefully listen to the answer. Often, the person's response leads to a remedy that brings real relief. Another helpful question to ask is, “Where is your pain?” If we can

alleviate pain, whether physical or emotional, there is a higher likelihood that the person will return for follow-up and continuing care. Also, looking at what is going on in the community is helpful—homelessness and chronic pain may be masked by drug and/or alcohol use.

The appointments in a homeless clinic are short, so we have to home in on the “case” very quickly. After hearing what the person wants and needs, we look for strange, rare, and peculiar symptoms and listen and repertorize for the uppermost state that the client is currently in. We give the remedy right there in the clinic, and the person often begins to feel better before they leave. Tip: Stock your remedy kit with groups of remedies that you know address particular ailments you expect to see in the clinic such as pain, trauma, grief, and oppression.

What prompted HIP's new venture?

The death of George Floyd and the ensuing violent protests over racial injustice devastated me. I felt the pain of my

people, and I wanted to help with traumas in the Black community. They needed to see our faces—people who look like them who are willing to help and who they could trust.

I knew homeopathy could help, as I had previously witnessed in family members who live in the South. For them, I chose remedies that addressed generational oppression, which allowed space for healing of more current issues.

Also, during California's Covid-19 shelter-in-place mandate from March 2020 through November 2021, HIP conducted 1,264 phone appointments; prior to this, we had always conducted in-person clinics. This experience boosted my confidence in our ability to follow-up virtually with people at a distance, after first seeing them in-person in their communities.

Astra and Zelda, what led you to join Wanda on this trip to New Orleans?

Astra: There are so many individuals who are currently grieving, especially in communities with people of color. I want to use homeopathy to help them. During the weekend in New Orleans, I learned how to quickly get to the core of a homeopathy case because we did not have a lot of time with each person. We live in a world that heavily relies on expensive allopathic pharmaceuticals with potentially dangerous side effects. We want to introduce natural, affordable remedies that have no side effects. I mainly made this trip to share homeopathy and provide a bridge to more affordable health care for the New Orleans community we served.

Zelda: I heard about Wanda's idea, and I wanted to help those so affected by racial and other traumas. Individuals experiencing mental health issues from trauma need to see that there are alternatives, by using something that heals.

What steps did you take to get this project off the ground?

HIP worked with Dr. Kimberley Richards, a Core Trainer at the People's Institute for Survival and Beyond (PISB). Headquartered in New Orleans, PISB is a national, multiracial, anti-racist collective of organizers and educators, dedicated to building a movement for social transformation. We met PISB via Zoom ten days before our scheduled arrival in New Orleans, and we explained what homeopathy is. Dr. Richards connected us with

They needed to see our faces—people who look like them who are willing to help.

Jamilah Peters-Muhammad, a registered nurse and community health volunteer, who rallied her ASHÉ Cultural Arts Center community around the idea of scheduling appointments. This was a tremendous help in organizing the clinic!

During the four-day clinic, Astra, Zelda, and I saw 67 people. We gave remedies during the appointments, and people were shocked that they felt better. We weren't shocked because we know the power of homeopathy. Those who received a remedy went home, and the next day they sent their husbands, kids, and other family members to also find help for their ailments.

Can you share a few of your successes?

Wanda: A grandmother came in for her appointment. She had to bring her two-year-old grandson because he was sick and could not go to daycare. She had arthritis and couldn't move her fingers, which was a problem because she was a hairdresser. I gave a remedy, and while she was still there, she said, "I feel better within myself, and my hands and fingers aren't stiff!"

She then asked if I could help her grandson, who could not poop and required enemas every two days. The next day, the entire community was so happy that "the baby had pooped on his own!"

Then, the grandson's mom came to see me. She was stressed to the max and very frantic as she dealt with her son. I had a couple of remedies in mind, and then I asked if there was anything else she would like to share. She also said her tongue was always white. "I do everything I can, but it is still white." I repertorized and found a remedy for her anxiety that also addressed her white tongue symptom. Within minutes after giving her the remedy, she relaxed and felt like she could breathe. And when her son demanded her attention, she calmly said, "I'll be with you in a minute."

Astra: I consulted with a woman who had severe arthritis, since childhood. Every movement of her limbs was excruciatingly painful. I gave her a homeopathic remedy, and while she was waiting for her friend, who was also having a consultation, I noticed that she began to regain some range of motion. Her phone rang, and she suddenly rose from her chair to answer it. Her friend who was watching the scene remarked that she had never seen her move with such fluidity. I have always believed in the power of homeopathy, but I am still amazed by its regenerative attributes.

Zelda: I saw a woman who was wearing a cast boot, and who could barely walk. She was taking a prescription medication for nerve pain. We talked for a few minutes, and I gave her a remedy. In just a few minutes, she was able to move around more easily. Two days later I saw her, and she was no longer wearing the cast boot because she was pain free. I wanted to cry tears of happiness for her! She sent several more people to see me after her experience.

Our biggest success, however, is reflected in our clinic schedules going forward. Every person we saw in New Orleans made follow-up appointments with us. This is the outcome we sought, as we did not want to be the next "Band-Aid" this community encountered. With this initiative, it is important for all of us to "be all in."

Where is your next destination?

We plan to go to Minneapolis, to help survivors in communities that were and still are traumatized by the racial injustices that prevail, and to Detroit, another city that has a long history of racial injustices and generational trauma. We are looking at a possible partnership with PISB and the work they do with Native American Tribes, which could lead to future trips throughout the country.

How can others get involved?

Find somewhere in your own community and try our "model" out. Follow your heart in selecting those you serve, focusing on the disenfranchised, marginalized, and traumatized. If this is not the right time for you to serve, emotionally or financially support someone who can serve at this time. HIP welcomes your support. Learn more about us at homeopathyip.org. 🌍

Going with Their Gut

Digestive health and homeopathy for animals

By Todd Cooney, DVM, CVH



Food is the fuel of life for both humans and animals, and we, along with our furry pals, require good digestion to convert nutrients into energy. Disordered digestion is one of the most common types of illness I see in my holistic veterinary practice. Like the skin, the gastrointestinal (GI) tract serves as a protective barrier. Symptoms of GI upset are often the body's attempt to get rid of harmful toxins and disease-causing microorganisms or to correct an internal imbalance. Homeopathy offers a gentle, rapid way to help animals heal, regain balance, and

find relief from stomach upset and other digestive symptoms.

Rocky finds relief

Rocky, a lively four-month-old male German Shepherd, stopped eating and drinking and started vomiting. A few hours later, he developed very smelly and bloody diarrhea. When he arrived at my clinic, Rocky's human told me that Rocky had been fine the day before, but that now he was very lethargic. A rapid canine Parvovirus (Parvo) test showed strong positive results. Parvo is a contagious illness, especially affecting pups

between six and 20 weeks old. It can cause acute GI distress with vomiting and diarrhea, often leading to dehydration, shock, and sepsis, with sometimes serious or lethal consequences. I gave Rocky a dose of *Nux vomica* 10M, a well-known remedy for vomiting and diarrhea, because he seemed chilly, bothered by noise, and generally irritable, which was not his usual demeanor. I also sent Rocky home with some pellets of *Nux vomica* 10M dissolved in a bottle of water, and instructed his human to give a dropperful whenever Rocky vomited or had diarrhea.

The next day, his human reported that Rocky had only needed one dropperful of the remedy at home, and that he was back to his usual frisky behavior with a normal appetite. Rocky's quick response is typical of dogs who receive a well-matched homeopathic remedy to treat Parvo. (For more information about homeopathy and canine Parvovirus, read Parvo—A Viral Puppy Pandemic in *Homeopathy Today* Fall 2020 issue in Member Resources at <https://www.homeopathycenter.org/membership-resources/>)

Understanding dis-ease

Understanding disease (“dis-ease”) is critical to the process of finding the “right” remedy that can help an animal. Homeopathy philosophy teaches that disease begins on an energetic level as an imbalance in the vital force. Homeopaths define “vital force” as the energy that animates all living things.



As the vital force attempts to regain balance, symptoms appear as part of the healing process, yet symptoms are *not* the disease. The real disease is much like the force of gravity—unseen with observable effects. Diarrhea, vomiting, and other GI symptoms are outward signs of an inner imbalance as we see in Gus' case below.

Gus gets better

Gus, a 140-pound Mastiff, was brought into my office with bloat, a sudden distension of gas in the stomach that is potentially life threatening in large-breed dogs. He seemed distressed, with an increased heart rate, but otherwise Gus was stable. An X-ray confirmed that the stomach was bloated, but it was not rotated yet, ruling out a more serious condition called gastric dilatation volvulus (GDV). GDV, which is often rapidly fatal, occurs when a bloated stomach twists and puts pressure on other organs, cutting off blood supply and obstructing the removal of waste products from the body.

Understanding disease is critical to finding the “right” remedy that can help an animal.

I gave Gus a dose of *Carbo vegetabilis* 10M, a remedy known for helping with bloating and gas, and closely watched him. Gus seemed a little better about 15 minutes later, so I repeated the remedy. After the second dose, he became a bit restless, circled a few times, let out a loud belch, and then lay down and went to sleep. (People and animals who need *Carbo veg* are usually very much relieved by belching.) After that, Gus' swelling quickly went down, and we released him about four hours after his arrival. I sent more *Carbo veg* 10M home with Gus' human to have on hand in case of emergency, but Gus did not require any more.

Remedy Support for Digestive Distress



This is a partial list of homeopathic remedies I commonly use to treat digestive illness.

Aloe

loose, gassy diarrhea; sudden urging; raw and sore anus

Arsenicum album

one of the best GI remedies; vomiting and diarrhea, often foul smelling and putrid; restlessness; chilly; thirsty for small drinks; good for Parvo

Baptisia

rapid decline and weakness; foul smelling, watery diarrhea (Parvo); dark-colored gums

Carbo veg

best for bloat; flatulence; weak and cold; collapsed and better with fresh air

Chamomilla

great for pups with diarrhea from teething, especially with loose, green stools that are slimy and stinky

Cinchona (China)

diarrhea with excessive weakness; yellow stool with blood; flatulence

Cocculus

good for motion sickness from car rides; can become nauseous from smelling food

Ipecac

a great remedy for vomiting, especially when respiratory symptoms are also present

Iris versicolor

chronic vomiting; helpful with a history of pancreatitis; vomits bile periodically; irritability

Mercurius (solubilis or vivus)

straining to stool, even after defecating; possible blood or mucus present in stool; good for ailments of the mouth

Nux vomica

very important GI remedy for vomiting and diarrhea; irritability; overeating; side effects of conventional drugs; finicky eater

Phosphorus

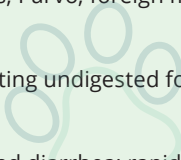
vomiting soon after eating or drinking (as soon as food or water warms in stomach, usually 10 to 15 minutes); very hungry; thirsty for large amounts of water; fear of storms, loud noises; Parvo; foreign material in stomach

Pulsatilla

lack of thirst is a key factor; vomiting undigested food hours after eating

Veratrum album

collapse with nausea, vomiting and diarrhea; rapid onset; severe cases of Parvo with much fluid loss



Acute or chronic?

Homeopaths often categorize disease as either acute or chronic. Acute diseases originate outside of the body and resemble a blazing fire that quickly burns itself out. On the other hand, chronic disease is a slow burning fire that gradually develops from inside the body, smolders a long time, and never really burns out. This kind of slow, progressive deterioration in animals is often attributed to aging, but it is really chronic disease. In contrast, animals with little to no chronic disease are fairly strong throughout their entire lives. When they come to the end of their time with us, they experience a rapid decline and, in most cases, peacefully pass.

Acute disease

True acute diseases are usually contagious and mainly affect the young. Acute diseases come on quickly, with intense symptoms, and the animal or person either gets better or perishes. Good examples of acute illness in dogs include canine Parvovirus and canine distemper (symptoms include eye and nasal discharge, coughing, and difficulty breathing). Ailments from accidents, trauma, and poisonings also fall into the acute disease category. One example is Nala's case below.

Nala and the needle

Nala, a young female Dachshund, was observed swallowing a sewing needle, when she chewed on an attached piece of thread. When she arrived in my office, I was concerned that the needle might perforate the stomach or bowel. An X-ray confirmed that the needle was in her stomach, but she acted fine with no symptoms. Discussing options with Nala's human, we decided to try homeopathy for 24 hours and prepare for surgery in case it was needed. I gave Nala *Phosphorus* 10M, a good remedy for foreign material in the stomach. If the needle had reached the bowel, I would have given Nala the remedy *Calendula* 10M (not to be confused with *Calendula* tincture or topical ointment), a remedy known for removing foreign matter

Food Tips for Fido

A good diet is an important foundation for health. It can often make veterinary visits less frequent, or unneeded. Here are some tips:

Feed fresh food

Choose fresh, unprocessed ingredients or good quality pet food supplemented with fresh ingredients. Include meats and vegetables. Avoid grapes, raisins, onions, macadamia nuts, and the sweetener xylitol. Also minimize fatty, greasy, and spicy ingredients, if offering homemade diets.

Read these books

For specifics on how to feed your animal companions and much more, read books on animal care by these authors: Richard and Susan Pitcairn, Karen Becker, Ann Martin, Andi Brown, Jan Allegretti, Martin Goldstein, Ian Billinghurst, Tom Lonsdale, and Richard Patton.

Read labels

Become a pet food label detective: read labels carefully and be wary of some common ingredients that are not healthy for your animal. Download the free app, Tail Blazers Pets, to find a complete dictionary of pet food ingredients.



from the bowels. Nala went home with a bottle of *Phosphorus* 10M, and I asked her human to give one dose that night.

Nala returned the next day for follow up, and she still seemed fine—no vomiting and normal eating and drinking. In a second X-ray, the needle was no longer visible anywhere in the GI tract. Nala's family went back home and sifted through her recent stool in the yard, and they found the needle! She had passed it without difficulty. Nala's human now keeps the sewing supplies out of reach of Nala's inquisitive mouth.

Chronic disease

In chronic disease, individuals and animals never fully recover. Instead, they get worse over time, experiencing "acute" flare-ups—temporary worsening of underlying chronic disease—at various intervals. For instance, a dog with a "sensitive stomach" that occasionally experiences short-term vomiting or diarrhea is really exhibiting signs of chronic disease. Addressing both acute flare-ups and chronic symp-

toms with a well-matched homeopathic remedy can possibly cure the underlying disease over time, permanently eliminating the acute flare-ups. Another way to look at chronic disease is by describing it as a weakened immune system. Homeopathy attempts to help strengthen the immune system by rebalancing the vital force.

Gut disease

Acute flare-ups of chronic gut disease often include both GI tract symptoms such as vomiting and diarrhea and allergy symptoms such as itchy skin and ear infections. These symptoms combined with food intolerance and hypersensitivity account for the bulk of veterinary visits in the U.S., and they are extremely frustrating for animal caretakers. Many holistic practitioners feel that the common use of medicines to remove (suppress) these symptoms contributes to the increase in more serious forms of chronic diseases in animals, including cancer. As the vital force's efforts to heal are shut down again and

again, disease is forced ever deeper. If your pet is dealing with chronic gut disease, I recommend you consult a professional veterinary homeopath to guide you on a path to cure, or at least to formulate a drug-free plan to improve your animal's life as much as possible.

Please note: Many acute episodes of GI distress respond well to homeopathy, but they can also be signs of deeper chronic disease (acute flare-ups). If your pet is not improving in a short time, please seek help. Visit the Find-a-Vet directory at www.theAVH.org.

Nutrition + Homeopathy = Good animal digestive health

Good animal digestive health can be the result of nutrition and homeopathy. Follow the *Food Tips for Fido* on page 34, and your animal friend will thank you

and will be blessed with more normal GI function. Also, having a few homeopathic remedies on hand (see *Remedy Support* on page 33) and learning to use them can make life easier and more pleasant for you and your animal friends. It takes practice to select the right remedy for an animal who exhibits only a few symptoms and who cannot verbalize their complaint. But careful observation of symptoms can often lead to a helpful remedy choice. 💧

ABOUT THE AUTHOR



Todd Cooney, DVM, MS, CVH, earned a BS in Wildlife Science, MS in Veterinary Parasitology, and DVM from Purdue University (1986). After 22 years of conventional practice, he took Dr. Richard Pitcairn's Professional

Course in Veterinary Homeopathy, which changed the way he viewed health and disease. Dr. Cooney now treats nearly all cases homeopathically. He has a busy practice in northern Indiana, serves as an instructor for the Pitcairn Institute of Veterinary Homeopathy (pivh.org), and is a board member of the Academy of Veterinary Homeopathy (theavh.org). Visit Dr. Cooney online at naturalanimalconsulting.com.



Founded in 1995, the Academy of Veterinary Homeopathy comprises veterinarians who share the common desire to restore true health to their patients through the use of homeopathic treatment. Members of the Academy are dedicated to understanding and preserving the principles of Classical Homeopathy.

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Focus on Men's Health

By Ron Dushkin, MD

Bob, a 52-year-old physician, first came to see me with a long list of health issues that had forced him to take a disability leave from his hospital practice. After finding no relief from nearly a year of conventional medical treatment, Bob had decided to give homeopathy a try.

I knew that finding a homeopathic remedy to help Bob would be challenging as many of his symptoms had developed after several courses of antibiotics for prostate problems. This compounded by Bob's brain fog—a newer ailment—would make it difficult to know which symptoms were part of his original complaint and which symptoms had developed after he took the antibiotics. Medications such as antibiotics work by removing symptoms, yet they often suppress rather than cure an illness and drive it deeper into chronic disease. In contrast, homeopathy supports the body's use of symptoms as healing tools, and a well-matched homeopathic remedy can help the body complete its innate healing process. Luckily, Bob experienced great results with homeopathy. Here's his story...

From the start

When I asked Bob to tell me how his symptoms started, he recalled a night of binge drinking at a bachelor party. Although he made it home safely, Bob had no recollection of how he had gotten there. Shortly afterwards, Bob started experiencing frequent and painful urination, low back pain, and pain with ejaculation—symptoms commonly associated with prostatitis (inflammation of the prostate gland).

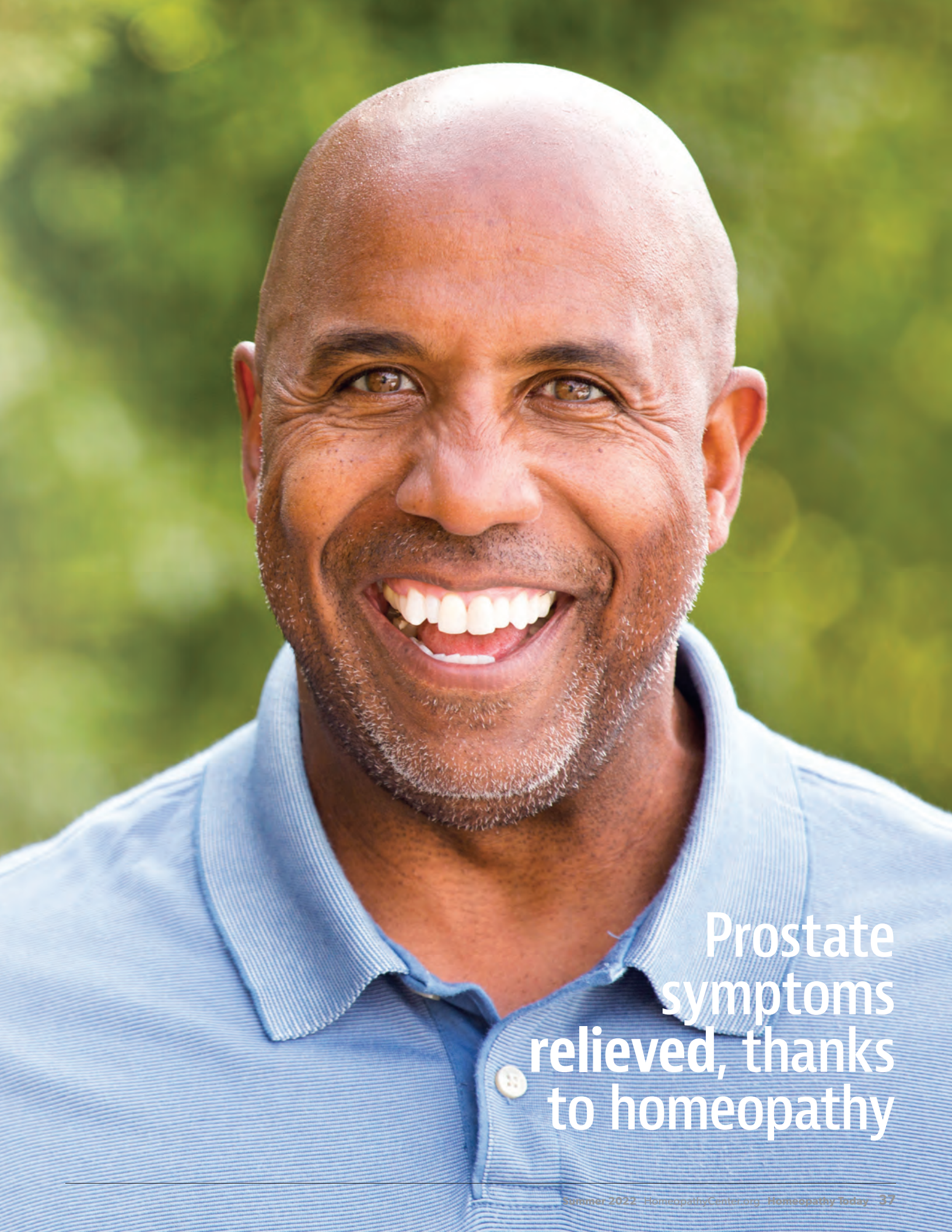
Bob had been prescribed several rounds of antibiotics over the previous 10 months, all aimed at treating urinary tract infection or sexually transmitted disease, even though his repeated lab tests showed evidence of neither. Bob described only minor, temporary relief from the antibiotics, and he said new symptoms had developed after treatment—fatigue, bloating, abdominal discomfort, flatulence, and constipation alternating with diarrhea. He also developed severe brain fog and tingling sensations in his hands and feet following an allergic reaction to one of the medications.

A personal glimpse

Bob, married with three children, graduated college as an engineer and went to medical school at age 29. He said that his relationship with his wife was good, and that she was supportive of him during this difficult time. He described himself as very sociable—everyone at work knew who he was. Always trying to be the “nice guy,” Bob said confrontation was hard for him. Bob's parents were both deceased, and while he was close to them, he had not grieved their passing. Although he had a history of occasional binge drinking, he had never had prostate symptoms before.

Other new symptoms

Since his prostate ailments first appeared, Bob reported a new sensitivity to cold, a tired and “spacey” sensation, and depressed feelings. His sexual energy was low, but his wife “didn't disturb him about it.” Bob also experienced performance anxiety accompanied by rapid heart rate, especially when he had to lecture to a large audience, which his faculty position frequently required.



Prostate
symptoms
relieved, thanks
to homeopathy

To get through these times, Bob took a beta blocker, a prescription medication that blocks adrenaline from increasing heart rate. In general, Bob was easily irritated, such as when someone was late to class or when a student did not “cover all the bases” with an assignment. I asked how he showed this irritability, and he said that he internalized the feelings. When I asked how he de-stressed, he replied “I don’t.”

Three remedies to consider

In my remedy search, I wanted to find one that matched Bob’s strong cognitive abilities (engineer and physician), his performance anxiety, and his urinary and prostate symptoms. After repertorizing, the three top remedies I considered were *Mercurius (vivus or solubilis)*, *Pulsatilla*, and *Lycopodium*.

People who respond well to *Mercurius* are often withdrawn and introverted, and their anxiety is typically more focused on their mental health. Bob described himself as sociable and well-known, and he was mainly anxious about appearing and speaking in public. Also, those who need *Mercurius* almost always report a history of poor resistance to infections, a worsening of symptoms at night, and an aggravation from temperature extremes, which Bob did not mention.

Individuals who are helped by *Pulsatilla* are gentle like Bob, but they are usually very emotionally and physically dependent on loved ones. Bob, in contrast, simply accepted that his wife wasn’t “disturbing him” about his lowered sexual energy. Plus, if Bob had needed *Pulsatilla*, we would have expected him to be more emotionally expressive when he felt irritable, rather than “internalizing” the feelings. Finally, Bob was chilly and aggravated by cold weather, which is the exact opposite of typical *Pulsatilla* characteristics.

Those who benefit from *Lycopodium* can have strong fears about appearing and performing in public. Yet, like Bob, they are often sociable and well-liked. In addition to matching Bob’s prostate symptoms, *Lycopodium* can be helpful with abdominal symptoms like Bob’s. Plus, people who need *Lycopodium* have a tendency to have lower sexual energy, as Bob described. Finally, Bob’s difficulty in expressing his irritability matches the lack of confidence experienced by most who need *Lycopodium*.

I decided on *Lycopodium* and suggested Bob take one dose of a 200c potency. Unfortunately, before Bob could take it, his prostate symptoms worsened, and he took another course of antibiotics. After a brief improvement, his symptoms returned yet again. At that point, Bob took a dose of *Lycopodium*, but there was no apparent response or improvement.

What next?

Because Bob did not respond to a remedy that appeared to be well-matched to his symptoms, I chose to approach the case differently as follows. First, I gave Bob a dose of *Nux vomica*,

a remedy often helpful after “overuse” of medication. When there was still no response, I included Bob’s wife in his consultation appointment because in a Predictive Homeopathy seminar, Dr. Prafull Vijayakar suggested that meeting with a close relative of the patient might provide new information.² In summary, Bob’s wife said, “He is an easy-going guy. He doesn’t get upset or annoy me.” This gave me very little to go on, so I asked Bob to spend some time thinking about what we might be missing. Because he truly wanted to feel better soon, Bob spent an entire weekend thinking about himself.

Bob opens up

On Monday during his consultation, Bob opened up about how he had suppressed his feelings for most of his life, always initially getting upset and then tamping down his emotions. As a child when he was bullied by other kids, Bob kept his feelings inside. As a teen, Bob smoked marijuana to manage his anger after prickly arguments with his parents. And as an adult, Bob would simply accept it when his wife refused him sex for months at a time. Bob said, “I’m one of the most agreeable people on the planet. I’m a pleaser, and I make everyone happy.” Suddenly, the path to Bob’s homeopathic remedy became clear to me!

Three more possibilities

In the same course taught by Dr. Prafull Vijayakar, I had learned about a group of remedies with “suppressed emotions” as a central theme, including *Ignatia*, *Carcinosin*, *Lycopodium*, and *Staphysagria* in this group. Since we had already tried *Lycopodium* without success, I focused on the remaining three possibilities.

Ignatia can be helpful for people who have deep-seated grief, especially for loved ones.¹ Often these individuals avoid crying and showing their intense emotions. And they usually

Bob said that he internalized his feelings.



are very sensitive with easily hurt feelings. This remedy did not seem to be a good match for Bob as his suppressed emotions were more centered in anger. Plus, Bob had not grieved for his parents after they died, which would be highly unusual for someone who needed *Ignatia*. Finally, Bob's placid response to his wife's refusal to have sex did not match the expected "offended" response someone who needs *Ignatia* might have.

People who need *Carcinosin* have usually dealt with a long-standing dominating influence in their life, such as a parent or older sibling.¹ Like Bob, these individuals can be gentle and amenable, acquiescing to others' wishes. Yet, Bob's story did not include a dominating family member, just usual teenager-parent clashes. Also, Bob's sensitivity to cold did not match *Carcinosin's* warm-blooded nature and sensitivity to heat. Those who benefit from this remedy usually have a family history of cancer or a personal history of debilitating illness, such as mononucleosis. Bob had neither.

The remedy *Staphysagria* was a near-exact match for Bob's list of ailments. Known for helping those who suppress anger, especially after insults or humiliation, *Staphysagria* also supports individuals dealing with urinary and prostate symptoms like Bob's.³ Interestingly, this remedy benefits those who are quite shy about seeking out sex—Bob just accepted his wife withholding sex from him for months. They can also be shy in general due to low self-esteem. These similarities and others led me to give Bob one dose of *Staphysagria* 1M. Bob reported researching *Staphysagria* online, and he said, "it was like reading my life story."

Relief at long last

Within a few weeks, Bob had cold and flu symptoms, but he didn't feel ill, which he thought was unusual. I encouraged him to rest and allow his own healing faculties to continue working. Over the next few weeks, his prostate symptoms, brain fog, and tingling hands and feet improved significantly. In fact, he felt so much better that he applied for the re-evaluation process to go back to work at the hospital.

During the next 10 months, Bob only experienced an occasional return of prostate symptoms and tingling in his hands and feet, and these episodes were milder than before he took the first dose of *Staphysagria*. When the symptoms resurfaced, I gave Bob *Staphysagria* 10M, a higher potency, because I was confident that the remedy was a good match, and I wanted him to respond more rapidly and remain symptom-free longer.

Bob was especially excited about the way his emotional state was improving—he definitely felt a greater self-confidence. He was voicing his opinion at staff meetings without feeling defensive or being argumentative. He decreased his dose of beta-blocker before lectures. And he was better able to express himself without fear of reprimand.

Homeopathy elevates health

In retrospect, Bob's story demonstrates how homeopathic medicine is individualized and how the simillimum—the

Prostate Health and Homeopathy

Two men relieved of troubling symptoms

By George Guess, MD, DABHM

Many prostate conditions—acute prostatitis, chronic prostatitis, and prostatic hypertrophy (enlarged prostate)—typically treated with antibiotics or other prescription medications can respond well to homeopathy, as shown in the following patient stories:

Randall, 50, sought treatment for recurring prostatitis. During flare-ups, his prostate area felt full and tender with an uncomfortable pressing sensation that was worse during urination. A mild-mannered man with strong family ties, Randall was warm-blooded and rarely thirsty. I suggested he take *Pulsatilla* 200c because it best matched his prostate and general symptoms. Within days, Randall's prostate began to feel better, and the flare-up quickly cooled down. Over the next two months, the frequency and intensity of flare-ups steadily declined until his prostate symptoms totally subsided.

Stan, 65, had been diagnosed with chronic benign prostatic hypertrophy (BPH) or non-cancerous enlarged prostate. But his Prostate Specific Antigen (PSA) blood test result was 10.1 (higher than 10.0 for men his age is considered dangerous, and elevated numbers could indicate prostate cancer). Stan complained of a swollen sensation in the prostate area, and his urine stream was weak and tended to spray. He was also troubled by frequent urinary urging and occasional incontinence. Sexually, Stan felt weaker, and he noticed a decrease in prostatic fluid. I prescribed the homeopathic remedy *Conium* 200c, one dose every two weeks. *Conium* is perhaps the preeminent remedy for BPH, especially when a man's sexual life is suddenly brought to a close, such as by the death of a sexual partner. Within a month, Stan's symptoms began to improve. A few months later, he was symptom-free, and his PSA had fallen to 6.0, where it has remained for more than two years.



George Guess, MD, DABHM*, a family physician in Charlottesville, VA, is board certified in Classical Homeopathy. His other areas of expertise are bioidentical hormone therapy and functional medicine. He is a past editor of the *American Journal of Homeopathic Medicine* and Vice-President of the American Board of Homeotherapeutics. Contact him at: www.drgeorgeguess.com or gguessmd@gmail.com.

*DABHM = Diplomate of the American Board of Homeopathic Medicine

remedy that best matches symptoms and is curative according to homeopathic principles—not only restores but even elevates a person’s health beyond initial expectations. Here, Bob describes the homeopathic process from his perspective:

“In 2013, I had a health crisis ... and several months of allopathic treatment left me a shell of myself. That is how I found Dr. Dushkin. It took a few months to get a hold on my illness, but the process was an experience that allowed me to understand more about myself and how past experiences had a very dramatic impact on the course of my health. The treatment was challenging at times and slow going, but now I am back at work and my mind is totally clear. The treatment also addressed problems that I thought could not be improved upon, and I am grateful for that added benefit.” 💧

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ABOUT THE AUTHOR



Ron Dushkin, MD, practices in New York City and is available for tele-med consultations. He is a Past President of the Homeopathic Medical Society of the State of New York, a Past President of the American Institute of Homeopathy, and a Charter Member of the American Holistic Medical Association. His website is www.drdushkin.com.

6 Remedies to Optimize Prostate Health

Try these homeopathic remedies if you have an acute flare-up of a prostate condition.
If a remedy does not help, seek professional medical care.

Prostate health remedy information provided by George Guess, MD, DABHM

Belladonna



Symptoms

Sudden inflamed prostate.
Throbbing pain worse jarring.
High fever with flushed face.

Conium maculatum



Symptoms

Prostatic hypertrophy. Enlarged, hard prostate, often when sex life stops.
Restricted urination; urging and straining.
Headache, dizziness.

Clematis erecta



Symptoms

Bladder never feels empty.
Dribbling, restricted urine stream.
Inflamed testes or epididymis.
Itching eruptions.

Hepar sulphuris calcareum



Symptoms

Very tender prostate. Urinary retention and incomplete urination. Urine drips out and down. Chilly. Irritable mood.

Pulsatilla



Symptoms

Recurring prostate inflammation.
Pressing pains worse after urination.
Urinary incontinence. Emotional mood.
Warm, no thirst.

Thuja occidentalis



Symptoms

Hard prostate. Pain with urination; forked urine stream. History of warts or genital warts. History of gonorrhea treated with antibiotics.

How to dose: Give doses of 30c or 200c in a water solution, two to three times a day for two to three days, and then assess the results. Stop dosing if symptoms improve and repeat dose if symptoms return. To make a water dose solution, place two or three pellets in eight ounces of water, let them dissolve, and stir the solution ten times before each one-teaspoon dose. Cover and store the solution in a cool, dark location. Use the same solution for all doses in the two-to-three-day period, or, if needed, for up to a week.



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Thorny Problem on a Summer Camping Trip

Puncture wounds and lessons learned

By Timothy Dooley, MD

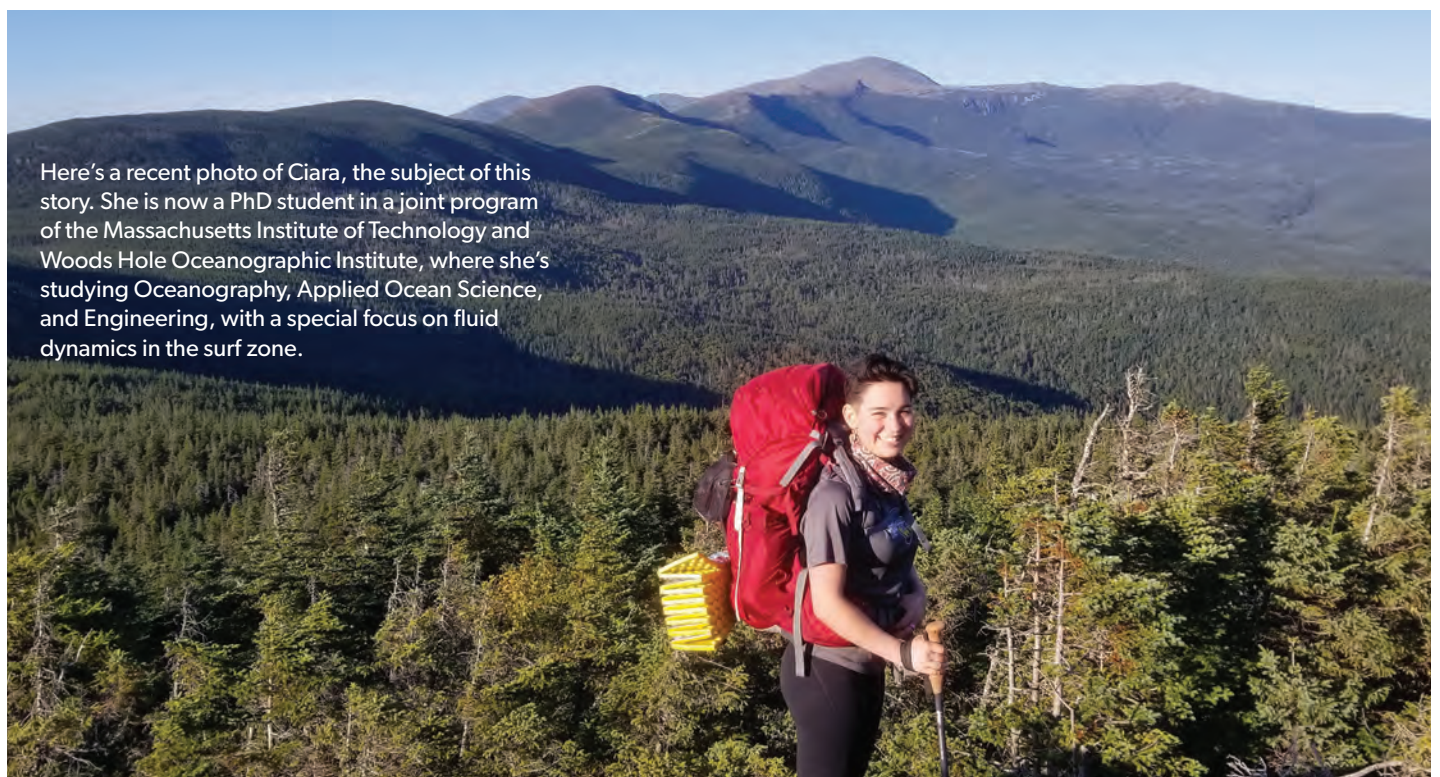
While on a family camping trip many summers ago, my then six-year-old daughter Ciara stepped on a thorn. It was late in the afternoon when she came hopping up on one foot, begging for help. I could see a dark spot on her heel indicating that the thorn was not too far under the skin, but there was no way of knowing how deep it went. The area was too tender for me to do much with it. I tried with a needle to see if I could get the thorn out, but Ciara really had a hard time with that. I mentioned that if I gave her a shot of lidocaine to numb the

area, I could probably get the thorn out. But I was reluctant to take this course, thinking we should just wait a bit and see how it was in the morning. In the meantime, I gave Ciara a dose of *Ledum palustre* 200c.

Standard puncture prescription

Ledum palustre is the standard homeopathic remedy for puncture wounds of all types, from thorns to nails to sharp instruments to insect stings to cat bites. When I started studying homeopathy, it was hard for me to accept that one remedy could be indicated for puncture

wounds that have such varying origins. Later I realized that most puncture wounds show a symptomatic similarity, and that *Ledum* is homeopathic to this common problem. The bottom line is: in puncture wounds, *Ledum* seems to help relieve pain and prevent infections. It is especially indicated for wounds when the injured part feels cold, yet the patient prefers cold applications. It also may help with sprains that feel cold but are better from cold applications, and with poison oak if the patient wants cold applied.



Here's a recent photo of Ciara, the subject of this story. She is now a PhD student in a joint program of the Massachusetts Institute of Technology and Woods Hole Oceanographic Institute, where she's studying Oceanography, Applied Ocean Science, and Engineering, with a special focus on fluid dynamics in the surf zone.

I have seen *Ledum* help patients with puncture wounds many times, but it didn't seem to help Ciara. Despite repeated doses, she was almost frantic with the pain. After washing up and eating a tearful meal, she wanted me to try to numb her heel with an injection and get the thorn out. I told her it would probably hurt a bit, but she said she didn't care.

To make a long story short, the whole episode verged on disastrous. I wasn't able to make a good injection into the pad of her heel, as it was too tough. All I did was cause Ciara more pain and tears. I felt terrible, and she was crying harder than ever. As the extent of her pain seemed out of proportion to the injury, I gave her a dose of *Hypericum*.

Excessively painful punctures

Hypericum is a homeopathic preparation of the herb St. John's Wort. While it is currently best known and used in large herbal doses as a safer alternative to conventional antidepressants, St. John's Wort has a long history in herbal medicine and homeopathy as a useful aid in wound management. It is often used as a diluted tincture to wash out wounds in order to prevent infection and aid healing.

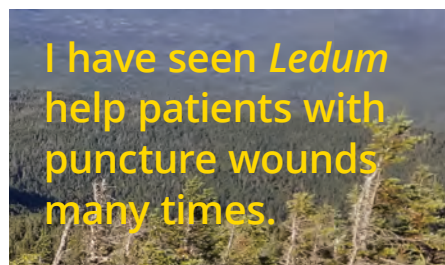
In homeopathy, *Hypericum* is the classic first-aid remedy for injuries to nerves and areas rich in nerve endings, especially toes, fingers, nails, lips, and so on. It is the first remedy to think of if someone smacks a finger with a hammer. It is taken internally in homeopathic doses and even applied directly as an herbal tincture to the injured part. Excessive painfulness is one of *Hypericum*'s guiding symptoms. This is true both in injuries and in conditions for which it is indicated, such as some cases of shingles (herpes zoster). Like *Ledum*, *Hypericum* is also indicated in puncture wounds. *Hypericum* was even reputed by the old-timers to prevent tetanus (lock-jaw), a bacterial illness associated with puncture wounds.

Hypericum looked like a winner to me, so I gave Ciara a dose of *Hypericum* 200c, then a second dose a few minutes

later, and a third shortly after that. Nothing happened. She was still frantic and crying.

To simply see ...

In the midst of all of her tears and complaints about the pain, which she said was so bad that it went up her leg, Ciara kept saying, "Give me some fruit juice with ice. I want some fruit juice with ice." I had patiently explained to her that we had neither fruit juice nor ice available at our campsite, and I was starting to get irritated with her persistence when suddenly it hit me. This unusual craving was a symptom and part of her peculiar reaction to the injury! This is the hardest thing in homeopathy: to simply see what is right before you.



I had no homeopathic books with me to research this symptom and smart phones didn't exist yet, so I opened my first-aid kit and looked at the 50 remedies available to me. Now, what remedy would be indicated for severe pain that made someone feel frantic and also want ice-cold fruit drinks? My eyes fell on *Magnesia phosphorica*. I had never used *Magnesia phosphorica* in an injury situation but remembered that its indications include severe pains that radiate. Since *Phosphorus* was part of its composition, perhaps *Magnesia phosphorica* would also be indicated for the symptom of a craving for cold drinks (as homeopathic *Phosphorus* is). I gave Ciara a dose of *Magnesia phosphorica* 200c (my first-aid kit had 50 remedies all of 200c potency). About a minute after the remedy melted in her mouth, she calmed down, and in another minute or two she was sound asleep. And she slept through the night.

Magnesia phosphorica is famous for helping with severe neuralgic and spasmodic pains that radiate and are

relieved by heat. These are commonly from toothache, abdominal colic (especially where the patient wants to double up), and menstrual cramps. Pertinent to our case, the following symptoms are also listed in the materia medica: Laments all the time about the pain, and thirst for very cold drinks.

Lessons learned

Ciara never again would let me try to remove the thorn. Although the injury festered, she wouldn't let anyone squeeze it to pop the thorn out. I told her that eventually the thorn would dissolve, fresh skin would grow, and the old skin would peel off, but that this would take a while.

She took no more homeopathic remedies for this problem. I checked her foot fairly regularly for the first ten days or so, and only occasionally thereafter. About three or four weeks after the initial injury, she showed me her foot. A layer of old dead skin was peeling off over the injury, revealing a layer of fresh pink skin underneath. The thorn was gone, and her foot was fully healed.

That was many years ago, and we can now look back on the whole ordeal as a learning experience. Hopefully Ciara learned that sometimes Dad knew what he was talking about when he said to keep your sandals on. And Dad was reminded to look carefully at each patient as an individual.

Most important was the ever-present lesson that the body heals itself, and we are all just assistants in this natural process. 🌊

ABOUT THE AUTHOR



Timothy R. Dooley, MD, has both an ND degree from National College of Naturopathic Medicine (1978) and an MD degree from Oregon Health Sciences University School of Medicine (1989). He taught at Southwest

College of Naturopathic Medicine in Arizona, directed emergency services at Del Puerto Hospital in California, and volunteered with Ananda Marga Universal Relief Team in Mexico and India. Dr. Dooley wrote the popular introductory book, *Homeopathy: Beyond Flat Earth Medicine*. He's been practicing homeopathy in San Diego since 1993. www.drdooley.net

Live Right for Your Remedy Type:

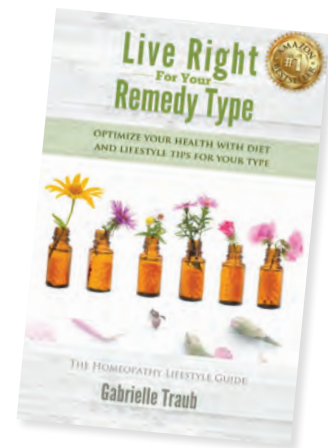
Optimize Your Health with Diet & Lifestyle Tips for Your Type

By Gabrielle Traub

Wise Women Book Collective, 2022, paperback, 480 pages, \$29.99.

ISBN 979-8985644210

Reviewed by Dor Remsen



Optimize your health! As the *Live Right for Your Remedy Type* subtitle says, you can Optimize Your Health with Diet & Lifestyle Tips for Your (constitutional) Type. We know that using homeopathy assists the body in its innate ability to heal. Why not boost that healing with diet, smart health practices, and lifestyle choices matched to you as an individual and your current homeopathic treatment?

Based on a team-approach with one's homeopath, the book provides a deeper understanding of constitutional type, its susceptibilities, and basic requirements for your healthiest self.

Gabrielle Traub set out to compile material from her many years of research and clinical practice in a book that would serve as a companion reference during homeopathic treatment. Homeopathy acknowledges the uniqueness of each of us and that an imbalance in our body affects our whole being—physically, mentally, and emotionally. Traub's approach encourages active participation in our health, as we not only follow our individually prescribed homeopathic treatment, but also pay attention to our daily living actions and choices.

Well-organized format

After a short introduction, the book covers 21 common constitutional types. Each remedy type is arranged in a similar way, beginning with a brief story of a person of a particular constitution and a summary of the characteristics of the type.

Each remedy type then includes practical information on: • Lifestyle – tendencies, susceptibilities • Diet – foods not tolerated, digestive weaknesses

• Supplements – vitamins, herbals
• Exercise – weaknesses, predispositions, cautions • Challenging situations – tips and additional support • Warning signs of imbalance – early subtle changes • During an acute illness – helpful tips • Other homeopathic remedies to keep on hand • Relationships with others • Parenting – many great tips • Adjunctive therapies • Bach Flower Essences • Note to practitioner – working as a team.

Many remedy types also include specific sections on: • Sleep – recommendations and tips • Time of day – coordinating care optimally • Environment – climate, weather, heat/cold • Women's health • Drugs and alcohol • Caring for when sick • Creating a healthy home • Travel • Work and study • Skin complaints.

Each remedy type ends with a handy chart on Diet, listing foods to favor and foods to avoid. The book's last chapter, Supplemental Information, includes a roundup of popular diets, types of exercise, saunas, birth control, and a brief glossary of terms.

The 21 remedy types are arranged alphabetically, as listed on the Contents page. In subsequent editions, it might be helpful if the subtitles from the Introductory chapter are listed on the Contents page, too, since there is no index.

Sturdy companion reference

The book binding seems sturdy, able to support its almost 500 pages for years to come. Its paper type allows highlighting without bleeding, and there is generous white space for margin notes. It's a practical manual that will stand up to frequent use.

So many novel as well as useful bits of information are included in this jam-packed reference, readers are sure to remark, "I didn't know that!" For example:

- The symptoms of low blood sugar can look very similar to anxiety.
- Lying on your stomach with your knees drawn up to your chest may help during a respiratory tract infection.
- Doing toe stretches and exercises increases foot and toe flexibility. Find toe stretchers online.

Readers will refer to *Live Right for Your Remedy Type* often, as well as linger to browse the treasure trove of information.

Gabrielle Traub, MTEch (Hom), CCH, has taught in England, South Africa, Pakistan, Dubai, Australia, and the U.S. She practices in San Diego, where she specializes in homeopathy for women and children. She is the founder of World Homeopathy Awareness Week.

It's been said that those who use homeopathy abide by the minimum dose ... in everything but books. *Live Right for your Remedy Type* is a book you will definitely want to add to your reference shelf. Make room for this very important handbook of never-before-presented-in-one-place practical information. 💧

ABOUT THE REVIEWER



Dor Remsen co-leads the Lake County Homeopathic Study Group, which meets in Mt Dora, Florida, as well as a second study group in Clermont where she lives. In 1993, she founded the study group in Bloomsburg, Pennsylvania. She currently serves as secretary on the board of the Florida Homeopathic Society.

HOMEOPATHIC CONVERSATIONS



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OCTOBER 29-30 2022

Curing the Root of Disease: Miasms and Beyond

GEORGE DIMITRIADIS, KH GYPSER, ROSARIO SÁNCHEZ
CABALLERO, GYANDAS WADHWANI, JOEL SHEPPERD AND
OTHERS DISCUSS . . .

Hahnemann's Chronic Diseases: a detailed dive into the 'Organon' and 'Chronic Diseases.'

Therapeutics of Chronic Diseases: based on the writings of such luminaries as Boenninghausen, Hering, Lippe, HN Guernsey, EA Farrington, TF Allen, EB Nash, HC Allen, W. Boericke, Stuart Close, JT Kent, HA Roberts, CM Boger, H Farrington, P Schmidt, etc.

Materia medica Pura project: updating hecla lava

A Panel of Speakers discussing:

Practical Therapeutics: Treatment of pandemics (and Covid-19)

'Varieties' of Classical Homeopathy: with reference to the work of Boenninghausen (using Dimitriadis's TBR and H Frei's Polarity Analysis), JT Kent, George Vithoukas, etc.

The State of the Science: Homeopathic Research Update

The Politics of Homeopathy: update regarding homeopathy's status with the FDA.

Please refer to homeopathyusa.org for more information

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Homeopathy Helps with Childhood Migraines

A 2013 12-country study of 168 children between the ages of 5 and 15 showed promise for using homeopathy to treat and prevent childhood migraine. All of the children had been previously diagnosed with migraine, and researchers compared the frequency, intensity, and duration of migraine attacks in the three months prior to the study to what they found in the three-month follow-up period:

- The frequency, severity, and duration of migraine significantly decreased (all $p < 0.001$).
- Children missed significantly fewer school days ($p < 0.001$).
- Homeopathic remedies were given as preventive treatment in 98% of the participants.
- Homeopathy alone was used to treat migraine in 38% of the migraine attacks.

Fifty-nine homeopathy-trained physicians individualized remedy selection for each child, mostly choosing a potency between 9c and 30c. The most common remedies used to prevent migraine included *Ignatia amara*, *Lycopodium*, *Natrum muriaticum*, *Gelsemium*, and *Pulsatilla*. To treat migraine, the physicians most frequently used *Belladonna*, *Ignatia amara*, *Iris versicolor*, *Kali phosphoricum*, and *Gelsemium*. 

Reference

Danno, K. et al. Homeopathic treatment of migraine in children: results of a prospective, multicenter, observational study. *Journal of Alternative Complementary Medicine*. 2013; 19(2): <https://homeopathyplus.com/?s=migraine+in+children>



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