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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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What is Homeopathy?

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

How does homeopathy differ from conventional medicine?

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

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

What is homeopathy’s history?

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

Homeo-Speak

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

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

**chronic illness:** (See acute illness.)

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

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

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

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

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

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

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

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

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

**rubric:** A symptom listed in a homeopathic repertory.

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

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

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

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

Fabricce Figliolini, who was born and raised in France and grew up using homeopathic medicine, is the Vice President for Finance, Human Resources, Information Technology, and Supply Chain at Boiron USA in Newtown Square, Pennsylvania. He also serves on the NCH Board of Directors. He earned his BBA in International Business and his MBA in Management Information Systems from Temple University. He enjoys working with a team driven to change our healthcare system by helping people view their health in a more holistic way.

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**NCH and the 21st Century**

As Boiron’s Vice President for Information Technology, I am passionate about data and statistics. Since 1974, the National Center for Homeopathy has been a leader in providing education and building awareness while advocating for access to homeopathy as a safe, effective, and affordable system of medicine. We’ve grown a lot in 46 years, as evidenced by our 3.5 million annual website visits, 40,000-plus Facebook followers, and thousands of members and donors. And now it’s time to continue our growth trajectory as we update our brand and our website for the 21st century.

As Chair of the Website Committee, I am excited to announce the recent launch of our brand new website. Check it out! As homeopathy continues to explode into this century, NCH is following suit. We have partnered with many vendors and sponsors to offer great benefits when you enroll in one of our membership levels. Our new site includes state-of-the-art content and information, in addition to fully-automated features for our members to use for enrollment, a new membership structure, and last but not least, the opportunity to purchase online directly from our site. Our goal is to cater to you, our members, wherever you might be located around the globe.

Our new website is the first step in allowing us to expand our member offerings while also making membership relevant to today’s demographic. In keeping with the numbers, here are ten reasons to bookmark our new website and visit it daily:

1. Become a member and access benefits such as coupons and discount codes from homeopathic retail partners.
2. Sign up for our monthly NCH Community Newsletter.
3. Register for webinars.
4. Access our online Materia Medica.
5. Print out infographic resources such as “How to Use Homeopathy” (at right).
7. Learn about JAHC—our Joint American Homeopathic Conference—the largest gathering of homeopaths in North America.
8. Read about current legislation related to homeopathy and learn how to become an advocate.
9. Find a homeopathy study group.
10. All of the above, and more! And this list is just the free stuff, available to everyone. Members will find that the new website will allow NCH to expand our member-only benefits in the coming months—something the entire Board of Directors is looking forward to.

Please join us as we launch NCH into the 21st century—share our website far and wide, with all your social media contacts and friends. Your ongoing support of NCH is vital as homeopathy awareness continues to grow. Thank you for your membership and contributions.
If we’ve learned one thing from 2020 so far, it’s that change is in the air! The National Center for Homeopathy is fully embracing change as we launch a new website, restructure and bolster member benefits, and plan a groundbreaking 2021 Joint American Homeopathic Conference.

Our in-person JAHC event will be held in Reston, Virginia from April 23 through 25. As this issue of Homeopathy Today goes to press, contracts are being drawn up with world class speakers and homeopaths who will be sharing a variety of information relevant to current events and issues prominent in the 21st century.

NCH will kick off our 16th Annual JAHC on Friday with special sessions for those just beginning their studies. As usual, all three days will be chock full of the content homeopaths have come to expect—our extensive professional track with authors, speakers, and researchers from around the world. There will even be a special post-conference event on Sunday afternoon which will focus on women’s health.

The exhibition hall has been revamped and will be bigger and better than ever, featuring long-time NCH partners as well as new vendors from the slow food and organic farming movements. Valuable giveaways and our interactive app will ensure that participants have fun along with learning—as we all know that all work and no play makes many more visits to the homeopath necessary …

Throughout the weekend, attendees will be treated to high quality, nutritious, and local food—think farm-to-table meets JAHC! Get ready to enjoy new things, such as kombucha breaks, as you browse the exhibits and taste food from local farms. Remember to bring along any homeopathic books you no longer need and swap them at our Friday evening book swap!

Learn from the best homeopaths in the world (names will be announced in the next few weeks!) and take this opportunity to reconnect with friends in the community. We missed seeing you last year and we look forward to getting together in 2021!

But wait, there’s more! This 2021 JAHC event will be extra special as we are joining forces with Americans for Homeopathy Choice (AFHC) to support advocacy for Homeopathy in Washington, DC. Please come early and join both organizations to support the homeopathic community.

AFHC’s advocacy event, dubbed “Homeopathy on the Hill (HOH)”, will take place April 21-22, 2021, at the Hyatt Regency in Reston, Virginia, immediately preceding the JAHC in the same location. And we are excited to announce that HOH participants get a special discount for the JAHC!

You won’t want to miss out on Homeopathy on the Hill. AFHC has arranged for participants of HOH to have a special star appearance by Lindsay Wagner. You may know Ms. Wagner from her work in the 1970s show, The Bionic Woman, or you may know her from her recent work in Grey’s Anatomy. We homeopaths know her as a prominent consumer and supporter of homeopathy! If that’s not enough, AFHC is also working hard to enable Homeopathy on the Hill participants to have a private viewing of Samuel Hahnemann’s original homeopathy kits, which will be displayed only to event participants at the Smithsonian National Museum of American History.

Embrace change with NCH and AFHC! Join us as we come together for the largest gathering of homeopaths in North America, to learn, connect, and advocate.

ABOUT THE AUTHOR

Lynn Wagner, CCH, RSHom(NA), found homeopathy when her young son was ill and did not respond to traditional medical treatment. Lynn, who has an MBA and worked for Accenture and IBM, eventually left her 20-plus year career in finance and information technology to study homeopathy. She now has a private homeopathy practice in the Philadelphia area, teaches classes on homeopathy, and works with local and international non-profit organizations. She also serves on the National Center for Homeopathy Board of Directors.
HOMEOPATHIC RESEARCH MATTERS

Homeopathy and Malaria
Research in Kenya finds homeopathy a valuable option in malaria treatment
by RONALD WHITMONT, MD

In June 2020, the International Journal of High Dilution Research published “Outcomes and Effects of Homeopathic Treatment of Malaria in Kenya, a Multi-centre Study,” by Martien Brands, Suzanne van Berkel, and Julius Wambua.

The authors used three separate investigations to evaluate the effects of homeopathy on the treatment of malaria in Kenya: (1) a retrospective qualitative study, (2) a prospective single arm study, and (3) a comparison between homeopathic treatment and the conventional oral anti-malarial drug Coartem (containing a combination of artemether and lumefantrine). According to the World Health Organization (WHO), artemether is one of the safest medications to treat malaria, but its side effects include abnormally slow heart-beat, electrical disturbances in the heart, and central nervous system toxicity. An equally effective medicine not complicated by these serious side effects would be a welcome addition to the worldwide pharmacopeia. The authors concluded that homeopathic medicines are as effective as Coartem in the treatment of uncomplicated malaria, while offering comparable benefits and greater improvement in quality of life.

The effects of homeopathic medicine in human and animal malaria cases have been examined before, but this was the first time homeopathy was systematically evaluated and its efficacy compared with conventional care. The authors chose to study the effects of homeopathy on malaria, a parasitic infection, precisely because they wished to dispute the criticism that homeopathy acts as a placebo through “context effects.”

More than 50% of the population in Kenya is at risk for malaria. It is Kenya’s leading cause of illness and death, accounting for 50% of outpatient visits, 20% of hospital admissions, and 20% of deaths of children younger than age five. It is clearly not an innocent, self-limiting disease likely to “be treated by an empathic doctor-patient relationship alone.”

In 1996, a randomized clinical trial in Ghana had already demonstrated that homeopathy was comparable to chloroquine, which was previously the standard treatment for this condition.

The three separate investigations of the authors are described briefly below.

The first study, a retrospective pilot, looked at the treatment records of 54 patients, who had been treated homeopathically in 2014, to determine the type of homeopathic medications used and the dosing employed. Single medications were used exclusively in only 15% of cases; most patients received single medications along with complex medications and nosodes.

The second (prospective single arm) study included 69 patients at three homeopathic clinics in Kenya, with malaria-like symptoms confirmed by positive parasite counts. Included were patients with co-morbidities such as amebiasis, typhoid fever, hookworm, and brucellosis, since these common infections are endemic to the region. The study excluded patients with serious cerebral malaria symptoms and those with febrile conditions where malaria could not be confirmed through blood analysis. The homeopathic cure rate varied
between 64% and 100%. The lower figure appeared to be related to an unusually high drop-out rate (35%) at one of the clinics, which may have confounded the results.

The third (open label) study compared two separate patient cohorts using the same inclusion/exclusion criteria: the first group of 79 people received homeopathic treatment from one of the three homeopathic clinics, and the second group of 35 people received Coartem from the local hospital outpatient department during the same rainy season. After one week of treatment, there was no statistically significant difference between the two group’s outcomes. The authors concluded that “homeopathic remedies and Coartem tablets had a similar effect on the treatment of patients with uncomplicated malaria in that region.” In addition, overall improvement was greater, after one week, in the homeopathic cohort when compared with the conventional group, suggesting a symptomatic difference in clinical improvement that favored the homeopathy group.

Two homeopathic medications, China officinalis and Chininum sulphuricum, accounted for 82% of cured cases. Most homeopathic medications were used in either 6X or 12X potencies and were repeated frequently over a five-to-seven day period.

**Conclusion**

This study is the first to compare homeopathic therapy with conventional drug therapy in the treatment of uncomplicated malaria in an underdeveloped nation. It provides further evidence to support the use of homeopathy in the treatment of parasitic illness and demonstrates that it is equally effective and, at times, superior to conventional care.

**REFERENCES**


**ABOUT THE AUTHOR**

Ronald D. Whitmont, MD, is Immediate Past President of the American Institute of Homeopathy. He is Board Certified in Internal Medicine and Clinical Assistant Professor of Family and Community Medicine at New York Medical College in Valhalla, New York. He can be reached at homeopathicmd@gmail.com

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“This study is the first to compare homeopathic therapy with conventional drug therapy in the treatment of uncomplicated malaria in an underdeveloped nation. It provides further evidence to support the use of homeopathy in the treatment of parasitic illness and demonstrates that it is equally effective and, at times, superior to conventional care.”
Canine parvovirus (CPV), the most common viral disease of pups in the United States, strikes fear into the heart of many new puppy owners. CPV is considered a highly contagious disease of dogs. It can cause acute gastrointestinal illness with vomiting and diarrhea in pups between six and 20 weeks old, although older dogs are sometimes affected. The resulting dehydration, shock, and sepsis can lead to serious or lethal consequences. Conventional treatment of dogs with parvo centers on supportive measures, such as intravenous replacement of fluids and nutrients, as well as vaccines for prevention. In my experience, homeopathy is a very good way to treat and prevent this dreaded viral disease of dogs.

CPV type 2, the virus that causes the disease, appeared suddenly, with the first cases seen in Europe in 1976. By 1978, the virus was found worldwide, causing a pandemic of myocarditis (inflammation of the heart muscle) and gastroenteritis (inflammation of the intestines). The virus is not limited to dogs, but occurs in wild species such as coyotes, wolves, foxes, and skunks. CPV is closely related to feline panleukopenia virus (FPV), another parvo virus discovered in the 1920s that affects cats, minks, and other species. CPV likely arose from two or three genetic mutations in FPV, allowing it to expand to the canine host range.

After completing Dr. Richard Pitcairn’s Professional Homeopathy Course for Veterinarians, I began to adjust my approach to vaccination in practice. I now rely completely on homeopathy to help build a pup’s immunity to this deadly virus and to help them recover quickly if they do fall into illness with CPV.

So let’s look at how dogs with parvo might be treated with homeopathy.

Remedies for parvo

I tend to use a small group of polychrest remedies to treat pups sick with parvo. A polychrest is a remedy deemed exceptionally useful from over 200 years of clinical experience. Hahnemann says: “There are a few medicines, the majority of whose symptoms correspond in similarity with the symptoms of the commonest and most frequent of human [or animal] diseases and hence very often find an efficacious homeopathic employment … they may be termed polychrests.”

By choosing rubrics (or symptoms) corresponding to the most characteristic symptoms of parvo, we find a list of remedies ranked in order, according to their similarity. Figure 1, below, created with MacRepertory software, lists just four symptoms. This is just a portion of the analysis, listing the first eight remedies, and choosing from all possible remedies. Arsenicum album is highest ranking, followed by Ipecacuanha, Phosphorus, and Veratrum album, all tied for second.

Figure 1: Most Characteristic Parvo Symptoms
A second analysis (Figure 2, above) uses a larger number of rubrics /symptoms: *Arsenicum album* is still in highest position, followed by *Ipecacuanha*. The first two remedies didn’t change from the first repertorization, but the longer list of symptoms in this second repertorization does result in other remedies to consider. One remedy I use often is *Nux vomica*, especially in the early stages of the disease, if vomiting and nausea are the only symptoms. In my experience, this remedy will often abort the clinical progression within 12 hours without any other treatment.

If we limit the selection to only anti-psoric or chronic disease remedies in our repertorization of a short list of symptoms (Figure 3, above), the resulting remedy list changes slightly: *Arsenicum* and *Phosphorus* are the two highest-ranking chronic remedies for this group of symptoms; both remedies are also very useful in acute situations.
If we again limit the selection to chronic disease remedies but now repertorize the longer list of symptoms (Figure 4, previous page), we get a different list of remedies to consider: Arsenicum album is the highest ranking, with Sulphur, Mercurius, and Silicea following. It’s helpful to consider the chronic remedies as possible constitutional treatments for the parvo case, such as toward the end of the illness, or if the pup seems to be “stuck” and not making good progress.

The nosode remedy made from CPV can also help toward the end of the illness, if a pup is not responding well to other remedies. The nosode is also excellent for prevention in healthy pups. In my experience, most pups with Parvo will respond very well to homeopathic treatment within 24 to 48 hours, especially if never vaccinated.

Let’s illustrate these points with a few actual cases.

Mia, a pit bull
Mia, a five-month-old female pit bull, presented with vomiting and diarrhea of two days duration, lethargy, and no appetite. Hydration was normal, her gums were pink, and her abdomen seemed slightly tender on palpation. A parvo test was positive. I gave one dose of Nux vomica 10M in the exam room and sent the same remedy in solution home with the owner, to give repeated doses as needed. The client reported the next day that Mia improved after the first dose, and she began eating and drinking a few hours later with no further vomiting or diarrhea. This kind of quick improvement is not unusual in my experience.

Pudgey, a beagle mix
Pudgey, a five-month-old male beagle mix, came in with a history of vomiting and diarrhea. The stool was very foul smelling (cadaverous odor) with blood. Pudgey was restless in his cage—up and down, and changing positions often. The parvo test was strongly positive. He was moderately dehydrated, so I gave Arsenicum 10M and began IV fluid therapy over the next 24 hours. By the next day, Pudgey’s restlessness and foul diarrhea were improved, but he now seemed more nauseated (vomiting and heavy drooling) and more irritable. I gave Nux vomica 10M, and these symptoms resolved over the next six to eight hours. The next morning, he was barking in the cage, ate and drank without vomiting, and went home that afternoon.

Pepper and Precious, Chihuahuas
Two sibling female Chihuahua pups from the same household, Pepper and Precious, were four months old when they came into our clinic for Puppy Wellness Packages (homeopathic nosode remedies instead of vaccination). About a month later, Pepper became ill and tested positive for parvo. She was brought to the clinic and received one dose of Arsenicum 10M, as this seemed to match her symptom picture best. She began eating and drinking that afternoon, and went back home without any further treatment.

Her sister, Precious, tested positive four days later, and came in with slightly different symptoms, mostly nausea and vomiting. I gave her Nux vomica 10M and began IV fluids, as she was in worse shape than Pepper had been on arrival. The next day, Precious’ symptoms shifted to a different remedy state (restless, foul-smelling diarrhea with blood), so I gave Arsenicum 10M—a total of three doses over the next three days, as she stayed in this state, without really deteriorating further or changing symptoms. On the last day, she improved quickly and went home.

Building resistance
The above cases show real-life examples of what a difference homeopathy makes in dealing with a serious epidemic disease of dogs, canine parvovirus—four cases, all managed slightly differently, depending on the individual’s symptom picture. Homeopathy’s Law of Similars helps us identify useful remedies for treating sick dogs, and the CPV nosode safely improves immunity.

Homeopathy focuses on establishing a high state of health, with natural resistance to disease. This results in fewer susceptible individuals, as the existing level of chronic disease will be lower. Combine this higher level of resistance with alternative ways of building immunity, and the overall health picture of our animal friends will be much brighter.

For more information on parvo and homeopathy, visit www.naturalanimalconsulting.com.

ABOUT THE AUTHOR
Dr. Todd Cooney trained at Purdue University for undergraduate studies and veterinary school. After almost 20 years of conventional practice, he took Dr. Richard Pitcairn’s Professional Course in Veterinary Homeopathy and changed the way he viewed health and disease. Dr. Cooney now uses homeopathy exclusively on all of his cases.
REMEMBERING
Julian “Winnie” Winston
A bright star in the homeopathic firmament

A man of many talents
I met Julian at one of my seminars in New York. After class, we went out for beers, a habit we continued to cultivate, and so we became friends, based on our love of homeopathy and all things good in life. A few years later, I visited him at his house in Philly, bang in the middle of Rocky Balboa’s neighborhood. He lived in an old fire station, in which he had converted the upper floor to an open-plan living room and library. Bookshelves were crammed with homeopathic books, many of them antiques. Julian would travel far and wide in search of old homeopathic collections. When Boericke and Tafel threw out their old remedy collection, Julian was there the same night, picking treasures out of the dump. Julian was very generous, and he gave me a few valuable books, including a first edition set of Hering’s Materia Medica, still mint new in its original box. He had driven all the way to Kansas to visit an old farmer who had told him he had some old homeopathic books, and there was the box, sitting unopened in the barn! He also gave me Cooper’s personal, signed copy of Kent’s Repertory, and a print plate of the Tarentula page from Boericke’s original Materia Medica.

I had the privilege of treating Julian, and it was not long after that he fell in love with Gwyneth Evans, and soon closed shop and offed to New Zealand to be with her. I visited him there a few years later, where he took me ‘round his new hometown, Wellington.

Julian was a man of many talents. There was always so much to learn from him, about life, about design (which he taught in university), and about music (he was a master pedal-steel guitar player, having written the only instructional book on the subject at the time).

I often told Julian I was grateful he was not a practicing homeopath, because we needed his talent more as a historian. Whenever I needed to know something about homeopathic history, I would write to Julian.

—JEREMY SHERR, TANZANIA

Champion of classical homeopathy
I met Julian in 1980, when he was helping with registrations at the NCH Summer School. What charmed me was not only his plant walks to identify the remedies that grew nearby, the down-home musical evenings with pedal-steel guitar, and his incredibly knowledgeable and fact-filled slide shows on homeopathic history, but above all, the stunning array of talents, interests, and eccentricities that miraculously coexisted in his person.

Years earlier, Dr. Raymond Seidel, a low-potency homeopath in Philadelphia, had cured him of a persistent bladder infection with a few doses of Merc iod flav 3X; from then on, he was hooked. From studying with Seidel and on his own, he was already adept when he appeared on the scene, became Registrar of the Summer School the year after and eventually its Dean, not to mention the NCH Librarian and Board member, and Editor-in-Chief of Homeopathy Today for 20 plus years.

Traveling around the country, Julian met with homeopaths of every stripe, ranging from MDs and other health professionals to committed laypeople teaching first aid and treating their families and friends. Based on these interviews, his classic monograph, “Some Notes and Observations on the State of Homeopathy in America,” provided a cogent rationale for the Affiliated Study Groups that the NCH Board initiated in 1985; and it still makes fascinating reading today.
Julian played banjo with Bill Monroe and the Blue Grass Boys.

Buying and renovating an old firehouse in Philadelphia, he filled it to bursting with old books, journals, medicines, and paraphernalia of every description, a veritable museum of homeopathy, not to mention his ever-expanding computer and online capability, which likewise kept far ahead of the curve. His nature was remarkable for the seemingly irreconcilable traits that it encompassed, such as a devoted scholar’s penchant for all things antiquarian, an artist’s eye for design, and a geeky flair for information technology in all of its latest applications. His talent for orchestrating these talents yielded a rich harvest of immensely learned yet readily accessible works for which homeopaths will be forever in his debt.

Unquestionably the greatest of these are his book and video, The Faces of Homoeopathy, originating from his popular slide shows, celebrating the pageant and sweep of homoeopathic history, and featuring the people who lived it and the influences that shaped them. Lavishly produced and illustrated by his own hand, with memorabilia from his own collection, it blends rare archival sources, photographs, and portraits with intelligent commentary, much of it based on personal acquaintance or gleaned from careful study. Its companion volume, The Heritage of Homeopathic Literature, offers a guided tour, with the benefit of his encyclopedic knowledge, discerning selections, and at times controversial opinions regarding them.

As Julian’s fame and reputation grew, he was much in demand as a lecturer on the international circuit; and in 1992, while teaching at the Wellington College of Homoeopathy in New Zealand, the old bachelor, collector, and packrat finally met the love of his life, Gwyneth Evans, who happened to be the principal of the school. In 1995, he married her, moved to New Zealand, and settled into a marital bliss that he had never known and indeed stoutly resisted until then, and that he continued to enjoy for the remainder of his life. He may have taken umbrage at my suggestion that he resign as Editor, but he continued to take the measure of homeopathy in America from across the sea, insisting that the internet had transcended any limitations of time and space.

Always a champion of classical homeopathy, in the 1990s he attacked the new teachings of Sankaran, Scholten, and others as speculative in nature and thus not strictly homeopathic at all, inciting a major backlash against these innovations in Homeopathy Today, and even published André Saine’s learned diatribe, “Homeopathy vs. Speculative Medicine,” as a lead article without allowing me the space to reply to it.

That quarrel between us took a good year to patch up, but even in the midst of it, I couldn’t stop admiring him for his stubborn insistence on being himself, which meant sticking to his guns, no matter what it cost, even when I had to take my lumps for it. But most of all, I’m grateful to him for all that he gave, which has enriched our lives and will surely continue to do so for homeopaths to come.

—RICHARD MOSKOWITZ, MD, DHT, WATERTOWN, MASSACHUSETTS, USA

A fount of information

I met Julian when NCH Summer School was held on a college campus in Millersville, Pennsylvania, and he was serving as Registrar. I recall visiting his dorm room and enjoying his impressive pedal-steel guitar performances. Over later years, he regaled us with mini-concerts during Saturday night NCH Annual Conference soirées. Julian was renowned for his steel guitar virtuosity. Terry Gross on NPR’s Fresh Air affectionately recalled Julian’s—a.k.a, “Winnie’s”—musical genius, shortly after his untimely death.

As an industrial designer and graphic artist (he taught at Philadelphia College of Art), Julian served U.S. homeopathy well. He designed the logo of the American Board of Homeopathic Medicine (formerly American Board of Homeotherapeutics) and of the American Institute of Homeopathy. He also served admirably as editor of NCH’s Homeopathy Today for more than 20 years. Ever the proponent of classical homeopathy, Julian once took it upon himself to tour the U.S. and visit almost every homeopathic physician and study group in the country. His aim was to determine which “brand” of homeopathy achieved the best results. His conclusion? Classical

His handwriting was unique—very clear and good to read. We exchanged many letters—this was the time before the internet.

I truly miss him; there must be many others who feel as I do.

—DR. MED. K.-H. GYPSE, GLEES, GERMANY

A friend across the miles

I visited Julian at his residence in Philadelphia in October 1986. He offered me to stay in his guest room. On the desk lay his fully loaded six-shooter … a nice experience for a visitor from a country (Germany) where weapons are prohibited.

He visited us in Glee from 23rd March to 1st April 2000 and spent most of the time in our guest room, studying volumes of old American periodicals he did not have in his possession. Especially [he used them to] complete his database on biographical dates of American homeopathic physicians.
homeopathy, without question! Need I mention the degree of commitment Julian displayed to our beloved science and art?

His book, *Faces of Homeopathy*, is a treasure house of information about U.S. homeopaths and history. An avid historian of homeopathy with a vast recall of historical trivia, Julian was a fount one could always turn to for needed information.

Julian could be a crusty codger at times and highly critical of lesser brands of homeopathy, while at the same time a lovable advocate, friend, and tireless worker for the cause. His like is very unlikely to be seen again, though I continue to await his reincarnated proxy expectantly.

Please hurry up, Julian! We miss you!

—GEORGE GUESS, MD, DHT
CHARLOTTESVILLE, VIRGINIA, USA

The facts first
I met Julian in 1995 on the good old lyght-force homeopathy forum online, which was great fun, pity it’s no longer going! In June 2000, I flew to Washington, DC, to attend the 100th Anniversary Celebration of the dedication of the Hahnemann Monument and met Julian, his wife, and many other attendees.

JW cooked up a crazy but fun idea to ask George Vithoulkas [a featured presenter at the celebration] about his claims that chronic disease was “destroying American society.” It was agreed that I would be the fall guy! I was pretty nervous but Julian assured me it would be fine! So, we waylaid George in the lobby of the conference hall after his talk. George was happy to engage in discussion, and the end result was an interview published in the *Journal of the American Institute of Homoeopathy*. That whole event was largely down to JW.

I always found JW a really nice guy who was eager to promote homeopathy far and wide. He sent me a signed, review copy of his wonderful book, *Faces of Homeopathy*, soon after it was released. It remains today the greatest treasure of homeopathic history that any homeopath could wish to flick through or read intensively. Like its author, it focused on the facts, the who said or did what, where, and when. In that respect, it is a fitting tribute not just to Julian’s work in homeopathy but also to his personality: first, get the facts straightened out accurately, and then the true history will follow. And that’s exactly how I remember him on a personal level.

—PETER MORRELL, STAFFORDSHIRE
UNITED KINGDOM

A delightful visitor
I always enjoyed when Julian visited my home. He delighted in seeing my collection and discovering artifacts he’d never seen. When he brought his wife, Gwyneth, he asked me to take a photo of them in the library. He inserted that photo in his book, *The Faces of Homoeopathy*, and I often look at it.

—BILL KIRTSOS, OLD CHATHAM,
NEW YORK USA

A blessing!
Memories! There are so many of them, and so clear even though it is 15 years since he left us on June 12, 2005.

It was some months after that date, while looking through some papers, that I realized he had left the USA to come to live in New Zealand on June 12, 1995, and he passed from this lifetime exactly 10 years later. I have always had a quiet wondering how he managed to achieve that, and on a college weekend as well.

When I first met JW in Wellington, New Zealand (he came to be guest lecturer at my college’s first-ever Summer School), I was going to shake his hand. With his head slightly on one side he looked at me and said ... “I think Gwyneths are for hugging.”

I was a “goner” right then. There has never been anyone since.

He taught at my/our homeopathy college, though the students didn’t always know quite how to take him. He once arranged to come into class when a tutor was teaching *materia medica* of Sulphur. His shirtsleeves unevenly rolled, hair wildly unkempt, a large (put there intentionally) splash of tomato juice down his shirt front, he proceeded to take over the class with something “very important to understand.” He started explaining the Golden Ratio with diagrams and non-stop monologue. Students were silent and staring until one little voice piped up, “Are we meant to be taking notes?” They didn’t forget that class!

When we were visiting Greg Bedayn in San Francisco on one of our U.S. trips, we were invited to [famed mandolin player] David Grisman’s house for a reunion and jam session. A couple of guitars, JW on a borrowed banjo, David on mandolin, and off they went, driving each other to play more and faster. Best bluegrass music I ever heard. At one point, Greg leaned over to me and said that he felt like a little kid at a party, and if we were good and quiet, we wouldn’t be sent to bed. Yep, that’s how it was.

Unique. Funny. Opinionated. Generous. Amazing musician. He used to play for me after dinner some evenings—guitar, banjo, pedal steel.

He was a blessing in my life. He loved me. I loved him. I still do. What else is there to say?

—GWYNETH EVANS
WELLINGTON, NEW ZEALAND
What if my kid loves being home!?
This year’s back-to-school season is fraught with difficulty for parents, students, teachers, and administrators. Go back to school full-time? Go virtual? Go hybrid? Each option has pros and cons, depending on the individual, along with plenty of uncertainty.

Many children thrive in school. They love the hustle-bustle of a busy, noisy classroom and relish the opportunity to make new friends or try out different after-school activities. Some shine in the competitive worlds of individual or team sports, in bands and choruses, in Boys and Girls Clubs, and in other group activities. Some parents of children with special needs rely on the therapeutic elements of a school setting for their child’s safety and development, as well as predictable and essential respite for the parents. Employed parents may also rely on their kids being away at school so they can focus fully on their jobs. Yet, according to a recent survey, just one in seven parents reported that their child would be back in school full time this fall.
Silver lining for some
As the months at home continue for many, some families are noticing their school-aged children are actually happier, staying busy with what interests them, laughing more, eating better, and logging in more needed hours of sleep. Parents have told me about their kids having less anxiety, no more tics or stomachaches, fewer headaches, more confidence, less crying, or shorter periods of clinginess. Natural curiosity, creative expressions, and spontaneous joy seem to have blossomed right before these parents’ eyes.

For many of these kids, the constancy of demands at school, the need to be endlessly social, and the sheer intensity of a busy schedule can be overwhelming and exhausting. Some kids don’t fit in. Other kids are bullied at school. Some have different learning styles and capacity in a school that cannot meet their needs. Some kids are painfully shy or don’t have as much energy as their classmates.

Tough decisions
In deciding whether kids will go back to school, many parents are facing an important reckoning beyond the question of safety related to COVID-19. Rather, they are asking, “How can we send our child back to a place that makes them miserable?” followed quickly by, “Can we continue to carry on our life with kids at home full time?”

Of course, for homeschooling families, schooling is not so different during this pandemic time. And other families may have the time, flexibility, and resources to continue to welcome kids at home full time, though certainly many more families do not. But realizing that your child is happier spending time putting, making things, cooking, being outdoors, enjoying a book, listening to music, or having some appropriate screen time—and seeing that they start to feel ill even at the discussion of going back to school—will be a hard reality some parents have to face.

Liana’s story
Liana was a shy seven-year-old who had trouble reading. Several months before the COVID-19 pandemic hit, her parents brought her to me to see if homeopathy might help her be a little less passive and a little more assertive. She was an emergent reader who often didn’t want to try; she became discouraged easily if she couldn’t sound a word out or if she lost her place in a sentence.

Her parents felt they understood Liana’s sensitivities and sensibilities, but if they tried to push her even a little bit, she would fall apart, withdraw, and shut down. Liana was the middle child in the family, with siblings who were louder, sturdier, and more outgoing than she was. “They take up all the air in the room,” her father said. Liana’s parents tried to make more space for Liana—having her go first or asking her what she wanted to do or what she wanted to eat. But more often than not, Liana said she didn’t care and acquiesced to what her siblings wanted.

Liana struggled with chronic earaches as a toddler, developing an ear infection every month or two. At age three, she’d had a period of reduced hearing from a middle ear infection, or what her pediatrician called “glue ear.” This is a critical time for hearing and acquiring speech, which probably explained Liana’s less than age-appropriate speech articulation. She often dropped her “r” sound and had trouble with the “th” blend.

Liana was small for her age, thin-boned, and slight. She had wispy hair and wore an anxious expression most of the time. A chilly kid, Liana had always been a picky eater with a low appetite. The colds she caught each year lingered, but she had not been on antibiotics since she was a toddler. Compared to her older sister and younger brother, Liana had considerably less energy to run around all day and play. She spent a lot of time lying about, re-watching videos she liked, or reading picture books, which she seemed to find comforting.

Choosing a remedy
In considering a homeopathic remedy for Liana, Carcinosin, Bar yta carbonica, and Silica came to mind. Kids who do well with Carcinosin really want to be taken care of. They do not like con-
Making strides
At our two-month follow-up appointment, Liana’s parents said they saw some improvements in their daughter since she took *Silica*. She was waking up earlier and seemed ready to start the day, a definite increase in her energy level. She seemed, overall, more present. Her teachers at school had noticed an uptick in her reading and said she was showing more interest in interacting with classmates. Liana had not been sick with an ear infection or cold since I saw her, a good sign. And her mother said that Liana was eating more and making some adventurous food choices. Because Liana was doing well and making progress, I did not prescribe a remedy at this visit.

Another two months passed, and the report on Liana remained good. She’d had no ear infections; she did have one cold, but it did not last long, and she still went to school and didn’t seem any worse the wear. Her teachers said she was continuing to improve in her reading, schoolwork, and socializing. Liana was playing outside with her siblings more often now, rather than lying around inside much of the time. Because Liana was still doing well and making progress, I did not prescribe another dose of *Silica* or suggest any other homeopathic remedies at that time.

Flourishing at home
And then the 2020 pandemic hit. After about two months of Liana staying home from school, with only a few hours a day of online instruction, we had a telemedicine visit, and Liana’s mom shared some not-surprising observations: “Liana is more relaxed and more interactive than ever. And she seems even less tired. She can still act shy if we spend time with another family that we’ve become a ‘pod’ with, but she just seems overall happier. She has not been sick at all [which is true for many kids at this time since they are having fewer exposures]. And she finally seems to be putting on a little weight. But the biggest surprise is that her reading has really picked up, without a lot of help from us! It feels like a very different child is emerging …”

I have heard this story in various iterations this year from many parents, which has me thinking about how the environment and how a person spends their day deeply impacts their vital force, their energy, their mood, and ultimately, their health. So, while I know that *Silica* was a good remedy for Liana since she improved substantially before the pandemic hit, I also appreciate that she may well need a different environment than a whole day in school, in order to really thrive.

Diversity of all kinds
In my practice, the kids who are thriving at home rather than school often fall into the category of “neurodiversity.” This new-ish word describes a movement that accepts neurological diversity and encourages further understanding and respect across our broader communities for those living with learning differences and challenges, dyslexia, autism spectrum disorders, attention-deficit disorders, attention-deficit-hyperactivity disorders (ADHD), strong anxiety or depression, dyspraxia, and a lexicon of other neurological, psycho-emotional, and genetic conditions where a person is wired uniquely and unlike their more neurotypical classmates.
Some other kids thriving at home are those I’d just call quirky, who have not found their people or their stride in a full-day school setting. Others flourishing at home and following their own interests and self-agency in learning may be the super smart kids who were bored to death at school. Creative and artistic kids are also flourishing at home, experimenting with new media, learning to play a musical instrument, writing poetry, taking pictures, or writing computer code.

Like many of my colleagues, I welcome this population into my practice. As a licensed naturopathic doctor and homeopath, I know that every patient and every child is unique, and I aim to treat them with that fundamental understanding in mind. I have seen homeopathy help an awkward child feel less gangly, a child with ADHD focus better, a teenager with paralyzing social anxiety become more happily social, a child with low confidence and low self-esteem gain both attributes over time. I have seen kids on the autism spectrum grow in their ability to connect with others and create meaningful friendships. Homeopathy has a role here, and we should continue to do our best to help.

Obstacle to cure?

That said, some kids came into the world with a genetic or environmental predisposition to be more delicate, more sensitive, more reactive, more vulnerable, and more challenged by everyday occurrences, demands, and expectations. A friend of mine raising one such child has a quote on her fridge that says something like “raise your child to fit in this world, do not try to change the world to fit your child.” I agree with this sentiment in a general way but also know that kids, just like grownups, thrive best when they don’t have to endure undue stress on a daily basis.

In homeopathy, we often speak about “obstacles to cure”—things that can stand in the way of someone’s healing, even with the best homeopathic prescribing—and how the environment plays such a central role in a person’s evolution and ongoing health. This pandemic time brings up many questions related to how we educate, train, and prepare our children for lives of meaning, connection, health, and independence. I believe a re-calibrating is in order, where all kinds of learning approaches, activities, interests, pastimes, and hobbies are valued, encouraged, and de-identified from gender. Children’s interests, talents, and capacities sometimes need a little more time and oxygen to come forth. I think lots of free time, even a little boredom, can actually be good. Taking devices out of kids hands and exposing kids to different environments, people, tools, materials, ingredients, the outdoors, and novel experiences might be just the spark for learning and feeling connected that little ones, and their care providers, need.
Of course, going to school does not preclude any of this, and I am not against school. I am personally a product of public school settings that gave me every opportunity in this life, many of which my family could neither have envisioned nor afforded. I am also listening carefully and learning from parents of patients who feel conflicted, as their work and life demands were accomplished to one degree or another, because their kids were in school all day. Now these dedicated parents are wondering how, in good conscience, they can send their very happy child back to school, to a fully structured day, and a jam-packed week of activities.

**Whole person homeopathy**

As homeopaths, we treat the patient in front of us. We try to help people feel better by addressing illness, diagnoses, and suffering in the context of the whole person. We encourage our patients, from the smallest to the oldest, to blossom, to find areas of interest, to create goals and work toward them, to contribute to whatever communities they care about. I always talk about environmental factors and choices with my patients, from those they can control to those they cannot, from who they live with to where they work, and where they spend their time. We talk about the biggest stressors in their lives and consider whether any are modifiable. Changing how a child spends the heart of their day deeply impacts their health, so thinking creatively about the role of school might well be on the docket for many families right now.

For Liana and her family, they are weighing many options. They do not have the liberty of keeping Liana home full time once school resumes. But they have learned that Liana is not the kind of kid who would do well being over-programmed. They are considering a different nearby public school with smaller class sizes, and we also talked about the idea of intermittent “mental health” days. Liana and her family will stay in touch with me going forward; I expect that Liana may do well with additional doses of the remedy Silica in the future, or a different homeopathic remedy down the line. And being a bit sturdier now, Liana may do better in school than she has in the past. The right combination of a constitutional homeopathic remedy and the best environment for each child, though not always possible, is ideal.

**REFERENCES**

2. For more on Baryta carbonica, Silica, and other remedies that may be helpful when treating school-age kids in need of support, see my articles in past issues of Homeopathy Today—“Whole Person Help for the Anxious Child” in Summer 2020 and “Beat the Back-to-School Blues” in Autumn 2013: https://www.homeopathycenter.org/homeopathy-today/.

**ABOUT THE AUTHOR**

Amy Rothenberg, ND, DHANP, practices in Connecticut and Massachusetts (www.nhcmed.com) and by telemedicine. Dr. Rothenberg is the AANP’s 2017 Physician of the Year. With her husband, Paul Herscu, ND, MPH, DHANP, she teaches through the New England School of Homeopathy (www.NESH.com). A new NESH cohort begins October 2020 in Amherst, MA, and for the first time, with virtual attendance possible. Her writing can be found at Medium, Thrive Global, The Huffington Post, and more. When not working, Dr. Rothenberg enjoys spending time with her family, in nature, and puttering in her art studio.

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People often come to me after conventional Western medicine has not resolved the source of their health challenges. Many have gone from practitioner to practitioner searching for a greater sense of relief.

Recently a long time patient asked me, “Lynn, why are you still practicing homeopathy after 35 years?” My deepest answer is that I love to solve mysteries. I love all those crime procedural shows and old detective work; they are my indulgence after a long day. As a kid I wanted to BE Sherlock Holmes, I wanted to dig that deep.

Now you bring me some of the most intriguing medical mysteries. Some patients even ask me if I am overwhelmed by everything they have told me and secretly I want to tell them that yes this is going to be work, but I love doing this work for you. I want to tell them that I am so glad they have found their way to me because I have the passion to dive in and sort things out. I have the calmness of spirit to listen fully to the depth of your suffering and to approach your challenges with dedication and resolve.

Practicing homeopathy engages every interest I have, in science, in psychology, in dreams, and mythology, in the human body and pathology, all so that I can begin to nudge the pieces of your puzzle back together, towards health, towards wholeness of body and peace of mind. We can do this, you and I, we go together.
Looking for homeopathic products or services? The following guide is a quick resource tool to learn more about the professionals and companies that serve the greater homeopathic community and beyond.

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Established in 1873, Washington Homeopathic Products (WHP) is the oldest full-line homeopathic manufacturer in the United States. WHP is a family-run company that manufactures by solar power a great variety of combinations, single remedies in glass bottles, ointments, and kits as well as carrying a selection of homeopathic books.

WHP offers 3 terrific remedy kits to suit your needs: the Top 100 Remedy Kit, 200C Remedy Kit and 30C Remedy Kit. Practitioners and those just getting started in homeopathy love the compact design, affordability and wide selection of must-have remedies packaged in 1/2 dram glass vials in our kits.

Weston A. Price Foundation

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Zeus Soft (RadarOpus Software)

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I have a group of close friends I've known since high school. To keep in touch, we hold weekly video chats using the “Marco Polo” app. It’s an awesome way to feel connected to friends, new and old, and to find support as we navigate our crazy lives.

Because of the COVID-19 pandemic, my friends—none of whom are homeschoolers—have had a taste of homeschooling. Now, the fall school semester is upon us and, for better or worse, my friends (and millions of families across North America and the world) are having to make tough decisions about whether or not their students will be attending an on-site school. Depending on what region you live in, school this year comes with the possibility of sending masked kids to a socially-distanced classroom, or keeping kids home for virtual schooling with hours of screen-time and online work.
A taste of homeschooling with homeopathy
And my friends are not happy about it. Honestly, many are panicked. Because I’m the only one of the group who is home-schooling by choice, many a friend has reached out to me for advice. The general attitude has ranged from “Send tips!” to “What suggestions do you have?” to more desperate appeals of “Save-our-souls!”

But it’s not only the school-going families who are being impacted. We homeschoolers have found the pandemic to be challenging as well! Our regular co-op meets and out-of-the-house routines are certainly being affected, or are not taking place. For many of us, these weekly meetups have been our lifeline to friends and families … and sometimes our sanity!

But in the face of these challenges also lies great opportunity. From these lemons, let’s make some lemonade with a homeopathy twist, shall we?

**Survival tips for parents**

Having been a homeschooling mom of three for five years and having taught high school and college English for over 10, I shared the following four prudent tips with my friends. You and your kiddos can apply them to navigate your situations, too, whether you are home-educating or sending your kids onto a school campus this fall.

1. **SET ROUTINES.** This may seem obvious, but it’s critical. Predictable routines are amazingly helpful, for both you and your learner. It helps them understand exactly what is expected from them each day, and this predictability allows you and them to fall into a routine. As each homeschooling year passes, I have found that I’ve relied less and less on a formal routine. My children and I have fallen into a natural rhythm and flow—but when we got started, a nice routine helped us have a jumping-off point until we found that rhythm. For the lesson provided at the end of this article, you may choose to schedule it into your weekly routine, breaking the lesson up into two or three parts and teaching each part once a week. Your kids will love it!

2. **ADAPT AND BE FLEXIBLE.** Some days just don’t work out. I remember one morning when my son spilled the milk, I got barked at by an older gentleman at the grocery store, one of my kids was the soul of grouchiness, my cow escaped and followed the mailman around the block, and my friend’s house got struck by lightning. Yeah, it’s okay to have a bad day and throw in the towel. Rather than getting frustrated and annoyed, cancel the routine and cuddle with your kids. Play hooky from school (it’s okay to do this once or twice, I promise!). Read books under a homemade blanket tent or go on a walk. This is an amazing reset button that forges a stronger relationship with your children while also opening up space for a fresh start the next day.

3. **GO INTO NATURE.** Another magical “reset” button is spending time in nature on a regular basis. A number of studies have documented increased school performance through outdoor education.¹ I’ve witnessed my children’s assignment/test scores go up, their positive attitudes increase, and their overall behavior improve; in general, everyone kind of liked each other bit more. So, do it! Take time to schedule weekly hikes, forest bathing, barefoot river dips, and quiet read-aloud time in fields. This will improve your family’s overall mood and positivity. As a bonus, this issue’s homeopathy lesson plan will provide you with a unique opportunity to spend more time in nature.

4. **READ-ALOUD AND MORNING TIME.** Consider spending a bit of focused and dedicated time with your children each morning, before the hustle and bustle of school work begins. This has huge benefits for your children and family. It’s like an investment: if you deposit a bit of time, love, and care into them each day, you will likely be able to make “withdrawals” later in the day when things get busy and a bit more stressful (such as asking kids to finish their homework). It’s an easy way of depositing a great amount of patience and understanding into them. Sometimes, I’ll start read-aloud time with a few verses out of a book of poems (try Jack Prelutsky) or scripture. Immediately after, I’ll read a chapter from a book (try Farmer Boy by Wilder). Trust me, reading to your children aloud not only has well-documented benefits,²,³ but in my experience, it magically transforms my home into heaven on earth, bonding me to my kids in a special way. In the case of teaching them about homeopathy, I will often read to them from Evie and the Secret of Small Things (by yours truly)—they really enjoy it.

Recap Lesson #1: Teach kids homeopathy

Regardless of where you fall in the current situation—homeschooling by choice, as a result of the virus, or sending your student to a new school-situation—fitting in some homeopathy education is vital. By teaching your children homeopathy, you are empowering them to have generations of health. In my last article for the Summer issue of Homeopathy Today, we learned about the critical importance of teaching children the why behind understanding homeopathy. We talked about how conventional drugs, such as antibiotics and steroids, suppress illness and drive it deeper into the body, and we also looked at how homeopathy stimulates your own body’s ability to heal itself. We learned that the more you allow your body to work through illness, the better your body gets at maintaining wellness.

In the following lesson, you will teach students about what homeopathic medicines are made from while also encouraging them to get outside into nature!

**Overview of Lesson #2**

This issue’s lesson introduces students to the primary source materials from which homeopathic medicines are made:

- Homeopathic medicines are primarily made from three categories: plant, mineral, and animal substances.
- Students will also be introduced to a few select remedies that come from each of these three categories.
- Students will have a chance to identify the difference between plant, mineral, and animal substances by creating a scientific display that presents each of these materials.
- Plants, in particular, are wonderful and important source materials for homeopathic remedies. Students will be encouraged to go outdoors and will have an opportunity to use an app to identify plants. They will also develop their own plant press to create an ongoing book called the Family Herbarium.

Now, let’s dive into the lesson!
LESSON #2: WHAT ARE HOMEOPATHIC MEDICINES?
(Grades 1-12)

MATERIALS NEEDED
• Access to a computer with internet and sound
• Capability to print a few pages in black ink
• Pencil
• Display board (This can be a poster board, foam board, piece of cardboard, or thick cardstock that is between 12 in. x 12 in. and 24 in. x 24 in.)
• Glue or pushpins for attaching materials to the board
• Items to make a plant press (optional)
  » Two peg-board squares measuring approximately 10 in. x 10 in.
  » Four long screws measuring approximately 8 in. x .25 in. (The screw should fit comfortably inside the peg holes. Also, make sure that the thread of the screw covers the entire length of the screw.)
  » Four butterfly wing-nuts and large washers that fit the four long screws
  » Sheets of scrap paper and cardboard that are approximately 8 in. x 8 in.
• Access to a smartphone to download an app, PictureThis: Plant Identifier (optional, but especially interesting for older students)
• Sketchbook or notebook, preferably with thicker paper, for creating your Family Herbarium (optional)

OBJECTIVE
In this lesson, students will identify the three main groups from which homeopathic remedies are made: plant, mineral, and animal. This will prepare them for the next lesson—which you will find in the upcoming Winter edition of Homeopathy Today—where they will learn about how a remedy is potentized through dilution and succussion.

CENTRAL QUESTION
What are homeopathic remedies made from? What are examples of these remedies?

TEACHER SET-UP
Overview
This lesson has been designed with the "one-room-schoolhouse" model. That means you will work from the following lesson plan that has been designed for students grades 1st through 12th.

Access the Online Area
Begin by visiting the free online area and access "Lesson 2: What are Homeopathic Medicines?"

TeachKidsHomeopathy.com/NCH
Code: HT2020FALL

Print: Identify the assignment sheet and print it out. This assignment sheet will include:
• Diagram: Source Materials for Homeopathic Remedies (two versions are available: Level 1 for grades 1-3 and Level 2 and 3 for grades 4-12)

View: Access the audio/video materials available at the above URL, and make sure you can play them for your family. These items will include:
• Video: "Creating a Plant Press"
• Video: "A Family Herbarium"

Download: Using your phone’s app store, download the following app, available on iTunes or Google Play:
• PictureThis – Plant Identifier

Note: While this is optional and it does cost a few dollars, it's an awesome app that works quite well and helps identify plants.

Prepare: Watch the video titled, "Creating a Plant Press" to assemble your own press.

Plan: Decide on a place where you can take your students on a nature walk.

STEP 1
PLANT, MINERAL, OR ANIMAL FIELD TRIP
Prepare for and then go on a nature walk:
• Tell the students: Homeopathic remedies are made from existing substances that are mainly plant, mineral, or animal.
• At this point, show the students the diagram, "Source Materials for Homeopathic Remedies."
  ◦ Level 1 students can trace the words and color their diagram.
  ◦ Level 2 and 3 students can fill in the words as you explain the diagram to them. If they wish, they may also color their diagram as you continue the discussion.
  ◦ The plants depicted in the diagram are the onion (Allium cepa) and deadly nightshade (Belladonna). The animals depicted are the bushmaster snake (Lachesis), the honeybee (Apis mellifica), and the snail (Helix tosta, a common remedy used in gardening). The minerals depicted in the soil are magnesium, phosphorus, and sulphur—all of which are also homeopathic remedies.
• For today’s activity, we will go on a walk and collect things that represent each of these categories.
  ◦ Plant: Collect some plants, flowers, herbs, and grasses.
  ◦ Mineral: Collect different colors of dirt and sand. Students can even start a rock or seashell collection.
  ◦ Animal: Collect a feather or perhaps a small bug that has died. Some students might even be lucky enough to find a snake skin or a bit of bone from a decomposed animal.
• Note about collecting items from nature:
  ◦ Please remember to collect responsibly, making sure to note what guidelines your local Forest Service has about ethically picking plants and other natural items. There are some plants that may be rare or areas where picking plants is not permitted.
  ◦ During the nature walk, the teacher is encouraged to use the PictureThis app to identify any plant names, and older students should take notes about the names of the plants they collect. This should include the common name and Latin name.
• After students have enjoyed their nature walk, collected items from each of the categories, and returned home/to the classroom, students should use the plant press to press their plants for 24 to 48 hours.
• While the plants are being pressed, the teacher should carefully save the students’ other items until it is time to continue to Step 2 (which may be on a different day).

STEP 2
ASSEMBLE YOUR FINDINGS
• Once the plants have been pressed, the students can begin their collage by arranging all the items, including the pressed plants, onto their display board.
• Students should attach their findings onto the display board using glue or push pins.
• Students should then label each item as plant, mineral, or animal.
**STEP 3**

**ADDITIONAL DIFFERENTIATION, GRADES 9-12**

- Older students should be encouraged to use the plant identification app to label their plants in their common name and their Latin name.
- If possible, they should also do some internet or library research to identify the minerals and the animal materials they found. There are often resources about the terrain and animals found in your local area.

**Level 1 Worksheet: Source Materials for Homeopathic Remedies**

- *Belladonna* Deadly Nightshade
- *Apis mellifica* Honey Bee
- *Lachesis mutus* Bushmaster Snake
- *Helix aspersa* Snail
- *Allium cepa* Red Onion
- *Magnesium carbonicum*
- *Sulphur* Sulfur
- *Phosphorus*
- *Magnesium* Magnesium

**Levels 2-3 Worksheet: Source Materials for Homeopathic Remedies**

**Sample pages from the author’s Family Herbarium**
ABOUT THE AUTHOR

Paola Brown, M.Ed., 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 the high school and college levels for more than a decade. She is co-founder and President of Americans for Homeopathy Choice. Her Teach Me Health & Homeopathy project is an engaging curriculum for children and families to learn homeopathic principles, building them a solid foundation for life. Find out more at PaolaBrown.com/free

REFERENCES:


STEP 4
PLAY CHARADES: PLANT, MINERAL, OR ANIMAL?

• For this part of the lesson, the teacher will play an age-old charades game with the students called Plant, Mineral, or Animal. Below are some tips for playing the game:
  » The objective of the game is to guess the answer to the question, “Who am I?”
  » The teacher is “It” and students can only ask questions that have a “yes” or “no” answer.
  » Students should first narrow down the category by asking each of the following questions, until they get a “yes” answer:
    - Are you a plant? Are you a mineral? Are you an animal?
  » Again, the teacher can only answer “yes” or “no,” but for younger students, the teacher may choose to help by providing some clues or questioning tips.
  » For the first round, the teacher should be a “bee.” After students have guessed the correct answer, explain that there is a homeopathic remedy made from the honeybee (which is from the animal category), and it is called *Apis melifica*.
  » Continue in this manner and play for the following remedies:
    - Plant: A daisy (Explain that there are homeopathic remedies made from many of the flowers in the daisy family. One is called *Arnica montana*).
    - Mineral: Salt (Explain that there is a homeopathic remedy made from salt and it is called *Natrum mur*).
    - Other source materials you can play with are: poison ivy (Plant – *Rhus tox*), sand (Mineral – *Silicea*, a common mineral found in sand), and beetle (Animal – *Cantharis*, which is a blister beetle).

Note: If your students are excited to learn about these and more homeopathic remedies, a musical album titled Teach Me Health and Homeopathy is available on iTunes and Google Play or in CD format. Visit https://tinyurl.com/HomeopathyMusic

STEP 5
FAMILY HERBARIUM

• After this lesson has been completed by your family, don’t stop learning about the natural world around you! Continue taking your family on weekly nature outings where you can responsibly collect plants and press them in your plant press.
  • To inspire your students and family members, show them the video, “A Family Herbarium.”
  • Later, once your plants are properly pressed, glue them into the sketchbook or notebook you have selected as your Family Herbarium book.
  • Continue using the Picture This app to learn how to name and identify the plants in your area and add to your wonderful herbarium book.
  • Any time my family and I travel on vacation or whenever we have lived or visited different countries for my husband’s work, we have often collected plants and later placed them in our Family Herbarium. We like to label the plant’s name while also noting where we collected the specimen. It is a great way of remembering our trips while also learning about our wonderful, natural world.
How Alice Beat Shortness of Breath and Tossed Away Her Walker

A “simple” medical procedure went wrong; two years later, a common remedy restored health

by CONNIE WEHMEYER

In February 2019, I visited with Alice, a former massage client of mine who had moved from New York to Arizona. As we sat talking, waiting for our husbands to return with dinner, I noticed that she needed to stop after every few sentences, put her hand to her chest, and take several deep breaths.

She eventually admitted, “I have been having trouble breathing lately. I wonder if there is anything you can do to help me. Maybe some sort of massage or something?”

I had known this lady for years, so I knew if she said something was wrong—it WAS!

In the few minutes we had before dinner, I tried to help her with some hands-on bodywork—diaphragm releases, cranio-sacral techniques, traditional Chinese medicine lung meridian work, and other massage moves. I noticed a problem with her lung meridian but no problem with her diaphragm, nor restrictions in her upper torso muscles. All this helped with my analysis, but it didn’t offer Alice any relief.

After dinner, she told me the backstory.
Old before her time
For about 22 months, Alice had been unable to live a normal life. She was able to drive to work, but special benches had to be put in place so that she could sit and rest several times on the 50-foot walk from her new handicapped parking spot to her desk. Her husband had to take this formerly independent lady everywhere except work. She required a motorized cart to shop. Going up and down steps was a trial.

She was able to continue at her job because she primarily used a telephone, but she often had to stop and catch her breath—just as I had noticed—every few sentences. Fortunately, her employer was very accommodating.

Alice was in despair and didn’t know what to do. “I am only in my 50s. I don’t want to be like this the rest of my life!” she said.

Blood clots and blood thinners
Twelve years earlier, she had started taking warfarin, a blood thinner, because an X-ray led her doctor to suspect a possible clot in her lungs. Alice’s repeated requests over ensuing years to get off the blood thinner were rejected.

The series of events leading to Alice’s current condition are summarized in her own words in the following letter she wrote to the Arizona Medical Board via its website’s consumer comment section. Unfortunately, the website only responded with an error message, so it is unlikely the letter reached the medical board. Her letter illustrates the magnitude of frustration, uncertainty, and helplessness that many of our clients have experienced before they see us. (The identity of the doctors and hospitals mentioned in the letter have been masked.)

A harrowing experience
To: Arizona Medical Board

On May 2, 2017, I saw my primary care doctor, Dr. M., for my annual well woman exam. She referred me to Dr. G., a gynecologic oncologist, for a consultation because I was experiencing some vaginal dryness and itchiness, and because of a family history of cancer.

I saw Dr. G. on Wednesday, May 17, and she decided it would be best to perform a vulvar punch-biopsy. I informed her that I am a Factor V Leiden patient (hypercoagulability or increased blood clotting) and I was currently on a blood thinner, warfarin, 7mg daily. Previous doctors had stopped the warfarin a few days before any procedure and bridged me with injections of Lovenox (a different anticoagulant medication).

Dr. G. told me that there was no need to do this because it was a routine procedure, a small punch-biopsy with very little bleeding. I wouldn’t even need a stitch. She told me I would have some spotting for a few days, but it should be okay after that. She would see me in two weeks for the biopsy results. I inquired if I could go to work after the procedure, and she said I would be able to resume my normal activities.

I had spotting Wednesday, Thursday, and Friday. On Saturday, May 20, at approximately 10:30 a.m., I informed my husband that I was bleeding. He wanted to take me to urgent care. I told him I was going to clean up, lie down, and apply pressure to see if it would stop. I tried to reach Dr. G., but the number listed online was incorrect. After an hour or so, the bleeding was getting worse, so my husband drove me to Hospital X’s emergency room.

I was checked in at 1:30 p.m. They tried for the next few hours to stop the bleeding with military grade quick clots and pressure. Then they packed more quick clots and wrapped me to keep constant pressure, but that failed. Next, they proceeded to give me two stitches, which were very painful. About an hour after the stitches, the bleeding started again. On more than one occasion we asked the ER personnel to contact Dr. G.

There was a shift change, and the new ER doctor talked to us about the different options to try to stop the bleeding. My husband asked about cauterizing the site. I asked if they could give me a shot to reverse the warfarin, but I was told that the risk of blood clots was more serious than the bleeding. The ER doctor applied pressure with the help of a nurse for more than 45 minutes with liquid epinephrine. That didn’t work either.

The ER doctor performed a figure-eight stitch, and the pain was so great that I began to throw up, almost passing out. He said if this didn’t work, he would call Dr. G. My husband requested they give me a bag of saline because he was concerned about all the blood loss and feared I would get dehydrated. The figure-eight stitches worked, and the bleeding stopped. I was discharged at around 10:30 p.m.

I should note that they tried to discharge me twice before the bleeding had stopped! While in the ER, I asked both doctors if I should stop taking the warfarin for a few days, but they both said not to. They advised me to follow up with my hematologist, my primary care doctor, and Dr. G. I was so afraid of bleeding again that I decided to stop the warfarin until I spoke to the hematologist.

The next day, Sunday, May 21, I woke up with shortness of breath, extreme tiredness, shakiness, and a bloated stomach with the sensation of butterflies. I called Dr. G.’s number and spoke with her answering service. I asked them to page or call the doctor and inform her of what I had been through. I was told that the doctor would get the message first thing Monday morning and that she would call me back. I never heard from her.

I called Dr. G. again on Monday and was told they could not make an appointment for me until Wednesday. I told them that I already had an appointment scheduled for May 31 to review the biopsy results. All I needed was to speak to her immediately and get some direction on what to do next. Again, I didn’t hear from her.

On Tuesday, May 23, I called and asked to speak to the office manager. The office manager told me that I had declined an appointment. I disagreed and informed her that I was very disappointed that I had not heard from Dr. G. I had spoken to my hematologist who said I should have been off the blood thinners for the punch-biopsy procedure.

The office manager said that all she could do was schedule an appointment for the next day, Wednesday. The first thing Dr. G. said when she saw me on Wednesday was, “Your hematologist was wrong in saying that you should have been off blood thinners for a 4mm punch biopsy. The AMA does not recommend that.” I told her how frustrated and disappointed I was at not hearing from her for three days

After all this, the biopsy results were non-specific because Dr. G. had not collected enough tissue. She wanted me to have the procedure done again in three months. I declined.
I had also emailed my hematologist, Dr. E., on Sunday, May 21, and she called me on Monday. I told her that I had stopped the warfarin and she agreed that I had made the right decision. She instructed me to stay off it for a week. The results showed that I had become anemic. She put me on oral iron. When my shortness of breath and other symptoms continued, she decided to give me two iron infusions, one on June 2, and another on June 9.

Since May 21, I have been short of breath, and I have seen 18 different doctors, some multiple times (three primary care, three ER doctors, two cardiologists, two pulmonologists, two hematologists, four gastroenterologists, one psychiatrist, and one sleep specialist). I have gone through all kinds of testing and procedures, and they cannot find the cause of my shortness of breath.

I experience the shortness of breath when I am standing, sitting, or walking, and it is predominately on my left side. It goes away slowly when I lie down. The shortness of breath is persistent, and it affects not only my ability to work, but also my home life. It makes even the simplest tasks extremely difficult.

Because of the shortness of breath, I have missed work to see doctors and to take all sorts of tests. I had to apply for intermittent leave.

In conclusion, the reason I am writing to the Arizona Medical Board is because if Dr. G. had listened to me and stopped the blood thinners before the procedure, I wouldn’t be in this condition. I want her to take responsibility for this, and I don’t want anyone else to experience what has happened to me.

Please let me know if you require any additional information.

Thank you, A.B.

Doctors grasping at straws
From further conversation with Alice, I learned that all but three of the doctors she’d consulted suggested that she was depressed and should go on antidepressants. She flatly refused saying, “I’m not depressed! I just can’t breathe!” Other doctors, depending on their specialties, suggested that it could be vocal cord dysfunction, upper airway dysfunction, or a problem with her colon (perhaps she needed an operation “just to be sure everything was okay”). She felt they were grasping at straws.

A homeopathic analysis
As soon as I returned home from my dinner and visit with Alice, I began analyzing her case. I got her permission to run it by two colleagues as well. We repertorized using MacRepertory software and Murphy’s *Homeopathic Clinical Repertory, 3rd Edition*, focusing on her symptoms of panting while breathing; extreme weakness following an injury (i.e., the biopsy); a history of bleeding profusely; illness that comes on after a mental-emotional shock; and improvement when lying down.
 Arnica montana is everyone’s favorite remedy! Even people who know little about homeopathy rely on Arnica for its quick relief and speedy healing of physical injuries. They carry it in their handbags, gym bags, and glove boxes, so it will be at-the-ready in case of accident or injury. Arnica can ease or even stave off the bruising, swelling, and soreness associated with soft tissue trauma, especially when taken as soon as possible after an injury. Moms and dads use Arnica for their kids’ boo-boos, plastic surgeons swear by it for shorter patient recovery times, and sports trainers rely on it for their teams’ overworked or strained muscles.

But fewer people realize that Arnica can potentially help when injuries have occurred years earlier. Sometimes it can help with even seemingly unrelated health problems, if those symptoms first appeared after a physical injury. An excellent example is Alice’s story in these pages: shortness of breath and disability following a “minor” surgical procedure with blood loss, which was relieved two years later after taking Arnica.

In his Leaders in Homeopathic Therapeutics book, Dr. Eugene B. Nash (1838 - 1917) who practiced in Upstate New York, wrote that Arnica may be indicated for “recent and remote affections of injuries, especially contusions and blows” as well as “hemorrhages, the result of mechanical injuries.” Arnica “should always be remembered in affections, acute or chronic, which are the result of trauma.”

Dr. Nash wrote: “I once cured a man who had suffered from what he and his physician had called dyspepsia (indigestion) for several years. He had been obliged to give up his business because he could not eat enough to support his strength. He had been told by his physician that he would never be well again and had given up hopes himself. This condition was caused by the kick of a horse upon the region of the stomach. A few doses of ARN., 200th, cured him in a short time and he resumed his business.”

Dr. Dorothy Shepherd (1885 - 1952), a British homeopath with a 45-year career, offered some thoughts on Arnica and case examples in her book, A Physician’s Posy: “Arnica is not only of great use in recent injuries, but it still acts years after, if the after-effects of accidents persist. I knew a young woman who suffered for several years from agonizing and recurrent headaches after a motor-accident; after a few doses of Arnica she lost them for good and all. The usual dopes had been of no use during all that time.

“Lately I have seen some striking examples of the marvelous effects of Arnica in the late results of accidents. A boy eight years of age fell down some steps, and within a day or two developed a severe squint which lasted for eight months; he was under [the care of] an eye hospital with a view to an operation later on. Arnica 30, night and morning, and within a month the squint had disappeared!

“A woman of the working classes fell down a flight of stairs, on to her back, and thought she had broken it. Ever since, for 10 long years, she had suffered from agonizing backache and stiffness, which did not give her much peace. She tried all sorts of treatments … and still the backache was ever a part of her, until she had Arnica 30. It eased up after the first dose, and she lost it for good after a couple of weeks. It went gradually, and suddenly she realized one morning that she had felt no pain for several days. She has now been free of this pain, which had lasted 10 years, for over six months. Yes, wonders will never cease!”

In the repertorization, Arnica montana was the top-ranked remedy, followed by Aconite and Carbo veg (Figure 1). We reviewed Arnica montana in Murphy’s Nature’s Materia Medica, 3rd Edition, and found these relevant indications emphasized:

- Trauma and its effects, recent or remote.
- Hemorrhage after mechanical injuries.
- Mental or emotional shocks.
- Says there is nothing the matter with him.

Though Alice did admit “something was wrong,” she seemed to have an almost mortal denial of the severity of her problem, which fit the Arnica montana symptom profile well (since people needing Arnica often do not grasp the severity of their situation, especially if they are in a state of shock). And although Arnica montana has primarily earned its excellent reputation for healing in first-aid and acute situations—immediately after a trauma for the typical bruising, pain, and inflammation—our homeopathic literature shows that it can also be effective for the ill effects of trauma experienced even years before (See above, “Not Just for Bruises!”)

Arnica for Alice

Based on this analysis, I suggested Alice take Arnica montana 30c in water twice a day, succussing five times before each dose. (“Succussing” is the homeopathic term for hitting the bottom of the bottle that contains a liquid remedy against a book or your palm; this action helps to make each dose slightly stronger than the prior dose). I also advised Alice to take a combination of all 12 of Schussler’s Cell Salts (Bioplasma) four times a day, for additional support, stabilization, and balancing.
Alice started this regimen April 1, 2019, and two weeks later, she emailed me the following:  

"I started your treatment and within three days my symptoms began improving. I have been taking the Arnica and cell salt combination, and I can tell you that I’m 99% better. Every now and then I feel a little shortness of breath, but this is nothing compared to what I dealt with for 22 months."

Because she had improved greatly, I knew we were on the right track; but because she was not completely better, I recommended she increase the potency of Arnica to 200c, taking it twice a day in water, succussing five times before each dose for the next two weeks. I also suggested she continue taking the cell salts as before.

Two weeks later, I got great news from Alice. “I am 100% better!” she said. She still sounded somewhat weak when we spoke, however. I also got the impression that she would tend to say, “I’m fine,” even if her head were only semi-attached, which fits the classic Arnica montana indication of “saying there is nothing wrong” when there clearly is. So I suggested that Alice keep taking Arnica 200c for two more weeks, along with the cell salts.

Two weeks later, Alice told me she was completely back to her usual self, and this time I agreed with her. She sounded strong to me. She was working, shopping, and walking again—all without a walker or needing to stop and sit down every few steps. Her life was truly back to normal, and she was surprised and grateful.

An amazing recovery
To think that for 22 months Alice had suffered with debilitating shortness of breath and fatigue, which no conventional medical practitioners could diagnose or cure, yet after six weeks of homeopathic treatment, she was back to normal—it’s amazing! Alice stopped taking the cell salts and Arnica at this point, since she no longer needed them.

After enjoying total health for six months, Alice returned to Dr. G. to say, “I am completely better.” The doctor offered to perform another punch-biopsy, “just to make sure everything was okay.” Alice declined!

It’s been more than one year now, and Alice is still leading a fulfilling and normal life! Thank goodness for homeopathy!

Postscript
Alice later discovered that the condition for which she had been prescribed blood thinners 12 years earlier turned out to be a mistake in reading the test results. There was really nothing wrong with her body’s blood clotting! When this was discovered, her doctor initially suggested she stay on blood thinners anyway, “due to her age,” but eventually decided Alice didn’t need them any longer.

ABOUT THE AUTHOR:

Connie Wehmeyer is a 2015 graduate of the Centre for Homeopathic Education’s New York school (CHE). She is also a Medical Massage Therapist, and owner of Subtle Energies Holistic Health Center in Chester, New York. She consulted for this article with two of her fellow graduates, Elvira Reuter-Thompson and Nina Gervais. Connie can be reached at: www.subtleenergieshealth.com or subtleenergies@usa.net or by phone at 845-469-7162.

ARNICA MONTANA
Mountain Daisy with Healing Properties

The source for the homeopathic remedy, Arnica montana, is a perennial herb with yellow flowers that grows at high altitudes. It is in the same botanical family as sunflowers and daisies (Asteracea or Compositae). As an herb, it has long been valued by European mountain climbers, who chewed it to relieve muscular aching after a day’s hard climbing. In nineteenth century Europe, “Flowers of Arnica” was a popular household remedy, used externally as a soothing compress for bruises and sprains. Samuel Hahnemann first proved it as a homeopathic remedy.
RHEUMATOID ARTHRITIS PAIN—relieved!

By SUJATA OWENS, CCH, RSHom (NA), DHMS (India), HMC
One in five adults suffers from chronic pain, according to the U.S. Centers for Disease Control, and it is the leading reason for long-term disability. Typical examples of debilitating chronic pain include degenerative disc disease, spinal stenosis, neuropathy, fibromyalgia, migraine headaches, and rheumatoid arthritis.

Chronic pain is a major public health problem, with nearly $600 billion spent annually on doctor’s visits, drugs, treatments, missed work, and more. With increased public awareness about the dangers of opioid painkillers (which carry the potential for long-term addiction and deadly overdoses), many people are searching for alternative ways to address chronic pain, including homeopathic treatment.

The homeopathic approach

Pain is a message from the body that there is imbalance that needs attention. It is true that where attention goes, energy flows. Once we establish the flow of energy, with gentle stimulation from a well-matched homeopathic remedy, health and healing can often start to unfold beautifully in front of our eyes.

In classical homeopathy, we first “take the case” of our client (i.e., interview them) in order to understand their presenting symptoms, as well as the person behind and beyond the symptoms. We then find the matching remedy based on the totality. In my experience, more than 50% of clients with pain will find this approach beneficial. Clients regularly see transformative changes after a single homeopathic remedy—rapidly, gently, and permanently.

With clients who do not show such a rapid recovery, I assure them that the potential for relief from pain and restoration of health is always there. For some, it may not be accessible right away. I partner with them on their healing journey, educating them along the way. I encourage them to listen to their body’s messages respectfully as they do the inner work of healing. I also become their health coach and cheerleader, as well as someone who reflects back what is observed. I discuss the importance of diet, nutrition, and exercise, while sharing ways to remove any obstacles to achieving health.

Pat’s story

To illustrate the power that lies within a homeopathic healing, let me share with you one client’s journey. Forty-two-year-old Pat had been treated by conventional doctors for two years before he came to see me in March, 1999. Unfortunately, he was still in a lot of pain. Various doctors had initially diagnosed carpal tunnel syndrome, inflammation, auto-immune issues, and/or fibromyalgia. But most recently, a rheumatologist had diagnosed rheumatoid arthritis.

Rheumatoid arthritis is a chronic inflammatory disorder that can affect not only the joints, but also the skin, eyes, lungs, heart, and blood vessels. It is an autoimmune problem where the immune system mistakenly attacks the body’s own tissues. Rheumatoid arthritis causes swelling in the joints, which can eventually lead to bone erosion and joint deformity. Conventional medicine offers no cure for rheumatoid arthritis but aims to treat symptoms and potentially slow the progression with...
non-steroidal anti-inflammatory drugs (NSAIDs), corticosteroids, disease-modifying anti-rheumatic drugs, and biologic response modifier drugs. These drugs have a range of possible side effects, from mild to very serious.

Rheumatoid arthritis seemed to run in Pat’s family, as his mother had been diagnosed with it, although Pat couldn’t recall the details of her treatment. Pat’s grandfather had also suffered with a lot of body and joint pain, for which he took gold injections. Pat did not know his grandfather’s diagnosis, but gold-compound injections were used for reducing inflammation in rheumatoid arthritis in the 1920s, so Pat’s grandfather likely had suffered with rheumatoid arthritis, too.

Farm and family
Pat had two children and lived and worked on a large family farm in Minnesota. “My main passion is farming,” he said. “Ours is a third-generation family farm. My older brother and sister had other professions. When I came back from college, my father wanted to slow down and retire. So, I started farming, and I liked it.

“As far as hobbies, our life is centered around children. I spend a lot of time coaching and volunteering in the community,” he said. He loved to play basketball as well as coach his kids’ teams. Pat and his family were active members of their Norwegian church. “I am on the board at our church and on a couple other boards, too,” he said. In addition to farming, he had a few side businesses, including selling seeds and carpentry. “I added a carpentry business because I do a lot of carpentry-related work on the farm,” Pat said.

Pat’s pain
When I asked, “What brings you to see me?” he replied, “I have been pretty healthy until a year or two ago. I first experienced pain in my right hand in 1997. It started after I was working on a bike. I remember pulling hard on a bike cable. I thought maybe I sprained something. But then numbness began, first in my wrist, then in the elbows.

“So, I went to the satellite Mayo Clinic in my town. They diagnosed inflammation and treated it with medications. But it continued to get worse, so I went to the Mayo Clinic in Rochester. They diagnosed it as carpal tunnel syndrome. I was asked to wear a brace all the time. I wore it for 10 days, but it still did not get any better.

“In December 1997, after using my hands a lot during the long harvest season, it got really bad. Now I started feeling pain in my left hand, too. I underwent surgery to get my right wrist fixed. The surgeon found a lot of synovial tissue inflammation. During recovery from surgery on my right wrist, I had to use my left hand a lot, which seemed to make the pain in this hand even worse. Next, I began experiencing pain in both knees. Then I noticed my shoulders would hurt during the night, no matter which side I slept on. When I decided to get my left wrist fixed, the surgeon found extreme inflammation there, too.”
Staying active anyway
When I asked Pat to tell me more about his pain, he said, “Exertion makes the pain worse. The carpal tunnel pain and elbow pain are different pains. My knees hurt all the time. I play basketball, because if I’m inactive, all the pain and stiffness is worse. I feel the best when I am working out.

“As my pain continued, the doctor put me on Voltaren [generic name, diclofenac, an NSAID]. I was on that until the prescription ran out. In June 1998, I went back to the doctor. He put me on a different prescription for a while, saying the pain could be due to fibromyalgia. That helped a little with the stiffness. However, I still had the pain in my shoulders. And the pain in my knees began getting worse. I was now having a hard time even using my hands.

“In September 1998, I went to a rheumatologist who diagnosed rheumatoid arthritis. He put me on Plaquenil [generic name, hydroxychloroquine, an anti-malaria drug also used for lupus, rheumatoid arthritis, and recently, COVID-19]. My knees felt better, but my shoulder pain was worse. No matter which side I lay on, the pain woke me up. My fingers were stiff and sore.

“I would say that my fingers were my biggest problem. My hands did not feel strong. They felt tight and stiff. Lifting made the pain worse. I was in extreme pain, then.”

Extreme pain, stronger drugs
“In December 1998, after the harvest season, I went to see my rheumatologist again because the pain was not getting any better. He started me on Methotrexate [a chemotherapy agent and immune system suppressant used to treat cancer and rheumatoid arthritis, considered a disease-modifying anti-rheumatic drug].

“That is when my wife said, ‘You cannot continue on this path of taking harsher and harsher drugs all your life. I am making an appointment for you to see the homeopath in Northfield, MN, who comes highly recommended.’ So that is what brought me to see you. I have not noticed much change since starting Methotrexate and, if possible, I would like to get off of it quickly because of the side effects.”

Pat wasn’t reporting any serious side effects from Methotrexate yet, but it can potentially cause a low white blood cell count, an increased risk of infections, liver disease, lung disease, lymphoma, and more.

I asked Pat whether heat or cold or anything else offered him relief from his pain. “During the day I just keep going,” he said. “That seems to help. For the rheumatoid arthritis pain, the best thing is to soak in a hot tub. I do that every night.”

Best remedy match
Based on all that Pat shared with me, I determined one remedy to be the best match—Rhus toxicodendron. The Rhus tox indications that fit Pat and his symptoms were:

• Illness that began with a sprain.
• Pain that’s worse after harvest or overexertion.
• Tightness and stiffness.
• Worse first thing in the morning.
• Pain and stiffness that are better with continued motion.
• Wakes from pain in the night; sleeps restlessly.
• Active individual who keeps going and moving.
• Industrious; family-oriented; easy-going temperament.
• Loves to be outside, and better in the open air.

The symptom that confirmed the choice of Rhus tox was the relief Pat felt from a soak in a hot tub, as this is a keynote for Rhus tox.

The second-highest ranked remedy was Silicea. Like people who benefit from Rhus tox, someone who needs Silicea is typically chilly, craves warmth, and can be restless, though less restless than Rhus tox. Silicea is a good remedy for joints and pain, but since its source material is from the mineral kingdom, the person who benefits from Silicea usually has more issues involving structure, such as weakness and diminished performance. Even though weakness was an issue for Pat, it was less of a problem than the tightness and stiffness. Also, as part of Pat’s community involvement, he did a lot of public speaking and had no anxiety about it, which is not what I would have expected of someone needing Silicea. To give Silicea, I would have needed to see a central theme of dependence, a need for care and nourishment, and the longing for the good opinion of others, which I did not see in Pat. Thus, I ruled out Silicea.

The remedy that ranked third in the repertorization, Sepia, was missing Pat’s strong symptom of warmth ameliorating his pain. People needing Sepia tend to have issues that center around hormonal imbalance, exhaustion, stagnation, irritability, and contradiction of will, none of which were true for Pat, so I ruled out Sepia, too.
Stepwise dosing strategy
I started Pat on Rhus tox 6c, three pellets once a day, under the tongue. Within a week or so, Pat experienced full resolution of his morning stiffness, and within a few more weeks, he felt almost no pain in his hands, shoulders, or knees. He was delighted to be doing his farming, carpentry, and coaching at full throttle again.

Pat continued taking a daily dose of Rhus tox for six months and felt very good, but then the tightness and stiffness, especially in the morning, began to gradually return. It appeared that one daily dose of Rhus tox 6c was not fully addressing his pain anymore, so I increased the frequency of the dose to Rhus tox 6c twice a day.

One week after moving to twice-daily doses, Pat called me to say all was well again, and he was having no issues while playing basketball and working on the farm. His tightness, stiffness, and pain improved and gradually receded altogether.

Because Pat was doing so well, he gradually stopped taking Methotrexate around this time, under the careful supervision of his rheumatologist. Pat and his wife were very pleased that Pat was able to stop taking this powerful immunosuppressant drug.

Pat did well for another eight months before the morning tightness and stiffness returned; so, I changed Pat’s dose to Rhus tox 9c, once a day. He did well again for the next seven months until some of his pain and stiffness began to return, so I increased the frequency of the dose to Rhus tox 9c, twice a day.

This pattern of Pat getting full relief from the pain and morning tightness and stiffness for several months, only for it to begin to return again, pointed me to a simple strategy. I would evaluate his progress at his follow-up appointments every two months and educate him in the art of listening to the symptoms his body expressed. If symptoms were to return, he could either start taking the remedy twice a day (if he had been taking it once a day), or he could start taking the remedy in the next highest potency once a day (if he had already been taking the remedy twice a day). At each follow-up visit, I would make sure he had no significant change in his symptoms to indicate the need for a remedy other than Rhus tox.

This way of adjusting the dose as needed according to Pat’s symptoms worked well for Pat. He ended up moving up the scale of Rhus tox potencies in this fashion, starting with Rhus tox 12c once a day and later twice a day, then moving to 15c, then 21c, then 30c, then 200c, then 1M, then 10M, then 50M, then CM, and then DM (I had to special order CM and DM from a homeopathic pharmacy, as they did not regularly carry these potencies). After an initial three years of follow-ups that were scheduled every two months, I increased the interval between follow-ups to every three months, then every four months, then every six months, as Pat became well versed in the art of paying attention to his symptoms.

Pain-free for good
When Pat was able to go six months without pain and without needing a single dose of Rhus tox DM, I told him that he could discontinue taking the remedy. He knew he could call me if symptoms returned.

Pat’s healing journey—taking homeopathic Rhus tox in ascending potencies in consultation with me—lasted 13 years. It took all this time to remove the rheumatic diathesis (tendency) that he had inherited. Pat stuck with homeopathic treatment all these years because he was happy with the results and thrilled to regain his mobility, without the use of harsh drugs. Pat has not needed a remedy since June 2012—more than eight years ago—and he has remained symptom-free to this date.

Inherited tendencies
As Pat’s case demonstrates, every person has an underlying pre-disposition, either inherited or acquired during his or her lifetime, to become sick in certain ways. In homeopathy, the various types of predispositions or tendencies are known as diatheses. When I learned during that first consultation with Pat about both his grandfather’s and mother’s history of rheumatoid arthritis, I prepared myself to handle Pat’s case with repeated doses of a homeopathic remedy over many years to completely resolve the diathesis and restore overall health.

Recall that Pat received multiple diagnoses (carpal tunnel syndrome, fibromyalgia, etc.) before the rheumatologist diagnosed him with rheumatoid arthritis. As a homeopath, I look at the expression of disease by the person, rather than the disease itself. More important than the name of a diagnosis is the totality of the person’s symptoms and the remedy that is the best fit. Homeopathy treats the person, not the disease.

Profound healing is possible
Rhus tox, a remedy made from the poison ivy plant and belonging to the botanical family Anacardiaceae, transformed Pat’s life and enabled him to go off Methotrexate. He still continues to enjoy his active lifestyle today, 21 years since I first saw him. It was rewarding for me when Pat invited me to join him at his church for a lutefisk (a Scandinavian fish dish) dinner. I had to gracefully turn down the invitation, being a vegetarian, but very much appreciated the gesture.

This case illustrates that Rhus tox can be deep-acting and can even remove a person’s underlying diathesis. Some homeopathic texts say that Rhus tox may need to be followed by a deeper-acting remedy, such as Calcarea carbonica or Calcara fluorica, to complete the healing. I looked for signs of this possibility in the follow-up visits with Pat, but since he had full resolution of symptoms with Rhus tox alone, I never needed to move on to those remedies.

This case made me realize what a profound tool we have in homeopathic healing. I saw, in action, how a well-matched homeopathic remedy gently stimulates the body’s infinite and innate wisdom to heal in accordance with the laws of nature.

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Sujata Owens, CCH, RSHom (NA), DHMS (India), HMC, has practiced classical homeopathy for 33 years in Northfield, Minnesota, successfully treating auto-immune and chronic illnesses. She serves as President of the Minnesota Homeopathic Association (MHA). She was one of the active forces behind the MHA founding and the passing of the Health Freedom Bill in her state. She serves on the education committee of the National Center for Homeopathy and on the ethics committee of the North American Society of Homeopaths. She is an adjunct lecturer at the Northwestern Academy of Homeopathy. You can reach her via her website at www.vitalforceconsulting.com.
Homeopathy: Start Here
by ANN JEROME, PhD, CCH
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Reviewed By DOR REMSEN

Homeopathy: Start Here is aptly named. This book is the sure place to start for a clearly written, comprehensive, and succinct introduction to classical homeopathy. Whether you are a practitioner looking for material to share with clients, a homeopathic educator seeking well-explained, foundational ideas to share with students, or someone brand new to homeopathy looking for reliable information, it’s all right here in one slim volume.

“Essentially it’s the full ‘elevator speech’ answer to the question, ‘What is homeopathy anyway?’ or ‘What’s it good for?’ and ‘Why should I consider using it?’” says author Ann Jerome.

Because homeopathy is so radically different from mainstream medicine or even other forms of complementary medicine, it’s important not to be confused by misleading information from “studies” and “authorities” that have used the methods of one field to try to describe and judge another. As the author says in her Introduction, one “has to know a fair amount about homeopathy to be able to find trustworthy information.”

Jerome begins Chapter One with what homeopathy is not in order to explain what homeopathy is. Although homeopathy is often mistaken for other complementary or alternative forms of therapy that use natural source materials, homeopathic medicines are made using an exacting process of serial dilution and succussion, a unique method used only in homeopathy.

Classical homeopathy’s three defining principles (Law of Similars; minimum dose/potentized medicines; one medicine at a time) are explained in the course of telling the story of how Samuel Hahnemann developed his scientific method of homeopathic medicine. One gets to see how data, research, experimentation, refining, and reaffirming were all part of Hahnemann’s process. It’s one of the best “how it all began” accounts in homeopathic literature.

Chapter One also includes a section on other approaches, developed mainly to adapt homeopathy to fit in with Western expectations about medicine, which includes a thorough explanation of combination remedies.

The safety of homeopathic medicines is spotlighted in Chapter Two, which covers the use of remedies and conventional medicines, as well as manufacturing standards and FDA regulations.

Medicines and their homeopathic nature are covered in Chapter Three, which includes remedy source materials, how medicines are made, how they are tested, and how they are labeled.

The science of homeopathic medicine is explored in Chapter Four. Homeopathy’s individualized methodology and its potentized medicines require investigation that is different from other therapies. Jerome gives a clear explanation of randomized clinical trials.

In the section on laboratory science, she first covers medical science’s current focus on the chemical or material aspects of living organisms, and then—moving from the chemistry lab to the physics lab—takes a look at the electromagnetic aspects. “Stay tuned,” says Jerome. “The technology to investigate potentized medicines is in its infancy compared to its potential.” In the meantime, this section of the book provides a helpful look at homeopathic remedies on the nanoparticle level.

In Chapter Five, titled, “Philosophy,” the holistic nature of homeopathic medicine is explained through the role of the vital force and organism resilience, as well as the topic of susceptibility to disease.

In Chapter Six, titled, “How to Start,” the reader is reminded that new approaches and new technology (in addition to new discoveries of Hahnemann’s previously unknown writings) have helped
homeopathy evolve while its methods, rooted in science, have kept it consistent and stable. Acute and chronic illness are defined here, along with aspects of homeopathic care at home and care by a professional homeopath.

Part Two of the book presents 32 cases, of both humans and animals, to show the range of what this unique system of medicine can do. Homeopathy is so different from what most people are used to, especially with its emphasis on treating the whole person by way of their individual symptoms, rather than treating the disease and the symptoms common to most people. (See the author’s explanation in the section above, “But what remedy did you give?”)

Yes, you can find helpful introductory information on classical homeopathy in the many introductory books available, but here it all is in one place, clear and concise. Jerome thanks the hundreds of students that helped her understand how to explain homeopathy and its principles in her 27 years of teaching, saying, “Insatiable and exacting, they held me to the highest standard of clarity.” Personally, this reviewer looks forward to using Jerome’s book with study groups. Her writing is certainly as sterling as one of her courses!

The book includes a brief glossary, as well as resources, and a list of names and descriptions of consumer, credentialing, professional, and research organizations. Unfortunately, there is no index.

Ann Jerome, a graduate of Yale and Brown Universities, has been a nationally certified homeopath since 1999. A former university professor, she has served as president of the National Center for Homeopathy, board member for the Council for Homeopathic Certification, founder and director of the Academy of Classical Homeopathy, and a founding faculty member of the Academy for Homeopathy Education. Her writing has appeared in numerous publications for professionals and the public.

But what remedy did you give?

In answer to the question, “Why didn’t you tell which remedies worked for the cases in the book?” Ann Jerome writes, “I totally understand the curiosity of those who use homeopathy to know how I analyzed the case, what rubrics I used, what remedies I considered, and what remedy worked. However, that’s not what I was up to in writing this book. In my experience as a lobbyist for consumer health freedom legislation and as a speaker for public groups, I’ve found that the case analysis process that fascinates those already using homeopathy is not at all interesting to those who are brand new to this form of medicine. As more and more people hear about homeopathy, I felt our community needed something that doesn’t exist elsewhere in this distinct form: a full explanation of what homeopathy is with examples of what it can do, geared to the general public. I wanted to communicate the basics while also respecting the fact that the remedy that worked in one case wouldn’t necessarily work in others.”

“One gets to see how data, research, experimentation, refining, and reaffirming were all part of Hahnemann’s process. It’s one of the best ‘how it all began’ accounts in homeopathic literature.”

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Dor Remsen 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 started the study group in Bloomsburg, Pennsylvania, and has been leading study groups since. She currently serves on the board of the Florida Homeopathic Society and NCH’s Publications Committee.
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As President of the National Center for Homeopathy, one of my greatest joys is reading letters from members of our community who have decided to contribute to NCH through their will, insurance, or estate plan. The letters are moving. They speak of the multitude of ways people discovered NCH and homeopathy. They describe particular programs that were helpful and worthy of support. They highlight aspects of the organization that have changed lives. They underscore the desire new prescribers and experienced homeopaths have to help NCH fulfill its mission—educating and advocating for access to homeopathy. All in all, they represent stories of growth and healing. And they speak of making the world a better and more wholesome place for our children and grandchildren.

From time to time, we will be interviewing people who have written such letters to NCH. It is my hope that you will be inspired to follow suit and consider including the National Center for Homeopathy as a beneficiary in your estate planning.

Meet Barbara Lowry

Barbara Lowry, DSH, CCH, has been a homeopathic practitioner since 2009, the year she graduated from the School of Homeopathy New York. Currently living in Doylestown, Pennsylvania, she will soon be moving to Fort Worth, Texas. Barbara also serves as archivist for her husband’s company, Cooke Optics Limited, cataloging and protecting documents, photos, and artifacts that date back to 1886. These items will soon be transferred permanently to the research library affiliated with the Academy of Motion Picture Arts and Sciences in California.

Lauri Grossman: Why did you think of giving to the NCH?

Barbara Lowry: As the years roll on, I see, as most homeopaths do, the growing existential threat to the practice of homeopathy. Our art is being systematically eroded by forces that would like to see our remedies, and homeopaths, erased. The only effective way I see to tip the balance toward a mindset of healing and away from “disease care” in a free society is to educate the majority of the population to that truth. Only then can a sea change happen.

The mission of the NCH is to educate the public and inform legislators, and I see the NCH as positioned to be the center, or one of the centers, to coordinate and amplify our message, if given adequate resources.

LG: There are many homeopathic organizations. Why did you earmark the money for NCH?

BL: From my experience over the last 11 years as a practicing homeopath, I’m confident that the NCH is set up and has the ability to carry out its mission wisely. Giving a substantial lump sum to one, solid organization like the NCH will give it the resources to start an endowment fund earmarked for informing and educating—especially legislators.

LG: Tell me about the timing of your gift.

BL: I wish I could give the donation today to be able to enjoy seeing it put to good use, but a planned gift makes more sense tax-wise, so the gift is now part of my will.

LG: Are you an NCH member, and if yes, for how long?

BL: I have been a member of the NCH since 2005, when I was a first-year student at the School of Homeopathy New York.

LG: Are there any areas of NCH’s programming—the website, Homeopathy Today magazine, Joint American Homeopathic Conference (JAHC), webinars, public policy—that stand out as that which you want to support?

BL: Each component of the NCH supports the main mission—education—whether it’s geared toward the general public, legislators, or our own community of homeopaths. All of these facets are important to reach the tipping point in our favor.

LG: Can you name and describe one NCH event or program that stands out for you, to inspire others to give?

BL: I actually loved attending the virtual JAHC 2020 conference this past spring. As much as I love social mingling, my vote would be to do it again virtually. My note-taking was more effective sitting at my desk! And the way the conference was structured, you felt the spirit of the event. I was sad when it ended Sunday night! I’m looking forward to next year’s conference now!

Because of you…

Thank you for your keen foresight and generosity, Barbara! You, and other champions of homeopathy, are helping to assure that homeopathy and the NCH can grow and flourish for the benefit of future generations.
**IN LOVING MEMORY**

It is with deep sadness that we report the passing of Jean H. Hoagland on September 10, 2020. A stalwart supporter of homeopathy, Jean served the homeopathic community in many ways, including as board member of the National Center for Homeopathy, with stints as both Treasurer and President. Jean took an active interest in many causes and touched the lives of countless people throughout her 95-plus years. She will be greatly missed. Her family suggests that contributions in her honor may be made to Homeopaths Without Borders: www.hwbna.org. We look forward to paying tribute to Jean in the Winter 2020 issue of Homeopathy Today.

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**STIR-CRAZY PARENTS AND KIDS**

**HOW HOMEOPATHY CAN SAVE YOUR FAMILY’S SANITY!**

NCH Webinar • Monday Dec 7, 2020 • 7 p.m. Eastern
WITH JUDYTH REICHENBERG-ULLMAN, ND, MSW, DHANP

This is a challenging time for parents and kids alike. Virtual classes or back in-school? Parents working from home? It’s all new territory!

Dr. Reichenberg-Ullman specializes in helping families from around the world with homeopathy. She is looking forward to sharing some great cases of kids from her practice for whom homeopathy has been a lifesaver, as well as some invaluable practical tips for parents to keep it together during this extraordinary time in our lives.

She is a licensed naturopathic doctor, board-certified in homeopathy, who has been helping patients for 36 years and is the co-author, with her husband, Robert Ullman, of eight books on homeopathy, including the best-selling *Ritalin-Free Kids and Homeopathic Self-Care: The Quick & Easy Guide for the Whole Family*. She will be a featured speaker at the April 2021 Joint American Homeopathic Conference in Baltimore. Her website is www.healthyhomeopathy.com.

**REGISTER AT:**
https://homeopathycenter.org/category/member-only-webinars/
OR
https://attendee.gotowebinar.com/register/1161675017471975747

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**CALENDAR OF EVENTS**


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**THE MARKETPLACE**

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NCH may decline to run ad content deemed inappropriate or irrelevant for the publication or membership.

**RATES**
$25.00, 25 words, no photos.

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If you’re interested in submitting a classified ad to appear in Homeopathy Today, contact Christina DeRose, Industry Relations Associate, at 856-437-4742 or cderose@nadca.com.

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homeopathyworks.com > products > books
60.00 Winston’s ‘Faces of Homeopathy’ new reprint
Joint American Homeopathic Conference

April 23-25, 2021   •   Hyatt Regency - Reston, VA

Look for special discounts to attend both events!

JAHC 2021
LEARN.  CONNECT.  ADVOCATE.

Preceded by

Homeopathy on the Hill

April 21-22, 2021
Hyatt Regency - Reston, VA

Look for special discounts to attend both events!