

Homeopathy TODAY

Your Guide to Health through Homeopathy

LOVE

Can it make you sick?
Cool cures for Cupid's tricks!

Keep Your Heart Healthy with natural medicines

Quick Fix! Meet the *cell salts* 12 simple, safe remedies for everyday ills

Avoiding Root Canals

February 2008 • \$4.95
NCH NATIONAL CENTER FOR HOMEOPATHY
nationalcenterforhomeopathy.org



Display until March 31, 2008

HELP YOUR CHILD'S GROWING PAINS

HOMEOPATHY in COMMUNITY

3rd Annual

JOINT AMERICAN HOMEOPATHIC CONFERENCE



Presented by The National Center for Homeopathy in association with
 Academy of Veterinary Homeopathy · American Association of Homeopathic
 Pharmacists · American Board of Homeotherapeutics · American Institute of
 Homeopathy · Council for Homeopathic Certification · Council on Homeopathic
 Education · Homeopathic Academy of Naturopathic Physicians · Homeopathic
 Nurses Association · Homeopaths Without Borders · North American Network
 of Homeopathic Educators · North American Society of Homeopaths



April 11-15, 2008 · Crowne Plaza at the Crossings · Warwick, Rhode Island

SPECIAL EVENTS

Friday Pre-Conference Seminar
André Saine, ND
 Specific Tools for
 Resolving Difficult
 Cases

Friday Evening
 Exhibit Hall
 Opening Reception
 Poster Sessions

Saturday Night
 Trip to Newport-
 by-the-sea's historic
 downtown waterfront

**Monday -Tuesday
 Post Conference
 Seminar**
Jeremy Sherr, FSHom
 The Syphilitic Family
 of Remedies: A New
 Perspective

Register Early & Save! www.nationalcenterforhomeopathy.org or Toll Free (877) 624-0613

15 Saturday & Sunday introductory & advanced seminars to choose from!

INTRODUCTORY

**What is Health? What is Disease?
 What is to Be Cured?**
 Melanie Grimes, RSHom(NA) CCH

The Homeopathic Interview
 Ellen Feingold, MD

**Exploring Your Homeopathic
 Home Remedy Kit**
 Kate Birch, RSHom(NA) CCH

**Are We There Yet? Homeopathy
 Through the Transformation of Menopause**
 Lisa Decandia, HD CSRHom

Curing the "Incurable" Chronic Diseases
 Manfred Mueller, RSHom(NA) CCH

Saturday ADVANCED

**The Weight of Evidence: The
 Extraordinary Success of
 Homeopathy in Epidemics**
 André Saine, ND

**Integrating Homeopathic Treatment
 into Traditional In-patient Substance
 Abuse Treatment**
 Loretta Butehorn, PhD CCH RSHom(NA)

**Homeopathic Treatment of
 Post-Traumatic Stress Disorder**
 Edward Shalts, MD DHT

The Desert Community
 Todd Rowe, MD MD(H) CCH DHT

**Homeopathy and the
 Placebo Effect**
 Mark Brody, MD

Sunday ADVANCED

AIDS and Homeopathy
 Jeremy Sherr, FSHom

A Noble Gas: Helium
 Jeremy Sherr, FSHom

**Where is Homeopathy Going?
 A Systems Analysis of the
 Homeopathic Community**
 Bernardo Merizalde, MD

Cryptogam - Study of Group Remedies
 Jawahar Shah, MD

Homeopathic Community Research
 Todd Rowe, MD MD(H) CCH DHT &
 Iris Bell, MD MD(H) PhD

**Watch, Learn & Discover the
 Methodology, Analysis and Construct
 of the Sensation Method**
 Panel moderated by Melissa Burch,
 CCH RSHom(NA) with presenters: Jenny
 Hwozdek, CCH; Tim Stryker, MD DHHP;
 Christopher Beaver; Gary Chistiansen;
 Wanda Bedinghaus, MD

Although accurate at press time, this schedule is subject to change.

For more information contact: National Center for Homeopathy
 Phone (703)548-7790 · Fax (703)548-7792 · Toll Free (877)624-0613
info@nationalcenterforhomeopathy.org · www.nationalcenterforhomeopathy.org

Homeopathy TODAY

www.nationalcenterforhomeopathy.org
Your Guide to Health through Homeopathy

JANUARY/FEBRUARY 2008

Volume 28, Number 1

ISSN: 0886-1676

Featured Articles

- 14** **Gentle Little Souls**
Everyday Uses for the Humble Tissue Salt
by Miranda Castro, CCH, FSHom
- 24** **Addicted to Love?**
If Cupid lets you down, homeopathy can help
by Mary Aspinwall, ISHom, PCH, Registered Homeopath
- 32** **The Heart of the Matter**
Homeopathy helps a woman with irregular heartbeat
by Amy Rothenberg, ND, DHANP
- 7** News from the NCH Office
- 7** Council for Homeopathic Certification 2007 Exam Results
- 9** In Memoriam: Greg Bedayn & Madeleine Bastide
- 12** Homeopathy in Community: 3rd Annual Joint American Homeopathic Conference • April 11–15, 2008 • Rhode Island
- 18** The 12 Cell Salts: What are they good for?
- 21** Growing Pains: Dishrag String Bean Kids
- 22** Interview: Meet Dr. A.U. Ramakrishnan, MBBS, MFHom, PhD
- 26** Poetry of Love: In Pursuit of the Mirror
- 34** Homeopathy & Heart Conditions
- 38** Avoiding or Delaying Root Canal Therapy
- 41** Happy Presidents' Day!
- 43** Review
MatMedCards I and II



DEPARTMENTS

- 6** FROM THE BOARD OF DIRECTORS
- 44** CONTRIBUTIONS

- 8** IN THE NEWS
- 45** CALENDAR OF EVENTS

Homeopathy TODAY

is published bimonthly by the National Center for Homeopathy, a not-for-profit membership organization. Please direct inquiries to:

National Center for Homeopathy
801 N. Fairfax Street, Suite 306
Alexandria, VA 22314
Phone: 703-548-7790
Fax: 703-548-7792
Toll-free: 877-624-0613
11 a.m.–4 p.m., EST
info@nationalcenterforhomeopathy.org
nationalcenterforhomeopathy.org

For advertising information and rates:

Advertising Office
Russell Johns Associates, LLC
Clearwater, FL
800-237-9851 • ht@rja-ads.com

Editorials, articles, and letters appearing in *Homeopathy Today* do not necessarily reflect the opinions or policies of the National Center for Homeopathy or its Board of Directors. Inclusion of an advertisement does not constitute an endorsement of the advertiser, product, or service.

Information offered in *Homeopathy Today* is for educational purposes and is not intended to replace the individualized attention of a qualified healthcare professional. Homeopathic self-care can be appropriate for simple first-aid or acute illness. Those with more serious or chronic illness should seek the services of a competent healthcare professional.

We welcome articles, letters, and reviews pertaining to homeopathy. We reserve the right to edit or decline submissions. For more information, please see the writer's guidelines at nationalcenterforhomeopathy.org. Email submissions preferred, sent to: info@nationalcenterforhomeopathy.org

Subscriptions: \$55 per year (outside US/Canada \$75). Includes NCH membership, online searchable access to *Homeopathy Today* archives, bimonthly *NCH e-Newsflash*, annual *Practitioner Directory & Resource Guide*, online searchable remedy & symptom database, discounts, and more.

Call toll-free: 1-877-624-0613

Subscribe online:
www.nationalcenterforhomeopathy.org

E-mail:
info@nationalcenterforhomeopathy.org

©2008 National Center for Homeopathy. All rights reserved. Reproduction in whole or part without permission is prohibited.

Homeopathy is a safe, effective system of natural medicine, used by millions worldwide for more than 200 years. The 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. Learn more at: www.nationalcenterforhomeopathy.org.

NCH

THE NATIONAL CENTER FOR HOMEOPATHY is an open membership organization that supports and promotes the cause of homeopathy in the United States through: • educating about homeopathy • publicizing the effectiveness and therapeutic benefits of homeopathy • supporting legalization of the practice of homeopathy and ensuring that access to homeopathic medicines is protected • serving as a unifying force for all who are interested in homeopathy.

BOARD OF DIRECTORS

President

Nancy Gahles, DC, CCH, RSHom(NA)
Belle Harbor, NY

Vice President

Joseph Lillard, Jr.
Berkeley Springs, WV

Vice President

Edward Shalts, MD, DHT
New York, NY

Secretary

Amy L. Lansky, PhD
Portola Valley, CA

Treasurer

Jean Hoagland
Mount Dora, FL

Nancy Boyer, RN, MNP
Fairport, NY

Ann Jerome Croce, PhD, CCH, RSHom(NA)
Deland, FL

Stephen Messer, ND, DHANP
Mesa, AZ

Molly Punzo, MD, DHT
East New Market, MD

Director Emeritus

J.P. Borneman
Bryn Mawr, PA

Ex Officio

Ed Field
Monticello, NY

OFFICE STAFF

Executive Director
Sharon Stevenson

Dan Keller

Mary Anderson

Christopher Hickey

EDITORIAL STAFF

Managing Editor
Mitzi Lebensorger

Editorial Assistant
Teresa Kramer

Editorial Assistant
Amy E. Lockwood

Production
Serelda Elliot

Editorial Advisor
Miranda Castro

Editor, NCH e-Newsletter
Kristy Lampe

Join NCH!
Get Exclusive Member Benefits!

- ▶ **Homeopathy Today Online & Searchable**
 - Access 8 years of back issues
 - Find the exact info you need 24/7
 - Email articles to friends, relatives
- ▶ **NCH e-Newsletter**
Get timely updates, community news 6 times/year
- ▶ **Remedy & Symptom Database Online**
Search Clarke's, Boericke's, Kent's *Materia Medica*
- ▶ **Monthly Chat Room**
Chat online with expert homeopaths, 2nd Tuesday of month
- ▶ **Annual Practitioner Directory & Resource Guide**
Receive it by U.S. mail & access it online
- ▶ **Valuable Discounts on Products & Services**
Enjoy savings on *Vegetarian Times* magazine • Ecobags • Wholesome Harvest • Group Source Travel • Organic Gift Shop • USA Florist • NCH Store • many more
- ▶ **A Strong Voice for Increased Access to Homeopathic Health Care**
Support NCH's efforts to make homeopathy accessible to the public • train consumers & practitioners • inform legislators, insurers, and the media

Act NOW!

Complete the card in this magazine or visit
nationalcenterforhomeopathy.org
or
Call toll-free 877-624-0613!





What is homeopathy?

Homeopathy is a safe, effective system of natural medicine, used by millions of people worldwide for more than 200 years. 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 research published in such medical journals as *The Lancet*, *Pediatrics*, and the *British Medical Journal* have confirmed homeopathy’s effectiveness.

Homeo-Speak

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

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

chronic illness: (See acute illness.)

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

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

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

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

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

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

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

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

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

rubric: A symptom listed in a homeopathic repertory.

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

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

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

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



NOTES FROM THE BOARD OF DIRECTORS

Nancy Boyer, RN, MNP, a nurse practitioner with a specialty in adult medicine, is the Chair of NCH's Marketing and Media Committee. She has worked as a hospital administrator, chief operating officer of Blue Cross/Blue Shield HMO, and CEO and co-founder of HealthChex, Inc., a software company purchased by Equifax, Inc.

Peter Gold, NCH Public Relations and Media Liaison, co-authored this article. He has extensive training in homeopathy and is a partner in the marketing firm, Gold, Orluk, & Partners.



On October 25, 2007, the National Center for Homeopathy sponsored the first formal homeopathy debate in North America in many years. This historic event—"Homeopathy: Quackery or a Key to the Future of Medicine?"—was conceived of and organized in its entirety by the National Center for Homeopathy and co-sponsored by the University of Connecticut Health Center.

The 2-hour program was broadcast live over the Internet and featured six internationally renowned experts, each speaking for

A Debut Debate: Your input needed

about 20 minutes. Taking the pro-homeopathy position were Iris Bell, MD, PhD (University of Arizona, Integrative Medicine), Rustum Roy, PhD (Pennsylvania State, Materials Science Department), and André Saine, ND (Canadian Academy of Homeopathy); taking the skeptical position were Donald Marcus, MD

(Baylor College of Medicine), Steven Novella, MD (Yale School of Medicine), and Naduv Davidovitch, MD, PhD, MPH (public health officer, ministry of health, Israel).

The debate is now available for viewing on the NCH website. Find a link on the left side of the home page: www.NationalCenterForHomeopathy.org

So what happened?

The goal was not to have a knock-down contest but rather to have a candid, objective presentation on the "facts." Our team was exemplary: polished, with strong objective evidence. It is safe to say, viewers gained a new appreciation for the "plausibility" of homeopathy on October 25.

A live audience of 200+ medical students, faculty, and visitors watched the debate in two viewing rooms at the University of Connecticut Health Center. The atmosphere was charged with tension. Some comments overheard from attendees: "How could the skeptical 'scientists' present their views based upon innuendo and opinion?" "Wow you mean it really isn't placebo?"

Interesting results and findings

Pre- and post-polls were conducted, and 891 people participated. Before the debate, 30% of respondents believed homeopathy was unscientific. After the debate, only 15% of respondents still believed that.

More than 9,000 people have watched the event via the web—some viewed it in real time, while others watched the archived version. We've had viewers from the U.S., Africa, New Zealand, Russia, India, Japan, China, Great Britain, Australia, Canada, South America, Austria, Belgium, France, Italy, Israel, and more. Of significance, this event has already enjoyed the largest webcast

audience in the history of The University of Connecticut Health Center and School of Medicine.

What's more, NCH worked with the Consortium of Academic Health Centers for Integrative Medicine (39 of the top academic medical centers in the U.S.) and communicated with more than 450 homeopathic organizations across the globe, encouraging them to watch the event and share news of it with their members. NCH also communicated with members of Congress, the World Health Organization, the Centers for Disease Control, the National Institutes of Health, as well as over 30 health and science writers across North America. Follow-up stories will be appearing in the peer-reviewed professional journals, *Homeopathy* and *The Journal of Alternative and Complementary Medicine*, as well as others.

So what's next?

This is where you, our members, come in. The debate was successful in bringing homeopathy to a large audience—many of whom know little about homeopathy. Afterwards, the following agenda items became of prime importance. The NCH Board is reviewing each to determine the appropriate role of your organization. Please let us know what you think.

1. **Research.** The debate proved that we need more reliable research, designed by a homeopathic scientist. This is key to our acceptance by the scientific community. Iris Bell, MD, PhD, one of the most credible researchers in homeopathy, is eager to begin actualizing her investigations into the dynamics of cure or "how we heal." (See her interview in Sept/Oct 2006 *HT*, "Researcher, Homeopath, Creative Thinker.") We'd like to enable her to conduct the research, and even better, to train practicing homeopaths to replicate it within their own practices. It would be a major undertaking but a fabulous way to evaluate classical homeopathy. However it takes BIG money to do such excellent and careful scientific research, and grants are not easily procured. Is funding procurement a role you consider important for NCH to perform?

2. **International focus.** In light of the international quality of the debate, do we encourage more international support of homeopathy and collaboration via membership in NCH? Do we actively seek unity with our like-minded international practitioners, communities, and organizations?

3. **Education.** We look forward to using the newly redesigned NCH website for similar future debates and high quality educational opportunities, as resources allow. We have acquired some seed money for this effort, but we'll need your additional financial support to make it happen. Where do you think we should focus such efforts? Shall our target audience be the media, potential patients, or new practitioners? What can we offer that will assist you, as an NCH member and a co-creator of the future of homeopathy?



continued...

High profile, high standards

Have you noticed that there seem to be more people interested in knowing what you know about homeopathy? Perhaps it is the recent conventional drug recalls or just interest in a more gentle approach to healing. As we become more open with our use of homeopathy, “impeccable, professional, and caring people with high integrity”—are the words that must describe us as we promote, teach, and practice the science of homeopathy. As with any new awareness, we will all be carefully judged. Scope of practice, health freedom, and certification will be issues that rise to the surface if the practice of homeopathy is indeed to become a more recognized profession.

Our collective role in continuing education, adherence to classical homeopathy practice, and commitment to excellence will be a high priority. So is supporting the NCH with your continued membership and financial support. Strength in numbers is more than a saying.

So hang on tight and enjoy the journey. The ride has just begun. And to the world at large we say, bring it on. It is about time!

2007 Exam Results: Council for Homeopathic Certification

by JACKI FOX, CHC Executive Director

The Council for Homeopathic Certification is pleased to report the exam results for 2007. There were 82 total applicants, up 9% from 2006. Fifty applicants took the exam in September, a record for a single exam cycle.

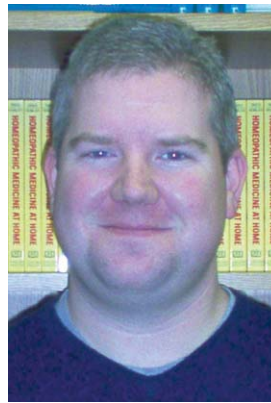
The results for the three parts of the exam were: Homeopathy, 58 applicants, 51 passed, 7 failed, 88% pass rate; Health Sciences, 49 applicants, 34 passed, 15 failed, 69% pass rate; Case Analysis, 57 applicants, 36 passed, 21 failed, 63% pass rate. The CHC board is satisfied that these pass rates demonstrate an appropriate standard and are comparable to other professional exams.

Between January and October, the CHC certified 27 practitioners, with several more pending. Those who complete the certification process are entitled to use the credential “CCH” or Certified in Classical Homeopathy. This certification is not a license to practice, but is an important step toward defining a national identity for the homeopathic profession. It also assists the general public in choosing appropriately qualified practitioners.

If you have any questions on the certification process, or are looking for a certified practitioner in your area, please visit our website, www.homeopathicdirectory.com, or contact the CHC office at 1-866-242-3399.

News from the NCH Office

Those of you who attended the Annual Joint Conference last year in Denver, Colorado, will remember Julia Moorhead as the bubbly staff member behind the registration desk greeting attendees. We are sad to announce that Julia will be leaving the NCH in mid-January. Her bright smile and warm personality will be greatly missed in the office. We wish her all the best as she pursues her education in nursing.



Christopher Hickey

At the same time, we are pleased to welcome our new staff member, Christopher Hickey. Originally from Boston, Christopher comes to us by way of Chicago where he studied education at DePaul University and continues his study through online courses. Christopher will be handling general information requests, sales of books and products, and the registrations for the Annual Conference and On the Road Seminars. If you attend the 3rd Annual Joint American Homeopathic Conference in Rhode Island, April 11–15, you will have the pleasure of meeting Christopher.

Finally, warm congratulations to staff member, Mary Anderson Cutts, NCH Projects Manager, on her marriage to Brian Cutts this past November. They met at NCH Summer School in 2004 in Baltimore, when Brian, a homeopath from the Pittsburgh area, was attending classes, and Mary, a former employee of Washington Homeopathic Products, had just started working at NCH. It was “love at first sight,” and Brian has been by Mary’s side, graciously volunteering at every



Mary Anderson and Brian Cutts

Annual Conference since then. When you see this radiant couple at the conference in Rhode Island in April, please congratulate them. We wish them a very happy life together!



HOMEOPATHY IN THE NEWS

Check the NCH website at nationalcenterforhomeopathy.org for more detailed reports on homeopathy in the news. Click on "Media" and then "Homeopathy in the News."

Russian homeopathy market targeted

Boiron homeopathic pharmacy is targeting Russia as a market for future growth, according to the Rosbalt news agency as reported by *Global Insight*. The agency cites a 40% increase in Russian sales in 2006, "in stark contrast to Boiron's home market, France, where the company has seen steady losses in recent years. The group's Russian sales are anticipated to reach 18 million euro (US \$25.7 million) by the end of 2007, which is some 75% higher than they were a year earlier. Boiron currently has five products on sale in Russia, and is in the process of registering a sixth. ... Growth in the Russian homeopathy market could certainly provide an outlet for drug-makers struggling to survive in the more heavily regulated markets of Western Europe."

—*Global Insight*, Mitra Thompson, October 1, 2007

Spain considers alternative medicine

The Spanish Minister of Health has commissioned a report on alternative medicine in order to consider including it in Spain's National Health System. "The inclusion of homeopathy as part of the national health system has already been established in countries such as the United Kingdom, France and Germany. However, professional attitudes towards homeopathy still differ greatly, as the efficacy of homeopathic medicines is difficult to measure and quantify. At present, between 10–15% of the Spanish population uses homeopathic treatments ... Similar legislation was attempted in Catalonia, though with no apparent success."

—*Global Insight*, Dr. Elvira Draga, October 25, 2007

Access ANY Homeopathic Medicine from ONE Source...

*We represent Boiron, Standard/Hylands,
Hahnemann Labs, and Helios (UK)*

And we can help you get whatever homeopathic medicines you and your patients may need, including many difficult to obtain nosodes. See our website for the many medicine kits & medicine carrying cases

Our profits help support the considerable amount of work that our owner DANA ULLMAN, MPH volunteers for homeopathy.

Homeopathic Educational Services

2124N Kittredge St., Berkeley, CA. 94704

Phone: 510-649-0294 ∞ fax: 510-649-1955 ∞ orders in USA: 800-359-9051

Email: mail@homeopathic.com ∞ Website: <http://www.homeopathic.com>

IN MEMORIAM

GREGORY BLAKE BEDAYN • November 19, 1949–January 4, 2008

GREG BEDAYN, GREAT FRIEND OF homeopathy, died on January 4, 2008, after a long and rare illness. He practiced homeopathy for only a short period before becoming ill, but during that time he wrote extensively, conducted a thorough Hahnemannian proving, participated in a fact-gathering mission to Montana to discover the final home of James Tyler Kent, and carried on extensive correspondence with many famous homeopaths. His contributions during this short career were remarkable.

Greg's published articles were thorough and insightful including treatises on *Lachesis*, *Bufo*, and natural vitalism. His very fine proving of Raven's blood has led to several published cures, and he accumulated an extensive homeopathic library, which he left to homeopathy.

More important was Greg's infectious enthusiasm for everything he did—he was a famously skilled craftsman, pilot, blacksmith, drummer, and climber. Greg never met a project he would not tackle and never gave up on a project—even when he should have. Greg was passionate, stubborn, and bigger than life. Upon his death, the universal feeling amongst his friends and family was happiness for his release from the prison his body had become.

During his long illness, Greg was treated unselfishly by many fine homeopaths. Paul Herscu, ND, was particularly kind and generous with his time and expertise. Greg was cared for by family for many years, especially his loving sister Kathy.

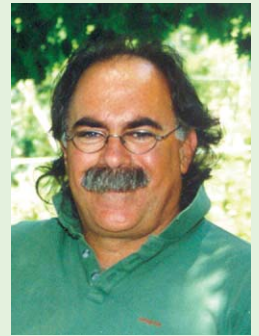
—Roger Morrison, MD

GREG WAS THE FOUNDING EDITOR of *The American Homeopath*. After deciding that the North American Society of Homeopaths (NASH) needed a journal, he got permission from the NASH president, named the journal, edited it, and oversaw all aspects from choosing the typefaces to mailing subscriptions. For the journal covers, he sourced or commissioned masterpiece paintings of historical figures in homeopathy. He also had the foresight to register the domain name www.homeopathy.org for NASH back in 1995, when few valued the internet.

Greg was an inventor and a blacksmith. He patented a self-cleaning garlic press, and created surgical tools, wood burning hot tubs, fishing boats, and engines. He was also a fisherman, drummer, and pianist, not to mention a great chef. He attended Hahnemann College of Homeopathy on fellowship, and also law school briefly. Greg's father invented a carabiner (clip) used by mountain climbers, so when the celebrated mountaineer, Sir Edmund Hillary came to the US on his way to climb Mt. Everest, he stayed with the Bedayn family—and slept in Greg's bed before he set out for Everest.

Greg was a member of The Sons and Daughters of Orpheus, a healing community practicing the ancient soul arts of drumming, chanting, poetry, and storytelling along with contemporary group work and performance ritual. They performed at healing conferences, parades, sacred gatherings, and celebrations of many kinds.

In 1995, Greg discovered the final home and resting place of homeopath James Tyler Kent. After reading an obscure obituary that mentioned Kent had died on



“a family orchard property in Montana,” Greg and Julian Winston visited the home in Stevensville, a Frank Lloyd Wright design. Greg started a foundation to purchase the house. He got the historical commission to agree to put it on the historic register, and the owners to agree to sell the house to the foundation. This project was put on hold, as Greg's health deteriorated and no one stepped up to fill his shoes.

In an interview conducted for *The American Homeopath* in 2000, when asked what he was most proud of, Greg mentioned his homeopathic proving of Raven's blood (*Sanguis corvus corax principalis*).

—Melanie Grimes, RSHom(NA), CCH

Greg is survived by his brothers Rich and Rod, and sister Kathy. There will be a memorial celebration at noon on March 1, 2008, at the Lafayette Community Center, Lafayette, CA, with time for sharing memories, followed by a Thai luncheon. Please RSVP to kbedayn@sbcglobal.net if you plan to attend or wish to find out about memorial contributions.

MADELEINE BASTIDE • March 18, 1935–June 10, 2007

MADELEINE BASTIDE, THE doyenne of research into the infinitesimal, passed away in Montpellier, France. Mycology, microbiology, and bacteriology were the fields she mastered, yet her real love and focus was immunology. A professor at the University of Montpellier, she was lauded for her research as well as her teaching skills.

Later in her career, she devoted her energies to researching the health effects of

mobile phone use and the scientific validation of homeopathy. Her research demonstrated ill effects in the former and proved the validity of the latter. She began her ultra-high dilution research in the 1980s on cytokines and thymus hormones, charting immunological effects on animals. In 1986, she established the Groupe International de Recherche sur l'infinitesimale, which sponsored the Monaco International Seminars on Alternative Medicine. She served as advisor to many scientific organizations

including the French Agency for Health Safety and the European Parliament.

As Jean M. Bastide remarked, “To all of us, she was a seductive colleague, with her warm smile and her passion to communicate, which would charm her listeners, while at the same time, she was rigorous and demanding in the work. ... A beautiful soul has gone away.”

—Jay Yasgur, RPh, MSc

JOIN THE DISCUSSION!

Monthly Member Chat Room!

Second Tuesday of the month at 9 p.m. Eastern Time.

Go to nationalcenterforhomeopathy.org and click on NCH Chat Room.

- Feb. 12 Amy Rothenberg, ND
Homeopathy for Teenagers
- March 11 Glen Dupree, DVM
TBA
- April 8 Pearlyn Goodman-Herrick, ND
TBA

FLU FIGHTERS

It's the dreaded flu season again. If the flu strikes you, remember to check the Flu Forum on the NCH website. You'll find tons of information and articles to help you. Go to www.NationalCenterForHomeopathy.org and click on *NCH Services*.

HEMKUND REMEDIES, INC.

A FULL LINE OF HOMEOPATHIC SUPPLIES!

- Glass vials • Glass dropper bottles • Glass Jars
 - Plastic Jars • Lactose Sugar Pellets
 - Aromatherapy or essential oil bottles
- (Choose either Silver or gold droppers, Black or Silver spray pump, White or Black cap with dripper.)



To order, call toll-free: 1-888-543-9022

604-543-9021 • Fax: 604-543-9031

www.hemkund.com

The Homeopathic Revolution is HERE!

Dana Ullman's newest and most important book:

The Homeopathic Revolution:

Why Famous People & Cultural Heroes Choose Homeopathy

Read about 11 U.S. Presidents, 2 UK Prime Ministers, 7 Popes, Charles Darwin, JD Rockefeller, Charles Kettering, Beethoven, Chopin, Tina Turner, Cher, David Beckham, Emily Dickinson, Gandhi, C. Everett Koop, MD, & hundreds more!

Consider supporting a major media campaign for homeopathy.

We NEED your support. For details, go to:

<http://www.HomeopathicRevolution.com>

Homeopathic Educational Services

Email: mail@homeopathic.com ∞ Website: <http://www.homeopathic.com>

For all your Homeopathic
Single Remedies

- Over 2400 different single homeopathic remedies
- C, X, LM potencies
- Pellets & Drops
- Mother tinctures
- Combination remedies also available
- Private labels inquiries welcomed



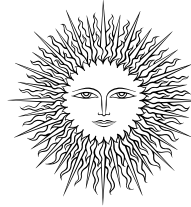
We also offer a complete line of Single and combination remedies.



A member of the Homeocan group since 1987. The #1 Choice of Canadian Health Professionals.

For a free single remedy tube of your choice email: dianac@homeocan.ca or fax 1-514-252-8919

Visit our Website: www.homeolab.com



SCHOOL OF HOMEOPATHY
 DEVON · ENGLAND

providing quality education for **26** years



Classical Hahnemannian teaching at the highest standard as well as the latest contemporary methods

Clearly presented, in-depth study: easy to follow, thorough in content, and well designed

CD recorded lectures and cassetakings by the School's renowned faculty

Personal tutors, experienced homeopaths offer the highest level of support by mail or email

Continuous assessment provides ongoing feedback

Online support and homeopathy chatroom sessions

Clinical training, supervised practice development: Regional seminars, workshops and supervision in the US and Canada, optional UK clinics and lectures

Work at your own speed and pace: study can be started and finished on a timetable that suits you

No prior medical training required: curriculum includes Anatomy & Physiology, Pathology & Disease and Nutrition courses

Accredited by the Society of Homeopaths in the UK, so you are assured an in-depth, quality program. Once you have qualified, you will be a confident, competent homeopath who can get to work helping people at the core level of their illness. Meets the Council on Homeopathic Certification academic and clinical supervision requirements.

Taster Course – 2/6 months: just give it a try!

Foundation Course – 1 year

Introduction into Practice Course – 2 years

Practitioner Diploma Course – 4 years

Founded in Devon in 1981 by its current director, internationally acclaimed homeopath Misha Norland, and well known for its high standards, the school has been in the forefront of homeopathy over the last quarter century and has pioneered many developments in homeopathic education.

IN THE UNITED STATES

866.424.8783

Betsy Levine

Call or fax toll-free

betsy@homeopathyschool.com

IN CANADA

Christine Jambrosic

Tel: 416.315.0748 / Fax: 905.773.4426

christine@homeopathyschool.com

ON THE WEB

www.homeopathyschool.com

www.alternative-training.com



Homeopathy in Community

3rd Annual Joint American Homeopathic Conference

April 11–15, 2008 - Warwick (Providence), Rhode Island

by KATE BIRCH, RSHom(NA), CCH

FOR THE LAST THREE YEARS, I HAVE HAD THE PLEASURE AND OPPORTUNITY TO SERVE AS THE North American Society of Homeopaths (NASH) representative to the conference committee for the Joint Annual American Homeopathic Conferences. The committee includes representatives from all the major practitioner organizations—NASH, Homeopathic Academy of Naturopathic Physicians, American Institute of Homeopathy, Homeopathic Nurses Association, and the National Center for Homeopathy.

The impetus for uniting behind a single conference stems from the basic need for homeopathic organizations to synergize our efforts in creating a unified homeopathic profession. As the representatives of these organizations speak for the needs of their members, we hope that our combined efforts will continue to provide the best in homeopathic education. Not only are we creating a venue for students and practitioners alike to continue their education with a variety of respected homeopathic teachers, but we are creating a meeting place, a forum for networking and community-building—hence the theme for this year’s conference, *Homeopathy in Community*. In addition, under the umbrella of the Homeopathic Action Alliance, representatives of the above-mentioned organizations as well as the Council for Homeopathic Certification, American Association of Homeopathic Pharmacists, Academy of Veterinary Homeopathy, Council on Homeopathic Education, Homeopaths Without Borders, American Board of Homeotherapeutics, and North American Network of Homeopathic Educators will come together at the conference to continue to strive toward increasing the sustainability and viability of homeopathy in North America.

For the beginner or generalist

We have been working to cultivate a distinctive identity of The Joint Annual American Homeopathic Conference where

homeopaths from all levels of practice feel welcome and can find an educational experience at par with their interests and level of practice. This year we again have a beginners/general track—a Saturday workshop of five lectures for people who are just being introduced to homeopathy:

- What is Health? What is Disease? What is to be Cured?
- The Homeopathic Interview
- Exploring Your Homeopathic Home Remedy Kit
- Homeopathy through the Transformation of Menopause
- Curing the “Incurable.”

André Saine, ND, on Chronic Disease & Epidemics

We are also excited to have two internationally recognized speakers who will carry the main thrust of the conference. The conference begins on Friday with a day-long workshop with André Saine, ND. A graduate of National College of Naturopathic Medicine in Portland, Oregon, and Dean of the Canadian Academy of Homeopathy since 1986, he has taught homeopathy extensively in North America and Europe for more than 20 years. Dr. Saine is renowned for his thorough study of the writings of the great



masters of the past who practiced pure homeopathy—Hahnemann, Lippe, Wells, and Boenninghausen, in particular. The fruits of his research have become the basis of his practice and his unique teaching. This day-long lecture will focus on the treatment and case management of chronic disease. Dr. Saine will lead us through the analysis and treatment of several cases, interweaving his profound knowledge of the *Organon* and lesser-used remedies.

On Saturday, André will spend a half-day presenting evidence from his latest work, a soon-to-be-published manuscript of some 2000 pages on the historical use of homeopathy in the treatment of epidemics around the world. Not only will this work make a profound impact on the validity of the use of homeopathy in the treatment of infectious contagious disease, but it will also provide greater understanding in this area of public health management.

Jeremy Sherr on Proving, AIDS, & Miasms

Sunday for a half day, we will be graced by the humor and articulation of Jeremy Sherr as he presents the provings of *Helium*, *Krypton*, and *Olive*, along with discussion on the treatment of AIDS. On



The Exhibit Hall at the Joint Annual Conference is the place to meet! Peruse the latest books, computer programs and products, talk to representatives from schools and organizations, get a massage, relax, make new friends, have some tea. Pictured are Lorraine Hobbs (California) and Jennifer Smith ND, DHANP, CCH (North Carolina) at last year's conference in Denver.



MITZI LEBENSORGER

Monday and Tuesday, for the two-day post conference seminar, Jeremy will present an intricately woven compilation of pertinent aspects of homeopathic philosophy and select materia medica of the syphilitic miasm. Jeremy has been teaching homeopathy since 1985. He is acknowledged by the homeopathic community as a brilliant and creative thinker who is well grounded in the philosophy and writings of Hahnemann. His lectures are an inspiring blend of classical homeopathy and original thought.

A variety of choices

The lectures on Saturday and Sunday afternoons will now be structured into two parallel advanced tracks that will be of interest to all serious students of homeopathy. They include talks on the treatment of substance abuse and post-traumatic stress disorder, the role of the placebo effect, the Desert remedies, the Cryptogam family of remedies (plants that produce spores), a systems analysis of the homeopathic community, the results of a research study on the homeopathic community, and a panel on the Sensation Method.

Join the community!

So make your plans now! Join the rest of the homeopathic community on the East Coast, at the Crowne Plaza Hotel in Warwick, RI, for an exceptional program—and learn from not just one, but many great teachers. As our homeopathic community grows, it is through networking and community-building at conferences that we can each cultivate our participation in the homeopathic profession. We all need each other. For more details, visit www.NationalCenterForHomeopathy.org or call 703-548-7790.



ABOUT THE AUTHOR

Kate Birch, RSHom(NA), CCH, has been registered with the North American Society of Homeopaths since 1996 and is Certified in Classical Homeopathy by the Council for Homeopathic Certification. She is the past vice-president of NASH and author of the recently published book, *Vaccine Free Prevention and Treatment of Infectious Contagious Disease with Homeopathy*. Kate has been teaching homeopathy since 1994 and currently lives and practices homeopathy in Minneapolis, MN.

Oops! There is a misprint in your *3rd Annual Joint American Homeopathic Conference* brochure. The correct title of the presentation by Bernardo Merizalde, MD, on Sunday April 13 from 2:30 pm to 3:45 pm is: *Where is Homeopathy Going? A Systems Analysis of the Homeopathic Community*

SCHEDULE CHANGES

Since you received your 3rd Annual Joint American Homeopathic Conference brochure, a few changes have been made to the schedule (i.e., time/topic/presenter). Please note the correct info here:

Homeopathic Nurses Association Pre-Conference Lecture

Thursday April 10, 2008
7:00–9:00 pm

An Introduction to Homeopathy for Nurses

Join us for an exciting evening learning homeopathic benefits and the differences between conventional and homeopathic treatment. It is essential that nurses are knowledgeable about various CAM therapies; for example, many people confuse homeopathy with herbal medicine—there are few similarities. Learn the difference in

this lecture and be able to speak about homeopathy to those patients who want to know.

Presented by Ann McKay RN,C, MA, DIHom, HN-C, past president of the Homeopathic Nurses Association.

2.4 Contact hours (free). Approval for contact hours through the AHNA is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients. This continuing nursing education activity was approved by the American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Homeopathic Nurses Association Membership Meeting

Friday April 11, 2008
3:00–6:00 pm

Come meet the HNA board and discuss issues facing homeopathic nurses. Current members and those interested in becoming members are welcome to attend.

Gentle Little Souls

Everyday Uses for the Humble Tissue Salt

By MIRANDA CASTRO, CCH, FSHom



I WAS EIGHTEEN YEARS OLD WHEN I PURCHASED A FULL SET of Schüssler's Twelve Tissue Salts. My parents had used these remedies from time to time when I was sick as a child, and, as a young woman I became intrigued by the delicious, little healing tablets. I also purchased a 36-remedy homeopathic kit along with handbooks for both kits.

I pored over these books and tried to understand how the 12 tissue salts differed from the 36 remedies in the homeopathic kit. Some remedies were common to both kits, and that puzzled me somewhat, especially since the descriptions of these remedies were not quite the same.

In spite of this confusion I used both kits, becoming especially fond of the tissue salts (also known as cell salts) as I got to know and use them, and like any group of friends, I had my favorites! These favorites have stayed with me and I use them still: a couple of doses of *Kali mur* for my ears if they snap, crackle, and pop after a cold, *Kali phos* for an energy boost after an acute illness or a stressful work period, *Silica* for a dry cough after getting chilled when run down.

A little history

W.H. Schüssler was a German physician in the late 1800s who became intrigued by the idea of how the cells of the human body were constructed. This subject of “cellular construction” was the cutting edge of physical pathology in Europe at that time, and was also being studied by scientist Rudolf Virchow, known as the “Father of Pathology.”

Schüssler investigated the chemical make-up of human cells and found that certain mineral salts were common to all cells and tissues. His basic theory revolves around the belief that the tissues or cells of the body can be broken down chemically into twelve inorganic mineral salts: calcium fluoride, calcium phosphate, calcium sulphate, phosphate of iron, potassium chloride, potassium phosphate, potassium sulphate, magnesium phosphate, sodium chloride, sodium phosphate, sodium sulphate, and silica. He believed that disturbances in the levels of these salts cause disease, and the restoration of health is dependent on the administration of very small doses of the salt that is lacking. He used minimal doses, prepared according to homeopathic pharmaceutical principles (6X and 12X potencies), “corresponding in minuteness to the cellular salts in the tissues.”¹

Although Schüssler was familiar with homeopathy, he proclaimed his “bio-chemic system” of using tissue/cell salts as

complete and separate from homeopathy. His indications for choosing a remedy were not based on homeopathic provings or the homeopathic principle of similars but rather on his theories surrounding which mineral salts were deficient and needed to be supplemented. For example, since bone tissue is composed of calcium phosphate, calcium fluoride, and magnesium phosphate, Schüssler’s theory suggests that a bone problem could be helped by taking minute doses of these salts. For this reason, people think of his system as the homeopathic equivalent of mineral and vitamin supplementation.

Schüssler's tissue salts are a hit with home prescribers who want a quick fix for simple ailments—or who become overwhelmed with the wider range of homeopathic remedies.



Since most homeopathic remedies that are made from organic substances (i.e., plant or animal sources) can also be broken down chemically into these 12 mineral salts, Schüssler viewed his system as more fundamental than homeopathy and even superior to it.

Simple and popular

Schüssler’s tissue salts are popular around the world. They’re a hit with home prescribers who want a quick fix for simple ailments—or who become overwhelmed with the wider range of homeopathic remedies. In India, some homeopathic practitioners specialize in the tissue salts and use only these 12 remedies with all patients. Most British homeopaths use them to some extent—especially as a supportive measure in between constitutional remedies, targeting specific physical conditions or systems. Other homeopaths

give their patients one dose of a high potency constitutional remedy to address the whole person (including the mental and emotional state or symptoms), and then send the patient home with a low potency tissue salt to address physical symptoms more directly.

Cell salt conundrum

The tissue salts are alleged to work at a cellular level, to redress physical imbalances, acting in effect more like “supplements” than homeopathic remedies—that was Schüssler’s theory, yet they are prepared in accordance with homeopathic pharmaceutical protocols, and are therefore considered homeopathic remedies. The Big Cell Salt Conundrum is this: Do they address only physical symptoms, in accordance with Schüssler’s indications? That is, do they work according to Schüssler’s supplemental or nutritional theories or do they work according to homeopathic principles, capable of healing the whole person (i.e., more than simply the physical symptoms)?

Here is what I think. There is no doubt that many of Schüssler’s descriptions of indications for these 12 remedies, based on his theories of cellular composition, have been validated in homeopathic clinical practice as well as through proving data. But the value of these remedies does not stop there; many of them have much broader homeopathic indications than those postulated by Schüssler. And it’s a myth that cell salts address only physical symptoms. The cell salt *Natrum mur* (sodium chloride), for example, is also known as a deep-acting homeopathic remedy that can address mental and emotional, as well as physical symptoms. So, if a cell salt has a deeper affinity for a person, for the whole person rather than just a few symptoms, then it can effect a deeper healing—causing that person to feel much better in themselves. I remember one remarkable time when that person was a cat.

Deep healing in a skulking cat

I taught an evening homeopathy class in a friend’s home many years ago. As we traipsed in one night, it was hard to miss the house cat skulking in a corner of the porch—her head turned to the wall, paying no attention to us. My friend Ann told

us that 10-year old Minnie had exiled herself to the porch two whole days earlier, refusing to come in and refusing all food, in spite of the door being open most of the time just in case. This behavior had started after Ann rescued a new kitten, Sophie, the week before. The kitten was entrancing the whole household with her sweetness and crazy antics and was getting all the attention. Much as I hate projecting human feelings onto animals, Minnie did indeed look somewhat resentful and even a bit sad. It so happened that I was teaching all about Schüssler's tissue salts that night, and we decided that giving Minnie a dose of *Natrum muriaticum* couldn't hurt. My friend dissolved a tablet of *Natrum mur* 6X in some water and rubbed a little onto Minnie's outraged nose. We all went back to our books and let the cat be. About half an hour later Minnie quietly came into the house, ate a little cat food, then climbed into the basket with Sophie, curled up with her, and fell fast asleep.

It could be constitutional...

Sometimes the cell salt remedy selected is constitutional, as in Minnie's case—it doesn't just fit the physical symptoms, it fits the whole person. In those cases, just a few doses can be enough to get that

healing ball rolling. Or just one dose!

While Schüssler's indications for *Natrum mur* were primarily physical symptoms related to the body's water bal-

People think of his system as the homeopathic equivalent of mineral and vitamin supplementation.



ance (since *Natrum mur*/sodium chloride is key in this regard), classical homeopaths know that there are many additional uses for this remedy, including its effectiveness in treating the ill effects of grief or disappointment when quiet resignation and the desire to be alone is a prominent symptom, as it was for Minnie.

Then again, sometimes a cell salt remedy, chosen based largely on Schüssler's physical indications, can have a deep effect as well, as it did for me with a urinary tract infection.

High in the Pyrenees

As a young woman I lived for two years in a remote hamlet in the French Pyrenees. In cold weather I was prone to getting a horrid urinary tract infection with the urge to go to the bathroom all the time and burning pains after I urinated. I noticed that this usually happened before my menstrual period and that I was much more emotional—weepy and irritable—than usual at that time. Studying my tissue salt handbook for a remedy, I vacillated between *Natrum muriaticum* and *Natrum sulphuricum* because both were said to regulate the balance of water and fluids in the body and both could be indicated for problems affected by cold weather. But *Natrum mur* seemed to be indicated more often for premenstrual complaints, and the clincher was the indication of cracked lips. I would often get either cracks at the corners of my mouth or a clean crack in the middle of my lower lip at this time and sometimes a cold sore. It was (and still is) amazing to me that this seemingly disparate collection of symptoms make a whole picture that can be used in a healing context.

From studying my homeopathic book, I could see that *Natrum mur* wasn't such a good remedy for me overall with regard to my mental and emotional state (except the

How to Take Cell Salts

- ◆ **Take the cell salt remedy in a 6X (not the 6c or 30c) potency.**
- ◆ **Repeat the remedy according to the severity of the symptoms:**
 - Severe: every 1/2 to 1 hour (e.g., high fever, bad pain).
 - Moderate: every 2 to 3 hours (e.g., bearable pain, bad cough)
 - Mild: every 4 to 6 hours (e.g., able to carry on working!)
 - Tonic: 3–4 times daily (e.g., tiredness after flu or osteoporosis, etc.) for 7–10 days at a time. Take a break of a week or so and repeat if need be. Healing after a bad fracture can take months with tissue salts helping along the way. See also "alternating remedies" below.
- ◆ **Stop on improvement:** take it less often if there is moderate improvement, and stop taking it as soon as there is significant improvement.
- ◆ **Repeat as needed:** repeat the same remedy if it helped but then the symptoms return—starting and stopping as needed until completely better.

- ◆ **Stop the remedy:** if it clearly isn't working and select another or seek the advice of a professional homeopath. Cell salts can be taken dry, on or under the tongue. They can also be dissolved in water if needed which makes it easy to repeat doses or to give to children or the elderly. Dissolve 4 tablets in 4 ounces of water and stir vigorously. You can take a teaspoon at a time as a dose, stirring vigorously before each dose, or just sip according to the frequency directions above.

Alternating remedies

Some tissue salts work well together—like *Calc phos* and *Ferrum phos* (for anemia), *Calc phos* and *Kali phos* (after an acute illness), or *Calc phos* and *Mag phos* (for cramps and growing pains in youngsters). Two remedies can be taken on the same day but preferably not at the same time. The best schedule is to take one cell salt (say *Calc phos*) on waking and around mid afternoon and the other one (say *Ferrum phos*) around mid-day and at bed-

pre-menstrual state!), but when I compared my physical complaints with *Natrum mur's* indications in the cell salt book, *Natrum mur* fit my symptoms well. So whenever I got a urinary infection, I would take *Natrum mur* 6X fairly frequently the first day and would immediately feel just plain better in myself. That feeling alone was lovely. Like a cozy, old armchair. By the end of that day, my urinary tract symptoms would be significantly improved and I could take the remedy less frequently until the symptoms had abated altogether a few days later.

Less is more

Schüssler used his 12 cell salt remedies primarily in the 6X potency—and that's how remedies designated as “cell salts” or “tissue salts” on the label are still typically sold today (occasionally also 3X and 12X). Traditionally, they are made entirely in a pestle and mortar (or the modern factory equivalent) and are triturated (“diluted” but not with liquid) six times for a 6X potency: one part of the original mineral salt substance to nine parts of milk

sugar and ground for a nice long time with each step.²

The resulting soft powder is then pressed into forms, coming out as small, soft *tablets* that are flat on the top and bottom. They are easy to take—and especially easy to give to children and infants as they dissolve quickly on contact with saliva. There are no round, hard “globules” or “pilules” to count or roll off spoons or take forever to dissolve—like the typical homeopathic remedy in the “c” potency! Because the tablets are made with milk sugar, those who are lactose intolerant should ask the homeopathic pharmacy to prepare the cell salts in another form (sucrose, for example, or drops).

Trusted friends

Tissue salts, in their classic low potency form, are gentle little souls that can be repeated fairly frequently if needed, if the situation is serious—or not, if the right

remedy quickly helps. Homeopathic remedies—including cell salts—act as catalysts, stimulating the body to heal itself. You will find it invaluable to make a relationship with a remedy that is working and be guided by your symptoms or your child's symptoms—physical, general, and emotional—stopping and starting the remedy as needed. This general principle will help you on all your healing journeys, whatever the therapy.

1. *The Twelve Tissue Remedies of Schüssler* by Drs. William Boericke and Willis A. Dewey.
2. By comparison, most remedies with a “c” after the number (e.g., 6c) have been diluted one part of the original substance to ninety-nine parts of alcohol and then succussed (shaken vigorously against a firm but resilient surface) at each of six dilutions. Pharmacies may sell this liquid or, more commonly, they place this liquid onto sucrose pellets, globules, or granules and package the remedy in that form. [Note: Those substances that cannot be diluted/dissolved in water (i.e., insoluble minerals) must first be triturated in a mortar and pestle device and “diluted” with 99 parts of milk sugar a number of times, until they finally become soluble.]



ABOUT THE AUTHOR

Miranda Castro, FSHom, CCH, is a British homeopath and author of *The Complete Homeopathy Handbook*; *Homeopathy for Pregnancy, Birth and Your Baby's First Year*; and *A Homeopathic Guide to Stress*. She believes passionately that homeopathy is “medicine for the people,” and her books make classical homeopathy spectacularly accessible to the home prescriber. She currently lives, practices, and teaches in Gainesville, Florida. Her website is www.mirandacastro.com.



time. Or one cell salt can be taken for a week and then the other for a week. In the case where three remedies are indicated—like *Calc fluor*, *Calc phos*, and *Silica* for building bones and/or teeth—one can be taken on waking, the second at mid-day, and the third at bedtime. Ideally, tissue salts taken this way, should not be taken for long periods of time without a break. I usually suggest that people take them Mondays to Fridays with the weekends off, or for two to three weeks and then one week off.

If a person who is sensitive to a particular cell salt takes it for too long, they can make their current symptoms worse or they may get symptoms they didn't have before. Taking breaks from taking the remedy will enable you to spot this particular pattern.

Tissue salt combinations

There are a lot of combinations available—a number of

cell salts combined into one tablet—with most combinations making some sort of sense. Unfortunately, a bone-building or teeth-building combination with *Calc fluor*, *Calc phos*, and *Silica* is not yet available. If you feel drawn to a particular combination, do check out the individual component salts by reading about them in a reference book/materia medica to make sure they make sense for your particular complaint or complaints.

Caution

Do not self prescribe for chronic complaints. It is always advisable to seek professional advice for long-standing complaints. **Check with your homeopath before self-prescribing** if you or your child are under homeopathic care or have taken a constitutional remedy within the past three to six months. Remedies have relationships with one another, and it would be a shame to take a tissue salt that inadvertently counteracts the effects of a constitutional remedy that has worked well.

THE 12 TISSUE REMEDIES

What are they good for?

The mini-descriptions below include the most common, everyday indications for the use of the 12 tissue salts, confirmed over a lifetime of using them in my own family and with my patients. More information can be found in *The Twelve Tissue Remedies of Schüssler* by Boericke and Dewey, which includes all of Schüssler's original indications and also incorporates symptoms elicited from provings by homeopaths Allen and Hering—thereby increasing the tissue salts' homeopathic potential and usefulness.



Fluorite (CaF₂ crystals) with iron pyrite

Dem Dry Bones: *Calcarea fluorica*
Also known as calcium fluoride.
Affinities: bones, ligaments, muscles, teeth, veins.

This salt is a great tonic for muscles, ligaments and/or veins that have become worn out, flabby and lax—for tissues that have lost their elasticity and tone. For example, the prolapsed

uterus or bladder (with dragging down sensations), hemorrhoids (that itch and bleed), or varicose veins.

It is useful for building the health and strength of teeth and bones during childhood, and after a serious injury to the bones, especially a fracture. It is also helpful for lumps that develop on bones (after a bad bruise to a bone or a fracture, for example) or around joints (after a bad sprain).

Use this tissue salt along with *Calc phos* and/or *Silica* to



help build strong, healthy teeth and bones in infants, children, or adults, or to increase the strength of those whose enamel or bones are weak or whose teeth are producing cavities. It is an excellent tissue salt for bones that are thinning with age (osteoporosis or osteopenia) along with *Calc phos* and/or *Silica*.

Use it for back or joint pains that are worse on beginning to move and better for continued movement, just like the indications for the homeopathic remedy, *Rhus toxicodendron*. If *Rhus tox* is given but helps just a little or not at all, then *Calc fluor* will usually help.

MINERAL PHOTO SOURCE: WIKIPEDIA

A HANDY CELL SALT INDEX (REPERTORY)

Abscesses: *Calc sulph, Sil*

blood-streaked: *Calc sulph*

Acidity: *Nat phos*

Anemia: *Calc phos, Ferr phos*

Athlete's foot: *Sil*

Back pains: *Calc fluor, Nat mur*

Blisters on tip of tongue: *Nat mur*

Boils: *Calc sulph, Sil*

Bone tonic: *Calc fluor, Calc phos, Sil*

Cold: *Calc sulph, Ferr phos, Kali mur, Kali sulph, Nat mur, Nat sulph, Sil*

Cold sores (herpes): *Nat mur*

Colic in infants who vomit their milk: *Nat phos*

Constipation: *Nat mur, Nat phos, Sil*

Constipation alternating with diarrhea: *Nat phos*

Cough: *Calc sulph, Ferr phos, Kali mur, Kali sulph, Nat sulph, Sil*

Cracked lips: *Nat mur*

Crackling in ears after a cold: *Kali mur*

Crackling in ears with a cold, worse chewing: *Kali sulph*

Cramps: *Calc phos, Mag phos*

Croup: *Calc sulph*

Discharges:

little or no discharge: *Ferr phos*

green: *Nat sulph*

lumpy: *Calc sulph*

thick, yellow: *Calc sulph, Kali sulph, Nat phos*

yellow, blood-streaked: *Calc sulph*

watery or like egg white: *Nat mur*

white: *Kali mur*

Dryness: *Nat mur*

Earache: *Calc sulph, Kali mur, Kali sulph, Mag phos, Sil*

Eye infection: *Calc sulph*

Fever: *Ferr phos*

Growing pains: *Calc phos*

Hair falling, thin, breaks easily: *Calc phos, Sil*

Headaches: *Calc phos, Kali phos, Mag phos, Nat mur, Nat sulph, Sil*

in schoolchildren: *Calc phos*

with exhaustion: *Kali phos*

after head injury: *Nat sulph*

after mental strain: *Sil*

after loss: *Nat mur*

after too much sun: *Nat mur*

General Tonic: *Calcarea phosphorica*

Also known as calcium phosphate or phosphate of lime.
Affinities: bones, muscles, teeth.

This is a wonderful tonic for those who are mentally, emotionally, and/or physically exhausted after a period of mental work (like studying for exams), for those in the convalescent phase of an illness, or for infants, children, and young adults who are tired from a growth spurt. (See sidebar on page 21, "Dishrag String Bean Kids," for more.)

Those responding best to this remedy tend to be sensitive to the cold and to drafts, which can cause a stiff neck. I have found it to be almost a specific for simple tension in the neck and trapezius muscles (the triangles between the points of the shoulder and the neck) from exhaustion or after physical stress and strain.

Use this tissue salt along with *Calc fluor* and/or *Silica* to help build strong, healthy teeth in infants, children, or adults, or to increase the strength of weak enamel or cavity-prone teeth.

It is also useful for building the health and strength of bones after a fracture—when it can be given in alternation with *Calc fluor* and/or *Silica*.

Calcium sulfate dihydrate



Yellow, Blood-streaked Stuff: *Calcarea sulphurica*

Also known as calcium sulphate or gypsum.

Affinities: blood; mucous membranes; skin.

Use this cell salt for boils or abscesses that are discharging but not

healing, or for wounds that have become infected and pus-filled, especially with thick yellow pus that may be lumpy or blood-streaked. If the complaint looks like it

should call for the homeopathic remedy *Hepar sulph*, but it does not respond to *Hepar*, think *Calc sulph*. It's easy to remember this salt if you think of it as "a deeper *Hepar*."

Consider *Calc sulph* for coughs, colds, earaches, and eye infections with discharges that are thick and yellow. Nasal mucus typically drips down the back of the throat or comes out one nostril, while the other side is blocked up. *Calc sulph* is for a croupy cough that is mostly there only in the morning on waking.

Any Old Iron: *Ferrum phosphoricum*

Also known as ferrum phosphate or phosphate of iron.

Affinities: blood.

This salt is well known to help in the first stage of a fever or an acute illness (e.g., a cough or cold) before any clearly identifiable symptoms have developed. The person will be listless with flushed cheeks but no other clear symptoms—for example, you would not expect to see the restlessness that indicates the need for *Aconite* or the shiny eyes pointing to *Belladonna*.

Alternate *Ferrum phos* with *Calc phos* for simple anemia with low energy. The "calcium" helps the body to absorb the iron more effectively. These are wonderful remedies to give to pregnant women who are anemic but loath to take medicines for fear of side effects. It is especially helpful for those who experience constipation and other side effects from iron supplements.

Think of *Ferrum phos* for nosebleeds either after an injury or when blowing the nose during a cough or cold.

(Continued on page 20)



Iron(III)-phosphate-pentahydrate

with sinus infection: *Sil*
Heartburn: *Nat phos*
Hemorrhoids: *Calc fluor*
Indigestion: *Nat phos, Nat sulph*
Injury:
 to speed the healing of fractures:
Calc fluor, Calc phos, Sil
 lumps on bones after bruises or fractures: *Calc fluor*
Insomnia: *Kali phos, Nat mur*
Joint pains: *Calc fluor, Calc phos, Kali sulph*
 worse first movement, better continued movement: *Calc fluor*
 worse heat, better walking in fresh air: *Kali sulph*
 in growing children: *Calc phos*

Loss: *Nat mur*
Mouth ulcers: *Kali mur, Nat mur*
Nails thin, break easily: *Sil*
Neuralgia: *Mag phos*
Nervous exhaustion: *Kali phos*
Nosebleeds: *Ferr phos*
Osteoporosis: *Calc fluor*
Post nasal mucus: *Nat phos*
Prolapse of uterus or bladder: *Calc fluor*
Sciatica: *Mag phos*
Sinus: *Kali mur, Sil*
Splinters: *Sil*
Stiff neck: *Calc phos*
Stomach aches in schoolchildren: *Calc phos*
Teething: *Mag phos, Sil*

Thrush: *Kali mur*
Tongue coated:
 white: *Kali mur*
 yellow: *Kali sulph*
 yellow at the back: *Nat phos*
 green: *Nat sulph*
Tonic:
 after a growth spurt: *Calc phos*
 after too much studying/mental work: *Calc phos, Kali phos*
 when convalescing from an illness: *Calc phos, Kali phos*
Tooth decay: *Calc fluor, Calc phos, Sil*
Teeth tonic: *Calc fluor, Calc phos, Sil*
Varicose veins: *Calc fluor*
Wounds:
 infected/pus-filled: *Calc sulph, Sil*



Sylvite (KCl crystals)

White Stuff: *Kali muriaticum*

Also known as *potassium chloride* or *chloride of potash*.

Affinities: mucous membranes.

Think of *Kali mur* for coughs, stuffy head colds, or sinus infections with white discharges. The tongue is also coated white; white ulcers or thrush may be present in the mouth.

This remedy is for earaches, with congestion in the Eustachian tubes so that hearing is affected. It is brilliant for the snap, crackle, and popping noises in the ears after a cold.

Nerve Tonic: *Kali phosphoricum*

Also known as *potassium phosphate* or *phosphate of potash*

Affinities: nerves.

Use *Kali phos* for those who are worn out following a heavy work or study period. It is a good tonic for those in the convalescent stage of an acute illness (especially after flu) where there is muscular weakness and nervous exhaustion. People who need this remedy feel better for—and desperately need—warmth and rest, and a healthy diet to build themselves up again. They feel emotionally sluggish and can become mildly depressed. They get one-sided headaches and may be sensitive to light and noise, and be easily startled. They are also mentally sluggish and can't concentrate even if they try. For women in childbirth who have become exhausted, I have given *Kali phos*, one dose in between every contraction for up to six doses ... and their energy usually starts to return.

This remedy is also lovely for the simple insomnia that follows a period of excitement or intense work or mental strain, when a person feels worn out but cannot sleep.

Yellow Stuff: *Kali sulphuricum*

Also known as *potassium sulphate* or *glaserite*.

Affinities: mucous membranes; skin.

The indications for this remedy resemble those for *Pulsatilla* in that people who need it are generally worse for heat and better for fresh air. They also suffer from thick yellow discharges with a cough, a cold, or an earache, and the tongue is coated yellow as well. The coughs are loose but the mucus is difficult to cough up. During an earache, the person has crackling in the ears when chewing and temporary hearing loss from mucus in the middle ear.

A change of weather from cold to warm can bring on symptoms—a cough or a cold or joint pains that move around the body, that are worse for heat and better for a walk in the fresh air.

Homeopathic Aspirin: *Magnesium phosphoricum*

Also known as *magnesium phosphate*.

Affinities: muscles; nerves.

It has been called "the homeopathic aspirin" because

of its ability to heal acute pains anywhere such as earache, headache, toothache (including teething in babies), and even sciatica—as long as the pains are better for heat and pressure. These are the key symptoms that will point the way to this remedy. The pains may be "neuralgic" (i.e., sharp pains that come and go).

Mag phos will also help cramps anywhere in the body—again, as long as they are better for heat and pressure. In fact, *Mag phos* is to painful menstrual periods in women what *Chamomilla* is for teething in babies; these remedies help so frequently in such cases because the symptoms are so common—to the remedy and to those suffering from the complaint. *Mag phos* won't work for all women but it will relieve a significant number suffering from this miserable complaint. It won't necessarily cure the problem but it will provide much appreciated relief—as long as the pains are much better for heat and pressure—the harder the better. Those needing this remedy can be found lying doubled up in bed with a hot water bottle (or heating pad) pressed into their crampy abdomens. Hot baths also relieve the pains.

Mag phos works best when taken in warm water (boiled and partially cooled).



Water Balancer: *Natrum muriaticum*

Also known as *sodium chloride* or *sea salt*.

Affinities: mucous membranes; skin.

The water balance of people needing *Nat mur* is disturbed. They suffer from dryness: of the mouth with a correspondingly big thirst; of the lips, which crack (especially the center of the lower lip); and of the bowels, which become constipated. I have also given it to pregnant women for simple water retention towards the end of their pregnancies, when the ankles are puffy but they have no other symptoms and are feeling well overall.

This is an excellent remedy for acute cold sores (herpes) on the lips and around the mouth, and also for blisters on the tip of the tongue, and/or painful mouth ulcers.

It is indicated in the early stages of a dry cough and for colds with watery or clear but thick, eggwhite-like mucus.

A person needing this remedy may get back pain that is better for lying on a hard surface—like the floor.

Any of these symptoms can arise after a significant loss—of a loved one, a job, or a dream, for example—one that hasn't been mourned or healed. The person holds in their tears, and this causes all sorts of problems from headaches to insomnia.

While the herpes and the headaches can come on after emotional stress, they can also be caused by too much heat, especially the heat of the sun, or by hormonal surges like around a menstrual period.

Acidity: *Natrum phosphoricum*

Also known as *sodium phosphate* or *phosphate of soda*.
Affinities: *stomach; intestines*.

Consider this remedy for those with sensitive, disordered digestive tracts. People who need this remedy cannot tolerate many foods—milk, fats, sweets, or vinegar—which cause acidity with heartburn, indigestion, and gas. They have acid belchings after eating. This little remedy is helpful for infants with colic who vomit curdled milk after eating, and who are sensitive to cow's milk.

This remedy may be used for itching of the anus due to worms, especially in children. They may have obstinate constipation or constipation alternating with sour-smelling diarrhea.

Think of the color yellow when thinking of this remedy! For someone needing this remedy, the back of the tongue (not the whole tongue) may be coated yellow, and the discharges are yellow. The eyes weep a yellow, creamy mucus, which causes the lids to stick together in the morning. Thick yellow mucus may drip down the back of the throat and be worse at night.

Green Stuff: *Natrum sulphuricum*

Also known as *sodium sulphate* or *glauber's salt*.
Affinities: *head, liver*.

This is a fantastic remedy for headaches after an injury to the head—after *Arnica* has been given and the swelling has come right down.

People who need *Nat sulph* are vulnerable to cold, damp weather, or to humidity and they fall sick with a cough or a cold then. The mucus is green as is the coating on the tongue.

They experience colic, indigestion, and green diarrhea after starchy foods or fruits.

Homeopathic Lancet: *Silica*

Also known as *silica oxide* or *flint*.

Affinities: *bones, glands, hair, mucous membranes, nails, skin, teeth*.

People needing this remedy tend to be sensitive, chilly, and sweaty types who catch cold

easily. They may have become chilled in a cold wind or draft, or become worn out after a period of overwork. Either way, they can fall ill with a cough, earache, cold, or sinus infection. The glands will usually be swollen with an illness.

Hair and nails are weak, thin, and break easily. Teething babies take forever to produce teeth and get sick with diarrhea, cough, or a cold with every tooth. *Silica* is also useful for building the health and strength of bones after a fracture—when it can be given in alternation with *Calc fluor* and/or *Calc phos*.

For boils or abscesses that are painful but not discharg-

Dishrag, String Bean Kids

When my son was going through his growing years he would turn into a "dishrag" from time to time—flopping on the sofa when he should have been up and at it, becoming almost impossible to wake in the morning, and *not* eating me out of house and home as he was wont to do! At these times he would be generally uncommunicative except to complain—about anything he had to do like his chores! At some point I would get smart and check his height against the kitchen door jamb I had assigned for the task and would find he had grown half an inch or more since I had last checked! I gave him *Calc phos* at these times, until his vitality and appetite were back up to speed and the complaining had ceased!

Some kids suffer from horrid growing pains—especially the skinny, "string bean" children. The pains are more often in the muscles or long bones of the legs. They can also have pains in the knees or elbows as their joints catch up with their bones during the growth process. Some kids go through phases of complaining of stomach and/or headaches on coming home from school. Parents who track these often find that they occur before, during, or after a growth spurt, especially if the schoolwork has also been heavy. *Calc phos* will always help.

Those who are worn out or dull and sluggish become anemic (alternate *Calc phos* with *Ferrum phos*) and find it hard to concentrate. They look pale and thin. Their arms and legs can feel heavy and weak, and they can get cramps in the legs especially when walking (alternate *Calc phos* with *Mag phos*).

Keep track of your children's height: a kitchen or garage doorjamb is perfect—or a piece of card tacked to a wall (with the bottom on the floor). Check it every few weeks ... and give a course of *Calc phos* during and/or after a growth spurt to keep these kids from falling into a slump!



ing yet, *Silica* has a reputation as the "homeopathic lancet" because it hastens the suppuration or pus-formation process. Give after a splinter has become embedded, and it will help the foreign body to be "evicted"! It helps with infections and post-surgical scars that are inflamed, painful, and slow to heal.

Silica may be indicated for constipation with large, hard stools and lots of straining. Headaches after a heavy period of work or with a sinus infection—that settle over the eyes and make the forehead feel heavy—may be helped with *Silica*. This remedy may be useful for cracked skin anywhere but especially between the toes of sweaty "athletes' feet."

ABOUT THE AUTHOR

MIRANDA CASTRO, CCH, FSHom
Please see page 17 for her bio.



Quartz (SiO₂)

INTERVIEW

A Family Tradition: World-renowned Homeopath, Healer, Trailblazer

Meet Dr. A.U. Ramakrishnan, MBBS, MFHom, PhD

by AMY E. LOCKWOOD, MS, CHom

WE CAUGHT UP WITH DR. A.U. RAMAKRISHNAN, MBBS, MFHom, PhD, at the 2nd Annual Joint American Homeopathic Conference in Denver, Colorado, in April 2007. He was a featured speaker, teaching workshops on the homeopathic treatment of diabetes and on alternatives to hormone replacement therapy. A medical doctor from India, he is internationally known for successfully treating difficult pathologies such as cardiac disease, cancer, multiple sclerosis, epilepsy, arthritis, and diabetes. He is also the honorary homeopathic physician to the President of India.



For four months each year, Dr. Ramakrishnan travels the globe, teaching homeopathy—in the US, the UK, Europe, and Asia. The other eight months, he's at his clinic in Madras, India, where he sees, on average, more than 1,000 patients each month—over 8,000 cases each year! His son, an MD who trained at the Royal London Homeopathic Hospital, works with him and sees almost another 1,000 patients each month.

It started with a cell salt

In the 1930s, Dr. Ramakrishnan's father, Dr. A. Umapathi Mudaliar, was a surgeon at a government-run hospital in India. One evening, after informing a patient that surgery for severe and painful bleeding hemorrhoids was needed the following day, Dr. Mudaliar left the hospital. On his way home, he stopped by the local pharmacy to see if they had something that might help his patient get through the night. The pharmacist suggested *Calcarea fluorica* 6X for bleeding piles and recommended a book on homeopathic tissue (cell) salts. Dr. Mudaliar looked at it with contempt and disbelief. The pharmacist added that tissue salts were a basic type of homeopathy and if Dr. Mudaliar was

interested in learning more, he ought to read books by James Tyler Kent. Figuring his patient had nothing to lose, Dr. Mudaliar purchased a vial of *Calcarea fluorica* 6X, went back to the hospital, and instructed the patient to take the cell salt over the course of the evening and night.

The next morning, Dr. Mudaliar checked on his patient before prepping for surgery. The man surprised Dr. Mudaliar saying, "Thank you, doctor! I took those pills as you recommended, and now I'm perfectly well! I don't need the surgery." Dr. Mudaliar examined the patient and could hardly believe the change in his condition. Overnight, the hemorrhoids had improved so much that the man no longer needed surgery. Instead, Dr. Mudaliar discharged him from the hospital. Shortly afterwards, the patient's uncle came to see Dr. Mudaliar, saying, "Please give me what you gave my nephew!" From this moment on, Dr. Mudaliar became extremely interested in cell salt remedies and, eventually, in the larger practice of homeopathy. He continued his conventional practice, but at night he studied homeopathy. Soon he was offering homeopathic care to poor people in the evenings after completing his duties at the hospital.

At his father's knee

"When I was 4 or 5 years old, I saw people lined up outside our house to see my father for treatment," says Dr. Ramakrishnan. "At that point, my homeopathic education began ... I learned homeopathy right at my father's knee. My dad taught me remedy keynotes and would quiz me about remedies while he treated patients. Since then I've devoted my life to homeopathy."

Dr. Ramakrishnan articulates his gratitude for his father in the dedication of the book he co-authored with Catherine R. Coulter, *A Homeopathic Approach to Cancer*. "To my beloved father, Dr. A. Umapathi Mudaliar, MBBS, MFHom, whose life and breath was homeopathy. He is the one who taught me, trained me, and is responsible for whatever good there is in me, and to whom I owe my life and soul."

With this kind of background, it's no wonder Dr. Ramakrishnan is so sought after for his knowledge. "Going to medical school was merely a formality," Dr. Ramakrishnan explained. He always knew he would practice homeopathy. "Even if I only cure one case with homeopathy, it's so much more satisfying than doing allopathic medicine. All my old medical schoolmates ask me why I practice home-

opathy. I say, look, every single case I get is a case that has either been messed up by allopaths or involves a patient who has gone from pillar to post and still isn't getting help. The satisfaction of helping someone in a simple way is very gratifying to me."

The simple way—cell salts

Like his father, Dr. Ramakrishnan often uses cell salts along with chronic homeopathic treatment. "Schüssler's cell salts aren't obstructive to the chronic homeopathic remedy because they are given in 6X or 12X potency—potencies which are 'material' in nature rather than energetic," explains Dr. Ramakrishnan. "Cell salts provide tissue support while someone is undergoing chronic homeopathic treatment."

For example, a patient who has been suffering for a long time from indigestion and heartburn will receive a chronic homeopathic remedy from Dr. Ramakrishnan to help restore balance on all levels. In addition, they may also receive *Natrum phosphoricum* 6X to help minimize heartburn symptoms. Some homeopaths may call this method "multi-pharmacy," but Dr. Ramakrishnan finds that using cell salts is supportive and helps improve peripheral problems, such as injuries or acute illnesses that may arise during chronic treatment. For example, a pulled muscle, a muscle spasm, or a bout of colic may respond to *Magnesium phosphoricum* 6X. A fever may respond to *Ferrum phosphoricum* 6X.

An anemic condition may improve more quickly by giving *Ferrum phosphoricum* 6X, one to two times per day until the condition improves. Giving *Calcarea fluorica* 6X twice a day can help improve bone density. The patient can take the low-potency cell salt daily and then have their bone density rechecked six months later. "I find that once bone density levels are at a more normal level, a chronic homeopathic remedy will help maintain the bone density gains made by taking the *Calcarea fluorica* 6X," Dr. Ramakrishnan explained. "*Natrum phosphoricum* 6X gives fantastic results for urinary tract infections," he added. "The minute some-

"When I was 4 or 5 years old, I saw people lined up outside our house to see my father for treatment."

one has a UTI, give 2 tablets, twice a day for up to a month."

Home prescribers find that tissue salts are easy and safe to use for a variety of common complaints (see related articles on pages 14–21).

Most memorable case

We put Dr. Ramakrishnan on the spot by asking if one case in thousands stood out in his mind. Dr. Ramakrishnan thought for a moment and then described a patient, who came to him in 1983, with a glioma—a primary brain tumor. Whether such tumors are benign or malignant, they can be extremely difficult to treat with conventional medicine, typically located deep in the brain or spinal cord.

Before seeing Dr. Ramakrishnan, this 35-year-old woman had undergone brain surgery and radiation at a premier hospital. Six months after her initial treatment, the tumor returned. She had another surgery and more radiation, but the tumor came back again. That's when a relative of this woman, who was being treated by Dr. Ramakrishnan, suggested that she see him as well. The patient was experiencing seizures during which her eyes would roll downward, a strange, rare, and peculiar symptom—something that homeopaths are on the look-out for.

"Typically, during a seizure, the eyes roll up into the head," Dr. Ramakrishnan explained. "In addition, this woman was both very intolerant of and averse to milk. These keynote symptoms strongly pointed to the homeopathic remedy *Aethusa cynapium* or Fool's Parsley. After one year of treatment with *Aethusa cynapium*, the

woman's health turned around. The tumor completely disappeared in a year's time and has not recurred in the last 20 years. She's still alive today."

Every time Dr. Ramakrishnan checks in on her, she says, "If I'm alive today, it's because of you." Dr. Ramakrishnan was clearly moved by his patients' words. He explained to us that it's not about him, it's about the divine plan, and he is honored if he can play a small role in that plan.

Before press time we asked Dr. Ramakrishnan about this patient. He said, "I saw her at the end of November 2007, and she is hale and hearty at almost 60 years old."

Sound advice

In closing, we asked Dr. Ramakrishnan if he had any advice for today's homeopaths. "Just as allopaths have preconceived notions, we homeopaths do as well," Dr. Ramakrishnan noted. "I would like homeopaths to have an open mind and to examine different ways of working. With cancer treatment, for example, I'm forced to experiment, to try something different, because cancer is a very difficult pathology."

Dr. Ramakrishnan's advice to homeopaths:

- Don't reject something because of preconceived notions
- Gain awareness by studying and examining something
- Gain experience by trying something different
- Nurture acceptance.

We were very inspired by Dr. Ramakrishnan's dedication and hard work. His commitment to the advancement of homeopathy will benefit us all. Visit his website: www.drRamakrishnan.com.



ABOUT THE AUTHOR

Amy E. Lockwood, MS, CHom, practices homeopathy in Fort Collins, Colorado, and offers writing and editing services to *Homeopathy Today* and others. She recently helped edit Luc

De Schepper's book, *Achieving and Maintaining the Simillimum*. She may be reached at amy_lockwood@peakpeak.com.

ADDICT



IN THE IMMORTAL WORDS OF BOUDLEAUX BRYANT AS SUNG BY THE LATE GREAT ROY ORBISON:

*"Love hurts,
love scars
Love wounds, and
mars any heart
Not tough or
strong enough
To take a lot of pain,
take a lot of pain
Love is like a cloud,
holds a lot of rain
Love hurts... ooh, ooh
love hurts."*



If Cupid lets
homeopath

by MARY ASPINWALL, ISHom

Be prepared!

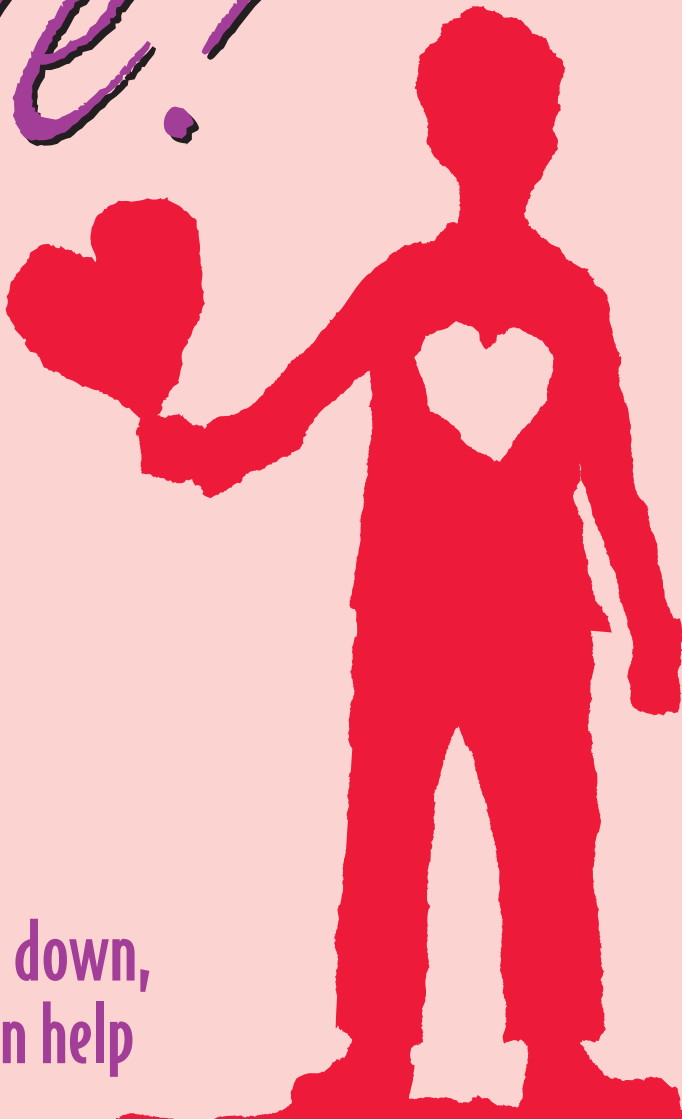
So as Valentine's Day looms, forgive the focus on the dysfunctional if you are still in the heady throes of a fine romance with loadsa kissing. If you want to make like a good Girl or Boy Scout, just cut this out and save it for a rainy day. Homeopathy can provide invaluable emotional first aid when things go awry.

Who you gonna call?

When the illusions hit the fan, chances are you'll be invoking St. Ignatius of Loyola, rather than St. Valentine as the man most likely to be of service. St. Ignatius was the founder of the Jesuits, and it was this self-same Jesuit order of priests that imported a deadly poisonous plant from the Philippines, which was used there in the manu-

TED TO

ve.?



s you down,
ny can help

n, PCH, Registered Homeopath

facture of poisonous darts. For reasons best known to the Jesuits, they named the bean of this plant after their boss. The seeds inside St. Ignatius' beans were frequently used as a cheap substitute for strychnine. Just a fraction of an ounce was enough to produce muscle spasms, painful convulsions, and even death by suffocation. What a thing to have named after you!

Poisons are made for proving

Many of the first substances to be turned into homeopathic medicines were poisons, however, so it is not surprising that conducting tests on the deadly St. Ignatius' bean was at the top of Samuel Hahnemann's to-do-list. He subsequently published the results of his "proving" of this homeopathic remedy, *Ignatia*, in



his *Materia Medica Pura* in the early 1800s.

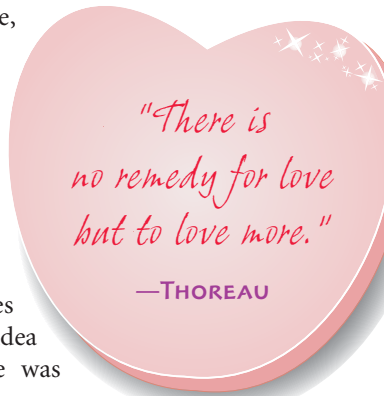
When love disappoints, think *Ignatia*

Ignatia is one of our most important homeopathic medicines when love disappoints. It is often prescribed after the break-up of a relationship, particularly the first true love, or after a sudden bereavement, especially when someone experiences huge volatility of moods and they literally don't know whether to laugh or cry. This contradictory aspect of *Ignatia* is also seen in the physical conundrums of the provers of this medicine: for example, indigestion that is relieved by eating, or a sore throat that is better for swallowing solid food. The person needing *Ignatia* may have big swings in appetite, too, from complete aversion to binging.

Think of *Ignatia* when a person experiences an extreme emotional shock or grief that leads to hysteria, insomnia, self-pity, or a complete sense of disbelief. Symptoms to watch out for are a heightened sensitivity to pain, with a tendency to twitch, feel faint, yawn, sigh, or hiccup frequently. Other keynotes are the *Ignatia* headache, with a sensation that a nail has been driven into the head, or the *Ignatia* sensation of a lump in the throat, that feels better for swallowing.

"I can't believe she left"

James was 33 when he returned from working abroad, just before Christmas, to find that his wife of three years had left the family home, taking their two-year-old son with her. She refused to have any contact with James and asked for a divorce. James had had no idea their marriage was



"There is no remedy for love but to love more."

—THOREAU

in such deep trouble, and his reaction was one of overwhelming disbelief. Throughout our interview he kept repeating over and over, "I don't believe it," and occasionally laughed, as he shook his head in complete bewilderment. He seemed utterly exhausted and yawned frequently. I prescribed *Ignatia* in a high dose—10M. James contacted me soon afterwards to say that he was feeling much better—the exhaustion and constant yawning had improved greatly, and he was able to accept the truth of the situation. He repeated the medicine over the following six weeks, whenever the feeling of shock and disbelief or the fatigue returned, and it helped him every time.

Natrum muriaticum to follow?

The great American homeopath, James Tyler Kent, noted that: "In a mental state where *Ignatia* temporarily benefits the symptoms, but does not cure ... *Natrum muriaticum* should be given." In his *Lectures on Homeopathic Materia Medica* he elaborated on a typical situation calling for the remedy *Natrum muriaticum*: "Unrequited affection brings on complaints. She is unable to control her affections and falls in love with a married man. She knows that it is foolish, but lies awake with love

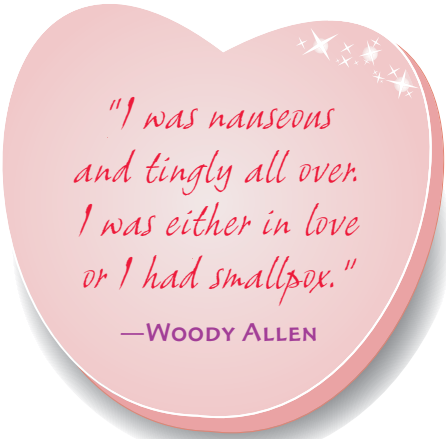
for him. She falls in love with a coachman. [Author's note: This was much frowned upon in those days, unless you were 'below stairs' yourself.] She knows that she is unwise, but cannot help it. In cases of this kind, *Natrum muriaticum* will turn her mind into order, and she will look back and wonder why she was so silly."

Why indeed? The key thing about choosing a man who is completely unavailable is that you can swoon endlessly about your impossible, star-crossed, never-to-be-affair and, in some perverse way, quite enjoy it! Lots of fuss without the muss...

Confirmatory symptoms for those needing *Natrum muriaticum* include a desire for salt, strong thirst, dry mucous membranes with a tendency for their (stiff upper and lower) lips to crack in the middle, and a tendency to feel worse by the sea or in the sun. In fact, people needing *Natrum muriaticum* are so sensitive to the sun that it can bring on cold sores. Unlike those needing *Ignatia*, those needing *Natrum muriaticum* are very private people and less likely to confide in anyone about their heartache.

Saved by homeopathy

I once mentioned to an older woman I met at a social gathering that I was a homeopath. She suddenly became very



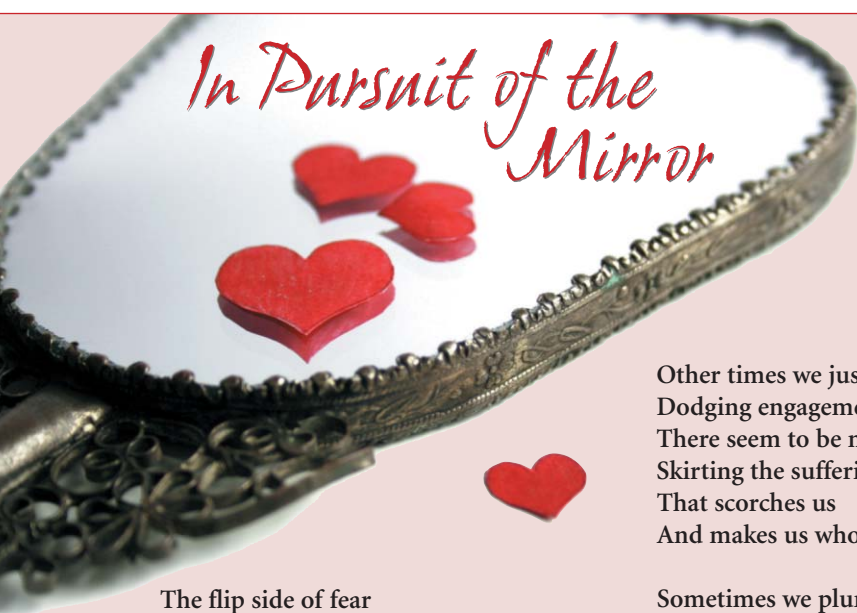
"I was nauseous and tingly all over. I was either in love or I had smallpox."

—WOODY ALLEN

animated and told me the story of how homeopathy had "saved her." She had been married, very happily, for almost fifty years when her husband died suddenly. She was terribly shocked and saddened, and she completely withdrew into herself, feeling that life was no longer worth living. She continued to feel like this, staying in near seclusion, for two years, until one day a friend, who was concerned for the woman's well-being, suggested she take *Natrum muriaticum*. "Within a few days of taking a single dose, my feelings of grief completely lifted" she told me excitedly, "and I felt like my old self again!" She had recaptured her former joie de vivre.

Phosphoric acid

Another medicine to consider for those who are experiencing prolonged grief or



In Pursuit of the Mirror

by NICHOLAS NOSSAMAN, MD, DHT

We may also scream our way
Through the wickets
Of the roller coaster,
Our fingers clinging to the bars,
Our hair on end,
Disdainful of help.

We can also choose
An isolated cell
In the prison of stoicism,
As the unshed tears
Swell around our eyes
And slowly make us blind.

But grateful we are
That we have access
To that mirror,
Which guides us
To the flame
That re-animates our souls.

Other times we just run,
Dodging engagement.
There seem to be many roads
Skirting the suffering
That scorches us
And makes us whole.

Sometimes we plunge,
Unconsciously,
Into the center of it,
Drowning in misery,
Eyes clouded by the murk,
Grasping for a handhold.

The flip side of fear
Draws us to the flame,
When we're willing to go.
We may instead shut ourselves
Out in the bitter cold wind,
Feigning indifference.

unrequited love, but who do not fully recover after taking *Ignatia*, is *Phosphoric acid*. This is especially true if the grieving person is also having sleepiness, night sweats, and emaciation. Think of the tubercular heroine pining away slowly until she has become a pale, exhausted shadow of her former self. This is not really a look likely to win your lover back. The homeopathic materia medica tells tragic tales of hair falling out or turning gray; of weakness and apathy; of being prone to persistent diarrhea, but strangely feeling the better for it. Those needing this remedy may also crave juicy, refreshing things, like fruit.

Antimonium crudum

This is a medicine for sentimental, romantic people who are greatly moved by the light of the moon or (in the old days) the mellow light shining upon them as they stood beneath stained glass windows. They love to talk in rhymes or recite verses. They have a tendency to idealize and fantasize about the object of their affections to the point where others have difficulty recognizing their beloved at all. When things turn sour they feel sleepy and weary; they loathe life and may even contemplate suicide.



VALENTINE'S DAY LEGEND & FACT

At least three different saints named Valentine shared the feast day of February 14 in the ancient Roman Catholic calendar. Although legends and theories abound, no one is certain how this saint and this day became associated with the Valentine's Day celebration of romantic love. An offshoot of an ancient Roman fertility festival celebrated around the same time? Maybe. St. Valentine sending a note to his beloved before he was martyred and signing it, "your Valentine"? Perhaps. But others trace it to England and France in the Middle Ages and the belief that on February 14, the birds began to pair; this then became the day to exchange love letters and tokens of love.

In the US, Valentine's Day has become the second biggest holiday for sending cards (just behind Christmas), and the biggest day for sending red roses.

St. Valentine oversees the construction of his basilica in Terni, Italy, from a 14th century French manuscript. Source: Wikipedia

In love with another man

Angela had a kind and loving partner, but unfortunately she was still in love with a man she had had an affair with a few years earlier. She idolized her former lover even though she could see, in her more rational moments, that her current partner was by far the better man of the two. The ex was by now living with a new partner, and there seemed little chance of a reunion with Angela. Another homeopath and I both wracked our brains over what medicine to give her. We tried *Ignatia*, *Natrum muriaticum*, *Salmon* (because she was convinced he was her "soul mate," a phrase that *Salmon* proverbs used frequently), and *Cygnus Cygnus* (Whooper Swan, a good remedy for deep grief upon loss of a life partner)—all to no avail. In the end, because of her tendency to always see her old boyfriend, undeservedly, in the best possible light, I gave her *Antimonium crudum* 30c, and it helped dramatically. Suddenly, after two years of misery, she was able to enjoy life again, went on a long holiday, and started a new college course.



Aurum metallicum

Sometimes when someone is not in the best of mental health, a relationship break-up or business failure can be the final straw

I've written some poems for Valentine's Day in the past, and was happy to write one for *Homeopathy Today*, at Mitzi Lebensorger's request, to parallel this issue's topic of love in relation to homeopathy. When she suggested that I elaborate on some of the remedy themes that the poem touches on, it seemed like an easy matter. The more I thought about it though, the more I realized that the images of the poem allude to facets of a great number of homeopathic medicines, some more classically regarded as grief remedies, relating to unrequited love or the death of a loved one or of a relationship. In addition, if we regard the great number of possible ways to respond emotionally to a situation of loss and couple them with their physical correlates, we must include a much larger array of the medicines we use. In other words, it becomes somewhat complicated.

The poem, then, alludes to some of the various ways to experience and become stuck in suffering, displacing the awareness of, and the ability to feel, love in our lives. The roller coaster suggests such changeable remedies as *Pulsatilla* and *Ignatia*, but there are many others. Indifference results from a largely unconscious process, and may be seen classically in *Aurum metallicum*, *Phosphoric acid*, and *Gelsemium*, as well as many other medicines, to a smaller degree. *Sepia*, along with *Natrum muriaticum* and many others, may be considered when there is stoicism, withdrawal, and an inability to cry in

the experience of suffering. Likewise, we can run from our losses of love and ego defeats—literally or figuratively—as seen in *Sepia*, *Ignatia*, *Natrum muriaticum*, and many others. We can also plunge into our misery and become lost in it: identified with the state of "sackcloth and ashes," as in the state of *Natrum muriaticum* again, as well as that of *Ignatia*, *Lycopodium*, *Phosphoric acid*, *Staphysagria*, etc.

The saving grace, as always, with this wonderful art and science of homeopathy is that we can help the individual patient, no matter what the tangible or perceived personal defeat they are experiencing, and this is portrayed in the poem as the metaphor of the mirror—never a perfect reflection of the patient in their state of suffering, but a *simile* (similar enough remedy) and hopefully *simillimum* (precisely correct remedy), to aid in the process of healing.



ABOUT THE AUTHOR

Nicholas Nossaman, MD, DHT, graduated from medical school in 1968 and interned on a Navajo Reservation in NM, before beginning his homeopathic medical practice in Denver, CO, in 1976. He has served as board member and president of both the National Center for Homeopathy and the American Institute of Homeopathy. He's been a member of the Rhus Tox study group of *Homeopatia Internationalis* for over 20 years. His other interests include Jungian psychology, photography, watercolor, golf, pantomime, and poetry.

that drives them to contemplate or attempt suicide. This is sickness at a very deep level, where the love of life is completely lost and replaced by total and utter despair. One of the medicines that a homeopathic professional might choose in a situation such as this is *Aurum metallicum*.

Those needing *Aurum metallicum* are often full of self-reproach and see themselves as abject failures. This is in no small measure due to the extremely high standards they tend to set for themselves. Often they imagine they have somehow neglected their duty and that the failure of their love affair is entirely their responsibility. They may swing from deep tortured silence to great anger and violence when roused.

Making the attraction less fatal!

So far, all the medicines we have considered are indicated for those who turn their lovesickness in on themselves. However, there is another category of the lovelorn,

and ever since Glenn Close's terrifying portrayal of Alex Forrest as "the woman scorned" in the movie *Fatal Attraction*, these folks have become known colloquially as "Bunnyboilers." (Please don't ask, I'm squeamish ... just get the DVD and a cushion to hide behind.) Not to be sexist here, let it be duly noted that men scorned are no picnic either. But in either case, there are particular homeopathic medicines that are better suited to those



who feel they are mad as hell, and they're not going to take it anymore.

If I were a betting woman (and in truth I did spend much of my childhood at the horse races), my money would be on *Hyoscyamus* as the medicine that Alex Forrest was in desperate need of. Naturally, Michael Douglas, as the hapless, faithless husband, could not have given it to her, as it would have wrecked the dramatic tension and killed the box office receipts.

Hyoscyamus

This is a homeopathic medicine that is often indicated in cases of jealous rage. Constantine Hering, another great American homeopath from the days of yore, described the state of someone needing this medicine as: "Very suspicious. Reproaches others, complains of supposed injury done him. Quarrelsomeness; indomitable rage. Loves smutty talk. Frequently breaks out into a loud laugh. Scolds; raves; abuses those about him. Cries and laughs alternately, gesticulations lively. Does foolish things, behaves like one mad. Fears: being left alone; being betrayed."

OK, so Hering didn't mention the irresistible urge to cook the family pet, but everything else, I feel, is pretty well covered.

Enraged and "climbing the walls"

A few years ago, a woman named Jeanette came to see me. She had recently separated acrimoniously from her husband, and she was enraged by his repeatedly thoughtless and hurtful behavior towards both her and their very young child. She described herself over and over as "raging," so much so that she was "climbing the walls." Several times she told me, "I could kill him." I also noticed that she was picking invisible bits of fluff off her clothing.

Hyoscyamus has the keynote symptom of "picking at the bedclothes." It also has the desire to kill and to climb, as well as the delusion of "climbing up." Very often clues like these in what is called the "simple language" of the client, the things they say repeatedly (and indeed almost unconsciously), along with "simple gestures," point to a person's true feelings. I gave Jeanette *Hyoscyamus* 200c and repeated it as needed whenever the raging returned—about every four to six weeks at first, then less frequently over the course of a year. Her immediate response to a dose of *Hyoscyamus* was always very marked; within two or three days of taking it, she would become relaxed, calm, and able to see the funny side of things again. Now, many years later, she is totally oblivious of her ex-husband's antics and hasn't had a rage episode for years—despite an ex who would give Job a run for his money!

Lachesis

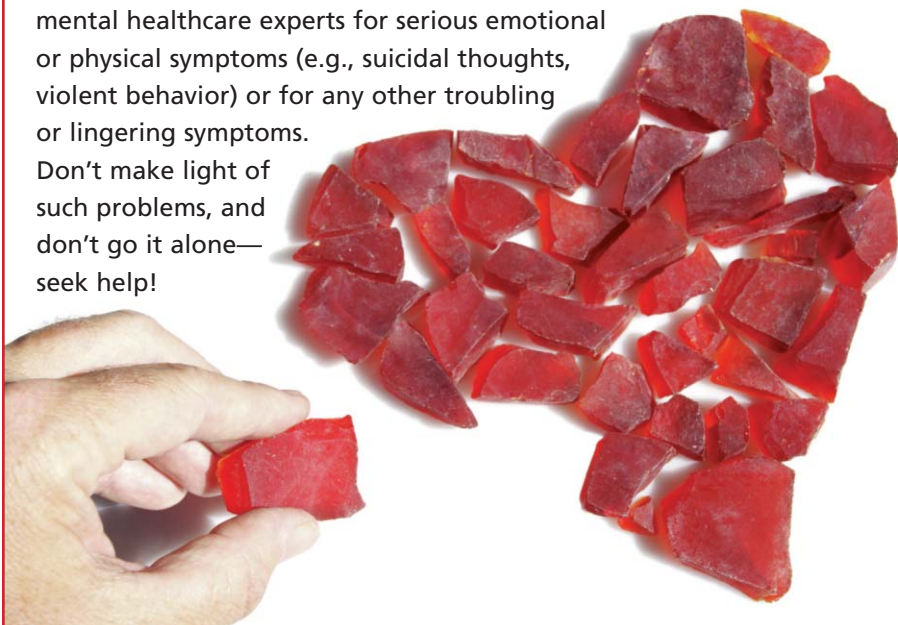
This is another medicine that may be indicated for people with jealousy, rage, and a

Lovesick? CALL THE EXPERTS

Homeopathic home prescribers have long known the value of a timely dose of *Ignatia* to help a person cope during an acute episode of disappointed love, grief, or other emotional shock. Keep in mind, however, that *Ignatia* might not be the indicated remedy in *all instances*, and that the emotional and physical effects of grief or disappointed love can be serious and long-lasting.

Always seek professional help from homeopaths and other health/mental healthcare experts for serious emotional or physical symptoms (e.g., suicidal thoughts, violent behavior) or for any other troubling or lingering symptoms.

Don't make light of such problems, and don't go it alone—seek help!



desire to kill. In a 1932 issue of the journal, *Homeopath*, Dr. Margaret Tyler describes a chilling case: "A young woman suffering from insane jealousy of her husband. She was always looking at herself in the glass, because she said her face had changed. She was always peeping through the little window into their shop, to see what her husband was doing; whether he was flirting with the shop girl. *Phos.* helped her a little, then not. She got pretty bad, was caught with a razor; came down into the shop in her night-dress; tried to do all sorts of extraordinary and mad things. They followed me about in despair about her: she was not safe. We discussed her case, and the doctor I was working with picked out the main symptoms, jealousy and suspicion, and of course she got *Lachesis*. I think she needed a second dose a month later. And then she bloomed into her old self, smiling and happy, all the trouble forgotten, and she had remained well seven years later..."



*"Like the measles,
love is most dangerous
when it comes
late in life."*

—LORD BYRON

Can you feel the force?

Now, after all this focus on when good love turns bad, you will be thinking I have not a romantic bone in my body, a charge I strenuously deny, and to prove it let us finish on a high note...

The lovely Marie Mélanie d'Hervilly-Gohier was just 35 years old when, disguised as a man, she traveled from her native Paris to Saxony in search of Samuel Hahnemann, the founder of homeopathy. She met Hahnemann, a reclusive widower in his late seventies, in October 1834, and after a whirlwind

three-month courtship, she had gone from being his patient and student, to being his wife. They left for Paris together in June 1835 where they lived and worked together happily for nine years. Melanie was overwhelmed with grief at his passing, but threw herself back into the homeopathic practice they had run together. After a legal battle, she became the first woman ever to openly practice medicine in the West.

Intrigued? You can read the full story in *A Homeopathic Love Story: The Story of Samuel and Melanie Hahnemann* by Rima Handley, FSHom.

So I hope you all have a Happy Valentine's Day and if the Law of Gravity turns out to apply to everything, romances included, then I wish you soft landings ahead.



ABOUT THE AUTHOR

Mary Aspinwall, Registered with the Irish Society of Homeopaths, has been practicing classical homeopathy since 1995. She designed the best-selling Helios/Double Helix series of homeopathic kits and set up The Natural Healing Rooms, a large, multi-disciplinary holistic health center in the South West of Ireland. She has written a free on-line course covering the basics of homeopathy including treating first-aid emergencies and acute illnesses. To enroll visit www.homeopathyworld.com.

LEARN FROM THE LEADER IN HOMEOPATHIC EDUCATION

MAKING NATURAL HEALTH SIMPLE™



The British Institute of Homeopathy - the leader in online homeopathic education - makes the world your classroom. Learn to select the natural path for clients, for your family and pets, and for yourself. Visit our website at www.bihusa.com to learn about our individual courses and comprehensive programs.



BIH
BRITISH INSTITUTE OF HOMEOPATHY
U.S.A. DIVISION

www.bihusa.com
TALK TO A REGISTRAR 800-498-6323



Treatment Options Homeopathic Laboratories

Now you have more options

Experience

Our clients choose *Tx Options* because we provide

A century-long commitment to quality and integrity

As a division of Standard Homeopathic Company, we continue a tradition of excellence of more than 100 years.

Tx Options pharmacist John A. Borneman, R. Ph. has over 50 years of experience in Homeopathy, serving the community as HPUS President for more than a decade.

Resources

You have more choices

Our one of a kind dilution library helps us provide you with the most comprehensive array of single remedies, potencies, bottle and vial sizes in various forms (liquids, pellet sizes, tablets and mother tinctures).

Reliability

We're licenced to dispense Rx & Non-Rx prescriptions to licensed medical doctors and licensed naturopathic doctors. We have a full inventory of top-selling Hyland's brand combination and Standard Homeopathic single remedies.

You know what's on the label is in the bottle

We work with and are regulated by the Commonwealth of Pennsylvania and the FDA to assure that our products are dispensed from a clean, professional and ethical setting.

Value

We follow the guidelines of the Homeopathic Pharmacopeia Convention of the United States.

Like you, we value quality and affordability

We offer homeopathic formulas made with the highest quality natural ingredients and follow the strictest standards of preparation.

Professional Pricing for all licensed CAM practitioners.

Service

Faster and better than ever before

More ways to order-Phone, Internet or Fax.

Multiple payment options-all major credit cards and personal checks.

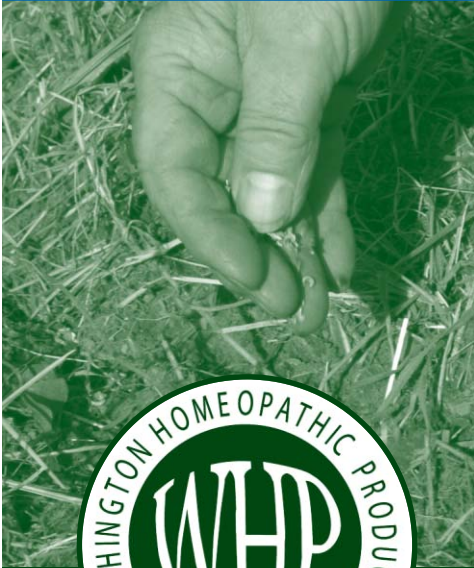
Multiple shipping options-UPS Overnight, 2nd or 3rd day, ground and postal service options. Same day shipment on most orders placed before 2 pm EST.

We build personal relationships with our customers; we care and will do more to serve your needs.

www.txoptions.com
1-800-234-8879



Quality from start to finish



1,700+ HPUS remedies
Hand Potentized to 30
High Potencies
Combinations
Ointments
Tinctures
Dilutions & Pills
Kits & Books
GREAT PRICES
PERSONAL SERVICE
FAST SHIPPING



Washington Homeopathic Products
33 Fairfax Street • Berkeley Springs, WV 25411
www.homeopathyworks.com • 800-336-1695



NORTHWESTERN
ACADEMY OF HOMEOPATHY

EXCELLENCE IN TRAINING
DEDICATED TO SUPPORT OF STUDENTS
UNSURPASSED IN PERCENTAGE OF PRACTICING GRADUATES

Four-year academic and clinical training program in classical homeopathy.

Classes meet over a four-day weekend, once a month.

Next program begins January, 2009.

(612) 794-6445 Toll free: (877) 644-4401

5201 Eden Ave., Suite 245, Edina, MN 55436

info@classicalhomeopathicschool.com
www.classicalhomeopathicschool.com

The Heart of the Matter



Homeopathy helps a woman with irregular heartbeat

by AMY ROTHENBERG, ND, DHANP

WHEN ABIGAIL FIRST CAME TO SEE ME FOR ATRIAL FIBRILLATION—AN IRREGULAR heart rhythm—I was uncertain about whether to treat her. As the central organ of circulation that works for most of us with utter predictability and reliability, the heart is also subject to sudden turns of events. Some, as we all know, can be life threatening. I wanted to first review her cardiac workup and have the support of her cardiologist. And I wanted to take extra special care to understand her underlying family history and the history of her current problem, as I would for anyone who came to see me for such a serious condition.

Abigail was distraught about her diagnosis. Her doctors were urging her to take anti-arrhythmia and anti-anxiety drugs, but she was concerned about the side effects, since she'd had bad experiences with conventional medications in the past. She was hoping a homeopathic remedy might help instead.

I had seen Abigail on and off as a patient for twenty years, but it had been six years since her last visit. Her past list of complaints had included chronic urinary tract infections, dry and irritated skin, and a significant set of family issues that were exacerbated by and probably also contributed to anxiety, low self-esteem, and insecurity. She had done well with the homeopathic remedies *Staphysagria* and *Silica* at different times in her life.

Small stature, painstakingly precise

The first thing one would notice about Abigail was her diminutive size. She had always been small boned, but when she came to see me this time in the fall of 2005, she seemed to be slipping away. At 4 feet 11 inches and 90 pounds, she took up very little space. Her skin was close to transparent, pulled taught over the outline of her prominent jaw. Her attire was what I would call “perfect casual”—meaning neither fancy nor expensive but put together with an eye toward exact size, color choice, and accessories. Her hair was pure white now and cut in a flattering bob that gave a carefree feeling to this otherwise highly-strung, sixty-year-old, retired office manager.

Abigail's large, wide-opened eyes were brown and cool, and her smile never quite reached them. Her voice was a bit wavering and quiet, but her specific word choice

to describe her symptoms and her current life situation were painstakingly exact. Her effort to tell me accurately and faithfully *precisely* how she felt was nothing short of heroic. On a day when I had more patients or less patience, I might find a visit with Abigail trying.

Abigail told me that with the exception of some dry skin, her body and spirits had been good these last six years. Her three

**She wondered if
she would die from this;
she wondered why this
was happening to her,
especially now,
at this time in her life
when things were
finally going well.**

adult children were settled and doing well, and her new marriage to a man a few years older was a source of terrific support and pride. After years in a stressful and difficult relationship, this change was welcome.

About a month before our visit, however, Abigail had begun to experience irregular heartbeats, especially at night. Perhaps because she was so thin, or more likely because she was very well-tuned in to her own body through regular exercise and weekly yoga classes, she was immediately aware that something was amiss in the region of her heart. After visits to her primary care physician and a cardiologist, Abigail was diagnosed with atrial fibrillation.

What's atrial fibrillation?

Atrial fibrillation is an irregular heartbeat that begins in the top portions of the heart. A problem with the electrical system creates a kind of shudder, which interferes with the normal rhythm of cardiac pumping. Atrial fibrillation can put a patient more at risk for stroke because blood may collect in the heart and form clots that can be pumped out into the arteries. This can also cause a heart attack.

Many things can cause atrial fibrillation such as high blood pressure, history of heart attack or other heart conditions, lung illnesses, hyperthyroidism, excessive intake of alcohol or marijuana, or overuse of stimulants like caffeine or nicotine. For some people, however, there is no known reason why atrial fibrillation begins.

The most common symptoms of atrial fibrillation are lightheadedness, shortness of breath, fatigue, palpitations, pain in the chest, and fainting.

Conventional treatment

An electrocardiogram or EKG, which tests the electrical system of the heart, helps a doctor to diagnose atrial fibrillation. An echocardiogram gives additional information about how the heart is pumping and what state the patient's valves are in.

Conventional medical treatments depend on the patient's symptoms, the reason for the atrial fibrillation (if known), and other risks the patient may have for stroke. Treatments may include cardioversion, where a small electrical shock is given to the heart to stimulate it back to a more normal rhythm, and/or anti-arrhythmia drugs to attempt to bring the heart back to its normal rhythm. Many patients are also placed on blood thinners or aspirin to help reduce the risk of stroke.

If cardioversion and medication do not work, doctors may recommend cardiac ablation, a procedure where small sections of the heart are destroyed thereby forming scar tissue to interrupt the irregular heartbeat. A pacemaker may be needed afterward to recreate normal rhythm.

Homeopathic treatment

Or ... the patient might find their way to a homeopath! In my experience over the past two decades, I have found homeopathic treatment to be helpful in many patients with atrial fibrillation. I have had to refer some patients for more invasive conventional procedures when homeopathy did not help them. But I have also had patients come to me after procedures like cardioversion or anti-arrhythmics didn't work or didn't give lasting results, and over time, homeopathic remedies have offered them a welcome reprieve from atrial fibrillation.

With all my patients, I aim to understand the whole person; I take the case, striving to see the atrial fibrillation in the

context of the person's overall physical, mental, and emotional health. There certainly are homeopathic medicines that tend to be used more frequently for people with heart problems, but I do not limit myself to those medicines. I cast my net wide, trying to grasp all elements of the person's life so that I can best find a remedy that will help the whole person.

Once I give a remedy and have allowed it time to act, I assess its overall impact on the patient. Of course, I want to see that the atrial fibrillation has been less frequent, less intense, and/or shorter in duration with each episode, but more than that, I want to see that other things that limit the patient have also improved. This might include better digestion and sleep, or less anxiety and depression, depending on the individual. And for all patients, I want to see improved focus and energy.

Thumping: why me, why now?

Abigail described her atrial fibrillation as a "sort of thumping" in her chest, which was worse at night. It was very distracting and

greatly impacted her ability to sleep. It happened most every night and sometimes persisted through the morning. With less sleep, she was tired and more likely to feel her symptoms. So, as you can see, she was caught in a cycle of worsening atrial fibrillation that was leading to strong symptoms of anxiety. Her anxiety was definitely worse at night in bed, but it extended throughout the day as well. She wondered if she would die from this; she wondered why this was happening to her, especially now, at this time in her life when things were finally going well. She worried about her heart, her health in general, her husband's health, her children, an upcoming move—anything was fair game. She felt the anxiety in her stomach or in her chest or all over, and it did seem to make the atrial fibrillation worse.

When the atrial fibrillation really got going, she felt light-headed and off balance. She did not have any history of cardiac issues and had taken good care of her physical body over the years.

Homeopathy & Heart Conditions



Can homeopathy help such cardiovascular conditions as high blood pressure, atherosclerosis (clogged arteries), irregular heartbeat, angina, or congestive heart failure? There is much that homeopathy can do to address these issues directly; and there is plenty that homeopathy can do to help inspire and stimulate people to make other necessary changes to reduce the risk of cardiovascular illness.

As with any chronic complaint, however, homeopathic remedies are prescribed for particular people, as opposed to particular diagnoses. Five patients with atrial fibrillation might each receive a different remedy, depending on their particular symptoms and how they experience the problem as individuals. While it is true that certain remedies like *Nux vomica*, *Lachesis*, *Glonoine*, *Cactus grandiflorus*, and *Spigelia* are used more frequently for patients with heart conditions, any of a wide number of homeopathic remedies may be indicated (as was true in the case of Abigail who happened to be helped by *Kali silicatum*).

Of course, it should go without saying that the homeopathic treatment of people with cardiac conditions is not the realm of self-prescribers and should only be attempted by experienced, trained homeopaths working in coordination with the patient's cardiology team. The biggest dangers here lie in missed diagnoses and the loss of valuable time in addressing treatable conditions.

So if you have a friend or loved one with a heart condition, refer them to a trained homeopath in their area. While we can't help every condition, some extremely common cardiovascular complaints can be addressed with good effect using gentle, effective homeopathic remedies.

Earmuffs, gloves, & afghans

Abigail was very chilly, her extremities in particular. She had begun to wear earmuffs and gloves, though we were barely into a not-very-chilly autumn, and to use a heating blanket to warm her bed (turning it off before climbing in). Abigail especially felt cold in her back; she was always aware of any breeze or moving air and would often sit in a chair wrapped in an afghan to keep the cold from getting to her back. She perspired profusely especially on her head, hands, and feet. She had always had a propensity for getting swollen glands; over the years they'd hardened, leaving chains of small knotty nodes under her jaw.

Her appetite was off; especially when she was having the atrial fibrillation, she did not particularly want to eat. She had always had a tendency toward constipation, going several days between bowel movements. It was as if she just didn't have the energy to push the stool out. She often bloated up and felt like her abdomen was swollen in the day leading up to a bowel movement.

She had some shortness of breath which she attributed to being out of shape, due to not exerting herself as it seemed to aggravate her atrial fibrillation. Her fatigue was marked and worsening from the lack of sleep, the lack of exercise, and the anxiety. She just wanted to lie down and rest all the time.

No chitchat

Abigail was careful in her speech—tentative is the word that comes to mind—and also painfully self-effacing (recall the *Staphysagria* prescription); I found myself speaking in a lower and lower voice and more slowly, too, so as not to overwhelm her. I asked my questions, she gave me her clearly thought-out answers. There was virtually no chitchat.

Abigail told me that her patient, caring husband would listen to her at great length and seemed to really appreciate her thoughtful care and careful thought. They soon would be moving to a warm island community (should help any condition!), and making plans and anticipating the monumental changes were very stressful for Abigail. However, they were working together and trying to take it one step at a time.



Abigail especially felt cold in her back; she was always aware of any breeze or moving air and would often sit in a chair wrapped in an afghan to keep the cold from getting to her back.

Abigail was as organized as they come. As always, she brought me her medical records in perfect order, three-hole punched in a binder with typed labels on the dividers, and clearly marked folders for certain documents she did not want to put holes in. This made my review of her recent labwork and studies easy and straightforward, something I always appreciated about Abigail.

Everything is context-dependent

Of course, I also realized that Abigail's organized manner was a characteristic that could help point to a particular homeopathic remedy. With any such characteristic of a patient's temperament, I need to perceive *why* the person is like that—why she is so organized and conscientious, why being like that is important to her. Differ-

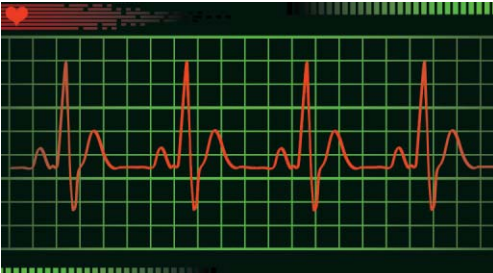
ent "remedy types" are careful and conscientious for different reasons. For instance, people who benefit from *Baryta carbonica* will be conscientious because they are deeply insecure; if they can have everything look "together," perhaps no one will be able to tell. *Calcarea carbonica* types are irritated by things out of place; many people needing this remedy will feel almost relaxed as they tidy up and organize possessions, papers, or a particular area, like the fridge or the CD collection or the kids' toys. *Nux vomica* patients will want order and a specific place for everything because they have issues with control and want things their way and only their way.

It's important to remember that it is not just the symptom or the person's temperament that has meaning or value to the homeopath. Rather, everything we are told by the patient or that we observe during the case-taking is context-dependent; understanding what causes the patient to be that way and what they may derive from that tendency or symptom will help lead us to a prescription that can help the *whole* patient, including their chief complaint.

For Abigail, her need to be organized stemmed from deep anxieties that drove her to stick to the rules. She had a kind of rigidity to her life, and she put undue pressure on herself to adhere to what she deemed to be correct. Indeed, I believe her conscientious speech was another example of this—wanting to get it "just right." She needed to create strict order out of any chaos and build a life where surprises and unpredictable things would be less likely to happen. Even so, if a strong-willed or strong-minded person with a clear opinion and a loud voice came along, she would acquiesce. She did not like discord and avoided it at all cost.

First remedy choice

My initial inclination in choosing a homeopathic remedy for Abigail was to head right back to the *Silica* because it had helped her in the past, and she had retained many of her *Silica* qualities especially in the emotional realm (her conscientiousness) and in her physical general symptoms (her tendency to be chilly, especially in the extremities, and her need to wrap up, as well as her easy perspiration). So I repeated the *Silica* 200c



Good Advice for People with Atrial Fibrillation

In addition to being closely followed by a cardiologist and getting homeopathic treatment by a trained professional, here are a few important things that I recommend to patients with atrial fibrillation:

- 1 Quit smoking, including removing exposure to second hand smoke.
- 2 Eat a diet good for the heart including lots of fresh fruit and veggies, fish, legumes (beans), and high fiber cereal and grains. Use olive oil liberally.
- 3 Attempt to add regular and aerobic exercise into the schedule after being cleared by your physician.
- 4 Work toward getting cholesterol and blood pressure into the normal ranges.
- 5 Try to address and alleviate underlying causes of stress, and practice stress reduction activities.
- 6 Avoid alcohol, caffeine, and marijuana, as these can increase the incidence and severity of atrial fibrillation.

Patients with atrial fibrillation will often ask me if there are nutritional supplements or botanical medicines that will help. I tell them that the evidence on the efficacy of the use of fish oil and Vitamin C in the treatment or prevention of atrial fibrillation is inconclusive, although magnesium is sometimes used intravenously in the treatment of acute episodes. While I do generally recommend supplements, I individualize the selection and dosages for each patient.

and asked her to return in three weeks.

Unfortunately, when she returned, I learned that the remedy had no effect on her atrial fibrillation or her anxiety, and little to no effect on anything else, although perhaps she was moving her bowels a tad better. I assessed the *Silica* as an incorrect prescription and went to work finding a remedy that was better suited to her with her current complaints.

A seldom-prescribed remedy

As I studied Abigail's case, I noticed a remedy coming through the repertorization that I have not often prescribed: *Kali silicatum*. Those who need one of the *Kali* salts on a constitutional level (e.g., *Kali carbonicum*, *Kali nitricum*, etc.) typically share common *Kali* symptoms: needing a lot of structure and doing well with rules, while being wracked with anxiety and worry. But since *Kali silicata* also has a *Silica* component, *Kali silicata*'s indications also capture the symptoms of this patient that were so helped by *Silica* in the past, such as her weakness, constipation, and chilliness. In addition, it was as if Abigail were wasting away, and this is a kind of emaciation that *Kali silicatum* is known for. She had this insidious weakness and fatigue, but like any good *Kali* person, she forced herself to get up and work, to take care of business and keep going, owed in great part to her strong sense of duty.

I prescribed *Kali silicatum* 12c, one pellet once a day, and asked her to return to me in a month. I had felt comfortable giving Abigail *Silica* in a higher potency (200c) since she had done well with it before; but I decided on a low potency with repeated doses for *Kali silicatum* because Abigail had a kind of fragility about her.

Good news this time

Abigail phoned me a week after she began taking the *Kali silicatum*. She said she felt better overall, her fatigue had lessened and her energy was higher, and she was sleeping better. She had not had any strong symptoms of the atrial fibrillation for that week—which was quite a marked improvement—though she still felt a sort of uneasiness in the region of her heart. She just wanted me to know that she thought we were on the right track.

That was a very heartening phone call

to receive as I knew that if she had not gotten results soon, her cardiologist would surely be requiring her to try stronger conventional measures; I noted this in her chart and looked forward to seeing her in the office a month later. When she returned, the improvements had persisted. She had had just two nights of atrial fibrillation, over the whole month—quite a dramatic shift from before taking *Kali silicata* when she was experiencing it nightly and sometimes into the day. Her sleep was better, she felt less stressed out. She continued to struggle with constipation and being chilly. I decided to keep her on the *Kali silicata* 12c daily for awhile, mostly because she was continuing to improve and I did not want to rock the boat.

Lasting results, grateful patient

In has been more than two years now since Abigail started treatment to address atrial fibrillation, and she is very pleased with the results. In these two years, she has had a few weeks where the atrial fibrillation seemed to crop up again just a bit, especially during times of great stress, but never to the degree she had been experiencing it before homeopathic treatment. I have given her *Kali silicata* in higher potency as the need arises. Over this time, she has also gotten better at recognizing the atrial fibrillation as a symptom that is related to her stress, and instead of escalating into severe anxiety, she will take a deep breath and try to figure out how to cut the stress down. She is ever grateful to homeopathy for once again helping her find a better place of balance.

So with Abigail, I relearned the lesson that treating atrial fibrillation with homeopathy is a worthwhile endeavor. Each time I have a success treating someone with a cardiac condition, I feel more inspired to treat others. With our aging population, I should have no shortage of opportunities!



ABOUT THE AUTHOR

Amy Rothenberg, ND, DHANP, practices in Enfield, Connecticut. She teaches and writes widely on topics in natural medicine. For further information or for free articles see: www.nesh.com.

Keep the flame of homeopathy alive for future generations...

Please consider naming the NCH as beneficiary of your will, trust, or IRA.

Thank you!

For more information, contact:
Sharon Stevenson,
NCH Executive Director,
at (703) 548-7790 or
info@nationalcenterforhomeopathy.org



Leading Voices in Homeopathy

Where best selling authors take questions and share answers.

Join

- * Vermeulen
- * Sankaran
- * DeSchepper
- * Scholten


and others at:

www.minimum.com/bb

MOVING?

Please send a change of address form to the NCH. The USPS will not forward bulk mail. If you don't tell us you're moving, you'll miss the latest information in

Homeopathy Today



LUMINOS HOMEOPATHIC COURSES LTD

Inspire ★ Instruct ★ Illuminate

NEW **Jan Scholten MD**
Author of "Homeopathy and the Elements"
New Developments in Minerals and Plants
FIRST NORTH AMERICAN SEMINARS SINCE 2006
Portland, Maine October 17-19, 2008
Vancouver, BC October 24-26, 2008

Louis Klein FSHom
Amina: An Opportunity to Truly Grasp the Animal Kingdom including the Human Group of Remedies
Vancouver, Canada January 11-13, 2008
San Francisco area March 28-30, 2008

Homeopathic Master Clinician Course
with Louis Klein FSHom
Three-year program starts Minneapolis February 2008
Still spaces to register

Foundation Course in Homeopathy
For Those Interested in Learning the Fundamentals of Homeopathy
Online/Self-Paced/ Interactive- Tutor Support

Email: info@homeopathycourses.com
Phone: 604-947-0757 Fax: 604-947-0764

WWW.HOMEOPATHYCOURSES.COM

HomeopathyWorld



Buy remedy kits



Treatment with Mary Aspinwall



Free online course



Buy Dr. Hauschka products

www.homeopathyworld.com

Practitioner? Join the homeopathyworld.com affiliate program

Phone: US+CAN: 1-866-346-5105 (TOLL FREE)
e-mail: info@homeopathyworld.com



Avoiding or Delaying Root Canal Therapy

A case of “irreversible” pulpitis treated successfully with homeopathy

by JOHN A. SHORT, DDS, MSc, DIHom

WHEN A PATIENT’S TOOTHACHE IS INCESSANT, SEVERE, AND/OR MADE MUCH WORSE BY PERCUSSION of the tooth, this usually signifies to the dentist that the inflammation of the tooth’s pulp is irreversible, with root canal therapy inevitable to “save” the tooth. The cause can be deep decay (caries), a longstanding deep filling, imperfect bite of the upper and lower teeth (malocclusion), or trauma to the tooth such as from a blow or fracture. Sometimes the cause is unknown.

Root canals: the good, the bad

Root canals, despite their notoriety, have come a long way in terms of procedural ease and comfort to patients, and they do prevent a tooth from being extracted.

Nonetheless, root canals present many disadvantages. They are costly, involve use of a non-biocompatible material placed in the empty canal, and often result in death of the surrounding periapical (root tip) bone leading to migrating infections in the body. Root canals require that a crown/cap be subsequently placed over the tooth at an additional significant expense, are unpredictable in terms of long-term success, and perhaps most regrettably, result in a tooth that is physiologically “dead.” That is, the tooth no longer has a nerve or blood supply. The body’s retention of a non-vital tooth, which blocks the flow of vital energy or Qi, has been a longstanding concern to energy workers and dentists alike, particularly in Europe. In light of this, dental homeopathy can potentially be a valuable therapeutic adjunct to help patients avoid root canal treatment and additional invasive procedures.

Dental homeopathy

Homeopathic prescribing for dental pain can be challenging and typically entails more than simply repertorizing a half-dozen symptoms to find two or three likely remedies. In using homeopathy in my dental practice since 1990, I have found varied reasons for this. First, dental pain and dental symptoms are often common in manifestation, few in number, can change quickly, and are subject to masking by analgesics and antibiotics the patient may have taken prior to the dental office



ISTOCKPHOTO.COM

visit. So it can be hard to find unique, accurate, or plentiful symptoms on which to base a homeopathic prescription. Second, I have noticed that patients often find it difficult to distinguish types of dental pain as readily as pains in other areas of the body. Ask a patient with a toothache whether the pain is digging or drawing, gnawing or dull, and you might obtain a curious if not annoyed look, as a toothache can be quite debilitating to one’s normal sense of perception and reason, especially when in a dental office environment. Finally, there appears to be a lesser degree of concordance of remedies between homeopathic repertories and guides under given dental rubrics, than there is in general homeopathy.

That said, the dental homeopath frequently relies upon experiential prescribing,

which I would characterize as pathological prescribing combined with keeping the patient’s general constitution in mind. When there is irreversible tissue damage, as there obviously is with deep decay, necrosis/death of the tooth pulp, or bone destruction from periodontal disease, merely selecting the constitutional remedy will have very little if any benefit for the patient’s presenting complaint. Thus, in somewhat inverse fashion, one needs to find a remedy for the dental pathology whose other concomitant symptoms most closely match the patient’s constitutional typology.

A tale of toothache

Ann, a 47-year-old woman, came to see me with very deep decay in her lower left first molar. Although she was not in acute pain,

her discomfort had been ongoing for at least a month. It was characterized by increased sensitivity to cold liquids, and a fairly constant dull ache that sometimes throbbed, but was not necessarily correlated with time of day or position. She also had a general mild-to-moderate inflammation of her gums. Although Ann did not use the word “diffuse,” she indicated that the pain wasn’t necessarily coming from the tooth in question, but was distributed generally on the left side of her jaw and face. (People with toothaches are sometimes unable to discern if the pain is coming from an upper or lower tooth, much less the specific tooth.) Chewing or any pressure on the tooth made her pain worse.

A dental radiograph revealed decay close to if not into the pulp chamber of the tooth as well as a slight radiolucency (darkening on an x-ray film) about the periapical bone, usually indicative of inflammation, if not a beginning abscess. This is typically due to movement of bacteria from the decay into the pulp chamber, migration down the canal and into surrounding bone.

Ann was of slight build and mild disposition, with an oily complexion. A review of her medical history form showed nothing remarkable except for her menstrual periods “being difficult” when she was younger. On further questioning, she said that her menstrual periods had always been “late,” and that she’d had significant pain. She also mentioned that she had been waking up in the morning for quite some time feeling tired. During the course of the appointment and following, Ann seemed rather withdrawn, dare I say depressed—more so than would normally be attributed to the dental circumstance she was encountering. Because of the physical proximity to and circumstances surrounding dental patients, dentists over the years develop a sixth sense about the patient’s demeanor and energy that in another environment may not be as apparent.

The dental procedure

Upon assessing the situation, I advised Ann that the prognosis for the tooth was tentative in terms of needing “just a filling” and told her that when decay has entered and infected an otherwise healthy and ster-

ile pulp, the tooth *usually* ends up requiring root canal therapy in order to be saved. Nevertheless, I told her that we would try some less-invasive means first to help the tooth, in hopes of not having to refer her to an endodontist for root canal.

Following administration of a local anesthetic, I began removing decay until it became quite apparent I was nearing the pulp. Then, my fears were realized when I saw a speck of blood oozing from the pulp,

Of the several hundred patients I have treated homeopathically over the years ... roughly 30–40% have avoided root canals for five years or longer.

a positive indicator that decay had infected the nerve. Dentists will sometimes place a “base” of calcium hydroxide or other material directly over the exposed pulp, followed by a temporary sedative filling, in a last ditch effort to try to calm the nerve, particularly if the exposed pulp is only a pinpoint. This decay was extensive, however, and although blood was not flowing out, neither was it solely a pinpoint exposure. Combined with the patient’s history of ongoing pain for more than a month, the prognosis was not good. But I placed the base and temporary restoration and proceeded to the next stage of healing—in some ways easier and in other ways more challenging than the tedious mechanical part I had just performed.

Let me first say what I didn’t do next. I didn’t give Ann a prescription for antibiotics for infection or narcotics for pain. She knew how to reach me in case of emergency, and there was no reason to introduce conventional drugs into the picture at this stage. I did tell her that I would like to use homeopathy to possibly avert a root canal and asked if she would be willing to let me

try, which she gladly agreed to. I knew this could become a “hot” tooth if I didn’t prescribe an effective remedy fairly soon.

The homeopathic procedure

Because of tight scheduling and the acute nature of the problems dentists typically encounter, we don’t often have the luxury of repertorizing as thoroughly as we might like or at our leisure later in the day. And, as already mentioned, it is not uncommon when treating a dental patient in pain to find few dental symptoms, or else symptoms that are vague, general, and not peculiar, as was true with Ann. I then query the patient about other symptoms that may be present alongside the dental complaint. I felt Ann’s sleep habits, sad demeanor, and history of painful and late menstrual periods to be significant in this regard. A summary of rubrics from Kent’s *Repertory* that applied to her case follows:

Dental rubrics:

Teeth, Pain, cold, drinks, from
Teeth, Pain, masticating, from
Teeth, Pain, dull
Mouth, inflammation, gums
Face, pain, left

Other rubrics:

Face, greasy
Sleep, unrefreshing
Mind, sadness
Genitalia—female, menses, painful
Genitalia—female, menses, late

Manual repertorization of the above rubrics yielded significant equal weighting to *Natrum muriaticum* and *Nux vomica*, followed by *Lycopodium*, *Lachesis*, and *Kali carbonicum*. Ann’s overall typology was suggestive of a *Natrum muriaticum* constitution, including her oily facial complexion. Probably the single most important dental symptom that also supported *Natrum muriaticum* was her type of pain—a fairly constant dull ache that affects the jaw and/or face and often cannot be localized to any particular tooth (the aforementioned “diffuse” pain symptom). This type of pain is more often seen in women than men, and can be accompanied by depression and sleep problems. This constellation of symptoms (termed “atypical facial pain”) is mentioned in Dr. Colin Lessell’s *A Textbook of Dental Homeopathy*, and he also suggests *Natrum mur.*

After giving Ann a dose of *Natrum mur* 200c I was cautiously optimistic in discussing my prognosis with her. As I've half-jokingly half seriously told patients over the years, "I'm a tooth saver not a soothsayer." I've learned that each patient and each tooth, even in the same patient, can react differently. I was truly expecting a call from her that evening after the anesthetic wore off.

Results to date

At the time of this writing, it has been five months since Ann's tooth was treated dentally—and she, homeopathically. I gave her a second dose of *Natrum muriaticum* a couple months after the first and, other than having some initial tooth sensitivity, she has remained symptom-free. A recent post-op X-ray revealed that dentinal bridging has begun, whereby the dentin next to the pulp begins to lay down a reparative layer under the filling—a good sign of healing from within the tooth.

It is fairly well recognized that the type of severe pulp exposure that Ann had typically requires root canal therapy upwards of 95% of the time. Although I've not conducted a formal double-blind randomized

clinical trial protocol, it has been my experience that of the several hundred patients I have treated homeopathically over the years for similar situations, roughly 30–40% have avoided root canals for five years or longer. Although this may not appear to be a remarkable success rate, it's certainly better than the alternative. Also, one must bear in mind that pulp tissue that has been exposed to bacterial insult from decay is very fragile and does not have the self-regenerative ability that other parts of the body inherently have. Also, pulps of teeth that have already been compromised from decay are more prone to future problems from subsequent trauma (blows, chewing, temperature changes etc.) than are intact teeth. Thus, the baseline by which we establish the resting state of dental health has already been statistically lowered in these patients.

Although one cannot be certain that her tooth may not act up in the future (teeth can be quirky sometimes), I feel optimistic that Ann's tooth will be fine. I base this both upon her lack of continuing symptoms and the dentinal bridging referred to above. These are good predictors of success, whether the patient is treated homeopathically or not. Most importantly, we gave her tooth a fighting chance to survive, instead of automatically assuming she would need a root canal, a considerably more invasive and costly procedure.

I cannot speak in detail to her other general symptoms, as I am not treating her constitutionally on an ongoing basis, but I will say that at her last visit she did seem to have more energy and a smile on her face. Knowing that I did a little more than just fix her tooth makes being in this profession very satisfying.



ABOUT THE AUTHOR

John A. Short, DDS, MSc, DIHom, received his dental degree from Ohio State University in 1974. He subsequently earned his masters degree in epidemiology from Erasmus University, Rotterdam, in 1997 and is a graduate of the British Institute of Homeopathy. He has been involved in research in epidemiology as it relates to homeopathy for many years, writing and lecturing on toxic effects of fluoride and mercury. His website is www.oralhealthworks.com.



TOOTH TROUBLE

When you experience bothersome tooth pain, visit the dentist for a professional evaluation. A thorough oral exam, which may include dental x-rays, can help determine the cause. It's especially important to see a dentist if you have:

- sharp or recurring pain in one or more teeth
 - pain when eating or drinking something hot
 - a lost or damaged filling or the feeling of a hole in a tooth
 - a toothache that suddenly stops hurting
 - swelling in the mouth or on the face
- Depending on the situation, the dentist may recommend any number of procedures. Some of these procedures can be aided or even avoided by using homeopathic remedies. Once your dentist has evaluated the problem, consider homeopathic intervention.

Uncomplicated tooth pain

If the dentist concludes that decay, infection, or abscess is not creating the toothache, try one of the following remedies. Tooth

pain can occur before an abscess is visible on an x-ray, so pay attention to your pain, and if it continues to recur, see the dentist. You can take a 30X or 30c potency every 30 to 60 minutes or as needed. Stop taking the remedy when significant improvement occurs.

- *Belladonna* helps throbbing pain that is worse from touch or motion (chewing).
- *Magnesia phosphorica* helps pain that is worse from cold and better from warmth.
- *Coffea cruda* helps pain that is worse from heat and relieved by holding ice in the mouth.
- *Chamomilla* is for the toothache that is worse from any warmth (i.e., if anything warm is taken in the mouth or even upon entering a warm room), but not better with cold. The pain is intolerable and makes the patient peevish.

Injury, Abscess, Extraction, Root Canal

For much more on these topics and how homeopathy can help, please see "Save Your Smile Awhile" by Richard Fischer, DDS, in the January/February 2006 issue of *Homeopathy Today*, available to NCH members online at www.NationalCenterForHomeopathy.org. Also, consult Colin Lessell's *A Textbook of Dental Homeopathy*.

—Homeopathy Today staff



Happy Presidents' Day!

Did you know that 11 American Presidents have used, supported, or advocated for homeopathy? You can read all about it in a 2007 book, *The Homeopathic Revolution: Why Famous People and Cultural Heroes Choose Homeopathy*, by Dana Ullman, MPH.

In honor of Presidents' Day on February 18, 2008, here are a few short excerpts from *The Homeopathic Revolution*. Please see the book for complete references and many more details.

Abraham Lincoln

In 1854, before Abraham Lincoln was elected the 16th President of the United States, he was retained as a lawyer to prepare a state legislative proposal to charter a homeopathic medical college in Chicago. Because Chicago was the home of the American Medical Association, which had been founded in 1847 in part to stop the growth of homeopathy, Lincoln's job was no simple effort. However, many of Chicago's most prominent citizens and politicians participated on the board of trustees of the proposed Hahnemann Medical College, including Chicago's mayor, two congressmen, an Illinois state representative, a Chicago city councilman, the co-founder of Northwestern University, the founder of Chicago Union Railroad, and several medical doctors who were homeopaths. Despite significant opposition, Lincoln was successful in obtaining a charter for the homeopathic college.

Although Lincoln surrounded himself with advocates for homeopathy, that didn't protect the medical science from his famous wit. He once called homeopathy "medicine of a shadow of a pigeon's wing."

Today, the Pearson Museum at Southern Illinois University has an exhibit of a nineteenth-century doctor's office and drug store; included in this exhibit is a homeopathic medicine kit from the Diller Drug Store of Springfield, Illinois. The exhibit notes that Abraham Lincoln was a frequent customer of the drug store and a regular user of homeopathic medicines.

Warren Harding

Warren Harding, the 29th President of the United States, had parents who studied and practiced homeopathic medicine, so Harding was treated with homeopathy

SPEAK UP!

Medicine for the People is a new organization campaigning against negative media coverage that homeopathy has been receiving in the UK by collecting 250,000 signatures to take to the UK government in June 2008. These declarations will give a voice to those people whose experience is denied by the recent attacks against homeopathy and the Royal London Homeopathic Hospital. It will also, for the first time, begin to establish the extent to which homeopathy has helped the general public in the UK and throughout the world, whether through prescription or self-medication. There's also a link from their home page for international supporters from outside the UK to add their voices.

Make your voice heard at: www.hmc21.org!



throughout his childhood. Just a few months before Harding was elected president, he gave the commencement address at Hahnemann Medical College in Philadelphia.

In 1905, Harding's wife, Florence, had a kidney removed and in 1913, she sought homeopathic care from Dr. Charles Sawyer, a respected Ohio homeopath. Ultimately, her medical experiences with Dr. Sawyer and homeopathy became so positive that she became dependent upon him and was convinced that only he could keep her alive, which later proved to be true.

The Hardings insisted that Sawyer become the White House physician, and he even became a member of the twice-weekly White House poker group. In 1922, Florence developed a critical urinary tract illness in her remaining kidney. Two famous conventional physicians, Charles Mayo and John Finney, were called to the White House and wanted to operate immediately. Sawyer disagreed as did another consulting homeopath, Dr. Joel T. Boone. Mrs. Harding ultimately recovered without surgery, and yet, the conventional physicians asserted that homeopathic medicines had had no effect and that Mrs. Harding's condition simply healed "spontaneously."

Bill Clinton

Business Week reported that a presidential aide would buy homeopathic medicines at a New York homeopathic pharmacy to treat the president's sinus problem. Although the press had previously reported that Clinton suffered from recurrent laryngitis, there seemed to be fewer references to this problem after these reports of homeopathic treatment.

It should also be noted that Clinton had a special interest in healthier eating than most previous American presidents. He was known to invite Dean Ornish, MD (respected researcher known for his low-fat, vegetarian diet, meditation, and exercise approach to heart health), to the White House on several occasions.

Clinton's former press secretary, George Stephanopoulos, wrote a book, *All Too Human: A Political Education*, in which he noted that Hillary Rodham Clinton sent him some homeopathic medicines to keep him healthy: "Health care reform's slow death in 1994 was particularly disheartening. We fought hard, but were losing. Hillary tried to keep our spirits up. Seeing that I was fluey from fatigue, she sent me a carton of homeopathic cures one day accompanied by a note: 'We need you healthy for health care!'"

BioSolutions™ plus

Pain Relief, Health and Wellness using Rife Frequency Technology

Our Latest Model G++

Thousands of people including health care professionals report positive results with Rife Technology. BioSolutions™ has over 550 preprogrammed auto codes to use on various conditions from A to Z. It is the most accurate, reliable and user friendly instrument we have experienced. The producer has an 18 year track record of safety and reported good results. Customer satisfaction guaranteed or your money back.



Natural Solution, LLC
Toll Free: 866-885-6625 or 336-885-6625
Website: www.natural-solution.com

San Francisco Herb & Natural Food Co.®



Oregon Tilth Certified Organic



Grower, Importer, Wholesaler & Manufacturer:

- Loose Herbs & Tea Bags
- Bulk Botanicals, Bulk Teas
- Culinary Spice Blends
- Capsules, Oils, Extracts, & Tinctures



Call for **Free Catalog!**

Nature's Herb Co. Since 1915

Packed in 32 oz PET jar
Loose Herbs & Bulk Tea Bags

Summer Field Culinary Spices



100% Vegetarian Capsules

47444 Kato Road
Fremont, CA 94538
Tel: 800-227-2830
Fax: 510-770-9021



www.herbspicetea.com

WITH OUTSTANDING REVIEWS...

Pure Homeopathy with Dr. André Saine

Two Courses—Montreal—Spring 2008

Course I: Essentials of Acute and Chronic Prescribing — May 31- June 6

Do you often feel you are not as effective a homeopath as you could be? Methodical instruction in case taking and analysis is key to accurate prescribing and case management. Ideally suited for practitioners wanting to achieve mastery in homeopathy and significantly improve patient outcomes. Live case-taking and analysis vividly illustrate the material. **Evaluations from 2007 rated this course 10/10 on all points by 100% of attendees, including a medical practitioner with 25 years of homeopathic experience!** Described as **THE** pre-requisite for successful practice.

Course II: Illustrated Comparative Materia Medica Pura — June 9-13

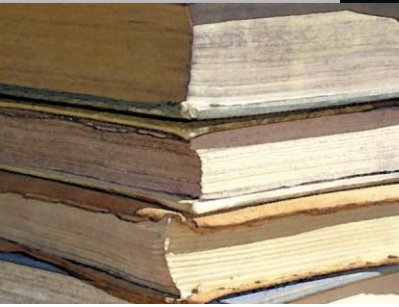
Is your knowledge of the remedies a limiting factor in successful prescribing? Class participants will compare and contrast 30+ lesser known remedies. Dr. Saine, world-renowned homeopathic 'teacher of teachers', vividly illustrates the remedies with cases from his vast clinical experience and his 25 years of research in old journals. Elaborate handouts complement the lecture.

Experienced practitioners gave Dr. Saine a standing ovation in Germany, 2007 and have claimed increased clinical success resulting from the course. A live case with analysis will be taken mid-week.

Testimonials

- "Effective homeopathic training is a rarity in today's world of seminars. In André Saine's course at the NCH Summer School, experienced practitioners who had studied with various teachers reported that they finally found what was missing to be more successful in their practices. I highly recommend anyone who wants to practice homeopathy effectively to take this course." **Stephen Messer, ND, Former Dean, NCH Summer School**
- "The course on materia medica was excellent, above all expectations. I came back with a huge motivation to apply myself and the clinical results are much more satisfying. Dr. Saine's incomparable knowledge of the materia medica and the reliability of his immense clinical experience clearly demonstrate how to practice pure homeopathy." **Beatrix Leifeld, M. D., Germany**
- "Everyone who practices homeopathy would greatly benefit from Dr. Saine's practical and thorough teaching. His knowledge of and enthusiasm for homeopathy are contagious. The in-class patients really brought the teaching to life ." **Louise Harvie, R.N., New York**

Presented by the Canadian Academy of Homeopathy and the Illinois Homeopathic Medical Association. Discounted on-campus housing available. CME credits available. Early registration rates until April 4. For more information, visit www.homeopathy.ca or contact us at cah@videotron.ca or 514-279-6629 ext. 221.



REVIEW

MATMEDCARDS I AND II

by Rachel Roberts, RSHom

Integrated Homeopathic Training (www.ihtraining.org), UK: 2007, \$70.00 per set

ISBN: 978-0-9555882-1-1

Reviewed by JAY YASGUR, RPh, MSc

BRITISH HOMEOPATH RACHEL ROBERTS, RSHom, has produced two sets of materia medica note cards or “flashcards.” Each set consists of sixty different 3” x 5” cards—one per remedy. The first set includes major polychrest remedies and commonly used acute remedies (from *Aconite* to *Wyethia*); the second includes “major polychrests, traditional nosodes, mineral families, and acute remedies” (from *Aesculus* to *Veratrum*). They are printed on glossy, thick, high-quality cardstock.

Ms. Roberts decided to produce this teaching aid in response to the lack of availability of such a study tool when she was pursuing her homeopathic training. Each set comes in its own cardboard box divided into five alphabetical groupings (A–B, C–E, F–K, L–Q, and R–Z), and each card is filled with pertinent information, front and back. The cards are color-coded according to a remedy’s indications with regard to temperature sensitivity: blue for chilly, red for warm-blooded, and black for no temperature preference. Additionally, each set of cards contains: a glossary of approximately one hundred medical terms, an introductory sheet, an index of remedy contents for both sets, a list of abbreviations and symbols, and a card defining remedy relationships.

Using Vermeulen’s *Concordant Materia Medica*, Morrison’s *Desktop Guide to Materia Medica*, and Vermeulen’s *Synoptic Materia Medica I* as her three principal references, supplemented by the works of Boericke, Clarke, Allen, Kent, Phatak, Murphy, and Tyler, Ms. Roberts took symptoms that were consistently highlighted by these authors and distilled them into a manageable amount of information. When using information from her own clinical practice, she notes that.

She states that she did not design the cards to be an alternative to existing materia medicas, but rather as a learning tool to be used alongside them: “[they] provide a quick and easy reference source with which to refresh your mind about the key indications of a remedy, to see whether it is worth exploring further in a full materia medica volume. Most busy practitioners also find that they lose touch with certain remedies they haven’t prescribed for some time, so a quick reminder of the keynotes can help bring the fuller picture out of the depths of your memory banks.”

Furthermore, the author has attempted to standardize language usage throughout the memory cards in order to minimize confusion. For example, whereas a sensation of emptiness in the stomach region can be found described as a “hollow feeling in the epigastrium,” an “all-gone sensation in the stomach,” or an “empty sensation in the epigastrium,” she settled on the latter phrase (which can be found, for example,

on the *Sepia* and *Podophyllum* cards).

This flashcard format allows one to easily compare remedies side-by-side and to create a quiz game by mixing up the cards. Now one can actually have fun playing that favorite children’s card game, “52 Pickup”!

For students and others who enjoy this format, Rachel Roberts has produced a high quality, worthwhile product. Now, when is someone going to produce a homeopathic board game?

ABOUT THE AUTHOR

Jay Yasgur, RPh, MSc, is a licensed pharmacist who also works as a healer specializing in homeopathy and plant spirit medicine. His first book, *Yasgur’s Homeopathic Dictionary and Holistic Health Reference, 4th Ed.* (1998), is a standard reference in the field. His book, *111 Great Homeopaths*, is translated into six languages. He may be contacted c/o: Van Hoy Publishers, PO Box 636, Greenville, PA 16125, info@yasgur.net, and www.yasgur.net.

ARSENICUM ALBUM Arsenic Trioxide < After Midnight

MINIPICTURE

- Intense anxiety with great restlessness
- Anxiety about health – fear of death, disease + cancer
- ♥ Company – demanding, needs reassurance, fear of being alone
- Fastidiousness
- Weakness out of proportion to condition
- < After midnight
- Chilly + < cold, > heat
- Intense thirst for small sips
- Burning pains > heat
- Thin, acrid, putrid discharges – hay fever, coryza, cancers, ulcers, stool
- Simultaneous diarrhoea + vomiting < ice + watery fruit
- Asthma esp. after midnight < lying, > sitting up

MODALITIES	< Cold, exertion, periodicity, 1 a.m., 0-2 a.m., food poisoning > Heat, sitting up or elevating head with pillows
FOODS	♥ Ice, cold drinks, alcohol ⊗ Food < Ice, cold drinks, alcohol, fruit, vegetables, spoiled meat
MIASMS	Sycotic, syphilitic, tubercular, cancer, psoric
IN A NUTSHELL	Anxious, restless, fastidious hypochondriacs with burning pains > heat
TOP TIPS	‘Hercule Poirot’. Acute of <i>Thuj.</i> which often follows well. If <i>Ars.</i> fails in asthma or bronchitis, consider <i>Blatta orientalis</i> [Boericke]. Both need reassurance but <i>Ars.</i> difficult to reassure; <i>Phos.</i> easy.



CONTRIBUTIONS—THANK YOU!

General Contributors

Rosemarie Faust, Homer AK
 Elisabeth Gibson, Huntsville AL
 Julia Gregerson, Gadsden AL
 Anita Anderson, Hot Springs Village AR
 Alejandra G Iniguez HMA, Mesa AZ
 Betty M James, Phoenix AZ
 Joan Kandel DO MD(H), Tuba City AZ
 Peter & Estela Thoesen, Mesa AZ
 Caroline S Walrad PhD DHom CN, Cave Creek AZ
 Patricia R Winkler, Tuscon AZ
 David John Anderson MD DHT, Petaluma CA
 Raquel Blech, Mountain View CA
 Barbara Coleman, San Jose CA
 Marie Fleisher, Palm Springs CA
 Francia Friendlich, San Francisco CA
 GoodSearch, Los Angeles CA
 Pamela Grant-Ryan, San Francisco CA
 Deborah Howe, Sanger CA
 Peggy Hughes, Playa Del Rey CA
 Margit Jacob, Napa CA
 Manjit S Nagi DVM, Livingston CA
 Rosanne Park, Healdsburg CA
 Martha R Peleti, San Diego CA
 Dawn R Reneau, San Francisco CA
 J Daniel Seckelmann, Carlsbad CA
 Julie Anne Seth-Morris, Santa Rosa CA
 Sophia Smith, Santa Cruz CA
 Perin Vakharia, Los Angeles CA
 Rose Vutech, Escondido CA
 William Wallick, Tahoma CA
 Carolyn Langford, Parker CO
 William Porter, Englewood CO
 Renee M Savage, Lisbon CT
 Daniel Stevenel, Washington DC
 Martha J Adams, Camden Wyoming DE
 Christine Mercante, Wilmington DE
 Jeff & Julie Register, Wilmington DE
 Barbara Finkelstein, Safety Harbor FL
 Helen R Pink, Lake Worth FL
 Edward Zaleski, Melbourne FL
 Jon Barrie MS CT PHT, Savannah GA
 Karen Berson, Roswell GA
 Averette F Lackey, McCall ID
 Marietta Hubler, Urbana IL
 Jean E Smith, Berwyn IL
 Caryl Taylor, Howe IN
 Laura Creamer, Lexington KY
 Walia Dungan, West Newton MA
 Marilyn R Lange, Buzzards Bay MA
 Meg Springer, Waltham MA
 Ernestine Stowell DC, South Hadley MA
 Fan Watkinson, Lincoln MA
 Louis Cecchini, Hughesville MD
 Brian Garmant, Montgomery Village MD
 Patricia H Guthrie, Silver Spring MD
 Nancy V Klein, Ellicott City MD
 Charlotte Landgraf, Baltimore MD
 Linda McDonald MA AAPCH, Elkton MD
 Ellen Sosinski, Clarksville MD
 Anita W Weiss, Baltimore MD
 Betsy Levine, Liberty ME
 Kay Payeur, Saline MI
 Sue Rockenbach, Gobles MI
 Lucille Saling, Eaton Rapids MI
 Reginald Crawford, Minneapolis MN
 Carlos & Inez Lind, Baxter MN
 Barbara Bianco, Saint Louis MO
 Salima Ruknuddin, Maryland Heights MO
 Carol Smith, Saint Louis MO
 Bettie J Stuber DC, Kansas City MO
 Jane B Brown, Gastonia NC
 Susan Cooper ND, Pilot Mountain NC
 Doris J Kay, Charlotte NC
 Naomi Zeskind, Charlotte NC
 Carolyn Demorest, Dublin NH
 Charlene A Logsdon, Windham NH
 Barbara DeSiena, Randolph NJ
 Christine Jahng, Red Bank NJ
 Kathryn Mikita, Newton NJ

Donna Panarello PT CFT, Red Bank NJ
 Catherine Sharfstein RSHom CCH, Fair Lawn NJ
 David J Shuch DDS, Augusta NJ
 Julie Jordan, Albuquerque NM
 Gigi Kast, Velarde NM
 Francine Hessey, Las Vegas NV
 Bill Dyson, Manlius NY
 Martin P Goldman MD, New Rochelle NY
 Afzal Hossain, Elmhurst NY
 Seema Khaneja MD, Rochester NY
 Deborah Kleinman-Cindrich DC, Port Washington NY
 Richard Kulwin DDS, Armonk NY
 Kathleen M Pelton, Sloansville NY
 Louise Rossi, New York NY
 Lucy Sandidge, Corning NY
 Lois Ann Schaub DC, East Setauket NY
 Nancy L Weiss MD, Eastchester NY
 Sally Andersen, Athens OH
 Sharma Fox, West Carrollton OH
 Maria Gracian MD, Cincinnati OH
 Louise Martello LMT, Cleveland OH
 Connie Morilak, Cleveland OH
 Mary Ellen Coulter MD, Bend OR
 Shirlee Lenke, Portland OR
 Beverly Oliver, Portland OR
 Jason J Gehman, Duncannon PA
 Joy S McQueen, Bryn Athyn PA
 Marianne H Napravnik, Bethlehem PA
 Loretta J Wahl MD, Sewickley PA
 Barbara Williams, Lafayette Hill PA
 Beatrice Lague, Okatie SC
 Byron L Cobb, Collierville TN
 Judith Dunn, Dallas TX
 Partho Ghosh, Plano TX
 Mrs T J Norman Jr, Richardson TX
 Susan Rash, Rosenberg TX
 Harley R Stimmel, Midland TX
 Lucy Balch, Midlothian VA
 Sue F Bennett, Great Falls VA
 Michiko K Cooper, Fairfax VA
 Suzanne Davenport, Richmond VA
 Mary Lanaras, Great Falls VA
 Joan Meinecke, Lorton VA
 Michele Stiebel, Reston VA
 Andrea D Tasi VMD, Fairfax Station VA
 Patricia Hechmer, Westford VT
 Marie M Johnson, Essex Junction VT
 Jeffrey B Williams, Goshen VT
 Ellen M Peterson, Seattle WA
 Ann Thomson, Renton WA
 Marian Wilson, Sequim WA
 Isadora Arevalo Wong, Seattle WA
 Bruce Semon MD PhD, Milwaukee WI
 Hazel Barkdoll, Kearneysville WV
 Anna Strong RN DiHom DHom, Warrandyte VIC Australia
 Jack Gagliardi, Toronto ON CANADA
 Iwona Piotrowski, Woodbridge ON CANADA
 Hassan Bin Salleh, Selangor Bandar Baru Bangi WEST MALAYSIA

Donors: \$50-\$99

Nancy Nelson, Soldotna AK
 Samuel & Lila Flagler ND DHANP CCH, Tucson AZ
 Walter F Tillman, Phoenix AZ
 Irene Baltzell, Fallbrook CA
 Jim Blechman MD, Santa Monica CA
 M Victoria Cochran, Alamo CA
 Arnie Glassberg, El Granada CA
 Rhonda Majalca CHom, Chula Vista CA
 Allison Maslan RSHom(NA) CCH, Cardiff by the Sea CA
 Brad McDonald, Arroyo Grande CA
 Shirley Robinson, Los Angeles CA
 Jody K Shevins ND DHANP, Boulder CO
 Lyn S Harmon ED, Greenwich CT
 S A Qualman, Stratford CT
 C Brent England HMP MT, Oakland Park FL
 Kat Katura, Aripeka FL
 M E Meagher, Apopka FL
 Myrna W Merron, Mount Dora FL
 Heidi D Regier AP, Winter Park FL
 Sandy Werner, St James City FL
 Thymely Solutions Apothecary, Fairfield IA
 Phyllis V Wendell, Wheaton IL
 Bill K Woford MNH, Hillsboro KS

Savitri Clarke LAC CCH, Concord MA
 Leslie Feldman, Boston MA
 Mary Kniaz, Hopkinton MA
 Linda Koegel, Cambridge MA
 David Kricker, Waltham MA
 Anastasia S Lyman, Boston MA
 Jim Epstein, Takoma Park MD
 Janice D Hughlett, Baltimore MD
 Beatrice Newkirk, Laurel MD
 Mary Opar, Columbia MD
 Deborah E Patton, Ellicott City MD
 Renee Royak Schaler PhD, Ellicott City MD
 Tamara Ballen, Kalamazoo MI
 Jennifer Leach, Wyoming MI
 Rupinderjit K Narwal, Ypsilanti MI
 Judith White, Kalamazoo MI
 JoAnn Thomas RSHom(NA) CCH, Winona MN
 Peggy Winslow Baum, Taylorsville NC
 Catherine R Reno, Manchester NH
 Gail K Wingate, Newmarket NH
 Sandra D'Angelo, Montville NJ
 Linda B Graham HMC, Normandy Beach NJ
 Nancy C Johnson, Edison NJ
 Corina Pauta, Locust NJ
 Martine Risetto, Cedar Grove NJ
 Ilana Ebersson BHS C HCE, New York NY
 Suzanne Schoenfeld, Woodmere NY
 Ronald D Whitmont MD, Rhinebeck NY
 Betty J Grimes, Canal Winchester OH
 Thomas G Grome, Loveland OH
 Elizabeth Keyser, Troy OH
 Diana Vock, Loveland OH
 L Susan Griffiths, Aloha OR
 Joe & Becky Millon, Eugene OR
 Patrick H Bair, Harrisburg PA
 Mildred Chelius, Reading PA
 Walter E Kepler Jr MD, Media PA
 Tena Bell, Bowie TX
 Udayashankar Garadi, Colleyville TX
 Siroos Teherani CPA, Dallas TX
 Gerry Veeder, Denton TX
 Susan Barrett, Alexandria VA
 Margaret Lee, McLean VA
 Debbie Motley, McLean VA
 Harriet Schanzer MD, Richmond VA
 Kari Hedman, Seattle WA
 Linda Hopfinger, Seattle WA
 Elizabeth Ramm, Bremerton WA
 Heidi Schor CCH LMP, Kirkland WA
 Arlana Anderson, Vancouver BC CANADA
 Nilu Bhatt, Prescott ON CANADA

Sustainers: \$100-\$249

Dyana Ray, Mountain Home AR
 Iris R Bell MD PhD, Tucson AZ
 Pamela A Pappas MD MD(H), Scottsdale AZ
 Lois J Aldrich, Canyon CA
 Pamela M Fettu CHom, San Diego CA
 Fitzpatrick Consulting Group Inc, San Francisco CA
 James Mattioda, La Jolla CA
 E Najdanovic, La Puente CA
 Mary G Salica NP, Canyon Country CA
 Robert Scherzinger DHM, Long Beach CA
 Janet M Shultz MA CHom, El Segundo CA
 Kelli Burge CHom, Boulder CO
 Timothy Leonard, Kittredge CO
 Jay Thomas, Denver CO
 Candace R Benyei PhD, Redding CT
 Jeffrey M Feinman VMD CVH, Weston CT
 Pearlyn Goodman-Herrick ND DHANP, Westport CT
 Bonnie Kreidler, Easton CT
 Barbara Miller, Ridgefield CT
 Nancy & William Foster, Washington DC
 Catherine Holley, Wilmington DE
 Joan Brennan, Indialantic FL
 Allen M Kratz MD, Naples FL
 Elizabeth Reinke, The Villages FL
 Pamela R Swanson RN CCH, Altamonte Springs FL
 Sonja Benjamin M Ed DHom, Decatur GA
 Peter Broadhead CN, Savannah GA
 Reuben S F Wong, Honolulu HI
 Larry & Dixie Wilson, Minburn IA
 Lester H Holze Jr DC DABC, Elgin IL
 Jane Ann Seghers, Aurora IL
 Barbara Wolfrum, Naperville IL

John & Andrea Oljace, Bloomington IN
 Linda Zager, Bloomington IN
 Cranston Smith, Youngsville LA
 Stephen Bernardi, Waltham MA
 Loretta Butehorn PhD DiHom CCH, Boston MA
 Richard Moskowitz MD DHT, Watertown MA
 Florence Rosenstock, Amherst MA
 John & Donata Dow, Indian Head MD
 Shari Sternberger, Highland MD
 Sandra Kierzkowski, Salvo NC
 Anthony Noto, Knightdale NC
 Kathleen M Barlow, Jaffrey NH
 Stuart & Mary V Bell, Princeton NJ
 Barbara Kasprowitz, Bridgewater NJ
 Anne S Lawton, Pompton Plains NJ
 Theresa Balluff CHom, Rio Rancho NM
 David S Riley MD, Santa Fe NM
 Edmund L Carloni MD, Hartsdale NY
 Sylvia Faddis CHom, New York NY
 David & Ilona Kramer, Gardiner NY
 Jim & Cyndee DeWeese, Butler OH
 James & Carol Grady, Cincinnati OH
 J K Krupp, Cincinnati OH
 Richard R Jenkins MD, Portland OR
 Patricia Tarzian MA, Portland OR
 Famie Chase, New Cumberland PA
 Joan Shetterly, Millertown PA
 Karene Villaronte RN DiplAc DAAPM, Philadelphia PA
 Alice C Dorrance, Spartanburg SC
 Yvonne & Chas Elliott, Irving TX
 Richard D Fischer DDS FAGD, Annandale VA
 Carol Kautzmann, Olympia WA
 Lucy Vaughters PA-C CCH, Edmonds WA
 James R Bowman MD ND CNHP, Plover WI

Patrons: \$250-\$999

Abby Beale, Wallingford CT
 William Shevin MD, Woodstock CT
 Ken Colen, Ocala FL
 Theresa Gilmore, Miami FL
 Donald P & Jean H Hoagland, Mount Dora FL
 Robert R Canida DDS, Madison IN
 Margaret Bennett BS Dip PCH, Asheville NC
 Robin Best, Eugene OR
 Ellen Hall Saunders, Portland OR
 Franee Berez MD ND, Pittsburgh PA
 Leslie Lynch, Malvern PA
 Gary Cohen, Madison WI

Sponsors: \$500-\$999

Amy L Lansky PhD, Portola Valley CA
 Barbara Cardinal, North Truro MA
 Bernard P Simon, Parkville MD
 Albert L Jordan, Interlochen MI
 Paul & Lois Billhimer, Riverside OH
 Jim & DeeAnn Hench, Tipp City OH
 E Sidamon-Eristoff, Crozet VA
 Joyce Wyant RN, Lovettsville VA
 Washington Homeopathic Products Inc, Berkeley Springs WV

Benefactors: \$1000+

David Warkentin, San Rafael CA
 Arnold Cohen, Sunny Isles Beach FL
 KM&PE Naktensis Family Foundation, Singer Island FL
 Sandra Easter, Des Moines IA
 Iqbal Husain DHom FHom, Glendale Heights IL
 Erica linen, Falmouth ME
 Lynn Bernard, Midlothian VA

In Memory of

John Chaprnka
 John and Evelyn Dick, Davison MI
 Greater Flint Homeopathic ASG, Flint MI
Dr. Don & Alice Gladish
 Neva G Asplundh, Huntingdon Valley PA
Ivri Patricia Wormser
 A L Emlen, New York NY

In Honor of

Mr. Irving Daitz's 80th Birthday
 Gloria Daitz, Plantation FL
Linda Warkentin's Fundraising Horse Race
 George A Guess MD DHT, Charlottesville VA

CALENDAR OF EVENTS

FEBRUARY

- 9–10 Boulder, CO** · Kim Elia · The Acid Remedies · Homeopathy School of Colorado · 303-440-3717 · www.homeopathyschool.org
- 16–17 San Diego, CA** · Frans Vermeulen · Nosodes, Bacteria, and Fungi · Homeopathic Academy of California in San Diego · Deborah@homeopathic-academy.com · www.homeopathic-academy.com
- 22–24 Boulder, CO** · Jeremy Sherr · Mental Illness and Advanced Pathology · Dynamis School of Advanced Homeopathy · 720-200-4403 or 970-729-2115 · bonnieheidbrakchom@earthlink.net · homeobear@aol.com
- 23–24 Cocoa Beach, FL** · 21st Annual Florida Conference · Nicholas Nossaman, MD, DHt · Experiences in 30 Years of Homeopathic Practice · (321) 868-1935 · rbyrd2000@bellsouth.net
- 23–24 Berkeley, CA** · Frans Vermeulen · Nosodes, Bacteria, and Fungi · 877-850-5078 · Seminars@HomeopathyWest.com
- 28–3/1 Lititz, PA** · 143rd Annual Meeting Homeopathic Medical Society of the State of Pennsylvania with the Southern Homeopathic Medical Association · “Health from the Ground Up 2008” · 703-273-5250 · www.harmanyequine.com
- 29–3/2 Point Richmond, CA** · Nancy Herrick, PA & Roger Morrison, MD · Miasms: Acute, Typhoid, Ringworm, Leprosy, Syphilis · 510-412-9040 · hmcrichmond@gmail.com

MARCH

- 14–16 Brooklyn Heights, NY** · Nancy Herrick, PA & Roger Morrison, MD · Putting it All Together—from Kingdom to Miasm to Family to Remedy · School of Homeopathy, NY · 212-570-1646 · tshny@earthlink.net
- 14–17 Phoenix, AZ** · American Medical College of Homeopathy 2008 Annual Conference: This is Why We Do Homeopathy · Judyth Reichenberg-Ullman, ND, Robert Ullman, ND, others · 602-246-9555 · conferences@AMCofH.org · www.amcofh.org/Programs/PostGrad.html
- 28–30 Wimberly, TX** · Misha Norland · Healing Relationships · 207-589-3399 · betsy@homeopathyschool.com · www.homeopathyschool.com
- 28–30 San Francisco** · Louis Klein, FSHom · Anima/Animus: An Opportunity to Truly Grasp the Animal Kingdom · 604-947-0757 · info@homeopathycourses.com

APRIL

- 4–8 Boulder, CO** · Mahesh Gandhi, MD · Stress and Anxiety Disorders: The Sensation Approach · Homeopathy School of Colorado · 303-440-3717 · www.homeopathyschool.org
- 11 Warwick, RI** · Andre Sainé, ND · Tools for Resolving Difficult Cases · 3rd Annual Joint Homeopathic Conference Pre-Conference Seminar · 703-548-7790 or 877-624-0613 · info@nationalcenterfor-homeopathy.org · www.nationalcenterforhomeopathy.org
- 12–13 Warwick, RI** · 3rd Annual Joint Homeopathic Conference · NASH, AIH, HANP, HNA, NCH · 703-548-7790 or 877-624-0613 · info@nationalcenterforhomeopathy.org · www.nationalcenterforhomeopathy.org
- 14–15 Warwick, RI** · Jeremy Sherr, FSHom · Syphilitic Family of Remedies · 3rd Annual Joint Homeopathic Conference Post-Conference Seminar · 703-548-7790 or 877-624-0613 · info@nationalcenterforhomeopathy.org · www.nationalcenterforhomeopathy.org

APRIL

- 26 Sterling, VA** · Lia Bello, RN, FNP, CCH · Homeopathy: Effective Natural Medicine for the Whole Family · 800-530-8800 · homeopathicare.org/courses.phtml
- 26–28 Ontario, Canada** · Sunil Anand · Pediatric Homeopathic Case-taking · 416-535-5995 · info@ochm.ca · www.ochm.ca
- 26–5/2 Harvard, MA** · Massimo Mangialavori · The Language of the Body: Passages: Incarnation, Birth and Development through Issues Surrounding Death · New England Homeopathic Academy · 978-635-0605 · bw@bettywoodmd.com

MAY

- 3–4 Boston, MA** · Karen Allen, CCH · Imponderables and Precious Gem Remedies · Teleosis School of Homeopathy · 617-547-8500 · teleosis@verizon.net · www.teleosischool.org
- 3–4 Taos, NM** · Glen Dupree DVM · Vital Forces Basic Workshop · tj@wintershope.com · www.homeopathyfortheanimals.com
- 15–18 South Kingston, RI** · Drs. Shachindra and Bhawisha Joshi · Sensation Method Seminar · Windhrse@sover.net

JULY

- 18–20 Providence, RI** · Joanna Daly · Methods of Casework and Analysis · 207-589-3399 · betsy@homeopathyschool.com · www.homeopathyschool.com
- 19 Mount Dora, FL** · Pearlyn Goodman-Herrick, ND DHANP · 12th Annual Summer Seminar · 352-735-2702 or 352-406-0172 · homeopathylake@yahoo.com

OCTOBER

- 17–19 Portland, ME** · Jan Scholten, MD · 604-947-0757 · info@homeopathycourses.com · www.homeopathycourses.com
- 18–14 Harvard, MA** · Massimo Mangialavori · The Language of the Body: Self Esteem and Affection · New England Homeopathic Academy · 978-635-0605 · bw@bettywoodmd.com
- 23–24 Tarrytown, NY** · Dr. Russell Malcolm, MBChB, MRCP · Introduction to Medical Homeopathy for Physicians · 914-594-4487 · www.nymc.edu/cme/upcoming_events.asp



MarketPlace

ANIMAL HEALTH AND COMMUNICATIONS

CANINE SUPPORT KITS
FEATURING
Homeopathy Herbs and Diet



- ◆ Urinary Incontinence
- ◆ Discoid Lupus
- ◆ Digestive upsets
- ◆ Behavioral issues
- ◆ Arthritis & Joints
- ◆ Kidney, Liver and Heart

NaturalCanine.com

Holistic Animal Health Consulting
Nourish Your Companion for a Long and Happy Life!



Animal Nutritional Counseling

Bonnie Blumenfeld - Registered Veterinary Technician

916-663-2831
www.headtotailhealth.com

To Truly Know and Understand Animals
-Claudia Hehr. Internationally known Animal Communication Specialist, Author, Speaker, Coach. Health, behavior issues. Deepen the relationship with your animal companions. Stay in touch after your best friends have 'moved on'. Worldwide consultations, teleclasses, workshops.
www.claudiahehr.com • (705) 434-4679

GLEN DUPREE, D.V.M.'s basic homeopathy for animals' workshop Vital Force, May 3-4, 2008, Taos, New Mexico. Early registration discount. See www.TJ@WintersHope.com or www.Homeopathyfortheanimals.com for details.

BOOKS/PUBLICATIONS

DISCOVER THE BEST-SELLING INTRO to homeopathy. Patients, students, practitioners all rave about *Impossible Cure*. Find out why! www.impossiblecure.com.

YASGUR'S HOMEOPATHIC dictionary, 4th Edition - \$23.95 + \$3.00 S/H (\$10. overseas)- PO Box 636, Greenville, PA 16125 USA. www.yasgur.net.

BUSINESS OPPORTUNITIES

START YOUR OWN \$100,000/YEAR (Easy-To-Run) Online Vitamin Business for only \$29.95 at www.VitaPatch.net.

EDUCATION

HOMEOPATHY TELESEMINAR TRAINING
with Cathleen Springer, C.Hom.
Affordable & Practical Training for Everyone
\$9.97 GETS YOU STARTED
Learn to use over 32 different homeopathic remedies for common, minor ailments

STUDENTS RECEIVE:
Remedy Kit, Reference Book
Hours of Training and Q&A
Bonus Training: Bach Flower Essences & Amazon Rainforest Herbs
6 Months Mentoring, Lifetime Access to Training Sessions and More

REGISTER TODAY!
<http://www.cathleenspringer.com>

LEARN HOMEOPATHY - The future of medicine: www.homeopathyeducation.org (800) 514-3791. The power to heal naturally. "The Most Popular Form of Alternative Medicine in the World". North American Network of Homeopathic Educators (NANHE) - Supporting the Evolution of Homeopathic Education.

NATUROPATHIC & HOMEOPATHIC medical degrees. Top rated American College offering a unique test that accelerates one to earn a doctorate degree-30 programs total. Licensed professors hold doctorates-Low payments. Located in USA. (800) 803-2988. www.kcnh.org.

THE PACIFIC ACADEMY of Homeopathy, San Francisco: One of the longest running programs in the country. Comprehensive 3-year training program. Extensive clinical training. Experienced faculty. Prepares for national certification exam of the CHC. www.homeopathy-academy.org.

EMPLOYMENT OPPORTUNITIES

SAN FRANCISCO, CALIFORNIA. The Pacific Academy of Homeopathy seeks applicants for 2 part-time positions to commence July 2008: Program Director and Administrative Director. Email inquiries only, please: health@homeopathy-academy.org.

ENERGY/PSYCHOLOGY

EMOTIONAL FREEDOM TECHNIQUES practitioner/personal wellness coach specializing in the relief of emotional and physical health issues with EFT... Free 20 minute phone consultation. Results guaranteed. (703) 455-7763. www.palaceofpeace.com.

HEALTH AND FITNESS

MAXIMIZE YOUR WEIGHT LOSS success today! Get your FREE nutritional, effective and revolutionary Health Weight Package. www.slimmingpack.com. (888) 573-4474.

HEALTH AND FITNESS

Guardian Angel
Natural Estrogen Cream
A Non- Prescription Pure Natural Estrogen(Estriol USP)



Estriol is not phyto-estrogens
Natural Estriol USP is made the same way natural progesterone USP is made. Sterol analogues found in many varieties of plants (Mexican Wild Yam) are combined with specific bacteria and the resulting hormone is bio-identical in chemical structure to the hormone produced by the human body.

Available in Europe for years, now exclusively available from:
Angel Food Distributors
For nearest retailer
1-877-628-8739
www.angelfoodsinc.com

FIZZ, FOCUS AND FUEL GOOD! Increase your energy and improve mental clarity for better performance throughout the day with this unique and new effervescent energy drink - LIFTOFF! www.perfect-energy.net/atida-enterprises. (888) 573-4474.

SCIATICA? LOW BACK PAIN? Poor posture? Relaxing 20 minutes daily on the Sacro Wedgy® "sacral stabilizer" may be all you need. Add neck support for natural traction at both ends of the spine. Gravity works to help muscles relax and release. Help correct the muscle imbalance instead of just treating symptoms. Spend \$29.95 once, relax for years! Call (800) 737-9295 for brochure or visit www.sacrowedgy.com. Family owned and operated.

RELEASE LIMITING BELIEFS
Homeopathy.Marlanea.org
Free preventative health journal toxin report.
Remove-Toxins-Safely.Original-Liquid-Zeolite.com

HOMEOPATHIC PHARMACIES

HOMEOPATHIC PHARMACY - Single remedies, kits, cell salts, gemmotherapy. Flower and gem essences in homeopathic potencies. www.iandeorganics.com.

PERSONAL CARE PRODUCTS

BURNS, WOUNDS, cuts, grazes, dryness and more. 7CREAM by Robin Logan RSHom. Have a look at the testimonials: www.natural-skin-health.com/7Cream.html. Available from Natural Health Supply (888) 689-1608.

Contact us today to advertise in our next issue!

Call: 800-237-9851

MarketPlace

PERSONAL CARE PRODUCTS



CLASSIC ANGEL
PROGESTERONE CREAM

Is a topical Natural USP Progesterone derived from the Wild Mexican Yam. Set in a rich Almond and Jojoba oil based moisturizing cream, it has a fast and superior delivery system.

72 mgs per teaspoon, 2000 per 4 Oz jar. Classic Angel is suitable for women of all ages and should be part of your daily nutritional regimen to help equalize hormonal imbalances.

Angel Food Distributors
For nearest retailer
1-877-628-8739
www.angelfoodsinc.com

PRACTICE FOR SALE

HOMEOPATHIC/CHIROPRACTIC well-ness practice for sale. Fully equipped, well established, low overhead, experienced staff. Doctor retiring. Bayonet Point, Florida. Call (352) 688-1297.

PRODUCTS

"FOUNTAIN OF YOUTH" Home Spa. Atlantispa SG-2000. Detoxification, massage, beautification, relaxation. \$1675. Thirty Day Money Back Guarantee. (563) 445-7331.

SKIN CARE

Organic Skin Care of Superior Quality.
We offer facial and body care, baby care, pregnancy care and therapeutic skin care products.
www.eco-beauty.com
(208) 267-9819

ATTENTION MEMBERS!

The MarketPlace is a brand new, low cost way to communicate with other members about upcoming seminars, new products, and other opportunities!

Contact us today to get started in our next issue!

Call: 800-237-9851

Fax: 800-649-6712

Email: ht@rja-ads.com

The American Institute of Homeopathy



Education - Programs for medical professionals in homeopathy

Legislation - Representing homeopathy to state and federal agencies

Research - Support for clinical and cost effectiveness research

Membership -

Open to medically licensed providers (MD, DO, DDS, PA, NP)

Journal -

Quarterly, clinical cases, research, and theory (with membership or \$55/year in US)

801 North Fairfax Street, Suite 306
Alexandria, VA 22314
www.homeopathyusa.org
1-888-445-9988

Homeopathy School

Professional distance learning program with ongoing personal support

Complete training in Classical Homeopathy

- Fulfills educational and clinical hours for CHC certification
- Conference calls, online discussions, and regular feedback guide your studies
- Audio taped classes are the foundation of the course
- Start any time and work at your own pace
- Well designed, affordable study modules

For program details please visit our web site:
www.homeopathytraining.org
or call 800-396-9778

Caduceus Institute of Classical Homeopathy
Willa Keizer, CCH, Director



Proven European Formulas
Over 50 Unique German Combination Remedies



Only the finest ingredients are used by Pflueger USA. We use glass amber vials to preserve the integrity of our remedies; this is an example of our dedication to quality.

A comprehensive handbook of the full Pflueger USA product line is now available online or upon request!

Contact us at
www.pfluegerusa.com
or toll free: 877-735-8872



REMEDY
MAKERS

Manufacturers of Standardized
Homeopathic Medicines

ZOOLOGICAL & BIOLOGICAL REMEDIES

Old-fashioned Hahnemannian preparation of Mother Tinctures.

All snake remedies are manufactured from authentic snake venom. Remedies are available in numerous X and C potencies.



BUSHMASTER

Lachesis Mutus

Hot flashes, sore throat, or other indications



CUTTLEFISH

Sepia Officinalis

PMS, cramping, headache, or other indications

For order information, please visit our website or contact:
Remedy Makers via phone, fax, or email

P.O. Box 4006, Diamond Bar, CA 91765
Phone: (887) REM-4-YOU, (909) 598-1010
Fax: (909) 594-4205

www.remedymakers.com remedy@remedymakers.com

COBRA

Naja Tripudians

Dry cough, dependent on cardiac lesions,
acute and chronic endocarditis, or other indications



RATTLESNAKE

Crotalus Horridus

Bleeding, swelling, or hemorrhaging of orifices,
or other indications

