



THE NATIONAL CENTER FOR HOMEOPATHY

is a nonprofit membership organization established for the purpose of promoting homeopathy through education, publication, research, and membership services.

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Homeopathy

TODAY is a magazine published by the National Center for Homeopathy.

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We welcome articles, accompanying photographs, letters, cases, book reviews, seminar reviews, etc., pertaining to homeopathy. Articles geared to

all levels of homeopathic knowledge will be considered; general interest articles are particularly solicited. Preferred length: 300–1500 words. Please include a short description of yourself (1–3 sentences). Cases: Please include all the symptoms used to determine the remedy choice, as well as your reasoning (case analysis). Seminar reviews: It is often best to explain a few important points in depth, rather than to attempt to cover *everything* (which often results in an article that is too general and not useful to the reader).

Preferred format: Send *two* copies 1) via e-mail or on CD/disk (saved as text only), and 2) on paper. Use a single space between sentences. Capitalize the first letter of a remedy name only (i.e., *Nux vomica*, not *Nux Vomica*). E-mail may be sent to the editor, [jwinston@actrix.gen.nz](mailto:jwinston@actrix.gen.nz), and to the NCH, [info@homeopathic.org](mailto:info@homeopathic.org). Paper copies and disks may be mailed 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, [www.homeopathic.org](http://www.homeopathic.org)



Jean Hoagland has been a member of the NCH Board of Directors since 1996, recently serving as Treasurer and now as President. A long-time proponent of homeopathy, she has been active in leading and starting study groups, has planned homeopathic seminars and conferences, including a homeopathic cruise, and is presently on the planning committee of her local study group. She is an associate member and treasurer of the Florida Homeopathic Medical Society. She and her husband raised four children under the care of a homeopathic physician, for which she is eternally grateful. She worked as the manager of a Chamber of Commerce and later as its president. She also served as president of the board of a county-wide domestic violence shelter, as well as the League of Women Voters. Jean lives in Florida.

## New opportunities & new approaches for 2005

Holding the autumn meeting of the Board of Directors in Alexandria, VA, this past October allowed Board members to visit NCH headquarters. This was especially helpful to newer members who had never seen “where it all happens.”

## Change is never easy

While writing this report, I received a magazine from another national non-profit of which I am a member. A new president was installed and, after thanking the electors, his first words were: “Advancements in technology have opened new and exciting opportunities for communication. Change is never easy. As we learn new ways of doing business we must be prepared to give up the old ways to facilitate the changes. No longer can our organization depend on our visit program to bring in new members.” (Their major financial resource, membership, had shifted and no longer provides adequate support.)

Those words hit home for me because the NCH Board had just been grappling with similar issues at our meeting. We recognized that like all individuals, groups, businesses large and small, and especially non-profits, the NCH is seeing expenses rise above income—against an ever-changing environment of fast-paced technology, communication, and lifestyles. So, as we considered our programming and how to best serve our members and the interests of homeopathy, we were also mindful of keeping our financial house in order.

## Cold facts

The total number of NCH members has declined by 24% over the past 10 years, with the largest decline occurring among those who join through Affiliated Study Groups. Membership in NCH now provides less than 28% of our organization’s income (with 25% coming from standard memberships and 3% from Study Group memberships). As you can imagine, this decline has had an impact on all of our programs.

The NCH has continued to educate consumers and professionals in homeopathy by providing an excellent course curriculum at the annual Summer School and an exciting program at the Annual Conference. Although those who attend these events give them uniformly high marks, these two programs have, over the years, seen declining numbers of attendees. We’ve pared costs, retooled programs, changed our marketing mix, and increased registration fees a little. While these changes have had some positive effects, both programs have continued to operate at a loss, especially Summer School, which lost \$20,000 in 2004.

Expenses such as rent, postage, equipment, website maintenance, the printing and production of *Homeopathy Today*, etc., have been increasing as well. With total NCH operating expenses exceeding income, it is our responsibility to see that erosion of resources does not continue. Since we are determined to avoid raising

membership dues, we looked for ways to increase income and hold the line on expenses.

## How you benefit

The Board determined that in order for homeopathy and the NCH to grow, more people need to hear about the benefits. NCH has a busy office with a wonderful staff that answers countless queries daily, a great magazine, *Homeopathy Today*, and an informative website. Members now have an unparalleled resource at their fingertips with exclusive website benefits: seven years of back issues of *Homeopathy Today* now online and searchable; Clarke’s *Materia Medica*, Boericke’s *Materia Medica*, and Kent’s *Lectures on Materia Medica*, all searchable by remedy or symptom; and our monthly Chat Room with homeopathic experts. In addition, members and non-members can access the NCH Flu Tracker, other epidemic information, a special Homeopathy in the News feature, and much more at [www.homeopathic.org](http://www.homeopathic.org).

## Use your WOM!

Perhaps the NCH will never become a household word, but did you mention this organization or homeopathy at the last gathering *you* attended? Imagine the support network that could be developed if we each did that! Using non-electronic WOM (word of mouth) frequently is the perfect way for NCH to become more easily recognized and to grow. Each Board member has committed to bringing in ten new NCH members. Please join in this effort!

We have terrific enthusiasm for the “cause” of homeopathy, and a Board that is working hard to see that cause succeed. We decided to be courageous and take a big step. After careful consideration and much deliberation, we chose to invest in a campaign designed to let more people know about homeopathy and the NCH. We are planting seeds. We have contracted with a public relations firm to use their expertise to grow membership, and we are fortunate to have found a firm with a partner knowledgeable about homeopathy who will work with our Media and Marketing Committee. Pro-active efforts will be made via print media, radio, television, web, and more. Although we recognize the value of the minimum dose, when it comes to dollars, more really is better! We know that a larger grassroots NCH membership means a growth in homeopathic interest, which serves everyone—homeopathic practitioners and lay persons—and furthers homeopathy’s place within our healthcare system. Although it may be a slow process, we do intend for this campaign to steadily increase membership, allowing the NCH to do the work it is known for.

## Changes for 2005

In response to your requests, we are bringing back the printed version of the NCH *Directory of Practitioners & Resources*, after a two-year hiatus. Expect to see this useful reference in your mailbox in January or February. Of

*Continued on page 5*

Information offered in this publication is for educational purposes and is not intended to replace the individualized attention of a trained health care professional. Homeopathic self-care can be appropriate for persons with simple first-aid or acute illness. Those with chronic illness should seek the services of a competent health care professional, whether homeopathic or otherwise.

## The Flu ... again

Well, it's that time of year again, and we are getting the big scare from health officials about the need for getting the flu vaccine. But there's a wrinkle this year, and the panic is worse. It seems that a factory that produces flu vaccine in the UK had to destroy its production due to "contamination." This means that there is approximately 40% less flu vaccine available to the US than last year.

In 1972, I walked into the office of Raymond Seidel, MD, my homeopath. I had been hearing about the terrible "swine-flu" that was supposed to be coming, and everyone was being urged to get flu shots. So I went to Dr. Seidel and asked him whether I should get the vaccine. In his usual gruff manner he replied, "Nah. All the shot will do is make you sick. Hold out your tongue." And he poured out a few sweet granules. "That will do for you," he said. "Come back in a month or so for another dose."

Well, that was the year that there were bad effects—not from the flu, but from the vaccine. I knew three people who had the shot and came down with Guillian-Barre's syndrome—a creeping paralysis that landed them in the hospital.

During the terrible Spanish flu pandemic of 1918, the mortality rate under conventional care was 25–30%, while the mortality rate under homeopathy was less than 1%. Dr. Seidel lived through that pandemic. As a 10-year-old delivery boy for a homeopath, he saw firsthand that most of the homeopathic patients were surviving the flu while many patients of conventional physicians were succumbing to it.

There are a number of homeopathic "flu" preparations on the market including that which Dr. Seidel gave me—*Influenzinum*. You can read all about them in this special issue of *Homeopathy Today* that focuses on the flu.

Don't get suckered in by the fear that the health authorities spread. For those who know about homeopathy, the flu holds no fear at all.

## Slovenia

In October 2003, I was invited to do a presentation in Slovenia about homeopathic history. So during the last week in August of this year, I had the pleasure of visiting this beautiful country, which is surrounded by Italy, Austria, Hungary, and Croatia. Please see my report on pages 26–27.

## Production

Among those attending the presentation was my old teacher, Jacques Imberechts, MD, from Belgium. During our evening conversations, he kept emphasizing the need for "production." Unclear as to what he meant, I asked him to elaborate a bit.

Jacques explained that while a homeopath's primary work is to help people get well, that is just one aspect of

what they should be doing. For homeopathy to grow, Jacques strongly believes that the practitioner must engage in other work besides just helping people. That other work is called "production" and can take many forms: participating in provings, participating in research, developing clinical trials, teaching, writing articles for our many journals, etc. All of these activities feed back into and strengthen homeopathy.

Are we, as a community, actually doing that? I am afraid that we are not; our "production" appears to be sorely lacking. As an example, I present the following: The National Institutes of Health has, under its aegis, the National Center for Complementary and Alternative Medicine (NCCAM). The NCCAM is currently sponsoring 316 grants to study "alternative" therapies. Homeopathy is poorly represented. It barely gets a mention in any of the NCCAM summaries. Whereas studies concerning nutritional supplements account for 31% of the grants and acupuncture accounts for 7%, homeopathy accounts for just 0.3%.

The major grant proposal for homeopathy, overseen by Dr. Iris Bell, of Phoenix, Arizona, is entitled, "Patient and Provider Perspectives on Homeopathic Treatment." In the Autumn 2003 issue of the *American Journal of Homeopathic Medicine*, the magazine of the American Institute of Homeopathy, Dr. Bell asked for submissions of cured cases. This call for submissions also appeared in other journals, including *Homeopathy Today*. It noted that only one case could be submitted per prescriber and that the cure had to be documented for one year. The prescriber could be a medical, osteopathic, or naturopathic physician, or anyone with a CCH certification.

How many people responded to this call to help document the successes of homeopathy? SIX.

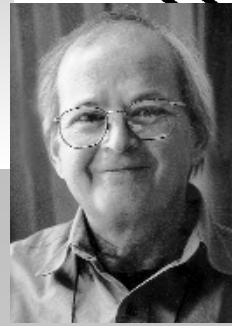
With a showing like that, it is no wonder that homeopathy gets little attention by the likes of NCCAM. Where is our community's "production"?

At a lecture to the Connecticut Homeopathic Society back in 1948, Anthony Shupis, MD, said:

"Let us question ourselves. Are we homeopaths, or better still, are we 'fightin' homeopaths? Do we follow the teachings of Hahnemann or are we just graduates from where once homeopathy was only apologetically mentioned? ... Have we pursued the study of homeopathy beyond our school borders? ... We are a society which slumbers all but two widely-separated days a year [i.e., Connecticut Homeopathic Society biannual meetings], then to awaken, peep at our waning shadow, and again retire abashedly from our self-defamed Temple of Medical Truth."

Now, 56 years later, the question still remains: "Are we fightin' homeopaths?"

If we don't participate in the growth of our science, then we have no one to blame for its lack of success but ourselves.



Julian Winston has been Editor of *Homeopathy Today* since 1984. He is currently a Board Member Emeritus of the NCH, having been on the NCH Board since 1982. He is the past-Dean of the NCH Summer School (1988–1992), as well as author of *The Faces of Homeopathy* (the book and the video) a homeopathic bibliography, *The Heritage of Homeopathic Literature*, and two instruction books concerning pedal steel guitar. He moved to New Zealand in 1995 where he lives with his 2000+ volume homeopathic library and co-directs the Wellington College of Homœopathy with his wife, Gwyneth Evans. He can be reached at <jwinston@actrix.gen.nz>

*JW* dian Winston

# Monument restoration underway

PHOTOS BY SANDRA M. CHASE, MD, DHT



Renovation of the Hahnemann Monument in Washington, DC, has begun.

*The Hahnemann Monument was erected by the American Institute of Homeopathy and dedicated to the US government on June 21, 1900. President William McKinley attended the ceremony. The AIH rededicated the Monument on June 21, 2000, and later raised more than \$30,000 for restoration.—Ed.*

**I**T HAS FINALLY STARTED! Senior Conservator Judy Jacob and her crew arrived in Washington, DC, in September to undertake the renovation of the mosaic in the arch over the head of the statue of Dr. C.F. Samuel Hahnemann at the Hahnemann Monument at Scott Circle.

Of course, Ms. Jacob's work had actually begun months before when she did the research, cleaned the mosaic, and investigated a source for the colored glass required for the repairs. Obtained from Ori Colorati of Italy, it is a "sandwich" of colored glass overlaid with gold or silver leaf and then another layer of clear glass.

Because the size of the needed pieces varied, Ms. Jacob had to order larger squares. She also had to make several formulations of grout to try to match the grout in the arch.

On Tuesday September 14, AIH Hahnemann Monument Preservation Committee Chairman Sandra M. Chase, MD, DHT, met Ms. Jacob at the monument, along with her crew: Art Preservation Technician Kimberly Carter; Mason, Historic Preservation Binh Nguyen; Mason Worker Raymond Wooden, Jr.; and Preservation Worker Jimmie Maulden. Dr. Chase climbed the scaffolding to get close-up photos of the preparatory handwork required to restore the mosaic arch.

The remainder of the renovation of the memorial and its site will follow the mosaic repair in stages. The paving and the steps at the front of the memorial will be repaired, the bronze entablatures will be cleaned, and the granite structure will be steamed. An oak tree to the right of the monument that was missing has already been replaced.

Dr. Chase will be making further trips to Washington, DC, to monitor the progress of the renovation of our beautiful monument to Dr. C.F. Samuel Hahnemann. All who have made donations, large or small, to this crucial renovation project should take pride in the accomplishment of our worthy goal. 🍀

—submitted by Sandra M. Chase, MD, DHT, for the American Institute of Homeopathy



Art Preservation Technician Kimberly Carter removing old grout.

## Jacques Benveniste, MD • 1935–2004

**J**ACQUES BENVENISTE, MD, the French biologist, researcher, and immunologist whose work with ultra-molecular dilutions brought down the wrath of the conservative scientific establishment, died in Paris while undergoing surgery for a heart condition on October 3, 2004. He was 69 years old.

Benveniste's work, published in the science magazine, *Nature*, in 1988, was the first to suggest that water may have a "memory" that could "store" information when taken to ultra-molecular dilutions. These findings suggested a possible mechanism of action for homeopathic medicines. For this, he was pilloried by *Nature*, was accused of being a "fraudster" by the quackbusters, and lost much of his governmental funding for research in France. Over the last few years, he has

continued his research through his own company, DigiBio, and the work has been taken up by many others.

While he was linked to homeopathy because of the nature of his work, he remained aloof from it. When asked about homeopathy, he replied: "I am not a homeopath. I am an immunologist. I observed a phenomenon and could not explain it. That is all I am trying to do."

—Julian Winston, HT Editor-in-Chief



*Notes from the Board...*

course, you will still have access to this information at [www.homeopathic.org](http://www.homeopathic.org) as well.

Starting in February, all members with email addresses will receive the *NCH Newsflash Online*, a new email newsletter sent six times per year. The *Newsflash* will contain news and information that is of greater importance to NCH members than to the general public. It answers the members' needs for this kind of news. It also has the advantage of being *timely*—no need to wait for printing and bulk mailing (which can take as long as a month). So, members—if we don't have your email address, please send it to us at [info@homeopathic.org](mailto:info@homeopathic.org) so you get all issues of the *Newsflash!* (Please include your name and post office address as well, for verification.)

Starting in January, *Homeopathy Today* will have a whole new look! This should make it more user-friendly for readers and more attractive to advertisers. Although redesigned and more colorful inside, it will continue to be the great magazine it is, and it will continue to be mailed to members, appear online, and be available on newsstands. Instead of being published 11 times per year, it will now appear 6 times per year, alternating with the *NCH Newsflash*.

At the 2005 Annual Conference, April 6–12 in Orlando, we'll offer "A Taste of Summer School." There will be two courses from our Summer School curriculum—the 2-day Homeopathy 101: Foundations in Homeopathy, and the 3-day Homeopathy & Midwifery I. For this year *ONLY*, we will forego our full Summer School program typically held in Maryland in June. In 2006, however, we plan to return with a continuation of the complete core curriculum. You will never find better courses for both consumers and practitioners than this venerable 82-year-old educational program.

### More business

Other work at the fall Board meeting included answering a request for support of a new homeopathic medical school planned for Phoenix, AZ, spearheaded by Todd Rowe, MD. We voted support of a gift of \$5,000 from investments. This is in accord with our goal of supporting education in homeopathic treatment.

The wording of the Legal Defense Fund criteria was revised to allow all who practice legally to be eligible for assistance if a legal problem arises due to their practice of homeopathy. This will encompass a larger group of practitioners, and will include, but not be limited to, those practicing under a licensing board.

Many practitioners now take advantage of purchasing quantities of *Homeopathy Today* at a discount for display in their offices. We would like to increase the number of those subscriptions. Call the NCH office and place your order today.

### New approaches, new opportunities

Your Board has deliberated carefully and has wisely acted *now* to stem the financial shortfall instead of

waiting (as we know some corporations have!) and ultimately failing completely. We believe in our new approaches and are excited about them. Board members and off-board committee members have been working many volunteer hours to create them. We have received positive comments on our Promotion and Media Plan, hearing that it is just what homeopathy needs. We expect to affect a significant number of U.S. households when they learn about this effective, safe, accessible, and reasonably priced system of health care.

We intend to build membership and encourage an increase in financial gifts, thus allowing NCH to educate, publicize, support, and unify, as our Identity Statement declares. All should benefit. A rising tide lifts all ships.

Do your part! Recruit a member! Talk up homeopathy! Talk up your NCH! 🍀

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## NEW for 2005!

### • The NCH Newsflash!

A new email newsletter from the NCH to you, arriving in your electronic mailbox every other month—chock full of tips, tidbits, and news you can use!

**Members, please send us your email address so that you will be sure to receive every issue!** Send it to [info@homeopathic.org](mailto:info@homeopathic.org). Please include your name and post office address for member verification, and put "Email Address" in the subject line. Expect your first issue in February. (Note: if you already receive email reminders about the monthly NCH Chat Room, then you don't need to send us your address; you will automatically receive the *Newsflash*.)

### • Homeopathy Today's new look!

Starting in January, *Homeopathy Today* will unveil an exciting, new, more colorful look! It will now arrive in your mailbox and on newsstands 6 times per year, on alternate months as the NCH Newsflash email newsletter. Members, remember that you can also read *Homeopathy Today* online at [www.homeopathic.org](http://www.homeopathic.org)—and search for and print articles from the *last seven years* of back issues! What an incredibly valuable resource! (You will need the password on your *Homeopathy Today* mailing label.)

### • NCH Directory of Practitioners & Resources

After a two-year hiatus, *it's back!* Expect to see this useful reference booklet in your mailbox in January or February. (You can also access this information at [www.homeopathic.org](http://www.homeopathic.org).)

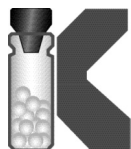
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# Facing dreaded ordeals

## Remedies for stage fright, test anxiety, fear of flying, & more

by Timothy R. Dooley, MD, ND

**W**HEN I WAS A CHILD growing up in the 50s, we had a family meal on a nightly basis—a main course, bread and butter, a vegetable, salad, a glass of milk, and dessert. Conversation was generally rather sparse, picking up a bit before dessert.

### Lima beans or no dessert

“Timmy, if you want dessert you have to eat your lima beans.” You see, I loathed lima beans from the bottom of my heart. They were a regular in our evening meals, however, because my father was quite fond of them. Whenever I tried to swallow them, whether out of duty or in an attempt to get dessert, I would gag and regurgitate. I just couldn’t do it. I spent many evenings of my early youth anxiously contemplating a serving of cold lima beans that stared back at me from a plastic dinner plate.

I developed a number of strategies for dealing with the situation—spreading them around my plate, hiding them under a potato skin, slipping them into my napkin. The most famous occurred when I was quite young and had to sit on a large green cushion placed on my chair so that I could reach the table. For many weeks I lifted the edge of my cushion and slipped the limas underneath, then blissfully enjoyed my dessert, completely oblivious to the inevitable discovery of my deception when my mother eventually lifted the cushion to clean.

We also had a 50s family doctor. His name sounded foreign to me and may well have meant “lima bean” in another language. Don’t misunderstand me, he was a nice enough fellow who cared for the entire family and even did house calls. It is just that he seemed to have only one treatment for every illness and that was a penicillin shot. Injections were delivered in those days through sterilized but dull reusable needles that hurt ... a lot.

### Bend over for your penicillin shot

I can hardly express the nameless dread of sitting in his reception area, permeated with the odor of rubbing alcohol, waiting. I tried to concentrate on the hidden pictures in the *Highlights* magazine but I knew that any moment the door would open and the uniformed nurse would smile and say, “Timmy?” ... inviting me down the hall to an examination room.

There, the healing ritual took place. I would sit rigidly on the exam table, my every movement amplified by the rustle of fresh paper unrolled beneath me. There was minimum conversation, consisting of a few questions with monosyllabic answers. I remember well the cold feel of

the stethoscope, the penetrating ear speculum, and the gagging dryness of a wooden tongue depressor.

After writing a note, the doctor would mutter something to the nurse and walk out. She then, in my presence, would draw up a glass syringe-full of the refrigerated milky-looking fluid. As a very young child, I was restrained by my mother in order to receive the shot. When I was a little older, my sense of pride and dignity demanded that I obediently bend over the exam table and take it “like a man.”

Then it was over. The demons were exorcised, or must have been, because I felt remarkable relief. My rear end hurt but it was over and done and now I could go home and drink orange juice with crushed ice and rest.

If I was well enough that evening, I would join the family at the dinner table. There, my sore hip separated from the desiccated husks of old limas by a green cushion, I enjoyed a kind of diplomatic dinner immunity. I would eat or not eat what I wanted because I was sick and had been to the doctor.

### Homeopathy, a better option

All of which brings me to homeopathy. Looking back after years of experience as a doctor myself, I question the medical necessity of the overwhelming majority of those shots I received as a child. As I have seen through treating countless pediatric patients over the years, including my own children, homeopathy is effective in helping them overcome the great majority of childhood afflictions without the use of antibiotics.

Today’s column, however, is not about alternatives to antibiotics in childhood illness. It is about using homeopathy to help one deal with the fears, dreads, and anxieties encountered when facing difficult or painful situations. These might include medical appointments, academic examinations, public speaking, legal proceedings, etc.

There are many possible homeopathic remedies for dealing with this kind of stress. Finding the remedy that will help a given individual is sometimes a little tricky, however. You have to consider carefully the symptoms of the patient and the context in which they develop. In other words, when faced with the same circumstances, different people experience fear and dread for different reasons and in different ways.

### Fear & anxiety: 3 common remedies

*Argentum nitricum*

*Gelsemium*

*Aconite*

### Remedies for fear and anxiety

Keeping that in mind, let’s look at just three of the more commonly-used remedies and some of their indications.



Dr. Timothy R. Dooley is a graduate of National College of Naturopathic Medicine as well as Oregon Health Sciences University School of Medicine. He practices homeopathy in San Diego, California, and teaches at the Southwest College of Naturopathic Medicine and Health Sciences. He is the author of the easy-to-read introductory book, *Homeopathy: Beyond Flat Earth Medicine*. The complete text can be read on-line at [www.beyondflatearth.com](http://www.beyondflatearth.com). For more information, visit [www.drdooley.net](http://www.drdooley.net). He can be reached at (619) 297-8641 or [drdooley@drdooley.net](mailto:drdooley@drdooley.net).



**Argentum nitricum.** I spoke to one of my patients yesterday who is extremely anxious about an oral state exam she has to take in a few days. She said that she wanted to take *Argentum nitricum* because it had helped her so much the last time she was anxious about a similar life event. She said that after taking the remedy every fifteen minutes for three or four doses, her pounding heart calmed, and she was able to think and function again.

I am not surprised that *Argentum nitricum* helped this particular patient, as she often manifests many of the symptoms associated with this remedy. Those needing *Argentum nitricum* are typically nervous and anxious with a great dread of ordeals. They often have many fears and phobias, especially fear of heights and fear of closed spaces. They tend to be impulsive, crave sweets and sugar, and get trembling and diarrhea from anticipating an event or ordeal.

**Gelsemium.** People who need *Gelsemium* share a similar reaction to ordeals as those who need *Argentum nitricum*: dread and anxiety, often with trembling and diarrhea. A distinguishing feature may be that the patient needing *Argentum nitricum* has a big issue with loss of control, while for the *Gelsemium* patient, it is more an issue of timidity. Those needing *Argentum nitricum* will be anxious with an impulsive, hurried character, whereas the patient needing *Gelsemium* will feel paralyzed by the fear. Either remedy may be indicated in cases of stage fright; in the absence of some characteristic symptoms for *Argentum nitricum*, I usually give *Gelsemium*.

Other symptoms associated with *Gelsemium* include a sense of heaviness and dullness in weak, tired persons. They may be excitable and delicate in nature.

**Aconite.** Indescribable fear, dread, and anguish characterize the symptoms of the patient who needs *Aconite*. These people are restless with a terrible sense of anxious foreboding. *Aconite* is one of the more common remedies for patients with flat-out panic; the patient can have sudden violent attacks with a fear of death, which seems imminent to them.

### Using the remedies

Any of the usual potencies found in health food stores can be used (these are usually the sixth through the thirtieth potencies). Take two or three pellets every ten minutes or so until there is a lessening of symptoms, then repeat as needed. You can safely take more pellets each dose, but there is usually no added benefit and you will run out of the remedy sooner.



Remember that homeopathic remedies are not like conventional medications. These are not “anti-anxiety” medicines, and they cannot force a change in the body. Rather, they relieve symptoms in individuals only when there is a good homeopathic (similar) relationship between the medicinal substance and that individual’s reaction to stress. We like to think that this relief of symptoms occurs because the body is stimulated to react in a more functional manner.

Anxiety and dread are uniquely individual experiences, evoked by circumstances that have special meaning to a particular person. So whether your anxiety is caused by anticipating an airplane flight, facing a plate of lima beans, or making a trip to the doctor, remember homeopathy. Even if all you know are the three remedies listed above, there is every possibility that homeopathy can offer you safe, effective, and economical relief. 🌿

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I can hardly  
express the  
nameless dread  
of sitting in his  
reception area,  
permeated with  
the odor of  
rubbing alcohol,  
waiting.

## My favorite “exam remedy,” Fool’s Parsley

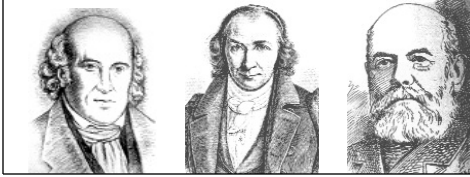
by Julian Winston

**A**nother homeopathic remedy to consider for test anxiety is *Aethusa cynapium* (Fool’s Parsley). In her magnificent book, *Homeopathic Drug Pictures*, Margaret Tyler says: “It was Dr. Clarke’s great remedy for a form of examination funk ... The ‘funk’ that *Aethusa* banishes is portrayed in its provings: ‘unable to read anything, after over taxation of mental-faculties’; ‘incapacity to think: confused’; ‘cannot retain any idea’; ‘great anxiety’; ... when working to our limit for an exam, we find it is useless to attempt further study; a condition of mental repletion with non-assimilation, when the greatest efforts to wrestle with things that may be demanded are a mere waste of time—they refuse to go in; and when the only hope is to lay the books aside and chance it.”

While someone who needs *Gelsemium* fears that they cannot perform in front of others, and *Argentum nitricum* fears that they will do poorly, the *Aethusa* person is afraid that they will forget what they know. Often, they *do* know the material, but when they get to the exam their mind goes blank; they cannot dredge the material up.

I have seen *Aethusa* used successfully by several exam takers. One was a law student who was sitting for the bar exam for the third time. He was extremely anxious and said, “I’m afraid I’ll go blank during the exam” which had happened to him in a previous bar exam. A single dose of *Aethusa cynapium* 200c got him through the exam, and this time he passed it.

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**Timothy Fior, M.D., D.Ht., A.B.F.P.**

For more information visit our website: [www.homeopathy.ca](http://www.homeopathy.ca)

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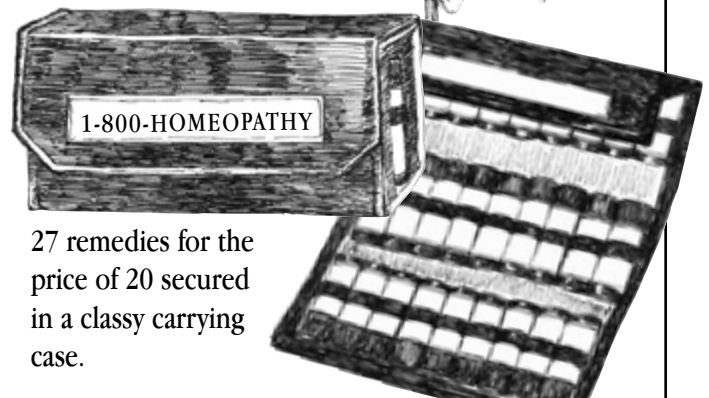
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# The flu is back! Help us track it!

by Miranda Castro, FSHom, CCH

**T**HE DREADED FLU IS BACK AGAIN FOLKS—although I'm not so sure it ever went away. This fall, Florida was slammed with a nasty dose of it between being slam-dunked by a quartet of hurricanes in what felt like the longest six weeks this year! After a week or more without power (no air conditioning in mid-90 degrees of both heat and humidity), many people became physically exhausted and emotionally depleted. It's amazing how quickly you miss a cold drink—how quickly you miss ice. Some poor people lost more than power—those in the eye of the storms lost their roofs and some or all of their houses. Others were without water, some for weeks—unable to shower during the time they were working in the heat and the sun helping to clear the land and the roads. They survived on bottled water driven in by the fire department.

Immersed in rivers of disruption during each hurricane and oceans of anxiety, fear, and uncertainty about the “next one” coming our way, many succumbed to stresses beyond our control and got sick.

*Gelsemium* was the homeopathic remedy par excellence. It had all the right indications: exhaustion from the emotional stress of worrying and from the physical stress of the change of “weather”—from cool, dry air conditioning to extreme warmth and humidity! Of course, the typical flu symptoms were present—the apathy and lethargy, low grade fever and thirstlessness, aching and heaviness.

*Gelsemium* worked well except for a small proportion of people who developed a cough and needed their constitutional remedies repeated—or *Influenzinum* to help them over the remnants. *Influenzinum* is one of the main remedies for helping with flu symptoms that become chronic ... for people who say they haven't felt well since they got sick with the flu.



Miranda Castro is a British homeopath who has been living happily in the U.S. since 1994. She is a Fellow of the Society of Homeopaths (UK) and past President of the North American Society of Homeopaths. She is author of *The Complete Homeopathy Handbook*, *Homeopathy for Pregnancy, Birth and Your Baby's First Years*, and *A Homeopathic Guide to Stress*. She lives, practices, and teaches in Southeast Florida and can be contacted at [mirandacastro@comcast.net](mailto:mirandacastro@comcast.net)

## Information is power

The flu can be an uncomfortable inconvenience, or it can be deadly. It can move quickly across communities, states, and countries, changing and mutating as it goes. Homeopaths know that the *sharing of information* is crucial to identifying the *genus epidemicus* remedies—those homeo-

pathic remedies that are specific to that season's flu. That information includes the symptoms of the flu—and especially any unusual or striking symptoms—as well as the remedy or small group of remedies that are helping people over that flu quickly and easily.

Identifying these remedies can be a matter of alleviating minor misery or it can be a matter of life and death, as in the worldwide Flu Pandemic of 1918. Late last year, the NCH decided that it was critical to create a central place where flu information could be systematically shared—so Doug Hoff (homeopathic enthusiast and Web Magician!), Jim Hoyt (the NCH Web Master!), and I (homeopath!) volunteered our time and expertise to develop the Flu Tracker project at the NCH website.

## Use NCH Flu Tracker!

With cutting edge technology, the homeopathic community can now keep in touch and spread the word about what remedies are working for the flu in various areas of the country!

The heart and soul of the Flu Tracker project is the Data Collection page. We need you—especially practitioners who have treated many flu cases—to share your results! The more people who do so, the more valuable Flu Tracker will be to everyone.

When you go to the Data Collection web page, you will see:

**NCH Flu Tracker**

Help us track the genus epidemicus in North America!  
Enter your current cured cases below.

Help: Roll your mouse over the row headers to get explanations & additional information ... or click on the row headers to see help in a new window.

Practitioners only: please submit one entry per cured patient.  
\*Use patient initials (to preserve confidentiality) and put your own e-mail (not the patient's e-mail).  
Practitioners with several cured cases - Click Here to add a note to the Message Board.

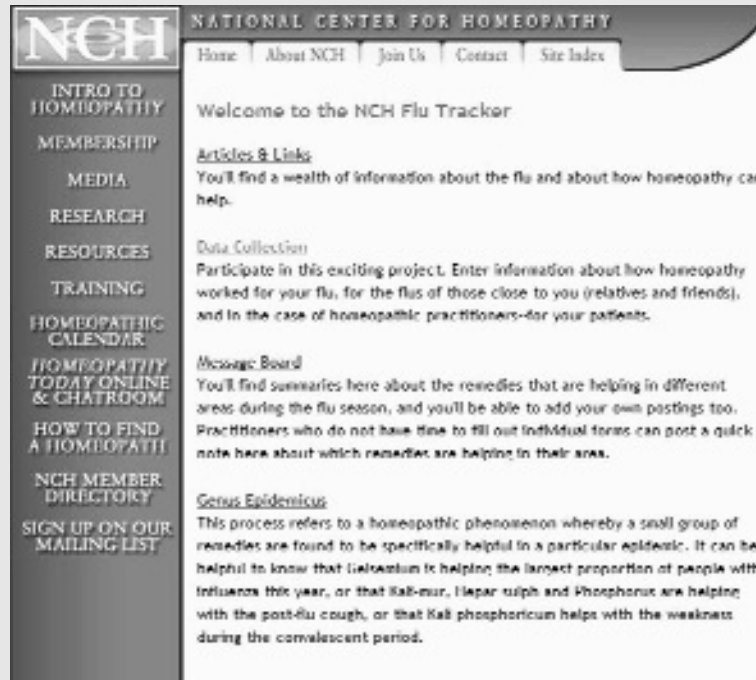
Contact Details	Who are you? [select below...]	First name	Last name	E-mail
'Patient' Details	City	State	Sex	Age [select below...]
	Severity of Flu [select below...]	Length in days [select...]	Diagnosed by [select below...]	Patient Initials* [select below...]
Remedy Details	Homeopathic remedy [select below...]	Potency [select below...]	Dose [select below...]	Days [select below...]
Other	Other remedy name: [select below...]	Did the remedy help? [select below...]	How quickly? [select below...]	
Top 3 - 5 Symptoms	1 [select below...]	2 [select below...]	3 [select below...]	4 [select below...]
	5 [select below...]	6 [select below...]	7 [select below...]	8 [select below...]
Notes	[text area]			
Other Treatments	Did you use any homeo-remedies, L.A., herb, nat. gas, etcines, vitamins, etc? [Yes] [No]			
	Did the vaccine work? and your healing? [Yes] [No]			

This year, we've added a Message Board, where busy practitioners can write notes about the remedies they are giving, rather than having to fill out a Data Collection form for each patient. We'll also use the Message

## NCH's Flu Tracker!

### Nationwide data collection project

Visit [www.homeopathic.org](http://www.homeopathic.org)



The heart and soul of the Flu Tracker is the Data Collection page. We need you—especially

Board to post general updates based on the information received from the Data Collection page.

#### Last season's data

We put up the Flu Tracker site at the beginning of this year—which was the tail end of the last flu season. Most of you had little need for it at that time. Thirty-four of you reported on the remedies you had taken (14)—or given to a relative (10) or a patient (10). The ages of those who responded were evenly spread, with a few in each age group.

Of those who responded, 6 took *Gelsemium* in potencies ranging from 30X to 10M with the most common response being that people were back to work or their normal routine within a day or two of taking it!

Seven people took *Oscillocochinum*®—many taking it successfully either prophylactically or at the first sign of symptoms. A further lack of interruption in schedules!

Three people took *Aconite* with sudden onset of symptoms, all successfully.

Four people took *Influenzinum*—three prophylactically, one three months after the flu for never having felt well since being sick.

People from all over the country responded: CA:2, CO:1, CT:3, FL:4, IL:1, MA:1, MD:3, ME:2, NM:1, NY:2, OH:1, OK:1, OR:1, PA:3, TN:2, TX:3, VA:2, WA:1.

An impressive 10 respondents took to their beds to aid the healing process. In addition to bed rest, vitamin C and herbs like echinacea were the most commonly used additional (non-homeopathic) remedies.

Thank you so much for participating and for letting us know what you think. We have used your feedback to make some changes and improvements to the Flu Tracker site.

#### New season & new data

This year is a different kettle of fish. There's a shortage of flu vaccines—and nationwide panicking because for years now a repeat of the 1918 pandemic has been feared and even predicted. But don't panic! You've got a tremendous amount of healing information at your fingertips—in this issue of *Homeopathy Today*, as well as on the NCH Flu Tracker web pages. With homeopaths and patients around the country sharing their data and experiences at the NCH Flu Tracker pages, everyone will be able to benefit. Identifying the *genus epidemicus* remedies for this flu season will keep everyone healthy and happy. 🍀

\* Numbers in parentheses are respondents.

practitioners who have treated many flu cases—to share your results!

[www.homeopathic.org](http://www.homeopathic.org)

"Bookmark" the Flu Tracker pages—or add them to your "Favorites."

Tell your colleagues, friends, and relatives about them.

# Vaccine shortage!

## Steps you can take to prevent the flu

by Stephen A. Messer, ND, DHANP

**Y**OU'VE SEEN THE NEWS REPORTS: senior citizens waiting in long lines for hours to get their flu shots, medical providers under fire for hoarding flu vaccine, and other signs of widespread panic.

This year we are caught in the midst of a medical snafu of major proportions. As almost everyone has heard, Chiron, a manufacturer of the influenza vaccine, had their production shut down by regulatory agencies in Great Britain. As a result, the US is 50 million influenza immunizations short this year. The vaccine is being rationed and the government recommends that only the very young, the very old, those with chronic medical conditions, pregnant women, nursing home residents, and health care workers (who can spread the virus) receive the shot—because there is a much greater likelihood of serious illness or death if they contract the flu.

Healthy young people are at less risk for these serious complications, but the flu could still mean a week or more out of work and the misery that goes with that: muscle aches, headaches, cough, fever, chills, and malaise. Sometimes it can take weeks before a person fully regains their energy after a flu. Furthermore, I occasionally see patients who've never been well since the flu; they can date the start of their chronic fatigue, asthma, or other condition to a bout with the flu many years earlier.

### Reduce your risk

There are other ways, besides the flu vaccine, to reduce your risk of catching this infectious disease. The first are commonsense measures that you'll see publicized everywhere. Be sure to eat sensibly, get enough sleep, cut back on stress, take your vitamins, and probably most importantly, wash your hands frequently and for at least 20 seconds—enough time to get through humming a short song like *Happy Birthday to You*, twice. [See Dr. Rothenberg's article for more good advice, page 20.]

### Preventive prescribing

In addition to these recommendations, homeopathy has a long history of the use of nosodes (homeopathic remedies prepared from disease products\*) to protect people during epidemics. The nosode used to protect against the flu is *Influenzinum*—a homeopathic preparation made from the influenza vaccine or viruses.

Although there have been no definitive clinical trials to demonstrate the effectiveness or safety, reports from homeopaths who've used *Influenzinum* over the years have been good. Last year, we encouraged all of our 350 students at the Southwest College of Naturopathic Medicine, as well as our staff and administrative personnel to take Dolivaxil™ (*Influenzinum* 9c, made by Dolisos) as

directed on the package. We seemed to experience a much lower incidence of flu among this group. However, there seemed to be about 10% of people who tried this that had some sort of uncomfortable reaction, usually flu-like symptoms which most often lasted for a few hours to two days. [See Dr. Neustaedter's article for more, page 16.]

Another method of using homeopathy to prevent epidemic disease like the flu, has been called "*genus epidemicus*" prescribing. For a longer discussion of this, as well as homeopathic prophylaxis in general, please refer to Dr. Todd Hoover's excellent article, "Homeopathic Prophylaxis: Fact Or Fiction" at the "Articles" section of the NCH Flu Tracker web pages, [www.homeopathic.org](http://www.homeopathic.org).

This method requires the homeopathic practitioner to treat a number of cases of the flu in a given locality and a given year. The cases are considered together as a whole, and the best remedy for the most important characteristic symptoms of the cases is determined. If this remedy proves efficacious in treating a majority of sick individuals during the epidemic, then it can be tried *preventatively* on people who have not yet come down with the disease. When I practiced in Oregon, the *genus epidemicus* for the flu one year seemed to be *Nux vomica*; it worked wonderfully to treat—as well as prevent the flu for those patients who took it prophylactically.

### Dealing with the flu

Once a person comes down with the flu, the best thing to do is to carefully take the case and prescribe the homeopathic remedy that best fits that patient's disease. If there is no skilled homeopathic practitioner available, you might consider using *Oscillococtinum*®, available in most natural food stores. Studies have shown that it can reduce the length and severity of the flu. Take as directed on the package, and remember that in order to get these good results, it is important to begin the medicine at the first sign of the flu. [See Dr. Neustaedter's article for more on this remedy and others, page 16.]

Finally, if you do come down with the flu, try to limit other's exposure to the illness. Wash your hands frequently, cover your mouth and nose completely when you cough and sneeze, preferably with a tissue, and then wash your hands afterwards. And don't "be a hero"—stay home from work or school, until all the symptoms are gone. 🍀

\* In the preparation of homeopathic remedies, the original source substance (plant, mineral, animal product, or disease product) is greatly diluted; therefore, homeopathic remedies are extremely safe.



Stephen A. Messer, ND, DHANP, is the Dolisos Chair of Homeopathy at the Southwest College of Naturopathic Medicine in Tempe, Arizona, as well as the Dean of the NCH Summer School. He has an MS in Science Education and has taught homeopathy at the National College of Naturopathic Medicine, International Foundation for Homeopathy, Dr. Eizayaga seminars, Canadian Academy of Homeopathy, Pacific Academy of Homeopathic Medicine, and others. He serves on the NCH Board of Directors and is a past President of the Homeopathic Academy of Naturopathic Physicians.

# Homeopathy “awesome” for flu

by Shidfar Rouhani

## *Homeopathy is awesome!*

You might be wondering what the prompt is for such a bold statement. Well, last week I had a dip in my vital force that presented like a flu, a strange one with symptoms unlike any other flu I've had before. I left my Southwest College of Naturopathic Medicine student-clinic shift Tuesday night feeling a little more tired than usual. I thought it was because of the busy shift I had just finished, but when I got home and lay down I couldn't get back up. "Oh well," I thought. "I guess I'll listen to my body and sleep."

I woke up the next morning and had all the typical flu-like symptoms: arthralgia (joint pain), myalgia (muscle pain), malaise (weakness), and fever. Not fun at all. I tried to take care of myself (lots of fluids, juice, Vitamin C, etc.) but I just wanted to stay in bed and not move. I didn't want to move because my joints would hurt a lot initially, but the strange thing was that they hurt less once I got moving.

I called our clinic and made an appointment on the homeopathy shift that Dr. Stephen Messer supervised. Since it was an evening appointment, I went back to sleep for the rest of the day. Arriving at the clinic that night, I expected to be greeted by students but was sur-

prised to be greeted by Dr. Messer himself. He was going to demonstrate how to take a homeopathic case while the students watched on a video feed in another room. I described my condition as above. When I got to the strange symptom—being worse upon first movement and better with motion—I mentioned that it was just like what we had learned in class about the indications for the homeopathic remedy *Rhus toxicodendron*. A few minutes later the students arrived, did a physical exam, and then returned shortly with my prescription: *Rhus toxicodendron* (Dr. Messer had taught us well)!

I was to take my remedy every two hours. I felt a noticeable improvement with each dose, and by morning, the joint pains were all gone. My fever was gone by noon (less than 24 hours after my first dose). I still felt extremely tired and slept like a rock those three days.

When I called Dr. Messer on Friday to follow up on my case, I said, "Dr. Messer, you are awesome," to which he replied, "No, homeopathy is awesome." 🍀

*This article first appeared on the Southwest College of Naturopathic Medicine's website in the student diaries section: [www.scnm.edu/admissions/student\\_diaries.php](http://www.scnm.edu/admissions/student_diaries.php)*



*Shidfar Rouhani is in his fourth and final year of studies at Southwest College of Naturopathic Medicine. He has attended NCH Summer School on two occasions and has served as a volunteer.*

## Be prepared!

- Wash your hands frequently
- Keep your immune system strong
- See your homeopath for preventive remedies
- Consider taking *Influenzinum*
- Have *Oscillococcinum*® & other flu remedies on hand
- Visit NCH Flu Tracker at [www.homeopathic.org](http://www.homeopathic.org)

In reading accounts of the 1918–19 flu epidemic, it seems many deaths were caused by a virulent pneumonia that was especially devastating to those who depressed their immune system with analgesics, the most common being aspirin. Raymond Seidel of Philadelphia told me he decided to become a homeopathic doctor when he was a 10-year-old delivery boy for a local homeopath. He said, "I saw that the people who were taking aspirin were dying, about half those who were drinking a lot of whiskey were dying, and those who received homeopathic remedies were living."

—Julian Winston, *The Faces of Homeopathy: An Illustrated History of the First 200 Years*

## Is it a cold or the flu? What's the difference?

The flu tends to come on more suddenly than a cold, and the symptoms are more extreme. Fever and chills, muscle aches and pains, severe headaches, exhaustion, painful dry coughs, and chest pain are very prominent with the flu. While those with a cold feel unwell and may have a slight headache and mild muscle aches, they are usually able to go about their normal routine with some difficulty. Those with the flu, however, often cannot even get out of bed, feeling as though they've been "hit by a truck." Flu sufferers may have a runny nose, but they rarely have the kind of intense nasal congestion and stopped up nose that is typical of a head cold. While a cold usually runs its course within a week, the flu may last up to two weeks with additional time for recuperation. In the Northern Hemisphere, the flu occurs almost exclusively during the fall and winter months, whereas colds occur year-round.

# Homeopathy and the flu

## A proven track record against the flu

### What homeopathy can do for you

by Randall Neustaedter, OMD

*This article is an excerpt from FLU: Alternative Treatments and Prevention by Randall Neustaedter, OMD, North Atlantic Books, publication date, December 15, 2004. It is used with the author's permission.*

**F**INDING THE RIGHT HOMEOPATHIC MEDICINE for the flu is usually straightforward because the symptoms tend to be dramatic and easily characterized.

#### Homeopathy—a natural for epidemics

Most flu seasons and epidemics fit a common homeopathic remedy's symptom profile, so the majority of people with the flu will benefit from the epidemic medicine [or "genus epidemicus"]. Practicing homeopaths will easily discover this medicine in their community after seeing a few cases of the flu. For example, the epidemic medicine for the deadly 1918 Spanish flu was *Gelsemium*, which has also been the appropriate medicine for many other flu seasons (*Bryonia* and *Eupatorium* were secondary prescriptions in 1918). I have created a database for epidemic medicines in various parts of the United States reported by experienced homeopathic practitioners. These epidemic reports can be found at my website, [www.cure-guide.com](http://www.cure-guide.com), in the flu section. Find your area of the country and you will see the most frequently prescribed homeopathic medicine for the flu where you live. [Also see the NCH's *Flu Tracker* at [www.homeopathic.org](http://www.homeopathic.org) and article on page 12.—Ed.]

Homeopaths are singularly confident about treating viral illness. Homeopathy has a long history of successfully managing serious acute infections, particularly the flu. Homeopathic medicine proved extremely effective in the 1918 flu pandemic, and it will prove itself in any future flu pandemic, just as it does every winter in the treatment of that year's flu cases.

The 1918 Spanish flu pandemic was a plague that exceeded the ravages of the Bubonic Plague of 1347, which killed a third of the European population. Worldwide, the Spanish flu killed an estimated 40 million people. In some primitive cultures the death rate was 100 percent. Fortunately, many patients in the United States had access to homeopathic medical care. A report to the American Institute of Homeopathy in 1921 documented the dramatic success of homeopathy in the worst flu pandemic in history. Of 24,000 flu cases treated with conventional medical care, the death rate was 28.2 percent; of 26,000 cases treated with homeopathy, the death rate was a nearly miraculous 1.05 percent. Similarly, many individual homeopathic physicians reported that they had treated thousands of patients with very few deaths.

#### Homeopathic flu prevention: *Influenzinum*

For at least the past 150 years, homeopathic practitioners have used the medicine *Influenzinum* as a flu preventive.

*Influenzinum* is a homeopathic medicine made from flu viruses. A proprietary preparation is produced by Dolisos pharmacy each year using the flu virus strains recommended by the World Health Organization for the year's vaccine production (*Dolivaxil*<sup>™</sup>—containing *Influenzinum* 9c). The typical dosage is once per week for four weeks beginning in October or later, followed by another dose three weeks later.

Between the years 1918 and 1957 the preparation of *Influenzinum* was derived from samples of blood or nasal secretions taken from patients who contracted the flu during the deadly 1918 flu pandemic. Subsequent to 1957, *Influenzinum* preparations come from a homeopathic preparation of the yearly flu viruses chosen for the flu vaccine. [Washington Homeopathic Products makes *Influenzinum* from that year's actual flu vaccine and suggests taking one dose monthly as a preventive during flu season.—Ed.]

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It is hard to imagine the devastation caused by the flu epidemic of 1918–19. People who lived through it reported that someone who was up and well in the morning could be dead by evening.

—Julian Winston, *The Faces of Homeopathy*

In 1998, the French Society of Homeopathy conducted a survey of 23 homeopathic doctors concerning their use of *Influenzinum* as a flu preventive. The survey included use of *Influenzinum* over a 10-year period (1987–1998) in 453 patients. The protocol for the frequency of doses varied considerably among these doctors. Weekly doses were used by 26 percent of participants and monthly doses by 23 percent. Another 16 percent used a weekly then monthly dosage plan, and 35 percent applied some other dosage protocol. Eighty percent of respondents began treatment in the fall (September through November) and ended between February and April. Seventy percent of participants used a 9c strength of *Influenzinum*.

Results of the survey were remarkable. In approximately 90 percent of the cases, no instances of the flu occurred when *Influenzinum* was used preventively, no matter what the dosage protocol. Physicians deemed its effectiveness good to very good in 90 percent of the cases, and not effective in 5 percent of cases. Ninety-eight percent of the patients expressed a desire to take



Randall Neustaedter, OMD, LAc, has practiced homeopathy and Oriental medicine for over 25 years, specializing in child health care. He is a licensed acupuncturist and received his Doctorate in Oriental medicine in Hong Kong. He is author of *The Vaccine Guide: Risks and Benefits for Children and Adults as well as a new book, FLU: Alternative Treatments and Prevention*. He publishes a free email newsletter. Subscribe with a message to [randalln@concentric.net](mailto:randalln@concentric.net) and visit his website at [www.cure-guide.com](http://www.cure-guide.com) to view past newsletter articles.



the same preventive treatment the following year. This confidence in homeopathic prevention among physicians with many years of experience and their patients speaks to the effectiveness of *Influenzinum* as a flu preventive. (It should be noted that a clinical study that approaches statistical significance evaluating the preventive effects of any homeopathic preparation would probably be prohibitively expensive.)

### Treating the flu: *Oscillocochinum*<sup>®</sup>

One specific homeopathic medicine used to treat the flu has been subjected to clinical trials. It is a homeopathic preparation of the liver and heart of a Barbary duck—*Anas barbariae hepatis et cordis extractum* 200c which is known by its trade name *Oscillocochinum*<sup>®</sup>, and is made by Boiron. This medicine was first formulated in 1925. Its name arose from a spurious notion that the blood of flu victims in the 1918 pandemic contained bacteria composed of balls (cocci) that vibrated, or oscillated. Joseph Roy, a French physician, identified this supposed pathogen and found it in many animal species. He chose as the source of his homeopathic preparation a duck, possibly an extremely fortuitous accident because of the association between human flu epidemics and bird viruses.

*Oscillocochinum*<sup>®</sup> was studied in France during the 1987 flu epidemic caused by an H1N1 virus. This multicenter study examined the effect of *Oscillocochinum*<sup>®</sup> on the early symptoms of flu. Results were published in the peer-reviewed *British Journal of Clinical Pharmacology*. A group of 149 non-homeopathic physicians enlisted 487 patients in the study, each of whom had developed flu-like symptoms during the previous 24 hours. Symptoms met strict criteria for the level of fever and the presence of associated flu symptoms. This took place in the midst of a documented flu epidemic. A treatment group and control group were established and the medicine was prescribed in five doses, once at the physician's office and then twice a day for two days following. More patients in the treatment group recovered completely in the first 48 hours than the control group (17 percent of patients with active treatment compared to 10 percent of controls). This was deemed a statistically significant difference. More patients in the treatment group also judged the treatment as favorable compared to the placebo—61 percent vs. 49 percent.

In 1990, German physicians replicated the French study of *Oscillocochinum*<sup>®</sup>. They used the same criteria as the previous study and enrolled 372 patients. After 48 hours of treatment with *Oscillocochinum*<sup>®</sup>, the treat-

ment group had significantly milder symptoms than the control group, and the number of patients with no symptoms from day two onward was significantly greater in the treatment group (17.4 percent) compared to the control group (6.6 percent).

Both of these studies show a significant curative effect of a homeopathic medicine in the treatment of flu in carefully conducted, double-blind, placebo-controlled clinical trials. The two studies were done in different countries, each with many participating physicians, and during two different flu epidemics, presumably caused by different viruses. Conventional antiviral drugs reduce the duration of flu by about one day if taken within the first 48 hours of illness. Comparing the results of these studies with the meager effect of conventional treatment shows that homeopathy carries the potential to make a dramatic difference in any flu epidemic without the risk of drug side effects.

### Homeopathic Flu Medicines

*Gelsemium* and *Bryonia*. The two most frequently indicated homeopathic flu medicines over the past 100 years have been *Gelsemium* and *Bryonia*. There are

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The two most frequently indicated homeopathic flu medicines over the past 100 years have been *Gelsemium* and *Bryonia*.

*Continued on page 18*

## In their own words Homeopaths & the 1918 flu epidemic

The following appeared in "Homeopathy in Influenza—A Chorus of Fifty in Harmony" by W.A. Dewey, MD, in the *Journal of the American Institute of Homeopathy*, 1921. These quotes refer to the flu epidemic of 1918 when the mortality rate for conventional treatment was about 30%.

"In a plant of 8000 workers we had only one death ... *Gelsemium* was practically the only remedy used. We used no aspirin and no vaccines."  
—Frank Wieland, MD, Chicago

"I have treated 1000 cases of influenza. I have the records to show my work. I have no losses. Please give all credit to homeopathy and none to the Scotch-Irish-American!"  
—T.A. McCann, MD, Dayton, Ohio

"I did not lose a single case of influenza; my death rate in the pneumonias was 2.1%. The salicylates, including aspirin and quinine, were almost the sole standbys of the old school and it was a common thing to hear them speaking of losing 60% of their pneumonias."  
—Dudley A. Williams, MD, Providence, Rhode Island.

"One physician in a Pittsburgh hospital asked a nurse if she knew anything better than what he was doing, because he was losing many cases. 'Yes, Doctor, stop aspirin and go down to a homeopathic pharmacy, and get homeopathic remedies.' The Doctor replied: 'But that is homeopathy.' 'I know it, but the homeopathic doctors for whom I have nursed have not lost a single case.'"  
—W.F. Edmundson, MD, Pittsburgh

Source: *The Faces of Homeopathy: An Illustrated History of the First 200 Years*, by Julian Winston

If a remedy proves efficacious in treating a majority of sick individuals during the epidemic, then it can be tried preventatively on people who have not yet come down with the disease. This is called the *genus epidemicus* remedy.

significant differences in the symptom profiles of these two medicines that make it easy to decide which is the better fit. They are not the only medicines used to treat the flu, but between them they will probably fit the majority of cases.

*Bryonia* and *Gelsemium*-type flus both come on slowly over a 6–12 hour period. You begin to feel gradually worse over that time. By the second day you have aching muscles, feel pretty bad, and usually have a headache. In a *Bryonia* flu, you have more pain in the front of the head, which is definitely made worse by moving the head or moving the eyes, and feels better from pressing the hand on the head. In a *Gelsemium* flu, you have pain in the back of the head with stiffness and aching in the neck and across the shoulders. You do not want to move much either, and you may feel worse from moving around, but you avoid movement primarily because you are so tired.

The characteristic state of *Gelsemium* is lethargy and fatigue. By contrast, *Bryonia*'s state is one of tiredness but also restlessness. *Bryonia* discomfort is worse from motion, but at the same time you feel the urge to move about restlessly in the bed. No position seems comfortable. *Bryonia* is thirsty, *Gelsemium* is not.

*Bryonia* is generally warmer and drier. *Bryonia* wants air and cool temperatures to calm the heat. *Gelsemium* is chilly and sensitive to cold; cold shivers go down the spine. At the same time, *Gelsemium* is clammy with the fever, and feelings of heat and cold may alternate. *Bryonia* has more coughing and chest symptoms, a painful cough that aggravates the sore throat. The *Bryonia* cough will also cause chest pains, and the inevitable reaction to this situation is to press the palm to the chest to minimize the movement caused by coughing.

*Gelsemium* does not have the energy to be emotional. *Bryonia* is irritable, worried, and fretful. *Bryonia* wants to be left alone, *Gelsemium* is too exhausted to respond.

***Rhus toxicodendron*.** The *Rhus toxicodendron* flu immediately distinguishes itself by its extreme restlessness. With all of the aching pains, *Rhus tox* is better from moving. Constant motion, changing positions, and stretching provide the only relief. If you lie still with a *Rhus tox* flu you begin to ache, which forces you to move. Nighttime is the worst for those with a *Rhus tox* flu because of the difficulty remaining in one position. You will toss and turn looking for relief. Mentally and emotionally, those who need *Rhus tox* are anxious with a restless mind, and a sudden depression with crying is common. Like *Gelsemium*, *Rhus tox* is chilly and sweaty. *Rhus tox* is also sensitive to cold and better from warmth. The headache of both *Rhus tox* and *Gelsemium* has its focus in the back of the neck and head with aching across the shoulders. *Rhus tox* has a very dry mouth, but despite the dryness is not very thirsty.

***Baptisia*.** A *Baptisia* flu is a bad one that comes on quickly with a high fever. With a *Baptisia* flu, you are suddenly very sick and going downhill fast. Mentally, *Baptisia* is confused, stupidly dull, and even delirious, sleepy all the time, and unable to even answer questions. The main characteristic is an offensive odor from the sweat, the mouth, and the stool. *Baptisia* flus are typically accompanied by both diarrhea and vomiting. The tongue is coated yellow or brown, the throat intensely red, ulcers appear in the mouth, and the gums may ooze blood. 🍃

#### FOOTNOTE:

A number of other remedies may be indicated for influenza, such as: *Eupatorium* (when the bones feel broken), *Pyrogen* (when the bed feels too hard), *Arsenicum* (when there is great prostration, chilliness, restlessness), *Mercurius* (when there is offensive perspiration, excessive salivation). To learn more about these and other remedies, view the articles on the NCH Flu Tracker web pages at [www.homeopathic.org](http://www.homeopathic.org)—Ed.

## FLU REMEDIES



### ***Gelsemium***

vs.

Chilly with chills down spine  
Thirstless  
Dull, sleepy, heavy  
Worse from movement  
Headache at back of head, stiff neck

### ***Bryonia***

Warm with desire for cool air  
Thirsty  
Dull, but irritable, worried  
All symptoms worse from movement, but restless  
Headache in forehead, better from pressure, worse motion



### ***Gelsemium***

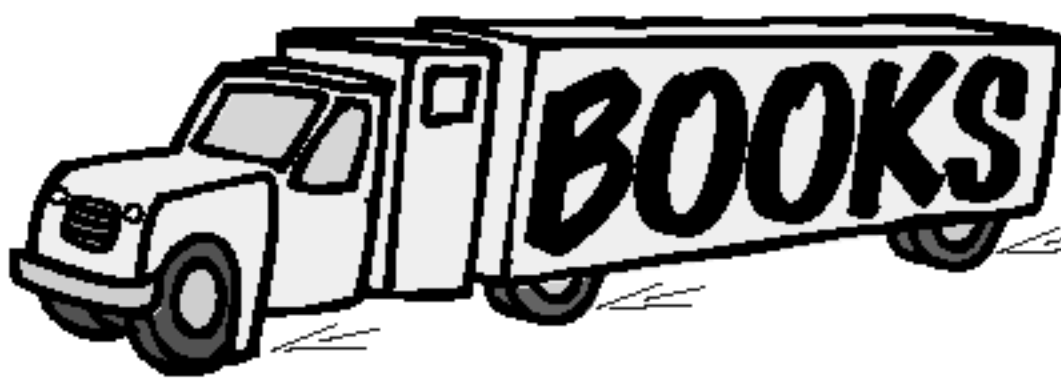
vs.

Dull, sleepy, heavy  
Worse from movement  
Chilly with chills down spine  
Thirstless

### ***Rhus toxicodendron***

Extremely restless, cannot get comfortable, anxious  
Better from movement  
Chilly and better from heat  
Thirstless





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# Preventing and treating the flu

## A natural medicine perspective

by Amy Rothenberg, ND, DHANP

**W**E'VE ALL BEEN BOMBARDED by the news that there is not enough flu vaccine to go around this year, and we've heard the accusations and faultfinding of politicians using this topic as yet another platform from which to point fingers. Much of that debate sidesteps the broader issues of whether the flu vaccine is a good thing for most people, whether it has unintended effects on those who take it, and what might be done to both prevent and treat the flu from a natural medicine perspective.

As a practicing naturopathic physician, my phone lines have been swamped with people asking questions about just these issues. At the time of this writing, I have not yet seen any flu cases this year, but by the time this article is published most homeopaths will have seen several cases.

Unlike some homeopaths, I incorporate several natural medicine approaches in the prevention and treatment of flu, as I find they work well with homeopathy and do not interfere with the action of homeopathic remedies. Not only are these adjunct approaches effective, they offer the caregiver something to do, which in many family settings may be helpful in and of itself! I would like to share my natural medicine recommendations for prevention and treatment below, along with an illustrative case from a previous flu season.

### Preventing the flu, naturally

My general recommendations for flu prevention are:

- Get plenty of rest and drink enough water.
- Reduce refined sugar in the diet, especially things like soda, candy, and baked goods.
- Increase fruits and vegetables in the diet.
- Continue to get regular exercise. It helps to keep you healthy by reducing or countering stress, enhancing circulation, and offering another mode of elimination via perspiration.
- Wash hands often, especially before eating.
- If you are feeling run down, try to take a day off, for rest and relaxation.

If one of my patients has been in close contact with someone who has come down with the flu, I underscore the above suggestions.

### Supplements for prevention

Below are my basic guidelines for supplements to use preventively for an average adult, not currently taking other medications. These supplements foster good immunity while helping to create and maintain healthy mucous membrane tissue, which is essential for fending off germs.

**Note:** *These are only guidelines; if you also suffer from other, unrelated chronic diseases, consult your primary care physician first.*

- Vitamin C, 1000 mg, three times per day
- Beta carotene, 25,000 IU per day
- Zinc, 15 mg per day
- Vitamin E, 400 IU per day

I also recommend the use of the following botanical medicine products to help prevent flu.

- *Astragalus membranaceus*
- *Hydrastis canadensis*
- *Sambucus nigra*

If you're using the tincture form, I recommend 15–20 drops, two to three times a day; if you're using the capsule form, 2 capsules, two to three times a day.

In addition, I recommend:

- garlic, used liberally in cooking, or taken in pill form, 1 capsule, two to three times a day.

Each of the above botanical products helps to bolster immune function and keep the mucous membranes doing their job.

### A bleary-eyed flu patient

I did a house call for Jana, a 42-year-old stay-at-home mom with the flu, late in the afternoon on a Tuesday. She was dozing when I entered her room, which was quite warm. I roused her to take her case, though I hated to, as she looked so peaceful!

Jana complained of a vague headache and overall body aches. Her head was full of mucus and felt heavy. She told me that it felt as though her thoughts were moving through molasses, that it really wasn't safe for her to be in charge of her small children. She had hired a babysitter so that she could sleep; indeed she had spent the entire past two days in bed, dozing off and on. She said that everything felt heavy, as if it would not be possible for her to get up and walk around. The headache was all over her head but worse in the occiput (back of the head). She had a dull expression and heavy eyes, as well as a kind of inability to care about anything due to the deep exhaustion she was experiencing.

### Constitutional or *genus epidemicus*?

For a patient who has been diagnosed with influenza, we give the indicated homeopathic remedy. For some, that will be another dose of their constitutional remedy. For others, it will be a new remedy for them, often one of the *genus epidemicus* remedies, specific to that year's flu. How do you know which way to go?

If the patient's physical general symptoms (body temperature, food cravings, thirst, etc.) have not shifted



Amy Rothenberg, ND, DHANP, practices in Enfield, Connecticut. She teaches for the NCH and the New England School of Homeopathy. She writes and teaches on topics in natural medicine both here and abroad. Information on the upcoming NESH Two-Year Course beginning in April 2005 can be found at [www.nesh.com](http://www.nesh.com)

from their usual state, and their symptoms (particularly the modalities of their flu symptoms) are akin to their usual state, and their mental symptoms or temperament also have not changed significantly, we re-dose with the constitutional remedy. If the symptoms are significantly different from the patient's usual state, we prescribe a different remedy.

During the flu, Jana was entirely different than her usual self: her symptoms were not the kind she usually had, and her mental state was a far cry from her norm. (Jana was usually quite animated and talkative; she had responded well in the past to the remedy, *Sulphur*, for her PMS and irritability.) This told me that she was in a true acute state and that I should prescribe accordingly.

Jana's symptoms of influenza with prostration, apathy and dullness of mind, heavy eyelids, and occipital headache were indicative of the remedy, *Gelsemium*, so I gave her a dose of *Gelsemium* 30c. I also left some *Gelsemium* 30c and 200c with her husband, along with instructions as to when to give more, if necessary. I asked them to call me the next morning.

### Great expectations?

What do we expect when we give a homeopathic remedy in a case like this? We do not expect miracles. We expect the patient to respond by having fewer, less intense symptoms. We expect their energy level to improve. We expect the overall duration of the illness to be shortened. And lastly, we expect the long-term impact of the flu to be negligible or non-existent. Believe it or not, many people who come through an acute illness such as the flu using supportive natural medicine actually feel better, more energized, and mentally clearer on their recovery than they did before they fell ill.

Jana recovered nicely. She took several doses of *Gelsemium* 30c that first day and one dose of *Gelsemium* 200c the following day. She said that the first thing to change was her mental state. She stayed in bed another day, but felt more "with it," more capable of thinking. The next thing to dissipate was the headache, followed by the body aches. By the end of the week, Jana was feeling more or less back to normal, which in my assessment was quite a good outcome. Many with the flu will struggle for several weeks, if not longer.

### Treating the flu, naturally

Regardless of the homeopathic remedies chosen for a patient with the flu—and often times I must first use one remedy, then another as the pathology shifts and new symptoms arise—I do offer other natural medicine

approaches to reduce the intensity and duration of symptoms.

Most folks with the flu find it difficult to swallow pills or to drink unpleasant tasting herbal combinations. I have had the best compliance with the following recommendations:

- Hot Epsom salt baths: Put 2–3 cups of Epsom salt in a warm bath for a good soak. This helps to draw out inflammation and decrease muscle soreness and joint pain.
- Hot water bottle: This can be a welcome presence to the chilly and sore patient. It can be moved around and kept as warm as desired.
- Gentle massage: This can be very soothing, as it helps increase circulation and facilitate elimination.
- Bromelain: This enzyme derived from pineapple helps to reduce inflammation and to thin mucus. The capsules are small and do not leave a bad taste. I recommend 500 mg, two to three times a day.
- Vitamin C in powdered form, dissolved in juice or water, 1000 mg, three times a day.
- Vegetable or chicken broth will help to replenish electrolytes and has other healing influence. Often it is just what the patient wants.
- Any and all of the supplements listed above under "prevention" are also effective for the treatment of flu, if the patient can tolerate them.
- If there is nausea, I recommend adding ginger or chamomile tea as desired. If there is significant coughing, I suggest herbal teas and tinctures made from mullein, slippery elm, and red cherry bark. I might troubleshoot other specific symptoms, based on the presenting problems of the patient.

Lastly, as a patient is recuperating from the flu, I will place them on the same prophylactic protocol as used for prevention and remind them that they are more vulnerable for a while. They should plan their schedule accordingly, strategizing ways to keep stress down and keep healthy habits up.

### Simple steps

Whether or not sufficient flu vaccine is made available, we have many other approaches to the prevention and treatment of flu at our disposal. Instead of succumbing to the hysteria surrounding this issue, we would do better to focus on simple, yet effective approaches to this troublesome illness that moves around the globe each year. 🍃



# “Go-getter” goes down with the flu

by Nancy Gahles, DC, CCH

**M**Y 14-YEAR-OLD DAUGHTER came home from school one afternoon looking and feeling exhausted. “Mom, I’m so weak that I couldn’t even hold my boyfriend’s hand. It just slipped away.” Truly, a crisis of major proportions.

The night before, she had showed me that her hand was trembling and told me that her energy was “all gone.” Suspecting a bit of hypoglycemia, given the dietary indiscretions of a teenager, I had given her a glass of orange juice, which seemed to ameliorate the symptoms.

Now, however, she was so tired that her eyes were half shut. She complained that she couldn’t keep them open. She had a low-grade temperature, a sore throat, a headache, and some ear pain. I gave her a dose of *Gelsemium* 30c and put her to bed. The rest of the evening she slept, awoke and ate chicken soup, and

slept again. Very rare for my “social butterfly.” Her temperature rose to 102° which she handled well. I gave her one more dose of *Gelsemium* before bed.

The next day, she was much better though still weak. She slept the better part of the day only to wake, eat chicken soup, and go back to bed. I gave her *Gelsemium* 30c once more.

The following day she was very much improved and felt well enough to go to school.

The *Gelsemium* keynote symptoms of great weakness and droopy eyes were of paramount importance for me to feel confident in prescribing this remedy for my daughter. Her flu symptoms were in stark contrast to her “usual self,” as she is a go-getter, constantly on the move, and rarely sick. She responded quickly and appropriately to *Gelsemium* and was back to school on the third day. 🍀



Nancy Gahles, DC, CCH, RSHom(NA), is a chiropractor who has been in practice for 24 years. She is member of the NCH Board of Directors.

## After-effects of the flu

by Teresa Kramer

**I**’VE HAD THREE BAD CASES OF FLU in my life. The first came in 1983 when I knew almost nothing about homeopathy. I drank lots of liquid, rested, and took huge amounts of Vitamin C, but it didn’t help very much. I was unwell for weeks and, in fact, went into a clear bout of major depression after that flu.

My second case of flu came in 1987. I was doing family daycare and had several little kids to care for, plus our older three. I literally couldn’t afford to be ill. I’d purchased a homeopathic text for lay people, *Homeopathic Medicine at Home*, by Maesimund Panos, MD, and Jane Heimlich, and had determined from my sick bed that I had the symptoms of a *Gelsemium* flu: chilly and sensitive to cold, clammy with the fever, great fatigue, not able to think clearly, etc.

I sent my husband to a health food store, and he got me a bottle of *Gelsemium* 30X. I followed the directions on that bottle, and the very next day I was fine! No depression followed that flu either. My friends, who also had the flu, were sick for weeks. My own sudden recovery scared me so thoroughly that I shied away from homeopathy for the next ten years! I even gave away Dr. Panos’ book!

My third bout with flu in 1997 was followed by weeks of depression and horrible sinusitis and finally led me to search out a homeopath. In retrospect, I think that it was a *Rhus tox* flu, as I remember lying in bed, feeling extreme restlessness. Constantly changing posi-

tions and stretching provided the only relief. “Emotionally, a sudden depression with crying is common” in a *Rhus tox* flu says Randall Neustaedter, OMD. I experienced a tearful, helpless, hopeless feeling for weeks after that flu. All the liquids, rest, and Vitamin C didn’t help much that time, either, but I bet that if I had known to take a little *Rhus tox*, I would have experienced another miraculous recovery!

I’m really grateful for that particular experience with the flu because it drove me straight into the arms of homeopathy. Now that I’m not at all worried about catching the flu, I haven’t had it in seven years. One of life’s little paradoxes, I guess! 🍀

**Editor’s note:** Complete recovery from the flu often takes time. Some are left with lasting after-effects, and homeopathy can be a godsend in such cases. Miranda Castro suggests China, *Gelsemium*, and *Influenzinum* as possible remedies for post-flu weakness, and Kali phosphoricum as a remedy for those “who suffer general exhaustion and are unaccountably depressed after the flu.” James Compton Burnett mentioned *Cypripedium* and *Scutellaria* for “post-influenzal neuroses.” Margaret Tyler reported on the case of a patient who was away from work for a year after the flu; he complained of exhaustion, despondency, suicidal depression, and a feeling “as if his brain would burst.” She prescribed *Scutellaria* 30c, and he was back to work and “completely himself again” in a week.



Teresa Kramer is an Editorial Assistant for Homeopathy Today. She specializes in copyediting homeopathic books and articles as a volunteer activity—with a view toward spreading the word about homeopathic miracles. She is fluent in French and German and has spent most of her adult life on assignment in French-speaking countries with her Foreign Service Officer husband. She has four children and two grandchildren. Her hobbies include dog-care, reading, hiking, and enjoying e-mails from friends around the world.

# INTEGRITY



The vocation of homeopathic pharmacy, like life itself, is about integrity - integrity in your relationships and integrity in your work. In homeopathy, we deal in microdoses - amounts of medicines so small that often conventional methods can't be used to set them for quality. So, we must produce our medicines using a validated process - methods that are repeated over and over, the same way every time so we produce exactly the medicine you need as perfectly as possible every time. No variations. No short-cuts. A process that requires integrity.

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# Winter Solstice

## When the sun stands still, and the longest night arrives Remedies to consider at the holidays

by Nancy Gahles, DC, CCH

**D**ARKNESS SEEMS TO TRIGGER FEELINGS OF loneliness and isolation in some people. Shivering cold weather can lead to irritability and restlessness in the struggle to generate warmth and find a place of comfort. Being forced indoors may provide the security of a familiar environment, respite from crowds, and welcome solitude in the close and holy darkness. But the indoors may also mean the constant presence of others, and discord between relatives and friends.

### Tis the season...

Seasonal changes affect us all to some extent. Less light during our waking hours has an impact on our organism and is manifested in many different ways. Just as there are no two snowflakes exactly alike, so no two humans react in exactly the same way to the same stimulus.

With its inherent darkness, the season of autumn spawns all manner of discontent. In our homeopathic materia medica, we find the symptom, "Darkness aggravates," mentioned more than 400 times and included in the symptom profile of 84 remedies.\* I think I have seen about 75 of these sufferers in my office this week! Conventionally, we call it Seasonal Affective Disorder, or "SAD." And guess what? These people *are* sad. Melancholia is not an uncommon feeling as the winter season approaches. Heartfelt sensations of loss and despair make this a prime time for heart attacks in both men and women.

### Anticipating the light!

As though in answer to the darkness comes the anticipation of the light and its festivals of celebration—another dilemma for those who suffer from anticipation anxiety or who are oversensitive to excitement, noise, or crowds. Odd as it may seem, anticipation of holidays and an excess of joy can make one sick. "Ailments from anticipation" is a repertory rubric that is used often by homeopaths during the holiday season.

At winter solstice—when the "sun stands still" and the night is the longest—we look forward to the lengthening of days. For as sure as there is darkness, there will be light. One follows the other as an unwavering principle, a universal law. Cultures all over the world have traditions and rituals to honor this time and give us hope. The solstice is a time for reflection, for coming to a greater understanding of our true needs and desires, and for making and using rituals and tradition to build a more meaningful and inclusive community.

### Looking through a homeopathic lens

One way to gain a greater understanding at this time is to look at ourselves and at health issues through the eyes of homeopathy. When we are in a state of balance and health, we can see all sides of an issue. We are able to adapt to our environment. We can tolerate diversity both within us and outside of ourselves without losing our place. The opposite is also true. When we are in a state of disharmony within, this becomes the lens through which we see everything. During times of heightened sensations like the holidays, the disharmony of the people around us may become patently obvious as their symptoms tell their stories.

### At the holiday table

Let's look at some of the typical faces of this season—the ones you will recognize gathered around the holiday table. With clear vision, you may be able to prescribe an appropriate homeopathic remedy to help restore needed balance.

***Arsenicum album.*** The person who is angry, critical, or curt when asked what they want for a gift may be in a state of anticipatory anxiety because of all the expectations placed on them at this time. They may be a bit miserly or they may fear financial loss, so they don't want to be placed in the position of having to give a gift in return. They may drink a bit too much at the holiday party and offend someone by being critical or insulting. Of course, they themselves are easily offended, and attempting to console them only makes things worse. Although they are averse to company, being alone makes them feel worse. Darkness also aggravates their state, making them sad, but they suffer their grief in silence. Their restless irritability is a big clue as to the inner state of the person who would benefit from the remedy, *Arsenicum album*.

***Ignatia amara.*** Those who need *Ignatia amara* also tend to suffer from anticipation anxiety, because they see the holidays through the lens of their grief. They may be suffering from an ailment that began after the death of a parent or friend, so they experience anxiety with fear and headaches as the holidays approach. They will likely be the one who hosts the festivities, as they tend toward homesickness and feel better in their own home. They like company and can be very cheerful while busy making preparations. However, all the excitement and mental exertion can cause them to become hysterical and impatient at trifles; this can range from quarreling or scolding to outright screaming to quietly sitting, staring, and sighing. *Ignatia* may also



Nancy Gahles, DC, CCH, RSHom(NA), is a chiropractor who has been in practice for 24 years. She is a Certified Classical Homeopath with offices in Manhattan and Belle Harbor, NY. Dr. Gahles is the Director of Health and Harmony Wellness Education, providing consultations and workshops on Complementary and Integrative Medicine. She is a health and science columnist for *The Wave*, Rockaway's newspaper, and is a member of the NCH Board of Directors.





be indicated for the child who misbehaves badly and appears jealous of a sibling or relative, overtly provoking them with pushing, biting, hair-pulling or other injurious behavior.

**Natrum muriaticum.** The little old woman sitting rigidly on the chair, looking as though a smile would crack her face, is probably also suffering from grief. She anticipates the holidays with dread because she recalls all the unhappy memories. She dwells on past offenses, hates those who have offended her, and therefore desires solitude. She will stiffen up as you approach to hug her. She has tremendous grief since the death of a loved one but is unable to cry about it; this is why she needs to keep everything in her life very structured. You can count on her to be there on time. Holding in all these emotions is a great effort, so the holidays are hard for her. The emotional excitement of these occasions causes great weariness and headaches. Such a person is typical of those needing the remedy *Natrum muriaticum*.

**Nux vomica.** No holiday celebration could be considered complete, of course, without the person who needs *Nux vomica*. There is one in every family. While they also suffer ailments from anticipation, it is more likely the family that will suffer most acutely. The typical *Nux vomica* person is irritable, jealous, and tends to overindulge in both food and alcohol. They can be malicious and lack inhibition even when not drinking, but *Nux*

*vomica* is a classic remedy for character changes from drugs and overindulgence in alcohol. These people are nervous, oversensitive, and talk about business a lot. Quite dictatorial and overbearing, they are competitive go-getters. Their sensitivities to noise and crowds aggravate them, and the heightened excitement of festivities make them irritable, impatient, and quarrelsome. They also suffer from grief, and they hate people who have offended them. This leads to overindulgence, hangover headaches, and all manner of stomach complaints.

**Coffea cruda.** Then there are those who react to the holidays with wide-eyed exhilaration, anticipate them with unbridled joy, and can't seem to come down from the high. They may be oversensitive to emotions like joy and pleasurable surprise, and this can lead to severe insomnia. Oftentimes, these are the children who literally bounce off the walls with excitement and can't sleep at night. If you have ever felt the rush of energy and the hyperactivity of mind and body that may result from a cup of strong coffee, you can better understand the feeling of those who may benefit from *Coffea cruda*.

### A bright, new day

Clear vision and astute observation of homeopathic remedy states, brought to life by the aggravations of the season, can endow you with the creativity to help yourself, your patients, or your family. It may not happen all in a day's work, however. 🍃

*For truth is co-eternal with the all-wise, benevolent Deity. It may long escape the observation of man, until the time foreordained by Providence arrives, when its rays shall irresistibly break through the clouds of prejudice and usher in the dawn of a day which shall shine with a bright and inextinguishable light for the weal of the human race.*

—Samuel Hahnemann, *Organon of Medicine*.

\* These figures were generated using *ReferenceWorks* homeopathic software.

Odd as it may seem, anticipation of holidays and an excess of joy can make one sick.

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from the NCH Board and Staff

# Report: Seminar in Slovenia

by Julian Winston



The exterior of the Aria Hotel, where the seminar took place—originally a 13th century monastery.

“SLOVENIA? Isn’t that where all the fighting was?” “Slovenia? That’s Dracula land!”

Ah! The nasty specter of geographic illiteracy raises its head. Just to set the record straight: Slovenia, the northernmost province of the old Yugoslavia, gained independence in 1991 and is now a member of the European Union. It is bordered on the northwest by Italy and the Adriatic Sea, on the north by Austria, on the east by Hungary, and on the south by Croatia. There was no recent

fighting in Slovenia, and Dracula comes from Transylvania—which is in Romania, much farther east.

In October 2003 I received an e-mail asking if I’d be interested in traveling to Slovenia to present a two-day seminar on homeopathic history. How could I say no?

## Long journey

So, at the end of August 2004, I went. It was an endless flight: Wellington to Auckland (1 hour), Auckland to Los Angeles (13 hours), Los Angeles to Chicago (4.5 hours), Chicago to Frankfurt (9 hours), and finally the hour and a half from Frankfurt to Ljubljana, plus all the waiting between flights. Spending 46 hours in planes and in airports is quite taxing—and that was just getting there! My health has not been great in the past few years, and this trip proved to me that future journeys outside the Australasian area will not happen—at least not until I have access to a “Beam me up Scotty” machine.

The time spent in Slovenia, however, was wonderful. I landed in the capital, Ljubljana, a city of about 300,000, which includes beautiful modern buildings, some buildings of the “concrete bunker” style of communist architecture, as well as some lovely buildings dating back to the 13th century. It is a very European city.

I was met by Zivan Krevel, MD, the homeopathic practitioner who had extended the invitation. On my second day there, I did an interview for Slovenian televi-

sion; then in the late afternoon we drove about an hour north to the magical town of Bled where I spent the evening with the only pedal steel guitar player in Slovenia. On the way back, there was a full moon over the Alps—it was magnificent!

The following day, we drove two hours down to Ankaran, a lovely seaside

resort on the Adriatic. The seminar was to be held at a hotel that had originally been a monastery. Built in the 13th century, it was the place where the monks from other locales went for vacation. Although the building has been modified substantially, the exterior walls, the interior courtyard, and many of the stone pavings and staircases were extant. Happily, I did not have to put up with a wool robe and a straw mattress!

## Meeting friends, old and new

And then the fun began. The first people I met there were Chris Kurz and Robert Müntz, who had driven down from Austria to say hello. When he was working in the US, Chris had been the editor of “Homeopathy On Line,” a wonderful web magazine that existed for only three or four issues. I have been corresponding with Chris for well over ten years, but this was our first meeting. Robert Müntz, owner of Remedia Pharmacy in Eisenstadt, Austria, manufactures remedies on a Korsakov machine of his own design as well as making fluxion potencies, also on a machine he designed.



Robert Müntz, Zivan Krevel, Chris Kurz.

In the hotel courtyard, I did a long interview with Chris, while Robert videotaped it. At one point I turned and was happily surprised to see Gaby Rottler! Gaby is a German homeopathic veterinarian who is a very visible contributor on both the Homeolist and Minutus e-mail lists. We’ve been corresponding for years and last saw each other in Germany in 2000.

It was a delight to meet a number of others with whom I’ve been in correspondence over the years—and to put faces to names! Jitka Drabkova, a homeopath from the Czech Republic, and another e-mail list habitu  was there, as were Dr. Peter K ning (the prover of *Vitus vinifera*), Reinhard Flick, and Anton Rohrer—all three from Austria.

On the Thursday and Friday before my presentation, the proving sub-committee of the European Committee on Homeopathy had been meeting at the hotel. Chaired by Belgian homeopath Jacques Imberechts, MD, the

Julian Winston and Jacques Imberechts, MD (Belgium), enjoying a light moment.



All the seminar attendees.



committee is composed of about twenty medical doctors, all involved in provings. Many stayed on for the weekend presentation.

The presentation was held in what had been the monastery's chapel, with 35 people attending. I spoke for two days about why homeopathy failed in the US (lessons to heed), the history of women in homeopathy, the reliability of our literature, some homeopathic "myths," and the sources of our remedies, liberally illustrating with slides and Powerpoint presentations. A full transcript of the proceedings (minus pictures) is available from Zivan Kregel at <zkregel@siol.net>.

### Homeopathy in Slovenia

Homeopathy's situation in Slovenia is very interesting. If a licensed medical doctor were to practice homeopathy there, they would be struck from the register for practicing "quackery." (Osteopathy and chiropractic are also considered quackery.) Because of this, no practicing homeopaths are licensed physicians; however, about half of the practicing homeopaths in Slovenia are

trained medical doctors with MD degrees. They can order tests, but this is done outside the health service, and patients have to pay for the tests themselves.

In Ljubljana, I found a magazine in my hotel room called *Ljubljana Life*—a guide to the city, services, and restaurants. On page 8 under "Healthy Living Resource Directory" was a listing for "Homeopathic Medicine" and the phone number of the Slovene Homeopathic Society!

Although I will probably not venture that far again, this trip was a grand opportunity to see some delightful places and meet a group of people who will remain friends for a long time. 🍀



Jitka Drabkova (Czech Republic), Julian Winston, Gaby Rottler (Germany).

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# Sandra M. Chase, MD, DHt, receives Liga award

**A**MERICAN INSTITUTE OF HOMEOPATHY Trustee and National Center for Homeopathy Past President Sandra M. Chase, MD, DHt, has been elected President of Honor of the Liga Medicorum Homeopathica Internationalis (LMHI or "Liga"). This international organization represents thousands of homeopathic physicians around the world through its fifty-six member countries. The prestigious award for meritorious service of an LMHI Past President was bestowed on Dr. Chase by the International Council at its October meeting in Buenos Aires, Argentina, on the occasion of the 59th LMHI Congress. Each member country of the LMHI has voting representation at the International Council, the ultimate governing body of the Liga.

Established in 1925 in Rotterdam by 14 homeopathic physicians representing 9 countries from around the world, the Liga has had more than 25 Presidents. It has granted its statutory title of President of Honor

to a Past President only a few times in its 79-year history. Dr. Chase is just the sixth Past President, and the first woman, so honored.

Dr. Chase has served the Liga for over twenty years, starting in 1983 as Assistant National Vice President, LMHI, USA, and then National Vice President (1984–1988), LMHI, USA, on the International Council, followed by service in the positions of Secretary for Public Relations (1988–1991), Prime Vice President (1991–1995), President (1995–1998), Immediate Past President (1998–2001), and Secretary for the Newsletter on the Executive Committee. For ten years, since her installation as the first woman President of the Liga, Dr. Chase has been the Editor of the *Liga Letter*, the biannually published newsletter mailed to each individual Liga member around the world. 🍃



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Dear Editor

In the September 2004 issue of *Homeopathy Today*, I reported on the case of a young man with primary pulmonary hypertension whom I had treated with homeopathy (“Diagnosis: Fatal heart disease; How one outdoor enthusiast got his life back”). I regret that I misrepresented, by way of omission, the complex medical situation and treatment of this patient. I neglected to note that at the same time I was treating the patient with homeopathy, the patient continued to be treated by the naturopathic cardiac specialist, who had referred the patient to me in order to add homeopathic treatment to the patient’s regimen. This concurrent cardiac treatment included the prescription anticoagulant drug Coumadin, used for the patient’s tendency to produce blood clots (which may have been a cause of his condition), as well as nutrient-containing IV-therapies (which may well have lowered the pressure in the patient’s right ventricle). I must also mention that this physician, who is still treating the patient, has informed me that the patient remains on small doses of Coumadin as well as occasional doses of Spironolactone, a “potassium sparing” diuretic, and that he continues to be doing well.

I think all this is important to know because I believe the article may have given the impression that homeopathy alone was what helped the patient. Of course, it is impossible to know with assuredness, how much each of the therapies used—homeopathy, conventional medications, or naturopathic therapies—contributed to the patient’s improvement. I sincerely believe, however, that each of these therapies played a part, and, in fact, I think this case is a wonderful example of the benefits of co-management of patients with such serious life-threatening illness.

Lastly, I want to emphasize that if homeopathy is to be used to treat any serious condition, such as primary pulmonary hypertension, it should only be done under close medical supervision, as it was in this case; anything less, would be foolish, irresponsible, and dangerous.

Stephen A. Messer, ND, DHANP

Professor and Dolisos Chair of Homeopathic Medicine  
 Director, Division of Naturopathic Therapeutics  
 Southwest College of Naturopathic Medicine and Health Sciences  
 Tempe, AZ



**Invitation to volunteer in Kenya**

Dear editor,

Please publicize this to all homeopaths and senior homeopathic students.

Abha Light is a unique program popularizing homeopathy and other alternative medicine in East Africa. Since there is practically no homeopathy (except among the self-contained upper classes) in Kenya/East Africa, that means building an infrastructure from A to Z.

Abha Light is inviting *you* to come to Kenya for 2–6 months and lend a hand in this remarkable work. Although people can volunteer for 4–6 weeks, the impact is not quite as effective since it takes 2+ weeks just to adapt to conditions. Still, if someone wants to

make a short visit, we don’t turn away anyone.

What do we need help with? Training homeopaths, helping trainees to open new clinics, providing service through mobile clinics, developing the pharmacy, and more.

Who do we especially need? Someone who would like to focus on teaching homeopathy/medical sciences for 2–6 months. In 2005, we will have two classes of students, and we still don’t have the qualified personnel to handle that much work. Since teaching is not full time, there is also an opportunity to do other work such as helping in the clinics.

Abha Light doesn’t need professorial erudite scholars—though they are welcome too! Anyone who has a penchant for teaching, knows more than the students, and wants to pioneer in a fledgling college is welcome.

While Abha Light cannot pay anyone in full, we can give some very bare bones support to anyone who wants to come for an extended period and focus on developing the training program into a full-fledged college. You would still be bearing many costs. This is not a “job” in the ordinary sense. Abha Light is not looking for jobseekers, but volunteers.

We also need people who want to work in the Mobile and Permanent Clinics. These are the training grounds for supervised clinical experience of the students. They also give *you* a chance to give service to suffering and impoverished humanity and see how homeopathy works in these conditions. Those who come to work in the clinics are also welcome to teach a few classes.

For more information about volunteer opportunities and to view the application form, please see our website, [www.abhalight.org](http://www.abhalight.org).

Sincerely,  
 Didi Ananda Ruchira  
 Director,  
 Abha Light

*Abha Light’s work in Africa was featured in the July/August 2003 issue of Homeopathy Today, which members may access at the NCH website, [www.homeopathic.org](http://www.homeopathic.org)—Ed.*

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January 11, 2005: Lou Klein,  
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February 8, 2005: Paul Herscu, ND,  
DHANP

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## Drills in Prescribing

from Some Clinical Experiences by Erastus Case, MD (1847-1918)  
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The leading symptom in the study is *italicized*. The remedy that cured will  
be found on page 39.

**Dull frontal headache in morning, relieved by moving about.**

Twitching of right eyelids.

**Borborygmi in central abdomen, relieved after eating.**

***Stools fluid, yellow, hurried, painless; no known exciting cause.***

**Cold foot sweat.**

**Itching pimples scattered over body and extremities.**

If you cannot find the *italicized* symptom above in your repertory, or if  
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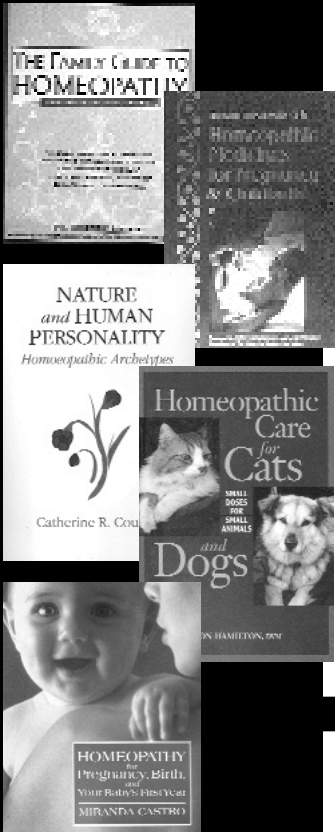
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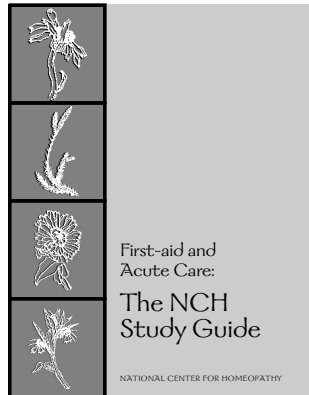
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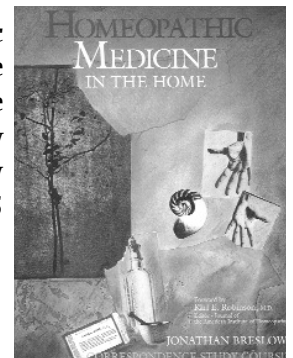
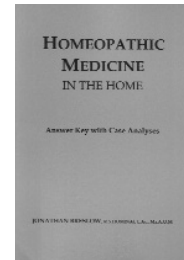
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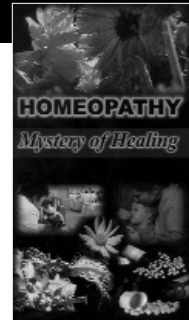


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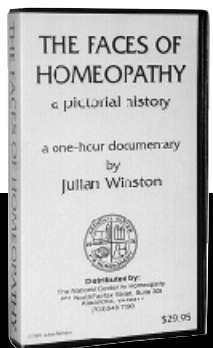
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# Homeopathic Family Medicine: Safe, Effective Primary Health Care

NCH Annual Conference • Orlando • April 6–12, 2005  
Celebrate Hahnemann's 250th Birthday!

by Dana Ullman, MPH

JOIN US IN SUNNY, FUN-FILLED ORLANDO, Florida, next April for the 31st Annual Conference of the National Center for Homeopathy! Coinciding with World Homeopathy Awareness Week and the 250th birthday of homeopathy's founder, Samuel Hahnemann, MD, the conference will include many new and special features.

Because so many of our members have requested courses on casetaking and case analysis, we've asked two experts to teach special workshops on these subjects. Miranda Castro's background in humanistic psychotherapy and supervision, along with her strong interpersonal skills make her an ideal teacher for a one-day casetaking workshop on Friday April 8—the Art and Heart of Casetaking: Techniques for Improving Your Interview Skills. Vega Rozenberg's brilliance and his vast knowledge of materia medica and repertory make him a great teacher for a two-day case analysis workshop, Monday and Tuesday, April 11–12—Creative Case Analysis Strategies: Making Difficult Cases Easier.

Whether you are new to homeopathy or are an experienced homeopath, this year's conference has something for you. In addition to the above workshops, we are pleased to offer two of the most popular courses from the NCH Summer School's core curriculum—available *exclusively* at the Annual Conference in 2005. M.J. Hanafin, CNM, NP, DHom, will travel from England to present Homeopathy and Midwifery I, Wednesday through Friday, April 6–8. On Thursday and Friday, April 7–8, seasoned teachers Stephen A. Messer, ND, DHANP, and William Shevin, MD, DHT, will present Homeopathy 101: Foundations in Homeopathy. Animal caregivers can attend the Monday, April 11 workshop with Arthur Young, DVM—The Core of Quality Homeopathic Veterinary Care.

In addition to these workshops, we have many homeopathic experts giving 75- or 90-minute presentations throughout the weekend. Of special interest will be the keynote talk on Friday night by renowned homeopath A.U. Ramakrishnan, MD, of India—Homeopathy for Menopause and Osteoporosis. Now that new research has shown the real dangers of conventional hormone replacement treatment, it is important to know what homeopathy has to offer women before, during, and after menopause.

As in previous years, there will be *two* concurrent tracks of presentations at the weekend conference: a general track and an advanced track. The general presentations will include:

- John Lunstroth, a lawyer with a long-time passion for homeopathy, who will talk about Hahnemann's *Organon*
- Ann Jerome Croce, NCH Board member, homeopath, and seasoned educator, who will speak on how to differentiate between acute and chronic disease and when to self-treat
- Lia Bello, a nurse-homeopath with many years of experience, who will speak on allergy treatment

- Martin Keane, a practitioner known for healing tough-to-treat patients plagued by fatigue
- Amy Lansky and Pierre Fontaine, who will participate in a panel on autism. Amy authored the fabulous book, *Impossible Cure*, which describes her own son's cure of autism with homeopathic medicines; Pierre is a clinician with much experience treating autism patients.
- Ellen Feingold, a pediatrician and specialist in adolescent health who is writing a textbook on family natural medicine, will talk about using homeopathic and natural medicines to treat obesity
- Loretta Butehorn, a homeopath and therapist, will talk about how to recognize and find emotional and mental symptoms in the repertory
- Larry Bernstein, a veterinarian, will talk about how to understand and treat immune-mediated diseases in dogs and cats.

Wow, what an eclectic mix—with many subjects that have never been addressed at an NCH conference!

The advanced conference track will also be magnificent, and will include:

- Todd Hoover, a homeopathic physician, teacher, and a regular contributor to *Homeopathy Today*, who will speak on treating chronic pain. He will also speak on treating Lyme disease.
- A.U. Ramakrishnan, one of India's premier homeopaths specializing in treating the most serious medical conditions, who will speak on treating multiple sclerosis
- Pierre Fontaine, who will speak on the homeopathic treatment of autoimmune diseases such as Crohn's and Lupus
- Robert Stewart, a homeopath with 30 years experience and a special understanding of remedy families, who will speak on animal remedies
- David Warkentin, the creator of *MacRepertory* and *ReferenceWorks* software, who will talk about the mint family of remedies
- Vega Rozenberg, who will talk about his famous "Vega Boxes" and how to use them to improve the speed and accuracy of your prescribing
- Iris Bell and Mary Koithan, who will speak about a fascinating survey they conducted with homeopaths and their patients. Iris is the head of research for Dr. Andrew Weil's Program in Integrative Medicine at the University of Arizona, and Mary is a professor of nursing at the University of Nevada.

The NCH Annual Conference is a wonderful opportunity to hear and meet some of America's leading homeopaths. Please join the homeopathic community for *the* event of the year.

For further details about the conference, see the back cover of this issue or go to [www.homeopathic.org](http://www.homeopathic.org).





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## FAQs

### Is it safe for a pregnant woman to take a homeopathic remedy?

All homeopathic remedies of 6X potency or higher are safe for anyone, including both mother and fetus. In fact, this is probably the only truly safe medicinal therapy that exists for use in pregnancy.

Pregnancy is a dynamic state in which great changes take place in a short period of time. Perhaps it is this dynamism that, in my experience, makes pregnant women very responsive to homeopathic medicines. Not only can chronic problems of the mother be addressed, but problems related to pregnancy can also resolve.

### Can homeopathic remedies be used during labor and childbirth?

Homeopathy is safe during labor and childbirth. Many midwives and physicians throughout the world use homeopathic remedies exclusively, with great success, in managing all kinds of labor-related problems. I have seen breech babies turn, premature contractions stop, vomiting of pregnancy resolve, and many other changes in pregnant women treated homeopathically. I have seen women who were experiencing painful labors calm down after a few homeopathic pellets melted under their tongue. They said it wasn't like a drug-induced state, but that after the homeopathic remedy, they could tolerate the pain and weren't so irritable.

### Is it safe to give homeopathic remedies to children?

Homeopathy is safe for all ages, from newborn to old age. Children respond well to homeopathy. Children, like pregnant women, are in a dynamic, changing state, which is probably why they respond so well to homeopathic remedies. I have known many children raised in homeopathic households who have grown up never having taken an antibiotic.

### How should parents go about treating common childhood illnesses?

Parents must learn to trust the wisdom of the body. For example, fevers are a response to disease, not diseases in themselves. It is not necessary or desirable to suppress most fevers. Instead, it is a good idea to know what is causing the fever (have the disease diagnosed), but then to treat the patient homeopathically. For the vast majority of childhood illnesses associated with fevers, the patient can be treated homeopathically with confidence.

There are a few illnesses where homeopathic practitioners recommend conventional treatment. These are life-threatening illnesses, often requiring hospitalization, where conventional care yields good results (e.g., bacterial spinal meningitis). Most common problems that are routinely treated with conventional medications, however, can be treated easily with homeopathy. Ear infections, for example, rarely need antibiotics.

Children with emotional and behavioral problems often respond dramatically to homeopathic care. In fact, most of the time, the first change a homeopathic practitioner looks for in children is a positive change in behavior, even though their main complaint may be something completely different.

### Do I have to go to a homeopath or can I treat common conditions myself?

Family members with common complaints such as

coughs, colds, diarrhea, and vomiting can often be successfully treated with minimal training. However, treating patients with chronic, often lifelong, illnesses requires years of training and experience to get good results. (Persons undergoing treatment from a practitioner must not take other homeopathic remedies without first consulting their practitioner.)

Using homeopathic home-health kits is a time-honored tradition. These kits contain thirty to fifty commonly indicated remedies and a few lotions, and are often accompanied by instructional books. The warning signs of more serious medical conditions are usually presented in the various introductory books. Many cities have classes in homeopathy, often oriented towards home care. [NCH Affiliated Study Groups are good sources of education. You can find them on the NCH website, [www.homeopathic.org](http://www.homeopathic.org).]

Through practice and experience, home prescribers will improve their skills. Remember that it is not necessary to treat every little ache and pain of life. Trust the body's ability to heal itself. Even very healthy people get occasional colds and other minor problems. 🍃

## 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.

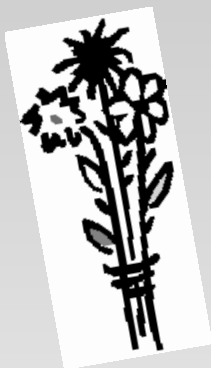
**simillimum:** The “most similar” remedy corresponding to a case; the remedy that most closely matches the totality of the symptoms of the patient, and therefore, is curative according to homeopathic principles.

**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, RSHom(NA), CCH, and *Yasgur's Homeopathic Dictionary and Holistic Health Reference*, by Jay Yasgur, RPh, MSc.

These answers were taken from the book: *Homeopathy, Beyond Flat Earth Medicine: An Essential Guide for the Homeopathic Patient*, by Timothy R. Dooley, ND, MD. The complete text can be read online at [www.beyondflatearth.com](http://www.beyondflatearth.com).



**Thank You**

**General Contributors**

John G White, Peoria AZ  
 Mary Chambers, Orangevale CA  
 Maria Forster De Januzys PsyD,  
 Morgan Hill CA  
 Genevieve Lucas RN,  
 San Marino CA  
 Marcia Nunnery, Pasadena CA  
 Steven I Subotnick DPM DC,  
 San Leandro CA  
 Josephine McCann, Mystic CT  
 Lori A Segall, North Palm Beach FL  
 Lucy Yarhi, Brooksville FL  
 Norma Eisenberg, Andover MA  
 Anna Strong RN, DiHom,  
 Farmington Hills MI  
 Josee Bourbeau MD, Gorham NH  
 David J Shuch DDS, Augusta NJ  
 John A Short DDS MSc,  
 Rio Rancho NM  
 Anne Marie Minicucci CHom,  
 Sag Harbor NY  
 Robin L Fajnsztajn, Corvallis OR  
 Peggy Hughes, Darlington PA  
 Caroline C. Maryan, Houston TX  
 Gerry Veeder, Denton TX  
 Kyron K Weed, Longview TX  
 Karen Allen RC RSHom(NA) CCH,  
 Seattle WA

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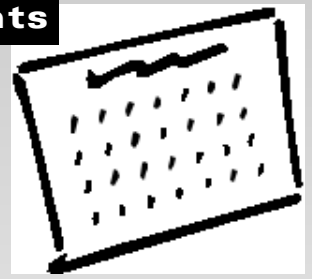

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Homeopathy is based on the principle that “like cures like.” That is, if a substance can cause symptoms in a healthy person, then it can stimulate self-healing of similar symptoms in a sick person. Suppose a person has hay fever, with watery eyes and 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. Suppose a person can’t sleep because of agitation or an overactive mind. Instead of giving a conventional “sleeping pill,” a homeopath might give *Coffea*—a homeopathic preparation of coffee.



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This principle of similars was developed into a system of medicine called homeopathy (meaning “similar suffering”) by the German physician Samuel Hahnemann in the late 1700s, but the concept dates back to the time of Hippocrates. 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.

Homeopathy treats the whole person—physical, mental, emotional—and treats each person individually. For example, a homeopath treating a cold sufferer does not presume that all colds are alike, but instead asks about the person’s unique symptoms: Is the person chilly or flushed? Is the nose running or stuffed up? Did the cold come on after stress, anger, or loss of sleep? The homeopath tries to get a complete picture of the person’s individual experience of the cold. Then the homeopath chooses a homeopathic medicine that best matches this person’s unique set of symptoms.

There are no known or suspected contraindications or drug interactions between homeopathic and conventional medicines. Most homeopathic medicines are available over-the-counter. Consumers can learn to treat simple, self-limiting conditions safely at home, but serious conditions should be treated by a professional. Many veterinarians and animal caretakers get good results using homeopathic medicines for animals.