



Foundations of Homeopathy

Vital Gathering 3 – Oct 12-13, 2018
Eli Camp, ND, DHANP & Aviva Wertkin, ND

Homeopathic Journey

Whenever you learn from someone, it is important to understand the perspective from which they teach. Why a person offers you information and what a person hopes to accomplish with the transmission of that information is of the utmost importance to your learning. If they are selling you something, then you are likely not getting the whole story. For example, consider those marketing gurus who teach you how to build a mailing list! Well, you get part of the story, some useful information, but to really apply the concepts they teach, you must often buy a system or program.

So, today, and always, my “Why” for teaching homeopathy is simple – homeopathy works and I believe every human on the planet deserves (needs) a remedy. Often more than one. My goal? What do I hope to accomplish? I am teaching you today because I want all Naturopathic Doctors using homeopathy with every patient in their practice.

I started out as a MD, PhD track student. I earned a Bachelors in Botany and Zoology, was pre-med, published research as an undergraduate on scorpions (awesome navigators, although they are essentially “blind”) and I earned very high MCAT scores which led to my choice in medical schools. But what was in the stars, and too long of a journey to completely tell now, was Naturopathic Medicine and in particular, homeopathy. Which, as a student of science, may seem completely at odds, but when presented with the evidence, Naturopathy and one of its most amazing tools, homeopathy, was the only logical choice. So off to Southwest College I went. Along with many other factors, one of the reasons I chose this school was because of Drs. Stephen Messer and Thomas Kruzel, both accomplished homeopaths. I wanted to learn from them. Unfortunately, shortly after I started at Southwest, Dr. Kruzel reluctantly parted ways with the school and it would be 12 long years before I had the chance to learn from him.

To learn as much homeopathy as I could in the 4 short years I had, I sat in on extra shifts, without credit, so I could see and study patients and learn how to prescribe and manage cases over time. I took extra seminars, read every book I could get my hands on, convinced all my classmates, anyone I could find really, to let me take their case – in fact, I think I took over 75% of my classmate’s cases.

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I studied with, and continue to learn from many different people including:

- ⊕ Stephen Messer, ND, DHANP
- ⊕ Thomas Kruzel, ND
- ⊕ Andre Saine, ND
- ⊕ Amy Rothenberg, ND
- ⊕ Paul Herscu, ND
- ⊕ Francisco Eizyaga, MD, PhD
- ⊕ George Vithoukias
- ⊕ Jared Zeff, ND, LAc
- ⊕ James Sensenig, ND
- ⊕ Letitia Dick, ND
- ⊕ Holly Castle, ND
- ⊕ Joe Kellerstein, ND
- ⊕ George Dimitriadis, BSc, DHom(Syd),
DHomMCCH(Eng), FHom(UK), GHIH(Syd)
- ⊕ Gregory Pais, ND, DHANP
- ⊕ And so many more!

Incorporating Homeopathy into Your Practice

There are many ways to practice homeopathy. You have those homeopaths who use no modalities other than homeopathy, never combine remedies, wait for a really long time to make a change to a prescription and firmly believe that just about anything can antidote the action of a remedy.

On the other side of the spectrum you have folks practicing what is fondly referred to as imaginopathy. They use no concrete teachings or proven tools of the trade, and their success rate is fairly low.

Then we come to the large category of various other types of homeopaths, and to which I belong, NDs who practice naturopathic medicine and in the course of that practice uses homeopathy. Some of us use it more often and to a deeper level, others use it often, perhaps even with a majority of patients, but are guided more by keynotes for prescribing.

When you start down the path of learning homeopathy it can be daunting, seem undoable, or may even appear that it will take your entire life to understand it well enough to use it with success. None of that is true. Case in point: my 10 and 9-year old kiddos are already practicing homeopathy, but more on that

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later. The most important thing I can convey to you today is that homeopathy is one of the most powerful and deep acting modalities we have as NDs and we should all be using it.

This brings us to a few important concepts that I would like to share with you today. Someone in first grade can recognize what remedy a person needs. Knowing where to go from there, to take someone to cure, requires not only medical knowledge but also training in and study of homeopathy.

I believe that after the next 1.5 hours partnered with the last presentation of the day on case management, you will be ready to start using homeopathy with every patient. And if you are already using homeopathy, even if you have been for 10, 20, 30 or more years, thank you for your patience and spending this time with me as I go over things of which you may already be aware.

For those who are just incorporating homeopathy, I would like to jump-start you on that path today so Monday, or Tuesday, or whenever you are back with patients, you can give every single person a remedy along with whatever additional interventions you typically recommend to restore balance to their *Vis* and help them on their journey to health.

The Observable

Mechanism of Action

Conventionally, the term “Mechanism of Action” is used to explain exactly how something works. Like with many drugs, therapies, herbs and supplements, we do not yet know the mechanism of action of homeopathic remedies. We have clues and theories and we have clinical observations, but we do not actually know how.

What we do know is that a properly, and in many cases, an almost properly prescribed remedy works. Sometimes it works really well and all the symptoms resolve. Sometimes it works moderately well and

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most of the symptoms clear up, although they may return. Sometimes it works only a little, or for a very short period.

We also know that a poorly prescribed remedy does little or nothing. Unfortunately, this often results in a conclusion on the part of the doctor and / or the patient that homeopathy itself does not work. This last scenario is usually either due to a poor prescription because there was not enough information gathered, the case or remedy was defective or there are mitigating factors such as stressors, medications, or something else. This is a topic we will go over in the last presentation of today.

Keep in mind, when someone asks you how homeopathy works, they are usually not asking for the mechanism of action. They are really asking, “What is it going to do to me?” More specifically they are asking, “How is this going to help me feel better?” So, if your answer to, “How does it work?”, is, “We don’t know.”, then you have just created an entire bucket of worms for yourself. If, however, you answer the question they are really asking, you have set up a win-win situation for everyone. The answer? *Homeopathy stimulates the healing ability of the body.*

Observation: As I mentioned, while we cannot observe the mechanism of action of a homeopathic remedy, we can observe the consequence of homeopathic treatment, people get better.

Primary vs Secondary Response

There is a universal principle, law if you will, that we can observe when it comes to how the human body reacts to something, anything. This is called the primary and secondary response, and as you might suspect, when treating homeopathically we see a completely opposite reaction than we do when

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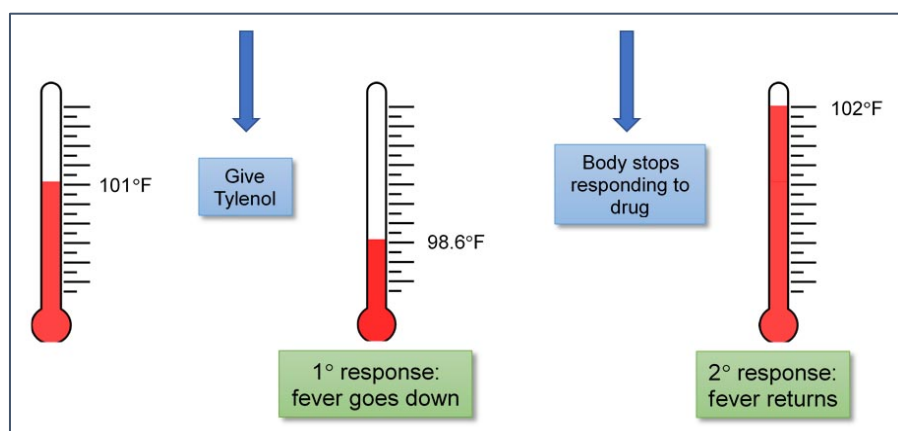
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treating allopathically. It is critical for you to understand this pattern, but it is even more important that you understand it clearly enough to educate your patients about what to expect.

For the sake of today's talk, I am going to focus on the 1° and 2° response after a substance, i.e. drug or potentized substance, has been introduced to the body.

- 🌐 1° Response – the action the substance stimulates within the body
- 🌐 2° Response – the subsequent reaction of the body to the 1° response

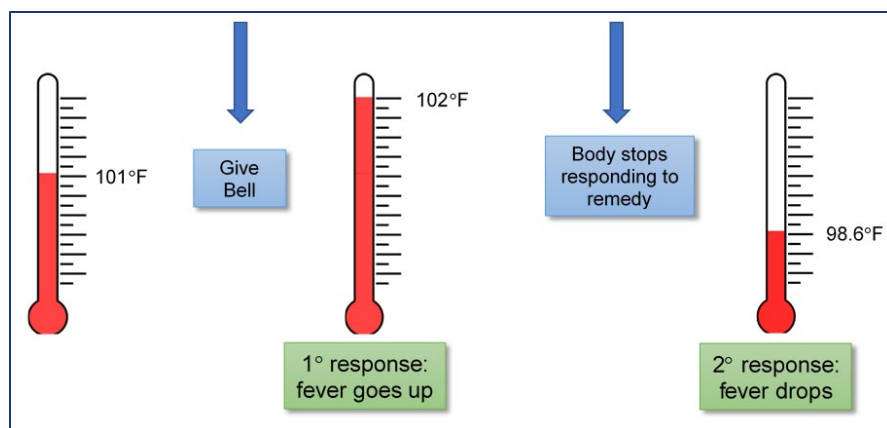


- Person has a fever
- One dose of a medication designed to artificially lower the temperature is given to the person
- Temperature goes down
- Medication wears off and the body takes over, responds in the opposite direction which is to RAISE the temperature, often to a level even higher than the original fever
- Medication cannot be discontinued and has to be given to maintain lower temp

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- A person has a fever
- A remedy is chosen
- One dose is given
- The temperature rises after the medicine is taken
- The body takes over, responds in the opposite direction which is to LOWER the temperature to normal

Have you ever heard the phrase, “The person often gets worse before they get better?” Here it is, this is one way to understand why this happens, at least in homeopathy. Because in general, we see regardless of the modality used, the person often gets worse before they get better. This is not a belief unique to naturopaths, this is a universally observable phenomenon. I find it interesting that pharmacists are taught this, albeit under the label of “side effect” rather than as primary and secondary response. MDs and DOs are no longer taught this at all

How does this influence what you tell your patients? You need to explain to them what MIGHT and is EXPECTED to happen when they take a remedy. The primary response when dosing homeopathy, especially in an acute situation, may not be noticed by doctor or patient. It is not that it does not happen, it just may not be significant enough to notice. But it can be quite significant. Most people are accustomed to taking a medicine and seeing the symptom decrease straight away. So, if they understand what is expected to happen with a homeopathic remedy, then they won’t freak out and take Tylenol when the temperature actually goes up at first!

Remember, homeopathy is based on the concept of like cures like. In this example, Belladonna, given to a healthy person can cause fever-like symptoms, and in fact, this is one of the symptoms reported about

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Belladonna in the provings. It is how we know that this is a remedy that can cause a fever, albeit a specific type of fever, and why when someone who has a Belladonna fever takes Belladonna we see a resolution of symptoms – the body is stimulated in the appropriate way for the self-healing mechanism of the body to do what it does best!

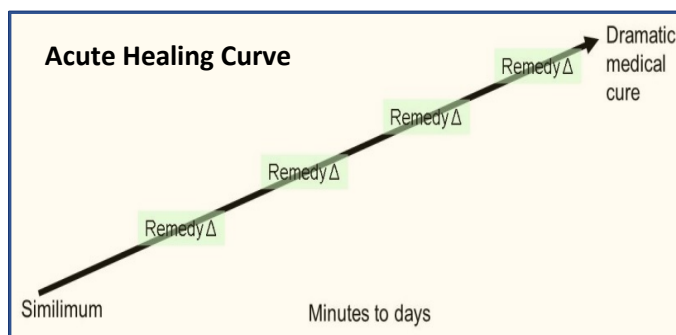
Observation: We can observe the primary and secondary response in a person when they have been given the appropriate remedy.

Healing Curve: Acute

Healing, regardless of the modality used, follows a pattern, a “Healing Curve”. There are a number of different healing curves we see within homeopathic treatment. By learning what these patterns look like you will have an advantage in knowing how quickly you can expect your patient to heal from an acute or lesional illness. Acute and chronic illness follow different healing curves.

The recovery rate, when we are talking acute illness, depends on a number of factors including the initial prescription, when the remedy was started, follow-ups and remedy changes, the patient’s vital force and other treatments being used.

You may need to dose every 15 minutes, every hour or sometimes every four or five hours. Sometimes, a single dose of the remedy is enough to clear the acute illness. Sometimes you must change the strength of the remedy. And other times you may need to choose a different remedy and this varies from one to multiple.



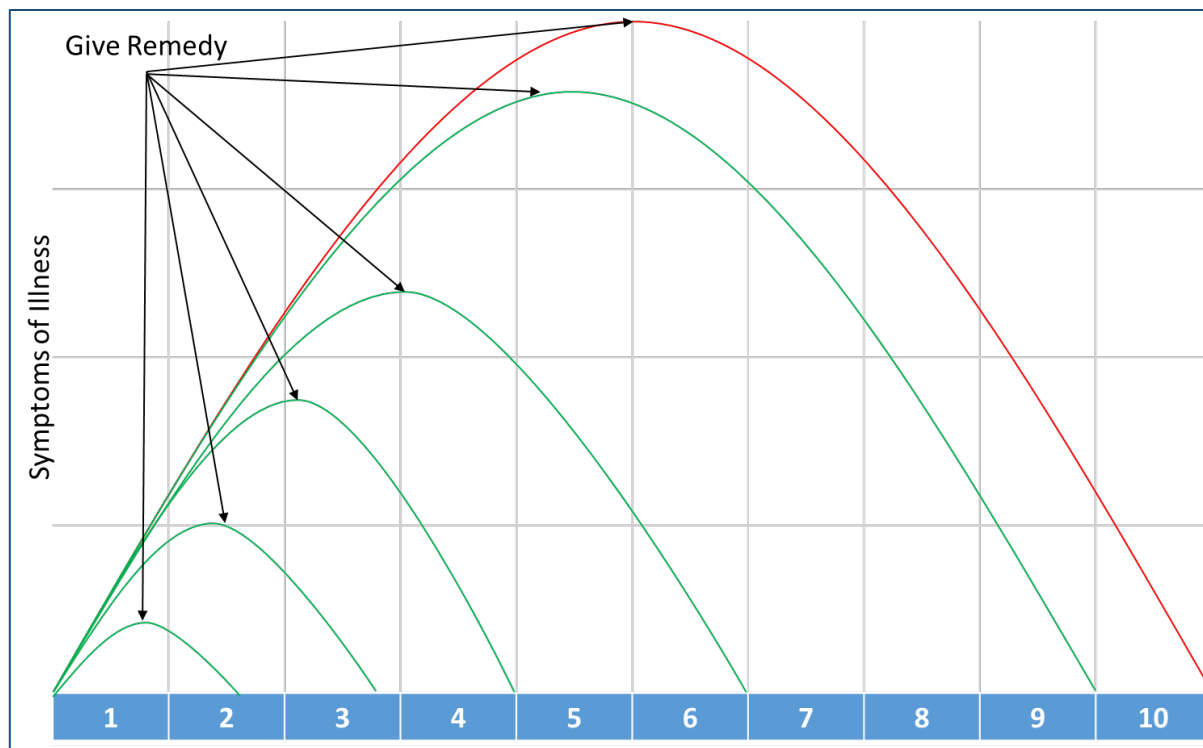
As you can see, it’s a very specific pattern. It’s a relatively straight line from start to cure.

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Assuming you have chosen the closest / best remedy, the timeframe in which you start the remedy can make an incredible difference in recovery rate. Every illness has a fairly typical lifetime, which can vary by patient, patient health, types of interventions, but in general, in a relatively healthy individual, there is a time frame. For example, a cold will last about 7-10 days and in this example, I use 10 days. The peak of the cold happens at about 5 days, at the top of the curve.



You can see the earlier you give the remedy, the more quickly the condition resolves. If you give it at or after the peak, by itself, homeopathy does not necessarily abort the illness or quicken the recovery time. This pattern is why I ask my patients to call me within 24 hours of acute illness.

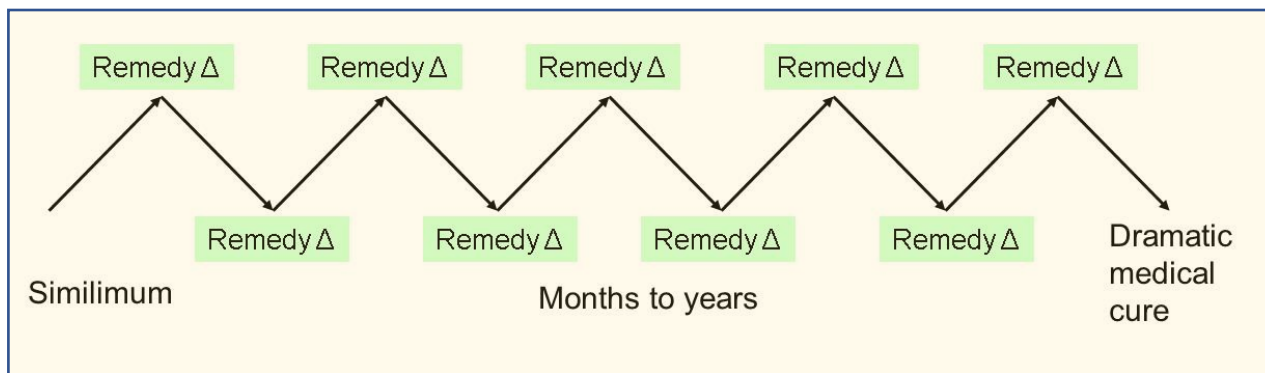
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Healing Curve: Chronic

The pattern of healing for chronic illness looks very different. I have seen chronic disease follow the acute healing pattern, but that is the rare exception. Again, the Simillimum is the most similar remedy and the difference is this can take from months to years. There is a very specific pattern where they get better and a little worse, they get better, and then a little worse, they go up and they go down.



You still can end in a very dramatic medical cure, but the time it takes can vary. Often, the time it takes depends on many of the same things the acute healing curve depends on such as prescription and subsequent remedies used, follow-ups, patient's vital force, additional treatments in play, whether it is simple or complex (suppressed) illness. Perhaps, most important, is whether you addressed the cause of illness for that specific patient.

As with acute treatment, remedy dosing and changes can vary.

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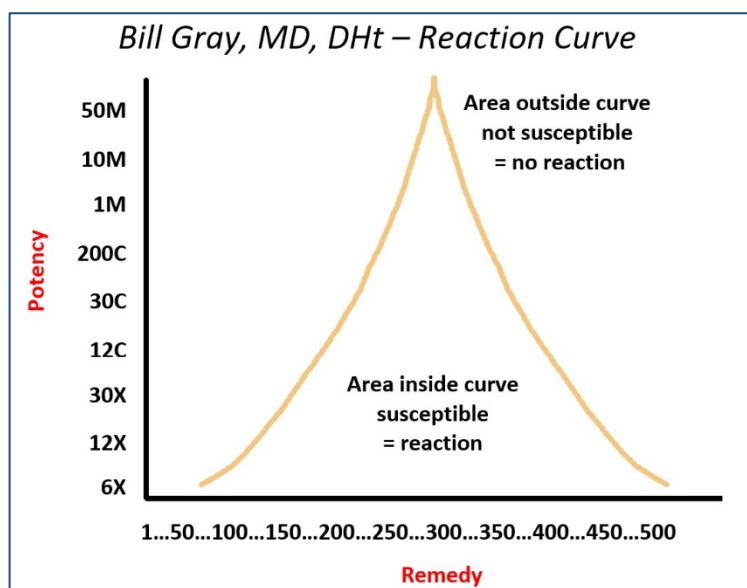
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Bill Gray, MD, DHT – Reaction Curve

If you have practiced homeopathy for years, or you are just getting started, you likely have seen many different kinds of reactions.

So, why do some patients exhibit a spontaneous overnight cure? Why do some patients seem to react to multiple remedies? How about those patients that react to a remedy at 30C but not 200C, even though the case or symptoms seem to be covered so well by that remedy? How about those patients where you see absolutely no reaction at all? Why? Is the explanation that sometimes homeopathy mysteriously works and sometimes it doesn't? No, there is actually a reason why all of these patterns can be seen.

This is the normal reaction curve theorized by Bill Gray, MD, DHT. The yellow line is the normal reaction curve. The area that is outside the curve, i.e. outside the yellow line, indicates no reaction to the remedy. The area inside the curve indicates a reaction will occur. The remedy potencies are shown on the Y-axis while the X-axis represents all the known remedies of the Materia Medica. In this model, the remedies are aligned on the X-axis in relation to their degree of similarity (i.e. remedies 299 and 300 are very similar).

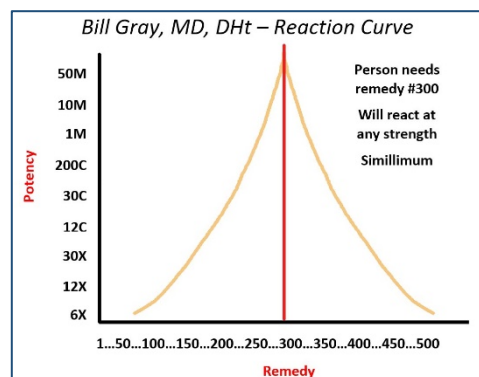


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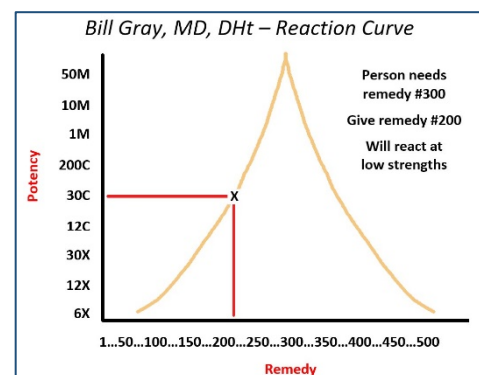
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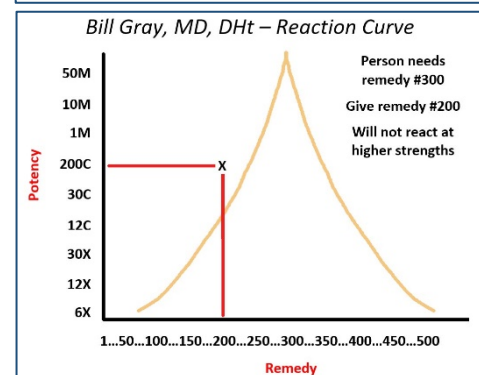
Let's say a patient needs remedy 300 so we give remedy 300. It doesn't matter what strength of remedy 300 we use, they are going to react to it. At every potency, the reaction falls within the reaction curve. And you see this in practice as a repeated reaction every time you increase the strength of a remedy, the patient reacts.



However, let's say they need remedy 300 but we give them remedy 200. They will react to it at the low potencies, 6X, 12X, 3C, 6C, 12C, 30C, because it is a similar enough remedy and falls under the reaction curve. However, if we give it to them at 200c, it's outside the reaction curve and they won't react. This means that at the lower potencies there is a larger margin for error. As you move to the higher potencies, you will have better success with more accurate prescriptions.



Naturally, if you give a remedy which does not cover the case, they will not react at any strength.



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Posology

Posology, comes from the Greek words, posos (how much) and logia, the plural of logion (communications of divine origin). Today it is defined as the part of medicine concerned with dosage. In homeopathy, posology refers to:

- ⊗ remedy choice
- ⊗ strength (dilution)
- ⊗ quantity of dose
- ⊗ frequency of dose
- ⊗ delivery method: medicated pellets, liquid or via olfaction and
- ⊗ change of remedy, dilution, quantity or frequency (covered in case management)

Remedy Choice

The remedy that most closely matches the presenting symptoms is chosen. This becomes easier over time and with materia medica study – particularly of the major drug pictures of each of the remedies. But it starts with understanding how to get a good case which we will cover near the end of this lecture and in the next two lectures of the day. For first aid situations, there is a materia medica included with your notes that covers the most common ailments.

Sometimes the remedy you choose is based on what you have on hand. You may know it is not the best remedy, but you simply do not have the one you need on hand. In acute and first aid situations, you do not have the luxury of time to wait for an order to come in. But at 30C, there are a number of different remedies that can work. For chronic illness, the more specific you can be with the remedy, the better your results will be.

It is worth building a basic homeopathic medicinalary to have on hand.

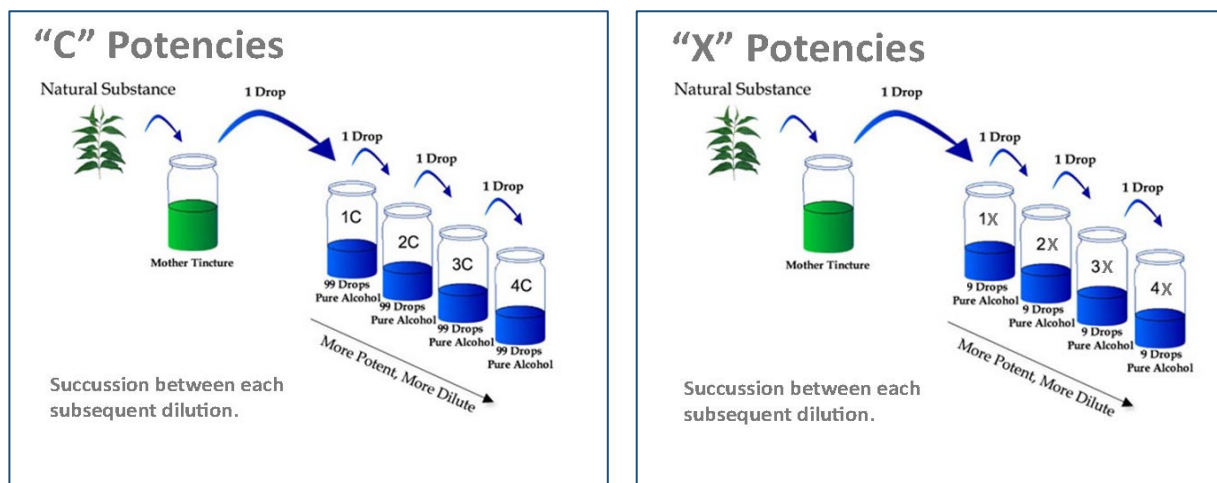
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Dilutions

As a reminder, here is the dilution process and the scale of the different potencies.



The three main dilutions in homeopathy are:

- ⊗ Decimal – this is a 1:10 dilution ratio and is designated with an X. This means that we take 1-part of a full-strength “mother tincture” and 9 parts of a dilutant such as wine or alcohol. We succuss this and have a 1X remedy. To get a 2X remedy, we would take 1 part of the 1X and mix it with 9 parts of our dilutant, succuss it and now we have a 2X. Each time we potentize (dilute and succuss), we add a number before the X. Common decimal strengths that are currently used are 3X, 6X and 30X.
- ⊗ Centesimal – this is a 1:100 dilution ratio, 1-part mother tincture and 99 parts dilutant. We use a C, the Roman number for 100, until we reach 999C. At that point we switch to the letter M which is the Roman numeral for 1,000. We could write 1,000C but as a short-hand method it is written as 1M. The common strengths used today are: 3C, 6C, 12C, 30C, 200C, 1M, 10M, 50M,

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CM, MM and DM. You may sometimes see old packaging that used CH or CK instead of C. The H indicates that the medicine was prepared according to the Hahnemann method and K the Korsakovian Method.

- ⊕ 50 Millesimal – this is a 1:50,000 dilution and is noted with either a LM or a Q. These letters are interchangeable and mean the exact same thing. So, a substance that is prepared with 1 part of the mother tincture and 50,000 parts of the dilutant and succussed is labeled a LM1 or 1Q.
- ⊕ Note: If a substance is not water soluble (wine/alcohol soluble) such as gold, trituration is required. The substance is powdered with a mortar and pestle with 1:100 lactose powder. No succussion is performed at this time. Trituration is repeated 3 times after which point all substances have been found to be now soluble in alcohol. 3 C (CH). Continues as above.

For the science buffs out there, the laws of chemistry state that there is a limit to a dilution that can be made without losing the original substance altogether and is related to Avogadro's number (6.023×10^{23}). This corresponds to potencies of 12C or 24X and higher. That does not mean “information” is not transmitted to the body, but if you are looking for molecules present, those are the limits.

So what strength of the remedy do you start with? Except for cell salts, I rarely use anything other than C or LM dilutions. And for the typical ND using homeopathy, the C potencies are sufficient. I rarely start lower than a 30C or higher than a 200C. It really depends on the person, the condition and whether it is an acute or chronic illness. Here are some guidelines:

- ⊕ Most first aid situations: 30C, 200C
- ⊕ Most acute illnesses: 30C and expect to have to increase to a 200C or a 1M during the course of treatment
- ⊕ Chronic illness: 30C with subsequent increases according to the scale as the case progresses over time.

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Quantity

It honestly does not matter if a person takes 1 or 100 pellets, 5 drops or 1 ounce of a liquid, 1 sniff or a deep breath of an olfactory delivered remedy.

Frequency

Frequency of dose however does matter and is VERY important. We will cover this in the last lecture of the day as it a major part of case management – first aid, acute or chronic.

Delivery Method

I use medicated pellets and liquid dosing. When a patient is extremely sensitive, olfactory dosing may be the best option. Hahnemann, near the end of his career, was exploring the superiority of liquid dosing and my experience in practice is that it does seem to work better in some people, but not always.

Pellets

For pellets, you can purchase pre-medicated pellets from a variety of sources (TxOptions, Washington Homeopathic, Helios, Hahnemann Labs, Boiron, etc) or you can purchase the medicating liquids, pellets, amber vials, labels and dispense yourself. Dispensing from medicating liquids gives you a lot of flexibility in many, many ways.

For example, let's say you are working with a child who has a high temperature and you are having a hard time telling the difference between Bell and Aconite. Let's say they live far from you, not near a store they can just run in and buy a remedy, and so for practical purposes, you could put a drop of each in a vial. OH NO! Bad Homeopathy! No, not really, just not purist classical homeopathy. That does not mean it is not effective and practical homeopathy. So, what if the Rx has to change from 30C to 200C? How do you know which remedy they reacted to? You don't, but you can create a

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second prescription, with 1 drop of each at 200C and within a couple of days they will likely be better and it won't matter.

This is ok to do with first aid and acute illness not usually with chronic illness. Point is, I can do that because I have liquids to dispense from. The other alternative would be to sell them 1 vial of each, but they end up paying double.

Liquids

Liquid dosing is super easy whether you stock pre-medicated pellets, medicating liquids or the person buys pellets at the local health food store. Basically, all that is needed is a glass container with a lid and a couple of ounces of water. If you are working with pellets, one simply succusses the container, take 3-5 pellets and crush them into powder, add to 1-2 ounces of water, dose 1 teaspoon at a time (succussing before each dose) and store in the fridge for up to a week. If working with medicating liquids, the only difference is a drop or two of the medicating liquid is used instead of the crushed pellets.

Olfactory Dosing

This is typically done with a liquid prepared as described above. The person succusses the liquid and then takes a deep nasal breath while holding the open container under their nose.

Topical

There are multiple topical products that should be stocked in every NDs office. And if they are not in your office, you should have handy links to direct people where to buy them. These are included in the acute and first aid materia medica.

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Injectable

There are a number of homeopathic preparations that can be injected for injury, joint problems, remodeling joints of RA or OA, to break down cysts and growths and much more. Outside the scope of this presentation but can be valuable in practice.

Homeoprophylaxis

The use of a potentized substance to introduce information into a biological system with the intent to educate the system to mitigate consequences of contagion exposure. Sounds kind of like what conventional medicine is doing with vaccination! Key differences are in how it is done, what is used (safe potentized substances), and in the information introduced.

Sometimes it is the nosode of the disease, other times it is a remedy known as the genus epidemicus (a remedy used to clear the majority of cases which is then used prophylactically) and sometimes it is a remedy that covers the symptoms of the disease so specifically that it works as a prophylactic, such as Ledum for Tetanus.

The suggested prerequisite session taught by Dr. Kruzel goes into this in much greater depth for childhood illnesses.

Additional applications for homeoprophylaxis include:

- ⊕ Homeopathic Flu – dosed once a month through cold a flu season, combination remedy
- ⊕ Meningitis - nosode Meningococcinum
- ⊕ A variety of conditions, which have associated studies such as Leptospirosis (Cuba study), Malaria (India), Encephalitis (Japan), Chikungunya (India)

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- 🌐 A rich historical record for prophylaxis in conditions such as Cholera, Diphtheria, Poliomyelitis, Scarlet Fever and Smallpox, among others.
www.homeopathycenter.org/news/homeoprophylaxis-human-records-studies-and-trials
- 🌐 List of references in notes

Isopathy

The use of the exact substance that causes an illness as a therapeutic tool for that same illness. While it is not used frequently in treating an already developed condition since classical homeopathy typically yields much better results, there is a time and place for isopathy. For example, when one uses the disease nosode in the course of homeoprophylaxis, one is practicing isopathy.

Aside from homeoprophylaxis, I do not usually practice isopathy to treat developed illness, however I can give you an example when I have used it because that is what the patient appeared to need.

Woman, 57 yo, Dx with a toxic burden of mold. She had been to a significant number of doctors and had been given well prescribed homeopathic remedies, constitutional hydrotherapy, herbal medicine, adrenal support, blood cleansing, hyperbaric oxygen, and so much more. There had been little to no improvement over 18 months. She called me specifically because she wanted to know if I would treat her isopathically. I agreed as I felt it could not do more harm. So, she brought me a sample of the mold she had been exposed to and I created a potentized medicine from it, 30C. She reacted immediately, spectacularly, and I ended up potentizing it for her to 100C, 200C and 1M. After a few doses of the 1M she was cured. I have done this a few other times, but again, when I felt it was what the person needed.

Cell Salts

Developed in the 19th century by Dr. Schüssler who came to the conclusion that many illnesses could be caused by an imbalance of the minerals in cells. Depending on what is going on with the patient in front

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of you, cell salts, in addition to a traditional homeopathic remedy may be indicated. They can be dosed along with any other remedy without disrupting the person's healing response. They can also be used in conjunction with any other healing modality we use.

They are found in strengths of 3X, 6X and 12X but in the chart below are the strengths that Dr. Schüssler suggested as the "standard" strength each would work best within the body.

These can be used individually or in combination. There is also a formulation which includes all 12.

Cell Salts		
No. 1.	Calcium fluoride (Calc fluor) 12X	Connective tissue, skin, joints
No. 2.	Calcium phosphate (Calc phos) 6X	Bones and teeth
No. 3.	Iron phosphate (Ferrum phos) 12X	Immune system
No. 4.	Potassium chloride (Kali mur) 6X	Mucous membranes
No. 5.	Potassium phosphate (Kali phos) 6X	Nervous system
No. 6.	Potassium sulphate (Kali sulph) 6X	Metabolism
No. 7.	Magnesium phosphate (Mag phos) 6X	Muscles
No. 8.	Sodium chloride (Nat mur) 6X	Water regulation
No. 9.	Sodium phosphate (Nat phos) 6X	Metabolism
No. 10.	Sodium sulphate (Nat Sulph) 6X	Purification
No. 11.	Silica 12X	Connective tissue, skin, hair
No. 12.	Calcium sulphate (Calc sulph) 6X	Joints, pus



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The Absolutes of Prescribing

- ④ Choose the remedy that best matches the case
- ④ Pick a strength/potency
- ④ Decide on a frequency
- ④ Have the patient take the remedy
- ④ Follow-up
- ④ Decide how to change dosing, remedy strength or when change the remedy

Must Have Tools

E Camp, ND, DHANP World Cat list – a growing collection of homeopathy tools (books and articles):
<http://www.worldcat.org/profiles/ecampnd/lists/3843780>

HOMÉOPATHE INTERNATIONAL – massive collection of free materia medica, repertories and more. Is worth the 20 Euros Annual Fee. <http://homeoint.org/english/index.htm>

Flowchart by Stephen Messer which we will go over in the last lecture.

My first 4 Books – still use them!

Keynotes and Characteristics with Comparisons of Some of the Leading Remedies of the Materia Medica. HC Allen. ISBN 0722504268

- ④ Access online: <http://www.homeoint.org/books/allkeyn/index.htm>

Leaders in Homeopathic Therapeutics. E.B. Nash. ISBN 8131901475

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Homeopathic Drug Pictures. ML Tyler. ISBN 8170211638

Organon of Medicine. Samuel Hahnemann. ISBN 0963631209

🌐 Download copy at: <https://www.naturopathicmedicineinstitute.org/wp-content/uploads/2016/09/Organon-of-Medicine-6th-Edition.pdf>

🌐 Read free at Google Books

<https://books.google.com/books?id=LyhHAQAAMAAJ&printsec=frontcover&dq=The+Organon+of+Medicine&hl=en&sa=X&ved=0ahUKEwiukeK40Z30AhXi4IMKHafPD5gQ6AEIHjAA#v=onepage&q=The%20Organon%20of%20Medicine&f=false>

Additional books I find helpful

The Guiding Symptoms of our Materia Medica. Constantine Hering. OCLC 6492952

Practical Homeopathic Therapeutics. Dewey. ISBN 9788170212737

Homeopathic Medicine for Children and Infants. Dana Ullman. ISBN 0874776929

Essence of Materia Medica. George Vithoulkas. ISBN 8170211387

The "Genius" of Homeopathic Remedies. S M Gunavante. ISBN 8170216877

Homeopathic Leaders in Pneumonia. Alfred Pulford. OCLC 18684249

The Unvaccinated Child: a treatment guide for parents and caregivers. Eli Camp and Judith Thompson. ISBN 9780999516522

"Sensations As If" A Repertory of Subjective Symptoms. Herbert A Roberts. ISBN 978-8131900086

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Lectures on Homoeopathic Philosophy. James Tyler Kent. ISBN 0913028614

The World Travellers' Manual of Homeopathy. Colin B Lessell. ISBN 0852073305

Kruzel's Books

The Homeopathic Emergency Guide: a quick reference handbook to effective homeopathic care. ISBN 9781556431234

Acute Homeopathic Prescriber: notations on the common remedies. ASIN: B00071H37K

Natural Medicine Pediatric Home Health Advisor. OCLC 861505126

Software Programs

You do not necessarily need to invest in a software program to be a practical homeopathic prescriber. If you are interested in deeper study or specialization, these are invaluable.

🌐 Radar Opus <http://www.radaropus.com/>

🌐 MacRepertory & Reference Works
<http://synergyhomeopathic.com/macrepertory-and-referenceworks/>

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Acute and First Aid Homeopathic Guide

The remedy is listed the first time with the full name and common abbreviation in parentheses. After that it is listed with only the abbreviation. This will help you memorize the abbreviated name as that is what is commonly used in many repertories. In a *Materia Medica*, the full name of the remedy is used.

The other thing that is important to realize is that the list of remedies for each first aid situation is by no means exhaustive. The ones that appear are the most common that are used and can do some good while you look for one that is more specific (if needed). At a low enough strength (6C-30C), many remedies in addition to the *Simillimum* will work in a first aid situation. If the person is responding somewhat but the situation is not completely clearing, then it is likely the remedy is not a close enough match and you will need to go looking for another.

Topical Homeopathics

- ⊗ Traumeel
- ⊗ Arnica gel or cream
- ⊗ Calendula cream or ointment
- ⊗ 7 Cream (Helios): <https://www.helios.co.uk/shop/seven-7-cream-60ml>

Other Homeopathic Preparations

- ⊗ Traumeel tablets
- ⊗ Heel
- ⊗ Unda

Burns

- ⊗ **Arnica (Arn):** This is a valuable first-aid remedy to help reduce pain and swelling and prevent the onset of shock after any injury. Another remedy that is more specific to the burn should be considered after *Arn*.
- ⊗ **Calendula (Calen):** This remedy is very helpful to speed up skin recovery. It is also a powerful skin healer in herb form – often used as a poultice or wash. Stimulates new, healthy skin growth and reduces scarring.
- ⊗ **Cantharis (Canth):** This remedy is indicated for extreme burning pain, when the person is very intense and restless. It is often useful in reducing or preventing blister formation. *Canth* can help with any burn but is most often indicated for severe ones (second or third degree).

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- ⊗ **Causticum (Caust):** If a burn is intensely painful and blisters seem to be forming, this remedy may help to bring relief. The person often feels more sad than restless from the pain. Rawness and soreness may develop in the injured area. *Caust* is also helpful when pain remains in older burns, or when burns have not completely healed.
- ⊗ **Hepar sulphuris calcareum (Hep):** This remedy is helpful for treating very sensitive and painful burns in people who are prone to infection. The person may feel extremely vulnerable and irritable and may have chills or be very sensitive to cold.
- ⊗ **Hypericum (Hyper):** This remedy is often helpful when the pain of a burn is intense and the nerves are extremely sensitive. Along with the usual discomfort of a burn, stabbing or shooting pains may be felt in the injured area.
- ⊗ **Phosphorus (Phos):** This remedy may be useful for the pain of electrical burns, on the way to medical care. (When electrical burns occur, the damaged area may look small on the surface, but can be more extensive underneath; they should always be examined by a doctor.)
- ⊗ **Urtica urens (Urt-u.):** When a burn is mild and the primary symptoms are redness and stinging pain, this remedy often brings relief. It is often useful for sunburn when the pain is prickly and stinging.

Bruising

- ⊗ **Arn:** This is the primary remedy for new, traumatic injuries—including bruises caused by impact with blunt objects (from simple contusions to concussions), early stages of sprains and strains, and bruise-like soreness after muscular exertion (such as physically-taxing work, athletics, or childbirth). The symptoms typically feel worse from touch and motion. *Arn* is also helpful for controlling soreness, bleeding, and tissue-bruising related to surgery and dental work.
- ⊗ **Bellis perennis (Bell-p.):** This remedy is helpful for injuries and bruises, especially those caused by trauma to the trunk or in deeper tissues—for example, internal soreness after an accident or surgery. When a bruised and injured area develops a feeling of stiffness or coldness, *Bell-p.* is strongly indicated. It may also be effective for bruises (in any area) that do not respond to *Arn*.
- ⊗ **Calcarea phosphorica (Calc-p.):** This remedy is often indicated for bone-bruises, as well as other kinds of pain and soreness in the bones, especially when the area feels cold and numb. This remedy is also used when fractures are slow to heal.
- ⊗ **Hyper:** This remedy is best for bruising or crushing injuries to body areas containing many nerves—smashed fingertips and toes, injuries to the spine or genitals, bruising or displacement of the tailbone (from falls or during childbirth), and injuries to the eyeball. Nerve pain after root canals may also be helped with *Hyper*.
- ⊗ **Ledum palustre (Led):** This remedy is indicated when bruises or bruise-type injuries such as sprains and strains become very puffy and swollen, and cold applications such as ice-packs or

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cold soaks bring some relief. Black eyes (which usually meet those two criteria) often respond to *Led*.

- ⊕ **Millefolium (Mill):** This remedy is indicated when bruising is followed by persistent bleeding. It is often useful for nosebleeds after injury, as well as for bleeding in other parts of the body. (Any condition involving serious bleeding should be treated by a physician.)
- ⊕ **Ruta graveolens (Ruta):** This remedy is helpful for bone-bruises when the area is very sensitive to touch. The bone aches and may seem lame, and the person can feel weak. *Ruta* is useful after *Arn* in many injuries affecting the joints and bone-coverings.
- ⊕ **Phos:** This remedy may be indicated when small wounds bleed easily and profusely, or when a person has a tendency to bruise from minor injuries. Tiny red dots may be seen beneath the skin on arms and legs or other areas. (If these have recently appeared or if bleeding is significant, the person should see a physician.)
- ⊕ **Symphytum (Symp):** This remedy is well-known for its healing effect on broken bones, and is also good for bone-bruises. *Symp* is valuable when the eyeball has been injured by a blow from any blunt object—a stick, a rock, a flying ball, etc. (Any injury to the eye should be examined by a doctor.)
- ⊕ **Sulphuricum acidum (Sul-ac.):** When a person feels tired after a bruising injury, this remedy may be indicated. A professional homeopath may consider it for a person who tends toward easy bruising and is extra-sensitive to fumes and environmental toxins.

Insect Bites or Stings

- ⊕ **Aconitum napellus (Acon):** This remedy can be helpful if a person feels fearful or panicked after being stung. Cutting, stabbing, or burning pain may be felt, along with swelling, tingling, or numbness. *Acon* should be used immediately, while symptoms are intense, and can be followed by another remedy, as indicated.
- ⊕ **Apis mellifica (Apis):** If a bite or bee sting causes puffy, tender swelling that is pink or red and hot to the touch, this remedy may be helpful. The area stings and burns, and cold applications bring relief. (If a person is allergic to insect venom, especially bee-stings, *Apis* may help to reduce the swelling of the passages, given as first aid while on the way to emergency medical care.)
- ⊕ **Canth:** This remedy may be indicated if a bite or sting results in intensely burning, scalding pain. The area of inflammation is red, and blisters may develop.
- ⊕ **Carbolicum acidum (Carb-ac.):** This remedy is usually indicated in first-aid situations, while medical help is being sought. The person feels sick and weak, and may have trouble breathing, with a dark or reddish face that looks pale around the mouth.

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- ⊗ **Hyper:** This remedy is known for its soothing effect on injuries to nerve-rich body areas. It is also useful after puncture wounds, including bites and stings. Shooting pains or pains with numbness and tingling often are experienced when *Hyper* is needed.
- ⊗ **Led:** Swelling that extends some distance from the bite, often with a bluish tinge, a feeling of cold and numbness, and aching pain, suggests the use of this remedy. If the swollen part seems cold, but the application of ice or cold water brings relief, *Led* is strongly indicated.
- ⊗ **Urt-u.:** Reddish blotches that burn and itch intensely (like a nettle sting) after insect bites may be relieved with this remedy. It is also a useful remedy for hives that sting and itch.

Indigestion and Gas

- ⊗ **Arsenicum album (Ars):** This remedy may be indicated if a person feels anxious, restless yet exhausted, and is worse from the smell and sight of food. Burning pain is felt in the stomach and esophagus, which often is relieved by warmth and sitting up. Vomiting and diarrhea are possible. Upsets from spoiled food or from eating too much fruit often respond to this remedy.
- ⊗ **Bryonia (Bry):** When this remedy is indicated, the stomach feels heavy, with rising acid and a bitter or sour taste. Pain and nausea are worse from motion of any kind. The person may have a dry mouth and be thirsty for long drinks, which may increase discomfort. *Bry* is strongly suggested if a person is grumpy and wants to stay completely still and not be touched or talked to.
- ⊗ **Carbo vegetabilis (Carb-v.):** Sour belching bringing only small relief, burning pain in the stomach and abdomen, and flatulence after eating may be seen when this remedy is needed. The person feels cold and faint, with a strong desire for fresh or moving air. Digestion may be slow and incomplete, with nausea or cramping.
- ⊗ **Colocynthis (Coloc):** Cutting, cramping pain in the stomach and abdomen, with relief from hard pressure or from doubling over, indicates a need for this remedy. A bitter taste in the mouth, a feeling that the intestines are about to burst, or a sensation that stones are grinding together in the abdomen may be present. Indigestion may be worse when the person feels upset, especially after suppressing anger.
- ⊗ **Lycopodium (Lyc):** This remedy is indicated for many digestive troubles. The person's appetite may be ravenous, but eating even a small amount can cause a feeling of fullness and bloating. Rumbling gas may form in the abdomen, pressing upward and making breathing difficult. The person often has a strong desire for sweets, is sleepy after meals, and feels worst in the late afternoon and evening.
- ⊗ **Natrum carbonicum (Nat-c.):** This remedy can be helpful to mild people who have trouble digesting and assimilating many foods and have to stay on restricted diets. Indigestion, heartburn, and ulcers can occur if offending foods are eaten. Milk or dairy products can lead to

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flatulence or sputtery diarrhea that leaves an empty feeling in the stomach. Cravings for potatoes and sweets are common; also milk, but it makes these people sick, so they have usually learned to avoid it.

- ⊗ **Natrum phosphoricum (Nat-p.):** A sour taste in the mouth, an acid or burning sensation in the stomach, sour vomiting, regurgitated bits of food and a yellow coating on the tongue are all indications for this remedy. The person may have problems after consuming dairy products or too much sugar. Another indication for *Natrum phos* is a craving for fried eggs.
- ⊗ **Nux vomica (Nux-v.):** This remedy is often useful for indigestion, and is especially suited to those who overindulge in stimulants, food, and alcohol. Chilliness, irritability, and sensitivity to odors, sound, and light are often seen. Pain and weight can be felt in the stomach, with cramps or constricting pains. The person often feels an urge to vomit or move the bowels (which may make the person feel better, but is rarely successful).
- ⊗ **Phos:** Burning pain in the stomach that feels better from eating ice cream or other cold, refreshing foods suggests a need for this remedy. The person is usually thirsty for cold drinks, but often feels nauseous or vomits once liquids warm up in the stomach. People needing *Phos* may have a tendency toward easy bleeding and sometimes develop stomach ulcers.
- ⊗ **Pulsatilla (Puls):** Indigestion that is worse from eating rich and fatty foods, with a feeling of a lump or pulsation in the stomach, suggests a need for this remedy. Discomfort often is worse from warmth, especially in a stuffy room, and the person may feel better from gentle walking in open air. A bitter taste in the mouth can take the pleasure out of eating. A person who needs *Puls* usually does not feel thirsty and may be tearful and emotional.

Rashes

- ⊗ **Anacardium orientale (Anac):** This remedy is often helpful for rashes that come from poison oak, or other kinds of contact dermatitis. An intensely itching rash with swelling and fluid-filled blisters may appear. Itching is worse from applying heat or contact with hot water.
- ⊗ **Apis:** When a rash is the result of an allergic reaction and takes the form of hives, or if a rash is very pink and swollen with burning or stinging pain, this remedy may be useful. Discomfort and swelling are relieved by cold applications.
- ⊗ **Belladonna (Bell):** This remedy is useful for conditions with sudden onset that are hot, bright red, and throbbing. Rash may be accompanied by fever.
- ⊗ **Bry:** A bumpy, hot, and dry rash may respond to this remedy. Discomfort may be worse from heat and touch, although applying pressure or lying on the affected side often soothes the itching. If illness accompanies the rash, the person wants to lie completely still and be left alone.

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- ☼ **Calendula (Calen):** This remedy is very helpful to speed up skin recovery. It is also a powerful skin healer in herb form – often used as a poultice or wash. Stimulates new, healthy skin growth and reduces scarring.
- ☼ **Graphites (Graph):** Rashes with eruptions that ooze a sticky golden fluid, then crust over, may be relieved with this remedy. Itching is worse from warmth and worse at night.
- ☼ **Led:** This remedy is indicated for a puffy and swollen rash. Both the swelling and the itching are relieved by cold applications.
- ☼ **Natrum muriaticum (Nat-m.):** This remedy is often helpful to people with chronic rashes at the margin of the scalp or in the bends of the knees and elbows. The skin is oily in most areas, but the rash looks dry and scaly. Itching is often worse from physical exertion and the person may feel worse from being in the sun. *Nat-m.* can also help if hives break out during emotional stress, especially grief or romantic disappointment. A person who needs this remedy often has a tendency toward herpes.
- ☼ **Rhus toxicodendron (Rhus-t.):** A blistering rash that burns and itches intensely, and is much improved by applying heat or bathing in hot water, may be relieved by this remedy. The person usually is very restless, wanting to pace or constantly move around.
- ☼ **Sepia (Sep):** Dry skin with a scaly reddish or brownish rash suggests a need for this remedy. The person may be chilly and better from keeping warm—but getting too warm under covers or clothing, and especially sweating, makes the itching worse.
- ☼ **Sulphur (Sulph):** Red, irritated, itchy, burning rashes that are aggravated by heat and washing may respond to this remedy. The touch of clothing, especially wool, can cause a rash or make it worse. Scratching seems irresistible, but disrupts and irritates the skin. Eruptions may be dry and scaly, or moist and infection-prone.
- ☼ **Urt-u.:** Eruptions that resemble nettle-rash, with blotches that sting and burn intensely, may be soothed by this remedy. Scratching makes the symptoms worse. Applying cold or water may aggravate the condition. Rashes that come out from eating shellfish, from being overheated, or along with rheumatism often bring this remedy to mind.

Teething

- ☼ **Acon:** If teething is very painful, and the baby seems agitated or fearful, this remedy can often bring relief. The baby's face may be flushed, the gums may look inflamed, and sleep can be very restless.
- ☼ **Bell:** Intense inflammation and gum pain, with flushing of the face and a feeling of heat, often indicate a need for this remedy. The baby is restless, easily startled, and may tend to cry out during sleep.

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- ☸ **Calcarea carbonica (Calc-c.):** If teething is late to begin, then slow and difficult, this remedy can be helpful. The baby may seem sad or anxious with the pain, making chewing motions and pressing his gums together, often even while sleeping. Babies who need this remedy are usually chubby, slow to learn to crawl or walk and their heads often sweat during naps or sleep at night.
- ☸ **Calc-p.:** This remedy may be helpful to a child whose teeth are late to come in, with aching in the gums and trouble sleeping. Irritability, picky eating habits, and stomachaches are other indications. A child who needs this remedy often is allergic to many foods and may tend toward early tooth decay.
- ☸ **Chamomilla (Cham):** This remedy is often indicated when a child seems extremely irritable or angry and the pain appears to be unbearable. Babies may feel agitated, scream and hit, and want to be rocked or carried constantly to distract them from the pain. The gums may be so tender that touching them is intolerable — or they may feel better from hard pressure and biting down on something cold. Greenish diarrhea that occurs because of teething stress is another indication for Cham.
- ☸ **Coffea cruda (Coff):** This remedy can be helpful when a child seems excitable and has trouble sleeping because of teething pain. Distressing pain in the gums often is relieved by holding something cold on them.
- ☸ **Ignatia (Ign):** If a child seems very emotional, upset, or sad because of teething, this remedy may bring relief. The baby's sleep may be light and restless, with jerking or twitching in the arms and legs.
- ☸ **Kreosotum (Kreos):** This remedy may be helpful if the child has irritating saliva and severe discomfort during teething. Teeth that decay soon after coming in often indicate a need for Kreos.
- ☸ **Magnesia phosphorica (Mag-p.):** This remedy is often helpful for painful teething, relieved by pressing on the painful area and by heat. The baby may seem happier when drinking something warm from a cup or bottle, or when biting down on an object. A warm washcloth or hot water bottle held against the cheek may also help relieve the pain.
- ☸ **Phytolacca (Phyt):** This remedy may be indicated if a baby with teething pain constantly presses his or her gums together very hard or tries to bite down on anything in reach.
- ☸ **Puls:** A baby who is very tearful during teething and wants to be constantly held and comforted may respond to this remedy. Biting on something cold may help and warmth increases discomfort. Cool food and drinks or being out in open air also bring improvement.
- ☸ **Silicea (also called Silica (Sil):** Slow, difficult teething that makes the baby tired and nervous may be helped by this remedy. Children who need Sil often have fine hair and seem a little delicate, with low resistance to colds or other illnesses.

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- ⊕ **Sulph:** This remedy may be indicated if a reddish irritation or rash develops on the baby’s chin or diaper area during teething episodes. Diarrhea (often whitish) may occur because of stress. The baby is irritable and anxious, feeling worse from being warm.

Strains/Sprains

- ⊕ **Acon:** This remedy can be helpful when a person feels extremely fearful or agitated after being injured. It may help to soothe anxiety and panic and reduce the chance of shock.
- ⊕ **Arn:** This is the major remedy for new traumatic injuries—especially bruises, sprains, and concussions. Symptoms are worse from touch and motion. *Arn* can be helpful for painful bruising and tissue-damage caused by surgery and dental work—given preventively before an anticipated injury, and used to treat the soreness afterward. It is also helpful in preventing shock.
- ⊕ **Bell-p.:** This remedy is useful for injuries to the trunk and deeper tissues—as from falls, car accidents, surgery, etc. —especially if a feeling of stiffness or coldness develops in the injured area. If *Arn* has been given for an injury—especially a strain or bruise—but has not had much effect, *Bell-p.* may be helpful.
- ⊕ **Calc-p.:** This remedy is useful for bone bruises, old or slow-healing fractures, or any injury that leads to soreness in the bones, especially if the area feels cold or numb and improves with warmth. The muscles near the injury may ache or stiffen.
- ⊕ **Calendula:** This is a very helpful remedy for cuts and scrapes or other injuries with broken skin. Potentized *Calendula* can be taken internally, to prevent or combat infection if a cut or scrape becomes inflamed. Herbal calendula can be applied directly to wounds as an ointment, lotion, or diluted tincture.
- ⊕ **Hyper:** This remedy is indicated for injuries to body areas with many nerves, such as fingertips and toes, the genitals, the spine and tailbone, and the eyeballs. Shooting pains, a feeling of “jangled nerves,” and pains mixed with tingling and numbness are strong indications. People with concussions, nerve pain after surgeries and root-canals, or bites and puncture wounds may benefit from *Hyper*.
- ⊕ **Ipecacuanha (Ipec):** This remedy can be helpful as first aid if heavy bleeding occurs after an injury, with a feeling of nausea and weakness. (Emergency care is crucial when serious bleeding occurs; pressure should be applied to a severely bleeding wound, and medical help should be found immediately.)
- ⊕ **Led:** This remedy is indicated for injuries that lead to puffy swelling, especially when ice-packs or cold applications bring relief. Sprained ankles or knees, bashed noses, black eyes, or any kind of bruising injury that is painful and very swollen may respond to *Led*.

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- ⊗ **Mill:** Contusions or sprains that involve small broken blood-vessels and lead to bruise like bleeding beneath the skin suggest the use of this remedy. It is often also useful for nosebleeds after injury, and for bleeding in other parts of the body (for instance, after childbirth or surgery).
- ⊗ **Phos:** When small wounds bleed easily, or a person has a tendency to bruise from minor injuries, this remedy can be helpful. It is also useful for nosebleeds.
- ⊗ **Ruta:** This remedy is helpful for injuries to tendons, joints, and muscles, and has a special affinity to the coverings of the bones (the periosteum). Bone-bruises, barked shins, or any injury that leads to stiffness and aching may respond. *Ruta* is often useful after *Arn* for sprains, pulled muscles, and connective tissue injuries.
- ⊗ **Symp:** This remedy is best known for its healing effect on broken bones, and is also good for bone-bruises. It is valuable if blunt injury occurs to the eyeball (from a rock, a stick, a flying object, etc.) Any injury to the eye or eyeball should be examined by a doctor.

Cuts

- ⊗ **Staphysagria (Staph)** – sharp knife cuts, clean edges, sticking or stabbing pain at incision
- ⊗ **Arn** – bruised-like sensation, jagged edges, inflammation
- ⊗ **Phos** – bright red bleeding, thirst, fears
- ⊗ **Calendula (Calen)**– topically or internally, any type of skin damage

Dental Abscess

- ⊗ **Bell** – initial stages, low swelling, throbbing, redness
- ⊗ **Mercurius (Merc)**– excessive salivation, foul breath, pulsating pain worse at night or when exposed to anything extremely hot or cold
- ⊗ **Hep** – later stages of abscess when pus has formed, tooth hypersensitive to touch and to cold, gums bleed easily
- ⊗ **Sil** – chronic dental abscess, after pus has discharged, can speed resolution of abscess

Grief

- ⊗ **Nat-m.** – old grief, current grief brings up old memories, craving salt, worse in the sun, dwelling on past disagreeable occurrences, wants to be alone, will sob into pillow, very private and much worse from consolation
- ⊗ **Ign** – recent grief, deep hurtful wound, disappointed love, sighing, lump in throat, will fight to keep n tears even when alone, the “funeral” remedy

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Labor

- ⊗ **Caulophyllum (Caul)** – weak uterine muscles, slowly progressing labor, undilated rigid cervix, feeble contractions
- ⊗ **Bell** – extreme nervousness and agitation, deliriousness, general flushing of the face and mucous membranes, hot skin.
- ⊗ **Cimicifuga (Cimic)**– hysterical, frequently sighing, spasmodic pains that seem to fly in different directions, intolerant of the pain

Shock and Fright

- ⊗ **Acon** – sudden shock with intense fear, panic and urgency, overwhelming fear life has been threatened, anxiety after a severe fright
- ⊗ **Arn** – delayed shock when person insists they are well, wants to be alone, may be physical injury with bruising, bleeding or soreness
- ⊗ **Carbo veg** – extreme weakness, sluggishness and exhaustion after a shock, person feels cold, faint but wants fresh air, may see indifference and confusion
- ⊗ **Gelsemium (Gels)** – may see paralysis from fear or grief, after bad news, trembling, weakness and exhaustion accompanied by a sensation of heaviness especially in the head/eyes, wants to be alone, does not want to speak, unsure of what to do
- ⊗ **Stramonium (Stram)**– fear, rage, nightmares, physical or mental complaints following violence or near-death event, worse at night, nightmares often present

Puncture Wounds

- ⊗ **Calendula (Calen):** This remedy is very helpful to speed up skin recovery. It is also a powerful skin healer in herb form – often used as a poultice or wash. Stimulates new, healthy skin growth and reduces scarring.
- ⊗ **Led:** Part punctured cold to the touch, person feels hot but is physically is cold to touch, BETTER from cold applications.
- ⊗ **Hyper:** electric-like pain starting at injury site and shooting upwards, shooting pain.

Fracture

- ⊗ **Symp:** irritating pain at point of fracture. Puncture or blow to eyeball.
- ⊗ **Calc-p.:** Fractures located at sutures or joints of bones

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General Trauma

- ⊗ **Arn:** Sore bruised feeling like having been beaten. Patient is oversensitive to pain. “The bed is too hard.” Sends help away claiming they are fine, “Don’t touch me!” Fear of being touched. Involuntary evacuation of urine or feces. Neurogenic shock.
- ⊗ **Ruta:** Sore, lame and bruised. Follows Arn as in wrist strain/sprain.
- ⊗ **Symp:** Fracture, bruised, lame, sore, prickling pain; blunt blow to eye. Follows Arn.
- ⊗ **Bell-p.:** Lame, bruised and sore.
- ⊗ **Nat-s.:** mental mistakes, error, weakness, cognitive and intellectual function impaired. More particular to head injury and ailment from head injury.

Hemorrhage

- ⊗ **Staph:** Clean cuts (not torn) as with a knife, post surgery. Stinging or smarting pain like knife cut.
- ⊗ **Mill:** Wounds that bleed profusely. Bright red blood and copious amounts. Due to a fall or blow. Also nose bleed after injury. PAINLESS drainage of blood.
- ⊗ **Hamamelis (Ham):** Profuse hemorrhage, venous type, with dark, profuse, coagulated-looking blood. PAINFUL. Affinity for any orifice: nose, vagina, etc.
- ⊗ **Calen:** Following surgery as in a clean cut or tissue that is torn with a jagged edge. Prevents separation of the wound. Promotes granulation of skin and underlying tissue. After labor it will help stop bleeding and remove pain.
- ⊗ **Phos:** A slight wound that bleeds profusely. Bright, red blood.
- ⊗ **Carb- Ac.:** Laceration, hemorrhage from blunt instrument. Bone crushed. Tissue falling off the bone. Pulse is weak. Patient is prostrate and has collapsed. Cold, clammy perspiration. Shock.

Nose Bleeds

- ⊗ **Mill:** Profuse bright red blood, painless
- ⊗ **Phos:** Profuse bright red blood accompanied by fear

Eye Trauma

- ⊗ **Arn:** Bruising or bruised sensation, follow with one of the following
- ⊗ **Led:** Area cold to touch
- ⊗ **Ruta:** Bruised sensation, area around eye injured
- ⊗ **Bell-p.:** Eyeball injured

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Food Poisoning

- ☼ **Ars:** Premier remedy to dose in the case of food poisoning, anxiety, restless, weakness and vomiting
- ☼ **Veratrum album (Verat):** Vomiting and diarrhea present at the same time
- ☼ **Nux-v.:** Vomiting accompanied by chills, sensitivity to cold air, sensitive to lights, sounds and smells, may also have a headache, especially good after “excess” anything.

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Homeopathic Immunization Schedule

The following list of available homeopathic nosodes for use is much larger than what is actually administered to your child. Those recommended are marked with an asterisk (*). Unlike the conventional medicine vaccines, reactions to homeopathic immunizations are rare. Often, if one occurs, it is because of an underlying familial miasm to which the person is reacting. If a reaction does occur, it is generally mild and lasts for a few days. Symptoms can be fever, fatigue, restlessness, irritability and mild skin rash. Occasionally the patient will develop mild flu-like symptoms for a few days. Convulsions, more common with conventional vaccinations, are rarely seen. Additional prescriptions may be needed to complete the job.

Reactions to nosodes are considered to be good because it means that the person had a susceptibility or previous exposure to the disease that the corresponding nosode has now corrected. The next time it is given, the person generally will not experience the same reaction.

Between dosing seasons, administering the appropriate nosode remedy immediately following exposure to the corresponding disease will often help to stop the development of the disease. As an example, if your child is exposed to measles or chicken pox, even though they have had the corresponding nosode administration, giving it again will act as a reminder to the immune system.

HOMEOPATHIC IMMUNIZATION SCHEDULE

Disease

Anthrax
Botulism
Chicken pox *
Diphtheria *
Hepatitis A
Hepatitis B
Hepatitis C
HPV
Influenza
Measles *
Mumps *
Pertussis*
Pneumonia
Polio

Immunization

Anthrocy anum
Botulinum
Varicella
Diphtherinum
Hepatitis A
Hepatitis B
Hepatitis C
Papilloma Virus nosode
Influenzinum
Morbillinum
Parotidinum
Pertussin
Pneumococcinum
Polio nosode

Rabies
Rubella *
Small Pox*
Staphylococcus
Streptococcus
Syphilis
Tetanus
Tuberculosis

Lyssin
Rubeola
Variolinum
Staphylococcinum
Streptococcinum
Syphilitinum
Ledum
Tuberculinum

Protocol:

1. Begin at age 6 months during an illness free period. Try to be consistent by administering the vaccinations at the same time each year, i.e fall or spring etc..
2. Administer the remedy 1X per day for 2 days, then wait an additional 5 days before administering the next nosode. This allows for you to observe for a reaction, and if one is seen, wait an additional week before administering the next medicine.
3. During the administration of the homeopathic vaccinations, supplement with extra Vitamin C and thymus extract if available.
4. Repeat the series each year at the same time until the child is 12 years old.
5. If the child is exposed to one of the diseases, administer a dose of the corresponding nosode to re-stimulate the immune system. Additional homeopathic medicines may also be utilized following exposure.
6. Consider administering tetanus toxoid as an intramuscular injection as well as this covers the toxin exposure while the Ledum covers the puncture wound. Tetanus toxoid should be given as a single agent and not with Diphtheria and Pertussis as with a DPT shot.
7. As Polio is obtained by the oral route, PO administration of the vaccine usually does not cause problems except for immuno-compromised patients. If this is not available, then the homeopathic counter part can be given. Polio administered through the skin is not the normal route of entry.

There are a few online articles at Rockwood Natural Medicine.