

# Introduction To Homeopathy

Expand your arsenal of first aid options with this safe complementary medicine

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# **Homeopathic Education**

## **Workshop**

- This workshop and the information that I am sharing with you today is not intended as a substitute for appropriate medical care. You are responsible for getting help when a situation is beyond your level of training. Please take time to develop a good relationship with a licensed homeopathic practitioner.

# My Background Training in Homeopathy

- 1981 First experience with homeopathy
- 1983 Attended homeopathic studies with NCH
- 1985 Started the Cape Ann Homeopathic Study Group
- 1987 Offered First Aid Homeopathy workshop
- 1988 Started the Baltimore Homeopathic Study Group. Group continues today
- 1983 - 1997 Continued attended homeopathic seminars, trainings and workshops
- Throughout 1990s ran homeopathic workshops in Baltimore and surrounding areas
- 2005-6 Offered homeopathic workshop at NOFA
- 1984 - present - treat myself, family, friends with homeopathic medicines

# What Is Health?

Definition of Health

Staying healthy

Finding Joy, Passion, Contentment in Life

Rhythm and taking good care of yourself



# What is Health?

- Physical - freedom from pain. A state of well-being
- Emotional - freedom from being enslaved by emotions. Having full range of emotions without attachment
- Mental - the most crucial - a state of clarity, coherence, creativity, unlimited



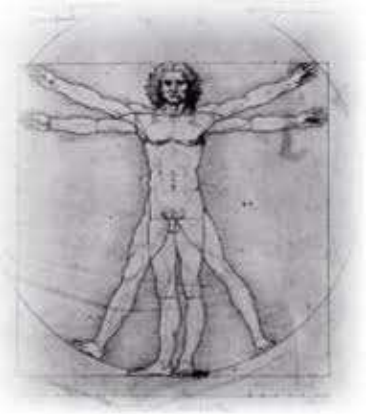
# Homeopathic Definition of Health

- Absence of symptoms and state of well-being in the whole person
- Freedom from limitations on physical, emotional & mental levels
- Constitutional health - overall strength of the person



# Just What Is Homeopathy?

- Homeopathy is a natural, safe, complementary system of medicine
- Homeopathy treats the whole person, as a unique individual with symptoms rather than treating the disease alone
- Homeopathy is 200 year old medical system that uses extremely minute doses of natural substances to stimulate healing.



# Stories about my experiences with Homeopathy

- How homeopathy changed my life - Ignatia
- Raising children with homeopathy - ABC/  
Lycopodium, Carbo Veg, Belladonna
- Husband - bleeding - Arnica/Arsenicum
- Fisherman - Arnica
- Husband - headache - Nux vomica
- Daughter - parasites/nausea - Nux vomica
- Dog - bladder infection - Cantharis
- Cat - pancreitis - Phosphorus
- Neighbor - wasp bite - Apis



# Using Homeopathy

- The remedies are non-suppressive, non-addictive, nontoxic and gentle.
- The remedies are inexpensive.
- Homeopathy is safe to use by pregnant women, babies and all through your life.
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- Homeopathy is effective with pets and all animals.



# Regulation of Homeopathic Medicines

- All homeopathic medicines are regulated by the Food and Drug Administration.



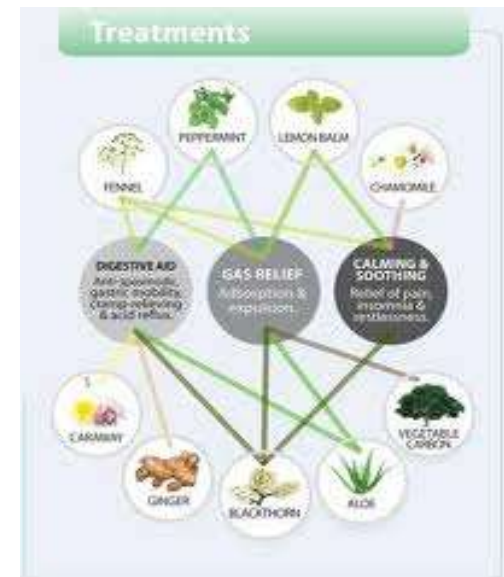
# Healing Success with Homeopathy

- Patients receiving homeopathic treatment often see improvement on the physical, emotional and mental levels
- Chronic diseases & severe acute conditions that fail to improve through conventional medicine often respond well with homeopathic treatment



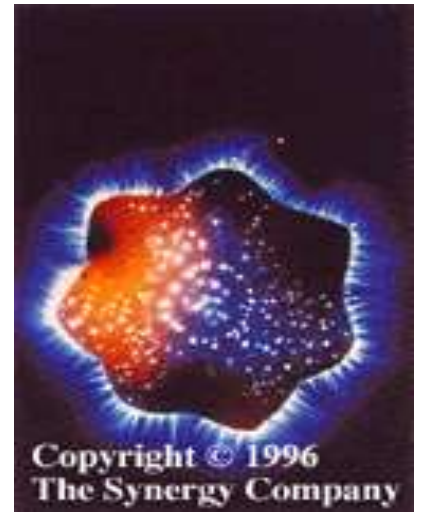
# What Can Homeopathy Treat?

- Homeopathy can effectively be used in:
  - Dental issues
  - Aches, bruises, cuts, stings, bites, falls and all first aid injuries
  - Colds, Coughs and Flu
  - Hormonal disturbances
  - Skin conditions
  - All autoimmune diseases
  - Headaches
  - Back, neck and muscular pains
  - All pregnancy-related conditions
  - Symptoms that cause a person to feel ‘not right’, off center and sick.



# How Does Homeopathy Work?

- Homeopathic remedies stimulate the body's vital/life force into action



# What is the Vital/Life Force?

- The intangible energy that gives us strength, life, 'energy'
- Called different names in other cultures: chi, hara, life force, etheric body, vibrancy, etc.
- Everything in the manifest universe
  - people, plants, animals, and all life - possess a vital force - subtle yet substantial which controls and conditions the physical body



# What is a Homeopathic Remedy?

- Medicines that are made from various substances that have been potentized (diluted) and succussed (shaken) or triturated (grinded).
- These remedies have been proven on healthy people. *Proving* is testing the effects of these substances & recording all the changes (symptoms).



# How is the Homeopathic Remedy Made?

- The remedies are made by the potentizing the natural substances through the process of dilution & succussion.
- The process enhances the remedy's therapeutic effect while nullifying its toxicity.





# How Many Homeopathic Remedies Are There?

- There are over 2,000 remedies used in homeopathy today
- There are many new remedies that are being proven and used everyday from new illnesses and conditions that need to be treated



# Polycrest Remedies

- Homeopathic remedies that have “many uses”, that cover many organ systems, have many different and often contradictory symptoms
- First Aid Homeopathy uses mostly the polycrest remedies
- There are about 30 polycrest homeopathic remedies



# Well-known Polycrest Remedies

- Aconite \* Apis \* Arnica \* Arsenicum
- Belladonna \* Bryonia \* Bellis Perennis
- Calendula \* Chamomile \* Carbo Veg
- Ferrum Phos \* Gelsemium \* Hypericum
- Ignatia \* Ledum \* Hepar Sulph
- Mag Phos \* Natrum Mur \* Nux Vomica
- Pulsatilla \* Podophyllum \* Phosphorus
- Rhus Tox \* Spongia \* Urtica Urens

# History of Homeopathy

- Homeopathy is a well established healing system
- Known to the ancient Greeks
- Developed in its modern form by Dr. Samuel Hahnemann in the nineteenth century.



# Definitions of Homeopathic Terms

- Acute vs. Chronic disease:
  - Acute is an illness that is relatively new without any past history. It usually has a short duration like: food poisoning, cold
  - Chronic is an illness that has deep recurring symptoms with a long duration, no natural tendency to recover. Usually medical attention is needed.

# Definitions of Homeopathic Terms

- Classical Homeopathy - the method of prescribing homeopathic remedies according to Dr. Samuel Hahnemann, founder following 3 steps:
  - Selection & administration of remedy according to the Law of Similiars
  - The single remedy
  - The minimum dose



# Homeopathic Terms

- Let's take time now to go over the definitions of homeopathic terms handout that is in your packet.



# How to Take a Homeopathic Case

- Listen and write down the main complaints or symptoms
- Observe the person – recognize “remedy types”
- Look up the symptoms in your repertory and match them to a remedy
- Study the remedies so you know the keynote symptoms
- Decide on a remedy to give
- Observe reactions and follow up



# Questions Asked About Remedies

- Four most frequently asked questions in homeopathy:
  - What remedy should I take?
  - What potency?
  - How many & how long should I take them?
  - How do I take the remedy?



# Making Observations

- If you can make simple observations, you can quickly learn enough homeopathy to practice on the home-health, acute care level
- You do need to be able to observe symptoms and any changes in them.
- And you need to match these observations with the symptoms & changes that are indicative with the remedy you will choose.

# What You Need to Observe in Taking a Homeopathic Case

- When did the symptoms (problem) begin?
- What are the main complaints?
- What is ‘different’ in the person’s character?
- How is s/he mentally, emotionally?
- What makes symptoms worse/better?
- Thirst? Skin color? Appetite? Discharges?
- Strong dislikes? Likes?

# Gathering Symptoms

- Keep a medical journal on each person to record symptoms
- Listen carefully to your patient
- Ask open ended questions like: When did this begin? What makes it worse?
- List the strongest symptoms
- List the most unusual symptoms or uncharacteristic symptoms

# Using a Repertory

- An index of symptoms (rubrics) found in the provings of each remedy to be match with symptoms you collected.
- You are finding the precise remedy to act curatively.
- Good first aid books, charts, online indexes/repertories to use.



# The Law of Similiars

- The cardinal rule of homeopathy, based on some of the teachings of Hippocrates - similia similibus curentur - “like is cured by like”
- Any substance that can cause symptoms when taken in a gross, high dose can also cure those very same symptoms in an unhealthy person when taken in a very small dose.

## Example of Law of Similars

- When Arnica Montana is ingested in large quantities it can be toxic because it contains helenalin. When the remedy is indicated with matching symptoms and it is taken in its potentized, small dose it has many healing benefits.



# Potencies

- The strength of a remedy is the number of times a remedy has been diluted & shaken vigorously (succussed).
- A 6X means it has been diluted & succussed 6 times; a 30X 30 times.
- The higher the number the stronger the remedy.
- First aid remedies are 6, 12, 30X or C potency.



# X versus C

- “X” potency is a remedy diluted 1 part remedy to 9 parts alcohol.
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- “C” potency is a remedy diluted 1 part remedy to 99 parts alcohol.
- Both have been potentized the same number of times, thus the strengths are similar.



## Taking the Remedy

- Pour the remedy (5-6 pellets) into the cap of the remedy bottle
- From the cap place the remedy under the tongue and allow pellets to dissolve
- Avoid placing remedy in your hand or touching the cap to your mouth.
- Wait about 20 minutes before eating or after you've drunk or eaten

# Remedy Guidelines

- The exact number of pills is not critical
- The remedy can be taken under the tongue or “plussing” in water
- You are taking the “energy” of the medicine not the actual material substance.
- When you sense/see improvement, reduce frequency or stop taking altogether
- Repeat only as needed.

# Aggravation of Healing Process

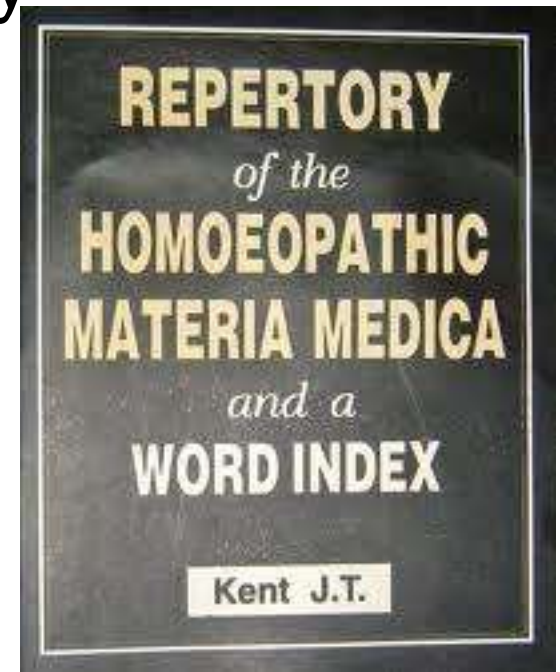
- Occasionally, after you take the remedy you experience a slight aggravation of the symptoms.
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- This is an over-stimulation of healing the vital force.
- Stop the remedy. Wait. When the aggravation subsides, reconsider taking the remedy again if needed

## Antidoting the Remedy

- The following could possibly antidote the remedy. Try to avoid these:
  - Coffee
  - Strong perfumes
  - Mints and strong herbs
  - Strong smelling linaments - Tiger Balm, Vicks Vapor Rub, eucalyptus, camphor
  - Strong smoke, scents, incense

# What is a Materia Medica

- The complete published list of homeopathic remedies proven by Dr. Samuel Hahneman
- Including mineral, plant and nosode remedies
- Many Materia Medicas including Dr. Kent and Dr. Boericke



# Remedy - Arnica Montana



# Remedy Aconitum Napellus





# Remedy Arsenicum Album



# Remedy Apis Mellifica



# Remedy - Belladonna



# Remedy - Chamomilia



# Remedy - Calendula

- calendula



# Remedy - Gelsemium





# Remedy - Hypericum



# Remedy - Ledum





# Remedy - Nux Vomica

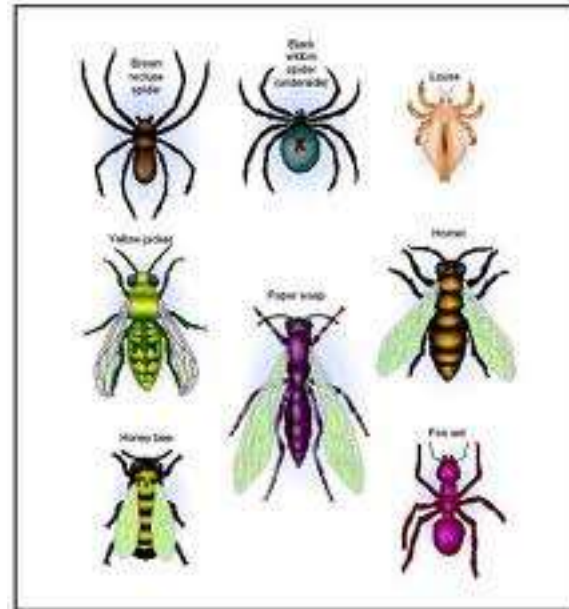


# Remedy - Rhus Tox



# Puncture Wounds, Stings, Bites

- Apis Mellifica
- Ledum
- Hypericum
- Thuja



# Cuts, Bruises, Scrapes

- Arnica
- Calendula
- Hypericum
- Ledum
- Ruta Graveolens
- Staphisagria



# Sprains and Strains

- Arnica
- Bellis perennis
- Bryonia
- Ledum
- Rhus Tox
- Ruta Graveolens



# Burns

- Calendula
- Cantharis
- Causticum
- Hypericum
- Urtica Urens
- Arnica - give to prevent shock



# Sports Remedy Review

- Sunburn - Causticum, Cantharis, Calendula
- Ear problems - Aconite, Chamomilla, belladonna, Calendula
- Heatstroke - Glonoine, Belladonna, Gelsemium, Veratrum Album
- Bone Bruises, Sprains - Ruta Grav, Calcium Carbonate, Bellis Perennis, Arnica, Bryonia, Rhus Tox
- Hay fever - Allium Cepa, Ferrum Phos

## First Signs of Flu

- Take Aconite at the first sign of a cold or flu (within first 24hours)
- Aconite is especially good if symptoms come on suddenly & there is fear
- Take Oscillococcinum when the symptoms come on slower.



# Influenza

- Top 10 Flu Remedies:
  - Arsenicum Album
  - Baptisia
  - Bryonia
  - Eupatorium
  - Ferrum Phos
  - Gelsemium
  - Mercurius
  - Nux Vomica
  - Progenium
  - Rhus Tox



# Colds and Coughs

- Aconite
- Allium Cepa
- Arsenicum
- Gelsemium
- Pulsatilla
- Spongia
- Rumex



# Dental Problems

- Aconite
- Arnica
- Hypericum
- Nux Vomica
- Ruta Grav
- Rescue Remedy



## Bibliography and Resources

- Boericke, William - Pocket Manual of Homeopathic Materia Medica
- S. Cummings & Dana Ullman - Everybody's Guide to Homeopathic Medicines
- Published bi-monthly by the National Center for Homeopathy - Homeopathy Today Magazine

# Web Resources

- <http://abchomeopathy.com/> - good online repertory
- National Center for Homeopathy -  
<http://nationalcenterforhomeopathy.org/>
  - Study groups
  - Online chats
  - Articles
  - Flu Forum – articles, Avian and H1N1, flu remedy guide
  - Online remedy database
  - Discussion groups