Disclosure, etc.

Relationships, associations, or material interests to disclose:

- **Owner/Practitioner**: Transformational Health PC (homeopathic holistic healthcare)
- **Executive Director**: Asthma & Allergy Foundation of American – Michigan Chapter
- **President**: Homeopathic Nurses Association
- **Consultant**: Energy Foundation (a non-profit org that funds NPO’s to build the new energy economy)
- **Consultant**: Michigan Department of Health & Human Services
- **Speaker**: Health Alliance Plan, Wayne State University, Michigan Primary Care Association
• This presentation is intended for educational purposes only. It is not intended to diagnose or treat condition(s) or in any way replace the services of a qualified health care practitioner. Recommendations are probably not covered under your health plan policy, so

• Take Charge of Your Family’s Health!
Objectives

• Understand what Holistic means
• List at least 3 ways to improve your family’s health
• Explain how homeopathic principles parallel and bring about holistic wellness
• Identify at least 3 important homeopathic remedies for home use
What is Holistic Medicine?

• **Holistic medicine** is a form of healing that considers the *whole* person -- body, mind, spirit, and emotions in the quest for optimal health and wellness.

• According to the holistic medicine philosophy, one can achieve optimal health -- the primary goal of holistic medicine practice -- by gaining proper balance in life.  WebMD 1/26/15
Holistic Medicine – Many Kinds

Herbs     Massage     Acupuncture     Chiropractic
Ayurveda   Reiki
Osteopathy    Supplements

Homeopathy
Chinese Medicine  Aromatherapy

All are very distinct and act differently, but all do try and address more than just a symptom
Think of Holistic Medicine as the Umbrella and all the various categories as the spokes of the umbrella.
10 most common complementary health approaches among adults—2012

- Natural Products*: 17.7%
- Deep Breathing: 10.9%
- Yoga, Tai Chi, or Qi Gong: 10.1%
- Chiropractic or Osteopathic Manipulation: 8.4%
- Meditation: 8.0%
- Massage: 6.9%
- Special Diets: 3.0%
- Homeopathy: 2.2%
- Progressive Relaxation: 2.1%
- Guided Imagery: 1.7%

*Dietary supplements other than vitamins and minerals.

Uses of Integrative Health in US

• In the United States, approximately 38% of adults (about 4 in 10) and approximately 12% of children (about 1 in 9) are using some form of CAM

• Section 2706 of the Affordable Care Act opens up reimbursement to licensed providers

National Center for Complementary & Integrative Health (NCCIH), retrieved 9/21/16
Holistic Health Different?

• Yes! Living holistically can actually keep you from needing any medicine
• Holistic living includes everything in your internal and external environment

“Holistic Health is actually an approach to life. Rather than focusing on illness or specific parts of the body, this ancient approach to health considers the whole person and how he or she interacts with his or her environment. It emphasizes the connection of mind, body, and spirit...people accept responsibility for their own level of well-being, and everyday choices are used to take charge of one's own health."  

American Holistic Health Association 1/28/15
• “Samuel Hahnemann, the founder of homeopathy, was a Renaissance genius who was skilled in many fields: he was a master pharmacist, a skilled linguist and translator who was fluent in seven languages, and the forerunner of today's natural healers who promote a natural diet and healthy lifestyle.”

Holistic Hahnemann

• Aphorism 94: (§ 94)

While inquiring into the state of chronic disease, the particular circumstances of the patient with regard to his ordinary occupations, his usual mode of living and diet, his domestic situation, and so forth, must be well considered and scrutinized, to ascertain what there is in them that may tend to produce or to maintain disease, in order that by their removal the recovery may be prompted.
• Dr. Hahnemann recognized that poor hygiene was a contributory cause to the spread of disease

• He surmised that “noxious” principles were the precursors of certain disease states. Today’s “noxious” principles include all that we eat, drink, touch, smell and inject!
...diseases are inappropriately named chronic, which persons...expose themselves continually to avoidable noxious influences, who are in the habit of indulging in injurious liquors or aliments, are addicted to dissipation of many kinds...who undergo prolonged abstinence from things that are necessary for the support of life, who reside in unhealthy localities...who are deprived of exercise or of open air, who ruin their health by overexertion of body or mind, who live in a constant state of worry, etc. These states of ill-health, which persons bring upon themselves, disappear spontaneously...under an improved mode of living...cannot be called chronic diseases.
The Vulnerable Child—Chronic Illness in US Children

The number of children in the United States with chronic health conditions has dramatically increased in the past 4 decades, doubling from 12.8 percent in 1994 to 26.6 percent in 2005.¹

1 in 10 children has asthma³

#1 Cancer

is the leading cause of death by disease in children. More than 15,000 children were diagnosed in 2014.²

1 in 13 Food Allergies

affects 1 in every 13 children⁹

Heart Disease

5th leading cause of death in 1 to 5 year olds⁴

ADHD

is the most common neurodevelopmental disorder and affects 1 in 10 children⁵

↑ 23% Juvenile Diabetes

Increased 23% between 2001 and 2009⁶

1 in 6 children has a developmental disability⁷

↑ 1 in 68 children are affected by autism⁸

Epilepsy/Seizures

affects 1 in 20 children⁹

33% of childhood diseases are caused by environmental exposure.¹⁰

Autism is 5 times more common in boys⁸

For more information visit focusforhealth.org

SOURCES

Immunity and Responses

- Auto-immune, chronic diseases
- Hyper-response of the immune system
- Variety of causes & triggers
- Can be life-long and cause a decrease in the quality of life & even mortality
- Over 20% of American’s suffer immune system problems
Health Hygiene

• Think:

What did I (or we) eat, drink, breathe, inject, or touch? Remember § 77!

Could be:

- Allergies
- Food Sensitivities
- Denatured Foods
- Viruses, bacteria, microbes
- Auto-Immune response
- Inflammatory response
- Indoor & Outdoor Air Quality
Symptoms

These are symptoms of a weakened immune system that are **less known**:  

- Frequent abdominal cramps, gas, bloating, diarrhea or constipation  
- Acid reflux (GERD), IBS  
- Joint pain, muscle aches, fibromyalgia, relentless fatigue
Symptoms

• Eczema, psoriasis, unknown rashes or limb swelling
• Unexplained and uncontrollable fatigue after meals
• “Brain fog”, forgetfulness, lack of focus, short attention span
• ADD or ADHD like symptoms
• Headaches or irregular heart beats
• Frequent colds, flu’s and infections
What Can You Do?

• CHANGE:
What you eat, drink, breathe, inject, and touch!
Holistic Hahneemann

• § 4

He is likewise a preserver of health if he knows the things that derange health and cause disease, and how to remove them from persons in health.
Where to Start?

• Immune system dysfunction initially begins with an inflammatory response

• Inflammation is the first trigger and is central issue in ill health

• Need to assist the body move from inflammatory responses

“Inflammation is a normal component of host defense; however, elevated unresolved chronic inflammation is a core perturbation in a range of Chronic Diseases…”

*Low-grade Inflammation, Diet Composition and Health: Current Research Evidence and its Translation.* British Journal of Nutrition (2015), 114, 999–1012
Where to Start?

• Include shift to Alkaline (vs. Acidic)
  ➢ Metabolic acidosis, oxidative stress-makers, and repair deficit inflammation are the antecedents of autoimmune and immune dysfunction which functionally and metabolically overlap with debilitating chronic conditions.

Wholistic Food & Lifestyle Solutions

- Eat Healthy Fats
- Milk from Plants, not Cows
- Soy (unless fermented)
- Eat Colorfully

- Safe Sweets (stevia, xylitol)
- Organic, Local, Whole, Fresh
- Try for Carbs, especially refined

Thank you, Dr. Fuhrman!

**THINK G- BOMBS**

- Greens
- Beans
- Onions
- Mushrooms
- Berries
- Seeds, Nuts
Wholistic Food & Lifestyle Solutions

• Deep Green Leafy’s and other brightly colored fruits and veggies – nutrient dense foods
• Water, Water, Water & Clean (remove microbes, heavy metals, pharmaceuticals, etc.)
• Supplements: whole food based and basic, essential include: EFA’s, Vit D, Multi, Mg, Probiotics/Prebiotics
• Microwave
Jim Gaffigan - OBSESSED - Kale
More Lifestyle Suggestions

• Avoid EMF’s

• Eliminate Air Fresheners & Plug In’s, Scented Candles
  In 2013, after a study of more than 2,000 pregnant women, the International Journal of Public Health reported that women who used air fresheners in their homes were significantly more likely to have babies that suffered from wheezing and lung infections. *International Journal of Public Health*. October 2013, Volume 58, Issue 5, pp 757–764.

• Free & Clear Soaps, Cleaners and Detergents
Why Change the Way You Clean?

• According to the Environmental Working Group (www.EWG.org), “…investigation of more than 2,000 cleaning supplies on the American market has found that many contain substances linked to serious health problems.”

• Like:
  – Asthma, Allergies, other Sensitivities, Cancer, Reproductive problems, Developmental problems, Burns, Poisonings
  – And Immune System Dysregulation
More Lifestyle Suggestions

• Daily Movement/Exercise
• Get Outside - barefoot if possible
• Sleep: adults 7 hr min, kids more! Earlier evening vs. later, Dark room
• BM’s 2X/day
• Simple vs. overscheduled
• Be of Service

Why Change Your Lifestyle Choices?

• The U.S. Centers for Disease Control and Prevention report key factors influencing an individual’s state of health: Quality of medical care 10%. Heredity accounts for 18% and environment is 19%. **Everyday lifestyle choices are 53%**

• The decisions people make about their life and habits are, therefore, by far the largest factor in determining their state of wellness!

American Holistic Health Association, retrieved 9/21/16.
Holistic Hahnemann

• § 261

The most appropriate regimen during the employment of medicine in chronic diseases consists in the removal of such obstacles to recovery, and in supplying where necessary the reverse: innocent moral and intellectual recreation, active exercise in the open air in almost all kinds of weather (daily walks, slight manual labor), suitable, nutritious, unmedicinal food and drink, etc.
To Supplement or Not?

• #1 approach to health is lifestyle
• But sensible use of supplements can facilitate a return to health and help maintain balance
• Especially food-based supplements with clear bio-availability
• Can be used while undergoing homeopathic treatment
To Supplement or Not?

• Supplements can help ↓ inflammation
  ↑ immune system health

• Contemporary foods de-natured, lacking essential nutrients, noxious matter

• Can also aid in “one-sided” cases
Supportive Supplements

• Omega 3 Essential Fatty Acids (EFA)

Inflammation is the primary response to acute or chronic disease. EFA’s have potent anti-inflammatory properties that promote immune system enhancement & improve many auto-immune responses.
Omega 3 EFA continued:

“There have been a number of clinical trials assessing the benefits of dietary supplementation with fish oils in several inflammatory and autoimmune diseases in humans, including rheumatoid arthritis, Crohn's disease, ulcerative colitis, psoriasis, lupus erythematosus, multiple sclerosis and migraine headaches. Many of the placebo-controlled trials of fish oil in chronic inflammatory diseases reveal significant benefit, including decreased disease activity and a lowered use of anti-inflammatory drugs."

"Growing evidence that omega-3 fatty acids have beneficial effects in chronic inflammatory diseases including chronic obstructive pulmonary disease (COPD), asthma, rheumatoid arthritis, and inflammatory bowel disease. In addition, it is thought that atopic sensitization and allergic outcomes also can be prevented by fish intake during pregnancy, infancy, and childhood."

Curcumin (from Turmeric)

• India – where people consume turmeric regularly – show low rates of Alzheimer’s disease
• Alleviate pain and improve function in knee osteoarthritis. May help reduce joint pain and swelling in people with RA
• Laboratory studies suggest acts as a weak phytoestrogen and seems to have cancer-protective effects
• Lab studies shown may help prevent or treat several types of cancers, including prostate, breast, skin, and colon cancer
• People in remission from ulcerative colitis who take curcumin are significantly less likely to have the disease relapse than those who don’t supplement

Curcumin (from Turmeric)


The results showed that curcumin capsules help in improving the airway obstruction which was evident by significant improvement in the mean FEV1 values. There was also significant improvement in the hematological parameters and absence of any clinically significant adverse events indicates dependable safety profile of curcumin capsules, though there was no apparent clinical efficacy. (500 mg of curcumin in capsule form twice a day.)
• Other recent studies have demonstrated the directly asthma-healing effects of turmeric, including its ability to decrease acute airway inflammation. *Protective effect of curcumin on acute airway inflammation of allergic asthma in mice through Notch1-GATA3 signaling pathway.* Inflammation. 2014 Oct;37(5):1476-85. doi: 10.1007/s10753-014-9873-6.

• Curcumin helps decrease accumulation of inflammatory cells, smooth muscle thickening, epithelial lining abnormalities, mucus secretion, and other markers of chronic asthma. *Intranasal curcumin attenuates airway remodeling in murine model of chronic asthma.* Int Immunopharmacol. 2014 Jul;21(1):63-75. doi: 10.1016/j.intimp. 2014.03.021. Epub 2014 Apr 18.
Vitamin D$_3$

- Chronic low-level exposure normalizes immune function and enhances immune cell production. This reduces abnormal inflammatory responses such as found in autoimmune disorders, and reducing occurrences of infectious disease.
  Joseph Mercola, MD:  www.mercola.com

- Conditions Improved:

  Psoriasis  Cavities  Cancer  Fertility
  Rickets & other bone  Asthma  Cognition  Fibromyalgia
  Thyroid Conditions  Autoimmune  HTN  Mood Disorders
  Inflammatory Bowel Disease  and many more!

Mayo Clinic 1/28/15
http://www.mayoclinic.org/drugs-supplements/vitamin-/evidence/hrb-20060400
**Vitamin D₃**

- Single, infrequent, intense, skin exposure to UV-B light suppresses the immune system and causes harm.

- However, chronic low-level exposure normalizes immune function and enhances immune cell production. This reduces abnormal inflammatory responses such as found in autoimmune disorders, and reducing occurrences of infectious disease.

Retrieved on 7/1/16 from
http://articles.mercola.com/sites/articles/archive/2016/01/06/vitamin-d-role-in-health-conditions.aspx
Vitamin D₃ Dose Recommendations from Joseph Mercola, MD: www.mercola.com

<table>
<thead>
<tr>
<th>AGE</th>
<th>DOSAGE</th>
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</thead>
<tbody>
<tr>
<td>Below 5</td>
<td>35 units/lb per day</td>
</tr>
<tr>
<td>Age 5 – 10</td>
<td>2500 units</td>
</tr>
<tr>
<td>Adults</td>
<td>4000-8000 units</td>
</tr>
<tr>
<td>Pregnant Women</td>
<td>5000-10,000 units</td>
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</tbody>
</table>

**WARNING:**
There is no way to know if the above recommendations are correct. The ONLY way to know is to test your blood. You might need 4-5 times the amount recommended above. Ideally your blood level of 25 OH D should be 60ng/ml.
• Nutrient needed to carry out essential functions

• Framingham trial reveal that one in four adults are deficient in Vitamin B12

• Especially important as we age due to decreases in “intrinsic” factor (surgeries and bowel disorders too)

• Must get the methylated form ($B_6$ too) and in liquid or spray for sublingual application
B\textsubscript{12}

**Helps With**
- Helps maintain healthy levels of homocysteine
- Promotes formation of healthy blood cells
- Supports heart health
- Protects nerve tissue and brain cells
- Promotes better sleep
- Vegetarians/vegans typically require B12 supplementation

**Deficiencies**
- Muscle weakness
- Fatigue and lack of energy
- Tingling in your extremities
- Mental fogginess
- Memory problems
- Mood swings
  Feelings of apathy, lack of motivation
Pro-biotics

The human body is made up of an estimated 100 trillion bacterial cells from at least 500 species, not including viruses and fungi. These bacteria’s (probiotics) are referred to as "friendly" bacteria and are responsible for several important biological functions. Some of these functions include assisting with digestion, keeping other harmful bacteria at bay and stimulating the immune system.

The Microbiome

• Antibiotic exposure in the first year of life increases the risk of childhood asthma
• Asthma & other immune dysfunctions are related to how the immune system and gut microbiota interact especially during infancy
• Gut microbial metabolites alter immune homeostasis
• Antibiotics, cigarette smoke exposure, diet and environmental microbial exposures all influence the composition and function of the gut microbiome and immune function

Dennis R. Ownby, M.D. Professor of Pediatrics, Medical College of Georgia at Augusta University. Presentation to California Asthma Summit. October 14-15, 2015
CHRISTINE C. JOHNSON, and DENNIS R. OWNBY

Pregnant Woman’s Microbiotas:
- Gut
- Vaginal
- Breast

Influenced by:
- Diet
- Gestational age
- Race/ethnicity
- Obesity
- Systemic antibiotics
- Environmental exposures
- Cigarette smoke
- Exposure
- Pets or farm animals

Infant’s Developing Microbiotas:
- Gut
- Skin
- Oral

Influenced by:
- Delivery mode
- Gestational age
- Race/ethnicity
- Maternal obesity
- Systemic antibiotics
- Environmental exposures
- Cigarette smoke
- Pets or farm animals

Breastfed vs. formula
added by K. Slonager 10/25/16

Infant’s Immune Development:
Influenced by:
- Microbiotas
- Gestational age
- Race
- Environmental exposures

Child Microbiota Related Health

- Demonstrated
  - Allergies
  - Asthma
  - Type 1 diabetes
  - Gastroenteritis
- Suspected
  - Inflammatory bowel disease
  - Obesity

Variables related to the sequential passage of microbes impacting immune development and health in children.
…novel strains might be an additional or supplementary therapy & may have potential for preventing wide scope of immunity-related diseases due anti-inflammatory effect. The next generation probiotics strains should be properly studied & suggested to clinical application...”

And...

- Probiotic cultures have been shown in a variety of test systems to stimulate certain cellular, biochemical and antibody functions of the immune system. Results accumulated so far suggest that probiotics may provide an additional tool to help your body protect itself.

- An exciting area of research has been documenting the ability of certain probiotic bacteria to modulate immune dysregulation. Studies have shown that probiotics are effective in decreasing the development of allergy and relapse of inflammatory bowel disease.

Mindfulness

- Mindfulness techniques may be more effective in relieving inflammatory symptoms than other activities that promote well-being.
- The study compared two methods of reducing stress: a mindfulness meditation-based approach, and a program designed to enhance health in ways unrelated to mindfulness.

Stand up & Stretch
The Most Important Spoke: Homeopathy

- Homeopathy is a safe, gentle, and natural system of healing that works with your body to relieve symptoms, restore itself, and improve your overall health. It is extremely safe to use, even with very small children and pets, has none of the side effects of many traditional medications, is very affordable, is made from natural substances, and is FDA regulated.

National Center for Homeopathy.org
What is Homeopathy?

- Homeopathic medicines work by stimulating the body’s own immune system (vital force)
- Non-toxic and when properly administered are safe for infants, children, adults and animals
- Substances are highly diluted; nano-particles
- No known side-effects when properly processed according to HPUS
- Many available Over-the-Counter (OTC)
What is Homeopathy?

• Made from a variety of substances: plants/flowers, minerals, animal products, imponderables

• Made in accordance of the Homeopathic Pharmacopoeia of the United States (HPUS)

• Homeopathic medicines are considered drug products under the law (FDA) since 1938 via the Food, Drug and Cosmetic Act, authored by Senator Royal Copeland, M.D., himself a homeopathic physician
A study of 200 patients suffering from hypersensitivity illnesses, including asthma, eczema, urticaria, hay fever and other allergies, showed that homeopathy was at least as effective as conventional treatment:

- Only 1 patient on conventional treatment experienced improvement of symptoms after stopping medication, compared to improvement in 2/3 of homeopathy patients
- Patients in the homeopathy group reported a larger improvement in their general state of health, with 57% improving, compared to 24% in conventional group
- Homeopathy patients also experienced more positive change in their psychological state. For quality of life 53% in the homeopathy group improved, compared to 15% in the conventional group

From a recent prospective observational study in 30 children: There is evidence that homeopathic medicines, prescribed by experienced homeopathic practitioners, improve severity of asthma in children. Controlled studies should be conducted.

More Research - Homeopathy

• A 2003 comparison of homeopathic general practice versus conventional GPs found a 60% greater reported cure-rate accompanied by lower costs

• A 2011 study by the Swiss government found a 15% reduction in overall health care costs of patients whose GP used homeopathy or CAM, despite CAM patients having more chronic conditions and serious illness

• Patients of conventional doctors had *four times as many serious side effects* as those treated by homeopathic doctors. A dozen additional studies demonstrate that homeopathy is a cost-effective primary care approach

More Research Available

• National Center for Homeopathy – Research Library  [www.homeopathycenter.org/Research](http://www.homeopathycenter.org/Research)

• Initiative to Promote Research in Homeopathy [www.ResearchInHomeopathy.org](http://www.ResearchInHomeopathy.org)

• Homeopathy Research Institute [www.HRI-Research.org](http://www.HRI-Research.org)

• Homeopathic Educational Services – Links to Research [www.homeopathic.com/Articles/Homeopathic_research](http://www.homeopathic.com/Articles/Homeopathic_research)
Philosophy & Principles

- The Law of Similars: *Similia Similibus Curentur,* “Let likes cure likes”
- Vital Force
- Totality of Symptoms
- Minimum Dose
- Single Remedy
- Potentization
- Holistic!
Homeopathy - At Home

• Safe & Effective to use at home for self-limiting injuries or illnesses; otherwise, consult with a qualified Homeopath

• A 12 C or 30C potency for home use

• **Watery Dose or Split Dose Method:** Use two pellets in 8 oz of water, let melt, then hit against hand 5-10 times or 10 vigorous stirs before taking sip as dose (1 tsp)
Remedy Use in First Aid

• First aid remedies might be used every 5-15 min or 2-4 hours as needed

• If no relief after 2-3 doses switch remedies

• Remedies should be discontinued once relief is noted (unless directed otherwise by a homeopath)
Remedy Use in Chronic Cases

• See a qualified homeopath (CCH etc.)
• Potency & Dosing will differ from acute use (6C, 30C, 200C, 1M, LM’s)
• Homeopaths strive to find the Simillimum that will remove the core imprints that cause imbalance in the vital force
• Therapy can last 6 months – 1 year or more
A few selected Remedies
From a Classical Practice

• For complete remedy descriptions, refer to your favorite Materia Medica
  – Consider: Hahnemann, **Murphy**, Boericke, Kent, Vithoulkas, Vermeulen, Morrison, Boenninghausen
  – Note: these descriptions are highlights of remedies

• Polychrests = Holistic
Aconite
Monkshood

- State of fear, anguish, fright, anxiety, shock
- Sudden, violent fever
- Complaints after dry, cold, hot weather
- First remedy in inflammation & flu
- Shortness of Breath
- Hoarse, dry croupy cough
- Numbness/tingling
- Intense sharp pains
- 1st remedy to consider for the NWS imprint

Arsenicum album
Arsenic

- Exhaustion, restlessness
- Burning parts & pains
- Worry, fear & fright
- Eyes, burning, photophobia
- Green discharges (putrid)
- Septic infections
- Ill effects of foods
- Dysentery, burning dark & bloody
- Neat, Tidy, OCD like
- Air passages constricted, wheezing, dry cough, suffocative catarrh
Belladonna
Deadly Nightshade

• Excited nervous system
• Sudden Neuralgic pains
• Hot, red, flushed throbbing
• Arterial dilation
• Scarlet fever
• Hallucinations, rages, furious
• Pain causes delirium
• Teeth Grinding
• Stuttering/Stammering
• Throat, red, angry, worse on Right
• No thirst – dread of drinking

Cantharis ves
Spanish Fly

• Disturbances in urinary & sexual systems
• Acute mania - sexual
• Raw, burning pains
• Intolerable urging to urinate
• 3rd degree burns
• Vesicular eruptions
• Fainting
• Pericarditis
Carbo veg
Vegetable Charcoal

- Imperfect oxidation
- “Back from the brink of...”
- Air hunger, fanning, open windows
- Belching, abd distention, colicky
- Slow digestion – food putrefies
- Frequent, involuntary cadaverous smelling stools, acrid, painful
- Cough with burning in chest, asthma in aged
- Blue, cold, bruised, marbled skin

Carcinosin
A nosode

- Contradictory & alternating states
- Family hx of cancers, diabetes, heart disease
- Chronic fatigue
- Allergic state
- One who over-extends, is fastidious, anxious
- Hx of sexual abuse & other abusive relationships
- Constipation (black, dry, hard) hemorrhoids
- Insomnia, causeless, anticipatory, nursing loved ones
Calcarea carbonica
Calcium Carbonate

- Jaded state - mental or physical due to overwork & impaired nutrition
- Worries, apprehensions
- Profuse discharges
- Takes cold at every change of weather
- Distended abd (esp. children)
- Craving indigestible things, eggs
- Sour belching, sour vomiting
- SOB, suffocating spells
- Worms, pinworms
- Night sweats esp head, nightmares

China officinalis
Peruvian Bark or Cinchona officinalis

- “Birth” of homeopathy
- Debility, nervous irritation, esp after loss of fluids
- Chronic stages of acutes
- Intermittent fevers
- Ringing in ears, violent dry sneezing
- Great Flatulence, belching not amel by passing flatus, tympanitic abd
- Undigested, frothy, yellow painless diarrhea
- Excessive Sensitiveness
**Ignatia amara**  
St. Ignatius Bean

- Hyperesthesia of all senses
- Chief for hysteria, grief
- Plague (just in case)
- Twitching: face, lids, extremities
- Flatulence, rumbling, sinking feeling > deep breath
- Painful constriction of anus after stool, prolapse, pressure like sharp instrument from within – out
- Dry spasmodic cough
- Much sighing, sobbing
- NWS bad news/grief

**Lycopodium clavatum**  
Club Moss

- Melancholy, afraid to be alone
- Loss of self-confidence
- Spells or writes wrong words
- Fluent coryza, fan-like motion of nostrils
- R to L afflictions
- Urinary or digestive disturbance
- Eating small amounts = fullness
- Heat burn rising up to throat
- Bloated, full abd
- Polyuria at night, red sediment
- Aneurism, aortic disease
**Natrum mur**
Chloride of Sodium

- Great weakness & weariness
- Ill effects of deep & silent grief; psychic causes of disease
- Sad but difficult to cry OR hysterical weeping alternating with laughing
- Blinding headache, esp after menses
- Violent fluent coryza, discharge is water/thin – raw egg white
- Cold with sneezing
- Water retention OR excessive dryness
- “Bashful kidneys”
- Herpetic eruptions

**Nux vomica**
Poison-nut

- “Modern-Life” remedy
- Irritable, sullen, fiery
- Cannot bear noises, odors, light
- Vertigo w/loss of consciousness
- Headache in sunshine
- Stuffy coryza, esp at night & outdoors
- Nausea in am, after eating; weight & pain in stomach, < eating, N/V, stomach sensitive to pressure; bloating/pressure several hours after eating, dyspepsia esp after coffee
- Constipation w/ ineffectual urging; feeling of parts remaining
- Oppressed breathing, h/a with cough, asthma s/s with fullness after eating
Phosphorus

- Hyper-sensitive on all levels; Hypo-sensitive, indifferent
- Great lowness of spirits, fearfulness
- Destructive metabolism
- Yellow atrophy of liver, sub-acute hepatitis; Fatty degenerations, cirrhosis
- Hemorrhages: nose, mouth, hemorrhoids
- Vomiting, sour eructations, post-op vomiting, weak, empty sensation
- White, hard stool, fetid stools & flatus
- Painful larynx, tickling cough < cold air, talking, chest tightness w/ weight, pneumonia, < on left
- Caution: Tuberculosis (euthanasia?)
- Arms/hands numb w/ formication of hands/feet; joints give way

Pulsatilla
Wind Flower

- Changeable, irresolute, weeps easily, clingy
- Neuralgic pains R temporal, w/ scalding tears, H/A overwork
- Thick, profuse, yellow bland discharges, coryza
- Averse to fat foods, bitter taste, thirstlessness, flatulence
- No two stools alike
- Dry cough evening & night, must sit up, pressure on chest
- Pain in limbs, shifting, drawing, boring
- Urticaria, measles, acne at puberty
- Fever, chilliness, w/o thirst
- > open air
**Sepia officinalis**
Inky Juice of Cuttlefish

- Acts on Portal system, venous congestion, stasis
- Indifference to loved ones, very sad, weeps when desc symptoms
- Strong & hardy until overstressed
- Thick, greenish discharge; yellow saddle across nose, chronic catarrh esp post-nasal
- Empty feeling in stomach not relieved by eating, nausea in am before eating, longing for vinegar
- Bearing-down pains in adb
- Feeling of ball in rectum; constant oozing pains shoot up
- Restlessness in limbs
- Useful after long use of BCP & other hormonal imbalances

**Staphysagria**
Stavesacre

- Very sensitive; violent outbursts of passion
- Dwells on sexual matters; history of abuse; < mortification
- Recurrent styes; chalazoe
- Stitches flying to ear when swallowing, esp L
- Teeth black & crumbling
- Canine hunger, even when full; nausea after operations
- Sever pain after operation
- Incarcerated flatus, constipation, diarrhea after drinking cold water
- “Irritable” bladder esp in young married women; cystocele; burning when not urinating, urging & pain after
Sulphur

- Great Hahnemannian remedy
- When carefully selected remedies fail to act; often Hahnemann’s 1st
- Irritable, depressed, forgetful, delusions: “thinks rags beautiful”; “ragged philosopher”, selfish, no regard for others
- Heat & burning w/ itching, all parts
- Drinks much, eats little, milk disagrees, acidity
- Morning diarrhea – drives out of bed; hemorrhoids, itching burning
- Enuresis, urgency
- Cough < talking, diff respiration – wants open window, rattling of mucus, chest oppression, dyspnea
- Hot/sweaty hands; burning in soles & hands at night, stoop-shouldered
- Dry, scaly, unhealthy skin; every injury suppurates.

Thuja occidentalis
Arbor vitae

- Another great H Remedy
- Skin, blood, gastro-intestinal, kidneys, brain
- Ill-effects of vaccination
- Rapid exhaustion & emaciation
- Fixed ideas; delusion soul & body separated; something alive in abd; Music causes weeping
- Split urinary stream; severe cutting pain after
- Dry, hacking cough w/ pain in pit of stomach; stitches in chest
- Chronic otitis; chronic catarrh (thick green, blood, pus)
- Limbs feel as if made of wood or glass
- Warts, condylomate, spongy tumors, eruptions on covered parts
- Sweat only on Uncovered parts
General Notes - Polychrests

- Polychrests useful: large and well-known
- Can also open cases – peel through the onion layers
- ~25 are used the most
- No matter what – find the most “similar” remedy
Changes

• Make small choices and changes
• Build from there – take baby steps (30 days)
• These lead to permanent changes
• Get everyone around you involved
• Go **GREEN** with everything!
• Study Homeopathy & find your favorite classical Homeopath
Kindred Groups

• HolisticMoms.org
• *Mothering* Magazine
• Meetup.com (find your tribe!)
• Homeopathic Study Groups via NCH
Questions? Comments?

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* If not already referenced on previous slides