Providing families with comfort and care using natural active ingredients for more than 115 years.

Hyland’s natural relief products are available at Walmart, Walgreens, Rite Aid, Amazon and other fine retailers across the US.

www.Hylands.com | 1 (800) 624-9659 | 

*Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.
FEATURED ARTICLES

10 Hang Up Your Shingles
Sweet relief from the agony of outbreaks
By George Guess, MD, DABHM

18 The Burnout Epidemic
Stressful times impact health:
Help yourself bounce back
By Amy Rothenberg, ND, DHANP

34 Triumph Over Tooth Trouble
Dental patients have something to smile about
By Shahin Afnan, CCH

6 From the NCH Board of Directors
NCH and My Homeopathic Journey

8 JAHC News
JAHC 2022 Hybrid—The Choice Is Yours

16 Advocacy Update
The Power of A Political Homeopathic Dose

24 NCH Buyers Guide
2021 Edition

26 Finding A Professional Homeopath
The Right Remedy

28 Homeopathy for Good
Homeopaths Without Borders
Serves the Wabanaki Confederacy

30 Homeopathy for Animals
When Rover Is Limping

40 Contributions
Annual Thank You

43 NCH Lifetime Members
Hall of Fame

44 Research Matters
Exploring How Homeopathy Works

46 Book Review
Homeopathy in Dementia
The National Center for Homeopathy (NCH) provides education and builds awareness while advocating for access to homeopathy as an effective and affordable system of medicine.

Founded in 1974, the National Center for Homeopathy (NCH) is a 501(c)3 non-profit organization dedicated to promoting health by advancing the use and practice of homeopathy.

NCH serves a large and diverse membership in the homeopathic community with homeopathy information resources for consumers, practitioners, industry, students, and schools. As a collective voice for homeopathy, NCH advocates to ensure that homeopathy is an accessible healthcare option to all.

BOARD OF DIRECTORS

President
Lauri Grossman, DC, CCH, RSHom(NA), New York, NY

Secretary
Margery Stearns, CCH, Lexington Park, MD

Treasurer
Lynn Wagner, CCH, RSHom(NA), Phoenixville, PA

Immediate Past-President
Tina Quirk, RN, MS, CCH, RSHom(NA), New York, NY
Fabrice Figliolini, Newtown Square, PA
Zelda Johnson, DNMc, MSPH, MAHAS, Newark, DE
Marco Spiezia, Isnes, Belgium
Denise Straiges, CCH, RSHom, Philadelphia, PA

Director Emeritus
J.P. Borneman, PhD, MBA, Bryn Mawr, PA

STAFF

Executive Director
Christina Donka, CCH

Executive Administrator
Mary L. Cutts

HOMEOPATHY TODAY

Executive Editor
Mitzi Lebensorgser

Managing Editor
Tami Herndon, MS, CCH, RSHom(NA)

Assistant Editor
Gloria St John

Designer
Jeanne Nemcek

JOIN NCH ONLINE at HomeopathyCenter.org to gain access to valuable member benefits like these:

- Homeopathy Today magazine – quarterly issues
- Homeopathy Today archives – 2004 to present day
- NCH Member-only webinars – new and archived topics
- Homeopathic HouseCall, an acute-care and first-aid remedy app donated by WholeHealthNow – FREE for 3-months
- Learn How to Use a Homeopathic Medicine Kit e-course donated by Dana Ullman, MPH, CCH, and HomeopathicFamilyMedicine.com
- Homeopathy Help Network – one free acute-care consultation through April 2022

Homeopathic Product Discounts:

- 20% off entire Boiron cart at shop.boironusa.com
- Coupons for free remedy tube and 20% off online orders (one coupon per order) at OLLOIS.com
- 10% off all Washington Homeopathic Products orders at homeop athyworks.com

Homeopathy Today subscriptions are complimentary with NCH membership:

- $75/year for Individual Membership ($95 outside U.S./Canada)
- $170/year for Professional Membership ($190 outside U.S./Canada)
- $550/year for Organizational Membership

Disclaimer

Advertisements are not considered an endorsement by NCH of the advertiser, or of the product or service involved. NCH is not responsible for any claims made in an ad.
Homeopathy is a gentle and natural healing system that works with the body to relieve symptoms, restore vitality, and improve overall health. It is a federally recognized form of medicine regulated by the FDA. Homeopathic remedies are environmentally friendly, cruelty free, and derived from natural sources. Affordable, over-the-counter remedies are available at natural food stores, homeopathic pharmacies, online retailers, and some traditional grocery stores and pharmacies.

**How does homeopathy differ from conventional medicine?**

A homeopathic practitioner chooses a remedy that supports, not suppresses, symptoms. Why is this? Homeopathy is based on a rule of nature called the Law of Similars. This “like cures like” Law states that a substance that can cause a “sickness” in a healthy person can help restore health to a person suffering with a similar “sickness.” For instance, when you peel an onion, your eyes burn, itch, and water. You might also have sneezing and runny nose. During a cold or allergy attack, *Allium cepa*, a homeopathic remedy derived from red onion, can help your body heal itself from runny nose, watery eyes, and sneezing.

A homeopathic practitioner also chooses a remedy that matches the unique symptoms the individual is experiencing. For example, a person with upset stomach who is chilly and not thirsty would receive a different remedy than someone with upset stomach who is hot and craves water. Practitioners follow the homeopathy guiding principle known as Totality of Symptoms when they choose a remedy based on a client’s unique symptoms.

In homeopathy, a person takes just enough of a homeopathic remedy to stimulate their body’s healing response. This homeopathy guiding principle is known as Minimum Dose.

**What is homeopathy’s history?**

The principles of homeopathy were developed into a system of medicine by the German physician Samuel Hahnemann (1755–1843). Homeopathy spread quickly throughout Europe and the rest of the world, including the U.S. The exact mechanism by which homeopathy works is unknown, but 200 years of clinical experience along with hundreds of peer-reviewed basic science, pre-clinical, and clinical studies confirm homeopathy’s effectiveness.

**Homeo-Speak**

- **acute illness**
  Short duration illness such as flu or earache, often starting with intense symptoms.

- **chronic condition**
  Long-standing illness such as asthma or arthritis.

- **constitutional homeopathy**
  Homeopathic care of the whole person to enhance overall health.

- **keynote symptom**
  A symptom known to be helped by a particular remedy. For example, the rash of a person who needs *Rhus toxicodendron* feels better with hot water or hot applications.

- **materia medica**
  An organized listing of homeopathic remedies and their actions, often found in the form of a book or computer-based reference.

- **potency**
  A homeopathic remedy strength determined by the number of dilutions and succussions (vigorous shaking), expressed as X, c, M, or LM potency. More info at homeopathycenter.org/getting-started-with-homeopathy

- **proving**
  Homeopathy research method used to understand a remedy’s action. Healthy volunteers take a remedy and record their symptoms. Researchers use the records to identify remedy characteristics and actions.

- **repertorize**
  The process of using a repertory to find a remedy that matches symptoms.

- **repertory**
  A book or computer-based reference, organized by body system and symptoms.

- **rubric**
  A symptom listed in a repertory. Example: Ear, pain, pulsating.

- **simillimum**
  The remedy that best matches symptoms; curative according to homeopathic principles.

- **succussion**
  Vigorous shaking of a homeopathic remedy diluted in water.

- **suppression**
  When symptoms during illness are driven inward, resulting in more serious illness in time.

- **vital force**
  The energy animating all living beings that is stimulated by a remedy to promote self-healing.

The above definitions were largely adapted from the following excellent references: *The Complete Homeopathy Handbook* (its glossary), by Miranda Castro, FSHom, CCH, and Yasgur’s *Homeopathic Dictionary and Holistic Health Reference*, by Jay Yasgur, RPh, MSc.
In life, we sometimes make a choice that, even though we may not know it at the time, turns out to be WAY better than expected. I reflect on my personal homeopathic journey from student to practitioner to National Center for Homeopathy (NCH) Board member, and the vital role played by my decision to become an NCH member...

First, as a student
During my first year of homeopathy school, my class mentor returned from the 2016 NCH Joint American Homeopathic Conference (JAHC) inspired, elated, and encouraging all of us to attend next year’s conference. She described the event as a fun way to learn the latest about homeopathy and to meet other passionate homeopathy supporters. When I asked about the organization, she said that NCH builds homeopathy awareness and advocates for access to homeopathy. She further explained that NCH is the place to find and establish connections with other homeopathy students and the greater homeopathic community.

Wow! After such a glowing recommendation, I decided to give NCH a try and joined with a student membership. At a minimum, I hoped to meet other homeopaths and find resources for myself and my future clients. Actually, NCH delivered well beyond my expectations! Looking back, I completely underestimated how my student membership would propel me into friendships, education, and opportunities that nurtured my personal and professional growth.

Fast forward to JAHC 2017 where, upon arrival, I only knew my mentor. This soon changed as I was warmly received at the registration table, the newcomers’ welcome event, and throughout the conference. As a student who knew only a handful of homeopaths, it was incredible to look around the hotel ballroom and see hundreds like me with a passion for this gentle, safe, effective form of healing.

With the JAHC app in hand, I set out to meet as many attendees as possible and to share stories of how each of us had discovered homeopathy. Throughout the weekend, I was so grateful to be a part of the vibrant conference community where everyone, even a newcomer student like me, could easily share, learn, connect, and promote homeopathy. The first morning, I sat down at a crowded breakfast table. When we introduced ourselves and shared stories, I discovered I was sitting next to one of the conference headline speakers!
Next, as a professional
After I graduated from homeopathy school, passed the CHC exam, and started my practice, I connected with NCH members and resources to help me in this new phase. The most valuable part of NCH membership, especially as a new practitioner, is that NCH meets members where they are and offers support through the next steps of their homeopathic journey. As a Professional NCH Member, I frequently visit the NCH website (homeopathycenter.org) to find practitioners in my area in the Find-A-Practitioner search and remedy information in the online Materia Medica. If I need more remedy information or case studies, I search topics in the Homeopathy Today digital archives. The Homeopathy Today quarterly magazine is one of the many complimentary NCH member benefits, and both the print and digital versions are filled with homeopathy home use tips, case studies, updates, and more. NCH also develops quality consumer homeopathy information resources like brochures, infographics, and webinars. What a time and cost saver for practitioners! I use these resources with my homeopathy clients or for community outreach events in my area.

Now, as a board member
In 2020, I became an NCH Board Member, and, more recently, I serve as Board Secretary. Working behind the scenes at NCH is exciting. Collectively, the NCH Board channels its passion for homeopathy into new resources because homeopathy is best supported by a strong community. The homeopathy community needs homeopaths to open practices, write books and articles, or share their work at a future JAHC. It also needs supporters to raise awareness and expand homeopathy’s reach.

Like my mentor did for me, I encourage students, practitioners, and other homeopathy supporters to build community and make connections by starting or continuing their own homeopathic journeys. I also highly recommend boosting a journey with an NCH membership! In planning JAHC 2022, I think back to my first conference, and the warm attitude and inclusive activities that made me as a newcomer feel welcome in a room of strangers. JAHC 2022 is a top-notch weekend conference scheduled on April 22-24, in Reston, VA, or live streamed online. I look forward to seeing the strong NCH homeopathy community make a difference by encouraging each other along the way. And I suspect that one day, many will look back, as I am doing now, and whisper (or shout!), “Thank you, NCH!”

The NCH Membership Benefit List is GROWING!
To access your benefits, log in to your NCH Member account and click Member Resources: www.homeopathycenter.org/my-account

- Homeopathy Today magazine – quarterly issues
- Homeopathy Today archives – 2004 to present day
- NCH Member-only webinars – new and archived topics
- Homeopathic HouseCall, an acute-care and first-aid remedy app donated by WholeHealthNow – FREE for 3-months
- Learn How to Use a Homeopathic Medicine Kit e-course donated by Dana Ullman, MPH, CCH, and HomeopathicFamilyMedicine.com
- Homeopathy Help Network – one free acute-care consultation through April 2022

Homeopathic Product Discounts:
- 20% off entire Boiron cart at shop.boironusa.com
- Coupons for free remedy tube and 20% off online orders (one coupon per order) at OLLOIS.com
- 10% off all Washington Homeopathic Products orders at homeopathyworks.com

Not a member yet? Receive a complimentary subscription to Homeopathy Today, these free gifts, and MORE!

JOIN TODAY at www.HomeopathyCenter.org/become-a-member
On April 22-24, the Joint American Homeopathic Conference 2022 promises to be our most exciting homeopathy gathering yet! The annual conference provides a unique opportunity to learn more and strengthen community ties, even as the world changes. JAHC 2022 is a hybrid event, with live speakers, live streaming, and post-conference recordings so that everyone can choose how they participate. Vfairs, the user-friendly platform for last year’s JAHC, is again hosting virtual participants for JAHC 2022. Multiple conference speaker tracks aim to engage all learning levels with fresh, relevant, and practical topics.

Globally recognized homeopaths are already in the speaker lineup. They include George Vithoulkas, Farokh Master, Divya Chhabra, Karen Allen, Miranda Castro, George Dimitriadis, and more. Plus, the very popular homeopathic book swap, the inspiring awards ceremony, and many other surprises are in the works for all involved, whether they are onsite in Virginia or joining online.

JAHC 2022 guarantees entertaining evening fun, plenty of networking with speakers and fellow participants, and delicious farm-to-table dining for onsite participants in Reston. Everyone is invited to visit either the onsite or online exhibit halls to meet local and national vendors and learn “what’s new” in homeopathy products and services. The conference team is busy creating games and stashing prizes for some interactive playtime between learning sessions.

Each year, JAHC grows, and the homeopathy community gets stronger. On April 22-24, 2022, the NCH team intends to deliver a spectacular hybrid conference with memorable experiences for everyone. Enjoy JAHC 2022 live in Virginia or online in your own space—or listen to the recordings later. The choice is yours!

JAHC NEWS

Lynn Wagner, CCH, RSHom(NA), found homeopathy when her young son was ill and did not respond to traditional medical treatment. Lynn, who has an MBA and worked for Accenture and IBM, eventually left her 20-plus year career in finance and information technology to study homeopathy. She now has a private homeopathy practice in the Philadelphia area, teaches classes on homeopathy, and works with local and international non-profit organizations. She also serves as Treasurer on the National Center for Homeopathy Board of Directors.

JAHC 2022 Hybrid—The Choice Is Yours
Reston, Virginia and Online

What makes NCH different is its tireless effort to host the Annual JAHC conference. Through their creativity and hard work, this yearly event unites homeopaths around the world.

Suesan Johnson, CCH, NCH Member

Learn more and register at: jahc.info
A Better Way

For over 85 years, Boiron has been dedicated to providing families with the purest medicines made from the earth’s best resources.

Discover a better way to feel better with our award-winning products.

From the maker of best-selling Oscillococcinum and Arnicare.

*CLAIMS BASED ON TRADITIONAL HOMEOPATHIC PRACTICE, NOT ACCEPTED MEDICAL EVIDENCE. NOT FDA EVALUATED.

Fast, affordable, and accessible Homeopathy help when you need it most.

HOMEOPATHYHELPNOW.COM

Hahnemann Labs  Radically Traditional

Founded by Michael Quinn in 1985

SPECIALIZING IN SINGLE REMEDIES OF THE FINEST QUALITY

High Quality
High Potency
Over 52,000 Preparations

Including LM’s, 100Cs, 500Cs
Unusual Potencies, Custom Remedies

All Remedies:
✓ Amber glass vials
✓ Double distilled water
✓ Highest grade ethyl alcohol
✓ GMO-free organic sucrose pellets
✓ EMF exposure to a minimum

We also offer a Selection of 21 kits

For individuals, families
And professionals
• In 2 dram or ½ dram vials
• From 15 to 450 vials

Up to 75% off retail values!

Call Today
1 (888) 427 - 6422

www.HahnemannLabs.com

HOMEOPATHYHELPNOW.COM
Hang Up Your Shingles

Sweet relief from the agony of an outbreak
Margot’s misery

Seventy-three-year-old Margot entered my office leaning heavily on her daughter’s arm. With a pained expression, she gingerly sat on the edge of a chair. “Look at me,” she wailed. “I am a mess, and I doubt if even you can help me.”

“What seems to be the trouble?” I gently asked.

“I’ve got this rash on my bottom. It itches and burns like the devil himself. Sometimes I have shooting pains. I can’t sleep. I can’t sit. I can’t do anything but suffer. I’ve had it for six days.” She stood up and continued her story: “About a week before this horrid rash, I was really itchy in the same area. But once the rash broke out, a terrible burning started on top of the itch. At night the pains are horrendous, and I cannot sleep.”

“I’m worried about her,” Margot’s daughter added. “At night, she talks nonsense, saying that she wants to die, and roams around the house.”

“I have to walk around,” countered Margot. “That and a warm bath are the only ways I get a little peace.” She sat down again but quickly popped back up to say: “I’m miserable. The rash is even on my ‘privates.’ I try to hold off using the bathroom because urine passing by the rash really burns. Actually, anything touching the area makes it worse, so if you need to examine me, you’re welcome to look, but please do not touch!”

On examination, I saw a swath of small, purple-red eruptions, some filled with yellow fluid. The rash ran in a band-like pattern from her right buttock down to her pelvic floor, but it did not cross her body’s mid-line. This one-sided rash that clearly followed a nerve path was a telltale sign of shingles.

What remedy for Margot?

I prescribed Rhus toxicodendron 200c, every six hours, because its indications matched Margot’s symptoms: restlessness; improvement from movement; improvement from heat; prominent itching and burning; worsening at night; right-sidedness. Three days later, Margot called to tell me, in no uncertain terms, that she was no better. Uh-oh, that was not the result we were hoping for. Reviewing her major symptoms, I realized they also matched Arsenicum album very well, especially her strong burning pains that felt better with heat. After two doses of Arsenicum album 200c, Margot felt relief. With repeated Arsenicum doses over the next few days, her shingles completely disappeared. This rapid rate of improvement is typical of what I see, once I give an accurate remedy.

I’ve helped many more shingles sufferers with homeopathy over the course of my career, and here’s what I’ve observed: Rhus toxicodendron often seems like the ideal remedy in shingles cases because it fits so many common shingles symptoms; but careful analysis often reveals a better remedy choice. As in Margot’s case—retrospectively, given that Rhus toxicodendron did not help, it’s most likely that movement did not relieve her pain, but rather it merely eased her restlessness commonly associated with pain in Arsenicum album patients.

Shingles: More than skin deep

Shingles or “herpes zoster” is a viral infection of the nerves right below the skin, which leads to a painful rash. The varicella zoster virus is the culprit—the same virus that causes chickenpox. Anyone who has had chickenpox can later get shingles, because the virus stays dormant in the nerves and can be reactivated years later. Anyone who has received the chickenpox vaccine composed of the live virus can also get shingles.

Shingles usually announces itself with sudden tingling, numbness, itching, or burning sensations. About one to five days later, eruptions appear in a relatively narrow band along a nerve path, wrapping around the left or right side of the body. The bumps have a red base and fill with clear liquid, pus, or blood. As in Margot’s case, the rash is typically very itchy and painful. Burning sensations and sensitivity to touch are common. Fatigue, muscle pain, and headache can accompany the rash, as can sensitivity to light, swollen lymph nodes, and fever.

Is it contagious?

The virus can spread to another person who touches the shingles blister fluid—but only if that person has never had chickenpox or the chickenpox vaccine—and the person will develop chickenpox, not shingles. Once the shingles eruptions form scabs or crusts, they are no longer contagious.

Continued on page 14
Top twelve
Shingles Remedies

Apis mellifica

**Symptoms**
Large, swollen blisters on face or around eyes. Stinging, burning pain > cold, < warmth. Left side.

Arsenicum album

**Symptoms**
Blue-black ulcers or blisters on face, neck or torso. Burning pain > warmth, < midnight-1 a.m. Restlessness. Right side.

Graphites

**Symptoms**
Large blisters with sticky oozing and yellow crusts on chest or abdomen. Burning pain < touch, > open air. Left side.

Mezereum

**Symptoms**

Natrum muriaticum

**Symptoms**
Large, water-filled blisters with itching. Burning pain < warmth, sun, exertion, undressing, perspiration. Shingles follow grief.

Ranunculus bulbosa

**Symptoms**
Dark, bluish rash with itching on ribs, on side above hip, above eye. Stinging, burning pain < motion and change of weather. Rash site feels chilly.

How to dose:
Give doses of 30c or 200c in a water solution, two to three times a day for two to three days, and then assess the results. Stop dosing if symptoms improve and repeat dose if symptoms return. To make a water dose solution, place two or three pellets in eight ounces of water, let them dissolve, and stir.
Consider these 12 remedies a starting point, as many other homeopathic remedies may also help during a shingles outbreak. If none of these seems like a good choice, search symptoms in a repertory to find additional remedies or contact a professional homeopathic practitioner.

**Kalmia latifolia**

**Symptoms**
- Shooting, electric-shock pain on face or extending down limb after eruptions are gone. $<$ night, $>$ eating. Numbness. Right side.

**Lachesis mutans**

**Symptoms**
- Dark red, blue, purple, or bleeding rash with sharp, burning pain. $<$ touch, night, sleep, heat. Left side.

**Mercurius vivus (solubilis)**

**Symptoms**
- Pus-filled ulcers on abdomen. Burning pain $<$ touch, night, heat. Person feels chilly, then warm with excess saliva and perspiration. Right side.

**Rhus toxicodendron**

**Symptoms**

**Sulphur**

**Symptoms**
- Oozing, pus-filled rash with itching on flank and abdomen. Rash burns when scratched. Itching $<$ bathing, night, warmth, warmth of bed.

**Thuja occidentalis**

**Symptoms**
- White, scaly, mealy rash; ulcerations after shingles rash. Itching $<$ cold, walking, night. Burning pain $<$ scratching, cold bathing, cold.

the solution ten times before each one-teaspoon dose. Cover and store the solution in a cool, dark location. Use the same solution for all doses in the two-to-three-day period, or, if needed, for up to a week.

**Key:**
- $<$ = worse from
- $>$ = better from
Risks and complications
Although painful and often debilitating, most shingles cases resolve in four to five weeks. Some people, however, risk serious complications and require prompt medical management, including pregnant women and immunocompromised patients. Shingles on the face, especially near the eye, requires immediate medical attention, since vision loss, brain inflammation, hearing difficulties, and balance problems could result.

For some unfortunate folks, nerve pain lingers for weeks, months, or longer after the shingles rash disappears. This is called post-herpetic neuralgia.

Conventional approach
Oral antiviral drugs, such as acyclovir, are the first-line treatment for acute shingles. Usually, these medicines need to be started within 72 hours of shingles onset to effectively relieve symptoms and to reduce illness duration by only a few days at best. Also, commonly used topical pain relievers include calamine lotion, lidocaine patches, and capsacin ointment, as well as oral pain relievers, including NSAIDs and narcotics. Antidepressants, anticonvulsants, and steroids may also be prescribed to address pain. A shingles prevention vaccine, Shingrix, given in two doses, is available for those over 50; vaccine-induced immunity tends to last about five years.

An interesting but rarely prescribed shingles treatment is cimetidine, an over-the-counter acid-blocking heartburn drug, given for two days in large doses to abort the illness, according to one small South African study.

Homeopathy’s approach
In my 40-plus years of experience, homeopathic treatment reduces shingles symptoms and shortens the illness, especially when treatment is begun early. That’s why the pre-rash period is the best time to seek homeopathic care.

However, many people don’t realize they have shingles until the rash appears. And some don’t seek homeopathic treatment until after their rash has gone, but their nerve pain lingers. In all these cases, we can still offer very effective homeopathic treatment.

I’m happy to say that most of my shingles patients who seek immediate treatment experience rapid relief—without further complications or lingering nerve pain, as in the following example.

Debra in distress
Debra, the 55-year-old owner of a hair salon, came to see me shortly after her shingles rash broke out. “My HMO doc just handed me a tube of lotion and said, ‘Brace yourself for weeks of pain.’ Can you believe that? I have a business to run! But I’m so tired that I can barely drag myself in. And I’m so bummed from this incessant itch. … I’ve been taking Rhus tox from my remedy kit for the past few days, but it’s not helping . . .”

Debra’s shingles began after a long car drive, during which she’d felt overheated. It started with aching and throbbing on her right side, from her buttocks to her groin to her inner thigh. An itching, burning rash followed two days later—large, red, dime-sized eruptions, some with watery blisters in their centers.

The itching and burning decreased when she put cold packs between and around her legs or she sat in a few inches of cold water in the tub. She had tried warm packs and warm water, but that hadn’t helped.

The touch of clothing made it much worse. “I’ve taken to wearing loose, lightweight dresses with no underwear,” she confided.

At night, Debra was so uncomfortable from the shingles that she repeatedly got up and down from bed. She felt a “fiery hot pain” in the joints of her right leg and hip, making her avoid lying on her right side.

Debra said she had not been as hungry as usual and had a metallic taste and itching worse from heat and touch. I settled on Mezereum 200c, twice per day, because of her symptoms:

Avoidance of foods high in L-arginine is recommended, since L-arginine can aggravate shingles during an outbreak, such as nuts, seeds, chocolate, dairy products, corn, barley, and other grains (beer).
Itching, better from cold applications; itching, worse from touch and the touch of clothing; small blisters on large, fiery red eruptions; metallic taste; and restlessness from pain.

Debra rang back five days later to say: “It’s incredible! Six hours after I took Mezereum, the pain and itching were GONE! The next day, the rash was way better—much less angry. Today, it’s so faded, I can hardly see it anymore. I never even used that lotion the other doctor gave me. Wait till I let him know how quickly homeopathy worked!”

Shingles remedies

Many homeopathic remedies have the potential to help a shingles sufferer, and it can be challenging to choose between two remedies with very similar pain, itching, and eruption symptoms. For best results, I pay particular attention to symptoms that accompany the person’s shingles, as well as to what makes the person or his or her shingles-related discomfort better or worse.

For your convenience, I’ve listed 12 of the top shingles remedies on pages 12-13, along with information to help differentiate one remedy from another. Please consider this information a starting point only. Consult a materia medica for more complete symptoms for each remedy. If none of these remedies seems like a good choice, look up the symptoms in a repertory to find additional remedies. If you have trouble finding the right remedy, don’t give up. Seek help from a professional homeopathic practitioner by searching the NCH Directory at www.homeopathycenter.org/find-a-homeopath/.

If the term “shingles” does not appear in your repertory, look in the section “Skin, Eruptions, herpes zoster” or “Skin, Eruptions, herpetic.” For shingles pain that lingers after the rash is gone, look for “Pain, after zoster” or “Neuralgic pain, after zoster.”


Shingles on the rise

Immune function declines with age, and the older you are, the greater your chances of getting shingles. But shingles is on the rise in all age groups. The chickenpox vaccine, used in the U.S. since 1995, might play a role. Since kids rarely get chickenpox naturally these days, older adults who’ve had chickenpox don’t come into contact with the virus. Viral contact serves as a “booster” to the immune system, and without the boost, older folks may be more likely to get shingles than before. As to why shingles cases are also rising in young people, I suspect the answer is complex—related to an overall decline in immune integrity due to a variety of nutritional, environmental, and other factors.

An ounce of prevention

The best way to prevent shingles, regardless of age, is to maintain a healthy immune system through good diet, exercise, and stress management. I recommend the Mediterranean diet, preferably organic, which includes plenty of vegetables, fruits, legumes, whole grains, nuts, seeds, and olive oil. I also suggest avoiding an excess of red and cured meats, too many simple carbohydrates, trans-fats, and refined sugar. Nutritional and herbal supplements routinely recommended for immune enhancement are also useful.

Remember Margot, who was in such miserable pain that she roamed the house at night exclaiming out loud about wanting to die because of the pain? When she recovered both physically and emotionally from her shingles, she phoned me. “Sweet relief, finally! How can I ever thank you?” she said. “And most of all, how can I make sure I never go through that again!!”

“Shingles rarely strikes again,” I reassured her, “but maintaining a strong immune system is your best protection. Homeopathic constitutional care and a healthy lifestyle are two of the best ways I can think of to ensure that one’s immune system is both strong and resilient.”

And, of course, if shingles does strike, please consider seeking homeopathic treatment at the first sign of an outbreak!

Footnote


ABOUT THE AUTHOR

George Guess, MD, DABHM, a family physician in Charlottesville, VA, is board certified in Classical Homeopathy. His other areas of expertise are bioidentical hormone therapy and functional medicine. He is Vice-President of the American Board of Homeopathic Medicine and an assistant editor of the American Journal of Homeopathic Medicine. He has served on the faculties of the National Center for Homeopathy, the International Foundation for Homeopathy, and the New England School of Homeopathy. He studied homeopathy at the Athenian School of Homeopathic Medicine (Greece) with George Vithoulkas and holds a diploma from that institution. Contact him at: www.drgorgeguess.com or ggguessmd@gmail.com.

*DABHM = Diplomate of the American Board of Homeopathic Medicine
Our goal is to work with Congress and the FDA to include the consumer voice in its policy creation and restate the longstanding (since 1938), clear distinction in the law between homeopathic and conventional drugs and to guide FDA enforcement policies to distinguish between products that meet homeopathic standards and those that may be adulterated, misbranded, or improperly labeled as homeopathic.

Why is the FDA doing this?
Many members of Congress ask this question when our homeopathy advocates speak to them about the situation. In several instances, products labeled as homeopathic have caused the FDA concern and resulted in warning letters. However, our careful review and analysis, which included submitting several Freedom of Information Requests to the FDA, found that all instances of FDA concern focused on products that were either improperly labeled as homeopathic or improperly manufactured. Without this important distinction, genuine homeopathic medicines are vulnerable to removal from the market.

What is happening with homeopathy in the USA?
In 2017, the FDA released a policy document—currently still in draft form but already being used for enforcement purposes—that categorizes all homeopathic medicines as “unapproved new drugs” and “illegally marketed.” If approved, this proposed policy will allow the FDA to remove homeopathic medicines from the market for any or no reason at all. The agency has already mentioned Belladonna, Nux vomica, and others as concerns.

In layman’s terms, the FDA’s drafted guidance creates categories of the “riskiest” homeopathic medicines and outlines which homeopathic products should be removed from the market first. The FDA’s new approach ignores the safety of homeopathic medicines when properly manufactured and labeled. And since the new policy outlines only a removal path, manufacturers have no way of knowing what the appropriate path is to stay on the market; this uncertainty threatens access to homeopathic medicines.

The strategy and results
Our strategy involves working with each branch of the government:

- **Executive Branch:** We have met multiple times with top drug regulators, including the now Acting Commissioner of the FDA. We submitted two Citizen Petitions to the FDA, and the second Citizen Petition is still pending. A Citizen Petition requires the FDA to take formal response actions, which creates future legal opportunities for us.
- **Judicial Branch:** Recently, when the FDA blocked the importation of MediNatura’s homeopathic products (which carry an impeccable safety record of over 18 years), we submitted an Amicus brief into the case, which reiterated support for consumer access to homeopathic medicines. The reason behind the FDA block was the previously mentioned draft guidance document.
- **Congressional Branch:** Over 600 people participated in Homeopathy on the Hill last spring. These volunteers, which we rigorously train, are experts at communicating with Congress about the FDA’s actions on homeopathic medicine. A group of 600 people is a mere fraction of the six million Americans, according to the National Institutes of Health, who use homeopathy. And it is even a smaller percentage of the U.S. population. Still, this small percentage of dedicated folks made an impact:
  - 53% of all Congressional offices (both houses) met with a group of highly trained homeopathy advocates
  - 78% of participants rated their meetings with representatives at a 7 out of 10 (32% said it was a 9 or above)
  - Over 61% of the Homeopathy on the Hill participants rated the office they spoke to as 70% likely to follow through on the “ask.”
  - 95% of Congressional staff met by advocates had limited to no knowledge about homeopathy—a tremendous opportunity for us to be Congress’ source of homeopathy information.
Join the
Homeopathy Action Team
(or join the waitlist) by visiting:
TinyURL.com/AFHCHAT

To stay up to date on AFHC progress,
sign-up for free membership at:
HomeopathyChoice.org

Every office was provided with a customized fact sheet and a briefing about the impact homeopathy has in their home state.

What was the Congressional “ask?”
Ultimately, the goal is to introduce legislation into Congress that clarifies the distinction in the law between homeopathic medicines and conventional drugs for the FDA. This echoes a statement made by Judge Moss in the aforementioned MediNatura court case. Getting legislation introduced and passed is a multi-step process, but a big step in the right direction was taken this year. Homeopathy on the Hill participants were encouraged to join our Homeopathy Action Team (HAT)—a dedicated group of advocates committed to building long-term relationships with Congressional offices in their states.

In short, the HAT team is our greatest hope for the success of our work because it takes persistent and knowledgeable legislative staffers, who are hired by Congressional representatives, to take on our homeopathy issue as theirs.

Together with California Congressman Ro Khanna and with the HAT team’s assistance, a letter was circulated among members of Congress so that it could be sent to the FDA. It is not uncommon for letters like this to receive only a few Congressional co-signers. This letter secured 25 signers, and it was beautifully bipartisan with 12 Democrats and 13 Republicans. The signers included one Republican and one Democratic Senator, bipartisan representation from the Energy and Commerce committee—the committee that will, sooner or later, approve the desired homeopathy legislation, and bipartisan representation from the Appropriations committee, the committee that allocates funding to the FDA.

What did the letter say?
A copy of the September 2021 letter to the FDA is on our website, HomeopathyChoice.org, but here are the main points:

1) Since the FDA withdrew its previous policy on homeopathic medicine—which outlined clear steps for bringing homeopathic medicines to market—the agency has provided no clear guidance on how manufacturers should comply with the law.

For example, the FDA-registered manufacturer, MediNatura, whose products were blocked from importation, has been in business for over 40 years without a single failed FDA inspection and has now spent almost $1 million dollars defending against lawsuit, meanwhile trying to remain in business. Its products have been used 325 million times without a single report of death.

2) The draft guidance has thrown the entire homeopathy community into confusion and uncertainty.

3) To protect consumers and ensure access to the products that meet homeopathic standards for quality and purity, Congress would like to know how the FDA intends to use and adhere to the legal framework for homeopathy, which Congress has established over decades, as well as the subsequent policies the FDA, itself, has implemented.

Understanding the history behind the regulation of homeopathic drugs is a critical part of the strategy, but that is a discussion for another day. AFHC Grassroots Director, Laura Held, will provide historical perspective in an upcoming issue of Homeopathy Today.

About the HAT team
The reason I think homeopathy is so powerful is because it is truth, and truth is what brings us together, advocating for homeopathy. As homeopathy supporters, we bring that truth to Congress, and we will keep showing up because we are tenacious. The work may be small, but I believe that this work is dropping a homeopathic dose of “goodness” into a stressed political system. Remember that tiny doses can do mighty things, even in Congress.

The powers-that-be want us to get tired and discouraged, questioning what a small group of mothers can do. We can do a lot with your support. I invite you to join AFHC advocacy work and become a member of the HAT team. Enrollment opens once a year, and currently, only members of the HAT team are invited to participate in the next Homeopathy on the Hill event. Enrollment opens for one week in November 2021.

The power of a homeopathic dose in Congress is real. Let’s potentize this opportunity.

ABOUT THE AUTHOR
Paola Brown, MEd, is president and co-founder of Americans for Homeopathy Choice, the voice of homeopathy users who want to protect their right to choose homeopathy. Paola has introduced many mothers to homeopathy. She received a BA in English Education and an MA in Curriculum and Instruction from Arizona State University graduating summa cum laude both times. Fluent in Portuguese and Spanish, Paola was also a health instructor with Care for Life, working to develop sustainable communities in Mozambique.
STRESSFUL TIMES IMPACT HEALTH

HELP YOURSELF

By Amy Rothenberg, ND, DHANP
It feels like no one’s life is easy these days. In my 36-year career, I have never seen more people under more stress for longer periods than I see now.

**Tired, unmotivated Mara**

When Mara, 68, came to me for help, she had spent the last two years care-taking her ailing mother. More recently, she’d been refereeing family dysfunction related to the pandemic and different levels of precautions people were willing to take. She was worried sick about her grown kids and their issues but also irritated for the demands they placed on her.

Mara owned a business with her partner, and the responsibilities were unrelenting. This stress affected both their relationship and their livelihood. “I’m not coping very well,” she said. “I’m making more mistakes. I can’t think straight. And I’m snapping at him all the time.” She also felt troubled by political events in her community.

“I feel like I can never catch a break. When we finally got away for a few days of vacation last month, I spent half the time on my phone or laptop, putting out fires and managing other people’s problems,” she said. “My energy is zapped.” She felt tired and achy, unmotivated and aimless.

“My digestion is not working right anymore either,” she added. She often felt constipated and/or bloated.

Though exhausted, Mara did not sleep well at night. She felt jittery and anxious. She relied on caffeine for energy, which she knew was not helpful in the long run and contributed to both her anxiety and sleep troubles.

**A pandemic of “the blahs”**

Mara’s physical exam was unremarkable, and her screening blood tests were within normal ranges, including her thyroid tests. She did not take any prescription medications and had
no other chronic ailments. There really was no specific diagnosis for Mara’s condition, but she certainly was not thriving. Her story reminded me of a recent *New York Times* article\(^1\) describing the effects of pandemic stress on many people in 2021. As the pandemic has dragged on, the acute state of anguish people felt in 2020 “has given way to a chronic condition of languishing,” according to the article.

Languishing—feeling joyless, unmotivated, stagnant, empty—is not as extreme as depression, but it is far from flourishing. We can think of languishing as the *absence* of well-being. This concept fit Mara perfectly. When I shared the article with her, it actually made her feel a little better. At least she was in good company!

**A backdrop of vulnerabilities**

Even before COVID-19 arrived, our constant access to work, social media, and the defeating news cycle—on top of political strife, climate change, and environmental toxins—created a backdrop of vulnerabilities. The ongoing pandemic stress has revealed or exacerbated people’s physical, emotional, and cognitive imbalances and illnesses.

We are also more aware that adverse childhood events, low income, and being a person of color in this country create additional stress, and that stress is not meted out evenly across zip codes or populations. Indeed, racism\(^2\), long a public health crisis, has been further highlighted by the pandemic.

And far-reaching pandemic stressors continue. To name a few: Worry about getting infected; coping with viral infection and its aftermath; loss of loved ones; uncertainty about the future; inability to be with family and friends; loss of social support networks; loss of work and income; worry about rent or mortgage payments; change in school routines; disruption in everyday activities, such as participating in health clubs, choirs, and worship services.

**Chronic stress can undermine health**

With the unrelenting stress of 2020 and 2021, we’re not bouncing back like we used to because we have not had

---

**BURNED OUT, STRESSED OUT?**

*Here are the top tools and recommendations I use with patients suffering the ill effects of ongoing stress.*

1. **Get Homeopathic Constitutional Care.** First and foremost, I prescribe a homeopathic remedy individualized to the whole person—their physical, cognitive, and emotional states. A well-chosen constitutional remedy will not only address the person’s symptoms, it will raise their threshold for feeling stressed, so they are less susceptible to stresses that previously triggered their symptoms. A constitutional remedy often increases a person’s self-agency, empowering them to make healthier lifestyle choices, and improves their mood, energy, mental clarity, and sleep. Whole-person, constitutional care is best delivered by a well-trained professional.

2. **Rule Out Underlying Illness.** Depression, overwhelm, and burnout can result from stress, but they can also be by-products of chronic disease. I screen fatigued patients with appropriate exams and blood tests, to see if there are other reasons for their symptoms, and then work to mitigate or reverse those ailments, as relevant.

3. **Optimize Nutrition.** An anti-inflammatory, appropriate-for-the person diet is often key to reducing the effects of stress. I typically recommend plenty of fresh vegetables and fruits, beans and nuts, lean meats, eggs, whole grains (but not white flour), cold-water fish, fresh herbs and spices, and fermented foods. Balancing blood sugar levels is also important, so I ask patients to reduce frequent snacking, cut back or eliminate refined sugars and carbohydrates, and keep alcohol consumption to a minimum.

4. **Drink Enough Water.** Hydration improves sleep quality, cognition, and mood, and keeps all the body’s systems functioning well. But drinking enough water is easier for some people than others. I ask my under-hydrated patients to set out four small juice glasses of water each day, as a starting goal. We work up from there, aiming for half a person’s weight in ounces, so a 150-pound person drinks 75 ounces of water daily. It’s amazing how being adequately hydrated can help a person feel better. For those who are not big fans of plain water, I recommend herbal teas, diluted fruit juice, or water with a squeeze of lemon or lime.

5. **Sleep Well.** Sufficient, regular, and restful sleep—which is essential to good health and the ability to bounce back from stressful events—is an enormous challenge for some people. See my article, “Sweet Dreams: Homeopathic Help for Insomnia,” in *Homeopathy Today* Fall 2019 for help.

6. **Move More.** Exercise is one of the best ways to blow off steam, clear the mind, sweat out natural toxins related to metabolism, improve sex drive, and help with sleep. Research\(^\text{1}\) shows that exercise...
Stress alters insulin metabolism and sensitivity, one risk factor for developing diabetes.

the chance to heal. Chronic stress leads the brain’s hypothalamus to stimulate the adrenal glands, which in turn release adrenaline and cortisol. These hormones raise heart rate, blood pressure, respiratory rate, and glucose levels, while lowering immune function. Is there such a thing as “adrenal exhaustion”? The conventional medical literature says no, but we certainly see patients who seem to experience their problems as fallout from chronic stress.

Studies show that chronic stress may lead to histamine release, which can cause allergy symptoms, asthma, and rashes. Stress alters insulin metabolism and sensitivity, one risk factor for developing diabetes. Stress also affects stomach acids, which can lead to all manner of digestive complaints. Ongoing stress contributes to arterial plaque buildup. It also suppresses natural killer cells, which perform many important functions, including preventing cancer development or spread.

Beyond contributing to physical ailments, unmitigated stress can wreak havoc on the emotional level, contributing to depression, anxiety, irritability, and insomnia. All elements of our health are intertwined. That’s why whole-person, whole-medicine approaches, such as homeopathy and naturopathic medicine, are key to healing, especially now. They offer a fresh perspective on the treatment of stress and how it affects the human condition. (See my article, “Whole Person Help for the Anxious Child,” in Homeopathy Today Summer 2020.)

It’s important to remember that stress impacts each person differently, according to individual susceptibility. Genetics, coping skills, personality, and access to support systems are a few factors that influence how a person reacts to and manages stress.

improves quality of life and delays the onset of more than 40 chronic ailments! Most people would benefit from more exercise. I work with patients to get them moving more, reminding them that exercise comes in three parts: aerobic, weight-lifting, and stretching. One caveat: Over-exercising or exercise-bingeing is not advised, as it can make a person feel as overwhelmed and unwell as being sedentary.

Consider Supplements and Botanical Medicines. Nutritional supplements and botanical medicines, tailored to the individual by a professional, can help to address specific or synergistic biochemical issues related to burnout. Of many possibilities, here are my top five:

- Vitamin C for its roles related to improving energy and reducing overall inflammation
- Vitamin B Complex for its roles related to stress and cognition
- Adaptogenic herbs, including ashwagandha and rhodiola, which address both mental and physical fatigue and support adrenal function
- Licorice root, because it supports adrenal function (deglycyrrhizinated licorice, known as DGL, is recommended because it does not raise blood pressure.)
- Curcumin, the primary bio-active substance in the culinary and medicinal herb turmeric, for its anti-inflammatory and antioxidant qualities; studies show it also improves overall quality of life.

Practice Body-Mind Approaches. Body-mind approaches help us relax and normalize an activated stress response. I recommend practicing regularly, so that when such a tool is especially needed, it is there for you to use! Examples include: breathing techniques, mindfulness meditation, yoga, qigong, and hobbies that help you to relax—from art to music to building model airplanes.

Simplify Your Space. Simplifying home and work spaces can do wonders to lower stress levels. I recommend Marie Kondo’s popular book The Life-Changing Magic of Tidying Up. Her method “encourages keeping only those things that speak to the heart. Discard items that have outlived their purpose; thank them for their service—then let them go.” She emphasizes being mindful, introspective, and forward-looking.

Do Less. Think about what you are trying to accomplish in any given day. Sometimes we put too much pressure on ourselves to get through the to-do lists and to be productive, as if we were human doings instead of human beings! A tremendous amount of stress can be alleviated by literally doing less. I have conversations with my patients to help them identify what the most stressful things are in their lives and invite them to think about ways they might actually reduce their stress, whether letting go of a difficult relative, shifting their work schedule, or adjusting expectations from family members.
A path through the stress cycle

Of course, stress and our emotional reactions to it are normal parts of life and need to be given time and attention. In the book, *Burnout—The Secret to Unlocking the Stress Cycle*, Emily and Amelia Nagoski beautifully describe the neurobiology of the stress cycle. They write about how every emotion has a beginning, a middle, and an end. You have to feel your emotion all the way through, especially the more challenging ones, in order to keep moving forward.

They suggest ways to process emotions including talking about them, having a good cry, doing regular deep breathing exercises, sharing a caring hug, having a deep belly laugh, getting physical exercise, doing something creative like writing, drawing, or singing, and feeling the connection of family and friends.

I concur with their list entirely and would add spending time outdoors in greenspaces, at parks, or in the woods. The more we study the need for time outdoors, the more we see its positive impact on overall health. Watching TV or streaming video, surfing the internet on computer or phone, and playing video games have become fallback activities for many children and adults. We’re missing out on the essential role of sunshine, greenspace, and time away from screens.

The more we study the need for time outdoors, the more we see its positive impact on overall health.

Helping Mara manage stress

So, how do we help a person like Mara, who is burned out, languishing, and exhausted, suffering the effects of chronic stress? In general, I follow the approach summarized in the sidebar on pages 20-21, “Burned Out, Stressed Out? Top 10 steps to bounce back and feel better.”

The first step was to find Mara a constitutional homeopathic remedy by considering her major symptoms. She’d told me she “woke up like a bear,” and it took several hours and two cups of coffee to “feel human again.” She was irritable and impatient with her partner and could not seem to stop snapping at him and pointing out all his faults, yet, her irritability never rose to the level of yelling or aggression.

Mara had a few good hours from late morning to late afternoon, and then she totally crashed. She could not accomplish much after 5:00 p.m., so her diet suffered, as she had no creative energy to food shop or cook dinner. Instead, she bought fast or processed foods. All she wanted was a quick fix, a candy bar, toast and jam, any sweets really. Mara had gained more than ten pounds during the pandemic. She was chilly and could not seem to get warm, even as the weather warmed up.

Mara’s symptoms were fairly run-of-the mill, which didn’t give me much to go on, in choosing a remedy: general malaise, irritability, chilliness, feeling worse in the morning and later afternoon, brain fog, making mistakes in reading and writing, and constipation.

Choosing between two

I narrowed down the choice to *Sepia* or *Lycopodium*, as people who benefit from these remedies share many qualities.
Both can be chilly and irritable. Both can feel worse in the morning on waking, as well as worse in the late afternoon. And both can slant toward constipation.

People needing Sepia feel better with movement and exercise, as a way to combat an underlying sluggishness throughout their body, but Mara was entirely disinterested in exercise. Even a gentle walk around the neighborhood, if she could get herself to do it, would exhaust her.

The constipation of Sepia is related to low muscle tone, with no sense of a need to evacuate, whereas Lycopodium constipation is accompanied by a sense of fullness and the need to pass gas. Mara’s constipation with bloating fit the Lycopodium profile better, as did her preference for sweets.

In the psycho-emotional realm, those who need Sepia can be irritable but often lean toward flat emotions or depression. In contrast, Lycopodium patients can easily become anxious about anything at all, especially if they feel the subject reflects poorly on them. Mara was not depressed but anxious, jittery, and sleepless over work and family matters, which fit the Lycopodium profile. People who need Lycopodium can also be somewhat dictatorial, and Mara was slanting that way, especially with her partner. Mara’s mistakes with her business’s paperwork also fit Lycopodium’s particular type of brain fog.

I prescribed Lycopodium 200c for Mara. I also advised her on ways to improve her diet and nutrition, get more sleep, and figure out ways to reduce the stressors in her life, as outlined in the sidebar on pages 20-21.

The fog clears

Six weeks later at our follow-up visit, Mara’s first comment was: “I’m clear-headed again—it’s good to be back to myself!” Thinking more clearly made operating her business less stressful. She thanked me for our conversation, which had prompted her to set better boundaries with her adult children. She’d also initiated some difficult talks with her partner, which resulted in improved communication between them. Mara reported better sleep and less fatigue but said she “still had a ways to go” in her energy. Her digestion was “still off,” but it wasn’t bothering her so much. She had removed some of the junk food from her diet and was cooking healthy meals a few times a week.

This was a good report, as Mara was now moving in a positive direction with her health and her actions. I am always inspired when patients take up lifestyle habits that help with healing. When someone has this kind of positive report after taking a constitutional remedy, the best thing to do is to wait rather than give another dose of the remedy. So I congratulated Mara, encouraged her to continue the healthy approaches she’d adopted, and suggested we follow up in another six weeks.

Over the next six months, Mara continued to do well, with gradual improvement in her energy level. She was sleeping better, felt less irritable, and cut way back on her caffeine and sugar intake. On two occasions, I gave her additional doses of Lycopodium 200c—once when she had a right-sided sore throat that was better from warm drinks, fitting of Lycopodium, and once after the holidays, when she was overly stressed by family dynamics and repeat offenses from a particular relative—and both times she bounced back. I look forward to periodic check-ins with Mara to be sure she continues to move in the right direction.

A whole-person path forward

For many patients who are languishing or burned out with “adrenal fatigue,” it will be a long unwinding back to health. But homeopathy and other whole-person natural medicines that address root causes, stimulate the body’s inherent healing capacity, and work to reverse the role of chronic stress, can help. Taking stock, cultivating self-awareness, and welcoming change can also help people feel better and reduce the harmful effects of chronic stress.

References

2. Rothenberg, A. “Racism is a Serious Thread to the Public’s Health” Says Rochelle Walensky MD, MPH, Director of the CDC. https://amy-44829.medium.com/racism-is-a-serious-threat-to-the-publics-health-says-rachel-walensky-md-mph-director-of-the-7ba8722a5933
9. Ibid.

ABOUT THE AUTHOR

Amy Rothenberg, ND, DHANP, practices in Connecticut and Massachusetts (www.nhcmed.com) and by telemedicine. Dr. Rothenberg is the AANP’s 2017 Physician of the Year. With her husband, Paul Herscu, ND, MPH, DHANP, she teaches through the New England School of Homeopathy (www.NESH.com), where virtual learning is now available. For information on NESH’s new entirely virtual class, as well as other resources, see www.nesh.com. Her writing can be found at Medium, Thrive Global, The Huff Po, and more. When not working, Dr. Rothenberg enjoys spending time with her family, in nature, and putting her art studio.
### Academy of Homeopathy Education
- **Primary Contact:** Veronica Wolf Hester, CCH
- **Contact Email:** admin@ahenyworld.com
- **Phone Number:** 212-967-4519
- **Website:** www.academyofhomeopathyeducation.com
- **Address:** 6190 Ardleigh St.
  Philadelphia, PA 19138

### American Association of Homeopathic Pharmacists (AAHP)
- **Primary Contact:** Eric Foxman, AAHP Secretary
- **Contact Email:** Info@AAHP.info
- **Phone Number:** 513-402-8847
- **Website:** www.TheAAHP.org
- **Address:** 4332 SE Logus Road
  Milwaukie, OR 97222

### Americans for Homeopathy Choice
- **Primary Contact:** Paola Brown
- **Contact Email:** info@homeopathychoice.org
- **Phone Number:** 202-630-8301
- **Website:** www.homeopathychoice.org
- **Address:** PO Box 203
  Shelley, ID 20009

### Boiron USA
- **Primary Contact:** Boiron Information Center
- **Contact Email:** info@boiron.com
- **Phone Number:** 1-800-BOIRON-1
- **Website:** www.boironusa.com
- **Address:** 4 Campus Blvd.
  Newtown Square, PA 19073

### Castle Remedies
- **Primary Contact:** Caitlin Potere
- **Contact Email:** info@castleremedies.com
- **Phone Number:** 734-973-8990
- **Website:** www.castleremedies.com
- **Address:** 2345 S Huron Plkwy
  Ann Arbor, MI 48104

### Council for Homeopathic Certification (CHC)
- **Primary Contact:** Malissa Stawicki, COO
- **Contact Email:** chcinfo@homeopathicdirectory.com
- **Phone Number:** 866-242-3399
- **Website:** www.homeopathicdirectory.com
- **Address:** 2701 N 7th Street
  Phoenix, AZ 85006

### Hahnemann Laboratories
- **Primary Contact:** Customer Service
- **Contact Email:** orders@hahnemannlabs.com
- **Phone Number:** 888-427-6422
- **Website:** www.hahnemannlabs.com
- **Address:** 1940 4th St
  San Rafael, CA 94901

### Homeopathy Help Network
- **Primary Contact:** Denise Straiges, CCH,RSHom(NA)
- **Contact Email:** vwolf@ahe.online
- **Phone Number:** 212-967-4519
- **Website:** www.homeopathyhelpnow.com
- **Address:** 6190 Ardleigh St.
  Philadelphia, PA 19138

### Hyland’s Homeopathy
- **Primary Contact:** Julia Mahler
- **Contact Email:** info@hylands.com
- **Phone Number:** 800-624-9659
- **Website:** www.hylands.com
- **Address:** 108-110 W. Walnut Street,
  Los Angeles, CA 90248

### International Academy of Classical Homeopathy by George Vithoulkas
- **Primary Contact:** Daniel Honeywell
- **Contact Email:** info@vithoulkas.college
- **Phone Number:** +30 (24240) 65142 (Greece)
  1-833-ORGANON (USA)
- **Website:** www.vithoulkas.college
- **Address:** Alonissos, Northern Sporades 37005
  Greece
<table>
<thead>
<tr>
<th>Company</th>
<th>Location</th>
<th>Contact Person</th>
<th>Email</th>
<th>Phone</th>
<th>Website</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mind Technology Pvt. Ltd.</td>
<td>Mumbai</td>
<td>Dr. Jawahar J. Shah</td>
<td><a href="mailto:1drshah@gmail.com">1drshah@gmail.com</a></td>
<td>+91 22 61417800-99</td>
<td><a href="http://www.hompath.com">www.hompath.com</a></td>
<td>8, New Hari Niwas, Dattatraya Road, Santacruz (W) Mumbai, Maharaashtra 400054, India</td>
</tr>
<tr>
<td>Miranda Castro’s Shop</td>
<td>Gainesville</td>
<td>Miranda Castro</td>
<td><a href="mailto:mirandacastrophos@gmail.com">mirandacastrophos@gmail.com</a></td>
<td>(352) 505-3383</td>
<td><a href="http://www.mirandacastro.com">www.mirandacastro.com</a></td>
<td>5202 NW 8th Ave Gainesville, FL 32605</td>
</tr>
<tr>
<td>New England School of Homeopathy</td>
<td>Amherst</td>
<td>Amy Rothenberg ND, DHANP</td>
<td><a href="mailto:nesh@nesh.com">nesh@nesh.com</a></td>
<td>413-256-5949</td>
<td><a href="http://www.nesh.com">www.nesh.com</a></td>
<td>356 Middle St Amherst, MA 01002</td>
</tr>
<tr>
<td>North American Society of Homeopaths (NASH)</td>
<td>Troy, ME</td>
<td>Carleen Johnson</td>
<td><a href="mailto:nashinfo@homeopathy.org">nashinfo@homeopathy.org</a></td>
<td>(206) 720-7000</td>
<td><a href="http://www.homeopathy.org">www.homeopathy.org</a></td>
<td>PO Box 115 Troy, ME 90291</td>
</tr>
<tr>
<td>OHM Pharma, Inc.</td>
<td>Troy, ME</td>
<td>Dr. Robert Melo</td>
<td><a href="mailto:info@ohmpharma.com">info@ohmpharma.com</a></td>
<td>940-325-4797</td>
<td><a href="http://www.ohmpharma.com">www.ohmpharma.com</a></td>
<td>2940 FM 3028 Mineral Wells, TX 76068</td>
</tr>
<tr>
<td>OLLOIS</td>
<td>Pacoima</td>
<td>Guillaume Lois</td>
<td><a href="mailto:info@ollois.com">info@ollois.com</a></td>
<td>310-559-0249</td>
<td><a href="http://www.ollois.com">www.ollois.com</a></td>
<td>12701 Van Nuys Blvd, Suite E Pacoima, CA 91331</td>
</tr>
<tr>
<td>Prometheus Homeopathic Institute</td>
<td>Stillwater</td>
<td>Desiree Brazelton</td>
<td><a href="mailto:info@prometheushomeopathicinstitute.com">info@prometheushomeopathicinstitute.com</a></td>
<td>(651) 699-0707</td>
<td><a href="http://www.prometheushomeopathicinstitute.com">www.prometheushomeopathicinstitute.com</a></td>
<td>141 Deer Path Stillwater, MN 55082</td>
</tr>
<tr>
<td>RadarOpus Homeopathic Software</td>
<td>Lockport</td>
<td>Dr. Timothy Miller</td>
<td><a href="mailto:orders@radaropus.us">orders@radaropus.us</a></td>
<td>716-241-1299</td>
<td><a href="http://www.radaropus.us">www.radaropus.us</a></td>
<td>PO Box 480 Lockport, NY 14095</td>
</tr>
<tr>
<td>RDI - Charles Kaeser</td>
<td>Richmond, CA</td>
<td>Olivier Borgeaud</td>
<td><a href="mailto:info@rdi-charleskaeser.ch">info@rdi-charleskaeser.ch</a></td>
<td>+41 (0)21 781 26 27</td>
<td><a href="http://www.rdi-homeopathy.com">www.rdi-homeopathy.com</a></td>
<td>Old College Road 2B 1077 Servion, Switzerland</td>
</tr>
<tr>
<td>Synergy Homeopathic</td>
<td>Richmond, CA</td>
<td>Roopali Gupta MBA, CCH, COO</td>
<td><a href="mailto:info@synergyhomeopathic.com">info@synergyhomeopathic.com</a></td>
<td>415-895-5503</td>
<td><a href="http://www.synergyhomeopathic.com">www.synergyhomeopathic.com</a></td>
<td>1220 Brickyard Cove Road, Suite 101 Richmond, CA 94801</td>
</tr>
<tr>
<td>Trinity Health Hub</td>
<td>Richmond, CA</td>
<td>Karen Allen, CCH</td>
<td><a href="mailto:hello@trinityhealthhub.com">hello@trinityhealthhub.com</a></td>
<td>(866) 585-3170</td>
<td><a href="http://www.trinityhealthhub.com">www.trinityhealthhub.com</a></td>
<td>1930 S Alma School Rd Ste B104 Mesa, AZ 85210</td>
</tr>
<tr>
<td>TR Homeopathics</td>
<td>Campbell, TX</td>
<td>Ted Maines</td>
<td><a href="mailto:cserve@TRHomeopathic.com">cserve@TRHomeopathic.com</a></td>
<td>903-259-2454</td>
<td><a href="http://www.trhomeopathic.com">www.trhomeopathic.com</a></td>
<td>PO Box 147 Campbell, TX 75422</td>
</tr>
<tr>
<td>Vanda France</td>
<td>Cormery, France</td>
<td>Guillaume Dourland</td>
<td><a href="mailto:g.dourland@vanda-france.fr">g.dourland@vanda-france.fr</a></td>
<td>0033-247-408-089</td>
<td><a href="http://www.vanda-france.fr">www.vanda-france.fr</a></td>
<td>Node Park Touraine, 90 Rue Lavoisier Cormery 37320, France</td>
</tr>
</tbody>
</table>
Finding the “right” homeopathic remedy is an important part of the homeopathic process. In this process, a person’s symptoms are compared to remedy descriptions to find the remedy that most closely matches the symptoms. This “right” remedy works with the body to relieve symptoms, restore vitality, and improve overall health.

In general, those who use homeopathy represent a broad spectrum of individuals, ranging from first-time remedy sampler to knowledgeable consumer to homeopathy client. In this diverse group, everyone shares a common desire to fundamentally change their health for the better. When illness is short-lived, selecting a homeopathic remedy without professional help often works quite well. However, anyone troubled by a chronic health issue may benefit from consulting a professional homeopath to support the health changes they seek.

A first sample
For many, a health food store or pharmacy offers the first opportunity to sample the action of homeopathic remedies. Over-the-counter remedies are affordable and effective, and they are manufactured under strict guidelines and regulated by the U.S. Food and Drug Administration. A remedy’s suggested use is printed on the container and can guide a person to a remedy that might help with uncomplicated conditions. Many find relief from coughs, colds, or fevers by shopping the homeopathic remedy displays in stores or online.

Learning more
Individuals who want to learn more about remedies typically read homeopathy books or take an introductory homeopathy class. Most homeopathic remedies have multiple uses beyond the one printed on the container. With additional homeopathy knowledge, individuals may become more skilled at differentiating between remedies and selecting one that helps. However, from the homeopathic standpoint, healing is a process rather than an event. Simply treating sickness after sickness may relieve symptoms, but it does not fundamentally improve overall health. A person facing a more serious or chronic health issue may consult a professional homeopath, who can often provide long-lasting resolution of health issues.

Professional support
Professional homeopaths have the knowledge and skills to help address complex health problems with homeopathic remedies. They have a broader and deeper perspective on healing as a result of years of dedicated study. A typical professional homeopath invests at least 1000 hours in the study of homeopathy. Working with a trained homeopath empowers homeopathy clients and provides confidence that an expert is available as a guide in making healthcare decisions.

Academy of Veterinary Homeopathy (AVH) Founded in 1995, AVH is comprised of veterinarians who share the common desire to restore true health to their patients through the use of homeopathic treatment. Members of the Academy are dedicated to understanding and preserving the principles of Classical Homeopathy. Visit the practitioner directory at theavh.org/referrals.

American Association of Homeopathic Pharmacists (AAHP) AAHP has been the voice of the homeopathic industry since 1923. The mission of the AAHP, an alliance of homeopathic manufacturers, pharmacists, and other qualified parties, is to serve the homeopathic community. For more information, visit theaahp.org/consumer-information.
American Institute of Homeopathy (AIH) The AIH was established in 1844, by, among others, Constantine Hering, MD, and is the oldest extant national medical association in the U.S. Membership is open to licensed health professionals—physicians (medical, osteopathic, naturopathic, and veterinary), dentists, nurse practitioners, and physician assistants who have integrated homeopathic medicine into their practice, as well as to pharmacologists and pharmacists. Visit the AIH practitioner directory at homeopathyusa.org/member-directory.html.

Council for Homeopathic Certification (CHC) Founded in 1992, the CHC has certified more than 1000 homeopaths. A member of the Institute for Credentialing Excellence and accredited by the National Commission for Certifying Agencies (NCCA) in 2017, the CHC is the only accredited homeopathic certification organization. To help ensure the public health, welfare, and safety, NCCA accreditation has been instrumental in helping integrate CHC-certified homeopaths into mainstream integrative healthcare. Visit the CHC practitioner directory at homeopathicdirectory.com/search.

Homeopathic Nurses Association (HNA) HNA was founded in the early 1980s by a group of nurses with a vision that nurses are a vital force in homeopathy. Through their ongoing dedication and outreach, HNA has become the leading organization to represent and support nurse homeopaths globally. Visit the HNA practitioner directory at nursehomeopaths.org/find-a-homeopath.

National Center for Homeopathy (NCH) NCH is a membership organization that provides education and builds awareness while advocating for access to homeopathy as an effective and affordable system of medicine. Visit the NCH practitioner directory at homeopathy-center.org/find-a-practitioner.

North American Society for Homeopaths (NASH) NASH is dedicated to promoting, representing, and serving as the voice of all Professional homeopaths in North America. NASH aims to develop and uphold the highest level of excellence in homeopathic practice while enhancing the role of the homeopathic profession as an integral part of health care delivery. Visit the NASH practitioner directory at homeopathy.org/registered-homeopaths-directory.

Homeopathic Academy of Naturopathic Physicians (HANP) The HANP is a specialty organization within the naturopathic medical profession affiliated with the American Association of Naturopathic Physicians (AANP). Its mission is to promote excellence in the practice of homeopathy among naturopathic physicians. Visit the HANP practitioner directory at hanp.net/about/directory-of-diplomates.

Free Trial 30-Days of RadarOpus Your best homeopathy, now.
After 25 years helping people around the globe, what prompted HWB to focus on Maine?

People had been asking for our services in the U.S. and Canada—and Maine chose us. Also, Maine recently passed Health Freedom laws, which removes some regulatory hurdles to offering homeopathic services there.

How did your partnership with Indigenous people develop?

When the COVID-19 pandemic exploded, it revealed many of the consequences of Indigenous communities’ lack of access to health care. Health disparities that result in disease are influenced by many factors, including inadequate funding, a shortage of health providers, and lack of transportation.

While tribal communities in Maine have a network of health services available, they may still find them culturally incompatible. They know, of course, that health is related to physical well-being. But for many Indigenous people, health is also very connected to family, community, and nature. They use medicine to support physical, mental, spiritual, and emotional balance in their lives. As homeopaths, we share this understanding of health and disease.

What steps did you take to get this project off the ground?

A group of Maine homeopaths met to discuss the potential for a community clinic for Native Americans. One homeopath knew a board member of Nibezun, a non-profit organization that represents the Wabanaki Confederacy of five tribal nations in Maine. Nibezun resides on sacred Wabanaki land along the Penobscot River. The word “Nibezun” translates as “medicine” in the Penobscot language, with its root “nibi” meaning “water” or “the first medicine.” Nibezun describes itself as “a place where we celebrate culture as medicine, provide an inclusive space for healing, and promote sustainability for all people and future generations.” Aware of the multi-generational trauma that has impacted tribal nations, Nibezun focuses on healing and change.

We first presented our clinic idea to Nibezun’s Executive Director, discussed HWB’s history and intentions, and began visualizing ways to introduce homeopathy to the community. Then we...
We aim to integrate homeopathy into the Indigenous community’s health care system.

prepared a proposal for HWB to collaborate with Nibezun. We took small steps. For example, we proposed introducing services to only one of the five local tribal nations, and then eventually expanding the project to the others. The president of the Nibezun Board, a medical doctor and Clinical Director of the Penobscot Indian Health Center for Indian Island, was very supportive and encouraged the clinic’s development. When the Nibezun Board agreed to proceed with a homeopathic clinic, community-wide support increased. For this kind of venture, community support is what drives the project development.

How is this project like HWB’s Haiti projects?
We began in Haiti by providing disaster relief care. One day, a nurse asked, “Can’t you teach us to do this?” We followed her guidance on how to integrate our services into the community and teach homeopathy. In Haiti, as with Nibezun in Maine, the people already have a relationship to traditional medicine, so homeopathy is a close fit. When the Haitian Ministry of Health saw our curriculum, they encouraged us to work with the Haitian Medical Society to teach its members how to use homeopathy, which we did. After ten years of teaching and providing hundreds of mobile clinic days in Haiti, we know our systems are efficient and effective.

Our work in Maine is evolving in a similar way. After conveying our basic intention, we followed the community’s lead. Trust built as we continued to respond and grow the partnership. The initial proposal was to offer mobile clinics, but because of the pandemic, we switched to telehealth clinics to minimize face-to-face interaction.

What are the respective responsibilities of HWB and Nibezun?
For service delivery, we will rely on a team of volunteer homeopaths assembled by HWB. HWB’s Lauren Fox, FNP-BC, CCH, will take the lead on clinical direction, and I will focus on structures, systems, and logistics. Homeopathic pharmacies are generously donating remedies for our dispensary.

Nibezun convened an advisory committee to guide the clinic’s design and integration into the community. It’s a well-rounded, intergenerational team, which I think is great, and it includes people from the Indian Health Services clinic, a counseling service, the court system, and other parts of the community.

To what extent does funding affect the continuity of services?
Everything that HWB has accomplished is thanks to thousands of hours that volunteers have contributed. So the bulk of the support for this project is from the generous homeopaths in Maine who will donate their consulting services one day a month.

When we estimated we needed $11,000 to $20,000 for other aspects of the project in the first year, Nibezun approached two state-wide, community-based foundations. We wrote the proposals together and both were accepted, with the funds awarded to Nibezun. We will rely on donations to cover any additional expenses. Getting support from state-level funding sources is wonderful, with the implication that these foundations recognize the value of homeopathy.

When do you expect to begin?
The first community clinic is set for August 4, 2021. Nibezun has hired a local Clinic Manager. The rest of the team will work remotely. Before we begin, we will have a community-wide presentation. We’ll give a brief introduction about homeopathy, and the Clinic Manager will let the community know how to access services. Nibezun, the Advisory Board members, and the Clinic Manager are the ambassadors for this project.

What is your long-term goal in Maine?
We aim to integrate homeopathy into the Indigenous community’s health care system. We’ll start small and monitor outcomes, identify resources needed, and provide education. As the partnership develops, we’ll gain more understanding of particular community needs. Our long-term goal is to transition the clinic operation to the community, with local homeopaths and/or locally trained health care providers. We want to teach people the fundamentals of homeopathic care so they can become caregivers, similar to what we’ve done in Haiti.

Have you considered replicating this model in other areas?
Our projects are designed to be replicable. We are preparing a handbook for how to establish and run a free/low-cost community clinic. We will provide the steps required and the forms needed. This will be a stand-alone template, to be used with or without additional support from HWB. We’ve received inquiries about the possibility of starting clinics in many places, including Florida, New Mexico, Arizona, Alberta, British Columbia, and New York.

How can others get involved?
When you’re trying to bring change, it takes financial resources and people power. Go to HWB’s website and make a donation, and if you have time available, consider becoming a volunteer with HWB. www.hwbna.org

Do you have any final thoughts?
Trust is essential for developing health care projects. Indigenous communities have long had their guard up as a result of being betrayed and mistreated in the past. So, it’s been a privilege to present something to the Wabanaki tribal nations that they can accept.

Why is this project different? I think it’s because we first worked on creating trust, we took the time to learn about each other, and we worked together. HWB is here to offer its best and to keep doing that.
When Rover is Limping …

Help for bone and joint injuries

By Todd Cooney, DVM, CVH

When an animal breaks a bone, tears a ligament, or otherwise suffers an orthopedic injury, their caretaker faces unappealing and costly conventional treatment options: specialist care, amputation, or, in some cases, euthanasia. Despite best efforts and intentions, surgery and prescription drugs do not always yield great results. In my practice, pet parents are surprised and relieved to learn that homeopathy offers a real alternative and supports healing—even if surgery is required.

Ruby’s rapid recovery

One-year-old Ruby, a large mixed-breed dog, jumped out of a moving truck and sustained a pelvic fracture. She arrived in my office after being told by another clinic that she would never recover unless she received immediate care from an orthopedic specialist. Euthanasia was the only other option offered to her owners.

When I examined Ruby, all vital signs were normal, and x-rays confirmed a left-side pelvic fracture and intact left hip joint. Ruby could not stand, and she whimpered if anyone approached her or reached out to touch her. Because Ruby’s response to her pain was similar to that seen with pets (and humans) who respond to the remedy Arnica montana, I gave her Arnica CM and carefully placed her on a thick blanket in a quiet area of my clinic. An hour later, I gave her one more dose of Arnica CM. Because she seemed to be more comfortable after the second dose, I turned out the light and told Ruby good night.

The next morning, I arrived to find Ruby standing, wagging her tail, and barking! By midday, she walked short distances, and even occasionally put weight on the fractured side. At this point, I stopped giving Arnica and prescribed Symphytum 10M once daily for a week, and then one dose weekly for three weeks. Symphytum, a remedy derived from the comfrey plant (also called boneset in herbal medicine), is known for promoting the union of fractured bones. Along with the remedy recommendation, I gave Ruby’s owners strict orders that she get more rest for the coming month.

Ruby recovered remarkably well, and, at her one-month appointment, she hardly had any lameness. Her owner admitted that it had been difficult to make Ruby rest, as ordered, because she seemed to feel so “well” during her recovery. With homeopathy, it is common for the patient to begin to feel better long before the ailment has healed.

How homeopathy works

When Ruby’s caretakers asked how homeopathy worked to heal her injury, I answered with help from the Organon, a detailed account of the principles of homeopathy written by Samuel Hahnemann (1755-1843), the “Father” of homeopathy.

In Aphorism 186 of the Organon, Hahnemann says, “The so-called local maladies that have arisen quite recently from an external damage (i.e. an injury) … draw the entire organism into sympathy.” Hahnemann is saying that the entire organism, not just the injured part, demands active help. We saw this in Ruby’s case when she became distressed just by being approached. I gave Ruby Arnica first to help her deal with the trauma of the accident, even though I knew that Symphytum would be needed later to promote healing of the fracture.

Hahnemann goes on to say that surgery or other mechanical means to eliminate obstacles to cure are not the cure itself. “… the cure itself can only be expected by means of the life force.” In other words, even if surgery is performed, it is still up to the body’s innate healing abilities to restore health. Homeopathy works by gently supporting the life force.

Inflammation, an immune response

Inflammation is the body’s first-line defense against external harm such as injuries, infections, and toxins. This natural immune response rushes nutrients and blood flow to the injured area, and it is essential to any healing process in animals and humans. Inflammation is physically noticeable, with redness, swelling, heat, pain, and diminished function.

Conventional treatment methods view inflammation as a problem that should be suppressed. Non-steroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen for humans or carprofen for animals, are often used to block inflammation, which may help decrease pain in the short term. However, NSAIDs inhibit bone and soft tissue healing, which, for orthopedic injuries, negatively outweighs any benefits. The following three human study outcomes demonstrate how harmful NSAIDs can be to bones and joints:
• One study showed that NSAIDs tripled the amount of joint damage over time.¹
• Another study resulted in a 50% increase in the need for hip replacement by those who took NSAIDs for two years.²
• A third study was stopped early in its third year because those taking NSAIDs required twice as many joint replacements as those in the control group. The scientists said, “Our study confirms beyond a reasonable doubt that the NSAID increases the rate of radiological deterioration of knees.”³

Although I keep NSAIDs in my clinic, I have not needed to use any since 2008. With homeopathy, I no longer have to worry about drug reactions, side effects, or the risk of liver or kidney damage that can occur with these conventional pain medications. I find that all of my cases do very well with good nutrition and homeopathic remedies matched to the patient and their injury.

Nutrition helps healing
I encourage clients to feed their injured pet a high quality, fresh diet, if possible. And, if an animal is in poor health when an injury occurs, good nutrition is a must. In general, a dog recovering from a broken bone or a ligament rupture needs more protein, minerals, and vitamins to support healing.

Also, trauma from an injury triggers the release of free radicals—cellular byproducts that break down bone and soft tissue. To combat the harmful effects of free radicals, adding a few dog-friendly, high-antioxidant foods to a recovering pet’s diet may help to speed healing. Foods such as blueberries or blackberries; cooked squash, carrots, or sweet potatoes; and steamed broccoli, kale, and green beans are generally well-tolerated by most dogs, if gradually introduced over time.

Recovery for 80 injured animals
Recently, I reviewed 80 of my orthopedic injury cases from a two-year period—64 limb fractures and 16 cruciate ligament ruptures. All 80 animals healed well with homeopathy and nutrition, and only 14 of the animals with fractures required surgery.

Fracture cases
The animals with fractures were all seen close to the time of injury, and Arnica (10M or CM) was given. Limbs were immobilized with splints as soon as possible. Within 12 hours, Symphytum 10M was given, and repeated two to three times daily the first few days, then once daily for the next week. After the first week, Symphytum 10M was given weekly for the next month, then usually discontinued. Limb splints were checked after one week, or as needed, and removed after another two to three weeks. For the animals requiring surgery, Symphytum was given in a similar manner, and the surgically implanted pins were removed in four to six weeks. All fractures healed without complications.

Fracture treatment, a closer look
To get an idea of the symptoms I consider when treating fracture cases, please see the following repertory rubrics that address different situations seen in fracture healing. The remedies I most often use for fractures are included in 5 Bone and Joint Injury Remedies sidebar.

Bone injury, Fracture repair and healing
• Generalities; Bones; Fracture
• Generalities; Bones; Injuries
• Generalities; Bruised pain; joints
• Generalities; Spasms, conditions of; traumatic

Fractures that are slow to heal
• Bones; Fracture; slow union, slow formation
• Generalities; Bones; Non-union, slow repair

Ligament rupture cases
A common orthopedic problem in dogs is cruciate ligament rupture/tear. Cruciate ligaments are two bands of fibrous tissue that join the bones above and below the knee joint so the knee works as a stable, hinged joint. When

5 REMEDIES for Bone and Joint Injuries
I most commonly use these five remedies in orthopedic injury cases. While simple sprains and bruises can often be helped with homeopathic home care, veterinary consultation is recommended for more serious injuries, including fractures and ligament ruptures.

Arnica montana, a remedy derived from a plant in the daisy family, is always given first, immediately after trauma or surgery. The animal fears being touched or approached, and their pains feel like bruises, as if they have been beaten.

Rhus toxicodendron, derived from poison ivy, helps with sprains and strains. The animal experiences pain and stiffness on first movement, but the pains improve with movement and warmth.

Ruta graveolens, derived from garden rue, has a special affinity for tendons and ligaments. Animals needing Ruta are not as touchy as those needing Arnica, but they can be irritable. Injuries that call for Ruta typically result from overuse or overexertion.

Calcarea carbonica, derived from the middle layer of oyster shells, is helpful when an animal has inflammation and deterioration of the knee joint, with inflammation of cartilage (cranial cruciate ligament rupture). It is also useful for chronic disease underlying orthopedic problems, such as arthritis. The patient feels stiff and sore, especially on first movement, similar to Rhus indications.

Symphytum officinale, derived from the comfrey plant, promotes bone growth and the union of fractured bones. In general, Symphytum is helpful for bone injuries and bad effects of blows and bruises.
a ligament tears, the animal typically experiences sudden lameness, and the limb appears unstable and weak.

While a healthy dog can suffer a cruciate ligament injury from sudden trauma, cruciate ligament tears are more often the end result of chronic disease, most likely an autoimmune process with inflammation of the joint and synovial tissues. Conventional treatment methods, however, approach cruciate ligament tears as acute problems, usually prescribing immediate surgical repair.

I find the majority of animals with cruciate ligament tears respond well to either Arnica or Rhus toxicodendron initially, or Calcarea carbonica, after the initial painful stage has passed. Eight of the 16 ligament rupture cases I treated over two years responded to a single dose of Calcarea carbonica 30c or 200c, along with dietary improvement and supplementation to support ligament repair. (I suggest a supplement called Ligaplex, which includes vitamins and minerals as well as botanical and glandular products.) The other eight cases required more than one remedy, mostly Arnica, Rhus toxicodendron, Ruta, along with Calcarea carbonica, as a periodic constitutional remedy.

In just one of these 16 cases, I operated on the dog, at the client’s insistence. This dog had the slowest recovery of the group, taking almost nine months to regain soundness in the leg. The other 15 dogs with cruciate ligament injury recovered in one to six months, without surgery, and regained full function.

**Ligament rupture treatment, a closer look**

To get an idea of the symptoms I consider when treating animals with cruciate ligament rupture, please see the following repertory rubrics that address different stages of treatment.

- **Ligament rupture**
  - **Generalities; Sprains, dislocations**
  - **Generalities; Weakness; joints**
  - **Inflammation; Joints; synovitis**

**References**


**ABOUT THE AUTHOR**

Todd Cooney, DVM, CVH, trained at Purdue University for undergraduate studies and veterinary school. After almost 20 years of conventional practice, he took Dr. Richard Pitcairn’s Professional Course in Veterinary Homeopathy and changed the way he viewed health and disease. Dr. Cooney now uses homeopathy exclusively on all of his cases. Contact him at: www.naturalanimalconsulting.com

The remedies I most often use to treat ligament ruptures/tears are included in *5 Bone and Joint Injury Remedies* on page 31.

**After cruciate ligament injury**

- **Generalities; Sprains, dislocations**
- **Generalities; Weakness; joints**
- **Inflammation; Joints; synovitis**

**Chronic cruciate ligament issues**

- **Generalities; Joints; inflamed**
- **Generalities; Weakness; joints**

**Homeopathy has better outcomes**

I’ve been in veterinary medical practice since 1986, spending more than 20 of those years practicing conventionally. This has given me unique insight into what works and what doesn’t in both conventional and homeopathic practice.

I’m convinced that orthopedic injuries recover more quickly and with less pain when I use homeopathic remedies and promote good nutrition. Thanks to homeopathy, Ruby and many other dogs who sustained orthopedic injuries are back to actively enjoying life! 🌿
AUTOMATIC UNITS AND ACCESSORIES FOR HOMEOPATHY

CH Dynamizer 10 ml - 150 ml

Impregnator
IMPG 10-15
IQ 00 PO qualification available

Modular storage boxes

Display units for homeopathic tubes

NEW

RDI CHARLES KAESER
Route du Vieux Collège 2B
CH-1077 Servion - Switzerland
+41 21 781 26 27
www.rdi-homeopathy.com
info@rdi-charleskaeser.ch
TRIUMPH OVER

TOOTH TROUBLE

Dental patients have something to smile about
A trip to the dentist is no fun for many, but it is nearly impossible for adults and children who experience fear or even terror when entering a dental office. In my practice, I’ve met parents who felt they were unable to take their child to the dentist because the child might have a panic attack. Fortunately, there’s homeopathy.

Five-year old Jamie was scheduled to have oral surgery to free his tongue, also known as tongue-tie surgery, when his mom contacted me for help. For a couple of years, Jamie’s behavioral issues had responded well to constitutional homeopathic care. Yet, Jamie’s mom was worried that he might become anxious, melt down at the clinic, and impede the oral surgery. Jamie’s mom shared that she was terrified of the dentist as a child, and that she still gets anxious and weak in the knees before a dental appointment. She was concerned that her anxiety would interfere with supporting Jamie, and she asked for a remedy that would help them through this stressful event.

Anxious and weak

As I considered options for Jamie, I reflected on his constitutional case to guide the remedy selection. During the course of Jamie’s homeopathic care, I noticed a pattern in his response to stress. When Jamie was anxious about an upcoming event like going to school, he became discouraged. Each morning he expressed doubt and fear that he would never succeed at whatever faced him at school that day. Jamie was also generally fearful that something bad would happen, and he required a lot of reassurance from his mother to overcome this belief. With these feelings, he was physically restless, he stuttered, and sometimes he experienced facial tics. Eventually, Jamie would shut down, completely drained and exhausted from the stress responses. He only wanted to lie on the sofa or in his bed, complaining of a sick headache. During his shutdown, Jamie would say that he was “too weak” to get up.

A remedy for both

With the goal of preventing a meltdown at the dental office, I focused on three main symptoms:

• Anxiety, from anticipation
• Fear, something will happen
• Weakness

I decided to give Jamie and his mom Gelsemium, a remedy with a reputation for helping people who experience anticipatory anxiety with weakness. They were each instructed to take a 30c dose the night before and a 30c dose the morning of the procedure. At our regular follow-up visit, I asked about the surgery. Jamie’s mom said, “It was a breeze! Jamie was initially shy with the staff, but he showed no real anxiety.” The procedure went well, and, afterwards, Jamie’s mom gave
him Arnica montana 30c every two to four hours for a couple of days, as I had recommended for post-op swelling and discomfort.

How to manage dental anxiety
I usually choose a remedy from the following list to support adults and children who are anxious about an upcoming dental visit. I recommend a 30c dose the night before the appointment and another 30c dose half an hour before the appointment.

Aconite is indicated for intense fear and a feeling that something bad will happen. The person feels physically and mentally restless with a panicky feeling in the chest. The anxiety can also cause heart palpitations, faintness, or tingling fingers.

Argentum nitricum is a good remedy for a person who is anxious, restless, and superstitious from fear. Feelings of dread surface, and the person feels better being outside in the fresh air and by drinking cold beverages.

Chamomilla is helpful for a child who has a great fear of pain prior to a dental appointment. The child may be inconsolable and demand to be held. A small child may throw a tantrum on the way to the appointment.

Coffea is a useful remedy when the person is hyperactive from anxiety. Young children are unable to sit still, and they may run around the dental office. Similarly, adults are agitated and may pace around the waiting area until their name is called. For those needing Coffea, avoiding stimulants such as caffeinated beverages, chocolate, or sugar might also help.

Gelsemium is needed for anxiety accompanied by a dull, sluggish demeanor. The person is usually fearful that “something may happen.” This drowsy-looking dental patient may stutter and complain about feeling weak in the knees. They often feel worse from anticipating the visit. The person may also get diarrhea before the dental visit.

Pulsatilla is especially helpful for anxious children who are weepy and clingy. They feel better being consoled and going outside in fresh air.

John’s weak tooth
When John, 72, first came to see me, he was seeking help for osteo-arthritis and a heart condition. A few years into his constitutional homeopathy care, John visited his dentist about a sensitive tooth and received distressing news. John’s tooth was so weak that the dentist feared it would break off at any time. The weakened enamel was caused by decay hidden under John’s receding gums at the base of an existing crown. Because the cavity could not be reached without potentially breaking the tooth, John’s only conventional treatment option was extraction, possibly followed by a dental implant.

Options and risk
John was concerned about having an extraction, knowing that his heart condition might be aggravated after the procedure. And John had good reason to be concerned. In a study published in the peer-reviewed journal *Annals of Internal Medicine*, research scientists found that dental surgery patients have a higher risk of heart attack and stroke for several weeks after a procedure. The researchers believe this increased risk stems from an inflammatory response to bacteria seeping from the damaged tooth site into the bloodstream. As if this wasn’t enough to cause concern, I also shared with John that seniors undergoing extraction may experience increased healing times and suffer with complications from anesthesia. John asked if there was a homeopathic remedy that might strengthen and save his tooth.

Cell salt support
The urgency surrounding John’s weakened tooth required a rapid healing approach, but I did not want to interrupt his constitutional care. This, coupled with my theory that his tooth problem might be linked to a deficiency, made me consider cell salts for John. The term “cell salts” refers to a group of low potency remedies derived from mineral salts that naturally occur in the body. Cell salts are believed to work at the cellular level to help the body better absorb nutrients from food. I find they are especially helpful for seniors when the body may not work as efficiently or if the diet is deficient in minerals. Another important benefit, cell salts can typically be given in conjunction with constitutional homeopathic care.
When a tooth decays and gets a “cavity,” tooth enamel is weakened and broken down. Other common signs of enamel breakdown include tooth discoloration, tooth sensitivity to hot and cold foods and beverages, and jagged tooth edges where the enamel has chipped off. In John’s case, the dentist’s dire warning about the weakened tooth and the fact that 99% of the body’s calcium is stored in bones and teeth led me to believe that calcium was likely needed to improve tooth integrity. Therefore, I investigated the two calcium-based cell salts, Calcarea fluorica (Calc fluor) and Calcarea phosphorica (Calc phos) as possible remedy options for John. Calc fluor, found on the surface of bones and in tooth enamel, is essential for the formation of healthy teeth. It is the most important remedy for weak teeth due to mineral deficiency. Calc phos is often used for tooth problems related to poor nutrition. It is indicated for teeth that are soft, easily decayed, and sensitive to chewing. In John’s case, I recommended a combination remedy that included both Calc fluor and Calc phos because both cell salts seemed to fit his case. John took two pellets of 6X potency two times per day for two months.

Homeopathy saved the tooth
At John’s two-month follow-up appointment he said, “During my regular dental check-up yesterday, the dentist decided that he would replace the crown and save the tooth rather than extract it. The tooth is strong enough now for this treatment option. I feel like this good prognosis is a result of the calcium cell salts I’ve been taking. I’d like to take another round, if you think it’s appropriate.” John took the cell salts for two more months and then stopped, and his tooth is still intact. John recently told me, “The last time I saw the dentist for another issue, he did not even mention that tooth, even after he reviewed multiple x-rays of my jaw in that area.” I recommended that John take a two-month break from the combination cell salt remedy and then start again for two months. I think it’s best to take a two-month break between two-month rounds of taking cell salts.

Homeopathy and dental care
Alternative, complementary, and holistic health care is a growing area of medicine and dentistry. This movement is driven by the voice of consumers who prefer alternative therapies. Many holistic dentists already use homeopathy as an integral part of their practice. As a natural alternative to pain medications and other treatments, homeopathy has no side effects when correctly administered. While homeopathy is not a substitute for regular dental care, it can be successfully used alongside conventional treatments and preventive care to improve outcomes, speed healing, reduce pain and anxiety, and avoid complications.

DEALING WITH DENTAL EMERGENCIES & POST-OP CARE

To further demonstrate how homeopathy can help support dental health, I am sharing remedy selections that consumers might use in their homes for three common dental situations—toothache, broken teeth, and post-op oral surgery. These remedies are best used in conjunction with professional dental care. For example, a homeopathic remedy may provide welcome pain relief before a dental visit can be scheduled, but pain relief does not always mean that the underlying cause is being addressed. Undiagnosed dental issues may result in the death of a tooth or other complications, so it is always best to follow up with a dentist.
What to do when toothache strikes

Because toothache often strikes without warning, it can be difficult to determine the cause. Matching toothache symptoms with a homeopathic remedy might ease the pain until the tooth can be checked by a dentist. If the pain stems from teething, the right homeopathic remedy can bring relief to little ones going through this uncomfortable stage of life. This list includes homeopathic remedies I most frequently use for toothache.

**Belladonna** is indicated when the pain starts and ends suddenly. The pain can be throbbing, sharp, cutting, or shooting. The affected gum is bright red, and the mouth is dry. Mostly right sided, the pain is made worse by touching and chewing, and at night. The pain feels better from applying firm pressure to the area. People needing Belladonna may be feverish and excitable with a flushed, hot face.

**Calcarea carbonica** is useful for symptoms similar to Belladonna—red swollen gums, throbbing pains, and waking with pain during the night. However, those needing Calcarea are despairing and woeful rather than agitated and excitable. Also, the whole process is slower than that of Belladonna; the pain doesn’t come on so suddenly.

The pain is worse when exposed to either hot or cold air, and cold air feels as if it goes right through the teeth. Interestingly, the pain feels better when touching the teeth with the tongue.

**Chamomilla** is my most frequently used remedy for teething pain in young children. It may not always be obvious that teething is the cause for pain, but increased drooling and the child’s desire to bite or chew on hard toys are good indicators. When Chamomilla is indicated, the child may have one red cheek while the other is pale. The pain often radiates from the gums to the ears, and for this reason, babies may tug on their ears when teething. The pain may feel unbearable, and the child is very irritable, and nothing soothes them. Overall, the child is worse in a warm room and when eating or drinking anything warm. The pains are often worse at night, and Chamomilla is a good option in the middle of the night when the child demands to be constantly carried. Children needing Chamomilla may find relief from a cold teething ring or from someone applying pressure to the gum with a finger dipped in cold water.

**Hypericum** is helpful when the pain is from injured nerves. Pains are sharp, shooting, tearing, or burning and may be accompanied by tingling and numbness. The pain is worse from cold, better from warmth, and better when lying on the face. Hypericum can be very helpful following a procedure where the nerves are affected, such as a root canal.

**Mercurius vivus** or **Mercurius solubilis** is a good choice for pain from an abscess or decaying teeth. Tearing, shooting, or throbbing pains may extend to the ears. The person may have bad breath with a metallic taste in the mouth and excessive saliva. People needing Mercurius feel worse from temperature changes in their mouth or their immediate environment, and they may find relief from gently rubbing the face. Their mood can be very changeable.

**Pulsatilla** is needed when tooth pain is accompanied by a need for company in adults or when the child is weepy and clingy. The teeth feel as if they are being forced outwards, and the pains are sharp and shooting. The mouth feels dry, and there is generally no thirst. People who respond well to Pulsatilla feel worse when they have anything hot in the mouth and relieved when they have anything cold in the mouth. Overall, the person feels better outside in cool air.

**Dosage:** Two pellets of 30c potency every two to four hours as needed. If there is no response in 24 hours, give a different remedy. Once symptoms improve, only give another dose if symptoms return.

How to manage a broken tooth

A broken tooth requires prompt care to prevent infection and (hopefully) save the tooth. Often, though, dental emergencies such as broken, cracked, chipped, or even knocked-out teeth must wait until a dentist finds time in an already busy schedule. Homeopathic remedies can help bridge the gap between tooth injury and professional dental care, making the wait time a bit more bearable. I turn to these five remedies when I receive a broken tooth distress call from family, friends, or clients.

**Arnica** and **Hypericum** are my go-to remedies immediately following a tooth trauma. Each remedy can be used alone, or, if the trauma is severe, the two remedies can be alternated every 2 hours.

- **Arnica** helps reduce shock to the system after an accident, so I recommend taking it as soon as possible. The broken tooth has dull, throbbing pain and soreness with bruising or a bruised feeling. The pain is worse from any touch or pressure. Arnica is the best first choice until new symptoms emerge or the pain sensation changes.

- **Hypericum** is best if there is possible tooth nerve damage. The person feels numbness, tingling, or electric shock pain in the affected area. Anything hot or cold in the mouth increases the pain.

**Lachesis** is helpful when pieces of the tooth have broken off or when the tooth is loose. Warm and cold drinks trigger shooting, drawing, or tearing pains in the root of the tooth, especially in the lower jaw. The cheek on the affected side is swollen, and the person may say that it feels like the teeth are too long.

**Calcarea fluorica** is indicated when the enamel of the person’s teeth is rough and uneven, causing the teeth to easily break. The broken teeth ache from the touch of food or from cold.

**Sulphuricum acidum** is useful when the healing process is slow or incomplete, and the tooth is white, brittle, and “unpolished,” because of defective enamel.
**What to do after oral surgery**

Homeopathic remedies are ideal for easing discomfort and speeding healing after oral surgery. Most important, homeopathic remedies do not interfere with any dentist recommendations or conventional post-op surgical protocols. Similarly, pain medications and ice applications do not interfere with the action of homeopathic remedies. I use this group of remedies for clients who have tooth extractions, tongue-tie and cheek-tie surgeries, jaw realignment surgery, dental implants, and root canals.

**Arnica** is the best remedy to use as soon as possible after surgery to reduce bleeding, bruising, and swelling. It can also help to reduce shock from the trauma of surgery.

**Remedy Prep:** To prepare an Arnica 200c water mixture, add two pellets of Arnica 200c to eight ounces of water in a bottle with a pop-up lid. Label the bottle.

**Dosage:** As soon as possible after surgery, vigorously shake the Arnica mixture bottle and take a small sip (dose). Take additional sips every couple of hours, shaking the bottle again before each dose. Take for up to five days, as needed. Keep the bottle out of direct sunlight and away from electric and magnetic fields.

**Calendula** is a natural antiseptic and also encourages healing of the gums.

**Dosage:** Beginning the day after surgery, a Calendula mouth rinse can be made by dissolving two pellets of Calendula 6c in a half-cup of room temperature water. After stirring, the mixture can be gently swished in the mouth three to five times per day for the first five days. Avoid vigorous rinsing, which may dislodge healthy blood clots that formed at the site of tooth extraction. A few drops of the mixture on a gauze pad can be placed at the extraction site to support healing right after surgery.

**Hypericum** is the most commonly used remedy for pain relief after a dental extraction, especially for nerve pain. It also supports nerve healing.

**Dosage:** On the evening of the surgery day, take one dose of Hypericum 30c. Repeat before bed for the next three to five nights. Hypericum can also be used three times a day if needed. Wait at least 15 minutes after the last dose of Arnica or any other remedy before taking Hypericum.

**Chamomilla** is the most popular teething remedy. However, it is also helpful for severe nerve pain in the mouth or face that nothing seems to help. Often this type of pain seems to be in excess of what would be expected. The person is typically very irritable and cannot be pacified. Holding cold items like ice or a teething ring in the mouth often helps.

**Dosage:** Two pellets of Chamomilla 30c every two to four hours, as needed. Once there’s improvement, repeat only if symptoms increase again.

**Phosphorus** is a good remedy choice for excessive bleeding, especially after tooth extraction.

**Dosage:** Two pellets of Phosphorus 30c every two to four hours, as needed. For topical use, dissolve two pellets in a little water and put several drops on a piece of gauze. Gently hold gauze on the site of bleeding. Once there’s improvement, repeat only if symptoms increase again.

**Staphysagria** is a remedy that helps manage pain at the site of a surgical incision on gums, tongue, or cheeks. The affected area may bleed when pressed, and the pain is worse from contact with cold air or cold drinks. The person who feels angry along with the pain is a good candidate for Staphysagria.

**Dosage:** Two pellets of Staphysagria 30c every two to four hours, as needed. Once there’s improvement, repeat only if symptoms increase again.

**Footnotes:**

1. Tongue tie (ankyloglossia) occurs when a mucous membrane (frenulum) in the mouth does not detach during birth resulting in limited tongue movement. In more severe cases, tongue tie interferes with a baby’s ability to suckle. Children with minor cases cannot pronounce t, d, z, s, th, n, and l sounds. During the surgery (frenotomy), the frenulum is cut to free the tongue.


**ABOUT THE AUTHOR**

Shahin Afnan, CCH, is a board-certified homeopath. She specializes in homeopathy for chronic conditions, providing telehealth consultations by appointment. She also leads a weekly meditation group as an adjunct to homeopathy for her clients and homeopathy study groups as time allows. Contact Shahin at purelifehomeopathy.com.
Your Lasting Legacy

A planned gift is one way you can make a meaningful contribution to the National Center for Homeopathy, while providing tax savings for your heirs. Gifts through wills, revocable living trusts, retirement (IRA) and savings accounts, life insurance, and similar plans can be structured to benefit you, your family, and NCH. Gifts of stocks, bonds, or mutual funds can support the National Center and have long-term impact.

To learn more about making a planned gift to NCH, please contact our Resource Development team at info@homeopathycenter.org.

NCH does not provide legal or tax advice. We strongly encourage you to consult with your attorney, financial advisor and/or tax advisor to review and approve any updates to your will or estate plan. We will gladly work with your independent advisors to assist in any way. NCH is a tax-exempt 501(c)(3) not-for-profit organization, so your charitable contribution is tax deductible to the fullest extent allowable by law.
Donors $50-$99
Nancy Alford, Bowie MD
Jocelyn Allen, Manhattan MT
Clark Baker, Washington DC
Elena Barbre, Hampton Cove AL
Cheryl Rae Bart, Moscow ID
Vickie Bart, High Point NC
Carmella Bega, Skokie IL
Rosalind Benton, Drexel Hill PA
Terry Carine, Twinsburg OH
Patricia Chanterelle, Yarmouth ME
Chip Chase, Davis WV
Catherine Ciryak, North Royalton OH
Mary Jane Cook, Downingtown PA
Suzanne Davenport, Richmond VA
Lucy De Pieri, Port Moody, BC Canada
Lois Dole, Bath ME
Lee Elliott, Warm Springs VA
Gina Ettenberg, Hollywood FL
Kathy Fitzpatrick, Lawrence MA
James Fountain, Benica CA
Peter Goldberg, West Hartford CT
Yvonne Goodman, Stockton CA
Linda B. Graham, Lititz PA
Healing Heart Inc., Hypoluxo FL
Deborah Heck, Houston TX
Christie Heller, Petaluma CA
Larry & Judy Herdina, Winona MN
Nancy Hotchkiss, North Adams MA
Susan Houston, Craftsbury Common VT
Richard Jenkins, Portland OR
Anne Lazor, Westfield VT
Amnery Ley, Miami FL
Shirley Lipschutz, Los Angeles CA
Theresa Lui, Columbia MD
Adah Marker, Gloucester MA
Mary Ellen Meagher, Apopka FL
Marilyn Meier, Lawrence KS
Patty Meyer, Hardwick VT
Grace Morgan, Pipersville PA
Amanda Osenga, Lynwood WA
Pamela Ostrow, New York NY
Betsy Pfeffer, Indiana PA
Sally Pinchot, Plymouth MI
Suzanne Pullock, Oak Ridge NC
Veronica Roth, Stamford CT
Valerie Roux, Sioux Falls SD
Padmini Sagar, Eliott City MD
Suzanne Schoenfeld, Woodmere NY
Jane Scovil, Umatilla FL
Tova Sebaoun, Brooklyn NY
LaRue Shah, Hicksville NY
Kat Shea, Boulder CO
Jenny Silverman, Las Cruces NM
David Simmons, Monrovia CA
Kathleen Slonager Franklin MI
Marie Smetzer, Wooster OH
Margery Stearns, Lexington Park MD
Mary Stevens, Cream Ridge NJ
Evelynn Stirling, Columbus IN
Christine Strasser, Arlington VA
Carla Swanson, Mahomet MI
Barbara Tansey Bush, Charlestown MA
Caryl Taylor, Howe IN
Sunny Taylor, Old Greenwich CT
Judith Trojanar, Norristown NJ
Joyce Wagner, Champaign IL
Jean Williams, Martin TN
Mary Wright, Fort Myers Beach FL
Sustainers $100-$249
4Giving Foundation, Rochester MN
Helene Adams, Phoenix AZ
Sabra Alden, Lincoln MA
Marilyn Aldrich, Honeoye Falls NY
Angelina Alvarez, Sunnyvale CA
Amy Anderson, Edina MN
Vinu Augustine, Bonita Springs FL
Karen Bahrendburg, Poughkeepsie NY
Peggy Best, Reston VA
Karen Binney, Burlington CT
Paula Black, Gastonia NC
Nancy Boyer, Mount Dora FL
Sherrin Bradley, Huntington Valley PA
Margaret Brady, Vienna VA
Erika Butler, Williamstown VT
Mary Byrd, Sedona AZ
Dennis and Carol Kautzmann Charitable, Olympia WA
Richard Cobb, Naples FL
Hemang Dave, Bedford MA
Lawrence de Laubadere, Gahanna OH
Anita Dennison, Myrtle Beach SC
Glenda Disney, Hobbs NM
Donata Dow, Indian Head MD

Disclosure Statement
Your gift is very much appreciated and may be fully deductible as a charitable contribution. A copy of the latest financial statement and registration filed by the National Center for Homeopathy may be obtained by contacting the NCH, PO Box 1856, Clarksburg, MD, USA 20871-1856 202-753-4810 or by contacting any of the following state agencies. (Certain states require charities to register with them and to advise you that our financial statement and registration are also available from them.)

Colorado: Colorado residents may obtain copies of registration and financial documents from the Colorado Secretary of State at www.sos.state.co.us or 303-894-2200, ext. 6487. Florida: A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE WITHIN THE STATE 1-800-Help-Fla. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE. FLORIDA REGISTRATION CH10096. Kansas: The annual financial report is on file with the Kansas Secretary of State, Charities Division, State House, Annapolis, MD 21401. Maryland: For the cost of postage and copying, documents and information filed under Maryland charitable organizations laws can be obtained from the Secretary of State, Charities Division, State House, Annapolis, MD 21401, (410) 974-5534. Michigan: MC522966. Missouri: The official registration and financial information of the organization may be obtained from the Mississippi Secretary of State, Charitable Solicitation License #423-065-2. Maryland: For the cost of postage and copying, documents and information filed under Maryland charitable organizations laws can be obtained from the Secretary of State, Charities Division, State House, Annapolis, MD 21401, (410) 974-5534. Michigan: MC522966. Missouri: The official registration and financial information of the organization may be obtained from the Mississippi Secretary of State’s office by calling (888) 236-6167. Registration by the Secretary of State does not imply endorsement by the Secretary of State. New Jersey: Information filed with the Attorney General concerning this charitable solicitation and the percentage of contributions received by the charity during the last reporting period that were dedicated to the charitable purpose MAY BE OBTAINED FROM THE ATTORNEY GENERAL OF THE STATE OF NEW JERSEY BY CALLING 973-504-6215 AND IS AVAILABLE ON THE INTERNET AT WWW.NJ.GOV/ATTORNEYGENERAL/REGISTRATION. Registration with the attorney general does not imply endorsement. New York: A copy of the latest annual report may be obtained from the organization or from the New York State Attorney General's Charities Bureau, Attn: FOIL Officer, 120 Broadway, New York, NY 10271. North Carolina: Financial information about this organization and a copy of its license are available from the State Solicitation Licensing Branch at (888) 830-4989. The license is not an endorsement by the state. Pennsylvania: The official registration and financial information from the National Center for Homeopathy may be obtained from the Pennsylvania Department of State by calling toll-free, within Pennsylvania, (800) 332-0999. Registration does not imply endorsement. Virginia: Financial statements are available from the Virginia Dept. of Agriculture & Consumer Services, Office of Consumer Affairs, P.O. Box 526, Richmond, VA 23285-0526 or by calling (804) 786-1342. Washington: The NCH is registered to do fundraising in the State of Washington. Information is available from the Secretary of State by calling toll-free (800) 332-4483. West Virginia: West Virginia residents may obtain a summary of the registration and financial documents from the Secretary of State, State Capitol, Charleston, WV 25305. Registration does not imply endorsement. Registration with ANY of these governmental agencies does not imply endorsement by the state.

Watch your mailbox for the NCH annual donation envelope soon. Thank you!
CONTRIBUTIONS — ANNUAL THANK YOU

Ellen Meyer, Stone Mountain GA  
Martha Meyer-Von Blon, Minneapolis MN  
Timothy Miller, Lockport NY  
Heidi Mueninghoff, Birmingham AL  
Manjit S. Nagi, Turlock CA  
Diane Nevins, Jackson MI  
Lindsey Niebruegge, Houston TX  
Gale Nixon, Berwyn PA  
Kay Payeur, Saline MI  
Laurel Powell, Lenhartsville PA  
Valerie Quilter, Longboat Key FL  
David Regiani, Clarkston MI  
Karl Robinson, Albuquerque NM  
Sue Rockenbach, Gobles MI  
Nancy J. Ryan & Susan Rosengrant, Bethel CT  
Teresa Salvador, Carbondale CO  
Lori Suhoski, Flanders NJ  
Dan & Joan Swank, Troy OH  
Joanne Taylor, Cincinnati OH  
LaDonna C. Taylor, Evanston IL  
Estela Thoesen, Mesa AZ

Glenna Tinney, Alexandria VA  
Susan Toporowski, Newburgh NY  
Jannell Trobec, Afton MN  
Joyce Tschetter, Sioux Falls SD  
Corey Weinstein MD, San Francisco CA  
Lorelei Wessel, Newark DE  
Christian Wessling, Webster Groves MO  
Barbara Wolfrum, Geneva IL  
Barbara Young, Chicago IL  
Edward Zalewski, Melbourne FL  
Natalia Zavadskaya, Charlottetown VA

Patrons $250 - $499  
Roberta Allen, Danville IL  
Richard Ball, Escondido CA  
Robin Best, Eugene OR  
Mary Alice Cooper, Albuquerque NM  
Linda & James Crowell, Summerset SD  
Nancy Dawley, Cincinnati OH  
Christina Donka, North Bend WA  
Christine Fiordalis, McMinnville OR

Nina Gervais, Port Jefferson NY  
Michael Haggig, Water Mill NY  
Lisa Hawkins, Pittsfield MA  
Julia Huttel, Portland ME  
International Academy of Classical Homeopathy, Athens Greece  
Jyll Johnstone, Belvedere CA  
Liz Kellogg Lackey, Stowe VT  
Kathy Kramer, Washington DC  
Sybil Kramer, Cranford NJ  
Mary Ann Layden, Houston TX  
John Lewis, Joplin MO  
Maria Moniz, Falmouth MA  
Carol Oman Urban, Alexandria VA  
Deborah Patton, Staunton VA  
Barbara Pecil, Norfolk VA  
Marco Spiezia, Isnes Belgium  
Deborah Warner, Houston TX

Sponsors $500 - $1,000  
Kishan Agarwal, Edison NJ  
Richard Andrews, Des Moines IA  
Valerie Brackett, Denver CO  
Joette Calabrese, Ocean Ridge FL  
Evy Chipman, Incline Village NV  
Sue Conner, Big Pool MD  
Deanna DeBondt, Bakersfield CA  
Lauri Grossman, East Hampton NY  
Howard Levy, East Hampton NY  
Elizabeth Macfarlane, Bristol VT  
Anthony Noto, Raleigh NC  
Steve Odes, Mundelein IL  
Elaine Perkins, Saint Paris OH  
Tina Quirk, New York NY  
Smith Family Fund, Everett MA  
Denise Straiges, Philadelphia PA  
Catherine Symchych, Burlington VT  
Nancy Tichenor, Annapolis MD  
Lynn Wagner, Phoenixville PA  
Michelle Walrath, Locust Valley NY

Benefactors $1001+  
Neva Asplundh, Abington PA  
The Estate of Eldora McKinzie Chambers, Dallas TX  
Easter Family Fund Community Foundation, Des Moines IA  
Hahnemann Laboratories Inc., San Rafael CA  
Lester Holze, Elgin IL  
Muhammed Khan, Charleston WV  
The Estate of Jacqueline June Wilson, Clayton NJ

BECOME AN NCH LIFETIME MEMBER

Take your National Center for Homeopathy membership to the next level: become a Lifetime Member!  
• Lifetime Individual Membership: $2,500  
• Lifetime Professional Membership: $2,795.00

Receive benefits for life with your one-time payment. Sign up on the NCH website at:  
www.homeopathycenter.org/lifetime-members/

To explore other ways to make a gift to NCH, please contact our Resource Development team at info@homeopathycenter.org

THE MARKETPLACE

Homeopathy Today offers classified ads for members seeking to advertise the sale of products, equipment, and other items of interest to the National Center for Homeopathy membership. NCH may decline to run ad content deemed inappropriate or irrelevant for the publication or membership.

Rates: $25.00, 25 words, no photos.  
Contact: info@homeopathycenter.org or call (202) 753-4810.

BOOKS/PUBLICATIONS

Discover the best-selling intro to homeopathy  
Patients, students, practitioners all rave about  
Impossible Cure  
Find out why!  
www.impossiblecure.com

Yasgur’s Homeopathic Dictionary  
6th edition $24.00  
homeopathyworks.com > products> books

Winston’s Faces of Homoeopathy  
new reprint $60.00

Nina Gervais, Port Jefferson NY  
Michael Haggig, Water Mill NY  
Lisa Hawkins, Pittsfield MA  
Julia Huttel, Portland ME  
International Academy of Classical Homeopathy, Athens Greece  
Jyll Johnstone, Belvedere CA  
Liz Kellogg Lackey, Stowe VT  
Kathy Kramer, Washington DC  
Sybil Kramer, Cranford NJ  
Mary Ann Layden, Houston TX  
John Lewis, Joplin MO  
Maria Moniz, Falmouth MA  
Carol Oman Urban, Alexandria VA  
Deborah Patton, Staunton VA  
Barbara Pecil, Norfolk VA  
Marco Spiezia, Isnes Belgium  
Deborah Warner, Houston TX

Sponsors $500 - $1,000  
Kishan Agarwal, Edison NJ  
Richard Andrews, Des Moines IA  
Valerie Brackett, Denver CO  
Joette Calabrese, Ocean Ridge FL  
Evy Chipman, Incline Village NV  
Sue Conner, Big Pool MD  
Deanna DeBondt, Bakersfield CA  
Lauri Grossman, East Hampton NY  
Howard Levy, East Hampton NY  
Elizabeth Macfarlane, Bristol VT  
Anthony Noto, Raleigh NC  
Steve Odes, Mundelein IL  
Elaine Perkins, Saint Paris OH  
Tina Quirk, New York NY  
Smith Family Fund, Everett MA  
Denise Straiges, Philadelphia PA  
Catherine Symchych, Burlington VT  
Nancy Tichenor, Annapolis MD  
Lynn Wagner, Phoenixville PA  
Michelle Walrath, Locust Valley NY

Benefactors $1001+  
Neva Asplundh, Abington PA  
The Estate of Eldora McKinzie Chambers, Dallas TX  
Easter Family Fund Community Foundation, Des Moines IA  
Hahnemann Laboratories Inc., San Rafael CA  
Lester Holze, Elgin IL  
Muhammed Khan, Charleston WV  
The Estate of Jacqueline June Wilson, Clayton NJ
These generous individuals have made the ultimate statement of dedicated homeopathy support by becoming NCH Lifetime Members. The entire homeopathy community continues to benefit from this group’s investment in expanding homeopathy’s reach. Thank you!

Denise T. Aguilar, Atlanta GA
Sabra Alden, Lincoln MA
Theda B. Askew, Baltimore MD
Neva G. Asplundh, Abingdon PA
Loretta Bardewyck, Phoenix AZ
Peggy Beals RN, Grasslake, MI
Lynn Bernard, Midlothian VA
Larry A. Bernstein VMD, N Miami Beach FL
Laura Biasci, Terrace FL
Rebecca Billings, Oakland CA
Aileen M. Bosworth, Bervyn PA
Nancy Boyer RN NO PA-C, Mount Dora FL
Mark Brody MD, Providence RI
Cheryl Bryant, New Canaan CT
Loretta Butehorn PhD CCH RSHom(NA), Provincetown MA
Tiffany L. Calderone PhD DiHom, Houston TX
Paul Herscu ND, Amherst MA
Jeff B. Chambers, Southfield MI
Nancy Herrick PA, Nevada City CA
Ann B. Herren, Skokie IL
Nancy Herrick PA, Nevada City CA
Paul Herscu ND, Amherst MA
Jean H. Hoagland, Midlothian VA
Nicholas V. Hoffman, Tenants Harbor ME
John M. Holder, United Kingdom
Todd A. Hoover MD DHt, Narberth PA
Priscilla M. Hough, Los Angeles CA
Susan Houghton RN, Falmouth MA
James Jacobson, Washington DC
Wendy F. Jensen DVM CVH, Bow NH
Ann Jerome PhD CCH RSHom(NA), Deland FL
Yashavji Jhangiani, Norwalk CT
Edith Segen Johnson, Winward Islands
West Indies
Madhavi Kasam BHMD CCH RSHom(NA), Johns Creek GA
Walter B. Kepler Jr. MD, Media PA
W. Richard Kettering, Lancaster PA
Karen Kissling, Wilton CT
Eileen Klinck, Tampa FL
Cindy Konecko, Oaktyn NJ
Mary Lou Kowal, Wilmington NC
Teresa J. Kramer, Annandale VA
Judith Krueger, Washington DC
Kavitha Kukunoor, Novi MI
Marguerite Lane, New South Wales Australia
Amy Lansky, Portola Valley CA
Ruth Tubia Le Vien, Southbury CT
Ting Yam Lee, Guangzhou China
Shiue Lei, Taipei Taiwan
James B. Lessig, Brookville MD
David Lessner, Wilmington DE
Ammyery Ley DOM LicAc, Miami FL
Joseph H. Lillard MPA, Berkeley Springs WV
Ruth T. Lim MD, Mesa AZ
George F. Linn MD, Kingston ON Canada
Barbara Longenecker, Sarasota FL
Aaron To Ka Lun RNC, Kowloon Hong Kong
Robert B. Luzader, Celina TN
Pat McAllister CCH, Saint Paul MN
J. Laurence McCarty, McLean VA
Elia M. McElwee PhD ND HMD, New Enterprise PA
Burt McKenney, Hagerstown MD
Jean McKeenky, Hagerstown MD
Rolf Meyer, Township of Washington NJ
Martha Meyer-Von Blon, Minneapolis MN
Howard E. Miller, Banning CA
Beatriz H. Miniacci, Pompano Beach FL
Beverly Mittleman, New York NY
Jerome S. Mittleman DDS, New York NY
Roger N. Morrison MD, Richmond CA
Patti Mount, Miami Shores FL
Peter E. Naktenis, Palm Beach FL
Arni & Cheryl Nashbar, Bradenton FL
Allen C. Neiswander MD DHt, San Gabriel CA
Mary North, Riner VA
Carol Oman Urban, Alexandria VA
Nicholas Orlich, Tucson AZ
Julie A. Overcash, Aurora IL
Maesimund B. Panos MD, Saint Petersburg FL
Amit L. Patel, Anaheim CA
Kenneth R. Pelletier, Carmel CA
Tina Quirk, New York NY
Elizabeth Ramm, Bremerton WA
Karl Robinson MD, Houston TX
Paula Romeo, Fitchburg WI
Todd Rowe MD CCH DHt, Phoenix AZ
Jeanine E. Saperstein, Piedmont CA
Stuart Schechter, San Diego CA
Anne Sidamon-Eristoff, New York NY
Elizabeth Sidamon-Eristoff, Crozet VA
Kathleen Slonager, Franklin MI
Cranston Smith, Youngsville LA
Deb Snider, Ketchum ID
Daisy Joy Sommer, Minster OH
Lauren Speeth, San Mateo CA
Ted F. Srygley, Newberry FL
Sharon L. Stevenson, Providence, RI
Marcia G. Sutherland, Pittsburgh PA
Craig H. Swain, West Palm Beach FL
Lois P. Trave, Landsdale PA
Linda R. Uihlein, Free Union VA
Dana Ullman MPH, Berkeley CA
Kathryn Vargo, Columbus NC
Frank Vassallo, Marlton NJ
Amy Vickers, Amherst MA
Dan & Fran Wagler, Hershey PA
Marilyn Wagner, Coral Gables FL
Loretta J. Wahl MD, Saint Petersburg FL
Lois A. Waltz, Blue Bell PA
John Weeks, Seattle WA
Andrew Weil MD, Tucson AZ
Janice Wenger, Clarendon Hills IL
Judith White, Kalamazu MI
Ronald D. Whitmont MD, Rhinebeck NY
Charlie Wright, Asheville NC
Mary Margaret Wunder, Collegeville PA
Joyce Wyant RN, Lovettsville VA
Hoyih Yen, Taipei Taiwan
Tricia Young, Raleigh NC
Christine Zack, Galena IL
Linda Zager, Bloomington IN

Join the NCH Lifetime Member Hall of Fame, and receive benefits for life! Sign up at: www.homeopathycenter.org/lifetime-members/
The peer-reviewed, open-access journal *Dose-Response*, which focuses on dose-response relationships across a broad range of disciplines, published “Exploring Possible Mechanisms of Hormesis and Homeopathy in the Light of Nanopharmacology and Ultra-High Dilutions,” by Dana Ullman, MPH, CCH, on June 14, 2021. Hormesis, first identified in the 1880s, occurs when a person has a beneficial effect from a low dose of a substance that would be toxic at a higher dose.

Medical researchers have identified the biochemical pathways and processes that are involved in hormesis and are using its principles to develop new medical treatments. There is evidence that extremely small particles undetectable to the human eye, called nanoparticles, can readily move around the body via blood and lymph, cross cell membranes, and pass through the blood-brain barrier.

Both hormesis and homeopathy use toxic substances in small doses and use the body’s reaction to the toxin for healing. For homeopathy, this can explain the occurrence of the “symptom aggravation,” recognized as a positive response to a homeopathic dose.

Ullman describes in detail the physical and chemical processes involved in preparing homeopathic remedies. Inside the containers where dilute homeopathic substances are shaken, “physiochemical and biological properties… [develop] that are so powerful they may have an impact on gene expression.” This phenomenon relates to the popular, but misunderstood, idea that water has memory. It is now known that the nanoparticle (the tiny amount of the material being potentized) retains information. In the case of homeopathy, the information is specific to a symptom syndrome, Ullman writes.

This has led to an awareness of the Nanoparticle-Exclusion Zone Shell Model, which though too complicated to describe here, explains the bioactivity of material in minute doses.

This brief review cannot do justice to the complex scientific content of the article. Ullman says his objective is to explore how “nanoscience and new understanding about water” can explain the appearance of hormesis in ultra-high dilutions and their therapeutic effectiveness. Citing multiple research studies in materials science and water physics that potentially explain the action of homeopathic medicines, Ullman urges homeopaths to promote the idea of homeopathy as the “original nanomedicine,” saying: “Now skeptics can no longer claim that homeopathic medicines are ‘implausible.’”

**Reference**

Learning how to use a Homeopathic Medicine Kit
an expanded e-course created by Dana Ullman, MPH, CCH

80 Videos + 600 page ebook

for NCH members who loved the FREE 40 video e-course and want more....

Check out the expanded course at substantial savings!
$100 for NCH members - reg $397

www.homeopathic.com
510-649-0294
I began reading Homeopathy in Dementia the same day the FDA announced approval of a new dementia medication, which received mixed reviews from the science community. The homeopathic outcomes described in this book are positive, with many patients showing improvement with even the most troubling symptoms, such as immobility and exhibitionism. Most cases involved individuals on conventional medication that was either decreased or suspended by their doctor after homeopathic care.

**Top 15 remedies**

The book briefly describes each case and includes the reasoning behind remedy selections. The practitioners used centesimal (6c-30c) and Q (also known as LM) potencies, with daily or more frequent dosing over many months. A few individuals responded quickly and required only infrequent dosing. A helpful tool, the book’s annotated *materia medica*, features the top 15 homeopathic remedies recommended for dementia care. *Hyoscyamus niger* is first on the list. The book also displays repertorization charts for several cases, but the print is nearly illegible.

**Nineteen success stories**

*Homeopathy in Dementia* examines the homeopathic cases of 19 individuals with severe dementia. The older adults lived in institutions at the beginning of care, and most were followed for at least one year. The editors comment that, “The care of people with dementia is a challenge. Not only memory and orientation issues, but also behavioral problems such as restlessness, aggression, apathy, and other disease manifestations are difficult to overcome.”

The various German homeopathic practitioners who cared for these individuals set goals for them, such as enough improved reasoning that they could follow instructions, so that they could potentially return home. Another typical goal focused on reducing nighttime anxiety, so that both patient and family could sleep better. While the goals may seem modest, even moderate improvement makes it easier for staff and family to care for their patients and loved ones. Plus, patients enjoy a better quality of life. The editors report that almost all patients improved. After homeopathic care, some bedridden individuals mastered using wheelchairs, and a few patients returned home.

**History of dementia and homeopathy**

The National Institutes of Health states that there is currently no “cure” for dementia. One reason is that dementia can be caused by different diseases, so a single cure is unlikely. Yet, historically, homeopathy has shown promise in helping people with memory issues.

The editors of *Homeopathy in Dementia* reference G.H.G. Jahr, Samuel Hahnemann’s student and homeopathy assistant and author of *Therapy According to the Principle of Homeopathy*, published in 1866 (original title in German). Dr. Jahr, like Hahnemann, obtained a medical degree but chose to practice homeopathy. In his book about homeopathy and memory disorders, he states: “However complicated and hopeless a given case of confusion may appear …the homeopathic practitioner should never despair….” English versions of some of Dr. Jahr’s books are still available.

**Ongoing research**

*Homeopathy in Dementia* is an 80-page paperback collection of memory issue case outcomes. The editors consider this work to be a foundation for building further research. Homeopathic practitioners are invited to send information about their dementia client cases to Dr. Michael Teut for possible inclusion in the next edition of this book: mteut@gmx.de

**About the author**

Gloria St John has practiced classical homeopathy for over 20 years, after graduating from Hahnemann College. She is the author of *Magic Medicine: Homeopathy as Shamanism* and has written several books and many articles on subjects in natural medicine. She is a popular teacher and lecturer and is now the Assistant Editor for Homeopathy Today. She lives in Lawrence, Kansas, and can be reached at info@goldhillhomeopathy.com
Homeopathic HouseCall—a 24/7 online app to help you and your patients find individualized, effective homeopathic remedies for acute-care and first-aid conditions!
Accessible on any internet-connected device, Homeopathic HouseCall uses specific questions to find the best indicated individualized remedy at the click of a button.

Check us out at https://homeoaide.com/housecall

"I’ll spread the word about this unique homeopathic ‘HouseCall.' It would be a wonderful gift for everyone, but especially for families with children. What a great gift for new parents!!" — Nina Gervais

“I love the Homeopathic HouseCall software. It is terrific for when I am pressed for time and need a quick and reliable differential for a friend, my kids, or myself! Also, it’s like a quick double check on my work.” — Carli Auer, CCH, RSHom (NA)
presents the 17TH ANNUAL
Joint American Homeopathic Conference
REGISTRATION OPENS IN DECEMBER!
www.JAHC.info
HYATT REGENCY RESTON
RESTON, VA
ALSO STREAMED LIVE ACROSS THE GLOBE FOR VIRTUAL ATTENDEES!
LEARN • CONNECT • ADVOCATE
REGISTRATION OPENS IN DECEMBER!
www.JAHC.info