

# Principles

Recent years have seen a profound shift in thinking about health and medicine. The public is clamoring for medicine that makes sense. Intelligent people are asking, "If orthodox medicine is really effective, why are antibiotics, the mainstay of conventional medicine, now considered so dangerous?" And, "Why are classrooms filled with asthmatics and children with ADD, when only a generation ago those serious maladies were rare?" Arising from such concerns is a trend toward a more holistic viewpoint. The underlying concept in holism is that we are each an integrated whole; we are not fragmented into separate parts that fall into different specific illnesses or diagnostic categories.

As far back as nearly two centuries ago, homeopaths recognized the unity of body and mind – a key principle in holism. Yet homeopathy certainly isn't synonymous with holistic medicine, nor does it mean "home remedy" as many people think. Instead, it is a strict discipline based on proven principles nearly 200 years old.

The term homeopathy is coined from the Greek words "homoios" for similar and "pathos" for disease. Its underlying principle is known as the **Law of Similars**, which states that any substance that can cause symptoms when given to healthy people can also heal those same symptoms in people who are not well. The "law of similars" is not a new concept. In the fourth century BC, Hippocrates wrote, "Through the like, disease is produced and through the application of the like, it is cured."

This technique makes homeopathy very effective. When well chosen, these remedies are valuable in their curative power – a fact to which the Royal family of England can attest. They have used homeopathic physicians since before the turn of the last century. Homeopathy also works on animals, babies and unconscious people (this further proves that homeopathy's efficacy cannot be explained away with popular arguments that homeopathy is nothing more than "placebo effect").

Yet "placebo effect" is how conventional medicine "explains away" the positive results of homeopathic medicine because no material substance can be found in the remedies. This occurs because the remedies are substances that have been highly diluted by following the Hahnemann method, named after the Father of Homeopathy, Samuel Hahnemann. These methods are done by the decimal scale (giving the potency X) or centesimal scale (giving the potency C). This is all done under the strict definitions of the Homeopathic Pharmacopoeia of the United States. Just to simplify this process to make it easier to understand, one drop of the tincture is diluted into one hundred drops of alcohol. This is then vigorously shaken (succession) one hundred times. Then, a drop of this solution is diluted in another phial and again vigorously shaken. This procedure is repeated 30 times, giving it a 30C potency.

Understandably, not a single molecule remains of the original substance, yet the remedy's strength lies in the "blue print" or "energy" obtained from it. Contrary to our materialistic way of thinking, the more the substance is shaken and diluted, the more potent it becomes! It is strange, but true. But Samuel Hahnemann used this phenomenon as the basis for his theory. After years of work and countless experiments, he established this hypothesis to be true. Thus, the "law of similars" is not a mere theory. It has been shown to be a resounding law of nature or a biological law that can be proven again and again without failure.

Homeopathy is also effective as a therapeutic method because it individualizes care. Let us take for example two children with ear infections with common signs of illness: fever, eruptions, crying and coughing. Yet, each will express illness in an individualized way. They may or may not be thirsty, they may perspire or have dry skin, they may be anxious or clinging or sensitive to hot or cold. Because each of these varied behaviors represents individual expressions of health, they must be treated in accordance with the person's natural reaction. Thus, to treat effectively, a homeopath must use different remedies for different people, even if the illness appears the same at first glance. This is why it takes time and well-developed observational skills to gain competence in homeopathy.

Although homeopathic remedies work well on animals, they are tested on people. "Provers," as they're called, take a substance that provokes particular symptoms. They then take detailed notes of their physical and emotional reactions, and this is logged in compilations called *Materia Medicas*. These remedies are later given to people who experience the same symptoms that the provers got from taking the test substances. Apis is a good example: Apis is made from the honeybee. It is effective for maladies that show bee-sting-like symptoms such as heat, redness, swelling and pain that is comforted by coolness. So, homeopathic honeybee might be given not only for bee stings but also for strep throat, urinary tract infections, boils and other maladies with similar symptoms.

Provings done in the early 1800s are still used by homeopaths today. In what field of medicine would a book written in the 1800s hold accurate and valuable information still applicable today? Homeopathy has no fads. What worked for the royal family's allergies in 1901 remains the same method of treatment today.

Homeopathy views the person as a whole. This view combines the mental state, including prevailing thoughts; the emotions, such as moods; the physical symptoms, such as headaches; and the person's general condition, such as temperature. Success in terms of restoring health must include all these areas or else freedom from illness will not be achieved. Whether we realize it or not, our ill health is closely related to the ideas we have and the emotions we experience. These are all symptoms that need to be observed and used to determine the correct remedy. In most cases, the resolution will not follow unless we adhere to this fundamental rule of classical homeopathy.

In the 1830s, a German homeopath, Constantine Hering, immigrated to the United States and became the Father of American Homeopathy. Included in his works is what today is called "Hering's Law of Cure." The precepts of his law can be used to assess health history and present symptoms. They are not absolute, but should be used as a guideline in prescribing. When an illness is treated homeopathically, you might very well witness the almost unbelievable accuracy of the body's memory as the healing processes follow "Hering's Law of Cure."

Hering's First Law states that healing migrates from the inner most part of the patient, such as the emotions or lungs, to the outer most area such as the muscles or skin. If we see someone with a lung infection who is relieved of coughing spasms and pain after a homeopathic prescription and then is plagued with an old case of eczema, we are comforted by the knowledge that the pathology has been shifted to the outer area of the body. If the patient then uses a cortisone-type cream, the cream will eliminate the skin issue but will likely cause the lungs to take on the pathology once again.

Once a homeopathic remedy is administered, the body begins to retrace the steps and paths it has taken throughout the illness, but the retracing of past conditions is not a regression but a progression! As the body heals according to "Hering's Law of Cure," one observes that its first priority is to preserve and protect its most vital organs. Dangers to the internal organs, such as the heart and lungs, are eliminated first, and when order is restored to those areas, the body can then begin healing the less vital organs and systems.

According to Hering's Second Law, symptoms appear and disappear in reverse order from which they came. This can be shown with an example of a sore throat followed by a headache, followed by an ear infection, all three of which then return to a lesser degree after the administration of the correct remedy but in the opposite direction. This is not always evident in acute illness but is often observed in a chronic one.

Hering's Third Law states that health is resumed in a direction from the upper part of the body to the lower parts. For example, a headache may disappear after the correct prescription, and then the pain will relocate in an old, arthritic wrist. In these cases we are happy to see this movement towards health, but it does not mean we stop there. The next step may mean that we look for the next remedy that will complete the cure by eliminating the last lodged location of pain.

Often when we administer a remedy that is correct, we witness an aggravation. This is a phenomenon that occurs more often when treating chronic conditions, but it is useful to understand this principle when working with acute illness as well. An aggravation is an exacerbation of the present symptoms or a return of old symptoms. This situation is generally short lived and is often a confirmation that the correct remedy has been prescribed. After the completion of the aggravation, not only will the patient's complaint be removed, but he will also be left in a better state than before the pathology began. This improvement is frequently accompanied by a dear old friend: "well being."

Observing the direction of cure is valuable in its ability to give us information. It will clue us in to whether the correct remedy has been chosen and where the illness will take the patient. In severe or violent illnesses such as relentless vomiting, the correct prescription will work in an almost magical way. Within minutes, the patient will often relax, the vomiting will cease, and much needed sleep will ensue. If, however, the complaint showed a slow onset or mild nausea that was endurable, the correct prescription will yield a slower reaction. Instead, it may take hours to fully relieve the symptoms.

You shouldn't do  
something just for the sake  
of doing it.

It ought to be meaningful,  
beautiful, intelligent or genuine.

Otherwise, at best,  
it's a waste of time.



## Let's Make Sure We Understand

Do you know how it is when your child still doesn't feel well after taking med after med? And you wish you could find something that gets to the bottom of the illness instead of just hiding it?

Homeopathy does just that; it gets to the fundamental nature of the illness and helps the body undo what's wrong instead of disguising it.

Then you can see how well your child feels because, instead of a camouflaged version of the problem, he simply doesn't have the illness anymore.

As homeopaths, we value the symptoms and the wisdom of the body. We understand that the symptoms are to be respected and that they are defenses. It is the way the body looks to find homeostasis, to compensate for imbalances, and to adapt to the stress of illness. So we look for a remedy that mimics the symptoms and augments the body's ability to restore itself to health.

Modern medicine is very good at inhibiting symptoms and suppressing disease. In fact, as they so boldly boast, their methods are effective. But again, they are effective not in curing or resolving illness but rather in suppressing its symptoms. When their double blind tests show the effectiveness of some drug, the more effective it is at suppressing symptoms, the more detrimental it is to the patient because it suppresses the very mechanism that is required to bring the illness to completion. Drugs suppress and drive the illness deeper to a more chronic and ultimately more serious disease state, such as immune dysfunction illness.

Symptoms are meant to be celebrated. In fact the word "symptom" in Latin means signal. Symptoms act like the alerting smoke alarm that warns us of a fire on the stove. If we dismantle the alarm, there may be a temporary sense that everything's okay because the annoying alarm is silenced, but aren't we still left with the fire? Similarly, even though the double blind and placebo controlled trials demonstrate that we can turn *off* the body's alarms by administering a drug, the "fire" is still raging, and in fact, the condition is deteriorating.

In contrast, homeopathy helps the body to respond properly. And yet, there are no side effects! In fact, there are no side effects in orthodox medicine as well. When a side effect is persistent vomiting, a migraine headache, or death, I wouldn't call that a side effect; I'd call it a full-blown *effect*. You can't separate one effect from another. How do you explain this to someone who takes a drug for insomnia who then has insomnia plus a new illness, such as drug addiction? Or how about when a drug is administered for diarrhea? Diarrhea is a normal response to an illness. To suppress it is to keep the body's function from operating properly. It holds in the toxins or product of the disease

and doesn't allow the body to find balance or health. In its place, it forces the gastrointestinal system to manifest constipation. Presently the person not only has a gastrointestinal infection but constipation, too. Sooner or later, the stomach, intestines, and colon give up trying because every time they work properly, they are forced not to by a drug. I don't know about you, but I don't want a GI tract that gives up; it's a very expensive trade off for using a drug. It's like withdrawing all your money from your bank account in the belief that somehow more money will appear there later. This process bankrupts our health.

Homeopathy heals the person, not the disease. It handles a syndrome. It looks at the person's specific way of experiencing the diarrhea. Is it cramping? Is it burning? Is it copious or accompanied by nausea? Each person experiences it differently.

It would seem enough that homeopathy is able to gently remove a high fever in a child, sometimes within mere minutes. It would also seem quite adequate that homeopathic remedies are capable of aborting the worst case of diarrhea in a small child. However, what's most remarkable about the efficacy of homeopathy is its capacity to genuinely eradicate chronic illness.

Allergies, anxiety, neurosis, ADD, Crohn's disease, eczema, asthma, arthritis, even autism are all within the scope of homeopathy's facility under the tutelage of a seasoned and classically trained homeopath. Certainly we can't expect to heal these kinds of illnesses in a simple program such as this. But what *can* be mastered is an ability to take charge of your child's wellness in acute situations such as fever, ear infections, sore throat, conjunctivitis, etc., so that you can keep him protected from dangerous, or at least superfluous, drugs.

The trick in homeopathy is to know which remedy is the one that's best for this person in this situation. It takes study, attention to details and an interest in the subject. However, and this is the best part, a simple book and a small commitment to this study will often yield huge results. A lay person can see exciting outcomes from simple homeopathic measures. It works, it's affordable, it's safe, and this time the healing is here to stay.

## Whose Child Is This Anyway?

I love speaking to moms about the most important decisions in their children's lives: the decision to take control of their own health care. To take it back into their own hands.

I was married briefly in my twenties, and while in the process of getting a divorce, one day I was relaying the information I thought the attorney needed. I must've been complaining about the marriage, for she turned and said to me, "YOU married him, not me!" Wow, what an awakening! She was absolutely right. It was my problem, and no matter how angry or vulnerable or in need of legal advice I was, it remained MY problem. And most telling of all was that I created my situation. No one was to blame but me.

Henry Miller said, "We create our fate every day. Most of the ills we suffer from are directly traceable to our own behavior." It took me a long time to fully understand the essence, complexities and far-reaching effects my decisions had on my life. And, of course, I didn't learn it fully until many years later when I was struck with an illness that took me completely out of commission. At that time, I went from doctor to doctor, searching, beseeching, for a solution. Each doctor gave me a little something, but at night when the doctor went to bed, did he retire with my headache, my asthma, my anxiety? No.

If you're called in by the IRS, do you think your accountant is sleepless over it? He might be a nice guy; he might even be an old buddy or your brother-in-law, but it's not his problem. We don't take full control of a problem until we fully own it ourselves. Indeed, everyone has his own troubles, his own interests, his own headaches and his own bills. Others will often help only to the extent that it doesn't cause *them* suffering or inconvenience.

And often our problems are what keep others in business.

Attorneys, accountants, pediatricians. Be aware, moms. It doesn't mean these professions or folks are scoundrels. It simply means they have another point of view. When the day is over, your child will be with you, and your concerns over his health will be yours, not the pediatrician's. He's seen hundreds of kids like yours in a week. How could it be any other way? Will he sign a statement that if your child is harmed by the antibiotic he's prescribing or the vaccination he's injecting, he'll be held responsible? No. Ultimately the responsibility falls squarely on the shoulders of the parents.

Acknowledging all of this at the get-go puts our job as parents into true perspective. If we don't take control of our child's health, we'll simply be used to fulfill someone else's goals — most often to fulfill their financial goals. So, our accountant might be sorry for us, but it only means more business for him.

## Then What Is the Solution?

We need to invest in ourselves and our education. We must be certain that we can and will have the gumption to act in the clear understanding that only one person really cares about us and our family. It's about being prepared and understanding the laws that govern health and the laws that govern society.

I receive phone calls from moms all the time regarding the stress of working with an antibiotic-happy pediatrician. They explain that they know antibiotics can be quite dangerous and that they don't want their child subjected to them, but they have to acquiesce because the doctor says so. What!? Submit your child because the doctor wants you to? When you don't see eye to eye with your doctor, when he becomes condescending or patronizing, it's time to fire him and find one that will represent you in the way YOU choose. Lately I've heard reports of the newest retort meant to soothe mothers' natural suspicions of prescribed medications: "This antibiotic is a very mild one." My answer, and yours as well, should remain steadfast. An antibiotic creates upheaval in the body that usually has long-lasting ramifications. What does "mild" mean? That it won't work as well or that it is safe? Ask for proof of its safety and if it carries any side effects. Once you have read the product insert, you'll likely see that the newest pitch for "mild" antibiotics uses the very wording with which the drug rep has armed the doctor. The drug companies are keenly aware that there is a movement gaining momentum in this country against the use of drugs. Their marketing departments have astutely adjusted their pitch in response.

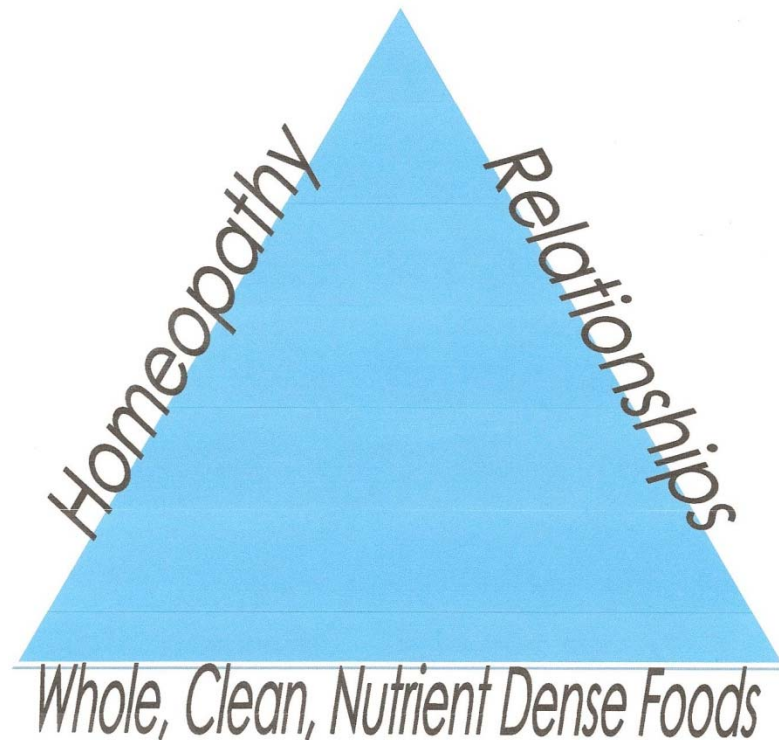
I also hear, "But the doctor told me there was no other way to treat this infection than with antibiotics." Really? This is quite a telling statement from a person who is supposed to be a man of science. By the time you finish studying this information, you'll know better, and you can share with your doctor what you have learned. See if he is interested – if he is and begins a study of homeopathy, then stick with him. That interest would certainly show his ability and comprehension in becoming a true team player. If he doesn't want to explore a different method, then find a doctor who is willing to learn something new and cooperate with you.

Learn the law. Not only the laws of your land but the laws of health and the laws and rights of parents. Then take responsibility into your own hands. As a parent, what is more important...submitting to another's will or protecting your child? To be honest, you should have no other choice. Once you bring a child into the world, the decision is made *for* you. It's now in your hands and your hands only. In fact, I believe it begins at conception. Once the sperm unites with the egg, our future as parents is determined. We are forevermore parents, hence 100 percent responsible to that cause. Never stop educating yourself. Once we abdicate our decision-making authority to others, we subject ourselves to *others'* needs and desires. Take control of your children's lives, including their healthcare, nutrition, morals, education and religion. It's what needs to be done.



# The Pyramid of Genuine Health

## *Wellness Requires Strategies*



### Homeopathy

1. Homeopathy kits
  - a. A 30-potency remedy kit
  - b. A cell salt kit
2. Basic homeopathy books, CDs and other resources

### Relationships

1. God
2. Family
3. Community outreach (*i.e.*, friends, community, country)

### Whole, Clean, Nutrient-Dense Foods

1. Clean, chlorine- and fluoride-free water
2. Small vegetable garden, local farmer or organic section of grocery
3. Bone stocks – cheap bones from hunters, farmers, grocery store
4. Healthy natural saturated fats – coconut oil, butter, lard, duck fat
5. Homemade products – salad dressing, soups, roasts