

body might revert to past symptoms before being cleansed of the toxins and infections.

"Sure enough," says Pat, "my body reverted to old symptoms, but I could see improvement right away. I did have some ups and downs, but within three months, I was totally different."

Her fateful meeting with Helen was several years ago, and, according to Pat, she has felt healthy ever since. She found that over the years her body had become immune to antibiotics, and they were no longer effective in fighting cold and flue symptoms. Now, herbs will clear the symptoms quickly.

"Within a matter of hours," she says, "you feel relief and you feel so much better. It seems so simple, but it works. I think I'll continue with it for the rest of my life. I rely on Helen's advice. So far, it's been great for me."

The herbs Pat takes change from time to time, but she sticks pretty close to her healthier diet and expresses no regrets at the lifestyle change.

"I stay away from sweets," she says, "and eat more garden type food - fruits and vegetables - as well as turkey and fish. Your body kind of lets you know when you indulge in a piece of chocolate cake or the like! I don't stick to a strict diet...I just know when to get back on again."



HOMEOPATHY - THE LAW OF SIMILARS

"As humankind evolves, the individual becomes a more integrated and finely tuned system and more sensitive with respect to changes in subtle energies. Our future medicine will proceed towards the development of techniques and treatments that use successively finer and finer energies..."

---Dr. William A. Tiller, Professor
of Materials Science and
Engineering, Stanford University

The principles of homeopathy (from the Greek words *homois* and *pathos* meaning similar and suffering) are in harmony with those of herbology in that they both seek to cure with natural laws of healing and use natural medicines from the plant, animal and mineral worlds. This system of medicine supports the body's efforts to fight the dis-ease, to heal itself, not merely suppress symptoms.

States regulate the practice of homeopathy. Usually, it can be employed legally by those whose degree entitles them to practice medicine in that state. This includes MD's, Doctors of Osteopathy, Doctors of Naturopathy, Dentists, Veterinarians and certain Doctors of Chiropractic. However, homeopathic remedies can be purchased over-the-counter by the public without a prescription.

These remedies are prepared in accordance with the processes described in the Homeopathic Pharmacopoeia of the United States, the official manufacturing manual recognized by the FDA. They are non-toxic. They are available at a cost considerably less than most prescription and non-prescription drugs.

History and Background

The father of homeopathy was Samuel Christian Friedrich Hahnemann, a physician in Germany. Disillusioned in the early 1800's by the medical profession's "brutal and senseless methods....patients were cauterized, blistered, purged, and bled"....as well as the way medicines were prescribed (multiple drugs mixed in one prescription), he gave up the practice of medicine and earned his livelihood doing medical translations.

A well-read scholar and inquisitive thinker, he was doing a translation of Lectures on the Materia Medica by William Cullen, a Scottish professor of medicine. Dr. Cullen stated that cinchona bark cured malaria because of its astringent and bitter qualities. Hahnemann knew of other astringent and/or bitter plants that did not cure malaria, so he decided to do a bit of medical research....on himself. Here is his own account of the experiment:

"I took by way of experiment, twice a day, four drachms of good China (quinine). My feet, finger ends, etc. at first became cold; I grew languid and drowsy; then my heart began to palpitate, and my pulse grew hard and small; intolerable anxiety, trembling, prostration throughout all my

limbs; then pulsation, in the head, redness of my cheeks, thirst, and, in short, all these symptoms which are ordinarily characteristic of intermittent fever, made their appearance, one after the other, yet without the peculiar chilly, shivering rigor. Briefly, even those symptoms which are of regular occurrence and especially characteristic - as the stupidity of mind, the kind of rigidity in all the limbs, but above all the numb, disagreeable sensation, which seems to have its seat in the periosteum, over every bone in the body - all these make their appearance. This paroxysm lasted two or three hours each time, and recurred if I repeated this dose, not otherwise; I discontinued it, and was in good health."

Hahnemann concluded he had stumbled upon the law of "similars", mentioned by Hippocrates in the 4th century B.C., as well as Hindu writings of the 10th century B.C., and the noted Swiss physician, philosopher and alchemist from the 16th century, Philippus Paracelsus. **THE LAW OF SIMILARS STATES THAT A REMEDY CAN CURE A DISEASE IF IT PRODUCES IN A HEALTHY PERSON SYMPTOMS SIMILAR TO THOSE OF THE DISEASE.** In Latin, *similia similibus curentur*....let likes be cured by likes.

Friends and some fellow physicians who were attracted to Hahnemann and his search for truth in healing, joined him in his experiments. Testing substances on themselves, keeping meticulous records of symptoms produced etc., the group had a listing of ninety-nine "provings" when Hahnemann died in 1843. By the end of the century, the homeopathic pharmacopoeia had over six hundred more remedies added to it.

Was this new system of medicine hailed as a great discovery? Of course not! Chemists (the 18th and 19th centuries' pharmaceutical interests) were incensed and ridiculed Hahnemann. Many in the medical profession considered his theory heresy.

Nevertheless, Hahnemann published his findings and philosophy in 1810 under the title Organon of the Healing Art. In 1821, he published a long list of proven remedies in Pure Materia Medica and Chronic Disease. The foundation for homeopathic practice was laid and began to spread throughout Europe.

Dr. Hahnemann's medicine was put to the test during the cholera epidemics of the 1830's in Europe. His patient death rate was less than 20%, compared to his colleagues' rate of over 50%. It later proved its effectiveness in the United States during the 1849 cholera and 1878 yellow fever epidemics as well as those of typhoid and scarlet fever.

People on both sides of the Atlantic were ready for a humane system of medicine. It arrived on our shores about 1825 and was very popular during the latter half of the 19th century. In some areas - New England, the Middle Atlantic, and the Midwest - one out of four physicians practiced homeopathy. The clients or patients of the homeopathic doctor came from the elite of the communities as well as the "common folk". Social, business and political leaders were attracted as well as the era's intelligentsia...Mark Twain, Louisa May Alcott, Horace Greeley, Daniel Webster, Henry Wadsworth Longfellow, to name a few.

So what happened to the twenty-two homeopathic medical schools and over one hundred homeopathic hospitals we had in 1890? Where are all those homeopathic physicians?

Homeopathy was a great threat to orthodox medicine. After all, its practitioners were licensed medical doctors! These doctors had the nerve to be critical of "the system"! They were taking away well-paying patients!

In 1846, two years after the American Institute of Homeopathy was founded, "the system" responded by forming its own association, the American Medical Association (AMA). Pressure was brought to bear. Homeopaths were not to be admitted to standard medical societies. (This Code of Ethics has since been reversed.) Homeopaths were ostracized and denied credibility.

The infamous Flexner Report of 1910 gave a low rating to homeopathic schools, thus drying up the monetary support for them from foundations such as the Rockefeller grants. Who did this evaluation of medical schools? The AMA. One by one the homeopathic schools had to close, followed by the homeopathic hospitals.

The rise of the drug industry made homeopathic prescribing which is time consuming and intellectually demanding "too slow." We had become a mobile urban society, specialization replaced the old-fashioned

family doctor. Medical historian Harris L. Coulter observes: "The pharmaceutical industry...allied with the American Medical Association in its final campaign against homeopathy."

While homeopathy is having to make a comeback in the United States, such is not the case in other parts of the world. In many places, allopathic and homeopathic medicine coexist and work side by side.

"In Britain, members of the Royal Family have been cared for by homeopathic physicians since the reign of Queen Victoria. There are around 200 homeopathic physicians in Britain; the principal hospitals offering such treatment are in London and Glasgow. France has nearly 800 homeopathic physicians, and the movement is also active in Germany, Austria, and Switzerland.

"India is a stronghold of homeopathy, with 124 homeopathic medical schools. Central and Latin America are also important centers. In Mexico there are three homeopathic medical colleges, two of which are state supported. There is a similar school of medicine in Brazil, and the medical school in Santiago, Chile, includes a professor of homeopathy. Around 450 Argentine physicians are homeopaths." (Homeopathic Medicine at Home, Maesimund B. Panos, M.D. and Jane Heimlich, 1980.)

Homeopathy is on the rise. Dissatisfaction of both doctors and patients with the side effects and incompleteness of synthetic drugs appears to be the catalyst that will bring renewed exploration of this unique and gentle system of healing.

Law of Proving, Single Remedy and Law of Potentization

The LAW OF PROVING refers to the homeopathic method of testing a substance to determine its medicinal effect. A group of HEALTHY people (not animals...homeopaths do not believe animals react the same as human beings) are divided in half (as in standard double-blind tests used in pharmacological experiments). The control group is given a placebo (unmedicated tablet or pill), and the other half of the test group is given the substance being tested.

While taking the medications given to them, both groups record precisely all the symptoms consistently experienced, such as fever, loss of memory, dizziness, nervousness, thirst, etc. The "proved" symptoms are

then listed as a *characteristic remedy picture* in the *Materia Medica*. This is a reference book used by homeopathic prescribers.

When treating a patient, the homeopath matches the patient's symptoms with the remedy picture in the *Materia Medica* and applies the Law of Similars.

The SINGLE REMEDY principle refers to the practice of using only one substance for treatment; the one that most closely mimics the symptoms of the disease. Homeopathy says that one is all that is necessary if selected properly. There is no need for a different remedy for each symptom being experienced. The correct one will cover the whole symptomology.

The theory is to treat the whole person, not just symptoms. Therefore, the prescription for a headache, as an example, can vary from person to person. Everyone has a unique and personal constitution. Your headache may make you nauseous, while others experience dizziness. Pain may be in different locations, etc. An in-depth investigation of each case history is required.

The single remedy principle, along with treating the whole person, is often referred to as "classical homeopathy", the art in its purest form. It requires a practitioner with a depth of experience, insight and practice. ("Kentian homeopathy", named after homeopathic doctor James Tyler Kent, also involves strictly following Hahnemann's standards.)

The trend today among practitioners of homeopathy is away from the lengthy process of ascertaining the "single remedy". Knowledge of effective remedies that apply to a general category (such as colds, flu, arthritis, inflammation, rashes, etc.) has resulted in commercial preparations available in health stores and some pharmacies that are "panoramic formulas". These contain multiple essences useful for a specified condition. The body responds to the essence it requires; the others "miss the mark" and are eliminated with no ill effects.

The LAW OF POTENTIZATION (minimum dose) refers to the method of preparing a homeopathic remedy, and is probably the hardest concept for most people to grasp.

Homeopathic remedies are substances diluted in alcohol or distilled water which are given a series of vigorous shakes or "succussions." Hahnemann developed this system of preparation to reduce the aggravation of symptoms for the patient. (Such aggravation was to be expected, of course, since the remedy itself produced symptoms similar to that of the disease.)

This hard-to-believe dilution process not only reduced the toxic effects of the remedy, but made it more potent! Here is an account of his succussions:

"...he mixed one part of the substance with 99 parts of the liquid, and submitted the mixture to 100 vigorous succussions. This dynamized mixture he called 'the first centesimal potency.' Then he mixed one part of this potency with 99 parts of water or alcohol, and again succussed the dilution 100 times to produce the second centesimal potency of the drug. The third step in the process, of course, diluted the original substance to one part in a million, and the fourth step to one part in a hundred million. He repeated this process up to thirty times and apparently did not go beyond that, although his successors did." (The Holistic Health Handbook, Berkeley Holistic Health Center, 1979.)

As strange as it seems to common sense, the higher the dilution...the less of the original substance present...the greater the potency of the medicine. The resulting mixture is so diluted that there should be virtually nothing left of the original essence!

CASE #124 - DIANE

Finally rid of life-long rash.....

Diane had been burdened all her life with eczema, a rash which covered her body. She saw doctor after doctor, took treatment after treatment, only to find the irritating condition continued.

By her own description, Diane was a "mess, a disaster," when she walked into Helen's office at Options a few months ago. She came to Helen on the advice of a masseuse, whom Diane had gone to see with her sister. After Diane described her condition, the masseuse suggested the problem might be associated with the liver. Diane says that was the first time anyone had made that connection.

She took the masseuse's advice with a "I'll give it a try...what the heck" attitude and contacted Options. She says she hasn't looked back since.

Helen introduced Diane to herbs and a homeopathic ointment. She used it on the rash which covered her face and hands. Within a couple of days, "The rash was virtually gone. Only one finger of one hand still showed signs of the skin condition," Diane says.

Since that time, Diane has taken herbs for her inner body as well, to "flush the system" or cleanse the body of toxins. "You've got to deal with your body," she says, "It's got to be cleansed. We have all these toxins...."

Diane has learned a more healthy lifestyle, one without medication or synthetic hormones. She had taken estrogen, but has discontinued it and lost the bloating which made her "almost unable to walk." She has also come down two dress sizes!

Diane came to Helen as a "last resort," but says Helen was able, through various techniques, to pin point "exactly what the body is looking for, what it needs."

When friends and acquaintances express amazement at the healing evident in Diane, she tells them about Helen and her herbs. "I recommend Helen," she says, "and I recommend herbs to everyone. The herbs were here before modern medicine."

Why Does It Work?

Hahnemann said it was because "the powers, which are, as it were, hidden and dormant in the crude drug, are developed and roused into activity to an incredible degree."

Paracelsus wrote: "The Quintessence is that which is extracted from a substance...After it has been cleansed of all impurities and its perishable

parts, and refined to the highest degree, it attains extraordinary powers and perfections...In it there is great purity, and it is because of this purity that it has the virtue to cleanse the body." (Remember Paracelsus? This was back in the 16th century!)

Now jump with me into the 20th century and read a quote from Vibrational Medicine, Richard Gerber, M.D., 1988:

"In giving homeopathic preparations of the plant, the physical drug properties of the herb are removed, leaving the subtle-energy qualities that are absorbed into the water to predominate.

"What Hahnemann may have actually been doing is empirically *matching the frequency of the plant extract with the frequency of the illness* (emphasis supplied)...Matching the total symptom pattern of the patient with the complex of symptoms produced by a particular remedy was an ingenious method, albeit unknown to Hahnemann, of energetic frequency matching. Using the Law of Similars, Hahnemann was able to give the patient a dose of the needed subtle energy in the exact frequency band needed. That is why in classical homeopathy one cannot mix different remedies to treat many different symptoms. The remedy that best expresses the patient's unique symptom complex will be curative. Comparison of the patient's symptom complex with a remedy's symptom complex allows the homeopathic physician to make an empirical frequency match that will neutralize the illness."

Energetic frequency matching! What does this bring to mind? How about CHI or PRANA or KA? (Refer to first section under Muscle Testing.) Yes, once again we run across reference to the "vital force" that animates man; the theory that the body or whole human being is a bio-energy system.

Many homeopaths talk about remedies "resonating" with the body's "vital force." In other words, our bodies vibrate on a cellular level at certain energy frequencies. When unhealthy, our cells need a booster shot of subtle energy to get back in balance...."in tune", resonating at its proper rate. The correct ethereal energy injection "moves the system from the sickness vibrational mode to the orbit of health." (Dr. Gerber)

Space Age Medicine

Hahnemann was far ahead of his time. He even stated it is not microbes or viruses or bacteria that cause disease...it is the organism's susceptibility that is the culprit. If we are "in tune"...if our energy fields are not blocked and are in correct balance... such invaders can not harm us. We have all seen and wondered at this phenomena. Expose a group of people to a contagious disease and some will succumb while others are unaffected, even when sleeping in bed with infected persons! On the other hand, we have seen cases where one lives in a healthy environment with a healthy life style, and still they "catch" whatever is going around.

Numerous theories are offered as to why homeopathic remedies work. We still are unable to prove by current scientific criteria just how this age-old method assists the body's ability to heal itself, but physicists are taking an active interest in the whys and wherefores.



"Disease will never be cured or eradicated by present materialistic methods, for the simple reason that disease in its origin is not material.....Disease is in essence the result of conflict between Soul and Mind, and will never be eradicated except by spiritual and mental effort."

---Edward Bach, M.D., B.S., D.P.H.,

Heal Thyself, 1931.

THE BACH FLOWER REMEDIES

Just as Dr. Samuel Hahnemann's name is practically synonymous with homeopathy, another equally visionary physician, another rebel against his era's medical practices, was Dr. Edward Bach (1886-1936) whose name is synonymous with Flower Remedies.

The Bach Flower Remedies belong to the family of subtle methods of healing, similar to the classical homeopathy of Hahnemann. They work on the subtle energies of the body. But unlike homeopathy, these flower essences do not operate under the Law of Similars, do not address physical symptoms, but deal exclusively with STATES OF EMOTIONAL DISHARMONY. By transforming negative feelings to positive ones, the body's natural healing ability is enhanced.