
Powers of Homeopathy Newsletter Copyright 2004,
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<http://www.powersofhomeopathy.com>

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This newsletter is sent every second Tuesday only to those who have requested it. Homeopathy is a wonderful medical science/art and it is the intention of each issue to help you find and provide the resources you need to learn about homeopathy, how you can use it safely at home with family and pets and how you can benefit from classes and private consultations.

We value your interest, respect your privacy, and we never rent, sell, or share this subscriber list with anyone.

Homeopathy and the Flu

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1. Welcome Notes

To all of you who have just joined, welcome! If you find the information in this newsletter helpful, please forward it on to others so that they can learn about homeopathy too...especially with flu season upon us.

As I write this, I am reminded of my "current" favorite book. It's called "turning to one another: simple conversations to restore hope to the future" by Margaret J. Wheatley author of "leadership and the new science".

As with many books, they often just fall into my hands. I had thought I was getting a book explaining quantum physics to the lay person but what I got instead was an inspiring perspective on how great change happens in the world

through the simplest and smallest events such as conversation...maybe that is how quantum physics works!? Small particles affecting great and unexpected change? I could easily quote every page from this book but, in keeping with the theme of this issue's welcome notes, I would like to cite just a couple:

"When a community of people discovers that they share a concern, change begins. There is no power equal to a community discovering what it cares about."

"Scientists are taught to seek the simpler solution. If there's choice between two possibilities, they choose a simpler one. Simple solutions are called "elegant" in science. The beauty of the universe expresses itself in simplicity."

"Real change begins with the simple act of people talking about what they care about."

"Large and successful change efforts start with conversations among friends, not with those in power. 'Some friends and I started talking...' Change doesn't happen from a leader announcing the plan. Change begins from deep inside a system, when a few people notice something they will no longer tolerate, or respond to a dream of what's possible. Together we will figure out what our first step is, then the next, then the next. Gradually, we become large and powerful. We don't have to start with power, only with passion....Conversation is the way we discover how to transform our world, together."

This newsletter is all about having a passionate conversation about homeopathy and how it can help...and with this issue, how it can help with the flu. It's about an "elegant" scientific system of treating illness, a simple solution in some ways for those willing to look at illness from a different perspective.

For homeopathy to become mainstream in North America as it is in India, we will need many "conversations"...with each other, with the medical system, with our family physicians, perhaps with governments but it can begin with something as simple as reading this newsletter, following some of the links, reading some of the suggested books, booking some time with your local homeopath or perhaps trying a few remedies for yourself and your family. And if a conversation about homeopathy is too challenging right now, please forward the newsletter! Perhaps the conversation can start there!

I would like to finish with Meg Wheatley's principles to guide us in our "conversations" about homeopathy with others:

*"we acknowledge one another as equals
we try to stay curious about each other
we recognize that we need each other's help to become better
listeners
we slow down so we have time to think and reflect"*

*we remember that conversation is the natural way humans think together
we expect it to be messy at times”*

Enjoy this issue! May you find plenty that is helpful and much that stimulates “conversation”!

Do you have questions about homeopathy? What is homeopathy? What does a homeopath do? Answers are just a phone call (403-230-8505) or email donna@powersofhomeopathy.com . Following a ten-minute phone call, I will send you a preliminary package of information that will help you be well informed before you make a consultation appointment.

Here are a couple of websites too that I would highly recommend to those of you who are very new to homeopathy.

In Canada, http://www.csoh.ca/Homeopathy_About.htm The Canadian Society of Homeopaths is an excellent resource, check it out!

In the U.S. http://www.homeopathy.org/directory_entrance.html The North American Society of Homeopaths
www.homeopathic.org The National Centre for Homeopathy

In Britain <http://www.homeopathy-soh.org/> The Society of Homeopaths

If you would like to learn about how to find a homeopath that is right for you, check out Miranda Castro's article at www.mirandacastro.com Or you can go to The National Centre for Homeopathy's Article "How to Find A Homeopath" <http://www.homeopathic.org/find.htm>

2. Feature Article

“The most severe epidemic of all time was the great Influenza Pandemic of 1918. Twenty percent of the entire world population was infected and 20-40 million people died. The epidemic was so devastating that the average lifespan in the United States was decreased by ten years. During this epidemic homeopathic medicines were used widely both for treatment and as prophylaxis. The average mortality under standard treatment ran from 2.5-10%, while 1% or fewer patients died under homeopathic treatment. Gelsemium sempervirens, Arsenicum album and Bryonia alba were the primary remedies used in the United States during this epidemic.” http://www.nationalcenterforhomeopathy.org/files/hover_jan01.pdf

<http://toddhooovermd.com/articles/epidemic-diseases-and-homeopathic-prophylaxis.html>

Homeopathic Prophylaxis: Fact Or Fiction Todd A. Hoover, MD

“The following is an extract from an article entitled "Homeopathy In Influenza- A Chorus Of Fifty In Harmony" by W. A. Dewey, MD that appeared in the Journal of the American Institute of Homeopathy in 1920. Dean W. A. Pearson of Philadelphia collected 26,795 cases of influenza treated by homeopathic physicians with a mortality of 1.05%, while the average old school mortality is 30%. Thirty physicians in Connecticut responded to my request for data. They reported 6,602 cases with 55 deaths, which is less than 1%. In the transport service I had 81 cases on the way over. All recovered and were landed. Every man received homeopathic treatment. One ship lost 31 on the way. H. A. Roberts, MD, Derby, Connecticut. In a plant of 8,000 workers we had only one death. The patients were not drugged to death. Gelsemium was practically the only remedy used. We used no aspirin and no vaccines. -Frank Wieland, MD, Chicago.”

<http://www.nesh.com/main/nejh/samples/winston.html>

The Faces of Homeopathy by Julian Winston, an excerpt.

Historically, homeopathy has a very good track record for treating the symptoms of the flu. This is good news especially since the media has been echoing the scientific community's concern that we may be on the brink of another influenza pandemic. (a pandemic is “an epidemic of widespread proportions which may even spread across oceans to other continents...an epidemic is “an acute disease which spreads rapidly from place to place, affecting large numbers of person. A contagious disease which spreads rapidly. Yasgur's Homeopathic Dictionary by Jay Yasgur www.minimum.com to order this helpful dictionary)

For this issue, I am going to only concentrate on 3 homeopathic remedies often used for flu: **Gelsemium**, **Baptisia** and **Bryonia** (there are many more and this is where a consult with a professional homeopath may be of most benefit to you or your family). See the Tips:

Learning about Homeopathy and the Flu section of the newsletter to find links to more resources for remedies.

Remembering that homeopathy can be “individualized” according to the symptom picture, each remedy presented will have their own unique characteristics, just as each person with the flu will have their own unique version of the flu symptoms (often what makes them/their symptoms feel better or worse) in addition to the common symptoms of the flu. (In issue 3 I wrote more extensively about symptoms common to the disease and symptoms of the individual...if you would like to receive a copy of that, please send an email to donna@powersofhomeopathy.com

Genus epidemicus: This process refers to a homeopathic phenomenon whereby a small group of remedies are found to be specifically helpful in a particular epidemic. It can be helpful to know that Gelsemium is helping the largest proportion of people with influenza this year, or that Kali-mur, Hepar sulph and Phosphorus are helping with the post-flu cough, or that Kali phosphoricum helps with the weakness during the convalescent period.

<http://www.nationalcenterforhomeopathy.org/content/healing-with-homeopathy-an-effective-alternative-for-influenza-pandemics-report-0> (See section 4 of this newsletter Tips: Learning about Homeopathy and the Flu for more information about Genus Epidemicus.)

Common Symptoms of the Flu:

From the Merck Manual of Medical Information Home Edition:

“Symptoms start 24 to 48 hours after infection and can begin suddenly. Chills or a chilly sensation may be the initial indication of influenza. Fever is common during the first few days, and the temperature may rise to 102 or 103 degrees F. ...aches and pains throughout the body, most pronounced in the back and legs, Headache is often severe, with aching around and behind the eyes.

Bright light may make the headache worse. At first, the respiratory symptoms may be relatively mild, with a scratchy sore throat, a burning sensation in the chest, a dry cough, and a runny nose. Later, the cough can become severe and bring up sputum. The skin may be warm and flushed, especially on the face. The mouth and throat may redden, the eyes may water, and the whites of the eyes may be mildly inflamed...may be nausea and vomiting, especially children. After 2 or 3 days, most symptoms disappear rapidly and the fever usually ends, although fever sometimes lasts up to 5 days. However, bronchitis and coughing may persist for 10 days or longer, and changes in the airways may take 6 to 8 weeks to completely resolve. Weakness and fatigue may persist for several days or occasionally for weeks.”

The Homeopathic Remedies:

GELSEMIUM

- Develops slowly...a little headachy, a little feverish, little bit of pain, little bit runny nose...goes to bed, does not sleep well and next morning feels rotten.
- Intense weariness...dull...tired...look/feel heavy and are heavy-eyed and sleepy.
- Want to be left in peace.

- Hot, sticky sensation and yet have the sensation of little shivers of cold up and down the back...small trickles of cold...as if somebody ran a cold hand or spilt a little cold water down their back.
- Shaky hands or limbs...and very often a sensation as if they are falling out of bed...they wake with a sudden jerk and feel as if they have fallen out of bed.
- Mouths dry, lips dry and typically not thirsty.
(Bryonia patients will be dry and very thirsty.)

Severe headache... 2 types:

1. intense pain in the occipital (back of the head) region spreading down into the neck with a sensation of stiffness in the cervical (neck) muscles...congestive headache...throbbing. Most comfortable when lying perfectly still (Bryonia patients as well). Dizziness with headache, especially on any movement.

2. congestive (excessive amount of blood in head, full feeling/throbbing), tightness...as if there were a tight band round the head just above the ears from the occiput right forward to the frontal region.

Aggravated by lying with the head low. Peculiarly, these congestive headaches are often relieved by passing a fairly large quantity of urine.

- General aching soreness, an aching soreness in the muscles.
- Worse moving...sensitive to draughts which make them shiver.
- Eyes heavy, congested and sensitive to light...tears.
- Runny nose with a fluid, water discharge, accompanied by very violent sneezing and a feeling of intense fullness and pressure just about the root of the nose...nose bleeds on forcible clearing of the nose.
- Hot and sticky but with cold extremities. (Arnica has a hot head and cold extremities)
- Puffy, red congested throat...pain on swallowing with a feeling of constriction or of a lump in the throat...worse cold drinks.
- Laryngitis and sometimes an intensely croupy cough, convulsive in nature coming in spasms and associated with shortness of breath.
- Thirstless despite the sweatiness and dryness of mouth.

- No appetite...may have a yellowish tinge or jaundice (yellow skin) may develop.
- Stool loose and yellowish but not offensive. Intense feeling of weakness in the rectum.

BAPTISIA

- Similar to Gelsemium but more intense.
- Faces are puffy, swollen; eyes are heavy but with a congested, besotted (stupefied expression) look rather than the dropping lids of Gelsemium.
- Lips bluish.
- Confused...as to the sensation of their body...they may feel that their legs are not quite where they thought they were...arms feel detached or numb.
- Confusion...more fuddled than Gelsemium.
- Foul...odor from mouth. Dirty looking tongue. In the early stages the tongue has a central coating of yellow, brown or black with a dusky red margin all round.
- Lots of ropy, tough saliva which is apt to dribble out of the corner of the mouth when the patient is half asleep.
- Lips crack, foul and may bleed.
- Person may look drugged/toxic but at the same time is much more sensitive, with more sensitive arms, legs, back-tender all over...complains of the bed hurting him (Arnica says the bed is too hard)...any pressure is painful. In spite of drugged stupor look, person is very often restless, constantly on the move, trying to find a comfortable position (Rhus tox has this symptom).
- Offensive, foul copious sweat...mouth, breath, sweat, diarrhea (which Baptisia patients are prone to), sputum (spit) are all offensive.
- Throats are dusky dark red, ulcerative with accumulation of filthy, glairy (like egg-white) mucus and offensive. Painful throat; difficulty and pain on swallowing; a feeling of obstruction; swallowing solids almost impossible.
- Infection can extend into the ears, with a sensation of fullness, obstruction and pain. Very often there is a middle-ear abscess and the possibility of a mastoid (behind the ear) infection...more commonly the right ear and the

right mastoid region is involved. Tenderness and slight blush over the mastoid region.

- Thirsty...constant desire for water but too much causes nausea. Drink a little at a time (resembles Arsenicum).
- Baptisia patients are very liable to have a gastric or liver disturbance...often associated with acute diarrhea accompanied by violent tenesmus (straining at stool), a good deal of colic and a bileless (like clay) stool.
- Intense aching pains all over. Any part pressed is painful and tender; acute pains in the joints, a feeling as if sprained or bruised; moving is painful.

BRYONIA

Somewhere between Gelsemium and Baptisia in appearance...give the impression of being dull, heavy, slightly congested with a puffy face. Not the sleepy appearance of Gelsemium nor the drugged look of Baptisia but dull and heavy.

- Irritable when disturbed. Do not want to be spoken to and do not want to speak...it annoys them.
- Depressed and anxious...worried about their condition and in addition, begin to worry and talk about their work/business.
- Difficult to please...grumpy. Very difficult to satisfy...may ask for something and then refuse it when it is given.
- Movement of any kind aggravates the pains but they may be get restless...the key is that the movement does not ease the pain (like Rhus tox might).
- Hot, uncomfortable in a hot stuffy room...they like cool air around them.
- Always thirsty...desire large quantities of ice, cold drinks...but may refuse them when given.
- Perspiration is damp, hot, sometimes profuse.
- Generally heat aggravates but locally may ameliorate local joint pains.

- Tongue is thickly-coated white and may become dirty brown as flu progresses. Dry tongue with an unpleasant, bitter taste accompanied with intense thirst.
- Throat has extreme sensation of dryness, heat and burning. Tonsils may have small, usually white spots. Painful swallowing which is aggravated by movement.
- Intense headaches...congestive, throbbing in the forehead...as if they have a lump in their foreheads which is settling right down over the eyes. Pain is relieved by pressure...firm pressure against the painful forehead affords relief. Worse exertion, better sitting up. Sensitive to touch...whole scalp seems to be irritated...may spread down to face.
- Eyeballs sensitive to pressure...hurts to screw up the eyes.
- Burning, heat and dryness, fullness and congestion in the nose.
- Irritating, tickling, burning, dry sensation in throat...sometimes loss of voice, hoarseness. Feeling of rawness...suffocative tight sensation...irritating, bursting, explosive cough.
- Constipation and a lack of appetite.

Should a Bryonia flu develop into pneumonia, it would have the symptoms of violent stabbing pains in the chest, a feeling of acute oppression, extreme pain on coughing, pain in the chest on movement with the desire to keep it as still as possible.

Potency and Repetition

Some quick tips on potency (that's the number beside the remedy name...e.g. 6CH or 6X, 12CH, 30CH etc) and dosage (how much and how often):

In general, the more intense the acute sickness, the more you will need to repeat the dose. For example, in a high fever, you may need to give a dose (one to three granules) every half-hour to one and one half-hours for up to three doses.

In most cases, however, one dose every two to five hours will be sufficient. If you have a well-chosen remedy (according to the symptom picture), you will begin to see results within twelve to twenty four hours. If the symptom picture changes, a second remedy may need to be given but do not rush giving a different one. If there is improvement, even if it is slow and there are no changes in the symptoms, stick with it. A potency of 30CH will be sufficient for any of the above situations. Again, if you are uncertain at any time, please call your homeopath.

Our household has already had this year's flu (yes...homeopaths do get sick and they do well to heed their own advice!) and Bryonia was the remedy that was most helpful for 3 out of the 4 of us and Gelsemium was the remedy for the 4th member.

As with all illnesses, please work co-operatively with both your homeopath and family physician (remember...conversations!). If fevers persist or complications develop especially in young children or the very old or people with heart, lung or nervous system disease, please see your medical doctor.

3. Pet Corner with Alison Merritt: Pets and the Flu

Because human flu outbreaks have sometimes been traced to swine or avian flu viruses that have jumped species, it should not be surprising to discover that animals are also susceptible to the flu. Dogs do not seem as likely to suffer from this, but cats, pigs and birds are prone to their own versions of it. As with colds, many of the symptoms in animals will be similar to those appearing in humans, and thus it is likely that the remedies will also be familiar.

“Cat flu”, (feline calicivirus, feline herpesvirus, feline viral rhinotracheitis), can be a serious disease, and has symptoms which include high fever (may be as high as 105F), sneezing and runny eyes, and perhaps also a mucous discharge. The cat may lose the sense of smell and thus not want to eat, and calicivirus can also produce mouth ulcers which further depress the appetite. Thus, it is important to make sure the cat is getting enough fluids to prevent dehydration.

At the very start of the illness Aconite 30C given in doses one hour apart for 4 doses may abort the further development of the disease. Once symptoms have begun to develop more fully, other remedies will likely be more useful. The 30C potency is typically suggested, and can be taken as needed. These later remedies can include:

Antimonium-tart – breathing is usually difficult, with rattling breathing. Often there is exhaustion, especially in the evening.

Arsenicum-album – watery acrid discharge from the nose which makes the nostrils sore, asthmatic type breathing worse around midnight. Restlessness or anxiety and increased thirst (usually thirsty for small sips).

Bryonia – worse for any movement, at night, and in warm rooms, thirsty, may have blood-stained sticky mucus.

Causticum – when the infection has gone down into the chest with a dry racking cough, seeks warmth, difficult expectoration (must be swallowed), may lose their voice.

Euphrasia – red inflamed eyes with profuse irritating watery discharge.

Gelsemium – a remedy often used for flu in humans, where a keynote is weakness and trembling. Nasal discharge with violent sneezing, thirstless and may have trouble swallowing. Better with head raised and in the afternoon, worse for heat.

Kali-bich – thick ropy yellow or greenish-yellow mucus is typical, along with violent sneezing. May lose the appetite from loss of smell, and the cat may have a sore throat or tongue ulcers.

Merc-sol – excessive salivation, mouth ulcers

Natrum-mur – much thin watery discharge and sneezing. The discharge may become thicker after a few days; the cat often is aloof and does not want affection.

Phosphorus – usually there will be blood-stained discharges, sore throat and hoarseness, animals often lie on the right side. There may be a secondary infection of the lungs, and Phosphorus is a common remedy for pneumonia. The cat may vomit shortly after eating or drinking, 'after the food gets warm in the stomach'. As with any home treatments, if the animal is not improving within a reasonable time or shows signs of dehydration or any other symptom of concern, consult with your veterinarian. To check for dehydration, pinch a fold of the skin on the neck between the thumb and index finger – if the fold quickly flattens out the hydration is alright, however, if the skin stays pinched up in a fold some dehydration is present and fluids will need to be administered, either by mouth if the animal is not vomiting, or under the skin by subcutaneous injection from the vet.

Remedies to consider if there is debility after dehydration include:

China – 'ailments from loss of fluids', symptoms may alternately get better and worse so there are ups and downs in condition. Light touch aggravates, but hard pressure ameliorates most symptoms, better from warmth and lying quietly.

Ferrum-phos – animal tends to be thin, weak and anemic, worse night and early morning (4 to 6am). Affinity for lungs and upper respiratory infections, there may be bleeding with the infection.

Phosphoric-acid – for debility especially if diarrhea is present. There may be apathy, dehydration, or loss of condition. Worse from exertion, better from warmth and a short sleep. May be sleepy during the day but wakeful at night.

Good nursing care and appropriate homeopathic support will help your animal recover as quickly and easily as possible.

Books:

Dr. Hunter's very useful new book Everyday Homeopathy for Animals is available from Minimum Price

www.minimum.com

An excellent book with valuable information for differentiating remedies in humans, which can also be applied to all animals, is The Homeopathic Treatment of Influenza by Sandra Perko, Ph.D, C.C.N. It is available from Minimum Price

www.minimum.com

Alison has spent most of her life raising Dalmatians, training and showing them in both obedience and confirmation events. Along the way she discovered homeopathy and since 1993 has been studying and using homeopathy for her own animals. Having seen the benefits of homeopathic care firsthand, she is happy to exchange ideas with those who are interested in using homeopathy for their animal friends.

4. Tips: Learning about Homeopathy and the Flu

Here are some suggestions to get you started:

1. Request an introductory mail out information package that includes the Beginner's Guide to Homeopathic Remedies for Home and Travel and the handout Acute Complaints. Every year we publish the most recent information about the current flu strain with corresponding vaccination info. For those not wanting a flu vaccine, this is important information to have. Contact us.

donna@powersofhomeopathy.com

2. Websites with articles about flu remedies and information about homeopathy and the flu:

Visit The National Centre for Homeopathy's Flu Alert website at <http://www.homeopathic.org> and search the website for flu information. This is an excellent site with tremendous resources; articles and lists of homeopathic practitioners...look for a homeopath near you!

<http://www.hpathy.com/diseases/influenza-symptoms-treatment-cure.asp>
[great email newsletter... tons of information and it is all free]

<http://www.truestarhealth.com/Notes/2236006.html>

<http://www.nesh.com/main/nejh/samples/winston.html>
[if you want some historical information on homeopathy's success in the 1918-1919 flu pandemic, do read this!]

http://www.homeopathic.com/Articles/Using_homeopathy_for_ailments/Homeopathic_Medicines_for_Influenza.html
[Dana Ullman's website with lots of articles]

<http://www.minimum.com/b.asp?a=influenza-perko> or
<http://www.wholehealthnow.com/books/homeopathic-influenza.html>
[If you want to read THE book on homeopathy and flu, including avian flu... remember it was the biggie not that long ago? Perko has done an excellent job... lots of remedy suggestions!]

http://www.holisticonline.com/Remedies/Flu/Flu_homeopathy.htm

3. Homeopathic Books.

The Faces of Homeopathy by Julian Winston. From the publisher: "The Faces of Homeopathy is the first book to tell the whole story - from Hahnemann through the contemporary homeopaths in the 1990s. Through a narrative laced with 137 biographies and 365 illustrations, the history of homeopathy, with a primary focus on The United States and England, comes to life." For more reviews of the book, go to Minimum Price books at www.minimum.com

Everybody's Guide to Homeopathic Medicines by Dana Ullman. Again one of my very early books that I used quite successfully with the flu! An excellent place to begin your own library www.homeopathic.org

<http://www.minimum.com/b.asp?a=influenza-perko>
The Homeopathic Treatment of Influenza by Sandra Perko, Ph.D, C.C.N. For those inclined to read the research about homeopathy and the flu.

5. Support for Using Homeopathy at Home

Here are two classes being offered as teleseminars to support you in your homeopathic at home prescribing. Check www.powersofhomeopathy.com for updates on when they are being offered.

1. Homeopathy for Babies/Young Children and Parents.

We will be covering common childhood diseases and illnesses such as colds, fevers, teething, colic, diarrhea, chicken pox, accidents/injuries; how to treat them homeopathically and at some point we will have a discussion about vaccination. There will also be opportunities to cover such issues as breastfeeding, mastitis and morning sickness if there is a demand. This is a 4-week class and the text used is Homeopathy for Children by Gabrielle Pinto and Murray Feldman. To order the book, follow this link:

www.minimum.com

www.wholehealthnow.com

Phone 403-230-8505 or email donna@powersofhomeopathy.com for more information or to register.

2. An Introduction to Homeopathy

This course aims to teach those new to Homeopathy: the history and philosophy of homeopathy; essential principles; self-prescribing and practice exercises to match symptom pictures with remedies. This is a 4-week class and the text to be used is Miranda Castro's "Complete Handbook of Homeopathy". To order the book, follow this link:

www.minimum.com

www.wholehealthnow.com

Phone 403-230-8505 or email: donna@powersofhomeopathy.com for more information or to reserve your place.

May you find speedy relief using homeopathic remedies this flu season and if you have had a success story that you would like to share (kind of like a conversation, right?!), please drop us a line at donna@powersofhomeopathy.com and we may publish it next issue.

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Donna Powers, RCSHom, CCH, RSHom (NA) is a certified classical homeopath practicing in Calgary, Alberta, Canada. Donna uses her training as a homeopath to teach others how to discover the healer within.

“Change always starts with confusion; cherished interpretations must dissolve to make way for the new.” margaret j. wheatley “turning to one another; conversations to restore hope to the future”