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

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Welcome!

And to all who have just joined as readers, welcome!

I love the technology of computers and cyberspace! To be able to share my love of homeopathy with so many readers this way is a thrill. I thank/bless each and every one of you who subscribe and read this newsletter...may you experience the joy of healing and great health.

I was recently asked how a person can tell others how to sign up to receive the newsletter. Simply forward a copy of the recent newsletter and tell the person to follow the link at the top of the page to my website. There is a sign-up box on the home page and on signing up, your friend will receive the first issue followed 2 days later by Issue 2. If they would like (or if you would like!) any back issues, check out the back issue tab on the website www.powersofhomeopathy.com Thank you for spreading the good word about homeopathy...we're healing the world, one remedy at a time!

Today's Issue:

“Frankenstein” Flu?: “left-overs” from last issue
Feature Article/Remedies: Homeopathy and sore throats
Pet Corner: with Alison Merritt: Pets and sore throats
Home Tips: Resources for Home Prescribing
Homeopathy at Home: Learning and Support

“Frankenstein” Flu?

Two days after I sent out Issue 4(Homeopathy and the Flu), I happened to read an article in the Globe and Mail (October 7, 2004...this link will take you to the story...there is a fee involved to read it <http://tinyurl.com/723hl>) titled “Scientists create cousin of 1918 killer flu”...

”Research into the biological properties of the 1918 virus, which is believed to have jumped to people from birds by way of a pig, has taken on a sense of urgency.

Infectious-disease experts have long warned that the next pandemic is overdue. Recent outbreaks of avian flu, from Asia to British Columbia, have contributed to concerns.”

The research is aimed at recreating the virus to understand how it is that this particular virus was able to “bind itself to a host cell and find a way to break through a variety of defences” through a gene known as HA (Haemagglutinin).

“The new research suggests that a ‘large segment’ of the world’s population would again be vulnerable to a viral strain that contained this form of HA gene. Based on blood samples drawn from people between the ages of 2 and 102 in Japan, the researchers found that only those who had actually survived the 1918 flu pandemic have a natural protection against it.”

The good news here is that homeopathy had an excellent rate of success with the pandemic of 1918. For those who missed last issue, here it is again:

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

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

Please follow this link because there is a discussion about using homeopathy prophylactically (which means preventatively). There are some homeopaths that support this concept and others who don’t...the intention of this newsletter is to inform you, the reader, of what is “out there” and you can decide for yourself or talk it over with your homeopath.

I bring up this point so that you know it is possible to purchase a remedy called Influenzinum made by the Boiron laboratories. Every year, Boiron receives the current strains from the World Health Organization (WHO) in late September and through the homeopathic pharmaceutical process (they explain it on their site what is involved), they make the homeopathic remedy Influenzinum. To access Boiron Canada, follow this link <http://boiron.ca/en/products/single-medicines/> Boiron lists retail stores where their products are available. Some homeopaths do keep Influenzinum in stock so you can check with your homeopath. The other homeopathic pharmacy I would recommend is in Britain, www.helios.co.uk

Now, having said all that, my strongest recommendation would be to make an appointment with your homeopath. With a full consult, you will get the benefit of being given a remedy that will support your whole immune and healing system which will in turn, work to your advantage should you or your loved ones get the flu...you will be that much stronger beforehand. Then when/if you do get the flu, your homeopath will be able to select the remedy most needed or similar to your flu symptoms with the biggest side benefit being that you will have created your own immunity to the virus. Remember the quote from the Globe and Mail article? "...only those who had actually survived the 1918 flu pandemic have a natural protection against it."

So find yourself a homeopath, talk to your homeopath, get your first aid home kit together, read what you can about homeopathy, ask questions, take some classes and know that there is an effective way to prevent and treat the flu! See the **Home Tips** section for suggestions.

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>

Feature Article/Remedies: Homeopathy and Sore Throats

We've already had the flu at our house (yes...homeopaths and their families get sick and if they're smart, they take their own advice by staying at home, resting, drinking fluids, taking a homeopathic remedy and phoning their homeopath when they can't figure out their remedy!). All four of us had a sore throat at the onset of the flu! So here are some suggestions for sore throats, whether they are part of your flu picture or "just" a sore throat.

Prescribing homeopathically for sore throats can be a great way to learn how to individualize a remedy because with sore throats there are so many modalities (a modality is what makes a symptom better or worse...for a sore throat these might include time, temperature, weather, motion, position, eating, drinking, swallowing, emotion, perspiration and whether the pain is on the left side or right side) that a person may experience. Also, descriptions of the type of pain can be very vivid e.g. stinging, burning, raw. Then there are sensations...children are naturally very good with these descriptions...like a stick in my throat, like a lump, like a bee sting in my throat, like a scraped knee in my throat, like it's all swollen inside.

Belladonna

- for sore throats that come on suddenly and especially within the first 24 hours with redness in the face; pupils may be dilated and there may be a fever
- throat may feel dry and swallowing, especially liquids, make the pain worse
- pain may be felt more on the right side -may be sensitive to bright lights
- can desire lemonade or lemons but may be thirstless

Aconite

- is the other remedy to think of in the first 24 hours and especially if the sore throat has come on after exposure to drafts or cold winds
- the sore throat may come on very suddenly as well with a high fever
- may have great thirst for cool drinks -the person may be quite fearful or anxious

Apis

- this would be the remedy that may be needed if the child or person says "it feels like a bee sting inside my throat"
- pains are stinging in nature and the throat may feel hot and may feel swollen or the tonsils may be very swollen -they are worse from getting heated and may want some fresh air
- generally they have no thirst but the pain is better from cool drinks and worse from hot drinks

Lycopodium

- generally these are the sore throats that are right-sided or they start on the right and move to the left

- cold or warm drinks may help with the pain and although cold air does make them worse, they do like fresh air
- the sore throat may actually be worse between 4 and 8 pm which makes a person think of a school age child who may feel well enough to go to school during the day but their sore throat comes on just after school

Lachesis

- -where Lycopodium is right-sided, Lachesis is left-sided or moves from the left side to the right
- -the throat pain is much worse from warm drinks although cold drinks may make the throat better
- oddly enough, for someone needing Lachesis, they may notice that swallowing solids is easier than swallowing liquids
- the pain can be worse on waking up -anything external around the throat can make the person feel worse, as if they were being suffocated

Hepar sulph

- the pain will feel like a splinter or stick is caught in the throat
- the person needing Hepar will be very chilly and they will definitely be worse by getting cold
- they feel better with hot drinks and from being warm
- they may be very irritable and easily angered -this is a good remedy if there is pus visible on the tonsils

Mercurius solubis

- throat pain can be very severe and the person is very sensitive to hot and cold
- may have a fever with the sore throat and at night may alternate between getting too hot with perspiration and becoming chilled; becoming too hot or too cold makes the person worse in general
- the sore throat tends to be more painful at night
- one of the characteristic symptoms of Mercurius is the tendency to drool or to have an excess of saliva in the mouth
- the breath may be quite offensive with pus visible on the tonsils

Phytolacca

- useful if the throat pain is right-sided and if the pain extends into the ears on swallowing
- usually there is aching felt in the body accompanied by fever
- the throat pain is worse from hot drinks
- this is a good remedy for those people who have a tendency to continuously swallow despite it being painful to do so

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.

PLEASE NOTE: It is also advised that if a child has a significant sore throat and fever for more than a day or two, see your physician. If there is any history of rheumatic fever, again, see your doctor right away. And if the swelling is making breathing difficult, you must see a doctor immediately.

There are many more remedies for sore throats and sore throats that are part of the flu picture. Be sure to consult with your homeopath if you can't find the "right" remedy. Check the Tips section for recommended books and websites that might be helpful.

Pet Corner: with Alison Merritt: Pets and Sore Throats

Both cats and dogs can suffer from sore throats, often following other respiratory infections. With tonsillitis there is often 'gagging', increased swallowing movements and an inflamed throat. Retching is also common.

Laryngitis will be noticeable by the change of voice.

Pharyngitis may occur from injury to the throat, or as a secondary infection from a systemic disease. The animal may not eat well due to the pain in the throat, and there is often hawking of foamy white mucus.

As with any infectious disease, **Aconite** given at the first symptoms of the problem may abort any further development.

Belladonna follows Aconite well, when the throat is very red with painful swallowing, the animal is heated and the pupils may be dilated.

Merc sol may be indicated when there is a swollen tongue, often coated yellow, with increased thirst and increased salivation. The breath may smell offensive.

Baryta-carb can be useful for recurrent tonsillitis with swollen glands in the neck and when the tonsils are always enlarged.

Apis should be considered when there is a very swollen edematous (filled with fluid) throat and the animal seeks fresh air.

Pulsatilla has a dry mouth without thirst, while **Arsenicum album** has a dry mouth with thirst for large quantities.

Dogs may develop a sore throat and loss of voice from excessive barking, such as might happen when left at a boarding kennel. Here, the initiating cause is overuse rather than an infectious process, so remedies commonly indicated in cases of strained voice in humans (such as performers singing in a concert, or lecturers) may be of use.

These include **Antimonium-c, Argentum-m, Argentum-n, Arum-t, Causticum, and Rhus-t.**

Potencies from 6C to 30C can be given one or more times daily as needed to relieve the symptoms.

Other remedies may be indicated depending on the animal's unique symptom picture. Homeopathic care can greatly improve the comfort of an animal with a sore throat, and limit the development of complications. The books by George MacLeod MRCVS, DVSM (Dogs: Homeopathic Remedies, Cats: Homeopathic Remedies, and The Treatment of Horses by Homeopathy) have excellent sections dealing with throat conditions. They are available from Minimum Price Books at www.minimum.com. Or at Whole Health Now at www.wholehealthnow.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.

Home Tips: Resources for Home Prescribing

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. Contact us. donna@powersofhomeopathy.com
2. Websites with articles about sore throats and homeopathic remedies:

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

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

<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_Sore_Throat.html
[Dana Ullman's website with lots of articles]

3. Homeopathic books.

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.com
Or Minimum Price Books at www.minimum.com or Whole Health Now at www.wholehealthnow.com

Homeopathic Medicine for Children and Infants by Dana Ullman. This was one of my first books and introduction to homeopathy. I used them all the time! Follow the link to Dana Ullman's site to order www.homeopathic.com or Minimum Price books at www.minimum.com or Whole Health Now at www.wholehealthnow.com

Since my early prescribing days I have found two other books that I would highly recommend. The one is by my teacher, Murray Feldman (Vancouver Homeopathic Academy, <http://www.homeopathyvancouver.com/>) and Gabrielle Pinto called Homeopathy for Children www.minimum.com

The other book is by one of my favorite homeopaths, Miranda Castro (www.mirandacastro.com) called The Complete Handbook of Homeopathy". www.minimum.com

4. 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.

5. Customize your own 5-remedy kit with a 1-hour consult on how to use the remedies. First aid booklet included with the remedies and consult. With just 5 well-chosen remedies, you can handle many home first aid situations and then add remedies as you learn more about homeopathy. Phone me at 403-230-8505 to arrange your consult or send me an email

donna@powersofhomeopathy.com

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Please contact Donna at powers4@telusplanet.net if you have comments or suggestions for future issues.

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.

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.

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