

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

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Welcome!

To all new subscribers, welcome! To the regulars...I trust this issue finds you curious about how you can use your at home kit in the coming weeks!

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Today's Issue

What the @#\$% Do We Know?: Quantum Physics & Homeopathy
Feature Article/Remedies: Digestive Upsets
Pet Corner: with Allison: Pets and Digestive Upsets
Home Tips: Resources for Home Prescribing Homeopathy at Home

What the @#\$%^ Do We Know?

It's been a very busy two weeks and I am in one of those weird time warp moments where two weeks isn't that long ago but I feel like it was ages ago! While away at a seminar in Vancouver (part of the busy 2 weeks), I watched the movie What The *&^%\$# Do We Know? And now I'm aware that I am not only in a time warp but in a quantum time warp! If you haven't had a chance to see the movie yet, please do. It's well worth the price of admission.

You can go to the website <http://www.whatthebleep.com/> and find out what the bleep quantum physics is all about in a way that is light-hearted, entertaining, thought-provoking and conversation stimulating. Reality as you know is about to be altered! At the web site you'll also be able to find out where it's playing near your part of the world. It's been a bit of a sleeper but word of mouth (conversation truly is the most powerful influence)has the world "a buzz".

Candice Pert (Molecules of Emotion...an excellent book that is also available on audiotape) is one of the presenters in the film and her work has been in the field of scientifically proving the mind/body connection and how it works. You actually get to see an animated version of what goes on in the body when our feelings

literally flood the system with peptides...protein segments...that find receptors on the outer edges of our cells.

What we experience at the thinking/emotional level finds a way to our cellular structure. Stated a little more strongly, we are what we think and feel! At least, our bodies respond in an exquisitely sensitive way to what we think and feel...we are connected...body, mind and after watching the movie, they leave you with the thought that we actually create our own reality.

From the perspective of homeopathy, I was intrigued with this mind/body connection as presented in the movie. When a homeopath first sees someone, usually there is an in-depth inquiry into the physical complaint and/or emotional concern. Being a holistic science and art, it is very important for a homeopath to understand all levels, the physical, mental and emotional.

Everything is connected. A homeopath is always working to understand this deepest connection in a person...how does a person respond at their very deepest level to their reality...the world around them. What are the person's thoughts and emotions and how are they connected? How are they connected to their physical complaints? Not why...but how is this connected to this. A homeopathic remedy is simply a mirror if you will, of what the person's experience is and that is what makes it a simillimum...like curing like.

On another brief note...my love and passion for homeopathy was re-ignited last week. I had the opportunity to study in Vancouver with Dr. Divya Chhabra. She is what the best of homeopathy is all about...she works so diligently at understanding the connectedness between the person's experience of their world and how that dynamic is expressed at the physical level. My hope is that in some way, through her incredible modeling and teaching, that I can bring even a small amount of this kind of loving attention to my own practice.

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: Digestive Upsets

After watching the movie What the Bleep, one is left with a vivid visual of how emotions like anger, jealousy, fear and excitement could affect the body...especially the stomach and intestines. Alternately, one can also understand how gastro-intestinal upsets from external causes can affect a person's emotions.

Nux vomica (Colubrina in Canada)

Dr. James Tyler Kent wrote well over 100 years ago a description of a person who might need Nux vomica as a remedy:

"...a business man has been at his desk until he is tired out, he receives many letters (our equivalent today would be many emails!), he has a great many irons in the fire; he is troubled with a thousand little things; his mind is constantly hurried from one thing to another until he is tortured...lies awake at night; his mind is confused with the whirl of business and the affairs of the day crowd upon him..."

It would seem we haven't learned much from the past! How many people do you know who live lives like this...a glass of wine or two at night to help relax from a busy day, take out dinner, headache in the morning from dreaming about work, a couple of Tylenol in the morning, a latte to get going and no time to eat breakfast because of sleeping late, two more coffees at work, liquid lunch or fast food and pretty soon, it's time to break out the antacids to deal with the reflux! This is the state and situation of someone needing Nux vomica...we've all been there at some time or another. And it's not just businessmen and women these days who can find themselves in this kind of situation.

Busy moms, care givers...anytime where we are in a situation where the many small details of life are creating irritability, touchiness and exhaustion and the digestive symptoms fit, Nux vomica may provide relief.

- digestive problems brought on by excessive worry about work, small details and overindulgence in alcohol, coffee, stimulants and over the counter medications and too much fast food
- nausea from overeating –
- heartburn, empty retching, sour burps
- headache(this is considered a great hangover remedy...gives you an idea of the kind of headache!)with irritability, dullness and drowsiness; the kind of headache that comes with a disordered stomach
- constipation with an urge to go but very little happens or there may be a feeling of incompleteness, of not quite being finished
- feels worse mentally and physically in the morning (think the “day after” a big party...too much food, too much drink, too much coffee, way too much fun!)

Pulsatilla

I like to think of this remedy as the birthday party stomach upset. Your child is excited at the party, playing and getting heated from running around. The menu is hot dogs, maybe French fries and burgers, cake with butter cream icing, whipped cream on ice cream sundaes and then after the party comes the tummy ache, the clinging to mom, the weeping. The vomiting may come toward bedtime, much later after eating and the food is only partly digested. Are we having fun yet?

- digestive problems brought on by eating rich, fatty foods, especially ice cream, heavy cream
- Tongue may be coated white or yellow
- cool air makes the person feel better in general
- becoming heated or warm/hot rooms make the person feel worse
- not thirsty at all -may have diarrhea or constipation but the stool may change in character and color
- bad taste in the mouth

Ipeca

Where Ipecac is used over the counter to induce vomiting, it is used homeopathically to relieve vomiting with constant nausea. The situation that most comes to mind when thinking of constant nausea without relief from vomiting, is morning sickness. I remember my first month of pregnancy with my first child...I, who loved coffee was ready to throw up just at the smell of it. I wouldn't let my husband come near me if I could smell any fried food on his clothing. The nausea just wouldn't go away. If only I had known about homeopathy then!

- tongue is clear with increased saliva...that funny watery feeling that you can get with nausea just before you throw up
- vomiting can be quite severe and is worse after eating or drinking

- diarrhea with nausea and stools may be green and frothy or with mucous
- little thirst

Arsenicum (Metallum album in Canada)

This is the food poisoning remedy par excellence! The symptoms of Arsenicum so resemble those of food poisoning that it is almosta specific...like Arnica is to injuries. Food poisoning has violent cramping with vomiting and diarrhea and often occurs anywhere from 2-12 hours after eating contaminated food. If the meal has been taken at the supper hour, midnight is about the time you're off and running to the bathroom...both ends at the same time...not a pretty picture! There is exhaustion, chilliness, restlessness and fear...one of the thoughts going through your head at that moment may even be "I've been poisoned!" At some point, you may even be convinced that you are going to die. The other situation where Arsenicum can be very helpful is with traveller's diarrhea.

- severe cramping with violent vomiting and diarrhea
- chilliness, restlessness, weakness, exhaustion with any digestive complaint
- burning pains...could be anywhere in the digestive tract and the person feels better by being warm...warm blankets, heating pads, wheat bags
- thirsty but will take only small sips of water at a time; drinking cold drinks can bring on vomiting
- worse at night, especially around midnight
- afraid of being alone
- diarrhea with burning sensation in the rectum

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.

In Dana Ullman's Book, Everybody's Guide to Homeopathic Medicines www.homeopathic.com he has a great list of symptoms to watch for when you will need to get medical care.

- any severe abdominal pain
- if there is incessant vomiting
- if there is evidence of dehydration: lack of tears, truly dry mouth, loss of normal skin texture, sunken eyes, sunken soft spot in baby's head
- if there is a possibility of poisoning or drug use
- if stools or vomited material is bloody, black, red, tar-like, or resembles coffee grounds
- if there is vomiting, diarrhea or pain after an abdominal or head injury
- if a child's vomiting is accompanied by marked irritability, inconsolable screaming or marked lethargy
- if vomiting begins unexpectedly during the course of a viral respiratory illness"

Pet Corner: with Allison Merritt: Pets and Digestive Upsets

Being omnivorous scavengers, dogs seem to have a taste for all things whether edible or not, and are thus quite likely to suffer from digestive upsets.

Cats are carnivores and tend to be pickier about what is ingested, but they are more attracted to 'prey' items such as string, yarn, tinsel, thread etc. Some cats are also prone to hairballs resulting from swallowing hair while grooming. Younger animals are more likely to be adventuresome, especially during teething, but any animal can suffer from digestive upset after eating unsuitable items or overeating.

A particular risk at this time of year with Halloween providing potentially unsupervised goodies is chocolate, which is deadly poisonous to dogs and cats. Chocolate contains the chemical theobromine, which is related to caffeine. In dogs and cats it causes central nervous system stimulation and irregular heartbeat, which can be fatal.

Different types of chocolate contain varying amounts of theobromine, with baking chocolate having the highest amount and white chocolate the lowest. There is also some individual variation in the amount of chocolate a particular dog or cat can eat without becoming ill, which illustrates the concept known as 'susceptibility' in homeopathy. Some animals will be extremely sensitive and in them only a tiny amount may prove fatal, whereas in others that same amount might not cause any particular problems. Since it is impossible to determine this sensitivity before exposure, it is much safer to keep chocolate away from pets, and a little extra care with Halloween or other holiday candy is well worth the effort. Good information on chocolate toxicity in dogs and cats can be found at

<http://www.pets.ca/pettips/tips-20.htm>

<http://vetmedicine.about.com/cs/nutritiondogs/a/chocolatetoxici.htm>

Homeopathic remedies can be extremely useful for treating symptoms of digestive upsets. As always in homeopathy, the specific symptom picture presented by the animal will point toward the most useful remedy. A potency of 30C is appropriate, with a dose given as needed. If after the first dose the animal improves and the same symptoms later return, this will indicate that another dose of the same remedy is required. The animal may need such a dose anywhere from every 15 minutes in very acute cases, to every few hours or 3 to 4 times a day or less, depending on how soon symptoms return. A very good sign will be having the animal settle and go to sleep after the remedy.

Arsenicum album animals are usually restless and chilly, perhaps profoundly so, and may show thirst frequently for small amounts at a time. Often there will be vomiting immediately after eating or drinking, and there may be both vomiting and diarrhea together. They may be quite lethargic.

Phosphorus animals are also chilly, may be thirsty for large amounts of water often, but will tend to vomit about 15 minutes after eating or drinking when the contents have become warm in the stomach. They tend to be chilly and are improved by massage and warmth. There may be signs of blood in vomit or stool. It is particularly good where foreign material has been eaten.

Carbo-veg is indicated when there is excessive gas. This remedy is known as the 'corpse reviver', so the animal may be in a collapsed state with bluish gums.

Nux-vomica animals will often be irritable. Nux-v is particularly indicated for digestive upsets from overeating, or eating unsuitable items found during scavenging. There is no noticeable increase in thirst, but there may be bad breath and there will likely be increased gas. Constipation may be present.

Many other remedies may be of use depending on the individual symptoms, so if the commonly useful ones mentioned above do not seem indicated, books on veterinary homeopathy have other suggestions. There is an extensive section in the very useful book *The Homoeopathic Treatment of Small Animals* by Christopher Day, MA, VetMB, VetFFHom, MRCVS, available from Minimum Price Books www.minimum.com. As always, if the animal does not respond to treatment or you have any questions or concerns, consult your veterinarian.

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 digestive upset information. This is an excellent site with tremendous resources; articles and lists of homeopathic practitioners...look for a homeopath near you!

<http://hpathy.com/cause-symptoms-treatment/gastric-complaints/>
[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_Indigestion.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

Wishing you an abundance of health and wellness until the next newsletter...Donna

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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.

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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