

Powers of Homeopathy Newsletter Copyright 2004,
Written and published by Donna Powers, DCH
<http://www.powersofhomeopathy.com>

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Welcome !

Only 11 more sleeps until Christmas!

I remember the excitement when my boys were small. With ADD kids, Christmas was the icing on the “hyperactive” cake! The months from September to December included two birthdays, Halloween and Christmas. By the time the New Year rolled around, I found myself resolving, “Next year was going to be different”. It wasn’t, it isn’t but what is different is me and how I “see” ADD and learning disabilities (or rather abilities or differences). All the qualities that seemed to be liabilities in the younger years have been transformed into spectacular assets for my adult kids.

They were fun times but very challenging times as well and although I am at the other end of parenting where some of the challenges are a distant memory, I have not forgotten how tough it can be. For those of you who are parenting young children with differences, be good to yourself this holiday season and be sure to find times to “gift” yourself with exactly what you need to replenish your vitality!

Today’s Issue

On a Personal Note: Car Accidents and Influenza Pandemic

Feature Article: H.E.L.P. for ADD/ADHD: Homeopathic Remedies

Pet Corner with Alison Merritt: Pet Hotel: Holiday Boarding

Home Tips: Resources for Home Prescribing Homeopathy at Home

On a Personal Note: Car Accidents and Influenza Pandemic

I am feeling more and more like my “old self” with every passing week and I am very grateful to the practitioners in my life who are helping me heal from the

motor vehicle accident at the end of October. Who knows why these things happen but they do and as a result of desiring to heal as quickly and as efficiently as possible, I have had the good fortune to employ the services of a physiotherapist/osteopath, a massage therapist/orthobionomist and a chiropractor! And you thought homeopathy was hard to pronounce and difficult to explain! Ha! Here are some helpful links where you can learn about these complementary forms of therapy. To Larry, Stephan, and Dr. Davidson, I extend my heartfelt thanks and to my insurance company, I offer gratitude for the coverage. And to my homeopath, Laurie Dack in Vancouver, BC, thank you! It is great to get support for healing.

Now I found this help as a result of an accident but please, you can be a little more proactive! You don't have to be tow truck material before doing something good for yourself! If you need some help and support with your body health, you may want to check out one of these professionals. Consider it one of those "gifts" to yourself.

Orthobionomy <http://www.ortho-bionomy.org> A well designed and informative website, it is a great introduction to this form of healing. It has principles very similar to homeopathy and I would highly recommend it as an adjunct therapy, particularly if you are suffering from pain, injury or chronic stress associated with postural and structural imbalances.

Osteopathy <http://www.osteohome.com/philosophically> similar to homeopathy again, the principle is that the best way to fight disease is by naturally stimulating the body's immune system. Again, it is very gentle making it a good therapy for painful conditions.

I am a regular visitor to my chiropractor as I find regular treatments keep me healthy but for those who may be new to the field, you might want to check out the site. <http://www.naturalwaychiro.ca/> Dr. Kale Matovitch practices Upper Cervical Chiropractic techniques.

My "gift" to you is more information about the "looming influenza pandemic" and how homeopathy can be of tremendous help. Alison, who is as good at research on the net as I am at having books fall into my hands, found this great audio about homeopathy and the treatment of the flu on the Whole Health Now website. Dr. Herscu is the lecturer and is credited with revitalizing the homeopathic approach to the treatment of children. His books include Treatment of Children, Provings: Volumes I and II and Stramonium, which details his innovative "Cycles and Segments" approach to homeopathy. Dr. Herscu's book Stramonium has been very helpful as Stramonium is an important remedy in helping many kids with ADD/ADHD when the symptoms agree.

Homeopathic Prophylaxis and Treatment of the Flu and other Epidemics MP3 file, 8.6mb - Nov 15, 2004

<http://www.wholehealthnow.com/teleconferences.html>

Whole Health Now has some terrific resources and wonderful information. Be sure to check it out! <http://www.wholehealthnow.com/>

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: H.E.L.P. for ADD/ADHD: Homeopathic Remedies

There is so much information on ADD and ADHD so my aim in this small article is to give you the best of the best resources. The best that I know of is Judyth Reichenberg-Ullman and Robert Ullman's books Ritalin Free Kids and Rage Free Kids. They discuss very thoroughly the signposts from infancy to adulthood and give sample cases of different individuals needing different remedies. This is the elegance of homeopathy; remedies can be individualized.

The common symptoms of ADHD include inattentiveness, restlessness, impulsivity, mischievousness, tantrums and can escalate as the child grows. There are other indicators and you can go to http://www.add-adhd.org/ADHD_attention-deficit.html to read up on them.

For my oldest son, change in routine was very difficult and his emotions were often “over the top”. Sad was sobbing, pain was excruciating, fears were traumatic and even happy feelings could end up being frenzy. My youngest was more about physical restlessness, arguing, obstinacy, impulsivity and busy. As they reached school age, it became apparent that reading, writing, fine motor skills and math were a challenge.

So as you read these remedies, please remember that these are sketches only and that a consult with a professional homeopath will more likely bring better results than trying to do this on your own. But you will be a great source of information to the homeopath as you are the ones who know your child best. Also, a homeopath has many more remedies available to them and will work very hard to individualize the choice.

As mentioned earlier in the influenza update, Dr. Herscu has written a book devoted exclusively to the remedy Stramonium, a remedy often used to treat kids with ADD/ADHD. A WHOLE BOOK! So what I have to offer is simply an introduction to Stramonium so that you can know what is possible and what could possibly be a safe alternative to prescription drugs for your child.

STRAMONIUM

I am going to quote directly from the Ullman’s book as they are recognized authorities in the homeopathic world. Also, their descriptions are succinct, accurate and they are able to hone in on what is most characteristic about the remedy. Their book is available at www.minimum.com or www.wholehealthnow.com

“Children matching the picture of Stramonium exhibit a mixture of extreme fear and violence. The feeling is like the terror of being in a dark jungle surrounded by wild animals that may attack them at any moment, and the response is violence and rage. These children are very afraid of the dark, especially when alone, and can become extremely clingy. They may become violent if provoked. They fear animals, water, and violent death. They often have nightmares or terrors with shrieking. Stammering, cursing, jealous and rage are common behaviors. These are very intense children. A very frightening or traumatic event such as violent abuse or birth trauma may catapult a child into a Stramonium state.”

TARENTULA HISPANICA

There is a dance called the Tarentula and it was supposedly a nervous affection producing melancholy, stupor, and an uncontrollable desire to dance. It was supposed to be produced by the bite of the tarantula, and considered to be incapable of cure except by protracted dancing to appropriate music. Dancing, love of music, rhythm and restlessness are some of the keynote symptoms of this remedy.

“Tarentula children have rhythm. These kids love to be the center of attention and can be real entertainers. They climb, jump, perform acrobatics, and seemingly never tire of activity. They love music and rhythmic activities like dancing, tapping, or drumming, and it soothes them. Cunning and mischievous, they play tricks on their parents and other children, tell lies, and love to hide. They are very hurried and impatient. Often destructive, they have to be watched very closely, as they are capable of breaking anything they get their hands on. They are generally wiry and agile.”

VERATRUM ALBUM

I include this remedy as I often observed my children’s friends food cravings. For a homeopath, what a child loves or hates can be valuable information when determining a remedy. Many times, I would meet children who absolutely loved pickles and sour foods; something my own kids had absolutely no desire to eat! Or another observation I would make is kids who were cold but oddly enough would love ice cold drinks! All of these observations are important to the homeopath in making the most correct remedy homeopathic to the child.

“Kids who need this medicine are bright even precocious, and restless to the point of being ceaselessly busy. Veratrum children touch everything in sight and are always moving on to their next challenge. They think they know it all and can be quite bossy, self-righteous, and given to debate. Some of these children hug and kiss inappropriately. Often chilly, they may have very cold hands and feet, which turn white or blue. Vomiting, diarrhea, and fainting are typical physical symptoms. They love cold food and drinks ice, pickles, and fruit.”

CROTALUS CASCABELLA

I include this remedy because there are so many children with terrible fears. There are many, many remedies that have all sorts of fears as part of their picture but this one is quite specific in the types of fears, which include ghosts, skeletons and spirits.

“This medicine is made from rattlesnake venom. Children who need it feel that someone is behind them or hear footsteps following them. They have a characteristic fear of being alone and of ghosts and spirits and snakes. They can dream of hairy spiders. Intense, animated, hurried, restless, and talkative, they can suddenly strike out at others in a fit of rage. A characteristic physical symptom is hives, usually in one part of the body. Right-sided symptoms maybe prominent.”

ZINCUM METALLICUM

So far, the remedies mentioned have been derived from the plant and animal kingdom. This particular remedy comes from the mineral kingdom. Because of the homeopathic pharmaceutical process, it is a safe, non-toxic treatment. The energetic benefits of the substance are retained with the harmful, material aspects of it being changed in the pharmacy process.

“Children corresponding to the picture of this medicine are fidgety and restless; their nervous system is overamped, with twitching, jerking, and even convulsions. The keynote symptom for this medicine is restless legs in bed. They complain a lot. They are sensitive, irritable, and can go into rages. With a persistent feeling of having committed a crime, they worry about being chased by the police. Their minds can be dull, with mistakes in speaking and writing. These children sometimes have a tendency to lick everything. They can look like little old people.”

This is just a sampling but my hope is that for those who have kids with this condition or for those who know someone who has kids with this condition, you will find something of help. Please phone 403-230-8505 or write to me donna@powersofhomeopathy.com if you have any questions.

Pet Corner with Alison Merritt: Pet Hotel: Holiday Boarding

With Christmas just around the corner, many pets will need to be placed in a boarding kennel during the holiday season while the family travels. While some animals easily take this in stride, others are stressed being away from home without their usual routine and familiar people around them. If the boarding kennel allows ‘medication’ to be given, the easiest method of calming these anxious boarders may be simply to provide a dropper bottle of the most appropriate Bach or other Flower Essences, and have 4 drops added directly to the drinking water daily. **Bach Flower Essences** can be used routinely to help keep animals in boarding facilities as calm as possible. **Rescue Remedy** is an excellent all-purpose remedy for trauma and fear.

Walnut can ease the transition to new surroundings. Animals that are very fearful may benefit from **Mimulus** (fear of known things such as men or other animals) and/or **Aspen** (fear of the unknown) and/or **Rock Rose** (panic).

Honeysuckle is especially indicated for homesickness and difficulty adjusting to new surroundings - the animal may howl or paw at the bars of the pen, may not eat or eliminate while away from home and may lose weight. Honeysuckle and Walnut combine well so could be used for all boarders.

Chicory (clingy, attention-seeking) and/or **Heather** (noisy attention-seeking and loneliness) may be useful for noisy animals.

There are many homeopathic remedies that are also potentially useful to ease the stress of unhappy boarders.

Again, if the Boarding Kennel staff is willing to administer the remedies, a granule can be placed on the food or in the water if necessary. One or two doses of 30C daily for a couple of days may help settle the animal and make life easier for all concerned. Otherwise, a few doses for a couple of days before boarding might be useful, and a few doses daily after the event to remove any lasting anxieties if needed.

For animals that have anticipatory fear or panic, a dose the night before and morning of the trip out to the kennel may be helpful. Here **Aconite** (panic) or **Argentum-nitricum** (anticipatory fear) comes to mind. Homeopathic remedies that might be useful in boarding situations include:

For pining or homesickness:

Ignatia – the most commonly used remedy for grief so of great use in boarding establishments. ‘Brooding grief, silent and sad. Intolerant of contradiction or reprimands. Alert, oversensitive and nervous.’ (Phatak MM) There are usually changeable moods.

Capsicum – homesickness from disruption or change of surroundings, produces peevishness, dislikes company, and is attached to surroundings more than people. ‘averse to go outside of their routine’ (Phatak MM)

Nat-mur – consolation aggravates, so they prefer to suffer in silence, may be irritable and depressed, often thirsty, will possibly lose weight

Pulsatilla – shy and sensitive, tend to hide emotions, love attention, are usually thirstless and prefer fresh air, worse in stuffy environment

Phos-ac – listlessness and indifference, may shed a lot

Aurum – may go into a deep depression, lying around looking sad, sensitive to noise and confusion or excitement

For aggressiveness:

Nux-vomica (Colubrina in Canada) –irritable, angry and impatient, oversensitive.

Lachesis – timid and suspicious of new people, may strike if pushed too far so can snap or bite quickly just on sight without any obvious provocation.

Belladonna – ‘over-active. Excited. WILDLY DELIRIOUS, ferocious, noisy, cries out. Restless. Tries to escape. Biting mania.’ (Boger’s Synoptic Key).

There is a tendency to bite, often with rage; eyes may be 'brilliant', flashing, so one can sense the violence when this remedy is indicated.

Lycopodium – may bully those they feel are beneath them in the hierarchy, so may behave well for owner but attack kennel help or pick on other animals. Often fear strangers.

For fear:

Aconite – fright, shock, vexation, fear so intense that the animal is frantic – screams, may chew at him/herself - terror stricken

Phosphorus – fears being alone, may be destructive from frustration

Gelsemium – animal tends to freeze (become paralyzed) with fear, shivering with fear, ailments from emotional excitement, may urinate or defecate from fear

Argentum-nitricum – trembling with fear, urination or diarrhea from fear, anticipatory fear (for example if the animal has been boarded previously and was afraid it will be fearful before it even arrives at the kennel)

For resentment:

Staphysagria – brooding over insult or wounded pride, physical problems from grief for example hair loss down the back legs

Colocynthis – anger resulting from resentment, may be diarrhea from anger with indignation

Nux-v – feel sorry for themselves after an insult, but consolation aggravates, does not like to accept commands

For barking or meowing constantly

Lachesis – suspicious and jealous, does not like constricting feeling of collar or anything around the neck, tends to be very vocal

Tarent-h – restless, fidgety, in constant motion, 'sings till hoarse or exhausted' (Phatak MM)

Zinc-met – cries if vexed, sensitive to others talking and noise

Pulsatilla – animal dislikes being alone and may bark when the owner is not there

Nice Christmas presents for homeopathically inclined pet owners include two excellent books – My Cat Is Driving Me Crazy! By Grace McHattie and Tim Couzens MRCVS. Includes excellent descriptions of homeopathic remedy

pictures for various cat behavioral conditions, as well as Bach Flower, herbal and aromatherapy suggestions. This is out of print; however, copies may be available through book search services such as <http://www.amazon.com> or <http://www.amazon.ca>

Your Dog & Homoeopathy. By Atjo Westerhuis, DVM, a homeopathic vet in the Netherlands. This contains an excellent section on homeopathic behavioral types in dogs, as well as in-depth advice for various canine conditions. It is available from the British Homoeopathic Association Book Service <http://www.bhabooks.com>

Wishing you all a very Merry safe Christmas – no tinsel for kitties, no glass ornaments for dogs, no chocolate for either!

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

1. Request an introductory mail out information package.
donna@powersofhomeopathy.com

2. Check out the websites mentioned in this newsletter.

http://www.healthyhomeopathy.com/ri_default.htm This is the website for naturopathic physicians Judyth Reichenberg-Ullman and Robert Ullman. Their book Ritalin Free Kids (to order: www.minimum.com) is an excellent resource for parents. This is a link to one of the sample chapters from the book.

<http://www.healthyhomeopathy.com/ritalinfreekids/rfk/pg01.htm>

<http://www.healthy.net/scr/article.asp?ID=231> Another link to an excerpt from the book Ritalin Free Kids. This article has excellent information on how homeopathy works in treating ADD.

<http://www.tinusmits.com> A medical doctor in Holland who has done a tremendous amount of work in the area of vaccines and post vaccine disorders.
<http://www.tinusmits.com/english/>

This is Dr. Smits on line book, a very worthwhile read.

<http://www.whale.to/vaccines/moskowitz.html> An excellent article by Dr. Richard Moskowitz, MD

http://doctormosk.com/Site/Richard_Moskowitz,_M._D..html is Dr. Moskowitz's website.

http://doctormosk.com/Site/Why_I_Became_a_Homeopath.html

[Dr. Moskowitz' article talking about why he pursued homeopathy. There are many medical doctors who practice only homeopathy.]

<http://www.nccn.net/~wwithin/vaccine.htm> Sherri Nakken is an RN and homeopath. She has an excellent resource site on the issue of vaccines.

3. Homeopathic books.

Ritalin Free Kids by Judyth Reichenberg-Ullman and Robert Ullman
www.minimum.com or www.wholehealthnow.com is an excellent resource for parents. This is a link to one of the sample chapters from the book.

<http://www.healthyhomeopathy.com/ritalinfreekids/rfk/pg01.htm>

Vaccination: 100 Years of Orthodox Research shows that Vaccines Represent a Medical Assault on the Immune System by Dr. Viera Scheibner, Ph.D. This book is available by ordering from Dr. Scheibner's website:

http://www.vierascheibner.com/index.php?option=com_virtuemart&Itemid=67&vmcchk=1&Itemid=67

Everybody's Guide to Homeopathic Medicines by Dana Ullman.
An excellent place to begin your own library.

www.minimum.com or www.wholehealthnow.com or

<https://www.homeopathic.com/cms-global/shoppingcart/ViewCategory.do?categoryCode=BOOKS>

Homeopathic Medicine for Children and Infants or Everybody's Guide to Homeopathic Medicines, both by Dana Ullman. These were my first books and introduction to homeopathy. I used them all the time! Follow the link to Minimum Price books to order. www.minimum.com or www.wholehealthnow.com

Or <https://www.homeopathic.com/cms-global/shoppingcart/ViewCategory.do?categoryCode=BOOKS>

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 or www.wholehealthnow.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 or www.wholehealthnow.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

Have a wonderful holiday season. Eat well, rest well, play, enjoy the company of family and friends and may your celebrations be filled with gratitude and love.

If you have any digestive complaints over the holidays, be sure to pull out issue 6 for homeopathic help.

Peace and joy, Donna

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Please contact donna@powersofhomeopathy.com 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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