

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 – ADD/ADHD

My journey with homeopathy began about 10-14 years ago. My oldest son at that time had a “peeing problem”. He also had severe abdominal pain about once a month with vomiting. Add to that mix recurring croup, which had started at the age of 1 and a recent diagnosis of ADHD. He was also behind 2 grade levels in school. (He was eventually diagnosed with a learning disability.) At this stage he was about 9 years old. The chronology of all these events is somewhat blurry now as I think back to my early parenting days but you get the idea. I am only beginning to appreciate how I was able to manage all those years! Desperate for help with the “peeing problem”, he agreed to see yet one more health professional, a homeopath. My mother heard of her through a work colleague and when I went to visit my folks in Winnipeg, I booked an appointment with Dr. Leelamma Nielsen.

(<http://drnielsenshomeopathy.worldbreak.com/>)

Up to this point and after several very invasive investigative tests, the doctors told us that there was nothing they could do, as there was nothing “wrong”. After

the initial 1 ½ hour consult with Dr. Nielsen, we returned to Calgary with a single remedy, Calcarea carbonica. It was truly a miracle because he went to bed that first night after taking his remedy without any peeing problems whatsoever! I realized then that homeopathy was the “thing” out there that I was so sure existed that would help my son rather than create more problems.

My second son is three years younger and although his physical health was good, he too was diagnosed (much sooner!) with ADHD and learning disabilities. By the time he reached school age I was far better prepared to be parenting another ADHD child. He refused the visit to the homeopath initially but eventually, he saw Dr. Nielsen as well. In between visits to see Dr. Nielsen, I began treating the boys with homeopathic remedies for any colds, stomach aches and injuries that came along. I loved that I could help my kids when they were sick and know that everything I was doing for them was improving their whole immune system.

The school age years of parenting were largely taken up with learning and teaching parenting classes, volunteering at the boys’ schools, reading everything I could about ADD and ADHD and Learning Disabilities, advocating for the boys and later on, learning about homeopathy. Eventually, both the boys were enrolled at Foothills Academy, a private school for kids with learning disabilities (<http://www.foothillsacademy.org/about.html>). It was at the school where they learned how to learn, developing strategies that would help them work with their “unique” learning differences. Gordon Bullivant, the principal at Foothills Academy was one of the first ever professionals, to affirm my role as a mother by saying that he always trusts what the mother has to say. They are the first to know there is something “different” about their kid! I continue to be grateful for his insight and comment!

Both my boys are grown men now. The oldest works at a homeless shelter and loves his work. “Every hour is different mom.” He loves the fact that he is required to do about 5 different things at any one time. At school this very behavior was frowned upon. Now it serves him well! He loves that there is action pretty much all the time. He loves interacting with the staff, the clients and organizing volunteers. He has learned to be organized because the job requires it.

Impulsivity and seeing the world visually has become my youngest son’s gift with photography. Those two attributes didn’t work so well in school but as an adult, he has won first place in the professional division of a photography competition two years in a row!

So I know a little bit about ADD and ADHD and I want to encourage each and every parent out there who has a child or children with diagnosed and undiagnosed learning disabilities and behavior problems, do not despair! There

is help, excellent help available. In the Homeopathy at Home section, there are websites to check out and books mentioned that will help you understand how homeopathy can help.

One of the connections I made during my early parenting years was the possible link between vaccines and behavior and general health. Many children with ADD and ADHD seem to be very sensitive to all kinds of things like food, clothing, noise, etc. While my boys were attending Foothills Academy, I noticed that many shared the same kind of medical history i.e. recurrent ear infections, colds, eczema, asthma, and bronchitis. It seemed to follow logically that my boys were probably sensitive to vaccines as well. Because I see many children in my practice with these same presenting symptoms, I have continued to learn and read about vaccines and the possible link. I encourage parents to educate themselves on this issue. There are some medical doctors/homeopaths who have written about this very issue.

Look for the links in the Homeopathy at Home section.

In the next issue I will talk more about ADD/ADHD and some other emotional disorders and will introduce you to some very helpful homeopathic remedies. I'm certain that on reading some of them you will say "That's just like..." I did that for both my boys when first learning about homeopathy and was convinced that the remedy I reading about was the remedy they needed, until I read the next remedy! EVERY remedy was their remedy! That was when I began to appreciate my homeopath. She was able to make sense of all the symptoms of each of the boys and was able to individualize their remedies.

Pet Corner with Alison Merritt – Hyperactive Behavior

Different breeds have their own behavioral tendencies, including activity level. Sometimes an animal that is described as 'hyperactive' is actually just a very normal individual of its breed and age, and in this case a change in husbandry will be more useful than remedies. Homeopathic remedies address imbalances and thus can help the body to correct these, but there's no cure for being normal!

As well as breed differences, young animals are generally more active than older individuals, so providing more exercise and mental stimulation with interesting toys will tend to make them more likely to settle down afterward. Sleeping children of all species are very charming! There are times, however, when the behavior is truly hyper. This can sometimes be noticed after Rabies vaccination, and thus can be a symptom of vaccinosis*. Rabid animals frantically tear and destroy things, especially cloth – symptoms listed in the section for the Rabies nosode in Hering's Guiding Symptoms read "Pieces of carpet put into kennel for

dog to lie upon were torn up until they became heaps of loose wool” , “Break out of their stables furiously and run or jump over ditches and fences.” “Driven incessantly about without any definite aim.” “Excited, cannot sleep.”

In cases where the hyperactivity has started after Rabies vaccination, it is useful to consider remedies appearing in the rubric* Mind, Hydrophobia. Some of the major ones listed there are Belladonna, Cantharis, Hyoscyamus, Lachesis, Lyssin (sometimes labelled Hydrophobinum, the Rabies nosode), Phosphorus, Stramonium and Tarentula.

All of these remedies have a reputation in the treatment of behavioral problems in cats and dogs, as well as in people.

Belladonna animals are often easily startled by sudden noise or movement may be heated and uncontrollable. There is a tendency to bite (or scratch in cats) and they may attempt to escape. UK Vet Tim Couzens, MRCVS, describes this type of cat in these terms “Their anger is easily aroused, and they seem hot, hurried and excited with a propensity to bite, injure, spit or just escape and run off.”

Hyoscyamus is not as seemingly heated as the Belladonna animal, and is more likely to be jealous and suspicious. There can be sudden outbursts of rage and when angry they can be quite vicious. There is a desire for warmth.

Stramonium is even more violent than the Hyoscyamus animal, but there may appear to be more terror with this remedy. Fear of the dark or being alone in the dark is often a feature when this remedy is indicated. Mood swings are common.

Lachesis animals are often quite vocal, and may be anxious, suspicious and jealous. They dislike being touched, especially around the throat or belly. They often resent interference and may lash out, or be abnormally excitable with incessant barking or meowing.

Tarentula-hisp may be indicated for animals that are cunning and sly, although there can be an underlying timidity. They may be quite territorial, and are often ‘busy’. They tend to be restless and fidgety, in constant motion.

Chamomilla is suggested by George MacLeod for animals that react in an excitable and irrational way to discipline. They like to be the center of attention.

Phosphorus individuals are excitable and easily angered. There tend to be fears with this remedy, which include fear of thunder, being alone, at twilight, ‘senses something creeping out of every corner’. ‘Anxious restlessness, cannot sit or stand still for a moment, especially in dark or twilight’. (Phatak MM) Other remedies may also be considered, and this problem will likely respond best to constitutional prescribing. Some rubrics* that may be worth considering include:

Mind, busy (includes Hyos, Lach, Phos, Stram, Tarent)

Mind,busy, fruitlessly (includes Apis, Ars, Calc, Canth, Tarent)

Mind, concentration difficult (includes Lach, Lyss, Bell, Hyos, Lyc, Nux-v

Mind, concentration difficult, cannot fix attention (includes Hyos) Mind, restlessness, move, must constantly

Appropriate diet and exercise should also be provided in the treatment program. For homeopathic remedies, the 30C potency is reasonable to begin with, and can be increased if necessary. Homeopathic treatment won't change a normal animal, but it can help settle truly hyper behavior.

*vaccinosis- "the malaise or effects/sequelae caused by the administration of vaccines to healthy individuals (or animals), including fever, muscular aches, bone pain, and prostration." Yasgur's Homeopathic Dictionary.

<http://www.yasgur.net/> or to order his book, www.minimum.com or www.wholehealthnow.com

*rubric – "a name for a class or category or, in homeopathic circles, a symptom. The rubric is sort of an 'abbreviated symptom' and, in the repertory, is flowed by a list of remedies that have been shown to produce this symptom in the healthy person or relieve this symptom in the ill. A repertory is a collection of symptom-categories called rubrics." Yasgur's Homeopathic Dictionary.

<http://www.yasgur.net/> or to order his book, or www.minimum.com or 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

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/~wwwithin/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

This is a big topic and my intention is to do it justice so you can look forward to reading about the remedies next week. Until then, may you enjoy good health.

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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