

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

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Welcome

Officially 9 days ago we passed the shortest day of the year in the northern part of the hemisphere which means that we are now moving toward longer days. Although, from where I sit you would be hard pressed to find a hint of more daylight! As I write (in Calgary) it is already turning dark at about 4 in the afternoon and we won't see the sun again until tomorrow morning at about 8:30 AM. But day by day, it will get lighter if only in small increments of minutes. Always does, always will. But for now, it is the season of long, dark days with only a promise of light to come; an apt description of this newsletter's topic- Yuletide Blues. The blues (aka depression) are not restricted to the winter holiday season but it would seem that Christmas can be a time of great despair despite all the commercial hoopla that would suggest otherwise!

Today's issue will try to do justice to this rather large topic. I have some excellent book suggestions, website information to check out and some great homeopathic remedies to talk about in the next issue, the first one of the New Year! My way of saying, there is hope for treating depression homeopathically. As the light is assuredly returning with the advance of spring, so is there help for depression. And even animals get depressed. Alison has some wonderful suggestions on how to help pets through their sad times!

Today's Issue

On a Personal Note: Yuletide: Lessons From Nature

Feature Article: Yuletide Blues

Pet Corner with Alison Merritt: Animal Blues

Home Tips: Resources for Home Prescribing Homeopathy at Home

On a Personal Note Yuletide: Lessons from Nature

For those of you who are interested, I found a great website with information about the history of Yuletide and the winter solstice. We are intimately linked with the cycles of nature and have much to learn from its wisdom. There is hope; there is light. Perhaps it is hard to see though when the movement from dark to light is as subtle as a minute a day.

<http://www.candlegrove.com/solstice.html> “The Earth is actually nearer the sun in January than it is in June – by three million miles. Pretty much irrelevant to our planet. What causes the seasons is something completely different.

The Earth leans slightly on its axis like a spinning top frozen in one off-kilter position. This planetary pose is what causes all the variety of our climate; all the drama and poetry of our seasons...”

Could this possibly be an apt description of depression?

Perhaps we are much closer to the source of light than we think but is it possible that we are leaning “slightly” in an “off-kilter” position able to only see the dark and not the proximity to light? Is this off-kilter position our “pose” that causes all the drama and poetry of the seasons of our life? Something to ponder anyway as this newsletter explores the issue of depression and all that we have to learn from it.

My first experience with depression was not seasonal but post-partum after the birth of my oldest son. It was a combination of physical/hormonal changes, lack of sleep and a personal identity crisis. Having children forced me to ask the question “If who I am is not what I do, then who am I?” I definitely did not identify with the role I was cast in as mother! It was a terrible shock! So who did I think I was? I didn’t know but after having my younger sister come for the summer (bless you Renee) to baby-sit, I spent the better part of the long days of light looking to God and a spiritual director (bless you Sister Nora...oh yeah...and God too) for some answers. No fooling around with me! I was going to the Top for the big answers! “What is the meaning of my life?” I silently screamed to a God who likened peace to a child at his mother’s breast. God had obviously not nursed a child nor understood the lack of peace that was possible at a mother’s breast! At least, that is what my “off-kilter pose” was telling me at the time. It is only now, in retrospect I see that at one of the darkest times of my life, I was closer to the light and answers than I could possibly understand or imagine at the time.

I survived that depression, learned more than I can possibly convey here and then moved on to the next cycle of my life and another depression. How’s that for hope? My pose or position has greatly changed now and far from seeing depression as a hopeless, helpless place, I see it as a way to move toward light and understanding. It is not easy and when I offer some suggestions here (not just homeopathic remedies), please understand that I am working with brevity (ha! she of the longest newsletters), not simplistic answers. Remember the small increments of daylight? It is that way in living with depression. Each day and

each moment is a small step toward greater understanding and compassion for oneself. Perhaps in this, the lengthening of days, one candle lit for one minute only, can be a reminder that after the darkness, light follows.

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: Yuletide Blues

An internet search of depression will take you to many informative sites. I found the Encarta site to be quite good for our discussion today. It briefly describes some of the forms depression can take with some helpful suggestions for dealing with it. Next issue (Volume 2, Issue 1) will feature some homeopathic remedies which can be helpful for depression and at the end of that issue, I will give some suggestions that have been very helpful for me during times of depression. Many of the strategies that I learned during my darkest times are ones that I continue today. I consider them important, healthy habits!

“Depression (psychology), mental illness in which a person experiences deep, unshakable sadness and diminished interest in nearly all activities. People also use the term depression to describe the temporary sadness, loneliness, or blues

that everyone feels from time to time. In contrast to normal sadness, severe depression, also called major depression, can dramatically impair a person's ability to function in social situations and at work. People with major depression often have feelings of despair, hopelessness, and worthlessness, as well as thoughts of committing suicide.

Depression can take several other forms. In bipolar disorder, sometimes called manic-depressive illness, a person's mood swings back and forth between depression and mania. People with seasonal affective disorder typically suffer from depression only during autumn and winter, when there are fewer hours of daylight. In dysthymia (pronounced dis-THI-mee-uh), people feel depressed, have low self-esteem, and concentrate poorly most of the time—often for a period of years—but their symptoms are milder than in major depression. Some people with dysthymia experience occasional episodes of major depression. Mental health professionals use the term clinical depression to refer to any of the above forms of depression.”

The symptoms are fairly clear but cause is not always clear. In my situation I experienced it most dramatically after the birth of my first child. I had run out of my usual ways of coping and being in the world. I was exhausted and sleep-deprived. It took Sister Nora to remind me that in some parts of the world, sleep deprivation was a form of torture. For me, that is what depression can feel like...a form of torture. I remember thinking at the time that it would be easier to have some sort of skin disease that I could point to and say “here...this is where it hurts.” With depression, it can be very difficult to say where it hurts exactly. But much more research has been done and Candace Pert is leading the way with her work of studying the mind-body connection. In her book, *Molecules of Emotion*, Dr. Pert has scientifically demonstrated that there is a biomolecular basis for our emotions. What this means is that there is a direct connection between what we think and feel and what is chemically produced in the brain affecting our whole body.

I am going to quote extensively from Dr. Pert's book as she is very eloquent when making sense of depression and how it works.

“...many people view depression as anger turned in on itself, unexpressed, buried below consciousness where it seems to be controlled but slowly implodes. As a culture, we keep our feelings hidden, afraid to express them honestly for fear others will be indifferent to our sorrows or alienated or hurt by our anger. Better to deny feelings, to suppress them, we tell ourselves, go through the motions of happiness and pretend to have fun-until the day the bottom falls out and the family physician hands us the diagnosis: depression.

It is this problem of unhealed feeling, the accumulation of bruised and broken emotions that most people stagger under without ever saying a word, that the

mainstream medical model is least effective in dealing with. What is not given much attention by the mainstream is what it means to be antidepressed i.e. happy. I believe that happiness is what we feel when our biochemicals of emotion, the neuropeptides and their receptors, are open and flowing freely throughout the psychosomatic network, integrating and coordinating our systems, organs and cells in a smooth and rhythmic movement. Health and happiness are often mentioned in the same breath, and maybe this is why: Physiology and emotions are inseparable. I believe that happiness is our natural state, that bliss is hardwired. Only when our systems get blocked, shut down and disarrayed do we experience the mood disorders that add up to unhappiness in the extreme.”

Now bear with me on this one as I think many people are like me and are just a little bit curious as to how this mind-body link is made through biochemicals and receptors in the brain, especially when it comes to understanding depression. Her explanation is one that I find to be at least almost understandable and sensible. In this next quote, Dr. Pert is explaining the connection between depression and traumas experienced in early childhood and how a feedback loop gets established that is difficult to break. Memories and physiology become linked so that every cell in the body is imbued with an imprint of the dynamic.

(For those readers who are not at all curious about the scientific/chemical description of “how” depression works, you may skip the lengthy quote to read Donna’s RDV (Reader’s Digest Version) that follows the quote!)**

“Studies have shown that abused, neglected, or otherwise unnurtured infants and children are more likely to be depressed as adults, and now we have a way to understand the link between the experience and the biology. It all relates to something called the hypothalamic-pituitary-adrenal axis.

Very simply, the hypothalamus is part of the emotional brain, the limbic system, and its neurons have axons that extend into the pituitary gland, which sits below it. There, axons secrete a neuropeptide called CRF-cortical releasing factor- which controls the release of another informational substance. Thus, when CRF hits the pituitary gland, it stimulates the secretion of ACTH, an informational substance that then travels through the bloodstream to the adrenal glands, where it binds to specific receptors on adrenal cells. Adrenaline is what causes the fight-or-flight alarm response, which is the body’s natural, unconscious reaction to threats, either real or imagined. But another thing that the adrenal glands do, which is what happens when ACTH hits them, is that they begin to make steroids. These are not the steroids associated with sex and the reproductive system, however.

The steroid they make is corticosterone, a substance that is necessary for healing and damage control when an injury has occurred. You’ve all probably applied cortisone cream for a skin rash or had a cortisone shot to treat poison ivy or oak. (Donna’s comment...please see your homeopath before doing that!)

Now, here comes the connection to clinical depression. Ever since studies done thirty years ago, we've know that stress increases with increased steroid production. Depressed people typically have high levels of these stress steroids. In fact, depressed people are in a chronic state of ACTH activation because of a disrupted feedback loop that fails to signal when there are sufficient levels of steroid in the blood. So the CRF-ACTH axis just keeps pumping out more and more steroids. Autopsies almost always show a tenfold higher level of CRF in the cerebrospinal fluid of those who killed themselves compared to those who died from other causes.

We could say that CRF is the peptide of negative expectations, since it may have been stimulated by negative experiences in childhood. There are animal studies showing that monkey babies deprived of maternal nurturing, neglected or abused, in effect, have high levels of CRF and so have high steroid levels. Remember, it's a feedback loop that is out of control. Depressed people are stuck in a disruptive feedback loop that resists any kind of drug therapy that aims at suppression of the steroids.

Eventually, there is so much CRF in the system that fluctuation of other peptides throughout the organism are curtailed, leaving ever fewer possibilities in the range of behavior. In baby monkeys this takes the form of failure to groom or repetitive behaviors that don't seem to have any purpose. In humans, the result can be extremely limited patterns of behavior and response, which eventually drive people into an emotional black hole.

"My sister is convinced that if only her husband hadn't left her, everything would be okay-she can't seem to get past that..."

Yes...and the reason we can get stuck like this is because these feelings get retained in the memory-not just in the brain, but all the way down to the cellular level. This is how it works: As CRF levels increase in highly stressed infants and children, the receptors for CRF become desensitized, shrinking in size and decreasing in number.

These changes happen when receptors are flooded with a drug, whether it's a drug your body produces naturally or a drug you buy at a pharmacy. The memory of the trauma is stored by these and other changes at the level of the neuropeptide receptor, some occurring deep in the interior of the cell at the very roots of the receptor. This is taking place body wide. Although such changes can be reversed and need not be permanent, this takes time.

Remember the stressed-out monkey babies? In another study to determine maternal influence, a group of monkey babies was raised by a fake monkey mother, a wire-and-cloth structure with milk bottles instead of breasts. The babies were fed but not touched, cuddled, or held. They soon had all the signs of trauma and depression, as would be expected in light of all we've just talked about. But they were cured-the stress symptoms reversed-when researchers brought in

what they called a “monkey hug therapist”, an older monkey who constantly hugged and cuddled the stressed-out baby monkeys. So what was going on? The hugging broke the feedback loop, sending the message “No more steroids needed,” damage over and done with! The chronically elevated CRF levels came down.

So when we see those bumper stickers “Hugs Not Drugs”, we should take them more seriously!” We all laugh at the realization that the science I’ve been laboring at such length to explain is obvious enough to have become popular bumper-sticker wisdom.” *Molecules of Emotion: The Science Behind Mind-Body Medicine* by Candace Pert.

**Donna’s RDV (I am in the process of learning and digesting everything Dr. Pert is saying so I offer what I understand at this point from what I have read. Dear readers, please correct me if I have goofed somewhere!)

When we are stressed because of a situation real or imagined or real and imagined both at the same time(for instance we know we have done nothing wrong but the boss calls us into the office and we react as if we are back in school and it feels like we have committed some kind of criminal act), our brain responds to the feeling or thought “what have I done wrong” by setting up a series of chemicals transferring the emotional message into chemical messages that can be read by other parts of the body being called to action in response. This initial messenger (neuropeptide) has a name CRF or cortico releasing factor.

It would seem that fear would be the feeling and the message that is sent by chemical messenger from the brain to the body travels from the brain to the adrenal glands via the bloodstream. The adrenal glands pick up the chemical message and send out their own message to produce a substance that helps to heal and control further damage.

This is the corticosterone or steroids that Dr. Pert talks about. But what happens is that the mind is in a constant state of “Oh no, I’m in trouble” and so the mind-body connection keeps pumping out the steroids to control the damage and hurt. If the stress continues, there is an overabundance of the steroids and having too many steroids causes stress thereby stimulating the CRF to continue the process. Eventually, the receptors that receive the chemical messages become desensitized, shrinking in size and number. In a word, they can’t cope with the situation anymore! It’s almost as if the micro world of cells, chemicals and messengers becomes an inner reflection of an outer world where the person feels constantly stressed leading to depression. Chemically the person has a high level of CRF and steroids in the system and emotionally the person is continually in a state of fear. This continual state of fear hinders a person’s normal state, which is wired for “happiness or bliss” as Dr. Pert says and instead, creates a state of depression. The good news is that the loop can be interrupted and returned back to a state of normal functioning. And believe it or not, science

is proving what bumper sticker wisdom advertises; it is hugs and not drugs that actually changes the levels of CRF and steroids in the body!

So science is now catching up with spiritual wisdom. Love heals. All of that science and explanation to reach a conclusion that we suspected all along was the truth. We are whole beings. What we think and what we feel is intimately linked with our physical bodies. And yes, there are wonderful ways to interrupt the feedback loop when it is stuck in depression. Homeopathy is one of them. It is a healing art and science that takes in all aspects of the person to individualize a remedy. No two depressions will be exactly the same. There may be symptoms common to depression (fatigue, poor concentration, sleep disorders, weight loss, sadness etc) but it is the uniqueness of the individual that will help the homeopath determine the remedy that is most homeopathic.

<http://www.candacepert.com/> Candace Pert's website with sample audio of her new book

<http://www.juliajohnson.co.uk/pages/articles/interview-with-candace-pert.php>
Interview with Candace Pert

TO BE CONTINUED Next issue!! Homeopathic remedies for depression!

Pet Corner with Alison Merritt: Animal Blues

While it's unlikely that pets get depressed because they didn't get the gift they were hoping for, they can go into depression for other reasons, including the loss of an animal or human companion or simply the loss of attention such as might occur when family members go back to school or work after the holidays.

This could be considered boredom, or 'ennui' as it is called in the Repertory (homeopathic book of lists of symptoms with remedies that have this symptom). Ennui may be defined as 'A feeling of weariness, listlessness and dissatisfaction; dullness and languor of spirits, resulting from lack of interest; boredom.'

Just as in humans, diseases can arise after depression in animals, so treating symptoms of depression is very worthwhile for both immediate and long-term results.

Depression is listed as 'sadness' in the repertory, and there are several entries that could apply to animals:

Mind: Sadness, alone, when – Ars, aur, Calc, con, Dros, hep, kali-c, kali-n, lyc, mag-m, Mez, Nat-m, phos, sil, Stram, valer, zinc

company aversion to company desire for solitude – con, cupr, helon, led, nat-c nat-m, rhus-t

(desire for company stram)

desire to be diverted from thoughts of himself – aur, camph

dwelling constantly on her condition – sulph

from reverse of fortune – calc, caust, cic, con, ign, lach, nat-c, nat-m, ph-ac, phos, puls, rhus-t, sep, staph, sulph

in house – plat, rhus-t

while idle – calc

as if from misfortune – calc, chinin-s, cycl, ph-ac, phel, phos, puls, rhus-t, saph, sulph

Mind, Ennui, tedium – (includes) ars, aur, alum, bar-c, calc, canth, chin, con, ign, lach, led, lyc, merc, nat-c, nat-m, nit-ac, nux-v, phos, plb, rhus-t, spig, sulph

vexation, after – calc-p, kali-bi, Plat, Puls

In order to differentiate which remedy might be the most useful for any particular individual, other symptoms are added to the analysis (choosing symptoms that best describe the whole picture). This could include how the animal displays its sadness, for example:

Mind, Destructiveness, emotions from suppressed – anac, bell, ign, nux-v, tub

Mind, Brooding, corner, brooding or moping in a – aur, bar-c, bell, camph, cocc, con, cupr, hyos, ph-ac, Verat

If there is a clear-cut 'cause', then this should also be considered in the analysis. A useful section in the repertory is:

Mind, Ailments from ... grief, death of loved ones, fright, homesickness, injuries or accidents, contradiction, etc.

These can also be looked up under their respective sections such as:

Mind, Contradiction ... aggravates or ameliorates, intolerant of, etc.

Newer repertories such as Synthesis Repertorium have a separate 'Ailments from' section, however, if you are using the popular Kent's Repertory, these will be listed under the separate headings such as Mind, Grief, ailments from. Some of the most commonly used remedies for depression include:

Ignatia – ‘Brooding grief, silent and sad. Intolerant of contradiction or reprimands. Alert, oversensitive and nervous.’ (Phatak MM) Moody and changeable. Aversion to company, presence of other people aggravates, desire for solitude. Grief after losing objects. Mental symptoms alternating with physical symptoms. Sensitive to noise, odors, reprimands. Sighing. Frequent starting. Complementary remedies (remedies that work well with or follow well if symptoms agree) are Aur, Nat-m, Phos-ac and Sep.

Nat-mur – Absent-minded, unobserving. Fond of solitude. Consolation aggravates, so they prefer to suffer in silence – detests consolation or a fuss. Easily startled by noise or fright. May be irritable and depressed, often thirsty, will possibly lose weight.

Pulsatilla – Very useful for the depressed looking dog during a pseudopregnancy – sleeps in her bed all day, however if taken outside will play and be active – usually thirstless, likes to be comforted which will differentiate it from those remedies in which consolation aggravates.

Phos-ac – Listlessness and indifference, may shed a lot or have early graying hair. Dullness, sluggishness, difficulty thinking. Refuses to eat. Indifference, apathy to everything, especially morning. Sleepy by day but wakeful at night. Tendency toward diarrhea.

Aurum – may go into a deep depression, lying around looking sad, sensitive to noise and confusion or excitement. Moaning during sleep. Morose, cross, fretful, peevish, ill-humor. Sadness, despondency, dejection, mental depression, gloom, melancholy, especially in the evening. Prostration of mind, mental exhaustion.

The 30C remedy potency is a good starting place, and can be given once or twice a day for a week or more if needed.

Bach Flower Essences can also be very useful for treatment of animals on the emotional level. 4 drops from the stock bottle of up to 5 of the remedies most indicated in the individual circumstances can be added directly to the drinking water daily for as long as needed. Some of the more commonly used essences for depression and exhaustion include:

Gentian – for setbacks, discouragement

Gorse – depression caused by light deprivation (as in winter), when the animal seems to have given up.

Hornbeam – animal appears mentally lethargic, but has lots of energy when it is free to play, may be tired in the morning but once up will be fine – compare with Pulsatilla

Mustard – depression for no apparent reason, depression caused by light deprivation during winter - gloom

Honeysuckle – lamenting the loss of someone or something

Oak – overworked , when things have become a struggle but the animal keeps going, for long-term overwhelming states

Olive – for complete exhaustion after a long ordeal

Elm – overwhelmed by too much activity or over-stimulation, overexcitement in the short-term

If you or your animal friends are feeling gloomy, these are a few suggestions to help lift the spirits. We've already come to the shortest day of the year, so it's only going to get better from now on! With a little help from homeopathy, we can all be ready to greet the New Year with enthusiasm!

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.candacepert.com/> Candace Pert's website with sample audio of her new book

<http://www.juliajohnson.co.uk/pages/articles/interview-with-candace-pert.php>

Interview with Candace Pert

This is the website for naturopathic physicians Judyth Reichenberg-Ullman and Robert Ullman. Their book Prozac Free is an excellent resource for those wanting to read about what homeopathy has to offer in treating depression.

<http://www.healthyhomeopathy.com/prozacfree/information/depression.htm>

3. Homeopathic books. Prozac Free by Judyth Reichenberg-Ullman and Robert Ullman.

<http://www.healthyhomeopathy.com/prozacfree/information/depression.htm>

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

"If we begin to get in touch with whatever we feel with some kind of kindness, our protective shells will melt, and we'll find that more areas of our lives are workable. As we learn to have compassion for ourselves, the circle of compassion for others-what and whom we can work with, and how-becomes wider." When Things Fall Apart: Heart Advice for Difficult Times by Pema Chodron

Sending you wishes for light in the darkness. 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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