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<http://www.powersofhomeopathy.com>

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Heartfelt greetings!

February is heart month, no doubt about it! Everywhere you look on newsstands, in magazines and on TV, there it is; hearts, valentines, love, chocolate and medicine! What a combination! There is the love/sentiment side and on the other, heart health. And at some intuitive level, we know that both sides are connected. The heart is more than an organ that pumps blood through our systems; it is at the "heart" of who we are.

Today's newsletter is about the heart as we understand it as an organ, how science is now "discovering" that is more than an organ and a few suggestions as to how homeopathy can work supportively for those with conditions of the heart, physical and emotional.

Alison, as always, has some great suggestions for your pets that have ailing hearts. When our pets have heart hurts, we hurt too. As you will discover in this issue, our hearts are deeply connected to all that we love! I know you already knew that but hey! the scientists have been busy discovering that too! Isn't it wonderful? We are all going to end up on the same page one day!

Some great quotes and anecdotes from readers who will soon receive their delightful remedy cases. The winners of "share your best quotes/stories" can be found in the Reader Responses section. I know you will enjoy the submissions as much as I did; it's great fun for me to hear from your part of the world! And for those who did not send a submission but would really like to own one of Alison's custom designed cases for your 4 gram granule first aid kit, let me know. I'd be happy to send you one. They are very reasonably priced at \$3 for the 5 remedy size and \$4 for the 10 remedy size (does not include postage). Great colors too with a soft fuzzy white lining: Fuschia, Tomato Red, Robin Egg Blue, Prairie Sky Blue and Soft Sand (Taupe). I won't be able to get them to you for Valentine's day but they would fit right in with the Easter basket eggs! Hot off the press! Actually, it's hot off from Alison's sewing machine and in keeping with the Easter theme, the latest color is Milk Chocolate brown. It looks very yummy!

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Today's Issue

On a Personal Note:        The Decision to Heal

Feature Article: Matters of the Heart

Pet Corner with Alison Merritt: Pets with Heart Problems

Home Tips: Resources for Home Prescribing

Reader Responses Quotes "From the Heart"!

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On a Personal Note: The Decision to Heal

It takes tremendous courage to make the decision, to consciously choose health, especially when and if we are faced with a serious illness. Courage comes from the Latin word cor which means heart.

Courage is "the state or quality of mind or spirit that enables one to face danger, fear, or vicissitudes with self-possession, confidence, and resolution; bravery." Now I don't know about you but anytime that I have chosen to face the serious "stuff" in my life I would be quick to tell you that I was not feeling at all self-possessed, confident or brave. I might have said resolved as I was determined that whatever was happening in my life, I was going to face it square on. Only now can I appreciate that in fact, somewhere, some small part of me had self-possession, confidence and resolve and having done the research and reading for this issue, I am going to give my heart the credit for showing courage in the face of all my fears about who I was and am as a person and my purpose for being here. Depression/illness can do that to you; totally strip you of all you imagined yourself to be and leave you standing (or sitting or lying) wondering what the heck has happened and what is life all about.

The curse of illness can become the gift of learning who we are and why we are here. For those who have heart conditions, have experienced heart attacks or if you know someone who does, may this issue be a source of encouragement and hope.

I will be quoting extensively from the book *The Heart's Code: Tapping into the Power of Our Heart Energy* by Dr. Paul Pearsall (<http://www.chapters.indigo.ca/home/>) For those who have experienced a heart transplant, heart attack or heart disease, this is an excellent book. The science aspects may not appeal to everybody but everyone will identify with the stories he shares from his experience working in cardiology units. For those who enthused about the connection between quantum physics, vital force/energy, you will really enjoy the possibilities that he presents in relation to the heart and scientific theory.

May we all learn to love our hearts and find the courage there to live life fully!

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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](mailto: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](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](http://www.homeopathy.org/directory_entrance.html) The North  
American Society of Homeopaths  
[www.homeopathic.org](http://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](http://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>

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Feature Article:                   Matters of the Heart

"Imagine that two jumbo 747 jet airplanes full of passengers crashed every day  
with no survivors. (I looked it up and one 747 holds a maximum of 600  
passengers!) That's the number of people who die of heart disease daily in the  
United States. We hear much about the major risk factors for developing heart  
disease, including high cholesterol, obesity, smoking and high blood pressure,  
yet about half of those who suffer their first heart attack have none of these  
common risk factors, more than eight out of ten people with three of these risk  
factors never suffer a heart attack, and most people who do have heart attacks  
do not have most of the risk factors. There seems to be something else at work  
when it comes to heart disease, perhaps the fact that the brain constantly seems  
to be abusing it." The Heart's Code by Dr. Pearsall

A story in the Calgary Herald this month was testimony to this. The woman told  
the journalist that she had none of the risk factors at all. In fact, she was careful  
about diet, exercise and lifestyle. What she did say at the end of the article was

that when she was diagnosed with heart disease, she was experiencing a great deal of stress in her life. The article did not elaborate which is unfortunate because after reading Dr. Pearsall's work, one cannot help but make the connection between stress, the destructive thoughts in the mind and heart problems.

In the depression issues, I talked about the work of Candace Pert (Molecules of Emotion) and how our thoughts can actually create neuropeptides in the brain that flood our systems and affect our bodies at a cellular level. Another way of saying that is that our thinking affects our feelings which in turn affect the health of our bodies. For some of us, it may not have occurred to us that we have self-talk going on all the time and often the self-talk is destructive. For example "I'm so fat...look at this fat."

"What's wrong with me? Why am I always saying the wrong thing at the wrong time?" "That was stupid!" "How could I be so stupid?" ,or driving in traffic "How could they be so stupid!" Our blood pressure goes up, we say bad words and the anger escalates and those little neuropeptides are flooding our bodies at a cellular level with all kinds of chemical reactions that can become quite tiring and exhausting to our adrenals and other organ systems in the body. Like toxic food and drink, the negative thoughts that we create need to be eliminated; the body heroically tries to maintain homeostasis no matter what thoughts or what food we put into this delicate internal eco system. That's just an example of a heated emotion like anger. What happens when we bombard our bodies with sad thoughts or thoughts that others have done us wrong? "I feel so hurt by him/her." "He doesn't listen." "Why can't he/she/they be more considerate?" How do these thoughts affect our bodies?

What neuropeptides are created? Where do the neuropeptides go? How does our body deal with these physical changes caused by thinking thoughts? How do I change my thoughts?

The first step seems to be to become aware that there is self-talk going on all the time. We're just so used to hearing it all the time that we are unaware that 1. it is there and 2. it can be observed 3. and usually, as soon as we begin to observe it, it becomes quieter! (an excellent resource is Eckhart Tolle's Power of Now book and his audio Entering the Now.) Here is a quote from The Power of Now about this dynamic.

"The good news is that you can free yourself from your mind. This is the only true liberation. You can take the first step right now. Start listening to the voice in your head as often as you can. Pay particular attention to any repetitive thought patterns, those old gramophone records that have been playing in your head perhaps for many years.

When you listen to that voice, listen to it impartially.

That is to say, do not judge. Do not judge or condemn what you hear, for doing so would mean that the same voice has come in again through the back door. You'll soon realize: there is the voice, and here I am listening to it, watching it.

This I am realization, this sense of your own presence, is not a thought. It arises from beyond the mind.”

Now to do this kind of observing requires that a person slow down long enough to listen! It’s easy for the mind to begin again; I have to get this done, that done, who has time to sit and listen to these crazy thoughts anyway, I have a deadline to meet, my parents are expecting me to do this or that or whatever and it goes on and on and on. You can fill in your own blanks!

And what happens when we do not take the time to stop and listen to this self-talk? Our bodies do an amazing job for a very long time and then everything seems to start falling apart! Eventually, we do stop but often because we are forced to as the body’s vitality expresses the symptoms of a system running amok. We get depressed, we are diagnosed with a disease or our immune systems begin to fail us. Dr. Gabor Mate’s title of his book “When the Body Says No: The Hidden Cost of Stress” talks about this as well.

For Dr. Paul Pearsall, author of *The Heart’s Code: Tapping the Wisdom and Power of Our Heart Energy*, the brain’s self-talk, if not observed, is so determined in its course of self-preservation that ironically, it can eventually self-destruct by the demands that it puts on the body!

“In its potentially lethal covenant with its body, the brain never shuts up. It is designed to constantly be on some level of alert. It is in a state of perpetual readiness to react, defend, or attack when it or its body senses threats-real or not-to its self-enhancement. The brain/body covenant is one designed primarily for staying alive, seeking stimulation, doing, and getting. In effect, the brain “drags” your body with it to do its bidding, hauling you and your heart along on its rough ride, whether or not you are sure “in your heart” that you want to go where it is taking you.”

What Dr. Pearsall’s book is all about is a scientific exploration of the wisdom of the heart, its connection to cellular memory and the possibility that the heart may be the entryway to understanding the soul. The way to access the wisdom of the heart, is to slow down.

“While our brain’s urgent defensiveness often causes us to behave as what poet William Blake refers to as “armed crustaceans eternally on the alert”, the gentle, steady beating of our heart soothes us, makes us feel loving and loved, and assures us and those who love us that our soul is still here as expressed in the spiritual energy resonating through our heart. The silenced heart is our greatest dread for ourselves and those we love, and regardless of legalistic definitions, death is ultimately the loss of the rhythm of the heart. Whenever I become too busy, too impatient, and too cynical in my daily living, I stop and remember to listen and feel for my heart. I attend to it before it has to demand my attention by gripping me by my chest.” *The Heart’s Code* by Dr. Pearsall

The book is full of amazing stories about people's experiences with their hearts, their own and for those who have received a transplant, experiences with the donor's heart. I'm sure that you may even have some of your own. I hope you share them with others because in sharing and speaking from the heart, we become connected to one another in a way that transcends words and conversations. "When the receiving heart becomes a sending heart, the energy it sends is no longer just its own. It blends its energy with the memory of the vibrations of the energy it has received.

This resonating process continues infinitely, meaning that with every beat of our heart, we continue to create the info-energetic vibrations that become our collective soul."

The Heart's Code

Today, I would like to leave you simply with the idea that you can begin to listen with compassion and loving-kindness to your thoughts, the self-talk that goes on inside your brain and in doing that, slow down long enough to hear the gentle beat of your heart.

"When we silence our brain, quiet our body, and become still enough to feel the beat of our heart, we may be able to remember more profoundly the thrill of being alive."

Paul Pearsall

There is plenty of information available on the internet about heart disease, the various conditions, treatments available and advice about nutrition, exercise and lifestyle. Read what's available, talk to your family physician, get homeopathic support, make small changes (big changes rarely work), begin a practice of observing thoughts without judgment, find activities in your life that support you in those moments when you feel most alive and connect with your heart with even the simplest of gestures such as placing your hand over your heart.

Heart disease can be a long term, chronic condition so any remedy suggestions I offer here must NEVER take the place of ongoing medical treatment. If you suspect a heart condition for yourself or a loved one, your first course of action is to book an appointment with your medical doctor. Pronto! And trust your "heart" with that even if your mind is telling you something different. It is absolutely miraculous what modern medicine and heart surgery can do as you will discover when you read Dr. Pearsall's book.

Homeopathy can be incredibly supportive and helpful during any kind of heart emergency but again, it cannot do what only surgery can correct. An approach of both systems of medicine working together is the most potent one that I can imagine.

Also, if you are on heart medication, blood pressure medication, cholesterol lowering meds or any other prescription medicine, it is important and imperative

that you work closely with both your physician and your homeopath. Your doctor is the only one who can assess and adjust medication levels. Please be responsible.

The remedies that I will suggest here are ones that can be used in an emergency situation while on your way to the hospital or doctor's office or while waiting for emergency services to arrive. I am highlighting these four remedies in particular as they are remedies that you will already have in your home/first aid kits. As I look over them I am aware that they cover 3 of the most common emotions; fear, anger and sadness.

### **Aconite**

This is a remedy that every kit should have. Not only is it useful for sudden, violent onset of colds, flu, sore throats, it can be especially useful in an emergency situation whether it involves the heart or accident where there is a great deal of fear, anxiety and dread from anticipation. A person needing Aconite in this kind of emergency may be quite certain that they are going to die and will even "predict" a time. As with acute inflammations in other parts of the body, Aconite can also be useful for inflammations of the heart. Fear and anxiety will be the strongest indicator in your choice of Aconite. There is a great deal of restlessness as well.

### **Arnica**

Another great remedy that you may already have in your first aid kit and will be indicated when the person says they are well but in fact, you can tell by looking at them, they are definitely not well. They may want to insist you leave the emergency room or doctor's office even though they are obviously in serious condition. Both Arnica and Aconite can be extremely helpful if the person has had any kind of emotional or physical shock to the system. You can give one right after the other in these kinds of situations until you have reached medical care. Sometimes Arnica will be indicated if there is chest pain after strain or exertion, physically over doing anything, from sports to household chores like cleaning sidewalks or heavy lifting. There can sometimes be a bruised sensation in the chest area.

### **Ignatia**

I include this remedy as it may be a situation where the person has had a recent and significant grief from the death of a loved one. Literally, they may be suffering from a broken heart. There may be palpitations felt in the heart arising from strongly felt emotions. Again, the remedy can be given on the way to emergency services or while waiting for emergency services to respond.

### **Nux vomica (Colubrina)**

Nux vomica is from the same plant family as Ignatia. Where Ignatia is used for palpitations from emotions, especially grief, Nux vomica may be well indicated if the palpitations are from excess worry about business, work and/or problems

related to digestive complaints and excess of alcohol and stimulants such as coffee. The picture that most comes to mind is the high speed executive who works too hard, poor diet, excess coffee, cigarettes and may be sitting on a whole lot of anger. Or, the anger is there all the time.

Usually first aid/home kits contain potencies of 30CH and it would be quite safe to use these more frequently than you might in other acute situations. Two granules given every 2-3 minutes for up to 3 or 4 times may be enough for you to see if a remedy is being effective. Improvements on an emotional level will be a good indication that the remedy is helping. For example, a person may begin to feel less fearful after taking Aconite.

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PET CORNER with Alison Merritt

Pets with Heart Problems

Diseases of the heart occur in both cats and dogs, and are serious enough to require veterinary care. Often conventional medications will be prescribed to attempt to help the damaged heart function as well as possible, but it should be understood that it will not be curative since the heart is usually damaged beyond repair by the time the condition is diagnosed. Thus, any treatment whether conventional or alternative will only be able to help the animal remain as comfortable as possible for as long as the heart can compensate for the defect present. Homeopathic remedies can be of help in relieving troublesome symptoms.

Older dogs often suffer from insufficiency of the valves, particular the mitral valves. This allows oxygen-rich blood that was supposed to be sent to the body to mix with the oxygen-depleted blood returning from the body. The animal will often be short of breath and may cough either after exertion or after lying down for a while. Cats, ferrets and some breeds of dog such as Golden Retrievers, Boxers and Doberman Pinschers may suffer from cardiomyopathy.

[http://www.cah.com/dr\\_library/cardiac.html](http://www.cah.com/dr_library/cardiac.html)

<http://www.vin.com/VINDBPub/SearchPB/Proceedings/PR05000/PR00034.htm>

[http://www.ivis.org/proceedings/ACVP/2004/Bishop/chapter\\_frm.asp?LA=1](http://www.ivis.org/proceedings/ACVP/2004/Bishop/chapter_frm.asp?LA=1)

<http://www.caninehearthealth.com/>

Some homeopathic remedies useful in supporting heart function are listed below. Treatment should be monitored by a vet since their use may mean that lower doses of other heart medications can be used and these would need to be adjusted by the vet.

**Crategus or Hawthorn** – used in mother tincture or very low potencies such as 1X, it helps strengthen the heart muscle. It usually will be given two to three times daily on a permanent basis to support the heart. Since it will also lower the requirement for Digitalis, if this drug is prescribed it should be monitored closely to assure the dose is correct.

**Arnica** – may be useful because it is a huge ‘exhaustion’ remedy and there is often lowered stamina with heart disease. It can be used in a 6C one or more times a day or in a higher potency less frequently.

**Rumex 6X** – may help the dry spasmodic cough with hoarseness and breathlessness often seen in chronic heart conditions.

**Spongia tosta 6C** – also helpful for ‘heart cough’, the animal may wake up after midnight with a suffocative attack. The symptoms are usually more severe than those for which Rumex is helpful.

**Cactus-grand 6C** – may be of use if the animal hasn’t responded to other remedies, as it is helpful in a variety of heart problems. In humans the typical symptom is ‘heart feels clutched and released alternately by an iron hand’, but this will of course be difficult to determine in an animal!

**Carbo-veg 30C** – useful for ‘seemingly hopeless or moribund cases’ where there is air hunger and collapse. It may be a useful remedy to have on hand for animals with chronic heart disease, as it can be used in an emergency on the way to the vet. It is sometimes called the ‘corpse reviver’. Typically the animal is cold but may want air or is thirsty for cold water.

The two books by George MacLeod MRCVS, DVSM – Dogs: Homoeopathic Remedies and Cats: Homoeopathic Remedies have good sections on other remedies which may be of help in heart disease. They are available from [www.minimu.com](http://www.minimu.com) or [www.wholehealthnow.com](http://www.wholehealthnow.com)  
Homeopathic remedies can be of great use in making the heart patient more comfortable, giving them quality of life for as long as possible.

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Home Tips: Resources for Home Prescribing

1. Request an introductory mail out information package.  
[donna@powersofhomeopathy.com](mailto:donna@powersofhomeopathy.com)
2. Helpful websites about heart conditions:

The Canadian Heart and Stroke Foundation

<http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.2796497/k.BF8B/Home.htm?src=home>

The American Heart Association

<http://www.heart.org/HEARTORG/>

Homeopathy and Heart Conditions

<http://health.hpathy.com/heart-symptoms-treatment-cure.asp>

[http://www.alive.com/840a3a2.php?subject\\_bread\\_cramb=227](http://www.alive.com/840a3a2.php?subject_bread_cramb=227)

3. Homeopathic books. Everybody's Guide to Homeopathic Medicine by Dana Ullman. A great first home prescribing book to have on hand. [www.homeopathic.org](http://www.homeopathic.org) or [www.minimum.com](http://www.minimum.com) or [www.wholehealthnow.com](http://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](http://www.minimum.com) or [www.wholehealthnow.com](http://www.wholehealthnow.com)

The other book is by one of my favorite homeopaths, Miranda Castro ([www.mirandacastro.com](http://www.mirandacastro.com)) called The Complete Handbook of Homeopathy". [www.minimum.com](http://www.minimum.com) or [www.wholehealthnow.com](http://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](http://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](http://www.minimum.com)

[www.wholehealthnow.com](http://www.wholehealthnow.com)

Phone 403-230-8505 or email [donna@powersofhomeopathy.com](mailto: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](http://www.minimum.com)

[www.wholehealthnow.com](http://www.wholehealthnow.com)

Phone 403-230-8505 or email: [donna@powersofhomeopathy.com](mailto: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](mailto:donna@powersofhomeopathy.com)

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Reader Responses:            Quotes "From the Heart!"

Thank you to all who sent in favorite quotes and homeopathy stories.  
Congratulations to those published here and you will love your remedy case!

"Take good care of your body. It's the only place you have to live." Jim Rohn

"Be careful about reading health books. You may die of a misprint." Mark Twain

Elly, Ponty Clun, Wales

"Here are some sayings that I use in my head, first understand that I believe that God is within and that "he" is peace. I know that I am connected, spiritually if I am breathing deeply. SO here they are:

BREATHE -If I'm not the problem, there is no solution.

From AA: God, grant me serenity to accept things I can not change, courage to change the things I can and the serenity to know the difference."

Gail, Atlanta, Georgia

“One of my never leave home without remedies/tissue salts is Mag Phos. I have a preteen daughter and since she was about 10 - 10 1/2 she has suffered with major abdominal cramping on a monthly basis. I am very sympathetic as I had the same experience at her age. One of her worst days was when we were camping; she went as white as a ghost and doubled over in the fetal position with the cramping. I had brought the few remedies I had acquired with us as well as the books that I borrowed from a dear friend. As soon as I realized what was bothering her I started reading.

Remembering that I had Mag Phos for one of my sons previous muscle spasms, I had read that taking two Mag Phos with a glass of warm water will help with menstrual cramping. What did we have to lose? Sure enough after the first dose she fell asleep. When she awoke, she still was not up to par, so we repeated the remedy. After falling asleep the second time, she still was having the cramps but they were easing up. We repeated the remedy one more time; she didn't fall asleep but she was feeling much better, thanks to Mag Phos. Now whenever she has her cramping bouts we go straight for the Mag Phos and warm water. We are able to ease it with one or two doses now if we catch it at the beginning. I had the opportunity to try Mag Phos myself once and was very pleased with my results. So needless to say we don't leave the house without it. It's in my purse as well as her backpack.”

Angela, Airdrie, Alberta

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“Self-care is never a selfish act-it is simply good stewardship of the only gift I have, the gift I was put on earth offer to others. Anytime we can listen to true self, and give it the care it requires, we do so not only for ourselves, but for the many others whose lives we touch.”

Parker Palmer a quote from the book I Will Not Die An Unlived Life: Reclaiming Purpose and Passion by Dawna Markova

This Valentine's day, practice self-care. Leave your relentless thoughts locked in a box somewhere, get “mindless” and follow your courageous heart! Love Donna

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Please contact [donna@powersofhomeopathy.com](mailto: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.

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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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