

Powers of Homeopathy Newsletter Copyright 2004,
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More Quiet: More Wisdom of the Womb
Part 3 Fibroids and PMS

Greetings ,

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On A Personal Note More Quiet: the Still Small Voice

I was recently at the library and found myself in the self-help section. I thought I was getting a particular title and instead, found myself with a lovely assortment of books on listening to your inner voice, listening to the still, small voice within, listening in silence and yet another on discovering your genius. I have had a lot of fun skimming, reading and playing with many of the ideas presented in the books and audio CD's.

They are all simply a continuation of my ever deepening desire to listen; to set aside my long lists of things to get done, people to see, places to go and to find that inner place of sanctuary, quietness and healing. At this stage of my life it is somewhat easier to do as the demands of raising children is past but I also recognize a conscious choice on my part to love and respect that part of myself that longs to be creative, that longs to read, play with ideas, write, maybe sing, perhaps dance. I have always justified not doing these things because there was too much else to do. Julia Cameron in *The Artist's Way* nailed me on that one by saying outright; not doing what we love is about fear, plain and simple.

So how could doing what I love create such fear? Go figure! But I know I'm not alone in it. And I do know that one of the things I have always wanted to do is write and very slowly, over the years with help and encouragement from family and friends, I have begun to do that. (I especially want to say

thank you to my dear friend Irene whose encouragement to keep writing this newsletter is profound...thank you Irene)

I write three pages every morning every day. It's kind of like exercise for writers. I recently asked myself what is the point of writing these three pages every morning (writing three pages a day is one of the tools Julia Cameron recommends in her book)? Tell me Julia, I keep forgetting.

On most days, I am just pushing that pen across the page making my way to the end of three pages, counting the single pages and half-ways all the way there! A lot of blah-blah-blah! And yet on other days, something happens and I find what I call the place of "hum" where I am thinking in fresh ways, seeing new things and I am unselfconsciously happy. I can get that feeling with a bouquet of flowers (my sweet peas are a fragrant companion today), the sight of a baby's so-new-so-pink perfect toes, my cat's furry purring body curled on my lap as I type with his face turned up to me as if to say "go ahead...touch me...it will be the most luxurious thing you could do."...those are hum moments for me. Perfection.

What is common to all these events is that I stopped to look; I stopped to listen; I stopped to inhale; I stopped to touch and I attended to the hum of the moment. I appreciate those moments and long for more of them.

I find life can be like that...lots of blah-blah-blah filling in the pages just to get to the end and every so often surprising unexpected moments of delightful hum. So there IS a reason for chugging along with three pages of something a day...because some days, when I am paying attention to flowers and pages and cats and baby's toes, I have a hum moment!

"The reward for attention is always healing. It may begin as the healing of a particular pain-the lost love, the sickly child, the shattered dream. But what is healed, finally, is the pain that underlies all pain: the pain that we are all, as Rilke phrases it, "unutterably alone." More than anything else, attention is an act of connection." Julia Cameron

In the empty space beside the quote in Cameron's book I have written another quote: "unutterably alone: an aloneness that cannot be expressed or communicated; the art is in the awkward attempt to try and express ourselves anyway...we can communicate the ache and in so doing, love comes..."

So in today's issue, I encourage you to attend to your place of hum, your place of quiet where you can hear your own still small voice. Our bodies are often a great source of wisdom if only we listen. Too often pain and illness can make us feel alone, separated from ourselves and others. Take time today to attend to what you love. Healing and connection will come... as will love.

Today's issue is part 3 and the final issue of women's health.

Here are some quotes from various different sources about fibroids: everything from the medical scientific description to "symbolic" descriptions of what the meaning of fibroids might be. When you read the descriptions be aware of what you are thinking or feeling in response to the statements and also, check in with your physical body to see if you are sensing any response there as well. Remember, there is no right or wrong with symptoms. Your symptoms are unique and yours alone as are your responses to your symptoms. Your vital force/immune system/defense mechanism is simply expressing its wisdom through the body the best way that it can in order to maintain healthy functioning in the body. This is where spending time in quiet can help us develop exquisite listening skills so that we can "hear" our bodies speak! Be fearless! Ask the questions, listen for the answers. Trust in yourself and your inner wisdom and you will learn...about yourself, about your body. This kind of asking, listening in self-love and self-gratitude is one of the most healing acts we can take on our own behalf. And above all else, be gentle with yourself. In being gentle, we accept ourselves the way we are, in sickness and in health.

FIBROIDS

"A fibroid is a non-cancerous growth composed of muscle and fibrous tissue that occurs in the wall of the uterus." Merck Manual Home Edition

"Fibroids are benign tumors of the uterus. Fibroids are made from hard, white, gristly tissue that has a whorl like pattern. They are present in 20 to 50 per cent of all women. Fibroids are responsible for as many as 33 per cent of all gynecological hospital admissions, and they are the number-one reason for hysterectomy in this country. (United States) No one knows, from a conventional medical standpoint, what causes fibroids.

Caroline Myss teaches that fibroid tumors represent our creativity that was never birthed, including "fantasy" images of ourselves that have never seen the light of day and creative secrets of our other "selves". Fibroids also result when we are flowing life energy into dead ends, such as jobs or relationships that we have outgrown. I ask women with fibroids to meditate on their relationships with other people and how they express their creativity. Fibroids are often associated with conflicts about creativity, reproduction, and relationships. One of my patients, after looking at her fibroid, said that it was easy to see a fibroid as a form of hard, implacable anger. The fact that so many women have these growths is perhaps evidence of our collective blocked creative energy in this culture." Christiane Northrup, MD Women's Bodies, Women's Wisdom

"Although they can appear in very young women, and I think that this is on the increase, they are more common in the pre-menopausal years. In my experience the newer they are, the easier it is to diminish them. Another interesting thing about them is that they almost always disappear by themselves

after menopause, but their presence in the womb may in fact delay menopause. HRT (hormone replacement therapy) inhibits their disappearance. Fibroids will sometimes outgrow their oxygen supply and will degenerate by themselves. This might cause an unexpected bleed for a week or so." Women Ripening Through Menopause by Melissa Assilem

Both Northrup and Assilem recommend some dietary and physical activity changes for women with fibroids (both suggest eliminating refined products like white sugar/flour as a start and cutting back on meat, fats and caffeinated drinks) but making a lot of changes quickly can be very stressful. Mostly I would suggest that yes, eliminate refined, packaged, heavily salted foods from the diet (and aren't those JUST the ones we seem to crave??!) but again, listen to the body which requires that we stop long enough to be quiet and tend to ourselves. We KNOW when we are being hard on our bodies with too much coffee, too much alcohol, too many sweets/desserts, too much chocolate and just plain old too much! When we take time to be quiet, that's when we can ask our body selves what it is that we are really craving.

The same goes for exercise. Find the class/activity that works for you. I am NOT a spandex, jive it up in a thunka-thunka rhythm class but lots of women LOVE it! Get out there and tango, belly dance and shake your booty if that is what you love. For me, I have found the perfect class for me that involves, strengthening the inner abdominal core, stretching and flexibility and growing these wonderful little biceps and back muscles that I love! The atmosphere is quiet with a lot of breath-work and for me, is meditative. I need a lot of instruction and I like seeing improvement in increments.

At the beginning of menopause (3 years ago), I dropped 40 pounds with weight watchers www.weightwatchers.ca, promised myself that I would keep it off by weighing in monthly even after I lost my weight and I discovered my perfect fitness class. So far, it's been working. With writing these newsletters I am reminded that it is important to continue ongoing dialogue with my body. I have grown to love and appreciate what my body can do and how it supports me as I live my life and my purpose here on earth. At this stage, I celebrate great health.

(For those who may have got distracted at the "perfect" fitness class for me, it is called the Fitness Table. www.fitnessstable.com There are not many places to attend these classes outside of Calgary, Montreal and Europe but drop me a line if you think you are interested. My feeling? Everyone should have access to this class!)

Some possible symptoms of fibroids:

Heavy bleeding in between periods or spotting just before the period. With the heavy bleeding there may be increased risk of developing anemia.

Pelvic pressure and urinary frequency if the fibroid gets very large.

Fibroids may be present with endometriosis but not always and if both are present, there may be menstrual cramps, pelvic pain or both. Painful intercourse.

There may be pain with fibroid degeneration. When the fibroid outgrows its oxygen supply the nerves deep inside this tissue "register the lack of oxygen as pain, in the same way frost-bitten toes do." The fibroid may eventually shrink and disappear and with that, the pain will go as well, usually a week or so as the nerves adjust. Women's Bodies, Women's Wisdom. Dr. Northrup's book is so good at explaining this, I can't recommend it enough. Plus she has some encouraging patient stories to share.

"Fibroids, like other disorders, don't just come out of nowhere and land on your uterus. When you become willing to be in relationship with your uterus by letting its messages speak to you, you have taken the first steps toward healing, instead of just masking or eliminating symptoms. After you get in touch with the messages from your uterus, you can choose a treatment that works best for you, whether it's surgery or brown rice or both.

Many women can chart the onset of their fibroids to the onset of verbal abuse from their mates, job stress, or other problems in their relationships with the outside world. Inner work is often very useful for finding new ways to deal with these hurtful or limiting situations." Dr. Christiane Northrup Women's Bodies, Women's Wisdom

So for some of you, a self-consult with a homeopathic consult and remedy will be extremely helpful. For others, a "consult" with yourself and diet changes will be enough. For others, a "consult" with self, friends, doctor, psychologist, spiritual guide will be what is most helpful for you and for others, surgery. The good news? You get to decide how you will learn and heal. It may even be all of the above that you do!

Being your own best healer with an exquisite system that knows best how to maintain balance within, you can find that quiet place to begin a dialogue with your own wisdom.

Being a homeopath, I can offer some remedies that have been very helpful in supporting the body's vitality, giving it the energetic it boost it needs to move through the symptoms that accompany uterine fibroids.

PMS

Rather than write extensively about PMS in this issue in addition to the fibroids and rather than do a part 4, I have chosen instead to direct you to some excellent, reputable websites that have suggestions for remedies for PMS. Mostly, it is recommended that you invest in a full consult with a homeopath as it will give you the opportunity of receiving a remedy that will be well-chosen and individualized.

too loose and that everything will fall out. Because it has been so often used in this circumstance only, the physical symptoms and indications for it are quite clear. Less clear is the mental/emotional picture. With published cured cases, homeopaths are able to build a picture of the remedy that allows the mental/emotional picture to emerge. With great caution, homeopath Harry van der Zee in the homeopathic journal LINKS 1999, proposes a mind picture of Trillium.

"Controlled, composed, thoughtful, systematic, well-behaved, conscientious, responsible and intellectual people.

They are ambitious and do not like to be dependent or restricted.

They tend to just go on, to deny the needs of the body. They have an aversion to being hindered or stopped by bodily complaints. They can even separate themselves from their body or their emotions.

They do not like childhood, but want to be adults as soon as possible, to possess the full capacity of their mind.

It is very important for them to combine their motherhood with a career. They really want to be a very good mother, but also having children must not hinder them in pursuing their goals, in having a career.

They are very much oriented to the intellect. With their intellect they control their emotions, so also emotions can not make them deviate from their course, or bring them out of their self-composed equilibrium.

They dislike quarreling and do not allow themselves to be carried away by their emotions; this makes them suited to helping others solve conflicts. Conflicts should be solved in a rational, rather detached way.

When a woman is so focused on her head and intellect, pregnancy and delivery can be quite a challenge. They have to bring their energy down to the lower half of their body."

Ustilago maydis

There is SO much great information on the internet these days and being an information junkie, you can understand why these newsletters can have a tendency to get too long!

Here is a site that has some great info on Ustilago or corn smut as it is commonly known. There are great pictures too!
http://botit.botany.wisc.edu/toms_fungi/march98.html

You can see in the photos on the link above, large, black, knotted kinds of growths on the healthy ear of corn. This is the part that is used in the remedy Ustilago. If you read the article, you will also learn that this "smut" is considered a delicacy in Mexican cooking, not unlike mushrooms or truffles or other types of fungi!

There is also a legend about how corn got its black disease. Laurie Dack, a homeopath in Vancouver retold this tale at a conference. I am including it because as you read and understand the story, the picture of the homeopathic remedy itself will become clearer as well.

"There was a man who was very lonely and hungry. He had a vast corn field that flourished for many years, bringing food and a prosperous life to his tribe. Suddenly the ears of corn became black and knotted and grew in strange ways. The women who ate the corn became sick and could not bear children. The tribe began to disappear. As the elders died, there were fewer new children to take their place. No matter what the man did, the corn field continued to wither away. He prayed and prayed for things to change - for a wife to end his loneliness and for his crop to grow and be healthy. But the malformed, gnarled ears of corn continued to appear, and no wife came to him. He was very lonely and hungry.

Then one day he came home, and a beautiful golden-haired woman was in his house cooking. He ate the food she prepared and immediately wanted to marry her. He knew that there was something magical about this woman; her long, golden, silky hair was unlike anything he had ever seen. She said she would marry him on one condition: He could never ask for more than one child. He quickly agreed to this, and they were married. Time passed happily. His fields flourished again, and many children were born into the tribe. The man and his wife had their own child, and the man was no longer lonely or hungry. Life was good.

As time went by, all the families of the tribe were growing, but the man had only one child. In this tribe, the number of a man's offspring is very important and relates to his strength as a provider. The other men of the tribe started to taunt the man. When is your family going to grow? Where are your babies? Are you not a man? Has that golden-haired woman made you lose your strength? Can you not plant your seed and make it grow? Is this golden-haired wife an evil spirit?

Finally the man could endure the taunting no longer. He went to his wife and demanded they have another child. She looked up at him, and a blood-red tear was in her eye. Even though he knew from the beginning that she was no ordinary woman, this tear sent a chill through him. Nevertheless, he insisted beginning that she was no ordinary woman, this tear sent a chill through him. Nevertheless, he insisted because he feared that she was an evil spirit robbing him of his manhood. The next day she informed him that a seed was growing in her belly. He rejoiced, choosing to disregard the tears of blood that continued to fall.

Her belly grew very quickly, and the man became excited thinking that his seed must be very strong to produce such rapid growth. The blood-filled tears began to flow more and more - all day and all night. Her belly grew and grew, and she became weaker and weaker as the tears flowed more

heavily. The man had eyes only for the size of her expanding belly, as he envisioned many children being born at once. He thought of the other men of the tribe and how proud he would be walking by with his hundreds of children.

Then one night, while she shed streams of bloody tears, the golden-haired woman's belly exploded and all that came out was one golden kernel of corn. Sadly, the man buried the woman with the long golden hair and then planted the kernel of corn. A stalk of corn grew tall and strong with beautiful, long, golden corn silk, but the rest of the field withered with the same black, knotted kernels that had plagued his field before the woman appeared. He was lonely again, but he was not hungry. The stalk of corn continued to bear strong golden ears of corn, enough to feed him and keep him healthy."

Laurie presented 3 situations where the patients needed Ustilago and their language in describing their condition led to the prescription. All three women had uterine fibroids with heavy bleeding. She summarizes the idea of the remedy so well.

"The main pattern is this feeling of expansion, of bursting, and no relief from the discharge. That's as simple as I can make it. I want to emphasize that the pictures of this fungus really do look like big, black, gnarled knots on the ears of corn, just as these women described what they felt inside."

The beauty of homeopathy shines through when the words used to express the physical symptoms are the same ones to appear on the level of the mental and emotional.

The women expressed their physical symptoms as "My abdomen is huge. I am going to explode. I have this big pot belly that continues to expand." With headache symptoms: "Feels as if my forehead will burst open, as if the top will pop off." And at an emotional level: "I just want to blow up-fear and anxiety. I sit there feeling mad and ready to burst."

So there you have an idea of Ustilago with uterine fibroids: they can be the kind of fibroids that get very large with heavy bleeding. "Profuse, with gushes of bright-red blood when rising from a seat, or after having been startled or frightened. No flow of menses when lying still, but clots and water pass out on getting up; feels so full in uterus that she must rise to get rid of clots; flowed fearfully during night."

"The distinctive and particular symptoms include the well-known left-sided ovarian pain - ovarian and uterine pain extending to the right side, down the leg, and into the groin and thigh. These symptoms are among the most characteristic of the remedy in the pelvic area."

"Bearing down, as if everything would come from her. Uterus as if drawn into a knot. Great depression of spirits."

Sabina

I will briefly mention one other remedy to consider with uterine fibroids. As you read, you will probably realize that many of the remedies have similar symptoms when it comes to certain conditions and that the choice of remedy may depend on another aspect of health. Sabina could be one of those remedies. As with Ustilago and Trillium, it can have the fibroids with heavy, bright red gushing bleeding with clots. Unlike Ustilago though, Sabina's uterine symptoms can be concomitant (together with) with "arthritic pains and swelling, goutiness in the joints especially the toe or wrist, although all joints, can be stiff with tearing pain, which are better for the warmth of bed."

The bleeding is sometimes better for walking about, yet can be worse for the least motion. This will also help you to decide which remedy can be helpful when there are many to choose from: figuring out what makes the symptom better or worse can make the difference between choosing one remedy over another and if you are not sure, you can always consult with your homeopath.

From Judyth Reichenberg-Ullman's book Whole Woman Homeopathy:

Sabina can be "highly irritable and anxious with extreme sensitivity to music and noise. Hot blooded with inflamed joints and heel problems. Worse for heat and at night. Better for cold and can crave sour, juicy, refreshing things."

Pet Corner with Alison Merritt Urinary Problems

A Urinary Tract blockage where no urine is able to be passed is an EMERGENCY situation and the animal should be taken to a veterinarian IMMEDIATELY. This is a life-threatening condition since the body continues to make urine, and with no outlet for it, the bladder can continue to swell until it ruptures, resulting in a very painful death. Because the urine has nowhere else to go, it backs up in the urinary system and the kidneys begin to shut down, with the end result being kidney failure. Kidney tissue does not regenerate, so any cells that die are gone forever. Thus, prompt emergency care is essential.

There are, however, some homeopathic remedies that may be useful to attempt to restore urination. If the animal is bright and alert these can be tried for a short time at home or on the way to the veterinarian, but if no urine is passed within an hour have the case treated as an emergency by a vet. Once the acute episode is over, one might consider consulting a

homeopath to find a remedy to treat the animal at the constitutional level, which would help to reduce the chances of future episodes.

Remedies can also be extremely useful in treating the symptoms of a bladder infection, or cystitis. In addition to homeopathic remedies for this condition, cranberry extract is a supplement that should be considered, as it has been shown to discourage the attachment of bacteria to the bladder wall. Remedies can be given as often as needed in acute situations, and it is not unusual to give a dose 4 times a day (or even more often if required) in these cases. Reduce the frequency as the animal improves, and gradually taper off after the condition has returned to normal for a few days.

Remedies to consider for URINARY BLOCKAGE or RETENTION include:

Thlaspi bursa pastoris 6C (known herbally as Shepherd's Purse) - has a reputation for unblocking obstruction of the urethra. May be useful for chronic cystitis with phosphate crystals. Urine sediment may be reddish, 'like brick dust'. Urine 'runs away in little jets'. George MacLeod and Christopher Day indicate it is useful for sabulous plugs (mucous and crystals), making it a potentially helpful remedy in FUS.

Sabal serrulata 6C (commonly known herbally as Saw Palmetto) - has been called the 'homeopathic catheter' or 'plant catheter' as it has a reputation for restoring urine flow without having to resort to catheterization. 'Feeling as of a stricture about two inches down urethra'. Dislikes sympathy, makes him angry.

Nux-vomica 6C or 30C (*Colubrina*) - also good for FUS, animal will likely be irritable, may be sensitive to noise, touch or light, may have an itchy genital area. Also useful where there has been a history of antibiotic or drug use, or bladder paralysis following surgery. Straining and frequent attempts at urination with little or no urine passed. Spasmodic urethral stricture, painful ineffective urging to urinate.

Staphysagria 30C - especially useful when the animal has been catheterized and obstructs again, or where there is

resentment. Urination may be a small stream or drop by drop.
Urging as if the bladder had not emptied after urination.
Burning in the urethra when not urinating.

Coccus-cacti - if the urethra is obstructed by a blood clot. Kidney region may be painful to pressure.

Apis 30C - unable to pass urine due to swelling of the tissues, last drops burn. Worse from heat in any form, from pressure and touch. Fussy and fidgety, hard to please.

Belladonna 30C - acute urinary infections, small amount of urine loaded with phosphates, straining, blood in the urine when no pathological reason can be found.

For FUS or FLUTD (Feline Urologic Syndrome / Feline Lower Urinary Tract Disease)

There is good information on this common cat problem at <http://www.holisticcat.com/fus.html>

Lycopodium 12C or 30C - this remedy has an affinity for the liver which is implicated in cases of urinary tract crystals. Typically these will be struvite (sometimes called triple phosphate, which commonly occur in alkaline urine and/or in the presence of a bladder infection). Usually anxious, may be timid in new surroundings but bossy when comfortable. There may be digestive problems either with the urinary problem or at other times. Particularly useful for older animals, especially when they look old and wrinkled.

For CYSTITIS

Sarsparilla 30C - symptoms are worse at the end of urination, with blood or mucus passing after urination is finished. Painful urination, may cry before or at the end of urinating.
May pass urine more easily when standing, but urine flows freely at night in bed. May dribble after urination or while sitting. Urine passes in thin feeble stream. Urine passed drop by drop.

Cantharis 30C - very commonly used in cystitis cases - often there is pain after urinating, and there may be blood.

Usually there is almost constant desire to urinate, and there is painful violent straining.

Causticum 30C - useful especially in older animals, there may be leaking of urine while walking and difficulty starting urination. It may be caused by over-distension of the bladder. Often useful following Cantharis in the acute stage.

Pulsatilla 30C - either acute or chronic cystitis, usually timid and clingy. Urging may be worse when lying down. Usually thirstless, sweet animals that need lots of attention, may want to be carried or held. 'Stricture, urine passed only in drops and stream interrupted'.

Urtica urens 6X - cystitis with frequent urging and small amounts of urine passed. Helps to increase urine output which will aid in flushing crystals.

Equisetum 30C - pain is not relieved by passing urine. Frequent urination especially at night.

To try to prevent recurrence of crystals:

Hydrangea 30C - good for FUS with bladder gravel and mucus. Usually thirsty. There may be difficulty in starting to urinate but there is then no pain nor difficulty in passing urine. May be soreness over the kidney area. Dr. MacLeod suggests once daily for 21 days.

Berberis 12C - kidney stones, crystals and cystitis. There may be blood or mucus, with frequent urging. Pains are radiating, so the lower back and abdomen are usually tender and there may be pains in the thighs and loins when urinating. Movement aggravates. Urethra burns during urination, bladder feels as though some urine remains after urinating. The urine may be red. Dr. MacLeod suggests giving twice daily for 21 days.

A change in diet may be useful, and the animal should be kept well hydrated. This may be accomplished by adding water to the food. There is some suggestion that distilled water, which has no minerals in it, may also be of use. Constitutional homeopathic care should also be considered, as this can help to limit the production of urinary crystals, calculi and stones by

supporting the metabolism of the particular individual animal.

The following books have good sections on urinary problems.

Cats: Homoeopathic Remedies and Dogs: Homoeopathic Remedies by George MacLeod MRCVS, DVSM, VetFFHOM

Homoeopathic Care for Cats and Dogs by Don Hamilton, DVM

The Homoeopathic Treatment of Small Animals by Christopher Day MA, VetMB, VetFFHom, MRCVS

Homoeopathic Medicine for Dogs by H.G. Wolff MVSC

An excellent Materia Medica is Materia Medica of Homoeopathic Medicines, Dr. S.R. Phatak

They are available from Minimum Price <http://tinyurl.com/6dyb9> or WholeHealthNow <http://www.wholehealthnow.com/books>

Home Tips: Resources for Home Prescribing

1. Request an introductory mail out information package. powers4@telusplanet.net

2. Helpful websites about homeopathy and homeopathy/women's conditions:

<http://tinyurl.com/4hcap> Society of Homeopaths Leaflet "Homeopathy Simply Explained" and "A Fresh Look at Menopause"

<http://www.wchs.info/AboutHomeopathy.htm> West Coast Homeopathic Society "About Homeopathy"

<http://www.tinyurl.com/6m66x> Miranda Castro "Finding the Right Homeopath for You"

Dr. Feder website <http://www.drfeder.com/women/homeopathy-pms.htm>

Judyth Reichenberg-Ullman's Whole Woman Homeopathy <http://tinyurl.com/7ozov>

Helpful websites about women's health/uterine conditions:

Dr. Christiane Northrup's website is chock full of great information! She also has a monthly email newsletter that you might like to receive. www.drnorthrup.com

A Friend Indeed

Interview with Janine O'Leary Cobb

<http://www.afriendindeed.ca/anniversary.htm>

What the Experts are Saying: HRT

<http://www.afriendindeed.ca/experts.htm>

and on the Friend Indeed Website, be absolutely sure to check on the latest information about HRT (Hormone Replacement Therapy)

http://www.afriendindeed.ca/hot_flashes.htm

Vicky White's recent ezine on Feng Shui and Health gives you some excellent ideas on how to make changes in your external environment that will help you create space in your life for better health.

<http://lifedesignstrategies.com/ezine/Aug05.html>

3. Homeopathic books. Everybody's Guide to Homeopathic Medicine by Dana Ullman. A great first home prescribing book to have on hand. To order, go to:

<http://tinyurl.com/6dyb9>

Whole Woman Homeopathy by Judyth Reichenberg-Ullman

<http://tinyurl.com/6dyb9>

Homeopathy for Pregnancy, Birth and Baby's First Year by

Miranda Castro <http://tinyurl.com/6dyb9>

Women Ripening Through the Menopause by Melissa Assilem

<http://tinyurl.com/6dyb9>

4. Take a homeopathic first aid course. Right now, classes are in Calgary where I live but watch for the announcement about first aid classes by teleclass...my next big step into the world of phone technology and cyberspace support. I'm really excited about being able to offer this to newsletter readers! Check out some of the websites already recommended and there may be a homeopath in your area already offering classes!

In the meantime, Sherri Nakken offers classes using email. Here are the web links for her homeopathy classes:

<http://www.nccn.net/~wwithin/vaccine.htm>

A Homeopathy and Vaccine Awareness class.

<http://www.nccn.net/~wwithin/homeo.htm>

A 2.5 month Homeopathy Basics class. You can contact Sherri at homeopathycures@tesco.net

5. CUSTOM REMEDY KITS! Alison has designed a compact remedy case that is functional and pretty! Easy to fit into a fanny pack for hikes, walks and bike rides, the 5 remedy

