

# A Non-Toxic Granule of Protection

An Alternative to Conventional Vaccination

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## DOING THE RIGHT THING

As a parent, you always want to do the ‘right thing’ for your child, and if there is something that can help prevent illness, you’re willing to do whatever it takes. You make sure that your babies and young children eat well, get plenty of sleep (some nights!), enjoy lots of fresh air and exercise; you enrich their lives with music, dance, art, and sign language or a second language, and in my day and age (early 80’s), a ‘good’ parent vaccinated. No questions asked. In the 80’s, you trusted your doctors to know what was best in terms of your child’s health. (Truth be told, my husband and I hated the whole idea of our babies being poked and made to cry, but we did what we thought was best at the time.)



An alternative to vaccination? There wasn’t one that we knew or heard of, and it did not occur to us that it would be OK for our kids to have the same illnesses that we had as children (measles, mumps, rubella, chicken pox). As young parents today, you do have a choice! You can make an informed decision about whether:

- to vaccinate conventionally (which may have damaging long-term health consequences),
- to be vaccine free and use homeopathy to treat the illnesses, or
- to use homeopathy instead of conventional vaccines.

Maybe you have even heard the name mentioned in parenting groups and chat rooms...Homeoprophylaxis or to keep it simple, HP.

## JUST A SPOONFUL OF SUGAR

Not quite a spoonful of sugar but a tiny milk-sugar granule of homeopathic prevention for contagious disease! 24 years of published research from Dr. Isaac Golden and 250 years of homeopathy being used as prevention in infectious disease epidemics are compelling evidence that there is an alternative to vaccination that is safe, non-toxic, and it works.

This article is all about homeoprophylaxis and where to find reliable information on what it is, how it works, and what research is current.

## DOES HP WORK?

In a word... Yes, according to [Dr. Isaac Golden's](#) extensive research. (Dr. Isaac Golden's 7th-edition and most recent of his book *Vaccination & Homeoprophylaxis?: A Review of Risk and Alternatives* is a must-read if you are considering using HP as an alternative to vaccinating your child for any or all of the infectious illnesses currently on the vaccine schedule. You can order it from his website or from one of the homeopathic booksellers listed in the Resources section at the end of the newsletter.)

One of the concerns within the homeopathic community, though, is the question of whether or not HP 'lasts' a lifetime. Even vaccinations do not 'last,' and 'booster shots' are being given routinely to high school and university-age young adults. Vaccination does not mean immunity. As a rule, only an encounter with an infectious disease will confer lifelong immunity. Dr. Golden's protocol, similar to the vaccine boosters, has the HP given over a long period of time, well into school age.

## TO HAVE THE ILLNESS OR NOT?

Some homeopaths are of the opinion that it is preferable for a child to actually have the illness and, therefore, acquire life long immunity to the infectious disease (much like I had measles, mumps, rubella, etc. as a child in the 1960's). But there are some illnesses, such as whooping cough, that can have extremely serious complications in babies under a year old. HP can be a reassuring alternative if being vaccine free is the first choice in your family. Dr. Golden addresses all of these concerns in his book. He is fair and non-judgmental as regards an individual's choice.

## WHERE I STAND WITH HP

My first choice is that you and your baby/child see a classically trained homeopath to determine what is the best single homeopathic remedy to support your child ‘constitutionally’, a remedy that supports the immune system and health of the child overall. This is the ideal situation. If you have an extremely healthy baby, this may be a challenge...in a good way! But most babies come into the world with strong preferences that get expressed quite visibly (e.g. whether they breastfeed/eat a little or a lot, perspiration as some babies are born hot and sweaty while others love warmth because they are on the chilly side).

*“Some homeopaths...conclude that it is desirable to allow a child to contract a disease and treat the disease according to the Law of Similars.*

*This argument is appealing in theory, and can be sustained where both parents and practitioners wish to follow this approach. However, there are complications in practice:*

*(a) Some diseases can be tragically severe in tiny infants, even with reasonable treatment. In the case of whooping cough, for example, I would rather prevent this disease in a three-month-old infant than have to treat it. I would certainly see prevention of meningococcal disease as a far better option than treatment, as the disease can be rapidly fatal.*

*Without doubting the effectiveness of homeopathic treatment such treatment presumes that an accurate prescriber is locally available, and somewhat ignores the suffering for both child and parents while treatment occurs.*

*(b) Many parents are not impressed with the argument that a child should be allowed to contract every disease and, if no alternative method of protection is offered, they will resort to conventional vaccination.*

*Although it may be appropriate to express one’s views concerning the value of treatment rather than protection, hopefully very few practitioners would refuse to offer assistance to parents who disagreed with what those parents might see as a theoretical or unrealistic option.”*

Babies express preferences on how they are held and burped, and may have sensitivities to noise, light, and motion. You know your baby’s preferences best!





If, after reading and doing your research, you want the whole HP program, your homeopath can provide that. I suggest the protocol as set out by Dr. Golden, which includes Pertussin (whooping cough), Pneumococcal (pneumonia), Lathyrus (Polio), Haemophilis (HiB), Meningococcal (Meningitis), and Tetanus. Other nosodes are available (Measles, Mumps, Rubella, Chickenpox), but homeopathy can be very effective and keep the most uncomfortable symptoms of infectious viral illnesses to a minimum.

Plus...you can have your own at-home kit for prevention and in the event of an outbreak (e.g. there was an outbreak of mumps in the 25-year-old age group here in Alberta. Both my adult male children did not want to risk getting mumps, but also did not want to take the vaccine which was recalled because of too many anaphylactic reactions to the vaccine...students quit breathing right on the spot. We were able to use homeopathy as prevention that time.)

If you want an individualized program, your homeopath can arrange that as well.

## RESOURCES AND LINKS

<http://www.homstudy.net/Research/>

Dr. Isaac Golden's website. He is the 'go to' guy for HP. He offers a free intro course for parents on HP.

<https://www.ncbi.nlm.nih.gov/pubmed/20674839>

National Center for Biotechnology Information: Published Scholarly Research on Leptospirosis Outbreaks in Cuba and the Use of Homeopathic Nosodes

“CONCLUSION: The homeoprophylactic approach was associated with a large reduction of disease incidence and control of the epidemic. The results suggest the use of HP as a feasible tool for epidemic control, further research is warranted.”

<http://www.homeopathyworldcommunity.com/group/health-inn/forum/topics/dr-isaac-golden-december-17-2012-homeoprophylaxis>

Homeopathy World Community has excellent interviews, articles, archived radio blogs, and information...check it out!

So many more options than when I was a young parent! My hope is that this information will help you understand HP, so you can make safe, non-toxic choices for your precious little ones.

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Thank you for being a part of creating a natural, safe, non-toxic world with homeopathic remedies.

Yours in health and healing,

*Donna Powers*

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