

## **Anne's Intro Video to Homeopathy**

### **November 23, 2021**

I'm Anne Hajek. (Prayer) I got into homeopathy about 13 years ago when I discovered it for myself. We have three adopted kids (adopted at ages 1 ½ and 2 ½) and they had a lot of trauma history. My oldest daughter was the most hyper kid you have seen on the planet (laughter) and when she was in kindergarten her teacher called and said we're going to have to do something. The teacher was crying every day – my daughter was sweet, but because of how difficult she was and she was all over the place. At that point I had no choice but to find meds.

From there, I discovered naturopathy and went down that route. Paying for the appointments was one thing, but we were paying 300 or 400 dollars a month paying for supplements. And it was “try this and wait six months and see if it works” and I thought I don't have six months and the naturopath was across town so we stopped doing that and waited for something else. I ran into someone who talked about homeopathy. I didn't know what it was and I didn't care what it was; I just knew it was natural. We tried it with a homeopath who lived very near to us. After the couple of hours' appointment, the homeopath asked if Anne knew anything about homeopathy (which Anne didn't but she didn't care; she just knew homeopathy was natural and if it fixed the problem, Anne didn't care.) And then the homeopath said something which seemed strange to Anne: “When you guys start getting sick this winter, give me a call.” Anne thought, “I really don't know what that means.” But she filed it away in her memory.

I (Anne) started Maria (Anne's daughter) on her remedy right away, Typically with constitutional care, most often, you give three doses in 24 hours. We did that. And then you just wait. The body takes time to heal. And she was still taking her daily med in the morning... and it was a stimulant, and those do not buildup in your system like an antidepressant. If you miss it you see that you missed it because they're all over the place. A couple of weeks later, I forgot her med and she was no different than the day before and I was like: “Oh my gosh, what is this?” Before this, if she had forgotten, for every sound and thought she had she could have split in two... so distractible. So, she was no different and that was the last day ever that she took those meds. I was like: this is interesting and how did that happen? And these little pellets dissolve in your mouth. I mean, we'll never know how it works. That was pretty amazing, and then a couple of weeks later my

son, my youngest, got a deep chest cough. Started out as a cough... I've never been one to run to the doctor; I never liked antibiotics. You know, we'll deal with it. But it turned into a deep chest cough. I'm like this doesn't sound very good. What am I gonna do? What are they gonna do? Are they gonna' help? You know, you just don't know. Oh yah. My homeopath said to call her. I'm gonna' try that. See what she meant. So she told me we lived near a coop, thankfully. So she told what remedy to go get. I gave that to him and, within max of two hours, the cough was just a regular cough. No more deep chest cough. Just the regular cold; no big deal and I was like OK what is this. And he was at that time like every month or two he would get that kind of a cold and a cough. It was just his thing. And then... that was the Saturday after Thanksgiving and on the Monday after Thanksgiving I got this horrific sinus infection and I had just started getting them about a year before that. I had never had one before than in my life and I was on antibiotics for six weeks. My face felt like it was going to fall off for at least two weeks. And I went in because I thought I was gonna' die. After a week I was like I'm not getting any better. I don't know what this is and my brother finally said, "I think you have a sinus infection. You should go in." And a week after I started the antibiotics, I didn't have any relief, and they say call your doctor. So I did and: "Oh it just takes a while for the antibiotics to find out where that infection is in your body. Just be patient." I'm like, I've got kids here that are 4 and 5 years old. Ah! Who's got time for that? You're dying. So I called my homeopath again and she gave me a remedy and immediately, IMMEDIATELY, everything just started draining. I still had the cold but the pain and the sinus issue just drained. And I was like: OK, what is this? Because after the six weeks of antibiotics, I was on them again with another sinus infection and I thought here's what my life's gonna' be now. So that was my introduction to it. I was hooked. I was in school the following Fall. So thankfully we have a school here and there was a new class starting that following Fall and I was in it. So everything I could get my hands on to learn, to do and to read. My poor homeopath I bugged the crap out of her too. (laughter) And she was a good teacher and that was helpful. So that is how I got into homeopathy. Our school here is for four years and then I started my practice. That's what I have been doing ever since. And treating our kids that way. The more you treat homeopathically, the stronger your immune system becomes.

\*History of homeopathy – Dr. Samuel Hahnemann, born in 1755 was an MD and he realized that doctors were doing more harm than good. And he said, "I can't do

this anymore. I can't practice." He was also a chemist and a linguist (11 languages). In order to support his family, he started translating medical books. And in doing that, he came across writings of St. Hildegard von Bingen among many other writers of the past hundreds of centuries. She was in the 11<sup>th</sup> century. He started to come across concepts such as dilution and succussion... and I don't know how people come up with any of their breakthroughs like this. At the time, they were also treating malaria with cinchona leaves. And he wondered why that was working. So he ate a cinchona leaf and he developed all the symptoms of malaria. So he realized that "like cures like" which is what homeopathy needs. What a substance will cause is what it will cure. So then he started to wonder how much of the substance he should take to not cause the symptoms. How do you take the right amount? He got down smaller and smaller and smaller until it was a very tiny amount. SO, you take a substance like cinchona leaves, grind it up and you take one part of what is in that mortar and pestle to 99 parts alcohol and that is 1C. Then they succuss it by hitting in on a hard surface and they do so between titrations. So, the next part is taking 1 part of the 1C to 99 parts water and that's 2C. So they're diluting this every time you get farther along. Your low potencies that are the most common ones, such as the low potency kit on my site that is 30C. The further that you dilute the substance, the stronger it gets and it makes no sense to our human minds, but you can never have a disease that's stronger than a remedy. You can't outdo it. You can dilute to infinity, so there's never anything that can come along that would be stronger than a remedy. And it's not even common to use that high of a potency, even when they had ebola and black plague. Now, today, I don't know if the crazy stuff is coming at us. But still, once again, the disease cannot be stronger than the medicine. It's impossible.

The majority of remedies are made from plants, minerals and animals. And so, even to supply the world even to the end of time with remedies... we probably have enough on our earth right now. So you don't have to destroy the entire world... you don't even have to cut down a tree to supply it with that particular remedy. So *Arborvitae*, *Thuja* (and he used the Latin word) so that in every language you can talk to somebody that's French, German, Indian, whatever, they all know *Thuja* as it's the same word. So he used this universal language of Latin to name the remedies. You would need this entire tree to provide the entire world if all needed this same remedy. It's mind boggling. God's Ways are not our ways. The only thing that makes sense is that he would do it like that.

So then we come to dosing. What I tell people in general with homeopathy, you have to take your brain apart and put it back together because nothing about it is like conventional medicine. The only thing that I could relate a little bit is that you have a low potency kit and a high potency kit and you do need both potencies. It's kinda like saying you could take baby aspirin to deal with a migraine – for a lower potency – (That's a bad correlation.) but you can't just double a remedy potency like you can take additional, like 1-4 Advil. You can kinda' think about dosing as your low potency kit is 1 Advil and the higher potency is 4. You wouldn't take 4 Advil for a minor thing and you wouldn't take 1 for a major thing. You especially want both kits for the future, especially when you don't have any other options.

For constitutional dosing, like I did with my daughter, you give three doses in 24 hours and you wait a month (4-6 weeks)... you watch and wait because the remedy is working. It's kinda like the Holy Spirit. It is very gentle; it is not like a sledgehammer. And as it works, it continues to heal the body and you will notice something (a change). With acutes it's much different from that. With acutes – like my son, Jack, when he had his cough and it was a deep chest cough – it was within 2 hours that it was gone and it was then just a plain cough. Ear infections for the kids... My son woke up crying one night and it was a horrible ear infection. Luckily I was far enough into school that I knew what to give him. I gave him a remedy; ear pain was completely gone and he went to sleep and that was that. With kids the worst thing is throwing up, especially in the middle of the night. Give 'em a remedy and they're done. They go back to sleep. They're fine the next day. So when you have the right remedy, acute remedies work very quickly... just like when I had the sinus infection and, immediately, it started draining. I used the higher potencies those first few times; then I used a lower potency and it was just gone.

There's the law of the minimum dose. Always start with the 30C, unless something is very intense, e.g. pain wise, and then go to 200C. (shows a vial of a remedy with the pellet size as used in Boiron tubes.) The remedy's medicine is on the surface of each pellet and they are plain sugar pellets. (Anne demonstrates how to dispense the remedy.) Be careful not to touch the outside of the pellet. You only need one. (BH note: Some homeopaths advise taking 3-6 of the very small pellets, just in case those tinier ones may have been missed when applying the liquid medicine.) How much you take at one time is a dose. So you could take the whole bottle or take one pellet. I prefer to conserve, so I always like one pellet,

but 1-2 is plenty. (Anne speaks to the various pellet sizes. It's more cost effective to order smaller pellets.) As soon as the pellets hit your tongue, the remedy is in your system. It's hard to get only one pellet in the cap. So I usually say: 2-6. And then just pour them in your mouth.

For example, you have a whiney, crabby baby who's arching their back, maybe screaming, maybe they want their nookie and you hand it to them and they throw it or you pick them up and they arch their back. You guys know the deal with teething babies... chamomilla is the #1 remedy for that. You pop that pellet under their tongue and, literally, they'll smile immediately; their pain is gone; their crabbiness is gone, maybe because the pain is gone, but it deals with all of that, instantly, and it's not harmful, but it's in their body immediately. You put it on the tongue and just let it dissolve. In fact, it works at any time, at any age for someone who's precocious like that and they want something and they throw it or they just don't want it once you give it to them; they're crabby and whiney and carrying on. But mostly we use it for the teething ages. And it can be if you have a tooth issue that is painful, even as an adult. Maybe you're crabby too.

Maybe for a baby you put the pellet in a cup of water and once you do, the entire cup is the remedy and you can take a drop and put it on their lip and it's in their body. For our dogs, I'll put it on their nose or they'll drink out of the cup. So even if someone is not conscious, you can get a remedy in their body... such as a bee sting or some kind of anaphylactic shock. And, then, the remedies move your body to heal. So like I said the first few times I had a sinus infection after I learned about homeopathy, I used a higher potency and had a bigger cold that went with it. Every time we have all taken meds and immunizations, it actually pushes that disease or illness symptom further into your body. Example: If you have a baby that has eczema and you start giving them steroids, or whatever the doctors put them on, that will usually get symptoms pushed inside and suppressed which will come out as asthma... that child will develop asthma.

With the rest of us concerning the things we've dealt with in our lifetimes, we may say: "Yay! I don't have that symptom anymore." Maybe it was eczema and now you have asthma. If you start thinking back over your life, you'll start seeing that kind of trail. Sometimes intuitively you know thinking something like: "Now I don't have allergies anymore, but now I have migraines." It was probably due to meds. So when you start taking remedies, it tells your body what to do to start to heal.

It's also healing what we've all suppressed throughout our lifetime. When I had my first sinus infection I used a really high potency, a 1M. Now I usually use 30C. Usually, I'll feel some sinus pressure coming on; I'll take my 30C remedy and off I go. It's just done. It doesn't even manifest as this giant cold that it used to do. So remedies strengthen your immune system every time you take them.

What you can also see, especially in the beginning when you treat acutes, and what you want to see is a fever. Fevers are our body's natural way to heal. So when you take a remedy and you get a fever, that's actually a good sign. Let's say I have a fever right now. I'm functioning fine. I feel fine. Then, let my body do what it's doing. You may have a child who's running around playing with a fever. Let them do so. Don't suppress it with meds. What you want to look for is how they are acting. Are they eating? Are they drinking? Are they playing? Let it go. If the fever is getting too high or the child is becoming lethargic or their behavior's not right or they're not eating, that's when you want to get a remedy involved to help them get through this acute. But fevers are not bad. A hundred? Who cares? Even 102... unless you feel horrific, and adults feel it way more than children, so that's when you want to get a remedy.

Basically, post-covid, I don't think anything we've ever been taught by anybody... everything, including suppressing the fever from the beginning... when you suppress a fever after a vaccination, you are very likely to have a bad vaccine injury, whether you see it immediately or not. They've just been setting us up for such a long time. Fevers ARE your friend and remedies are there to support you to get through that. It IS our natural body's cycle to be well and then get sick... That's how God designed it. There are actually receptors on our cells for these viruses and diseases. Hahnemann actually said that this happened when we left the Garden of Eden. If you are a freaked-out about fevers, you're gonna' have to counsel yourself. We have remedies that will probably help. As we say in the homeopathic world people either have anxiety for health issues or they don't. Having faith helps, but we all have tendencies to a certain degree for certain types of fears.

I wouldn't try using constitutional remedies right now. Personally, I would work on just acutes. We'll start next week with Introduction to Homeopathy with your kit.

A good beginning book recommended by Mick and Anne: **Homeopathy: An A to Z Home Handbook** by Alan Schumkler. [BH note: Although, after recommending this great book (which remains a great resource), the CORAC H&W committee members recommend another excellent beginning resource which recently became available and which a CORAC pilot study group used: **The Best Family: Homeopathy Acute Care Manual: Guide to First Aid and Acute Family Therapeutics** by Kate Birch.] (BH: Anne, personally, recommends not going beyond the beginning book for a long time. She then demonstrates how to use the book as a resource.)

For any acute you're gonna' have typically 10-20 remedies which could be used. Samuel Hahnemann said: "how do you know just what is going on in your body at any minute? You don't." You can't see it; you don't know, so we go by symptoms. We go by what we can see and by what we can measure. We don't go on diagnosis, we go by what your symptoms are. (BH: When you refer to, for example, "cough" in the book, you'll see particular details related to describing the kind of cough that matches a certain remedy.) When you take a remedy and fall asleep, that sleep is what you need when taking a remedy. But we'll have 10-20 remedies for each ailment and that's why it gets complicated.

(Anne looks through the book) I'm going to give you some examples. Under cold, Aconite: whatever ailment comes on after somebody's been out in a strong wind. Where have you heard that? Never. Not from a book or a doctor, but you know after being out in a strong wind, you don't feel good. Take Aconite, whether it's a cold or a flu or whatever you're feeling. He (Schumkler) also gives a few other descriptions for why you would use that. SO don't say Aconite is only a flu and cold remedy. Aconite is for a LOT of different things. (Anne looks at the book and says) So all of these remedies we call "polycrest." They're the first 150 that Samuel Hahnemann came up with and they have had the most testing done. And that is where they have the most information with pages and pages. So it's Aconite if you have a fear of death and dying, like an acute fear. If that's how you live every minute of your life, you want to take that remedy. I hate flying. I feel like I'm gonna' die; the plane's gonna' crash. It's not normal, all that metal in the air. You know what my husband says? It's just physics. And I'm like: We're gonna' die. We're gonna' die. So I was in class and one of my friends, a colleague, has a husband who takes her on these adventurous trips. On one hand, she was not happy about it at all. They were going to do cliff diving and cave exploring and you

go under water. Sounds terrifying and she was terrified, so she took Aconite and then she wasn't scared they were going to die doing these things. And when she said that, I thought: I'm going to take that when I go on a plane. And, of course, at first I took a higher potency and I don't think I even have to take it now, but it is in the back of my head if I ever get too worried about the plane going down. It's still not natural and I don't like it.

Question: "Where in the book do you find 'coughing?'" Anne: That's a good question. He's got "common cold" in this particular book. I have another more complicated book. Maybe Mick would be better to answer that question. (Mick volunteers to go look in the book, while Anne continues.) He's even got a little repertory in the book. This is a good deal for the price.

If you have a cough and you've looked to match your symptoms with a remedy, e.g. let's say you have a cough and you just can't cough something up... (Discussion about potency changing on your own. It is a LOT of work. Better to let the professional change the potencies as they're produced.) The remedy is usually Causticum. But let's say, for example, that you first tried Kali Carb and it didn't change anything. When working with an acute, you take up to three doses to see if it's the right remedy. If by the third dose you notice no change – I usually recommend dosing every 15 minutes... and I do this because if it's the right one your cough will go away, depending on your immune system... and that's what I want; I don't want to wait til tomorrow – if you cannot say it's better or you're not sure, then it's not the right match. For example, when my little 3 year old boy was 3, we had gone to visit friends in Wisconsin and he was lethargic in the restaurant; he wasn't eating anything and not feeling good, so I took him to the car and he was burning up on that 90 degree day and tears were coming down his face and he did have a cough and he had a hard time breathing and he sounded croupy. I know the doctor will do nothing other than tell me to go home and have him stick his head in a hot shower. For croup, the main remedies are Aconite, Spongia and Hepar Sulph. Burning up feelings usually need Belladonna, so I gave him that and asked how he felt but he said nothing. I may have given him Aconite first. But I then gave him Spongia and as soon as it hit his mouth, he breathed a sigh of relief, stopped the crying and he could breathe. Just like that. He's 3 and couldn't tell me a whole lot, but I asked if it was better and he could say yes. And that's how fast they work and it was just 30C. For the rest of the day and into the evening, every time that kid coughed, even in the night, I got a pellet in his mouth and he went



back to sleep. He was running around playing the next day and was back in pre-school on Monday. That was how fast it worked. If you have the right remedy, you will see a result very quickly. I give people 15-30 minutes to see a change, but often, you see it in less time than that. Even if someone says they're not sure if there was a change, that's a clue that it's not the correct remedy. If say, your husband or your child is not very good at giving information, I will use the 1-10 scale when asking questions about symptoms, checking before the remedy and after. You might go back to the book and find that Causticum would be a better remedy. Then, usually, when you take it you just cough up all sorts of stuff. You'll typically, then, just have your regular cold. The longer you use remedies, the less you'll have a cold after that. It will probably take you a couple of years to get to that point, depending on how many meds and immunizations you have had over the years. But this is what you want to see when you give someone a remedy. In Schmukler's book there is no reference to "cough." You have to look under: cold, flu or pneumonia. He's got what's called a repertory in the back where you can look up symptoms. (Discussion as Anne looks up symptoms in the book.) So you would cross reference your symptoms in the back as well. This is a mini repertory. I have a bigger book with lots of cross references, but it's a lot more complicated so I wouldn't recommend that right now.

Question (Q?)How do you know which symptom it is?

Anne (A):I would start with cold, croup and flu.

Q? What is a good remedy for a canker sore?

A: That's a loaded question. Typically Nut Mur 30C is the most common one. I would take a dose and see how long that lasts to improve it. It does depend on your situation on the dosing. It could be one dose or repeated doses. I would not go below a 30C.

A: Kristi said p.34-35 for "coughs" under bronchitis. Thank you. I haven't gone through all of this book, but I like how simple it is and how inexpensive too and he's a very good homeopath as well.

I've got kits on the website. I've got high potency (200C) and low potency (30C) and you need both. If you only want to get one at this time, I would recommend the high potency because 30C are available at some stores so they're a lot easier to get and you could add them as you go and you don't want to take a high when

you only need a low, but the right remedy potency is what you have on hand and you will learn to take less doses if it's a higher potency and that's what you have. I have a covid preventative kit and a covid preventative kit with smallpox. Because I don't want to put on the internet what they actually are, you can tell by the letters used. These can be ordered and go out within a week of being ordered. Kits will continue to be made, unless I gray out that item. I also added a pregnancy kit which is for issues with pregnancy, delivery and beyond. .. postpartum issues, baby issues and even post-delivery issues.

I will continue to do classes throughout 2022. Keep watching my website: <http://www.hajekhomeopathy.com/> (BH note: all the classes have been recorded and are on the CORAC website.) It takes a long time to take your brain apart and put it back together to use homeopathy, so don't beat yourself up; don't think you're never gonna' get it. It IS overwhelming. My gosh after two years of school and we were doing clinicals at school we were all: Oh my gosh! How're we gonna do this? Acutes are really hard; they're really hard. I did a lot of acutes and had kids to practice on all the time. When you have that, you get a lot better at it. If it's just you and your spouse and you don't have a lot of people to practice on, it takes a while longer to figure it out. So be patient with yourself and, I would say, pray and ask God to give you patience and guidance because it takes a while; it's not simple. He didn't make it simple; He made it good. But I'll tell you, it was a lot easier before all the interruption of meds and immunizations.

Going back to something I forgot to mention, when Samuel Hahnemann started homeopathy, he started teaching it to all his doctor colleagues. You could not be a homeopath unless you were a medical doctor first. That remained the case until the early 1900's. Around 1935 ish, when sulfa drugs and surgery became widely available, the AMA did not allow homeopathy anymore. A third of our hospitals in the US were homeopathic hospitals. Then the AMA – with big pharma – said you could not be a homeopath and a medical doctor. You could not be married to a homeopath and keep your medical license. And that almost crushed homeopathy in the United States. In the rest of the world, it survived much better. But with that big pharma invasion, when we had symptoms and took meds, what other choice did we have? What else did we know? But this suppresses those symptoms. This makes it harder to treat someone homeopathically. There's a very prominent homeopath, Dr. George Vithoulkas, who came to the US in the early-mid 80's to start a homeopathy practice BUT he left because it was so complicated to treat

people in our country at that time because of all the suppression we had so Dr. V said it was too difficult to get a remedy picture where you could fairly easily identify what remedy somebody would need. Meds had interfered with us.

Q? Can you make a 30C potency into a 200C potency by taking more of the 30C remedy?

A: No. If you need a higher potency, you need the higher potency. But keep in mind the law of minimum dose, where you take the lowest potency possible if it's effective. You do need a 30C kit and a 200C kit. You don't want to give a higher dose for a minor situation. Lower potencies CAN work faster than higher potencies, but it's complicated because it depends. IN dealing with acutes, most of the time for us, I will use a 30C because we've been using remedies for 10 years. The kids respond faster because they've hardly had any meds and they use less remedy whereas my husband and I need more remedy, such as when we all had covid a year ago. Maria had stuffy nose and sniffles for a week and didn't need a thing and she was 16 at the time. Charlie who was 15 needed a remedy for lethargy as he was always tired. He needed Gelsemium which is for lethargy and feeling heavy, whether it's a headache, cold, flu, cough, whatever. That's how he felt and I gave him a dose; he went to bed and was fine the next day. My other son who was 10 at the time coughed once and I gave him the remedy I always give him for a cough. (Anne then suggested that people use the blank inside cover of the book to write the family member's name and the common remedies they use. Anne writes in pencil in the event there's some switching around in remedies. You can differentiate and note: "Flu: the remedy name.") You'll start seeing a pattern with the kids more than you will with adults because we've had so much more interference. For me, when I have a sinus infection, it is Kali Bich for me, because it's for the type of sinus infection where you blow your nose but not much comes out and if you do it's kinda' clear but you feel there's a bunch of stuff in your sinuses and it's not moving. It's not going anywhere.

Q? Did you take anything besides remedies when you had covid?

A: No.

Q? Did you use a nebulizer?

A: I didn't know about the nebulizer. My husband and I took a million remedies. We'd take a certain remedy for a while and it would stop working... so we'd take another one and then another one. This is unheard of, quite frankly and then

when I knew this was not normal. I'd been treating acutes for 10 years and I'd never, never had something like that. I can't even tell you how many remedies we went through and how many doses. You'd take it for a day or two and nope... you're back to square one. Oh my gosh. It's hard to treat yourself when you feel like crap. It's good when you have friends like Mick or whoever when you are feeling like crap. I had worse fatigue than my husband. What I also have in the covid preventative for those of you who haven't had it is... at the end of my husband's illness there were three weeks when he would cough and his vision would go dim. But the odder the symptom, the easier it is to find a remedy. So, I looked up that symptom, gave him a remedy and he immediately started with a croupy cough with a ton of mucus, so much that I thought he would choke to death. Croup with mucous calls for Hepar Sulph so I gave him that remedy and immediately after that stopped, he started whooping cough and I gave him a remedy for that which cleared it out. This is what my priest calls a weaponized virus. It definitely is; I've never seen anything like it. But that's pertussis and I gave him a dose of that and thought: well, since part of this virus is whooping cough, then I'm taking that remedy too and bang! We were like 100%. I can't remember if it took one hour or twelve hours.

Q? Do you wish you had started that remedy in the beginning?

A: For sure. I wish I would have known what was going on. What covid appears to be is a bunch of viruses put together. Croup is there; whooping cough is there; and who knows what else. Having taken pertussis and seeing everything gone, pertussis is one of the preventives I have on my website for covid cuz' you definitely need it. There's the pneumonia preventative, the influenzinum made from covid itself and then also pertussis because it's part of that.

Q? Is it hard to get the pertussis remedy?

A: Try not to get Boiron as they're owned by Bayer. Boiron was bought by Bayer in the early 2010 decade and there's wonderment if Bayer will mess with the production of remedies.

Speaking of that, remedies never expire. They will become inert if you get them in sunlight or inadvertently get them in the dryer. SO if the remedy goes through the dryer, throw it away. If you're outside, be sure you're in the shade. As I told you, for one remedy there're pages of what it will address. The FDA makes the company put one symptom on the label and an expiration date.

I do love the Boiron tubes and how they dispense. It makes it nice and easy. I'm not saying Boiron is bad, but do be aware. They say take 5 pellets but that's only to get you to use more of the remedy. You just need one pellet. A lot of homeopaths will say to take two in case the medicating remedy missed a pellet.

Q? If I take two remedies, how do I know which one was the kicker?

A: The next time it happens again, you can just try one remedy at a time. You take Rhus Tox when the first movement is bad and it gets better as you go along. If that's your symptom, I would stick with the Rhus Tox. If you think you just have nerve pain, just take the Hypericum for a couple of days and see what improvement you have.

The reason we recommend one remedy at a time is if you don't know the key notes, you won't know which remedy is doing what. You are going to take more than one remedy... and you take a 30C dry dose (that's a pellet), that's fine. If you take two of a higher potency, I recommend you put it in water. The minute a pellet hits the water, the entire quantity of water is the remedy. Then stir it up vigorously before you take the next dose and take ½ teaspoon. When you stir that water up each time, it raises the potency just a tiny bit. The deal with the remedies is that what they will cause, they will sure, so if you take too many of the same potency, you can cause your symptoms to get worse. I did that once with Kale Bich and it was bad. You can antidote, but keep these things in mind.

We'll keep doing classes until our computers die probably. So, you'll be able to work on treating yourself and also to be prepared for when you don't have options, which is coming and eventually we won't have communication either so make sure you do have the book. I might recommend the other book as well but I think it's \$90. I have many books, and I have my favorites, but they're also complicated. So, starting with this one is really good and maybe I'll have Mick go through the cough sections and she can advise us on which one.

Mick: Would it be good to go through Dana Ullman's book: Infants and Children? It's got a good cough section. Might I scan a few pages?

A: I could scan a couple of the pages of my book too. We'll check into that.

Any more questions? We barely hit the tip of the iceberg. I hope you don't feel too overwhelmed with anything.

Q: How many remedies are there? I see 52 remedies recommended. How do you pick?

A: In homeopathy, in general, there are well over 5,000. In dealing with acutes, remedies cross reference each other. I usually look at the ones I've used most when dealing with acute situations in my practice and in my family. You've got to stop somewhere. Looking at them on a 30C level, there's really only 15 more remedies I would have added to the kit, which is kind of surprising. Out of those acutes, in the 200C, I had to get 2 more in these... like Berberis is not a common remedy to use, however, it is one of the top two for appendicitis. So if you're not able to go to the doctor... Bryonia is the other big one for appendicitis. And it will stop it and reverse it. I think I had that a while ago and it stopped it and I haven't had one issue since. That was freaky because I don't have abdominal pain. If you were my client and you described abdominal pain, I would prescribe Berberis and tell you, you should consider going into the ER. I don't know if we're going to have that option less and less. So, I just could not leave out that remedy. Some remedies are not available in stores. You can't just find them; you have to order them. There are other 200C kits out there and 50 remedies is usually what they do. I chose based on which ones are really helpful.

Whole Foods have a lot of 30C remedies. Last time I checked they were like \$10 a bottle. (Anne describes the Boiron tubes and how they dispense.) I would get the 200C kit first because those remedies are harder to come by and you can add the 30Cs as you go along. You have to order 200C. Stores where remedies are available usually have mostly 30C remedies and usually just 200C of Arnica. That's probably the number one remedy in the entire world. I would have to go look at my list. They started listing them all and we can go over that for the next class.

Q? How to find a good homeopath?

A: You want to find someone with their CCH – Certified Classical Homeopath. I do phone appointments and have clients all over the country.