



Week 1 & 2 | Introduction to Homeopathy

TEACHING NOTES

Homework

Read:

- Chapter 1 in Kate Birch, *The Best Family Homeopathy Acute Care Manual*
- <https://corac.co/2021/10/01/about-homeopathy/>

Watch (Anne Hajek's videos):

- <https://corac.co/2021/11/23/intro-to-homeopathy-class>
- <https://corac.co/2022/11/22/homeopathys-catholic-roots-virtual-class>
- <https://homeopathycenter.org/getting-started-with-homeopathy/>

Brief history

Developed by Samuel Hahnemann (1755-1843) after being disheartened by the barbaric medical practices of the day (bloodletting, the use of mercury for everything, morphine for coughs, heroin for asthma, etc.). It was not uncommon for the treatment to kill patients before the symptoms or illness could. Allopathic physicians of the time only saved about 20-30% of their patients, while Hahnemann saved 98% of those whom he treated homeopathically.

Show different homeopathic products and what they look like so people get a feel for homeopathic medicine vs. other natural remedies/home remedy treatments.

Four Principles of Homeopathy

1. The Law of Similars - Like cures like
2. The vital force governs the body
3. The minimal dose
4. The totality of symptoms indicates the one remedy needed

Details

1. The Law of Similars - Like cures like

- Cutting onions (Allium Cepa)
- Bee sting (Apis)
- Sunburn relieved after a hot shower
- Remember it's the law of similars, not the same. Don't usually treat poison ivy with the remedy rhus tox which is made from poison ivy, but you use something similar like anacardium (the marking nut).

2. The vital force governs the body

- We are electrical beings.
- Homeopathy works on an energetic level.
- Grounding walking barefoot on the earth, listening to Gregorian chants/sacred music brings healing, the different frequencies of visible light has effects on our health.

Teaching Notes | Introduction to Homeopathy *(continued)*

- It is not completely understood and is still being studied, what we do have ample clinical evidence on is its effectiveness.
 - Some describe remedies like holograms tricking the body into releasing the healing needed to address the issue it is sensing from the remedy...but in fact those resources are what is needed to heal your symptoms. Some talk about how water has memory and it encapsulates the information of the original remedy substance through the succussion process, allowing that information to resynch the body and heal from the inside out.
 - The ultimate vital force comes from God alone who breathed into His creation and is the Great physician, not some random, impersonal "force".
 - Addressing the core issue/disease and not just treating symptoms. Homeopathy uproots and deeply heals without suppressing symptoms. Most pharmaceuticals have quicker surface results, but have long term negative effects because they are not healing, but suppressing and adding to your toxin load.
- 3) The minimal dose
- Don't try many different remedies at once, haphazardly or excessively. Homeopathy is medicine. You would never take 20 advil or 1 advil every 10mins for 2 hours, unless explicitly advised to do so. Carefully select one remedy and give it. Watch for any improvement. If there is none seen, but you still think it is a good remedy, give another dose. Dose 3 times before trying another remedy. If there is even slight improvement, stick with that remedy. Once there is enough improvement that the person is not in constant pain or other severe symptoms, dose less frequently or stop and wait to see if the symptom returns.

3. The minimal dose

- Don't try many different remedies at once, haphazardly or excessively. Homeopathy is medicine. You would never take 20 advil or 1 advil every 10 mins for 2 hours, unless explicitly advised to do so. Carefully select one remedy and give it. Watch for any improvement. If there is none seen, but you still think it is a good remedy, give another dose. Dose 3 times before trying another remedy. If there is even slight improvement, stick with that remedy. Once there is enough improvement that the person is not in constant pain or other severe symptoms, dose less frequently or stop and wait to see if the symptom returns.

4. The totality of symptoms indicates the one remedy needed

Take notes on the person you are trying to treat and their symptoms. See how the symptoms relate to build a larger picture of what the person needs/holistic. Don't just give 6 different remedies all for little things, unless absolutely needed. Sometimes when addressing just one symptom with a remedy, other symptoms disappear that you were not even thinking you were treating.

Case taking

This can be extremely simple to complicated. But regardless of what you are dealing with the critical component is objective observation. You may need to ask questions of yourself or the person you are trying to help to narrow down and define what the symptoms are. If you are treating a pet or young child you will need to rely on your observations.



Teaching Notes | Introduction to Homeopathy *(continued)*

Pain-Where is it located, how does it feel (stabbing, sharp, dull, in spasms), Is it constant or does it come and go? Does the location change? Right side or left side? Is it better or worse with cold, heat, motion, lying down? When did it start?

Things to note: Location, detailed description, temperature, things that make it better or worse, mood, or emotions (even if very strange).

Daughter's face gets puffy, red, sometimes including welts from food and other allergens. Apis (honey bee) almost always soothes and removes her reaction.

It takes time for people to learn how to accurately and clearly describe symptoms. Try to make it fun as you are learning. Laugh at some of the weird descriptions (As if Brain were loose and falling from side to side. As if one side of head filled with smoke, as if white of egg had dried on face. Acid Sulph). As you practice you and your family will get better at describing symptoms and it will help you accurately select remedies.

Write down the symptoms. One each symptom, put a number from 1-10 to indicate the severity/intensity (10 being the worst), note the frequency with which the symptom is being experienced (constant, once a day, once a week, etc.), finally, note the duration. When symptom is present, how long does it last. How strong? How often? How long? By noting these when taking the case, you can refer back to them to help measure improvement later. Not all these measurements may apply to your situation. Write down what makes sense.

Selecting a Remedy

Use your list of symptoms to select a remedy. Write down all the remedies that seem to fit many of the symptoms, so if the one you select first does not act, you can just go back to your short list and not go through the whole process again. If comparing a slight itch with an intense hot throbbing, select the remedy that will address the more urgent symptom.

- Page 37 Shows you the categories of symptoms the book is divided into
- Page 39 walks you through how to use this book to find a remedy
- Page 129 is the Index of remedies

Measuring Improvement

After you administer your first dose, observe. Indicators that the remedy is working include symptoms becoming less intense, longer time between episodes, or shorter in duration when the symptom is present. If someone falls asleep, relaxes/becomes calmer, gets hungry or even starts to fever, those can be positive signs that you selected a good remedy. This is not always obvious after the first dose. One of the secrets though is to not jump around and start trying different remedies. If you took time to select it, give it some time to work. In a non-emergency situation, dose every 15mins for up to 3 or 4 doses before determining that the remedy is not working. If there is no observed improvement after 3 or 4 doses, then try a different remedy. If you really think you have the right remedy, you can also try a different potency. I have had a 30c work for some intense pain and when



Teaching Notes | Introduction to Homeopathy *(continued)*

I took the 200c of the exact same remedy, it did nothing for me. If after the first or second dose you notice improvement, let the body continue to heal on its own. Only if the symptoms start returning give another dose.

Hering's laws are another factor to keep in mind when observing for improvement of symptoms. These help to explain why sometimes it takes multiple doses to see external improvement. The remedy may be healing something you can't see first before it can address the surface symptom you are seeing.

Hering's Laws

1. Healing moves from the inmost part to the outmost part. Mind/emotions/vital organs to skin.
2. Healing occurs from the present to the past.
3. Health is restored as symptoms move from the upper part of the body to the lower parts.

To Dose

Place 1-4 pellets of your selected remedy on or under the tongue and let dissolve. You can also dissolve the pellets of remedy in water (4-6oz) and take 1 tsp of the water as a dose. Don't take with food or drink, unless urgent. Essential oils, perfumes, soap, lotion, mint toothpaste, can all impact the efficacy of remedies.

There are many places to buy remedies. Your local natural food store and Whole foods carries them. Amazon. But your best bet is to initially invest in a kit so you have the remedies you need on hand when you need them without having to wait to run to the store. It is also more economical in the long run to buy a kit. See the syllabus for a list of places to shop for remedies and kits.

Once you own remedies, make sure you store them in ideal conditions to ensure they have an indefinite shelf life. Keep them away from sunlight, extreme heat, strong odors, EMF/radiation/charging cellphones... and children who think they are candy!!!

Selecting Potencies

Choosing what potency to use a remedy in is not always straightforward. If you only have the remedy in one potency, then that simplifies your decision. Use it in what you have! For deeper conditions, urgent conditions or when treating young children I generally start with a 200c potency. For adults I have found the most success using a 30c potency. If you are treating something more on the surface (skin) or pain, lower potencies generally work better (30c or 6c). Some good notes on potencies from the book are on Pages 13-16 and Page 29

Classical approach vs. practical, clinical approach

Over time, different schools of thought have emerged with respect to how to practice homeopathy. The traditional approach is called classical homeopathy which is characterized by prescribing only one remedy at a time and generally not dosing very often with that remedy. Much time is spent with each patient to analyze all their symptoms and personality traits to select the best remedy and that is what gives the great results. This approach can be daunting and

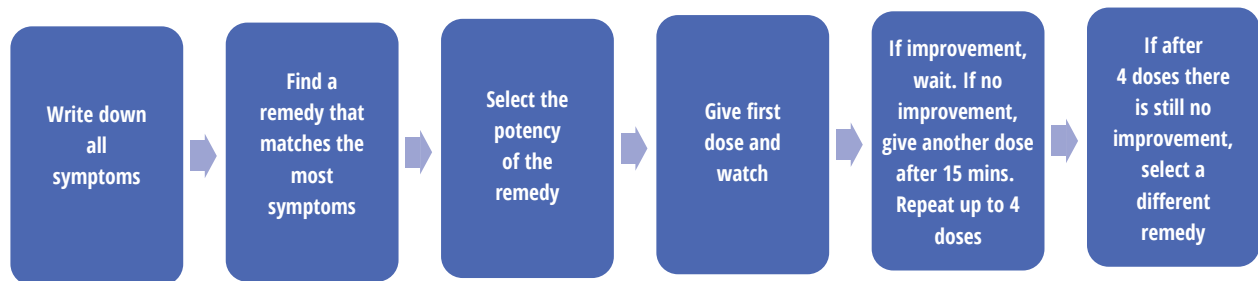


Teaching Notes | Introduction to Homeopathy (continued)

impractical for the home prescriber. There is a family in India who has been practicing homeopathy for over 200 years and they have developed a clinically based approach that allows them to use modern diagnostics to name the diseases they see and then have collected data over the years as to which remedies address those symptoms most effectively. These are called Banerji Protocols. They opened a clinic in Kolkata where they see thousands of patients per day and are continually honing their protocols to be more effective. This approach allows people who otherwise would not have access to homeopathic treatments to receive the benefits without the large time investments. As part of the Banerji approach, sometimes combinations of remedies are prescribed, which does not follow the 4th principle of homeopathy as outlined by Kate Birch. I have had personal success with certain Banerji Protocols, and intent to share some with you as we work through treating illness so you can become familiar with this approach as well.

Introduce Remedies Aconite, Belladonna and Chamomilla

Treating a Case



This is a video on how Boiron makes their remedies (the last few minutes are unnecessary to watch):
https://www.youtube.com/watch?v=dWzX_rT9a-o

This is an even shorter one on how Helios makes remedies:
<https://www.youtube.com/watch?v=ITzmHyPb9TQ>

