Intro to Homeopathy- Presenter: Kathleen Miller

What is homeopathy?

First, let's start with what it's not. Though it is a holistic medicine that considers the whole person, mind, body, and soul, it is not an umbrella term for holistic medicine. It's not herbal medicine, traditional Chinese medicine, or nutrition. Homeopathy is a complete system of medicine. I highly recommend Homeopathy Basics by Priscilla Medders – Priscilla graduated from the Academy of Homeopathy Education last year, and her book is the best starting place for learning about homeopathy. I have a copy here to give away!

A Brief History:

Homeopathy was discovered by Dr. Samuel Hahnemann over two hundred years ago. He was a medical doctor and scientist. When reading about cinchona bark, which was used in treating malaria, the reason stated didn't add up. It said it was a bitter, and he knew other herbs that were much more bitter, so he took cinchona bark and recorded what happened to him. He started experiencing symptoms of malaria. He then went on to do almost 20 years of drug trials. Homœpathy means "similar suffering," the main principle is" like cures like." A substance that, in a healthy person, can cause a symptom will cure that same symptom in a sick person.

Homeopathic remedies are potentized, which simply means they have been diluted and succussed, or shaken. You have probably seen them: little blue tubes in the vitamin section that say 30c or 200c. Remedies are inexpensive, usually $10 or less, and easy to get.

Why should you have homeopathic remedies at home and why is this important at a preparedness group?

Homeopathy works, is safe for everyone and can be taken alongside other medications. It can be used for babies, children, the elderly, animals, and even plants! That's a whole other talk! If there is an emergency, homeopathy is a great way to care for yourself and your family while seeking medical attention.

Home prescribing. I think everyone should have a family kit in 30c and later in 200c. Once you have a kit, you need a copy of The Complete Homeopathy Handbook by Miranda Castro. I have a copy with me today to give away! Miranda will teach you how to be an amazing home prescriber.

On that note let's go over what you can use homeopathy for at home and when you need professional help.

If you ever think a situation is life-threatening call 911 or seek immediate medical attention.

We break homeopathy into three prescribing categories:

First aid, acute, and chronic.

Simple acute and first aid prescribing can be done at home.

What is an acute?
Conditions and health problems often seen as part of everyday life , including minor injuries and first aid situations.
Examples:
•Cold
• Flu
• Otitis media (ear infection)
• Cystitis, bladder infection, UTI

First aid:
Sprains
Brusies
Injuries
Stings/bites

Examples of chronic diseases:
• Diabetes
• Arthritis
• Autoimmune diseases: Lupus, MS, Crohn's
• Eczema
• Allergies
• Asthma
• Cancer

Chronic disease always needs a professional homeopath and a medical doctor.

Wrapping up: I have seen vomiting cease from a well-chosen remedy. A croupy coughs stop, followed by peaceful sleep. Allergy reactions clear. A painful miscarriage was soothed both physically and emotionally. Grief after the loss of a beloved mother was worked through- it was like I woke up. So much more. When a remedy is chosen well to match the person's complaints, mind, and body, great healing can take place.

Our time is limited, so I am going to leave you with some resources:

For a home remedy kit, I recommend Washington Homeopathy. The oldest homeopathic pharmacy in the United States and it is in Berkeley Springs, WV. www.homeopathyworks.com

To learn more about home prescribing online: https://paolabrown.com

If you need homeopathic care:

https://homeopathyhelpnow.com. They have acute and chronic care practitioners.

To learn more about home prescribing online: https://paolabrown.com

9 remedies to get to know!

There is so much more to these remedies but this is a great starting place.

Remember it's ***"like cures like"*** not an exact match- match your symptoms to the best matched remedy.

Apis situations.
• Bites/stings with rapid swelling, sensitivity to touch, better for cold applications.
• Local allergic reactions with rosy pink rapid swelling.
• Acute complaints affecting the eyes, with puffy fluid swelling under the eyes.
• Sore throat/tonsillitis with swelling/constriction, better cold, sensitive to touch.
At a glance Apis:
Allergic reactions. Rapid rosy pink swelling, or bag-like fluid swelling. Extremely sensitive to touch. Better for cold. Restless, irritable. Thirstless.

Arnica situations.
• First treatment for injuries with bruising, swelling, bleeding (internal use only).
• Post-op healing after surgery and dental work.
• During and after labour to help mum and baby to recover.
• Sprains, strains and fractures.
At a glance Arnica.
Physical and emotional trauma/injury. Bruising, swelling and bleeding. Sprains and fractures. Over-exertion. Post-op healing. Childbirth. Shock.

Belladonna situations.
• Acute febrile illness in children, if the symptom picture matches.
• Sunburn or sunstroke, with burning heat, right sided throbbing headache, and possibly delirium [NB give the remedy, but seek medical help without delay].
• One of the main remedies for scarlet fever, where the picture matches [bright red tongue and throat, high fever with delirium].
At a glance Belladonna.
Sudden and violent symptoms. Burning heat and red face. Delirium. Dilation and throbbing.

Bryonia Situations.
• Dry painful cough, worse for motion (deep breathing, exertion, eating).
• One of the main remedies for 'flu where the symptoms match.
• Important remedy in sprains and strains, shoulder and knee injuries.
At a glance Bryonia.
Slightest movement painful - must hold on. Dryness and thirst. Headache worse movement. Irritability. Wants rest and quiet.

Chamomilla situations.
• Infant teething, with irritability and diarrhoea.
• Intensely painful earache, worse for cold air.
• First aid remedy for intensely painful periods.
• Toothache with pain radiating to ears, especially at night.
At a glance Chamomilla.
Intense pain with irritability and anger. Infant teething and acute toothache. Earache. Hot, thirsty and worse for cold. Painful periods with excessive pain.

Hypericum situations.
• Painful injuries to parts rich in nerves (eg fingers, nails, eyes and lips).
• Puncture wounds, bites and lacerations with shooting pains (give Arnica first).
• Pain following dental extraction or root canal work.
• Pain following c-section or episiotomy in childbirth.
At a glance Hypericum.
Injuries to nerves. Very painful injuries. Intense, shooting tearing pains. Puncture wo

Ledum situations.
• Puncture wounds and insect bites, parts cold to touch and without marked swelling.
• First remedy for wasp stings.
• Black eye from a blow, better for cold applications.
At a glance Ledum.
Stings and puncture wounds. Wasp stings. Better for cold applications and feels cold to touch. Black eye from a blow.

Pulsatilla situations.
• Middle ear infections: pain disturbs the sleep, weepy and needs comfort.
• Digestive upset aggravated by rich or fatty foods.
• Conjunctivitis with thick yellow discharge.
At a glance Pulsatilla.
Thick yellow discharges. Soft and changeable. Worse in a warm room, better for fresh air. Thirstless. Weepy, wants comfort.

Rhus tox situations.
• Joint sprains and muscle strain with stiffness.
• Acute swelling of joints in arthritis.
• Chickenpox with extensive blistering and intense itching.
At a glance Rhus tox.
Pain and stiffness in joints and muscles. Over-exertion. Worse cold and damp, better warmth. Painful swelling of joints. Restless and worse at night. Blistering and intense itching.