

Dynamis Homeopathic Healing

Dynamis.Homeopathic@gmail.com | 919.286.7626 | www.DynamisHomeopathic.com

The highest ideal of cure is rapid, gentle and permanent restoration of health.

– Dr. Samuel Hahnemann, founder

I. What is Homeopathy?

The word “homeopathy” means “therapy of similars.” This holistic health practice uses tiny, non-toxic doses to stimulate your body to heal itself.

A. The homeopath uses a substance that would cause symptoms in a healthy person to relieve similar symptoms in a sick person. This central principal of homeopathy is called the Law of Similars, or “like cures like.”

1. Each homeopathic remedy is tested by healthy people to determine what symptoms that substance causes. Homeopathic drug tests are called “provings.”
2. Those documented symptoms can then be used to match remedies to symptoms in sick people.

B. The substance that is most similar to a person’s symptoms is also the substance to which that person is most sensitive. So a homeopath gives a very tiny dose, as a large dose might make the person sicker. This principal is called the Minimum Dose.

1. The founder of homeopathy, Dr. Samuel Hahnemann, noticed that China bark, which was used to treat malaria, caused symptoms similar to malaria when it was taken in too large doses.
2. He also noticed that Sulphur given to certain eczema patients in large doses would cause horrific aggravations of the eczema.
3. But when Hahnemann gave these substances in smaller and smaller doses, he got better and better results in his patients.
4. Then he began to dilute medicinal substances over and over while also successing these dilutions. From the resulting remedies he got his best results, even when the molecules of the original substance had been completely removed from the solution. (Hahnemann called a remedy the “spirit-like essence” of the original material.)

C. When ALL symptoms have been removed, the organism is once again healthy.

1. In homeopathy, anything observable by the homeopath or relatable by the patient is considered a “symptom.”
 - a) **Mental symptoms are the most important in determining a remedy. These could be existential (feeling alone in the world), intellectual (forgetting the names of places), delusional (paranoia), emotional (sadness), etc. State of mind is the most important indicator for a homeopathic remedy.**
 - b) **General symptoms, or symptoms that affect the entire organism, are the next most important. If mental symptoms are your mind’s way of being in the world,**

Dynamis Homeopathic Healing

Dynamis.Homeopathic@gmail.com | 919.286.7626 | www.DynamisHomeopathic.com

general symptoms are your body's way of being in the world. These are symptoms described with the word "I" (I feel hot, I feel dizzy, I get a fever and aches every day at 3 p.m., etc.).

c) Very strange physical symptoms come next, like feeling chilly for years after sitting on a cold stone, or feeling like a splinter is stuck sideways in the throat.

d) Also important are symptoms that occur together, like a headache with nausea or vomiting and diarrhea together.

e) Particular physical symptoms, while important for confirming a remedy choice, are difficult to prescribe on alone. These are symptoms described with the word "my" (my ankle hurts, my nose is runny, my arm tingles, etc.).

(1) As an example, there are 100 possible remedies for an infection of the middle ear.

*(2) However, if the person has an infection only in the right ear, gets too cold with the covers off and too hot with them on, sweats all night long, smells bad, and feels much worse when sweating or going pee, there is only one remedy! (**Mercurius**)*

f) The more pronounced or unusual a symptom, the more a symptom makes no sense in terms of physiology or pathology, the more likely that symptom is to be characteristic of that individual and therefore of the case.

2. In the holistic view of health, all disease emanates from a central disturbance. Once this disturbance has been removed, outward symptoms disappear.
3. Symptoms are the language of the body, the psyche, what Hahnemann called the "vital force." Homeopaths understand symptoms as the body's best attempt to heal itself.
4. When all symptoms have gone from the living organism, it is again well. (But "all" includes mental and general symptoms, not just physical symptoms!)

D. This has often been misconstrued to mean that homeopathy treats only symptoms. Not true! Homeopaths use symptoms to assess the health of the *whole* organism.

1. Putting a cream on a rash to make it go away without addressing the systemic reason for that rash is truly "treating a symptom."
2. Conventional medicine sees this as helpful because conventional medicine does not believe that a skin rash has anything to do with, for example, your mental-emotional state.
3. Once the cream is stopped, the rash will likely come back. However, if the patient's system is not strong enough to push this disturbance back out to the skin again, it may remain inward to affect some more vital part of the body. This is what homeopaths call "suppression."

Dynamis Homeopathic Healing

Dynamis.Homeopathic@gmail.com | 919.286.7626 | www.DynamisHomeopathic.com

4. But if you can remove the central disturbance that caused the rash, the rash will heal permanently, and the whole organism will be healthier.

II. What is a Homeopathic Remedy?

A. A remedy can be made from any substance.

1. By far the most common are plant remedies, which range from nearly harmless plants like **Calendula**, which can be used directly on the skin, to the deadliest of poisons, like Monkshood (**Aconitum napellus**), a tiny taste of which can kill a cow.
2. Next most common are the mineral remedies, and they include most of the elements of the periodic table, as well as most common chemicals.
3. Animal remedies are less common than plant and mineral but are being proved rapidly and prescribed much more often these days.
4. Remedies are also made from fungi and bacteria.
5. Remedies made from the products of human disease are called “nosodes.” **Influenzinum**, which many people use to ward off the flu, is the flu nosode.
6. Remedies made from synthetic pharmaceuticals are sometimes used when someone has never been well since taking a particular pharmaceutical. These are called “pharmacodes.”

B. A substance is turned into a remedy by serial dilution and succussion.

1. The ratio of the dilution determines the potency scale. C potencies have been diluted over and over at a ratio of 1:100, X potencies at a ratio of 1:10, Q potencies at a ratio of 1:50,000.
2. The potency number denotes how many times that remedy has been diluted within that scale. So, a 6C has been diluted 1:100 six times; a 30C has been diluted 30 times at that ratio.
3. Each time a remedy is diluted, the solution is also succussed, or hit very hard. Traditionally, this was done by rapping the glass vial on a leather-bound book. This adds energy to the solution at each stage.

C. Solid substances are changed into liquid dilutions by a process called “trituration” in which they are ground repeatedly with lactose for 3 hours or more before liquid dilution begins.

D. Once a remedy has been prepared in liquid form, the remedy solution is spread over neutral lactose pellets that can then be dried and stored.

E. Although some of the starting materials for homeopathic remedies are decidedly unsavoury (disease products, bacteria, poisonous plants, e.g.), they are regulated by the FDA and are completely safe and non-toxic.

1. Homeopathic remedies have been prepared by professional pharmacies working under FDA guidelines since 1917.

Dynamis Homeopathic Healing

Dynamis.Homeopathic@gmail.com | 919.286.7626 | www.DynamisHomeopathic.com

2. Homeopathic remedies in the C potencies and above are not biochemical doses and do not interfere with prescription drugs.
3. Because the doses are safe and non-toxic, they never overpower your body or stress elimination pathways like chemical drugs can.
4. The potency at which most American homeopaths begin prescribing is roughly 6C or higher. A 6C potency contains one part in a trillion of the original substance.
5. Higher potencies, which are more active, are actually more dilute.
6. Some naturally non-toxic substances are used in very low potencies like 6X and 12X (or even in tincture form).

III. What are some useful Homeopathic Remedies to have around the House?

- A. **Arnica montana** (arnica montana) – all bruising, internal bleeding, trauma, concussion, sports injuries, etc.
- B. **Rhus toxicodendron** (poison oak) – injuries to ligaments, overstrain of muscles with pain and restlessness worse at night
- C. **Ruta graveolens** (rue) – injuries to tendons or periosteum (bone bruises)
- D. **Symphytum** (comfrey) – to help heal broken bones after examination and setting by a medical professional, take one dose of 6C daily for 3 weeks
- E. **Staphysagria** (stavesacre) – black eyes that may include damage to the small bones of the orbit (after a trip to the doctor!)
- F. **Aconitum napellum** (monkshood) – intense fright, mental or physical trauma with prominent fear, eye injuries, sudden high fevers – first remedy for scary croup that comes on at midnight (follow with **Spongia tosta**, then **Hepar sulphuris calcareum**)
- G. **Apis mellifica** (honeybee) – allergic reactions with hot, edematous swelling, anaphylactic reactions (on the way to the hospital, of course!)
- H. **Urtica urens** (stinging nettle) – itchy sunburns, allergic reactions to shellfish (on the way to the hospital, of course!)
- I. **Cantharis** (Spanish fly) – urinary tract infections with burning on urination, for blistering or more serious burns (on the way to the hospital, of course!)
- J. **Ledum** (ledum palustre) – all puncture wounds, including insect bites or other animal bites, also good for sprains that feel cold to the touch but the pain is better when applying ice
- K. **Hypericum** (St. John's wort) – crushed fingertips or toes with nervy pain, pains that shoot upwards from a wound, after Ledum in a puncture wound, injured tailbones
- L. **Calendula** (marsh marigold) – abrasions, small cuts, open blisters – the best antiseptic wound healer in the world! (use a little of the tincture diluted in 1/2 cup water, dab on minor wounds several times a day)

Dynamis Homeopathic Healing

Dynamis.Homeopathic@gmail.com | 919.286.7626 | www.DynamisHomeopathic.com

M. **Plantago** (plantain) – another great wound healer, but better for dirty wounds, abrasions, especially bike wrecks on gravel (ouch), helps the skin get rid of contaminants

N. **Cocculus** (cocculus indicus) – seasickness, or vertigo coming on from lack of sleep or excessive worry about another (for those nursing sick relatives all night)

O. **Tabacum** (tobacco) – carsickness, seasickness or other nausea with fear, pallor, sweating and perhaps vomiting

P. **Nux vomica** (strychnine nut) – hangovers

IV. How is a Homeopathic Remedy given?

A. **At home, you should only give remedies for acute situations.**

1. “Acute” does not mean “emergency”! In an emergency, seek medical help immediately.
2. An “acute” situation is one that has arisen recently and will resolve on its own within a certain period of time.
 - a) **An elbow scrape is an acute condition. Carsickness is an acute condition if it happens infrequently.**
 - b) **Complaints like carsickness, if they happen often, are part of a chronic state. They may respond for a short time to acute remedies but will need constitutional treatment for long lasting improvement.**
 - c) **Eczema is a chronic condition, as are allergies. These conditions require constitutional homeopathic treatment to resolve.**
3. Treating chronic or long-term complaints requires the help of a well trained homeopath who can take a thorough case and health history and match a remedy to all of that information.

B. **In an acute situation, just give one (1) pellet in the mouth and allow to dissolve. It is not necessary to give more than one pellet at a time, ever, no matter what that little blue tube says. (NOTE: Never put anything in the mouth of an unconscious person! If your patient is unconscious, call 911.)**

C. **If you have more time, or if you have given one pellet and are now watching to see what effect it will have, you can conserve your pellets by dissolving one in water.**

1. Dissolve one pellet in a water bottle or small vial.
2. Before giving another dose, hit the bottle or vial on the heel of your hand 10 times to further energize the remedy.
3. Give a swig from the bottle or 5 drops from the vial.

D. **Expect the person to feel more comfortable pretty quickly. In a sudden onset condition like a bruise or minor cut, the person should seem calmer and more comfortable within 5-10 minutes. If the person has been slowly getting sick, expect improvement in an hour.**

1. Generally speaking, deep sleep is a sign of improvement in a person who has had a fever.

Dynamis Homeopathic Healing

Dynamis.Homeopathic@gmail.com | 919.286.7626 | www.DynamisHomeopathic.com

2. Restless, wakeful sleeping is not a sign of improvement unless the person says they feel refreshed afterwards.

3. Lethargy and unresponsiveness are NEVER a sign of improvement. If your patient becomes too lethargic to keep up a conversation, seek medical help.

E. If you do not notice the person feeling more comfortable (or if they say there has been no improvement) after waiting a bit, give the same remedy ONE MORE TIME. If the person does not respond to the second dose, you need to find a different remedy.

F. If you do see improvement in the person, do not repeat the remedy until that improvement stagnates. Sometimes a single dose is all that is needed, especially in children with minor cuts and bruises.

G. If you see improvement but the person begins to complain again hours later, that is a good time to repeat the remedy.

V. One Homeopathic Flu protocol

A. When exposed to the flu (someone in the family, or several children at school, several co-workers, etc.) – *Oscillocochinum* (trade name, sold in 200C potency), or *Anas barbariae cordes et hepaticae 200C* (generic name if ordering from a pharmacy other than Boiron).

B. When you feel like you are coming down with a flu but the symptoms are not pronounced (dry throat, cough, headache, weakness, maybe mild muscle aches) – *Ferrum phosphoricum 30C*.

C. If symptoms become strong, someone can now probably find you an effective single remedy. Ask someone in the house, or call a homeopath. It is hard to observe yourself when you are sick.

D. If you develop a fever over 102.5 (adults) or 104 (kids), or if you cannot keep down food or water, seek medical attention!

E. Difficulty recovering from the flu, with lethargy and lack of thirst – *Gelsemium 30C*.