

Understanding Natural Medicine



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HOMEOPATHY & ITS ENERGETIC CONCEPT

Homeopathy is a system of medicine with principles older than Hippocrates (who lived in Ancient Greece around Socrates' time). It seeks to cure in accordance with natural laws of healing and uses “medicines” made from natural substances: animal, vegetable, mineral and nosodes.

Homeopathy was “discovered” again in the early 1800's A.D. by a German physician, Samuel Christian Freidrich Hahnemann. Shortly after setting up practice, Hahnemann became disillusioned with medicine—and with good reason. Eighteenth and nineteenth century physicians believed that sickness was caused by humors, or fluids, that had to be expelled from the body by every possible means. To achieve this end, patients were cauterized, blistered, purged and bled. Hahnemann protested against these brutal and senseless methods, and his colleagues quickly denounced him for heresy. He was also opposed to the way doctors prescribed medicines. In those days it was customary to mix a great number of drugs into one prescription. (In his book *Who Is Your Doctor*

and Why?, Dr Alonzo J. Shadman mentions seeing in *Pharmacopoeia of 1875* a prescription that contained fifty ingredients.) Hahnemann's outspoken criticism of this "degrading commerce in prescription" naturally enraged chemists, who were as powerful as our drug companies today, and they were to hound him the rest of his life.

Hahnemann gave up his practice of medicine and turned to medical translating as a livelihood. But he persisted in his lifelong goal to discover "if God had not indeed given some law, whereby the diseases of mankind would be cured." His sense of frustration increased when one of his children became critically ill and he could do nothing for her. It was while translating lectures on the *Materia Medica* by William Cullen, Scottish professor of medicine, that Hahnemann stumbled upon the key to curing sick people. In this work Cullen claimed that cinchona bark, or quinine, cured intermittent fever (malaria) because of its astringent and bitter qualities. This explanation did not sound plausible to Hahnemann, who knew of other substances equally bitter that did not reduce fever, so he did a daring thing: he tested the medication on himself. And he found that by taking the herb, he developed the symptoms of malaria. When he discontinued the herb, good health returned. This was the first "proving": a testing of medicine on a healthy person. Hahnemann then reasoned that quinine was the

cure for malaria—not from its bitterness but from the composition of the herb and its properties to invoke malaria symptoms in a healthy person. After experimenting on himself, Hahnemann enlisted the help of his friends and supporters and embarked on an extensive program of drug testing. When he died at age 88 in 1843, he had conducted or supervised provings on ninety-nine substances. More than 600 other medicines were added to the homeopathic pharmacopeia by the end of the century.

Homeopathy is an energy medicine. A fuller understanding of homeopathic pharmacology helps us to grasp the energetic concept.

Homeopathic medicines are prepared through a process known as potentization, where the original substance is diluted and succussed. Remedies in the United States are commonly available in “X” and “C” potencies. Take the example of a homeopathic remedy labeled Nux-Vomica 6X. The 6X refers to the potency of the remedy. The “X” indicates that the Nux-Vomica has been diluted 1 part to 9 parts diluting medium. “X” potencies are known as decimal potencies. If a remedy is labeled 6X, then one part of the original material substance of the remedy has been added to 9 parts diluting medium and succussed (shaken). Then one part of resulting solution is added to another 9 parts diluting solution and succussed. This process is carried out 6 times to arrive at the 6X potency.

“C” potencies are based off of 1 part to 99 parts diluting medium and “M” is 1 to 999. In any homeopathic remedy that has a potency of at least 12C/24X or higher, there is not a physical trace of the original substance remaining. Yet as the potency of dilution becomes higher the remedy is more potent or stronger. High potency remedies, generally considered higher than 30C, can act deeply and powerfully on the personality and physical nature. This process has an interaction with the person’s energy field.

For example, when the energy field is interrupted by an emotion that causes one to not be able to sleep, we then suggest coffea—a remedy made from coffee beans. By taking this, the energy field is realigned and sleep is now easy. Matching similars is the key to homeopathy. Normally caffeine or coffee would wake you up, but if you are already awake and excited, it will then calm you and balance your energy field. The goal is to maintain the body’s equilibrium.

NUTRITIONAL SUPPLEMENTS

Nutrients are vitamins, minerals, amino acids and carbohydrates. Most nutrients the body cannot make on its own; therefore, proper consumption of them is essential for good health.

Nutritional supplementation is necessary when a lack of vitamins and minerals are consumed. As Americans we tend to eat a great deal of “empty

calorie” foods. We consume a lot of foods, but not the right things. Foods that are processed and that have high levels of refined sugars, trans fatty acids and caffeine are all categorized as “junk food”—empty calorie foods. Other reasons for supplementation are stress, environmental toxins such as exposure to chemicals, and vaccinations. With the increase of these, more and more cases of deficiencies are occurring. Since nutritional deficiency is a cause in “killer” diseases such as coronary heart disease, atherosclerosis, stroke, high blood pressure, diabetes, arthritis and colitis, it is imperative to replenish these nutrients and eliminate the cause of deficiency.

Some symptoms of nutritional deficiency are impaired disease resistance, premature aging, fatigue, nervousness, mental exhaustion, confusion, anemia, muscle weakness and other physiological and psychological issues.

HERBS

Herbal medicine is the most ancient form of health care known to mankind. Herbs have been used in all cultures throughout history. Extensive scientific documentation now exists concerning their use for health conditions including premenstrual syndrome,

indigestion, insomnia, heart disease, cancer and HIV. Herbs have always been integral to the practice of medicine. The word *drug* comes from the old Dutch word *drogge* meaning “to dry,” as pharmacists, physicians and ancient healers often dried plants for use as medicines. Today approximately 25% of all prescription drugs are still derived from plant extracts; others are synthesized to mimic a natural plant compound. Due to economic and legal restriction, drug companies will not invest in herbs.

Herbs are known as botanical medicine, phytotherapy or phytomedicine. All these terms signify a plant that can be ingested and that has a health benefit. Herbals work much like prescription drugs but without the side effects.

Herbals are made through what is called the spagyric method. The word *spagyric* was coined by a 16th century alchemist, Paracelus, and uses two Greek words: *spao* (to draw out) and *ageiro* (to combine). This method extracts all the herb’s nutrients and properties out of the raw material for use as a medicine and results in a robust and mineral-rich extract. In the spagyric process, the raw materials are run in solution to release their active components and make the herb’s constituents more “bio-available.” Then the herb and solution are placed in a 50,000psi press to push out all the liquid.

This liquid is the extract. The fibrous residue left on the press is collected and reduced to an ash of alkaline minerals, which are then reintroduced to the liquid extract to make a “whole” balanced extract. The finished blend is a full potency, maximum performance and fast-acting liquid formula.

The end result is not only a recombination of all the constituents to make a “complete” herb, but is actually more potent than the original because of the “bioavailability” of all of the herb’s constituents. This is why it is called *spagyric*. We *spao* (draw out) the active compounds from the herb and then we *ageiro* (combine) them back into a single, more potent, entity.

FLOWER REMEDIES

“Behind all disease lies our fears, our anxieties, our greed, our likes, and dislikes,” wrote English physician Edward Bach, MB, BS, D.P.H. in the early 1930s. Dr. Bach based his revolutionary belief upon his personal observations of patients whose physical illnesses seemed to be predisposed by negative psychological or emotional states, such as fear, anxiety, insecurity, jealousy, shyness, poor self image, anger and resentment. Today, numerous studies conducted at major universities and medical centers have verified Dr. Bach’s early conviction, revealing a definite link between negative emotional states and reduction of the body’s natural resistance to disease.

“True healing involves treating the very base of the cause of the suffering,” said Dr. Bach. “Therefore, no effort directed to the body alone can do more than superficially repair damage. Treat people for their emotional unhappiness, allow them to be happy, and they will become well.” In Dr. Bach’s day, conventional medicine had no real methodology to address the link between emotional and physical illness, relying instead upon the use of drugs that often did more harm than good. In an attempt to fill this void, he began to investigate the healing potential of the wild flowers native to the English countryside. After several years of extensive research and testing, he was able to identify thirty-eight flowering plants and trees which, when prepared according to a specific homeopathic process he developed, had a profound effect on the underlying psychological and emotional states that influence physical wellbeing. These special preparations became known as Bach Flower Remedies. Since the late 1970s, companies have researched and produced additional flower essences derived from flowers native to America, Hawaii and Australia, but the original thirty-eight remedies discovered by Dr. Bach remain the core of all flower remedies today.

PHENOLIC ISODES

Phenolic isodes are homeopathic preparations meant either to desensitize an allergy or to regulate the body's production and utilization of a hormone or neurotransmitter. They help to normalize the body's reaction to all allergens, as well as hormonal and neurotransmitic chemistry.

Neurotransmitters are chemicals produced by the brain meant to bring about certain physiological changes and patterns in the body. They help us to think clearly, experience pleasure and be attentive, and they are also responsible for the euphoria and intoxication caused by addictive drugs and alcohol. The body wishes to maintain a balance in the production and utilization of these natural chemicals. When the chemicals are out of balance emotional and physiological issues occur, which in turn disrupt hormone production and interaction. Examples of such issues are depression, ADD, ADHD, tics, seizures and many other conditions.

Hormones are chemicals produced by the endocrine system. The endocrine system is comprised of the following: pituitary gland, pineal gland, hypothalamus, parathyroid, thyroid, adrenal glands, testes, ovaries, uterus, prostate and pancreas. Hormones are released directly into the bloodstream to stimulate other organs and glands to perform their bodily functions. These chemicals also affect

neurotransmitters, emotions and the body's physical appearance and function.

Allergens can be either chemical or natural. Anything that causes an allergic reaction is considered an allergen. Allergies happen when the body does not know how to deal with the intercepted item and has issues with not producing proper antigens. An antigen is what intercepts the allergen and neutralizes it.

Allergies stem from a plethora of causes. The most common causes are toxic exposures, consequences of vaccinations, miasmatic conditions and autoimmune diseases. To eliminate allergies one must get to the cause, eliminate it, and then retrain the immune system to handle the items to which it is exposed.

Phenolic isodes retrain the body to balance by giving the brain the correct picture of the situation, and in turn the body produces what is necessary to remedy the allergen, hormone or neurotransmitter

(Paraphrasing from "Homeopathic Medicine At Home" by B. Panos M.D. and J. Heimlich, 1980)

MIASMS

The word miasm is derived from a Greek word meaning "taint" or "contamination." Hahnemann used it to describe the manifestations of chronic diseased conditions. Dr. Fredrick Harvey Foster Quinn, who introduced homeopathy to Great

Britain in the late 1820's and founded the London Homeopathic Hospital, defined a miasm as a morbid emanation that affects individuals directly and not through the medium of another individual. Stedman's medical dictionary defines miasm as a noxious effluvia or emanation, formerly regarded as the cause of malaria and of various epidemic diseases.

Miasms make such dents and breaches in the physical and mental economy of the person that the debilitated vital force cannot repair them. They deform the body, dull the intellect and destroy reason. Miasms in the body are like enemies entrenched. They attack us at all of our weak points, recede and advance, advance and recede. They never seem to tire or lessen.

There are five main categories of miasms: Psorinum (delineated from Psora and/or Tuberculosis), Sycosis (from Gonorrhoea), Syphilinum (Syphilis), Syphilinum/Sycosis (combination of Syphilis and Gonorrhoea) and Carcinosis (cancer). Each of these is contracted through DNA, and many are hundreds of years old. A relative who had one of the diseases passed on the genetic material to you. If Syphilinum comes up in your screening this does not mean that you have syphilis. You have the miasm of it. Miasms are detrimental to your health and create disease. Because miasms are so toxic to the body it is

imperative to eliminate them from your DNA. Your practitioner will explain the simple process of elimination.

(Excerpt from *Comparative Study of Chronic Miasms*
by Dr. V. R. Agrawal)

GENERAL INFORMATION ON THE BRAIN AND EMOTIONS & HOW TO CONQUER DISEASE

The mind is a miraculous thing. We can control illness and disease many times by controlling how the mind emotionally relates to issues.

When a person is born, the right side of the brain develops first and is continually absorbing information. The left side of the brain, or “logic” side, does not begin functioning until the ages of 5 or 6. Since the right brain deals with bodily functions and emotions, our filters for “decoding” or interpreting information are compromised. The right brain only records the information literally. So whatever we hear, see, or partake in we believe is all about us, and we believe everything we take in is true.

If the right brain is “happy” you will have good health. If you are not “happy” you will not have good health. Your right brain is your autonomic or “automatic” side (meaning you cannot control the function of this side) and is in the driver’s seat for controlling all bodily functions. **For example, you cannot stop your heart for 5 minutes simply by thinking about it, just as you cannot control how you feel about something.**

In contrast, the left brain is the logic side. This side is where you do have control. You can decide to hold your breath, not to step out into traffic, and to make calculated decisions about the words you say. The problem many times is when the right and left brain cannot agree on a subject, and one side wants to control the other.

Think of your brain as an infinite memory stick for your computer. The right brain collects everything and stores it, beginning at birth, and then at 5 or 6 years old the left brain develops and is invited to help decipher and filter the information collected. For example, if you hear a joke, your left brain says “ha-ha, very funny,” but your right brain says “you must have told me this because you’re thinking something ‘bad’ or undesirable about me...you are making fun of me.” Again, the right brain takes everything literally, but the left brain is there to help decipher and allow the right brain to understand it was just a joke, not about you personally.

Another example: you have a strong bad feeling about a particular subject. How you feel is not acceptable to the logic of the left brain and this causes conflict, which the left brain then tries to suppress by discounting and rationalizing the feeling. Now the right brain is offended and becomes “unhappy.” This unhappiness can manifest itself into illnesses and any number of dis-eases over time. Again, the right brain runs the body and determines which organs or systems get attention. (The process of such a conflict sounds a lot simpler than it is, but this example gives the basics of what can happen.)

To further demonstrate: you receive bad news and get a queasy, butterfly or upset feeling in your gut. This happens because the emotional right side hears the news and becomes unhappy. You cannot control how you physically or emotionally feel. You can only control how you handle the news, what actions you take and what words you speak—hence the left brain’s job. Now imagine having this conflict over several years. This is a perfect scenario for inviting disease into the body—be it through bacteria, viruses, fungi, etc., or changes in pH levels—because conflict in the mind has made the body vulnerable.

Your surroundings dictate your interpretations, filters and thought patterns—a process that begins before birth. Thus, we see many issues with children from abused homes. You do not have to come from

a dysfunctional home to have emotional issues that you cannot seem to identify the roots of. Many times it is a misinterpretation from when the left brain was underdeveloped. Think of all the information you absorb in the first 6 years of your life as blocks of truth, building the footings and foundation of your proverbial house of life. As you collect blocks of truth—such as rules at the dinner table, what behaviors are acceptable, how you should feel when you do something considered wrong in your home, religious beliefs, guilt and beliefs in Santa Claus, the Tooth Fairy and the Easter Bunny—a pattern of operation is developed in the brain. This pattern is called a neuro-transmitic pathway. Over time these pathways become very pronounced and you become predictable in your feelings, emotions and behaviors.

Then puberty and the teenage years arrive. During this time you are starting to “find yourself.” So what better place to begin, than in the basement as you inspect your blocks of truth, where cracks and broken areas are found? These areas are where a truth was not really true. (Things like the belief in Santa Claus, or even the perceptions and reality of physical, sexual or verbal abuse.) The discovery that not all the information you were given was true causes conflict in the brain. Logic says, “You were lied to and the world may not be as previously perceived.” This epiphany creates rebellion, confusion, frustration and a whole world of other emotions. (We all remember being a teenager; some

of us are still stuck there emotionally because of the hurt.)

Due to the timing of our block inspections, we may miss blocks that need repair or removal. These broken blocks then expose themselves in “knee-jerk reactions.” This is when your buttons can be pushed, and you have an automatic reaction to a situation that you later regret. This regret may appear anywhere from five seconds to days later. It forms because your left brain knew better, but the right brain, which is in control of your emotions, caused a broken block to be set off.

This is where flower remedies, single homeopathics, phenolic isodes, and other modalities come in: to eliminate that broken block and all the strings tied to it. We develop certain feelings about things, and as we intake more experiences we will associate those experiences with familiar feelings, creating a string.

An example: as a child you lacked athletic ability and were quite clumsy. Now as an executive in a prominent company, you are expected to participate in a sporting event and look good for the company. The fear, frustration and negative self-image feelings you had as a child are right there again—as they are anytime you find yourself in a like situation. Another example: after having numerous bad relationships, you begin to expect them all to fail and then fall into the same bad pathways and feeling patterns that were

preprogrammed. You are making yourself fail by allowing these patterns to continue.

The goal is to break the cycle of bad thinking. You can logically talk and talk about the problem, but until you eliminate the right brain's pathway of feelings that guide behaviors, you will never eliminate the problems. As Bruce Lipton, Ph.D., states, "Talking to the recording in your head will simply not work; recording a new message in place of the old, ill-guided message does." This is all cellular memory.

The right brain will always try to warn you of what is going on via symptoms. Whether these symptoms have emotional or physical bases, the right brain is always recording. Because the right brain does all of the recording, we use it to determine your health issues. These health issues may be caused by viruses, bacteria, fungi, parasites, injuries, toxins, vaccinations, heavy metals and much more. Whereas the left brain only knows that something is wrong and cannot understand which or what thing is wrong, the right brain knows the causes of health issues in great detail.

However, many health issues are not caused by an "unhappy" right brain. Many issues, such as viruses, can be the reason for the right brain's unhappiness, which then causes disease. Therefore, emotions are not always the first problem in perceptions. Something can cause the right brain to feel paranoid and self-centered in response to a joke,

for example, which in turn creates the conflict with the logical left brain that leads to disease. Whether the roots are emotional or physical, perceptions must be dealt with. As Lipton puts it, if you perceive a problem, then there will be a problem. Your biology doesn't know the difference between a real fear and an imagined one.

Cellular memory is a double edged sword that cuts both ways. When an issue arises and it is either emotional or infectious, the cause may not be the most prevalent symptom. Two examples: Every Thanksgiving you get Bronchitis. The symptom is the bacterial infection, but the cause is that a loss of a parent happened 2 days before Thanksgiving 25 years ago. During that time of grieving your cell are recording ALL that was happening. Due to the emotional exhaustion and existential anxiety in the right brain, you are not able to take good care of yourself. This lack of care results in creating a weakness in the immune system causing you to contract bronchitis. Each year this cycle is had, it reinforces the belief that "I always get Bronchitis at Thanksgiving". On the flip side; each time you catch bronchitis you become depressed of the loss of a parent by remembering and reliving that stressful time.

Symptoms can occur in many areas, but the goal is to find the cause. Many times when one area of the body becomes weak, another part will pick up the slack. Over time the area that was picking up the

slack also becomes weak, and there may not be any other area to help, which causes that organ, gland or system to shut down. The true cause of such dysfunction is what made the original area become weak. Once that cause is found and eliminated, more times than not the rest of the system will repair and balance out. Western medicine and the medical model treat symptoms with a “band-aid” approach. Natural medicine eliminates the root cause.

If you believe you will not be well, you are right.

--Henry Ford

You have to take an active role in your health and healing.

You cannot turn off your right brain’s communication with the body and say “OK” to disease. Determination will always persevere. The question is: Will you take the steps to conquer your issues?

Product is 20% of your healing—the other 80% is your attitude.

You have to want to be well.

You have to follow through with the suggested regimen.

Finally, you have to believe you will be well.

The single most important variable to your health is
YOU!

Do not be afraid of what may be discovered; care only about how to eliminate your issues to become a healthy person. Research your body—how it works and the things you put into it. Check out a book at the library or even a DVD. We recommend the works of Dr. Bruce Lipton and Dr. Sherri Tenpenny, to name a few.

There is no judgment from anyone at Remedies LLC; our goal is to see you happy and well, and we will do our best to get you there.

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