NATURAL MEDICINE: SUPPORT THE HEALING PROCESS with HOMEOPATHIC REMEDIES
REMEDI JANE LLC

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Purpose of talk

- What is homeopathic medicine?
- Is it scientific?
- Does it work?
- Learn a few remedies
• energy within that animates matter.
• It is present everywhere in the organism.
• ALWAYS adjusts to internal and external forces to readjust the organism, keeping harmonious balance.
• Causes disagreeable sensations and symptoms of disease when disrupted.
• Intelligent sensor.
Neuro-Immuno-Endocrine System (NIES)

PHYSIOLOGY

Interconnected system of receptors, neuro-biochemical pathways and reflex responses that are constantly adjusting to internal and external dynamic stimuli.
FORCES of life that cause VF imbalances:

- Our health is influenced by external and internal forces.
- 1. **Emotions** and energy of others, facts, thoughts
- 2. **Environment**:
- 3. **Internal signals** (genetic forces)
- 4. **Physical forces** (energy)
  - diet, drugs, trauma
What happens when these forces affect the VF?...

progression to disease

Emotion, diet, environment, trauma, drugs
OVERVIEW
Principles of Homeopathic Medicine
forces of illness are energetic in nature

- minimum dose of natural medicine, scientifically developed and investigated. Proven effects in human studies (on vital force).
- Remedies are chosen based on *a set of symptoms that are specific to the disease as well as any peculiar, and striking symptoms that characterize the person with the illness.*

Based on the whole person, a *totality of symptoms* based on *individual expression of disease*

Prescriptions based on a *LAW of HEALING, called the LAW OF SIMILARS*
HOMEOPATHY is a branch of HOLISTIC MEDICINE

Not acupuncture
Not reiki
Not herbal medicine
Not simply a nutraceutical
What makes homeopathy unique?

- The method of preparation of medicine
- The method of choosing the proper medicine based on individuality of the disease expression.
DEFINITIONS

- HOMEOPATHY
  - HOMEO = similar
  - PATHOS = suffering
  - Supports the healing process (rebalancing the organism. symptoms)

- ALLOPATHY
  - ALLOS = opposite
  - Disease is one part of the organism.
Why?

• Symptoms have purpose
• If you consider the physiology as a whole, it has purpose and intelligence.
• Constant rebalancing occurs from any stimulus.
• There is intelligence, BUT body needs help to complete the healing process.*
SYMPTOMS

1. pain
2. inflammation
3. fevers
4. discharges
5. ulcers
6. tumors
1. disagreeable sensations
2. abnormal functions
3. physical signs
4. outside forces

By a detailed interview and examination, homeopathy corrects problems at the level of this vital force (that regulates health and disease).
Founder of HOMEOPATHY

- Dr. Samuel HAHNEMANN, MD 88 years
- 1755-1843 born in Germany
- Fluent in 11 languages
- Degree in Chemistry
- Spent 50 years on a quest to find the cause and cure of acute and chronic disease.
During Medical training

TOO MUCH SPECULATION and theories MATERIALISTIC: suppress disease, remove evil

- Enemas to induce diarrhea
- Bloodletting
  - Metal prongs or leeches
- Purgatives to induce vomiting

WEAKENED PATIENTS
PREVENTATIVE MEDICINE (MD 1779)

- Diet
- Hygiene
- Environment
- Morality
CINCHONA OFFICINALIS (Peruvian bark)
cured malaria
Hahnemann’s first experiment

Took 1/2 oz. of Cinchona extract:

SIMILAR SYMPTOMS OF MALARIA

nausea, profuse PAINLESS vomiting & diarrhea, sweats, PERIODIC fever and chills

...each time he took a dose...

3 different times.

A material dose...
· Medicine ought to mimic or support the physiology
· of the totality of the “dis-ease” state
· known by signs and symptoms of the individual…….
Next step?

Testing more medicinal substances

- Investigate the powers of more natural substances to be used as medicines.
- Prescribe them to the sick using this same principle of similarity.
What medicine did he use?

FROM NATURE

1. Animal parts (milk of dog, whole bee, ink of cuttlefish)
2. Minerals (salt, copper, gold)
3. Plant parts (leaves, stems, flowers)
“PROVINGS”

- Dr. Hahnemann (himself), his family and colleagues and many more people.
- Experience of remedies given to healthy people
- Over 200 years of provings now on over 3000 remedies.
Every substance can have **healing** or **poisoning** effects...depending on dose.

- Least dose that was safe and effective.
while experimenting, Dr. Hahnemann noticed a phenomenon as he was diluting the dose:

- When a substance was **vigorously shaken**, between dilutions, this process rendered the remedy more powerful with more physical and emotional effects on human subjects. **dormant powers released?**

- made a remedy safer (by dilution) and more powerful (by serial succussions).
HOMEOPATHIC REMEDY

How Remedies are Made - Potentizing

Natural Substance → 1 Drop → More Potent, More Dilute

1C: 99 Drops Pure Alcohol
2C: 99 Drops Pure Alcohol
3C: 99 Drops Pure Alcohol
4C: 99 Drops Pure Alcohol

Each tablet is shaken vigorously after each dilution is made.
Methodology of Potentization

- The **successive strokes against a somewhat hard, elastic body** to every vial containing one drop of the lower potency with 99 drops of alcohol to obtain strong potencies are vastly more effective than giving only a few **nerveless successive strokes**, which will produce little more than (another) **dilution(s)**, which ought not to be the case.

- *Hahnemann*

- He used a bible
HOMEOPATHIC REMEDIES

- Tastes good, easy to take.
- Dissolves in on sugar pellet or liquid solution
“Homeopathic POTENTIZATIONS are processes by which the medicinal properties, which are latent in natural substances while in their crude state, become aroused, and then become enabled to act in an almost spiritual manner on our life; on our sensible and irritable fiber”

VF

· Hahnemann
Past Avogadro's number

- The laws of chemistry state that there is a limit to the dilution where we lose the original substance altogether. This limit, which is related to Avogadro's number \((6.023 \times 10^{23})\), corresponds to homeopathic potencies of 12C.

No material dose

- Energy dose: the perfect medicine that touches the VF gently, influencing the symptoms of the sick to turn around.

SYMPATHY?
In these human provings...

- “PROVINGS”
- Provings done on healthy people
- Dr. Hahnemann (himself), his family and colleagues
- Individuals are trained to record symptoms paying particular attention to EVERY DETAIL and most importantly to any PECULIAR symptoms.
- Peculiar characteristics would be signature symptoms to identify a particular remedy.
Example of headache

- **Ignatia:**
  - One spot as though a nail were driven into it. Comes on after a strong odor or excess mental work. Is periodic, ends with vomiting and improves on urination. Better with firm pressure.

- **Spigelia:**
  - Sharp neuralgic pain over left eye comes from nape of neck and over the head with nausea, worse least motion. Usually comes on after sun exposure, worse in the morning.
IGNATIA

“St Ignatius bean”
Spigelia “Indian pink”
Homeopathic MATERIA MEDICA
Homeopathic materia medica

- Provings
- Toxicology reports (e.g. belladonna, poison hemlock, snake venom).
- Cures during a proving
- Cures produced in the clinic based on similarity
"LIKE CURES LIKE":

- The symptoms of the sick person are the very symptoms that need support to complete the healing process...strengthening and supporting the vital force.
HOMEOPATHY: stimulates the VF and your body (VF) does the healing.

- Chronic sinus disease
- Chronic allergies
- Arthritis of many types (RA, OA)
- Skin disorders, psoriasis, boils, cysts, rashes of many types
- Hormonal imbalances: Impotence, menstrual problems, hot flushes
- Emotional disorders (depression and anxiety, mania)
- Autoimmune disorders (MS)
- Chronic fibromyalgia
- Chronic fatigue
- Infant and children disorders
- Asthma
- STD, herpes, warts
- Concussion, traumatic effects, seizures
- Gut disorders (chronic diarrhea, GERD, inflammation, constipation etc..)
- And many more...
BODY and MIND

example: head pain

• Location (right to left, frontal, temporal...)
• Sensation/descriptions (throbbing, stitching, lancinating, dullness, burning...)
• Modalities (conditions making symptom better or worse...) environment (sun, change in or temperature, weather, season, humidity, position, time, activity, etc.)
• Concomitants (at the same time) (amount of sweats, nausea...)
ETIOLOGY: since fall, since tooth extraction, since injections, since grief or shock, since exposure to damp or cold or heat ...(*)

TEMPERAMENT:

EMOTIONS:

CONSTITUTION: body hereditary traits, body shape, color of eyes and hair, weak, strong

GENERALITIES: of whole person: “I am” (thirst, cravings, aversions)

“I am”, “I feel”
REMEDIES based on etiology that work

- Arnica montana: problems ever since trauma
- Ignatia amara: problem ever since grief
- Symphytum officinale: bone fractures that aren't healing.
- Aconitum napellus: ever since cold wind exposure or sudden effects of fright
ARNICA MONTANA

Leopard’s bane
IGNATIA

St Ignatius bean
Symphytum
comfrey
ACONITUM NAPELLUS

monkshood
ETIOLOGY: since fall, since tooth extraction, since injections, since grief or shock, since exposure to damp or cold or heat ...

TEMPERAMENT: (*)

EMOTIONS:

CONSTITUTION: body hereditary traits, body shape, color of eyes and hair, weak, strong

GENERALITIES: of whole person: “I am” (thirst, cravings, aversions
Do you think each may have a different physiology?
ETIOLOGY: since fall, since tooth extraction, since injections, since grief or shock, since exposure to damp or cold or heat ...

TEMPERAMENT:

EMOTIONS/MENTAL: anxiety, sadness, company, sympathy, noise (*)

CONSTITUTION: body hereditary traits, body shape, color of eyes and hair, weak, strong

GENERALITIES: of whole person: “I am” (thirst, cravings, aversions
EMOTIONS

- Excited: Ecstatic, Energetic, Aroused, Bouncy, Nervous
- Happy: Fulfilled, Contented, Glad, Complete, Optimistic, Passed
- Sad: Down, Blue, Grieved, Depressed, Heartbroken
- Angry: Irritated, Resentful, Miffed, Upset, Mad, Furious, Raging
- Scared: Tense, Nervous, Anxious, Scared, Frightened, Panic-Sticken, Terrified
- Tender: Intimate, Loving, Sympathetic, Kind, Soft
ETIOLOGY: since fall, since tooth extraction, since injections, since grief or shock, since exposure to damp or cold or heat ...

TEMPERAMENT:

EMOTIONS:

CONSTITUTION: body hereditary traits, body shape, color of eyes and hair, weak, strong (*)

GENERALITIES: of whole person: “I am” (thirst, cravings, aversions
ETIOLOGY: since fall, since tooth extraction, since injections, since grief or shock, since exposure to damp or cold or heat ...

TEMPERAMENT:

EMOTIONS/MIND:

CONSTITUTION: body hereditary traits, body shape, color of eyes and hair, weak, strong

GENERALITIES: Things that modify or affect the whole person/ego:
“I am very thirsty” or “I crave cheese”
“ I feel ravenously hungry everyday at 11 am”
“I feel cold in 70 degree room” or “I am burning all over”
Purpose of provings

- knowing the whole medicine and all its effects in humans to be able to match the state of the remedy with the unbalanced state in the sick
COFFEA CRUDA
Coffee
• INSOMNIA: An agreeable mental excitement causing wakefulness. Vivacity of thought.
• TOOTHACHES: Toothaches better cold water, intense pain in normal teeth of right lower jaw
• PALPITATIONS: from overexcitement: Heart – irritability with palpitations from nervous excitement
ARNICA MONTANA

Leopard’s Bane
It is especially suited to cases when any injury, however remote, seems to have caused the present trouble.

After traumatic injuries, overuse of any organ, strains.

Acts best in plethoric (congested states/redness) and debilitated persons

Sensation: Limbs and body ache as if beaten; joints as if sprained. Bed feels too hard.
CANT MEMORIZE ALL THESE REMEDIES and their effects

- REPERTORY BOOK
  - Symptoms organized by SYSTEMS or parts of body and by symptoms/emotions
- MIND
- HEAD
- FACE
- NECK
- CHEST
- HEART
- LUNGS
- BACK
- etc...
CHEST

DRY COUGH:
ACON, ARS BRY, CALC, PHOS RUMX bar-m, lach, nat m, apis, bor, spig

- **BOLD TYPE**: 3
- *Italics*: 2
- Plain type: 1
Weighted GRADING of SYMPTOMS

GRADING OF SYMPTOMS:

Grade 3
Symptoms are recorded intensely in every prover during proving, confirmed every time by all provers during reproving & clinically verified on every similar sick person.

Grade 2
Symptoms are recorded less intensely in certain provers during proving, confirmed by some provers during reproving & clinically verified in some similar sick persons.

Grade 1
Very few provers record such symptoms with much less intensity during proving, confirmed by very few provers by reproving & very occasionally clinically verified on similar sick persons.
Input the totality or **important symptoms**.

Comes up with top remedies

Need to still consult the materia medica to confirm your choice

Choose the **remedy** with the most intense, characteristic symptoms that match with the person’s state of disorder and correspond to their hereditary and temperament sensitivities.
**COMPUTER ANALYSIS of TOTALITY**

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Match the state of illness to the state of a medicinal substance.

- Need to know the power/effects of medicine. Distinguish one from the other.
- Needs to truly understand and perceive the state of imbalance of the patient. Distinguish one type of complaint from another.
- Need to choose the best fit.
TOTALITY

what needs to be cured:

the unique person with a disease!

- Etiology: “never well since”
- Emotions affect the physiology of the body
- Location or seat of the problem/organ/tissue
- Symptoms of disease (SRP)
- Genetics affect expression of disease .............individual unique reactions of body and mind to environment, body type
- Genetics affect temperament (mild vs irritable)
  ......interactions/relationships home and work, passions

MAINTAINING CAUSE (diet, hygiene, lifestyle, environment)
Studying the STATE OF ILLNESS

- The totality of intense and characteristic signs and symptoms is the main means by which the disease allows us to find the necessary way to healing.
- ....the outer image expressing the inner essence of the disease that is of the disturbed vital force.”
- Hahnemann
Homeopathic remedies are FDA approved since 1939

- When FDA grants approval for a drug, it indicates that the **benefits of the product outweigh the risks for which it is used**
- FDA reviews results of lab, animal, human clinical testing done by manufacturers.
- FDA does not approve dietary supplements, foods, infant formulas.
- FDA recognizes articles listed in the **homeopathic pharmacopoeia**
- FDA has clear regulatory authority over all drugs including homeopathic remedies.
Aesculus Hippocastanum
Horse-chestnut
Aesculus hippocastanum

- A great remedy for hemorrhoids, especially if blind or bleeding, where bleeding causes some relief. Anus/rectum has a feeling of dryness as if the rectum were full of sticks or as if splinters were pricking the folds of the mucous membrane.
- Accompanied by constipation with large hard stools with prolapse of rectum.
- General aching in the lumbar and sacral regions with stiffness, almost impossible to walk. Tearing in the small of the back and the hips.
Apis mellifica: Honey bee
Apis Mellifica 30 C

- Well-known effects of a bee’s sting - burning, stinging, lancinating pains with excessive swelling – give leading keynotes for its use in a great variety of conditions.
- Also great sensitiveness to touch
- Symptoms proceed from right to left
- Burning that is worse by heat
- Redness and swelling, stinging and burning in eyes, lids, ears, face, lips, tongue, throat, anus
- May be used in sore throat, urethritis, cellulitis of face, where symptoms agree.
RUTA GRAVEOLENS: rue or herb of grace
‘bitterwort’
Especially useful for robust, sanguineous persons
Bruised pain more particularly manifested in the bones
Chief remedies for injured bones and especially bruised bones
Shrinks synovial cyst of the wrist
Having special affinity for the wrists, sensation of sprain or stiffness in the wrists.
Useful in eyestrain or headache from eyestrain where there is a sensation of heat and burning in the eyes from over exertion of the eyes, weak and pressive –like eye pain when reading.
HOMEOPATHIC INTERVIEW:

CHRONIC CASES

• DETAILED INTERVIEW of individual and
• DETAILED KNOWLEDGE OF WHAT A MEDICINE CAN PRODUCE and what can be stimulated to health
How homeopath diagnose and treat chronic disease

- 2-3 hour interview
- One remedy at a time
- Should improve on many levels (mood, energy, and emotion most important)
- Layers of illness removed
REATIONS TO A REMEDY

1. Aggravation: good remedy, dose too high
2. Amelioration: good remedy and dose
3. New symptoms: need better fit?
4. No reaction: incorrect dose, wrong remedy
5. Return of old symptoms: right remedy, good reaction
Principles of Homeopathic Medicine

- minimum dose of natural medicine, scientifically developed and investigated. Proven effects in human studies (on vital force).

- Remedies are chosen based on a set of symptoms that are specific to the disease as well as any peculiar, and striking symptoms that characterize the person with the illness.

based on the whole person, a totality of symptoms

based on individual expression of disease

Prescriptions based on a LAW of HEALING, called the LAW OF SIMILARS
• When you have challenging cases, try homeopathic remedies from your toolbox!
• For more complex conditions consult a Classical homeopathic physician.
Dr. Jane Li-Conrad DO  
Founder of Remedy Jane, LLC  
Board certified Osteopathic Family Physician.  
Classical Homeopathic Physician and Integrative Medicine Specialist  
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