

# Health Reflections

Finding the Key



## Finding the Key to Your Health



When I was a primary school teacher I used to advise my pupils that the title for a story or poem might be the last thing to emerge, not the first. This often freed up their flow of work instead of setting off feeling stuck at the first line.

I should have followed my own advice since the title of this piece – written before the main body – conjures a certain image, a weighted expectation that healing depends on a single turn of one key. This led to several stop-starts; not surprising as the medicine in question never starts from a fixed label.

Up for a challenge, though, I decided to keep the heading and stay on key. This one's a combination lock with four wheels because with homeopathic treatment, only when these four main philosophical components have been attended to can we open up to a new phase of health.

To be clear, this four-part philosophy is not my idea but that of Dr Samuel Hahnemann and is described in full in his *Organon of The Medical Art*. It forms the basis of a fully trained, professional homeopath's job and the backdrop to the journey our patients take towards better health.

### 1) WITNESS THE INDIVIDUAL



Each and every person who seeks homeopathic treatment is unique. Just as no two mountains in our landscape have the

same shape or stature, no two cases of migraine or colic or slipped disc is uniform in nature either. Homeopathy therefore treats each person on his or her own merits, however strange, rare or peculiar their qualities may seem.

### 2) TREAT THE WHOLE PERSON



The word *health*, from the Greek *holos*, pertains to the *whole* being. As well as zooming in on those details that identify your uniqueness, a homeopath will concurrently assess your overall constitution. This means that you may seek treatment for gout but end up answering questions about your eyesight and your dry socket and your fear of dogs too. They're unseparable. It's a whole package.

### 3) LIKE CURES LIKE



Only after gathering your individualising details and the most complete picture possible will it be plausible for a homeopath to mirror what has been witnessed with a similar medicine. For example, Apis can be useful for those suffering swollen parts, stinging pain and restlessness because "...the very characteristic effects of the sting of the bee furnish unerring indications for its employment in disease..." (Boericke).

### 4) LESS IS MORE



Because your *pathos* - a whole gamut of befallment and pain - is not all balmy, the *homeo* or similar medicine might also seem less than appealing initially. This is partly why *Urtica*, *Mercury*, *Lachesis* and indeed all homeopathic medicines are repeatedly diluted to remove all toxicity as well as undergoing vital succussing to stimulate the energy of the original substance. And whilst the homeopathic philosophy may seem unusual in this materialistic world of ours, its energy remains meaningful to those who dare to know.

*The key is therefore to stop fragmenting what is essentially a much bigger picture, to value the potential in less material and to work alongside nature to address the opening line - and easing up - of each individual's illness.*

THINK BEFORE YOU SPEAK ♥ READ BEFORE YOU THINK\*

*Healing The Homeopathic Way:* Jörg Wichmann (FAGUS-Verlag, 2019);

*Pocket Manual of Homoeopathic Materia Medica & Repertory:* Dr William Boericke (B. Jain, republished 1999);

*Homeopathy in General Practice:* Dr R.A.F. Jack (Beaconsfield, 2001);

*Success Stories:* HHA ([www.homeopathyforhealthinafrica.org](http://www.homeopathyforhealthinafrica.org));

*Homeopathy for Epidemics:* Eileen Nauman (Light Technology Publishing, 2004).

\*Fran Lebowitz - Social Studies

# Quick Guide to Homeopathy Kits

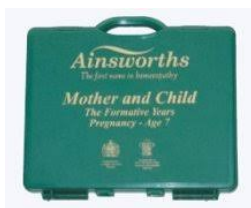


The first step to using a homeopathy kit is probably to own one! When ears ache or blisters itch, there is no time to order in your remedy by post, so be prepared and invest beforehand.



This blue 36 remedy kit is the first that I ever owned, and is still available to buy from Helios pharmacy. It is suitable for lay

prescribers who wish to deal with acute complaints at home, especially if they have already attended an introduction to homeopathy class. Helios also sell a green kit specific for travellers and a yellow 18 vial version to support women during childbirth. For further details, visit [www.helios.com](http://www.helios.com).



When children are brought for constitutional treatment, homeopaths often recommend that parents acquire a kit that includes the commonly indicated remedies for

addressing young ones' acutes too, in case any crop up in between appointments. Ainsworth's Mother and Child kit provides just this. If you visit [www.ainsworths.com](http://www.ainsworths.com) you will find that kits are also available for pet owners and farmers – perfect for those working alongside a homeopathic vet or a H.A.W.L. (Homeopathy at Wellie Level) mentor.



Sometimes, a bespoke kit is the way to go. Why not compile your own three remedy library with go-to remedies such as Aconite 30c, Arnica 30c and Hypericum 30c? Search

[www.etsy.com](http://www.etsy.com) for these Globuli-to-Go keyrings in a choice of exquisite colours, then fill with your three remedies of choice from a local health shop.

*I have personally bought products from all of the companies named above, but am in no other way affiliated or sponsored by them.*

## Homeopathy 4 X 4

With our basic four-part philosophy in place (*Individuality, Totality, Like Cures Like and Less is More*) the scope of homeopathic medicine ranges from acute illness through to pandemic disease. Here are four main classifications.

**Acute** - Some acute scenarios (but not all) are treatable at home by a lay prescriber – a sore throat, a grazed knee or a head cold, for example. It's a relatively small totality, often covered by one of the 36 or so remedies in a family homeopathy kit. Why not attend a class to learn more?

**Chronic** – The homeopathic treatment of deeper or longer-lasting illness requires the help of a trained professional and a choice of over 4,000 possible remedies. Often called the constitutional approach, this takes a bigger totality into account and is aimed at strengthening the resilience of each individual.

**Epidemic** – These diseases are contagious by nature and can therefore affect a large number of people in any one locality. Hahnemann's observation of epidemics furthered his understanding of homeopathy in the most tremendous way and his subsequent treatment of sufferers hastened homeopathy's rise to fame. Today, this approach to epidemics continues to be taught and applied, for example in the clinics of Homeopathy for Health in Africa (HHA).

**Pandemic** – In this scenario, infection spreads throughout multiple countries and naturally constitutes an even bigger totality requiring global collaboration. The COVID-19 pandemic, for example, has scores of professional homeopaths joining forces to ascertain a bank of genus remedies, meaning those medicines found to be the most widely used and best suited “to restore the sick to health.”

In *wesen*. Go well.



*Each Health Reflections article and blog has been written for those who wish to learn about the true meaning of health, who desire to think broadly and who are ready to take responsibility for their own personal choices. All information shared is of educational nature and should not replace medical advice. No guarantees are made regarding accuracy or completeness of content, or its applicability to any condition or personal circumstance. If you choose to implement any of the ideas or principles described, you are taking full responsibility for your actions. In times of illness, seek professional healthcare.*

**AUDE SAPERE – MENTRA WYBOD – DARE TO GET IT**

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