

Health Reflections



Happy Birthday, Hahnemann



April 10th marks Samuel Hahnemann's birthday. Please raise a glass to celebrate his contribution to healthcare!

What's *in* your glass is your call: some sparkling jun tea perhaps, an organic red or a celebratory gin and tonic.

The latter option could be most apt as Hahnemann's first experiment in potency was carried out using quinine. Commonly found these days in tonic water as well as in malaria medicine, his own encounter with quinine (or rather the South American bark called cinchona, from which quinine is isolated) resulted from reading a newly published edition of Cullen's *Treatise on Materia Medica*.

The long and short of Hahnemann's inquiry and findings, fuelled by the writings of the day's eminent authority on pharmacology, was a recognition of a direct relationship between the potential to harm and the potential to heal. Both capacities, he submitted, coexist within any medium.

This implies that a crude substance such as cinchona bark can render disease symptoms in healthy people, including coldness, prostration, palpitations, thirst and intermittent fever. But equally the same medicine - potentised and safely administered - can result in the relieving of persons suffering from a similar profile of complaints.

By the way, a select few companies sell tonic water free of unwanted sucrose, sweeteners and high fructose corn syrup. As with all food and drink, read the ingredients label and practice your own judiciousness.

In his *Materia Medica Pura* (Vol III) Hahnemann reflects that "...as long ago as the year 1790 I made the first pure trial with cinchona bark upon myself . . . With this trial broke upon me the dawn that has since brightened into the most brilliant day of the medical art."

Those words seem to resonate with the dazzling quality of quinine itself, described by Orna as "...a fluorescent molecule that emits a blue glow when irradiated with a near-ultraviolet light source such as the black light that strobes around nightlife venues. Addition of salt quenches the fluorescence, and acids such as lemon juice affect the fluorescence differently at different concentrations. So go to your favourite disco, order up some tonic water and a lemon sour, and amaze your friends with a chemical demonstration in a most unlikely place."

Bearing in mind the current lockdown and lack of discos in my sleepy hamlet, I won't be following that advice to the word. But I will most definitely celebrate the legacy of that most illuminating man, Samuel Hahnemann. Today for example, I was able to help a poorly lady who was convalescing post-virally. This was done with Cinchona 30c - a remarkable remedy

in its own right when the full picture fits, but also a symbol and celebration of Hahnemann's exceptional gift to the world.

Non inutilis vixi.

Happy birthday.



Statue of Samuel Hahnemann at Leipzig

THINK BEFORE YOU SPEAK ♥ READ BEFORE YOU THINK*

Materia Medica Pura, Vol iii, 2nd edition: Samuel Hahnemann (1825);

The Emergence of Homoeopathy, Alchemy Into Medicine: Elizabeth Dancinger (Century,1987);

The Chemical Quality of Colour: Mary Virginia Orna (Springer, 2012);

Get Well Soon – A Guide to Homeopathic First Aid: The School of Homeopathy (Yondercote Press, 2010);

Healing the Soul: David Lilley (Saltire Books,2014).

**Fran Lebowitz - Social Studies*

Mercurius solubilis Hahnemanni.



In addition to being a doctor, linguist, original author and translator, Samuel Hahnemann was also a chemist. With this background he was able to develop a new preparation of mercury known today as Mercurius solubilis Hahnemanni, or Merc-sol for short.

Today, potentised Merc-sol can be used in acute cases by home prescribers and in chronic maladies under the care of a professional practitioner.

Because the name of the illness is largely irrelevant to choosing a homeopathic remedy, we can't say that Merc-sol is a medicine for this or that disease. Instead, we need to respect that in homeopathy, both the diagnosis and prescription are obtained from a) closely observing the patient and b) familiarising ourselves with a matching description in the Materia Medica.

Some of the symptoms indicative of Merc-sol are:

In the throat: Shooting soreness and difficulty swallowing, sometimes with involvement of tonsils or swollen glands. Often there is hoarseness too.

In the mouth: Painful swelling of gums and tongue, with whiteness or furring, ulcers, dribbling of saliva and remarkably bad breath.

On the face: Heat and redness in the face, either alternating with chill or occurring at the same time as chilliness of the body.

In general: Complete loss of appetite, profuse sweating each time he moves, frequent waking during the night, intense thirst and quick strong beating of pulses. Scratching of itching eruptions can bring pleasure and there is a tendency for burning sensations – in the mouth, oesophagus, and pit of stomach.

Emotionally: The Merc-sol energy is discontented with himself, cross, intolerant and peevish.

The diseased aspect of Merc-sol is an unpleasant state, and the ability to meet its match and to swiftly alleviate such suffering a great asset.

Birthday Brownies



Here is a delightful treat (grain-free and nutrient-dense) for celebrating spring birthdays! I borrow the recipe from the kitchen of Penny Brohn UK in Bristol, where homeopaths meet for post-graduate training.

To make and bake:

First, heat up the oven to 120°C only, and line a tin or ovenproof dish with greaseproof paper.

Separate **6 eggs** and beat the whites with an electric whisk until forming peaks.

Sit a pyrex bowl on a pan of simmering water, then add **200g good quality honey, 225g butter or ghee and 70g plain cocoa powder**. Once melted and cooled, add in the 6 egg yolks and mix well.

*Personally I like to sprinkle in a **dessertspoonful of top quality gelatin powder** at this stage, but this is my addition and is optional. If dairy products are off your menu, the 225g of butter may be replaced easily with 200g of coconut oil or coconut manna.*

Using a metal spoon, cut and fold the egg whites into the cocoa mixture, being mindful not to knock flat the airy texture. Transfer into the tin or ovenproof dish and bake for 50 minutes or so.

For frosting, I encourage experimentation! Today I combined two spoonfuls of ghee, one small spoonful of honey, two spoonfuls of thick coconut cream and a pinch of powdered vanilla. In the name of health and to avoid inflammation, please refrain from using icing sugar or caster sugar or any ready-made icings.

Allow the frosting to harden before cutting the brownies into squares and pressing a clean primrose flower into each one for decoration. Spring birthday blessings and many happy returns!



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AUDE SAPERE – MENTRA WYBOD – DARE TO GET IT

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