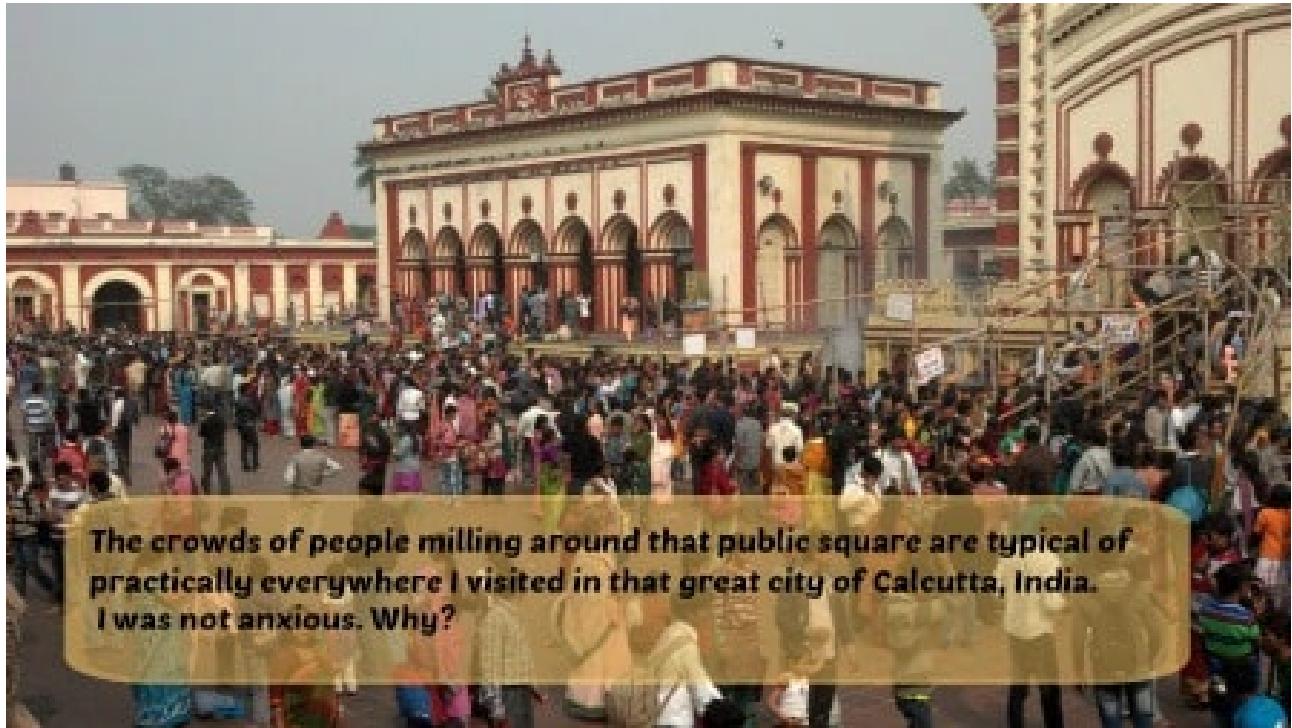


Ebola and Enterovirus Anxiety



The crowds of people milling around that public square are typical of practically everywhere I visited in that great city of Calcutta, India. I was not anxious. Why?

With Ebola and Enterovirus continuing to dominate news stories, contagious disease and the potential for global pandemics are a source of anxiety and worry for many.

I find myself reminiscing about my visits to Calcutta, India, to study with the homeopaths at the Prasanta Banerji Homeopathic Research Foundation Clinic. At the top of this blog, I've posted a photo I took while I was in India. The crowds of people milling around that public square are typical of practically everywhere I visited in that great city.

Not only are there vast numbers of people crowded together in close quarters, but there is also great poverty compared to what we know here in the United States. A setting like this – crowded, poor, hot, humid and sometimes lacking the standards of hygiene and sanitation that we are accustomed to in the West – is the perfect breeding ground for the

spread of contagion.

During my time observing cases at the Banerji Clinic, I personally observed, recorded and synthesized 5,528 cases. I'm not talking about cases recorded in books, studied in my hotel room or in an empty office space, I'm talking about living, breathing (sometimes coughing) people right in front of me where I sat next to the Calcutta homeopaths.

The clinic and research center was immaculately clean. It was scrubbed down daily. The home of the Banerjis was lovely, pristine and cared for, but the patients came from all walks of life and with all forms of illnesses, contagious, inherited and otherwise.

At first, it was heartbreaking. Certainly, I see suffering in the U.S. in my practice and in reports from my students from around the world, but this was different.

Each homeopath saw 100 cases per day, some brought in on stretchers, in ambulances or carried in by their families ... but then it was clear that we had a job to do and that was to discover the remedy protocol for the patient at hand and move on to the next as efficiently as possible. There were always more to be treated. It was a matter of focus.

The lines outside the clinic were made up of patients from Calcutta, neighboring villages and often other countries such as Bouton and Pakistan. Even some from Europe and the U.S.

Patients were often pressed up against me. It was exciting, invigorating, heartwarming and also a little scary at times.



Look closely at this photo of Dr. Pratip Banerji, me and Dr. Raju Sharma. Do you see a library of *Materia Medica*s? No Books! The only book the good doctors refer to throughout the day is Dr. Oscar Boericke's *Materia Medica*. Starting at the top from the Banerjis, these well-trained doctors have all the protocols memorized!

Well certainly they have an impressive library adjacent to the patient's chambers, but the cumulative knowledge of more than 120 years is stored in their heads!

During the 6-7 weeks that my husband and I were in Calcutta each year for the last couple years, I was exposed to tuberculosis, leprosy, dengue fever and whooping cough (in fact my husband and I both contracted what was likely whooping cough during our second visit). I also got dysentery and another unknown infection.

(Don't tell my father; he didn't want me to go to Calcutta in the first place.) I observed cases of malaria, both acute

and chronic, hepatitis and many other diseases.

Why did I take such a risk in traveling to India and putting myself in sometimes stuffy cramped proximity to so many sick people?

Because I have known since I began studying homeopathy some 28 years ago that the Indian homeopaths had information that I wanted to learn. I knew that the only way I was going to learn what I wanted for my family, clients, students, in fact, anyone who would listen, was to get there and be a part of it all.

I had confidence that my husband and I would be in good hands with my knowledge of homeopathy as well as the Doctors Banerji. After all, they have vast experience treating the diseases we would be exposed to. And equal to my faith in the Banerjis, I have confidence in homeopathy.

So to my husband and me, it didn't feel like such a great risk.

However, that's not how everyone in my life saw it. While I was there, I urged my father and mother to take *Ignatia* 200 for worry about us being so far away and in a clinic. It helped a lot. This is where I'll start as my first suggestion.

Worry: For those consumed by fret over the current news stories, [Ignatia 200](#), taken twice a day, has a reputation for easing the anxiety and helping one, as the 12 Steppers say, focus on what one can change and accept the things one cannot change.

And as a reminder of what I've posted in previous blogs, the

protocols that have been reported by homeopaths in the past for Ebola and Enterovirus are as follows:

Ebola: I can't say I've witnessed it, nor am I giving you advice, but I'll share the protocol that homeopaths have documented in our repertories worldwide.

I have beside me right now my Homeopathic Clinical Repertory by Robin Murphy, N.D., open to the section on Clinical Practice, Infections, Ebola.

The remedies to consider are *Arsenicum album*, *Baptisia*, *Cadmium sulph*, *Cantharis*, *Carbo vegetabilis*, *China*, *Cinnibaris*, ***Crotalus horridus***, *Lachesis*, *Mercurius cyanatus*, *Millefolium*, *Phosphorus*, *Sulphuric acid*.

Note that the most important choice is *Crotalus horridus* because of its reputation as a preventative if an outbreak happens nearby. The method is to take [*Crotalus horridus* 30](#), one dose daily until the threat is out of the area. For more remedy ideas, see: <http://joettecalabrese.com/blog/bioterrorism-epidemics-knowing-homeopathy-can-help-make-world-less-scary-place/>

Enterovirus: [*Kali iodatum* 6C](#) is the premier remedy that has been chosen by homeopaths, but for more ideas see <http://joettecalabrese.com/blog/homeopathic-remedies-enterovirus-68/>

There you have it.

A homeopathic approach to anxiety-provoking ills. Join me in owning knowledge that has aided humanity for well over 200 years.

Learn how to use this intelligent medical paradigm, then
kiss your kids (or grandkids) and husband goodnight and know
that homeopathy is the best medicine on earth for families.

Please pass on the good word to anyone this might help.
