

Edu-Tip!

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Do you know those pretty yellow flowers that look like dandelions from a distance; the ones that are the first to pop up in the spring? Well, be sure you know what you're picking, but, they are called Coltsfoot and they come just as spring bronchitis appears. When the flowers are at their peak, pop off the blossoms, fill a jar with the flowers and pour 80-proof vodka to the top of the jar. Devil's Spring is a convenient brand. Allow this to set for a fortnight (as they say in the old botanical texts). After this 2 week period, you may decant and use as an effective natural cough treatments. If corked tightly, it will last for years.

To use for coughs draw up 10-20 drops into a pipette and drop into 4 ounces of water. This dose is administered every few hours or so. It is much less expensive on the body and the pocket book than antiquated antibiotics. It's effective and carries no questionable properties. Just like your own homemade soup.....your own homemade medicine!

Unavoidable Surgery: Use Homeopathy

Surgery. We love it; we hate it. It can be life threatening and it can be life saving. In the world of homeopathy, it's a measure that we try to avoid as oft as possible since homeopathy often has the ability to eliminate the need for it. However, there are times in which it is inevitable and so homeopathy is still there in the ready.

The surgical protocol that will be discussed is both pre and post operative and is accepted world wide by homeopathic physicians. It is also the protocol used in homeopathic hospitals in the Netherlands, India, England and South America and was a mainstay of American hospitals until relatively recently.

Homeopathy is a two hundred year old medical method. In the US, it was considered a mainstay of 40% of the doctors and hospitals until the 1940's. It's demise came as a result of political in-fighting between medical factions, but today it is making a comeback in the US while it continues to thrive in Europe and India. It has the reputation for dealing with the most rigorous post surgical settings in short order.

The most important aspect of the protocol is that the advice of a homeopathic consultant be attained throughout the process. This is valuable since there are situations in which the educated voice of experience is necessary. At such a tentative period in someone's life, situations can change rapidly.

The protocol is as follows:

Arnica montana 200c given morning and night on the day before surgery. Then repeated the morning of and just before being wheeled into the operating room. What is the purpose? Arnica montana has a reputation for keeping infection at bay, minimizing the shock to the system, reducing swelling, minimizing the possibility of hemorrhages and putting the patient at ease. This should be repeated as soon as possible after surgery and administered every 2-3 hours from that time on until consciousness is revived, then repeated as often as required to eliminate pain. If pain is persistent, it indicates the need for more frequent repetition, perhaps every hour or two. If the pain is still a problem, Hypericum 200 should be considered an alternate so that Arnica is administered say, every even hour and Hypericum every odd

hour.

Sometimes, other remedies are required, such as Staphysagria 200 for wound pain and Nux vomica for nausea from the anesthetic. Phosphorus also comes into use as a powerful remedy for headaches and difficulty withdrawing from the anesthetic. This is when the experience of a well educated homeopath is best employed, whether in person or on the phone.

If the American surgeon was reacquainted with the methods of his predecessors and European counterparts who so deftly understand the value of [homeopathy](#), the rates of post surgical problems would be greatly minimized. Why is this no longer common protocol? To shorten a very long story; it has more to do with the pharmaceutical industry's profit margins and how they have successfully infiltrated the education of doctors and hospitals. Quarterly margins should not come in the way of you or your loved one's surgical recovery and well being.

It's important to know that homeopathic remedies can never interfere with conventional drugs. This includes the ingestion before surgery. For obvious reasons, it is advisable to not take food or drink before surgery, but the melting of three tiny pills for each dose doesn't fall into this category. Homeopathy is safe, gentle, curative, noninvasive and compatible.

The next time you or someone you love is faced with surgery, talk with your homeopath first, then if surgery is certain, work with your homeopath and follow the protocol utilized by homeopathic hospitals and physicians throughout the world. Then your world will be a better place for it.

Jealousy, Envy, Resentment, Oh My!

Such unsettling and uncomfortable emotions. They're unbecoming, painful and oh so unnecessary. Yet, sometimes they get such a grip on us.

Katherine was a retired librarian of 50 and was just entering menopause when she found herself experiencing envy every time she went to her in sister-law's house. Her sister-in law was thin, had a beautiful home and a fascinating career. Katherine actually liked her, but just couldn't resist the sensation of envy, jealousy and sometimes hatred. Katherine had nothing to be jealous about. She had three beautiful children, a loving husband and a house to be proud of. Nonetheless it became a struggle to visit her in-laws. Yet, she had not always been this way.

Of late, Katherine was also experiencing hot flashes that woke her most mornings and a restricting sensation in her throat. Her familiar old contentment was replaced by these menacing emotions and sensations. Her neighbor had recently mentioned that she had seen a homeopath for her menopausal symptoms of wakefulness and hot flashes and that she has been free of them since. So, Katherine thought she'd give it a try.

When Katherine listed all of her symptom at their first meeting, the homeopath explained that her indications of hot flashes and throat sensations were related to her plaguing thoughts. Because homeopathy views the person as a whole, it was important that these be considered. "You mean my thoughts are considered symptoms", she queried? The homeopath explained that if her thoughts were balanced they would not be considered part of the illness, only characteristics. However, when our thinking is askew and our thoughts become plaguing, then they must be considered out of balance. This made sense

to Katherine because she certainly felt her thinking had gone haywire and hoped to retrieve her old comfortable and confident self. Could a remedy do this? She looked forward to the process.

The remedy chosen was Lachesis. Within the first week, Katherine's hot flashes abated. The following week, she noted that her sleep was restored. But most remarkable of all was that just before she returned for her visit to the homeopath, she realized that the jealousy was gone. "I mean really gone!" she emphasized. In fact she and her sister in-law had been out to lunch and she was looking forward to their next planned outing. Instead of envy, she wanted to learn as much from her as she could. She wanted to know how she kept her figure so slim and how she chose such a beautiful color for her dining room. These questions represented a different thought process that was no longer ugly, menacing. This is the way Katherine used to approach life. The more Katherine thought about it, the more significant the changes appeared to be.

Katherine felt balanced and repaired. No side effects, no covering up of symptoms, no postponement of the issues. Just back to normal. Now this is medicine of a different sort. [Homeopathy](#), medicine of integrity and promise.

Medicine that makes sense

In recent years a profound shift in thinking about health and medicine has emerged. The public is clamoring for medicine that makes sense. The intelligent person asks the questions "If orthodox medicine were really effective why do heart disease and cancer effect so many people when only two generations or so ago they were rare? Why are classrooms filled with asthmatic and ADT children?" These illnesses were

an unusual occurrence. Arising from these kinds of questions is a trend toward a more holistic viewpoint. The underlining concept in holism is that each of us is an integrated whole. That is, we're not fragmented into separate parts each carrying a specific illness or diagnostic category.

Homeo Tip

Make sure you and your family are protected from winter illness by insuring the right homeopathic cell salts are a mainstay of their daily regimen. Instead of multivitamins that can cause an imbalance of nutrients, look to *Bioplasma* made by Hylands. Four little pills 1-3 times daily will ensure a high level nutrient intake and since it's homeopathically prepared, it's gentle.

The information provided in this article is for educational purposes only and may not be construed as medical advice. The reader is encouraged to make independent inquiries and to seek the advice of a licensed health care provider.

What Do the Letters After Joette's Name Mean?

CCH: Stands for Certified Classical Homeopath through the Council for Homeopathic Certification, (CHC). It means Joette is a member of an accrediting organization that is dedicated to maintaining high standards of homeopathy in North America. Requirements for admission are rigorous. They include proof

of completed college and post-graduate schooling in homeopathy, member recommendation, minimum five years clinical experience with notarized confirmation letters, professional references, written and oral exams, essays, written proof of cases and peer review.

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Chillblains

Chilblains. Could a pathology with such a cute name be all that bad? Well, it is only one step away from frost bite, so precautions are necessary. I live in Buffalo where the winters are a delight, but too often we become complacent with winter apparel. So preparation is essential. As in most illnesses, the best cure is to not allow it to happen in the first place. Dressing appropriately and retiring to the indoors *before* getting too cold is wise. Another safeguard is to eat a diet high in good quality fat such as butter, whole raw milk, whole cheese and cod liver oil. These foods are vital for the health of those who live in cold regions. Think Scandinavia.

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Health Care at Home

If you're seeking to learn how to handle simple health issues at home through inexpensive, safe methods, you've completed your first step towards independence in your healthcare...searching. Learning to take responsibility for your and your family's health is empowering, safe and cost efficient. For thousands of years parents have been the nurturers, caregivers, birth attendants and healers. It is only since the last century that the "business" of health has been turned over to a member outside of the family.

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Mother's Intuition

It is powerful, usually right on the mark and if we deny its existence, we're always sorry later. Yes, mother's intuition is real. Today, many have lost the confidence our strong ancestors had built into them. Drugs are handed out like candy. In fact, if refused, we are often met with angry words and condescension. There is a better way that many mothers instinctively understand. A way that is safer, non invasive and yields stronger and often better adjusted children. It is the way of nature, of homeopathy, of intelligent mothering.

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