



# How Homeopathy Activates the Healing Response

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When working to heal the body, we look for ways to activate the healing response and move in the direction of health. This can be accomplished by taking steps to improve mental attitude, diet and exercise habits. In addition, supplements such as enzymes and the use of essential oils help to activate the healing response in the body. Another great activator in the healing process can be the use of homeopathic remedies. Homeopathy's roots emerge from the findings, teachings and writings of Dr. Samuel Hahnemann (1755-1843). From his studies and experiments Dr. Hahnemann concluded that effective medications must produce symptoms in healthy people that are similar to the diseases they will expect to treat. Today this is known as the "Law of Similars" and is the basis for the use of the term homeopathy ("similar suffering"). This has evolved into a system of natural medicine which is based on treating the individual with highly diluted substances given in mainly tablet form, which triggers the body's natural system of healing. It works on the principle of "like cures like" - that is, a substance that would cause symptoms in a healthy person is used to cure those same symptoms in someone who is ill.

I look at homeopathy essentially as a form of energy medicine. Homeopathic remedies are made from substances diluted thousands of times in water or alcohol. Between each dilution, the liquid is shaken vigorously. For example, a one-to-one-hundred dilution means that one drop of a plant extract is placed in 99 drops of water or alcohol. After lengthy shaking, one drop of the new solution is mixed with another 99 drops of water. This mixture is shaken vigorously, and then one drop is taken from it and added to another 99 drops of liquid, and so on. This process is repeated as many as 30, 50, or more times. The end result can be a solution more dilute than one molecule of salt placed in an ocean. A molecule is the smallest possible amount of any substance. Most homeopathic remedies contain less than one molecule of the original plant or chemical extract. So it is not the chemical makeup of the plant, or the vitamins or minerals contained there in which cause the formula to work. Instead we find that the energy of the plant is captured in the formula and can be used to move stagnant energy in the person.



When a person is unhealthy, when they eat poorly and do not exercise regularly, the body's energy systems become blocked or congested. Think of this in terms of a computer on dial up, how slowly it processes the messages and brings up information. Quantum physics has acknowledged that we are all made up of energy, as is everything around us. It is the most basic building block of life, but like the air we breathe we usually can't see it. This movement of energy through our body travels on something called meridians. Acupuncture Reiki, Reflexology, and Kinesiology all work with the energy systems in the body. So a homeopathic formula will work to move and balance energy that is involved in a symptom the person is having. In so doing, the body is activated to overcome the condition. There is a homeopathic formula for just about every symptom the body exhibits.

There are several homeopathic formulas that I have come to love and keep in my home medicine cabinet. Since I am prone to migraine headaches, the formula Migraquel (#8745-7) is a favorite of mine. It is indicated for use when you have headaches associated with pain and throbbing. If taking at the first signs of the headache you can often stop it in its tracks. Tobacco Detox (#8712-5) is a wonderful formula for those who want to quit smoking. When you crave a cigarette, place a tablet under your tongue and the craving will immediately disappear. To this date, every smoker I have talked to says these tablets help them cut back or quit smoking. Another very famous formula is called Distress Remedy (8975-1). This is a formula that is called for when you are under stress, emotional or physical, like the stress of a job interview, or a dentist appointment. It will calm your energy after an argument, or before a speaking engagement. Physically you would use it when suffering minor pain or inflammation like a pulled muscle. For children it is great when they suddenly injure themselves and are crying. I like to combine this with the topical homeopathic formula called Healing AC cream (#8723-1). When applied to a bump or injury it immediately soothes the area, reduces the swelling and takes away the pain. Healing AC greatly diminishes bruising, so keep that in mind as well. Apply it several times in the first hour as needed. The remedy **Sprains and Pulls** (#8970-7) is excellent for sore muscles; it helps to reduce inflammation, pain and stiffness that occurred from overuse of the muscles. The formula **Allergies-Hay fever/Pollen** (#8925-0) works great for itchy, watery eyes, sneezing, congestion and runny nose due to hay fever and pollens.

It is really amazing how quickly a homeopathic remedy will work to alleviate a symptom. Nature's Sunshine has a great line of homeopathic remedies. I encourage you to try some of these or others that pertain to your particular health needs. I find it amazing that this science was discovered and understood over 200 years ago, and yet goes widely unknown today. Activate your body's healing...consider homeopathy today.

### Wondrous Weeds..

After two weeks of daily rain showers followed by a few days of sunshine our front lawn looks like a man sporting a bristly five O'clock shadow. It's not that the grass is too long, but rather it's the false dandelion and plantain which have taken over the lawn. These two weeds both have a long stem topped by a flower of sort, giving the appearance of a bristly lawn. I have considered paying a lawn crew to come eradicate these weeds and sow me some soft pretty grass like my neighbor has. Well, I thought that way until recently...



Summertime brings a great many things besides warm weather and plentiful weeds, it also brings along a wide variety of flying insects. The ones I'm particularly troubled by are the stinging bees and wasps. A few years back, I went into anaphylactic shock after a single sting from an angry wasp. The initial tingling sensation and itching feeling was not so bad, but after about 10 minutes I was covered in hives, my speech slurred and my ears blew up like red tomatoes. The ambulance ride was but a blur due to all the weird feelings I was having, not

mention thoughts of dying. Needless to say after this experience; bees, wasps and other stinging creatures and I, do not get along.

I've managed to avoid the creatures for the past couple summers, but I keep a wary eye out for them all the time. So last week when a sweat bee stung me, I was a little nervous. Not as potent as it's cousin the wasp, but none the less, it caused a reaction with intense itching and burning followed by a good size welt the size of an orange. A couple days later when sitting on my front porch I was being nagged by a white faced bee, a species of which I had never seen before. He kept dive bombing me so I swatted at him to get him to leave. As I did so, I felt the distinct sharp pain of the sting. I watched as the welt began to rise on my wrist and I looked at the big red welt on my other arm and quite frankly was feeling a bit un-nerved. It was at that time that I glanced across the yard at those spiky plantain and dandelion plants covering the lawn, when I remembered something I read recently. I had recently read an article that mentioned the use of plantain to stop the reaction of a bee or wasp sting as well as the bite of the black widow spider. He said to chew the leaves of the plantain and apply them like a poultice to the welt.

So with nothing to lose and a big welt to gain, I went across the lawn to look for some tasty looking leaves. Having made my choice I chewed it up, finding it a bit bitter and grass-like in taste. I think the chewing factor is important as the saliva plays a role in helping to neutralize insect venom. I then applied the chewed weed to the welt and proceeded to cover it with a gauze bandage. To my amazement the stinging sensation began to quickly diminish, as well as the itching. In a short time it was barely noticeable. After a couple hours I took the poultice off. The welt was gone, and except for a bit of a green stain from the leaves, there was no way to distinguish the site of the sting. The next day I woke to find only a slight red mark on my wrist that barely itched at all.

If you have sensitivity to stinging insects like I do, I encourage you to find someone to help you identify plantain in your area. It is a common weed and is readily available. Plantain has historically been used to promote wound healing. Plantain is a powerful drawing herb and is specific for localizing any poison in the body. The plantain keeps it from overwhelming the lymphatic immune system. It has natural anti-inflammatory and pain relieving properties as well. So now when I sit on my porch and look at my neighbor's sterile lawn, I don't envy it anymore. He may have vibrant green grass, but I've got a hedge of protection around ours.

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