

## CERTIFIED HOMEOPATHIC ONLINE COURSE - SESSION 6:

### • What Sort of Problems Does Homeopathy Help With?

#### Adults and Children

People with almost all types of mental, emotional and physical problems can be helped with homeopathy. The best way to know is ask a homeopath whether they can help. They will be honest with you about what the likelihood of homeopathy helping is. Whether a problem is considered curable or not in conventional medical circles is not a factor. Some of the more common problems that we have very good results with are listed below. Please realize that there are many problems that homeopathy can help with and we have listed just the most common ones below along with miscellaneous testimonials. In these examples you see the difference between homeopathy and other approaches for treatments. After the right remedy we expect to see everything getting better in the person's life.



The following testimonials are about current clients. On the basis of their symptoms, these clients were given the homeopathic remedies stated. Note that these were the right remedies for them but the possibility of them being the right remedies for another person is low.

#### **ADD or ADHD - Ritalin and Other Drugs Are Not the Answer - Attention Deficit Disorder or Attention Deficit Hyperactivity Disorder**

You start hearing complaints from your child's teacher – they are restless, they don't pay attention, they can't focus on schoolwork long enough. The teacher fills out a checklist which indicates your child may have ADD or ADHD (ADD + hyperactivity). Eventually you get a referral to a psychiatrist who evaluates your son and daughter and prescribes Ritalin or one of a number of other drugs. They tell you unless you put your child on these drugs they will fall further and further behind in school. Does this sound familiar? In some schools thirty percent of children are on these drugs. Any child who doesn't seem to fit well in a classroom environment is likely to be labeled ADD and put on dangerous stimulants.

If you succumb to the pressure- what will happen? For as long as they are on the drug- their concentration will probably improve to a degree. But they will often have many serious side effects. The most common one we see is depression- sometimes very serious depression. Many formerly happy children, full of life become quiet, sullen, and depressed after these drugs. They seem to have lost their spark, their joy of life. And as soon as you stop giving these drugs the attention problems return. They haven't solved the problem at all, just postponed it.

*Michael was a tall thin 4-year old. The reason he came for treatment was immediately obvious, as he began to run around the room, non-stop. His parents said that he had been hyperactive since he was a toddler. He was in constant motion -- always walking, running and fidgeting. He purposefully bumped into things. He could only focus on something for a short time and it was very difficult to get his attention. Starting at age one, he began to hit people. Now, at age 4, he tapped people on the face, instead. He often took sticks and beat on things. Though he was very sensitive to the opinion of others, he did not know how to act with other people. If his parents criticized him, he would throw a toy in anger. If he worked on something and it didn't come out right he would throw it out or destroy it. His diet was very limited. He insisted on eating "junk food" and sweets most of the time and refused to eat vegetables in any form. Michael's mother expressed a fear that he would not be able to start preschool since he could not sit quietly, concentrate or relate appropriately to children his age.*

During his first one month follow-up -- it was immediately apparent that the remedy had worked. He took some toys from the toy box, and quietly played by himself for the first twenty minutes. By the end of the appointment he started showing some signs of restlessness again. His extreme restlessness had decreased in both intensity and frequency. He had more calm periods and could sit and concentrate much more. To their delight, his parents reported that he started eating vegetables, even asking for them. Now, six months after the remedy, the hyperactivity is gone, except if he gets a cold. He has good ability to concentrate by himself. He is teaching himself to read, and can focus on a book for a long time. His mother laughed and said: "before, he only picked up a book to throw it." He deals with anger better. He no longer hits people. He takes criticism better, but still is somewhat sensitive. He made a developmental jump and started developing more analytical skills. His parents are delighted about the improvement. His mother is especially happy that he was able to start preschool without problems, and seems to be enjoying it.

*Robert was a 14 year old boy who had much trouble in school. His teachers said he was always goofing off and not listening to them, and were very angry at him. His parents finally got the teachers to see that the problem was really attention deficit disorder. He could not concentrate on schoolwork. When he was younger he had been extremely hyperactive; he would literally bounce off the walls, constantly moving. He had been like this since preschool age. This hyperactivity went away one year ago and the attention deficit disorder replaced it. Before the attention deficit problem his grade point average was 3.1 out of 4.0. Now it had gone down to a 2.2. He got angry very easily over minor irritations. He was very restless in his sleep and woke with his covers all twisted up.*

He was given one dose of the homeopathic remedy Calcarea Phosphorica. The next day he was very angry. Immediately after this he became a different child. His mother said the difference was like day and night. By one month he was able to focus on schoolwork much better but still had some problem focusing. Now instead of having to call his name five times to get his attention, one time sufficed. His irritability and anger were much better. His sleep was much calmer. At three months after the remedy his ability to concentrate continues better. His irritability and anger are even less. His sleep is still calmer. His grade point average went up to 3.2, the highest ever. Over the next two years things continued to improve and by the end of that time all problems were resolved.

### **Agoraphobia -Stop Being Afraid -Are Your Fears or Anxieties Taking Over?**

Sometimes our fears or anxieties take over our lives. They keep us from enjoying life. We can't go out of the house or we are unable to do the things we want. We may lie in bed full of anxiety. Or your child may have fears or be anxious or have nightmares or night terrors. Living a life full of fear is so limiting. Fear keeps you from doing things. It doesn't matter what you are scared of- homeopathy can help solve the underlying problems so things get better.

*Ashley was 11. She was often ill during that past autumn. She had a runny nose and sinus headaches. The school year was about to start and she was very nervous about it. She said that she was afraid when meeting new people because she thought that the teachers or schoolmates wouldn't like her. This was surprising, because she was a sweet lovable child. Her sleep was very disturbed. It took her one or two hours to fall asleep, because of her anxiety. As soon as she lay down, she felt that something bad was going to happen to her. She was afraid that someone would break in and kidnap her. She kept a night light on and couldn't go to sleep without it.*

Looking at these and many other symptoms she took one dose of Phosphorus. After an initial aggravation of her sleep symptoms, she started feeling better. It took longer for her to get frustrated. Her fears became much less. She said that she was able to go to sleep without any fear, and didn't even need a night light. Her energy level became much higher. She seemed more responsible and worried less about what other people thought of her. Her runny nose and sinus problems were much less. After two months she started the new school year. She dealt with it much better than the previous year, without much fear or anxiety. Her mother noted that this year, for the first time in years, she got ready for the first day of school with eagerness. Six months after the remedy she had her final follow-up. All the original problems were gone. Her mother said that she was eager for change, while before the remedy she was scared of it. She felt much more confident.

*Justin was a 3 year old boy. His parents were concerned about his many fears. He was deathly afraid of any animals. He would run at the sight of a cat or a dog. He had nightmares most nights, waking up screaming. He also wet his bed every night. He also had frequent bronchitis attacks and repeated ear infections. He sometimes also had asthmatic attacks. He was a very sweet but obstinate child. He loved other kids and was very affectionate. But if he didn't get what he wanted he cried, screamed and broke things. He broke things a lot.*

Based upon these and other symptoms she was given one dose of Causticum 1M. The same day he took the remedy he had a nightmare. A few days later he developed an earache. By one month his mother complained that he was worse. Nothing had improved and he became much naughtier and openly destructive. Upon questioning he showed some subtle signs of improvement and his mother thought he didn't get sick in situations that he would have before. Thus despite the lack of clear improvement he stayed on the remedy longer to see what happened. By three months his nightmares were gone. He was bedwetting less. He stopped being destructive. He then developed a severe ear infection that required a dose of Causticum. By six months the nightmares and destructiveness were still gone. He was sleeping better. He was less frightened by animals though he still didn't like them. He started developing hearing problems. The bedwetting was much better. By nine months the only problems remaining were the fear of animals that had continued getting better and the hearing problems that were also getting better. Now after thirteen months all the problems are gone. His mother reports that he is really blossoming. He is teaching himself reading and math. He can play by himself happily now and is also getting along better with other kids.

Homeopathy has also worked with adults who have anxiety and panic attacks. It has helped adults who were so agoraphobic that they never left their house and it helped them regain full lives.

### **Allergies - What Do You Over-react To?**

What form of allergies do you have? Is it seasonal Hay Fever? Is it allergies to mold or dust or to cats or dogs? Or is it not a respiratory allergy- is it a food allergy? Or is it more extreme anaphylactic shock from eating peanuts or seafood?

Homeopathy can usually help. Homeopathy will raise the strength of your defense system so that you do not over-react to common substances.

*Steve had allergies all his life. So did his father. He had all sorts of lung problems. As a child he had pneumonia almost every year. He had severe respiratory allergies and asthma. By his early 20's he used to have to walk around with a shoulder bag full of many different medicines to counter any allergic or asthmatic problems he had. His nose constantly ran, he sneezed all the time and at least once every few weeks he went into a full blown asthma attack. In addition he had a bad back with scoliosis (curvature of the spine). But what made him desperate enough to travel 500 miles to the nearest homeopath was that he had severe bronchitis which did not respond to antibiotics. The coughing was so severe that he started cracking ribs. He was put on cough suppressants which calmed down the cough, but whenever they stopped them the cough returned and he cracked another rib. Meanwhile after 4 months on cough suppressants he was getting weaker and weaker.*

He traveled to see a homeopath that chose the remedy Hepar Sulph for him. He took it and slept for 3 days (he needed it). Upon awakening he realized that he felt really good and that he wasn't coughing. From that moment the bronchitis was gone. Over the next 6 months his allergies and asthma declined. The last asthma attack he had was a mild one in the fourth month after the remedy. There have been no more over the past 30 years. His allergies reduced by about 90% by 6 months and now remain at a very low level- which does not bother him much. And his spine straightened, to a great degree, from scoliosis and he had no back problems for the next 20 years , until some minor middle aged ones hit later.

*Sally was a 26 year old woman who loved cats. She has 11 cats- including the latest litter which she hadn't given away yet. But she had severe allergies to cats and dogs. She was allergic to them as a child but now it was much worse. Her lungs get very congested with coughs that come in two's which were shallow and wet sounding and brought up mucus. She also had severe pre menstrual syndrome (PMS). She got upset easily with nausea and diarrhea and loss of appetite. She also easily went into depression. She tended to blame herself for everything- feeling guilty because she didn't do enough. She was very concerned that everything be in perfect order all the time. She loved to travel and made sure it happened very often.*

Based upon these and many other symptoms she was given a dose of Carc. At her first one month follow-up she reported that her allergies were much less. She felt a lot less guilty. She felt really good about herself- work and school were going well. She felt a good overall sense of well-being. Over the next six months she reported that her allergies were 85% better- she could sleep with a cat with no problems. Her PMS symptoms were gone. She was much less guilty. She felt great in general.

*Pete was a 40 year old man complaining of severe allergies to pollens and molds. His worst season was late July to October. During this time he would get severe headaches and sinus infections. He would have severe sneezing and runny nose. The headaches were above the eyebrows and felt as if someone was driving a nail in between his eyebrows. He had severe TMJ symptoms. He had severe digestive problems- with lots of noise, gas and discomfort. He was a person who was eager to please. He put off working then worked really hard under pressure. He felt very inadequate – lacking confidence- filled with self doubt.*

Based upon these and many other symptoms he was given a dose of Phosphorus. At the first one month follow-up his digestion was much better and his energy level and general well being was better but everything else was the same. At the 3 months follow-up he felt much more confident, full of energy. The digestive problems were mostly gone. His TMJ problems were much better. He felt much better about his life. When the allergy season started it was

much less of a problem than in past years. There was some runny nose and sneezing but no headaches. By the 2nd year after treatment the allergies were about 85% less than before he started. His TMJ problems were gone. He had all the energy he needed- he felt quite strong. Emotionally the former lack of confidence and people pleasing was mostly gone. He felt fine.

In addition to treating with homeopathy- it is important to reduce exposure to allergens including pollens, dust, mold, etc. One very useful approach is using a high quality HEPA air filter.

## **Alzheimer's Disease**

What can be more frustrating and agonizing than watching your parents or other people you love gradually lose their mental capacities? To watch them lose their memories, lose their way, and maybe even forget who you are. Whether they are suffering from Alzheimer's Disease or other forms of dementia, often homeopathy can, at least to a degree, help. It usually will not cure, but will often slow the decline and make their life much happier.

*Ruth was a woman in her early 70's who was diagnosed with Alzheimer's Stage 3. She had moderate level of memory loss and confusion. She talked of her fears of what was happening to her and what lay ahead. Her main concerns though were of her past life. She described a life of many hurts. Of people doing things that emotionally made her feel very bad, of feeling alone and sorry for herself, of all the love she felt but couldn't always express, and of her headaches and arthritis pains.*

Based upon this and many other symptoms he was given a dose of Natrum Sulphuricum. By one month she was much happier. Her memory was much better for both the past and the present. She was much less tired. She said that she felt better than she had in years. She no longer felt so dragged down by the past. Over the next 10 years there was a very slow gradual decline into dementia but much slower than average for Alzheimer's patients. Whenever she didn't feel as good she took a dose of her remedy which lifted her up for weeks. Despite the decline she was happier than she had ever been in her life. The remedy helped her memory, health and happiness tremendously and slowed but did not stop the development of the disease.

## **Arthritis - Rheumatoid Arthritis - Please Stop the Pain**

Have you been diagnosed as having arthritis or specifically rheumatoid arthritis? Are you tired in being in pain all the time? Is your life severely limited because you cannot get around – because it hurts too much to move?

*Susan came in at age 45 diagnosed as having severe rheumatoid arthritis. It was present low level and then there were flare-ups. During flare-ups she could barely walk or pick anything up. The pain was so bad she felt severely depressed and wondered if life was worth living. She tended to be a workaholic but the pain made it so unpleasant to work- it is so hard to act nice to people when I feel so bad inside. The pain was so intense that she felt like her joints will explode. She felt like she was on fire inside- burning pain and hot. She also has had chronic yeast infections, bad headaches all her life and severe sleeplessness. She had severe dizziness. She felt very ungrounded.*

Based upon this and many other symptoms she was given a dose of Causticum. With a number of doses of Causticum she saw substantial improvement over time, By 6 months she reported that she was doing well with much less pain. And accordingly her mood was much better also. By one year her pain was very little and she felt grounded for the first time

in her life. She was not overworking as much. This whole process involves some up and down periods but clearly month by month she got better. After about 2 years she saw a change of pattern and was given Ozone which dealt with many of the underlying issues. Now after 4 years she is basically cured of most of her problems including the rheumatoid arthritis.

## **Asperger Syndrome/Autism**

Is your child been diagnosed as Asperger Syndrome or autistic or falling on the autistic spectrum? Do you struggle to communicate with them to no avail? Do they act like they miss most social cues? Do they stick to doing a few things over and over (obsessive compulsive disorder- OCD)? Do they not make eye contact? Was there a severe increase in these problems or did they first start after a MMR or other vaccine?

*Jonathan was diagnosed as having Asperger's Syndrome. He was seen at age 7. He was non-verbal until age 4. Now he talks well. At the slightest disappointment he has major temper tantrums. He wets his bed every night. He babbles incoherently without any clear words for hours. He turns lights on and off repeatedly. He has many fears and wants people in the room with him all the time. He has severe food allergies which affect him severely. In school he can do some things but is severely limited in his capabilities. He does many repetitive behaviors*

Based upon this and many other symptoms he was given a dose of Hyos. Over the next year there was considerable improvement. His school performance increased considerably- he was able to understand things that totally baffled him before. He had much less temper tantrums, improved sleep and stopped wetting his bed. His babbling is mostly gone. He has much less repetitive behavior and seems happier. He has a long way to go but he has made a good start.

*Andrew was a 5 year old diagnosed as being autistic. His development was on target except for verbal development, which developed until about age 8 months and then stopped developing. It restarted developing at 3 but is severely behind. He would not look directly at anyone. He screamed a lot, was very irritable. He had great fear of strangers. He was affectionate but without looking at you much or interacting. He spent long periods of each day playing with one toy- he is totally obsessed with it. He was a very picky eater. He sleeps very poorly and is very restless. He had severe eczema. He never wanted to be alone. He had bad nosebleeds and did worse in the summer.*

Based upon this and many other symptoms he was given a dose of Thuja. Over the past 2 years he has experienced substantial improvement. He is now very outgoing and social. His speech has improved tremendously but it is not up to grade level yet. He makes good eye contact. He is starting to read. He approaches strangers now, with no fear. He no longer gets upset easily. His obsession with one toy, while not gone is substantially less. His eczema is greatly diminished. His nosebleeds are mostly gone. Again he has quite a while to go but he has made good progress and the parents are very happy with the changes.

## **Asthma & Other Breathing Difficulties**

What is harder than gasping for air, desperate for your next breath? What may be worse is watching your child gasping for air. Homeopathy can step-by-step strengthen you or your child's immune system so that gradually they need less and less asthma medication and eventually they may not need any. Homeopaths always make sure that asthma patients are under a doctors supervision at all times.

*John is a 34 year old, father of 3, who is complaining of asthma. The asthma has been going on since childhood. Now it comes on mostly when triggered by allergies. His asthma is better when standing and he wheezes intensely, fighting for air. He also has lots of sinus congestion and sinus headaches. He also suffers from abdominal cramps, diarrhea and gas. He has severe backaches. Work is stressing him tremendously. He holds his emotions inside.*

Based upon this and many other symptoms he was given the remedy Tub. By one month he reported much less asthma symptoms- he did not have to do breathing treatments at all and used his inhaler only once instead of his usual 1-2 times a week. He has no diarrhea this month and gas only once after eating badly. His energy level is higher; he snored less and was emotionally more open, especially with his wife. Over the next two years the asthma was almost gone- there was just a hint of it, a couple of times when mowing the lawn. The sinus headaches were gone. He was less affected by work stress. There were no backaches. He continued opening up emotionally more and more.

*Brittany was 5 years old when she was had severe asthma. She had had repeated ear infections for years. She had pneumonia every few months. At 3 she was diagnosed with asthma, which comes on whenever the weather was cold. She was a very loving affectionate child, but is very sensitive and her feelings get hurt easily. She daydreams often and has trouble getting tasks done. She is very scared of the dark and has a history of many nightmares. She has periods of depression when she will just sit for hours without interacting.*

She was given the remedy Phosphorus. Things improved and she needed doses of Phosphorus and other remedies over the next years. In her case the asthma was very severe. The improvement was slow but steady. Year by year the asthma gets less and less and now is about 90% improved. She uses no drugs except during her now rare attacks. She is much less spacey and has no signs of depression. She is much less oversensitive. She has grown up into a sweet young lady.

## **Backaches - Back Problems**

8 out of 10 people have back problems. They are especially common as we age. They may be temporary back pains caused by an accident or stress. They may be long term chronic problems caused by a wide range of mechanical causes, ranging from poor habits to damage or deterioration of the spine. Many people with back problems can be helped with homeopathy.

*Donald had many back problems, both from injury and from overwork. Then he played football and "broke" his back. He had a compression fracture of L1. This caused extreme pain, stabbing like a knife. If he took enough painkillers to handle the pain, he was then unable to work. The pain went on for weeks. The orthopedic surgeon didn't help and the chiropractor didn't help. He tended to be someone who could handle pain but he couldn't stand this. He also had other symptoms including no appetite, coldness and a cough.*

Based upon this and many other symptoms he was given a dose of Lycopodium. By one month the pain was 50% better and continued decreasing till it was gone. Also emotionally things improved, he became much more patient and relaxed and happier.

*Brad had back surgery for 3 bulging disks in his lower back. Also his disk canals were small and didn't leave enough room for the nerves. He had surgery which gave back feeling in his leg but left numbness and pain. The pain was a stabbing shooting pain which was worse when sitting and better when lying and moving helped it. He was raised to be very responsible. He tended to be hot tempered. He is easily upset, raising his voice and cursing. He also had headaches and kidney stones and kidney pain.*

Based upon this and many other symptoms he was given a dose of Carboneum Sulphuricum. At one month he reported that his back felt much better. He surprised himself by going back to playing golf- he is hitting the ball further and straighter than ever before. His hot temper he was still aware of but he never lost control. Over the next year his back no longer bothered him more than slightly. He had no headaches or kidney pain. His energy increased. He was much less angry and frustrated.

## **Bipolar**

Have you or your child been diagnosed as bipolar (manic depressive)? Does your mood swing all over the place? Does your life feel unbearable due to deep depression? Do you have periods in which you do things that are dangerous- or seem crazy? Often homeopathy can help in these situations. The right homeopathic remedy will produce marked improvement in many people who have been diagnosed as bipolar or suffering from mania, depression or having maniac depressive tendencies.

*Paul was age 20. He had been diagnosed as bipolar. He had been defiant to any rules. He was quite immature and seemed oblivious to social cues He was a loner. He would say bizarre things out of context and children didn't want to be around him. He was thrown out of high school due to drugs and bad behavior. During the winter he slept most of the time. In spring he started acting crazy- walking into traffic and feeling the cars will bounce off him He was very messy and dirty. He spent his time with drugs or sleeping or hanging out. He would do things to get people mad at him- to provoke them.*

Based upon this and many other symptoms he was given a dose of Sulphur. Over the next two years he improved a lot. He stopped being defiant right away. He gradually stopped sleeping so excessively. He worked and got a HS diploma and plans to start college this fall. The depression disappeared. He started cleaning up more and improved his hygiene. He started working part time jobs. As spring approached he was watched to see if he flipped into mania like usual but he didn't. And the next year he was watched again and again no mania. At this point he is no longer bi-polar. He is gradually getting his life back on track.

## **Candida – Yeast - Candida & Other Yeast Problems Are Curable Without Changing Your Diet**

Candida is a yeast infection which in some people grows out of control. It is believed to be a contributing factor to chronic fatigue syndrome, immune weakness, allergies, general systemic degeneration and many other problems. The usual approach to this problem is a combination of using anti-yeast agents and an extremely strict diet. People who follow this approach usually experience partial but not total improvement. This improvement is often temporary and most people are not able to follow such a strict diet for long. Is this your story? If so, there is another way.

Candida is a yeast infection which begins in the digestive system and little by little spreads to other parts of the body. It produces a large number of different toxins which weaken the immune system, glands, kidneys, bladder, lungs, liver, brain and nervous system. It is

believed to be a contributing factor to chronic fatigue, immune weakness, allergies and general systemic degeneration. But a much larger group of diseases are connected.

The usual approach to this problem is a combination of using anti-yeast agents such as Nyastatin or other more natural ones plus a diet which avoids all foods which contribute to yeast overgrowth.

People who do these programs usually experience a partial but not total improvement, which is often temporary. It almost never completely resolves the problem and most people can't maintain the strict diet in the long run. It is just too limiting and it is almost impossible to eat in restaurants or at friends houses while following the diet. Many people desperately looking for an answer to their problem thought this approach would solve them all, but it hasn't. This approach is partially useful but is not the answer to this problem.

The limitation is that the yeast is not the total problem. The yeast overgrowth is just a symptom of a much deeper underlying problem. Candida is a normal part of our body. The problem is that the immune system, which is supposed to keep the Candida under control, is not functioning properly. You don't need to kill the yeast- you need to get your immune system working well.

*Laura was a 42 year old woman who had been diagnosed with chronic fatigue syndrome and the presence of Candida overgrowth and Epstein-Barr virus. This is a very common diagnosis in recent years. She had gone for treatment for the Candida but the Nyastatin and Caprillic Acid made her feel sick and she couldn't stick to the Candida diet for long. She said that she had very low energy. She said that she had periods of feeling very heavy, as if too weak to stand. These were accompanied by her mind fogging -- she couldn't complete sentences and forgot what she was talking about. She couldn't read at these times because by the time she reached the end of a sentence she would have forgotten the beginning. Depression accompanied these symptoms. She also had fear of heights and cancer. She said she was extremely fastidious. Her friends hated her to visit because she noticed every speck of dirt or dust.*

On the basis of these and other symptoms she was given one dose of Agnus Castus. For the first two days she was totally exhausted with restless sleep and headaches. By one month she was much better. Despite a stressful month her energy level was really good. She had no periods of exhaustion or mind-fog. She felt for the first time that she could lead an ordinary life. Now after 6 months, her energy level is higher than it has ever been in her life. The whole pattern of exhaustion and all the symptoms that went with it are totally gone.

### **Children's Behavioral Problems**

There are many ways that children can be off balance. Some children are angry all the time others are too passive- they can just go along with what others ask them to do. Some are defiant, others are shy. Each child is different in the strengths and their weaknesses.

*Randy was age 8. He was very hyperactive and had serious temper tantrums regularly. Whenever he was bored he would wander the house screaming, slamming doors, yelling "I hate you." At other times he would get a glazed look in his eyes and just look right through you. These fits used to happen weekly but now are about 3-4 times a week. He is very depressed. He tends to be bossy when with friends. But he cries and acts anxious in front of them so kids pick on him. He blinks often and constantly bites his nails. He has nightmares daily and is very restless in his sleep. He is very shy talking to most people and tends to give short answers to questions.*

Looking at this and many thousands of other details he was given the remedy Stramonium. By one month his parents reported a very different child. He stopped having nightmares. He became happier, more social, interacting much better with people. His temper tantrums reduced to 1-2 a week and were much less in intensity. Over time things continued to improve. Everything except the hyperactivity was pretty much gone by 6 months. That went away later. Now nine years later his parents are totally happy with how things have gone. He went from a deeply disturbed child who really worried them to an upright young man.

*Stephanie was 5 years old. Whenever she was unhappy about things in her life she cried loudly often. So loudly that people would come running to see what the matter was. Kids would run away from her due to her crying. She refused to go to preschool because they hurt her feelings. Now in kindergarten she goes some days but not others. She felt very insecure constantly wanting reassurance that she was loved by her parents. She didn't talk much, giving short answers to questions.*

She was given a dose of Chamomilla LM1. At one month the parents reported that she was more cheerful, crying less and more willing to go to school. She was talking more and using more complex words and sentence structure. Over the next years things improved more and more. As the mother said: "I would have been living with a different child if it wasn't for the remedy. On the remedy she is a happy child

*Ashley was 8. Her parents described her as a typical red head but more so. She was very hot tempered, flared quickly with anger. She would get upset so easily. At school she was excluded by others. She over dramatized everything. She was very strong willed insisting on getting her own way. She had many nightmares. She had repeated sore throats, many headaches, and stomachaches. She also had severe spring and fall allergies.*

She was given a dose of Lachesis. By one month her temper was much better. No tantrums and now it takes something big to make her angry. She had more energy, her allergy symptoms went away. Her dreams turned from nightmares into pleasant ones. Over the next two years things continued to improve. She became much happier, with a better life.

### **Chronic Fatigue Syndrome/ Epstein - Barr - Exhausted?**

Are you tired all the time? Do you drag through the day? Do you remember when you had the energy to live a full life? Or do you have chronic fatigue syndrome? Have you been diagnosed as having Epstein Barr, or Candida or yeast overgrowth? Do you want to feel better?

*Laura was a 42 year old woman who had been diagnosed with chronic fatigue syndrome and the presence of Epstein-Barr virus. This is a very common diagnosis in recent years. She said that she had very low energy. She said that she had periods of feeling very heavy, as if too weak to stand. These were accompanied by her mind fogging -- she couldn't complete sentences and forgot what she was talking about. She couldn't read at these times because by the time she reached the end of a sentence she would have forgotten the beginning. Depression accompanied these symptoms. She also had fear of heights and cancer. She was asked whether she was excessively messy or excessively clean. She said she was extremely fastidious. Her friends hated to visit because she noticed every speck of dirt or dust.*

On the basis of these and other symptoms she was given one dose of Agnus Castus. For the first two days she was totally exhausted with restless sleep and headaches. By one month she was much better. Despite a stressful month her energy level was really good. She had no periods of exhaustion or mind-fog. She felt for the first time that she could lead an

ordinary life. Now after 6 months, her energy level is higher than it has ever been in her life. The whole pattern of exhaustion and all the symptoms that went with it are totally gone.

## **Chronic Pain - Fibromyalgia- Are You Tired of Aching?**

Are you suffering from fibromyalgia - aching and exhausted? There seem to be a growing number of people complaining of these and other symptoms which have been labeled as fibromyalgia. This often consists of aching and other pain all over the body, stiffness, fatigue and sleep problems. It may also include irritable bowel syndrome, headaches, TMJ problems, multiple chemical sensitivity and many other symptoms. Often people are also diagnosed as having chronic fatigue syndrome. Conventional medical treatment involves taking drugs for each of the many symptoms. This approach does not restore a good quality of life and you continue to suffer. Many alternative medicine approaches can help to a degree. Homeopathy often can help much more than other approaches.

*Margaret is a 50 year old woman who has suffered from fibromyalgia for the past 12 years. She has suffered from aches in her muscles as if she exercised too much- motion helps and hot baths help. She has bursitis in her hip. She has frequent urination up to 2 times an hour. She has irritable bowel syndrome- sometimes constipation and sometimes diarrhea. It takes her forever to fall asleep so she has to take sleeping pills but then she wakes after a few hours and it takes hours to fall back asleep. But worst of all she is exhausted- so tired that walking is hard, everything is an effort. All these problems developed after getting sick in Mexico with "turista". She divorced a few months before this trip and was sad and depressed. She had a difficult childhood with an alcoholic father. Her father abused her and her mother. She was depressed often, her marriage didn't work out. She cried all the time.*

Based upon these and other symptoms she was given Natrum Muriaticum. At one month she reported that the first day after the remedy was bad. After that a whole lot was better. She slept wonderfully the first two nights and in general sleep is much better. The bursitis in the hip is almost gone. Her urination went from 10-20 times a day to 4-5 times a day. She can concentrate better. Her pains are up and down in some areas better, other areas worse but in general they are getting better. Her energy is slightly better and she is getting much more done. Over the next 5 years things improved tremendously. For the past 2 years the problems are essentially gone. Her energy and sleep are good. There is no pain. Her bowel movements and urination are normal. She is happy and her life is going well.

Here is the magic of homeopathy - a person's life transformed from one of agony to one of health. This is not an isolated situation- many people have been helped like her.

## **Constipation**

Most people occasionally have constipation. But in some people it is a constant problem. It can be extremely painful, causing great discomfort as the poisons build up in the body. It may also aggravate hemorrhoids. Or you may have diarrhea which alternates with constipation.

*Leslie was a woman in her 40's who was complaining of chronic constipation. She had a bowel movement every 3-4 days and it was hard to get that one out. Even when she had a bowel movement only some came out. She constantly felt full. She also had headaches about once a week. She has bad sinus congestion. Otherwise she felt fairly healthy. When her personality was examined, she was a sluggish person. She felt over-responsible, always trying to do what needed to be done to help people. She was sad often.*

Based upon this and many other symptoms she was given a dose of Calcarea Carbonica. By one month her constipation was slightly better and she was happier and had higher energy. The sinus congestion was much better. By a few months she had a bowel movement every other day. By 6 months she had one daily. By one year she had an average of 2 a day. She no longer felt full. The bowel movements were complete ones. She was happier, had more energy and it was easier to get things done. Headaches were extremely rare. The sinus congestion was gone.

### **Delayed Development or Learning Disabilities**

Do you have a child who either is delayed in their development or are slow to learn? Did they do some of the developmental steps much later than other kids? Are they slow to walk or talk? Or is learning very difficult for them? Often homeopathy can help all of these children to move forward, reaching much more of their potential.

*Jennifer was a 2 year old who was developmentally slow. She didn't crawl on time. She was just learning to walk now, but with difficulty. She had a small vocabulary and was very difficult to understand. She has teething problems. With teething she is miserable in lots of pain. Whenever she teethes she gets an ear infection. She is cranky and needs to have her mother there all the time, or she gets upset. She is very picky about what she eats- she eats a very narrow diet.*

Based upon this and many other symptoms she was given a dose of Calcarea Phosphorica. By two months her parents reported that her vocabulary exploded and she was much more understandable. She repeats what she hears her parents say. She walks without difficulty now. When she is ill the remedy helps a lot with getting well faster. By 4 months she has happier, much less cranky. She is more independent. She is no longer a "backward child."

*Jonathan is 12 and has learning disabilities. He has been in special education since kindergarten. He has an IQ of 75. All learning comes very hard to him. He is very quiet and very shy. His confidence is quite low. He has trouble focusing on work but if he finds something to interest him he focuses on nothing but that.*

Based upon this and many other symptoms he was given a dose of Baryta Sulphurica. By one month he could focus better at school. He was less tired, more self confident, more creative and school work is becoming easier for him. He acts much less shy. By one year he had moved ahead 2 years in schoolwork. He was much more confident and happy. His parents are gradually becoming less worried about him and are more confident of him having a happy fulfilling life.

### **Depression/Unhappiness -Prozac Is Not the Answer**

Have you been diagnosed as clinically depressed? Or is your life just not feeling very good to you? Do you spend too much time at home alone, crying, feeling unable to enjoy life? When good things happen to you are you unable to feel them? Do you want to find a way out of this hole ...a natural way without the artificial happiness of drugs? Prozac and other anti-depressive drugs give you an artificial sense of things being okay – but under the surface your problems remain. And the side effects can be very difficult to handle. Homeopathy offers something more.

*Joan was a 48 year old woman. She started feeling depressed after her first child was born, almost 10 years ago. She feels hopeless - there is nothing she can do to make anything better. The depression gets much worse when her husband gets angry or withdraws emotionally from her. She lies around with no energy, sleeps a lot, eats a lot, she goes on eating binges. She can't think clearly at these times - doesn't want to think - she just shuts down. Before the depression she was a very independent person and could care for herself and master any situation. "But then I had a child who is totally dependent on me - what if I blow it? What if I damage them emotionally?" She didn't want to work because she wanted to focus on her child but being home drove her crazy. Her husband didn't want a child- so the hopelessness and depression took over. It was mixed with anger at her husband and depression took over. One time she hit her child in frustration and since then has been filled with fear of doing it again and feelings of not being good enough. She has been taking Prozac on and off - it helps to a degree but not totally. She has not been on it the past few months. She has severe food allergies especially from milk and other dairy products which lead to cramps, tiredness, mental confusion, debilitating exhaustion, depression and hopeless feelings. She has had low blood sugar since 30. If she goes too long without eating she gets mental confusion, can't concentrate, can't finish sentences, forgets what she is saying and the word, isolates herself because she can't respond and can't deal with people, not because she doesn't want company. She has weakness and muscle weakness and feels hot & sweaty, flush on torso, head, and neck. She gets daily headaches- migraines. They started when she was 6 months pregnant with her second child. They are preceded with an aura - circle of sparkles flickering spreading and also preceded by mental confusion.*

Based upon all of the details of these and other symptoms she was given one dose of Natrum Sulphuricum. After 5 weeks she had a follow up. She felt worse at first then got gradually better. She went through a gradual process over the next 6 months of becoming aware of patterns and then breaking them, of changing how she related to people. By the end of this period she is much happier. Her depression is much better- there is no real depression anymore just occasional short periods of self doubt but she no longer wallows in it. Her energy level is much higher. She has had no headaches at all the past 3 months. She is concentrating much better. She has no low blood sugar problems. The food allergies are much less. She and her husband went through a period of arguing more as they worked out problems but now are doing much better than before.

### **Digestive Problems**

People complain about a wide range of digestive problems. Some examples have been noisy digestion, excess gas, distension in the abdomen, stomach aches, pains in the abdomen, GERD, acid stomach, acid reflux, gastroenteritis, pancreatitis, etc.

*Penny was 14 when she had complaints of stabbing abdominal pain near the belly button (umbilicus), it happened 3-4 times a week in the afternoon. She also had diarrhea. She also had headaches with dizziness as if her body was spinning fast. The headaches felt as if she was hit with a fist and pressing her head helped the dizziness. She gets the abdomen pain and headaches more often when she worries about things. She always insisted on getting her own way. Other kids picked on her a lot. She also suffered from bloody noses.*

Based upon these and many other symptoms she was given a dose of Carc. By one month she reported less stomach aches, less headaches, more energy, no bloody noses, and in general felt better. By 2 months she was noticeable calmer, no abdomen pain, no diarrhea, no bloody noses, no headaches and was more cheerful. Over the next year all problems were gone, she was happier, less insistent on getting her own way and is doing well.

*Sandy was 38. She had been battling stomach problems for many years. She got severe abdominal pain, doubling over in pain. She felt like she would pass out, sweating, felt like she was having a heart attack. She has had to go to the hospital many times, doubled over on the floor, in tremendous pain and vomits. She also has bad migraines and is very irritable. Many other areas of her problems included her childhood problems and found out many interesting facts such as her great fear of snakes and her hatred of eggs. The doctors removed her gall bladder which they thought would help, but it didn't. It made things worse.*

Based upon these and many other symptoms she was given a dose of Calcarea Carbonica. By one month she reported much less stomach problems and no vomiting at all. She was less irritable and happier. By three months she reported that she was doing really well. There was no abdominal or stomach pain, no nausea. She was feeling really good. She is more motivated about doing things. She was now off all her drugs (with her doctor's approval) because she was doing so well.

### **Dyslexia & Learning Disabilities**

Has your Child been labeled dyslexic? Has he or she been having trouble learning in school? Is reading especially difficult? Some children have trouble processing information in the same way as most other people. In some cases they have dyslexia. In many other cases they are incorrectly diagnosed as they just simply have another style of learning.

*Andrew was a bright 10 year old boy. Despite being bright, he had a lot of trouble doing his schoolwork. His reading and writing were very poor. He made many spelling mistakes. When writing he reversed some letters. Andrew also couldn't concentrate in school. Finally the school psychologist diagnosed him as having dyslexia. He didn't make eye contact and didn't interact very much with adults. He also acted very spaced out -- unfocused. He was easily irritated and aroused to anger, especially on waking in the morning. Another problem was that he wet his bed, a few times a week. This bothered him very much, and made him feel bad about himself.*

After examining his case he was given a homeopathic remedy, Pulsatilla 200. Two weeks after the remedy he developed a high fever, headache and sore throat for two days. After this aggravation he started improving. By one month he was much calmer. He totally stopped wetting his bed, which made him very happy. He woke with anger much less often. There was no change in reading ability. By four months his reading had improved somewhat but still had a long way to go. His math skills had improved dramatically. He still did not wet his bed and he got angry much less. By eight months his reading had improved strongly. He no longer awoke with anger. He became less lazy. He became somewhat less spacey in class, less nervous and more confident. Now after one year his reading has improved dramatically. His mood is much better, with fewer arguments. He acts much less lazy and less argumentative. His spelling mistakes are somewhat better. He has matured. Andrew feels much better about himself due to all the improvement.

## **Stop Your Child's Ear Infections Naturally Without Antibiotics or Tubes**

Instead of giving antibiotics every time your child has an ear infection, homeopathy can strengthen your child's health so that the whole pattern of getting sick stops. One of the hardest things for a parent is to watch their child in pain and not be able to help. If your child has a pattern of repeated ear infections, you probably feel helpless. The conventional medical approach is to give antibiotics every time an ear infection is diagnosed. Or if these are ineffective, a tympanostomy (tubes) is performed. Most doctors will convince you that there is no other option. But is this intervention really necessary?

Otitis Media (middle ear infection) is responsible for about 8% of all visits to the pediatrician and 17% of all infections that are diagnosed. One of the reasons that parents run to the doctor with ear infections is the mistaken belief that ear infections may lead to permanent loss of hearing or mastoiditis. According to Dr. Robert Mendelsohn M.D., in 25 years of pediatric practice he has never seen either occur from ear infections left untreated. Hearing loss is no more common when antibiotics are not used than when they are.

Recent medical studies have shown that giving antibiotics does not affect the course of ear infections at all. They do not help. But they can hurt. There are many negative consequences of antibiotic over use. These include destruction of beneficial bacteria in the body leading to more health problems. Also abuse of antibiotics has led to the current situation where many antibiotics when needed no longer work, because many bacteria have developed immunity to all known antibiotics. Studies have also shown that decongestants, antihistamines and ear tubes do not help. One study showed that where both ears were infected and tubes were put in only one - results were identical in both ears - showing the tubes didn't help. Also the tubes are risky and can have severe side effects. Tympanostomies are done by puncturing a hole in your child's eardrum and inserting a tube. This can result in loss of hearing from scarring or hardening of the ear drum.

### **If the conventional approach doesn't work - what does work?**

One possibility is Classical Homeopathy. This 200 year old system of medicine is common in Europe and most of the world, and is becoming better known in the U.S. Classical Homeopathy is a system of health care using natural remedies. It differs from conventional health care in that it doesn't focus on treating each ear infection separately, but instead looks at the child who has a pattern of ear infections and works to stop the pattern. It does this by not treating the ear infections as a separate problem but instead treating the child as a whole. This same child who has ear infections probably also has other physical problems and maybe also has some emotional ones. They have a certain type of personality, certain likes and dislikes and many other things that make them a unique person. All of this information helps us choose the right homeopathic remedy which matches the whole pattern of symptoms. This one right homeopathic remedy works to strengthen the health of the child. As your child's health improves, the ear infections and other problems will go away.

Unlike conventional medical care, the initial homeopathic appointment is long enough (2-3 hours) for all of your child's problems to be fully explored. The pattern of how these symptoms fit together is compared to the pattern of each of 3000 homeopathic remedies. We will choose the remedy that will bring your child back into balance and allow their body to heal itself. The correct remedy will produce a profound improvement in their health and well-being.

Homeopathic remedies are natural, safe, regulated by the FDA and produce no side effects. Homeopathy has a tremendous amount to offer children like this.

## Excessive Perspiration

Whether you call it excessive perspiration or excessive sweating or hyperhidrosis, it is unpleasant and uncomfortable for the people who suffer from it. They often feel self conscious and embarrassed and wonder what is wrong with them.

*Samantha was 16 and complained of sweaty hands and feet. The sweat just dripped off her. It messed up her social life, because she was so self conscious about them. The sweat was sticky. In addition she easily got agitated, upset about things. She tends to lack confidence. She got anxious easily. When she was upset she would cry easily. She woke often at night and had trouble going back to sleep.*

Based upon these and many other symptoms she was given a dose of Argentinum Nitricum. By one month she reported that the excessive sweating happened half as often as before. Her sleep was somewhat better and confidence better. Gradually things improved. By 6 months the sweating was rarely a problem except in extreme anxiety causing situations. Nowadays she doesn't even mention sweating as an issue at all. Her sleep is fine, her confidence is fine and her life is good.

*Linda developed hyperhidrosis at 17. She suddenly started sweating on her hands and feet. The perspiration was connected to feeling anxious especially when she was about to do something that made her nervous. The doctors recommended treatment of cutting several nerves in the chest. She did that which reduced the hand sweating but moved it to the chest and elsewhere in the body. She started developing tremendous burning heat in the chest which was much worse than the perspiration in the hands that it replaced. She was a person who was bored easily, so didn't stick with anything or anyone. She was very sensitive – easily bothered by what other people said. She was easily anxious and self conscious. She also suffered from migraine headaches.*

Based upon this and many other symptoms she was given a dose of Silicea. By one month the heat in the chest and the perspiration had reduced tremendously. She was slightly less anxious and not bored as easily. Over the next few years the excess perspiration and heat reduced more and more. She became much more self confident, became much less anxious and over sensitive and stopped being bored easily. She got a much better job, settled down and raised a family.

## Fears & Anxieties - Stop Being Afraid - Are Your Fears or Anxieties Taking Over?

Sometimes our fears or anxieties take over our lives. They keep us from enjoying life. We can't go out of the house or we are unable to do the things we want. We may lie in bed full of anxiety. Or your child may have fears or be anxious or have nightmares or night terrors. Living a life with full of fear is so limiting. Fear keeps you from doing things.

*Ashley was 11. She was often ill during that past autumn. She had a runny nose and sinus headaches. The school year was about to start and she was very nervous about it. She said that she was afraid when meeting new people because she thought that the teachers or schoolmates wouldn't like her. She was a sweet lovable child. Her sleep was very disturbed. It took her one or two hours to fall asleep because of her anxiety. As soon as she lay down, she felt that something bad was going to happen to her. She was afraid that someone would break in and kidnap her. She kept a night light on and couldn't go to sleep without it.*

Looking at these and many other symptoms she was given one dose of Phosphorus. After an initial aggravation of her sleep symptoms, she started feeling better. It took longer for her to get frustrated. Her fears became much less. She said that she was able to go to sleep without any fear, and didn't even need a night light. Her energy level became much higher. She seemed more responsible and worried less about what other people thought of her. Her runny nose and sinus problems were much less. After two months she started the new school year. She dealt with it much better than the previous year, without much fear or anxiety. Her mother noted that this year, for the first time in years, she got ready for the first day of school with eagerness. Six months after the remedy all the original problems were gone. Her mother said that she was eager for change, while before the remedy she was scared of it. She felt much more confident.

## **Headaches and Migraines - Don't Just Control Headaches and Migraines, Eliminate Them**

The conventional approach to treating chronic headaches and migraines is to take large quantities of drugs to reduce them to a manageable level and to try to get on with your life. But it is difficult, isn't it? How can you enjoy life when severe pain is always waiting around the corner? Instead of controlling your headaches- homeopathy can find a remedy for you which will gradually make the headaches go away until they are just a memory. At the same time the right remedy will improve many other things in your life.

*Heather had many problems. She had had bad headaches for as long as she could remember. She had constant headaches which got better and worse but never went away. They were one sided and located in the forehead above the eyebrow. The pain felt like a pressure, pressing outward. She also was diagnosed with infertility. She had no menstrual periods in the past 3 years except when given hormones to bring them on. She desperately wanted to have a child. She had a runny nose all the time for years. She had bad heartburn. Her gums bled frequently. In addition she was very dissatisfied and unhappy with her life. She had many fears including fear of being attacked and robbed. She had low energy both physically and emotionally. She was inefficient doing daily tasks. She was very moody. She could be very quiet and patient and then suddenly lose control.*

She was given one dose of Natrum Muriaticum. Three weeks after the remedy she got a skin condition on her back, which lasted a week. This was the disease coming outward. She gradually started improving. By four months after the remedy, her headaches were much improved. She no longer had them all the time and when she had them they were much less strong. Her heartburn was gone, her gums bled much less. She was much more patient with the kids. By one year her headaches were gone. Her menses restarted and came regularly. Her runny nose was gone. She said her life feels good for the first time in many years. By 18 months she became pregnant and gave birth to a health boy.

*Beth was a 35 year old woman who was complaining of migraines. Her headaches are a pounding pain which start on the left side above the temple and moves to behind the left ear. If it lasts for a few days then it will extend to the right side. The headaches usually happen every 2-3 weeks and often last for 2-5 days. The pain is made worse by noise, light and bending forward and any fast motion. The headache is accompanied by a heaviness. Cold applications slightly ameliorate the pain. 1-2 days after the headache begins nausea starts but caffeine helps the nausea. She also has severe sleep problems. She was able to fall asleep with no problem. But for the past 2 years she would wake after 4-5 hours and be totally awake and totally unable to go back to sleep. She would be full of energy. But after about 3 hours her energy would run out and she would be dragging for the rest of the day. She has severe low energy. She was exhausted from any activity. After getting dressed she would need to rest for 20 minutes. Her other problems were cold sores above the upper lip, sinusitis and chronic urinary tract infections. She craves sweets, salty food and smoked food and has an aversion to olives, coffee, slimy foods and spicy food. She feels cold a lot. She sleeps on her right side. She is very sensitive to sunlight and is sensitive to drafts. As a child she was very shy, timid, sensitive, acted as a peacemaker and wanted to be alone a lot. Emotionally not much stood out but she has a fear of spiders and an aversion to crowds of people.*

Based upon this whole picture she was given one dose of Sulphur. After 6 weeks her headaches were more frequent for the first 2 weeks. Then they were less frequent and milder for 2 weeks and there had been none for the past 2 weeks. She is much less tired. Her sinuses are draining more - less plugged up. She seemed much calmer and happier. Her general well being was much better. She only woke up early 1 day in the past month instead of every day. She is able to sleep 8 hours with no problems. Her morning fatigue is much less. She was on time to work every day this month, instead of being always late. She doesn't have to rest as long between activities. By 3 months she had had no headaches. No sleep problems and much less sinus problems. She has lots of energy. She is getting out and doing things socially – which she hadn't in years. She is feeling better about herself and is much happier.

## **Infertility**

Are you trying to have a child and failing? Do you dread when your menstrual period comes each month indicating another failure? Have you made the rounds of the infertility clinics to no avail? Or are you scared of the infertility clinics due to the dangerous drugs used for infertility? Have you tried everything and nothing helps? Do you look at pregnant women and find yourself feeling jealous? Do you look at children with longing, your heart breaking? Do the doctors say they can't find any specific problem but still you can't get pregnant?

*Sharon was a 30 year old woman who desperately wanted a child. But she was too ill to have one, so she gave up on trying. She was suffering from Lupus, an extremely serious illness, which can cause severe health limitations and an often shorter life. She also had serious asthma, anxiety and fibromyalgia. She had severe aching all over. She suffered from severe headaches. Her pains were so severe she rarely could get out of bed. The doctors said that her infertility was due to severe endometriosis. They told her to not even bother with birth control as she had no possibility of getting pregnant.*

Based upon the details of all of these symptoms and upon her easy going personality, her strong thirst, her sleeping on her right side and many other symptoms she was given a dose of Phosphorus. After that first dose her headache got much less for 3 weeks. Her all over pain reduced tremendously for 3 weeks. Her energy was much higher. She hardly needed her asthma inhaler at all. She started allowing herself to feel emotions again- not bottling them up. Her anxiety reduced tremendously. After 3 good weeks she went back down and the wanting for a baby got much stronger.

With more doses of Phosphorus her pains reduced tremendously, her headaches were much less often and less intense, her allergies and asthma were much less. She felt much freer to live a normal life. She started driving- before she had panic attacks from driving. After a year she went off the steroids that she was taking for her lupus- after consulting with her doctor. After 3 years she became pregnant. Despite the doctors saying it was impossible due to her severe endometriosis; as soon as her health recovered enough she was able to become pregnant. She now has a healthy 4 year old boy. While she still has some health problems they are a tiny fraction of what she used to have. She is happy enjoying her new life.

## **Menstrual Problems**

Do you dread when your menses comes each month? Or is the problem the week before the menses? Do you have PMS, painful periods, endometriosis, excessive bleeding or any other menstrual problem? Are you approaching menopause and having problems with hot flashes or other symptoms? Are you infertile and trying to have a baby? Would like to get relief from one of these problems, without hormones or other drugs?

*Rebecca was a 28 year old woman who complained that her menses were very irregular and long and painful. She could go months without menstruating. When she had them they had big clots and sometimes tremendous blood flow. Her current menstruation had been going on for 3 months with excessive bleeding. As a person she was introverted, she preferred being alone. She hadn't had any serious adult relationships since one that went wrong. She easily went into depression about her life.*

Based upon these and many other symptoms she was given a dose of Natrum Muriaticum. At one month she said that her menstrual bleeding stopped 5 days after the remedy was given. She felt much stronger, much less weak. She seemed freer and happier. She said that she was finally getting past her disastrous former relationship and could imagine being in a new one. She started re-examining her goals and what type of work she wanted to do. By one year her menses were totally normal. She was no longer so introverted- she was happy and moving forward with her life.

*Carolyn was 30 years old. She needed help with her health being much worse ever since she went on birth control pills. She had a horrible reaction and then went off them but the problems remain. She has severe PMS with rages alternating with crying during the week before her menstruation. She gets headaches during her menses and back pain and neck pain and acne. She also has had excessive hair growth since then also. Her skin was very sensitive to clothes. She was aware of being aware of her internal organs. She had many fears and was unhappy with her life. She kept herself to some degree apart from people.*

Based upon these and many other symptoms she was given a dose of Stramonium. At two months she seemed a different person- she was vibrant, happy, and enthusiastic about life. She said that something shifted with her feminine energy and she was attracting a lot of male energy and was enjoying it. She said that she was getting in touch with her purpose in life. She said she was willing to take chances. She did not even mention any of the problems. Over the next year she continued enjoying her new life. Her complaints all reduced down to a very low level or were gone.

## Mental Problems

In the late 1800's and early 1900's there were many homeopathic mental hospitals in this country. They got very good results with helping many people with severe mental problems. We have already talked about some mental illness - these include bipolar disease, depression, panic and other severe anxiety disorders, autism and pervasive developmental disorders and attention deficit/hyperactivity disorder. On this page we will discuss many of the remaining mental illnesses including schizophrenia, schizoaffective disorder, borderline personality disorder, and other severe and persistent mental illnesses that affect the brain.

The biggest problem in homeopathy helping people with severe mental problems is that most mental patients are on drugs which they need to stay on, but they cover up the symptoms so that we can't see what is really going on inside. Also the drugs can interfere with homeopathic treatment, in many cases.

Ideally we would have homeopathic hospitals today where these patients could be weaned off the drugs, and then a skilled homeopath would see the symptoms, choose the correct homeopathic remedy and have them in an environment where they would be cared for and protected during the process of cure. The problem is that we have no such homeopathic hospitals today, and even if we did, insurance companies wouldn't pay for this treatment. As a result, most homeopaths rarely get to treat people with severe mental problems.

*Beverly was a woman in her late 30's who had been diagnosed as paranoid schizophrenic. She looked wild and didn't smell clean. She complained of deep depression and inability to sleep. She felt that everyone looked at her funny- that they felt she looked strange. Some days she feels very tense, strange. She thought about sex all the time- wanting to have- and feeling discomfort in her genitals. She hardly slept but when she does she had intense sexual dreams which turned into nightmares. She feels people are always looking at her and feeling bad things about her. It took hours to learn about her history and to understand what she was like as a child and what happened in her life to bring her to her current state. She was not taking any drugs.*

Based upon these and other symptoms she was given a dose of Apis. By one month she felt emotionally very stable. She had more good days than bad days. But some days were very bad. By the second month she felt much better. She said that a lot of her symptoms had disappeared. She no longer thought about sex as much. She had no nightmares. She felt much less suspicious and felt better about herself. Over the next year things continued to improve. The sexual thoughts and discomfort in the genitals nearly disappeared. She no longer felt depressed and felt much better about herself. She no longer was very suspicious. She started being able to work again- her focus was much better. Her sleep was much better.

## Mood Swings – Who Am I Today?

Do you suffer from mood swings- happy one moment, sad the next? Do you suddenly cry without reason. Do people complain that they never know which you they will encounter?

*Jessie was a 12 year old girl who was very hot tempered- she flared quickly into anger at almost any provocation no matter how small. It wasn't just anger. All her emotions were all over the place. She would be happy, then mad, then sad, then crying. She was terribly over dramatic about everything. She kept going to one parent and blaming everything on the other one. She was very strong willed- if a boy can do something- she insists on doing it also. She feels sad and lonely a lot- stays in bed and feels bitter. She had many bad nightmares. She got sick a lot, had allergies, swollen tonsils, headaches, dizziness and stomachaches.*

Based upon all of the details of these and other symptoms she was given one dose of Lachesis. By one month her emotions no longer jumped all over the place. She had much less tantrums and was happy that her mother wasn't mad at her all the time as she used to be. Her dreams started becoming more pleasant. She wasn't sick at all, had no allergies and less stomachaches. She seemed much more confident. Over the next year her parents reported a total turnaround- a totally different attitude. She has a positive attitude, no jumping from emotion to emotion, no temper tantrums, no crying without reason. She wasn't sick at all and all the physical problems were gone or greatly reduced.

*Sandra was a 35 year old woman who said "I feel happy but I keep getting into moods". After each child she had severe depression, crying for a year. "I'm better now that I am not having babies." "I am annoyed at my husband a lot without reason- I just get so irritable." "I am not really nice to my kids either." She got overwhelmed easily and wanted to be left alone. She felt a failure, full of self hatred. Her dreams were usually full of tidal waves and soldiers fighting and tanks.*

Based upon all of the details of these and other symptoms she was given one dose of Germanium. By two months she was better. She got along much better with her husband and kids. She started daily exercise for the first time in her life. Her moodiness was no longer an issue. She felt more self confident and better about herself. Her dreams became more pleasant.

### **Osteoarthritis- Please Stop the Pain**

Have you been diagnosed as having arthritis or specifically osteoarthritis? Are you tired of being in pain all the time? Is your life severely limited because you cannot get around – because it hurts too much to move?

*John was in his late 60's. He had severe arthritis throughout his body. But the worst was his shoulder blade. His X-ray of his scapula's showed tremendous hills and valleys. It looked like corrugated cardboard. Whenever he moved his arms his shoulders hurt so much that he had to control himself to not scream at the top of his lungs in pain. His knees hurt quite a bit but nothing was as bad as his shoulders. He started noticing the problem 5 years ago but in the past year it got so bad that he couldn't handle it. He said if it is so bad now when I am not that old, what does life have in store for me? I would rather die than go thru this pain. He felt severely depressed. He had frequent digestive problems and had had those most of his adult life. His wife said that he had always come across as very confident but now seemed very unsure of himself.*

Based upon this and many other symptoms he was given a dose of Lycopodium. By one month he reported about 25% improvement in his shoulder pain- it still was very bad but he could handle it better. His stomach didn't bother him as much. His knees were doing better too. He felt more hopeful about the future. By one year there was little arthritic pain anywhere, it was about 90% better. He felt much happier looking forward to his retirement years.

### **PMS - Does it Drive You Crazy?**

Do you dread when your menstrual period comes each month? Do you have PMS? Are your emotions jumping all over the place before your menses? Are you so irritable that you drive away the people you most care about? Would you like to get relief without hormones or other drugs?

*Ellen was 38. She complained of PMS- Pre menstrual syndrome. She was totally stressed out. She felt out of control. It was all month but was much worse the week before her menses. She felt impatient, frustrated, and anxious. "I yell and scream at the kids. I over-react. I feel like I will burst. This got much worse after the birth of my second child." She feels put upon by her kids- always doing so much for them. "I want things to go by my schedule and when it doesn't work out it stresses me." She also had sleep problems both falling asleep and staying asleep. Her menses were very profuse, excessive bleeding.*

Based upon these symptoms and many more she was given Sac-alb. One month later she reported: "I feel so much better. My periods are so much better. My PMS – the symptoms are gone. I was shocked when my period started- there was no PMS. It's wonderful. My menses are soaking me much less- much less blood. I am sleeping- I didn't before. I am much more patient now. I am not wound up and anxious. I am more in control and able to handle the kids. I have much more energy. I really feel I am doing better." Now two years later she is still doing well.

### **Premature Babies**

Once a premature baby gets out of the hospital, their problems are often not over. There are a wide range of problems that can develop including feeding problems, respiratory problems, delayed development and many more.

*Joshua was born 10 weeks premature. He was in the hospital for 3 months with some breathing problems. Then he seemed okay, though still very small and behind in development. Now he is 1 and suffering from large kidney stones. The stones were just removed. He has had a number of urinary tract infections with fevers and vomiting which continue now. His personality is open, easy going, happy. He has a low appetite and very little thirst.*

Based upon these and other symptoms he was given a dose of Pulsatilla. By one month his mother reported that he blossomed after the remedy. He stopped being sick. He started trying to walk. He stopped being so easy going and started showing his own personality. He communicated his needs more. By 2 months he was walking and the doctor said he caught up on all the developmental milestones and was no longer considered a high risk child. No problems remained.

*Megan was 5 but had major speech delays. She was born 5 weeks premature. Her speech was now on the level of a 3 year old. She didn't understand a lot that was said to her and had trouble communicating. She was not toilet trained. She was a sweet loving child but sometimes had severe temper tantrums. She had many fears. Her teeth wore out rapidly and she drooled considerably, especially during sleep.*

Based upon these and other symptoms she was given a dose of Mercurius iodatus rubber. By one month she started potty training. She became mellower and no longer had so many fits. Her speech level jumped up a very big step. Over the next years her learning abilities and level went a long way toward normality. Her teeth stopped being a problem. Her drooling stopped. She stopped having many temper tantrums and was happier.

## Shyness & Timidity

Some children are very outgoing. Others are shy, timid and afraid to do things. They tend to stay on the sidelines watching. They may go along too easily with what others say. These are often easy children to parent, but you wish they could stand up for themselves more. Also many of these children stay this way as adults.

*Mark was an easy going teenager. He tended to be quiet, too quiet. He had no strong passions or strong interests in anything. "I tend to go with the flow- go along with what people want." He kept all his emotions inside. He didn't want people to know what he is feeling. He suffered from depression. He had many sinus infections and constant sinus congestion, which bothered him greatly.*

Based upon this and many other symptoms he was given a dose of Natrum Carbonicum. Starting from the first month things gradually improved. He became more outgoing, more willing to stand up for himself. His energy got higher, he got much happier. His confidence became greater. His sinus problems disappeared.

*Jennifer was a timid 5-year old. She was very fearful- especially of dogs and certain people. She clung very tightly to her mom and got very upset if her mom ever left her. She sucked her thumb and always kept her blanket close. She got sick frequently with colds and ear infections and stomach problems.*

Based upon this and many other symptoms he was given a dose of Silicea. By one month she was much braver, standing up for herself more and not being so afraid of dogs and people. She was not sick at all. Over time, things got better and better. She became braver, not sick much, and definitely no longer a shy, timid child.

## Skin Conditions

Do you suffer from psoriasis or eczema or one of many other skin conditions? In our society we tend to feel very uncomfortable if our skin is not perfect. It tends to affect our self esteem.

*Jennifer was an infant with eczema over most of her body. There were red inflamed scabby rough patches which discharged all over her body. The itching caused her to scratch her skin raw wherever she could reach. As a result she was uncomfortable, fussy and unhappy. When angry she arched her back. Her pediatrician said it was the worst case of eczema he had ever seen.*

Based upon this and many other symptoms she was given a dose of Chamomilla. By one month her skin was much better. It itched less and looked much better and no longer discharged. She was happier and less angry. Her skin has been mostly smooth and clear for years and she is a happy, healthy child.

In this example you see the difference between homeopathy and other approaches for skin problems. After the right remedy we expect to see across the board everything getting better. If only the skin gets better but nothing else changes, then this is suppression, driving the skin condition deeper, which causes many problems.

## Thyroid Problems

Whether you have hypothyroidism or hyperthyroidism, a goiter, Hashimoto's or Graves Disease, or hyperthyroidism which has been treated with radiation or surgery resulting in hypothyroidism, homeopathy can help. Also if you are one of the people diagnosed with hypothyroidism but taking thyroid drugs makes you worse.

*Tonya was in her 40's and had been diagnosed as hypothyroid. Her TSH was extremely high (115) indicating a very under active thyroid. Her energy was very low. She had severe eczema. She had a lump in the throat preventing swallowing. She was sad a lot. Her thyroid drug helped with all of this but to a limited degree. She was angry a lot, full of rage which came out in many situations. She had severe heavy periods with excessive bleeding. Her confidence was extremely low. She felt her life just wasn't working out. Nothing was right.*

Based upon this and many other symptoms she was given a dose of Thuja. By one month she was more confident, had more energy, felt more alive. She had more patience. Her TSH levels came down and the doctors reduced her Thyroxin dose. She didn't notice any problems with her throat lump anymore. Her sadness was only occasional, the rest of the time she felt good. Before the remedy she was either angry or sad, now she was okay most of the time. She no longer felt down on herself and no longer felt people were down on her. Over time she was doing better and better. She lost some weight. By one year she no longer had any complaints.

## TMJ Problems

Do you suffer from TMJ problems (Temporomandibular joint diseases and disorders)? Is there jaw pain, or inability to open the mouth fully or noise in the joint, or headache or back and shoulder pain? These and other symptoms can point to TMJ problems. The usual treatment involves splinting and drugs. Sometimes this helps but many people report continuing problems afterwards.

*Linda was 27 and had TMJ problems for the past few years. It felt like she had an earache. She would hear clicking sounds occasionally. When she felt stressed out she couldn't open her mouth wide and couldn't eat food that required much in the way of chewing. She would feel tightness in her whole lower half of the head- once it started it would never let up. The TMJ would result in serious headaches in her forehead and cheek and jaw which extended to her shoulder. Her dentist was about to start treating her with splints and drugs. She also felt mentally slowed down, as if things that she used to process fast now proceeded in slow motion. Her personality was pleasant, easy going. She avoided confrontations and let things slide. She is an anxious person – worrying a lot and expecting bad things to happen.*

Based upon all of the details of these and other symptoms she was given one dose of Magnesium Carbonicum. By two months she was "Better, much better." Her mind was clear thinking and fast again. Her TMJ pain disappeared and all the accompanying symptoms with it. Her dentist had prepared a splint to use but wound up not using it as it was no longer needed. She had much more energy, was much happier. "I feel like a new person."

## Weight Issues

Many people in our society are not happy with their weight. Some people are obese and are trying to lose weight. Others have an extra certain number of pounds they are trying to get rid of. Other people are thin but see themselves as fat. They get so confused about what they should look like that they starve themselves or make themselves vomit after eating. They are suffering from anorexia and/or bulimia.

Often homeopathy can help in all of these situations. For someone who needs to loose weight homeopathy helps the person to deal with the underlying issues, improving their health and helping them deal with any emotional issues that are involved in their eating. As they get healthier most people will be able to make the lifestyle changes necessary to loose weight, if appropriate. For people suffering from anorexia or bulimia the right homeopathic remedy will help them to deal with the underlying issues of why they feel this way and as those are dealt with the eating problems tend to just go away.

*Patricia needed to loose weight. She was 5 foot 9 inches and weighed 275 pounds. As a result of the weight she had low back pain and foot pain. She grew up feeling very insecure. Despite achieving well she was always told she was not good enough. She felt fat despite not being that overweight at the time. She vomited after eating (bulimia) in an attempt to loose more and more weight. She felt that people always observed her appearance and found it lacking. This made her feel very self conscous. She gets very anxious feelings because of all of this. She also had very heavy menstrual periods, very low energy and seasonal allergies.*

Based upon this and many other symptoms she was given a dose of Kali Carbonicum. By one month she reported feelings of feeling calmer inside. Since she overeats when stressed, with feeling calmer she doesn't feel the need. Gradually over time things continued to improve. Her allergies reduced greatly. She started to exercise. She is able to eat less now- it is not easy, but it is possible now and couldn't before. Her periods got much lighter. Her anxiety reduced more and more over time. And she lost 75 pounds. She also feels much better about how she looks and is less concerned about what people think of her.

## **Workaholics**

Are you or is someone in your family a workaholic? Are you on the run all the time, unable to relax? Are you irritable or angry? Do you micromanage people that you supervise? Are you not finding much time for your family? Or is all of this true, but it doesn't bother you, but as a result of the stress you have physical problems which bother you?

*Bob was a successful manager for an aerospace firm. He complained of high cholesterol, digestive problems and back problems. On his first appointment he was rushed, impatient and had a hard time settling down to talk. He said that he was a Type A person, intense. "I am impatient. I fly off the handle. I am more aggressive then I need to be. I work extremely hard. I am running all the time. About twice a year I crash and then am sick for a week." He had upset stomachs a lot- as he said a nervous stomach.*

Based upon this and many other symptoms he was given a dose of Nux vomica. By one month his intensity, impatience and aggression were much less. His back pain and digestion were much better. Over the next two years things improved more and more. He changed his work habits- working much less hours, traveling much less and learning to turn more and more work over to the employees he supervised. As a result he is happier, his family sees him much more and his employers think he is doing a much better job and promoted him.

*Emily was a very successful consultant. She had repeated sinus infections for the past 10 years. She also would get horrible sinus headaches. She traveled often with her work. She described herself as a leader and bossy. She said that she had very little patience. "I want to get things done right now. I work harder and longer than most people. I do things really fast." She liked her work and didn't see it as a problem.*

Based upon this and many other symptoms she was given a dose of Lachesis. By one month she reported no illnesses and no headaches which were very unusual for her, She said she was less bossy- that "I don't feel quite as intense about what I am doing; I am less impatient, much calmer and more laid back. I am no longer over working, I don't want to over-work. My family thinks it is wonderful. I am not sure yet." Over the next 5 years she reported that all her physical problems were gone. She was much happier and much calmer. For the first 2 years she worked about half as much as before and felt good about it. Then she decided that she had worked enough and went into retirement. She said: "I've gone from a workaholic to starting a whole new life, I feel wonderful".



