

Sally's Healing Garden Alternative – Horizons LLC
February 2009 - Newsletter



In this issue please scroll down to find:

Several people have commented that the newsletter is too long. This month I have tried to make it shorter and more manageable!

- So what is homeopathy?
- **Homeopathy and flower essences in times of war and disaster**
- **H5N1 influenza update**
- Sally's news and classes in Minnesota, Wisconsin, Chicago and the UK

If you enjoy this monthly newsletter do forward to a friend. The theme is always – “Help One Another!” If you do not want the monthly newsletter please email and let me know.

If you have received this letter from a friend and would like to be added to my monthly list please email me: sally@alternative-horizons.com

*Please remember that I am an experienced homeopath, flower essence practitioner and body worker but **I am not a medical doctor**, if you have medical concerns you should consult with a licensed physician and follow your physician's advice*

This newsletter is for educational purposes only and is not a substitute for medical care by a licensed physician.

What is Homeopathy?

Homeopaths treat the individual, not the disease. A homeopathic remedy is prescribed upon the totality of an individual's symptoms taken from the mental, emotional and the physical levels. The aim of classical prescribing is to not only to address the symptoms but also to help the individual to deal with the cause of the illness and to regain good health. Remedies work on the vibrational level. They come from many different sources. Most are derived from plants, but animal products, minerals, metals and some poisons.

Homeopathic remedies are prescribed according to the [Law of Similars](#). The law states, "***That which makes sick shall heal.***" This means that the symptoms caused by an overdose of a substance are the symptoms that can also be cured by a small dose of that same substance. As an example, we know that when we cut up an onion most people experience an acrid runny nose, soreness in the throat and stinging, runny eyes. A homeopath will prescribe [Allium cepa](#), this is the homeopathic remedy made from the onion for the individual who has a cold and sore throat with these symptoms. Therefore, homeopathy uses medicines prepared from natural substances that are similar to the illness in contrast to conventional or allopathic medicine, which treats and often suppresses the patient's symptoms with large amounts of drugs, which have an opposite effect.

A well-chosen homeopathic remedy acts as a signal, which energizes or stimulates the body's self-healing powers, mobilizing the defense systems and working on all aspects of the body, mental, emotional and physical.

After initial preparation of the raw material the remedies are made by [serial dilution and succussion \(vigorous shaking\) in a solution of alcohol and water](#). This is done a few times or up to many thousands of times. The liquid dilution is then used itself as a remedy or soaked into tablets or granules for convenience. The diluted remedies are described as being "potentised," in recognition of the dynamic healing power that they can stimulate. Frequently the dilutions are so great that no chemical trace of the original substance remains.

Homeopathy works really well in times of acute trauma. The remedies can be given on the way to the hospital and there is no known interaction between a homeopathic remedy and a conventional drug. The American Pharmacists Association has even written about this in their handbook!

In first aid situations if the remedy is prescribed correctly you will be able to see an effect with any potency and remember, **do not repeat the remedy if the patient feels much better and is well on the road to recovery**. Beginners are usually advised to use low potencies.

The 30 c potency is available in most stores and is usually safe to use as long as it is not repeated unnecessarily. One dose of a 30c is usually sufficient to begin the process of cure. On the other hand, a dose of 30c will rarely cause an aggravation, with the exception of highly sensitive individuals.

Homeopathy in times of war and disaster – must have remedies for a first aid kit



If you follow the news it is difficult to not pass by the many references to war, violence and disaster. It's even on our own doorstep. I drove to Minnesota a few weeks ago and stopped for a rest and a snack in Black River Falls. I drove past the local Burger King; it proudly advertised their latest creation, "The angry whopper." During my rest stop I looked at the newspaper and was horrified when I read a story from Jefferson County in Wisconsin. A group of snow mobilers had rounded up a herd of deer and then systematically ran them down until they were dead or horribly maimed. They did the same to a flock of ducks and geese that were enjoying some open water in an otherwise frozen lake.

Homeopathic Arnica:

How can homeopathy and flower essences help in such distressing times? We have many remedies in our Homeopathic Materia Medica that can help with physical, mental and emotional scars. Usually the first remedy to think about using in any emergency and traumatic situation is the beautiful yellow daisy known as **arnica** or fall herb. It grows high up in the mountains and has been known by herbalists for generations as being invaluable in times of trauma. Arnica will assist with shock, pain, physical and emotional trauma. Arnica is the first remedy to think of when someone relives a traumatic event every night in their dreams. On the physical level arnica will help to reduce pain, swelling, bruising and bleeding. Usually someone needing arnica will be in shock and will tell onlookers that they are fine when clearly they are very sick.



Arnica is an essential in any first aid box. It can be purchased in the form of homeopathic pellets; it is also available as a cream or a gel. Don't not use arnica on broken skin because it can cause irritation. If the skin is broken and you are concerned about infection then consider using homeopathic **Calendula** which is easily available as a cream, gel or lotion. Calendula was used extensively during the First World War when there were homeopathic field dressing stations and hospitals in France. Few soldiers were lost to gangrene because the doctors used it. Calendula is also an astringent and when it is used topically it will often control bleeding from cuts, incisions and even dental extractions.



Calendula is made from the beautiful old fashioned marigold and like arnica it has been known to herbalists for generations for its healing properties.

Homeopathic Ferrum Phos

This remedy is very useful when it is given as a cell or tissue salt in the 6x potency. It is a primary first aid remedy because it carries oxygen throughout the body and strengthens the walls of the blood vessels, especially the arteries. When there is bleeding into the tissues, as in bruising, apply Ferrum Phos powder (made from grinding down the pillules) to the area.

Homeopathic Gunpowder

Like calendula gunpowder is also known as a homeopathic “ antibiotic “ and can either be given to help prevent wounds turning septic or in the event that this is already occurring due to a serious injury or laceration it will help the body to gather its defenses and accelerate the natural healing process. The remedy, made from black gunpowder, is a combination of

sulphur, carbon and saltpetre, and is appropriate for a wound occurring in times of war or trauma. This remedy could also be appropriate for a nasty suppurating wound or abscess resulting from an animal bite or a sting. Gunpowder is a somewhat unusual and uncommon remedy. Little has been written about it in the homeopathic text books and you will probably find it difficult to come by at your local health care store. It has been used by wildlife rehabilitators with excellent results and by professional homeopaths who have used other well indicated remedies but without success. **This useful, but hard to find remedy, can be ordered from Dana Ullman.**

To order from Dana in the USA please call: 800 – 359 – 9051 toll free

Homeopathic Silica

This is the first remedy to think of if a piece of shrapnel, metal, glass or perhaps a simple splinter or a rose thorn becomes embedded in the skin. Silica can help to bring these foreign bodies to the surface so that the body can expel them. It is a well known remedy for unhealthy skin when every wound becomes infected and it is generally the first remedy that people think of when they see an abscess. Silica hastens the process of suppuration.

Homeopathic Calcarea Sulphurica

The main guiding symptom for this remedy is a strong tendency to suppuration and abscess which is generally yellowish in color. Discharges from wounds or boils last for a long time, perhaps months on end and healing is either very slow or non existent. If you have a wound that fits this picture then consider this remedy. Calc Sulph's action is the opposite of Silica. This remedy will close up a process that has gone on for too long. It can clean out the tissue that is suppurating by causing it to discharge readily, this action is important in the healing process.

Homeopathic Hepar Sulph

People needing this remedy are acutely sensitive to pain, they may be very anxious and irritable and will be complaining intensely about their pain which is usually described as stitching or splinter like. This is a remedy to consider when there is an abscess which is extremely painful, the wound is slow to heal and there is suppuration. People in this state are also extremely chilly and feel very vulnerable. They easily become infected.

Homeopathic Aconite:

In times of trauma and great distress many people need the homeopathic remedy **aconite**. Aconite is derived from monkshood an extremely poisonous plant. It is also well known as Wolfsbane. The remedy is prepared from the purple flowers, stem and leaves of the plant, picked at the peak of flowering. Just

like arnica it grows at high altitudes. One summer my family and I visited the mountainous area around Banff and Lake Louise in Canada. I was amazed to see so much **aconite** growing around the famous Chateau Lake Louise.

In days gone by arrow tips would be poisoned with the juice extracted from this plant, if the arrow did not kill the victim the poison would certainly accomplish the mission! The poison is neurotoxin. Homeopathy renders poisonous substances harmless so don't be put off from using this remedy if it's needed.

Aconite along with **arnica** is a must for every first aid kit. The **Aconite state** comes on very **suddenly** and is extremely intense. It may be compared to the homeopathic remedy **Belladonna** which is equally sudden and intense, although less fearful. There is a marked fear of death with **aconite**, the patient may exclaim that they are about to die or they may state the time when they expect to pass away. There may also be a fear of ghosts and the dark.

The **aconite state** is extremely **acute** and is therefore a key remedy to remember in emergency situations such as accidents, disasters, earthquakes, war, heart attacks etc; Together with homeopathic **arnica**, it was the key remedy that homeopaths used during the events of 9/11 and the Asian tsunami of 2004 in response to the shock, trauma, pain and terror experienced by those caught up in the events of the time.

I received an email asking for help about the time of the earthquake in China last year. I suggested homeopathic arnica and aconite. I was delighted to receive a follow up email that later thanked me and described how the Chinese doctors who had used homeopathic aconite were awe struck by the aid that it gave to earthquake victims.

Aconite is also a remedy to think of when **symptoms suddenly appear after exposure to a cold wind or to the extreme heat of the sun, this exposure causes inflammation and high fever**. Therefore, think of **aconite** when a sudden fever develops and the patient matches the **aconite state** of tremendous fear and extreme restlessness.

The key to aconite is great **shock and anxiety**; you can literally see the **look of terror** in their eyes. There may be **panic** and **trembling**, heart palpitations, nervous twitching and great **restlessness**. **Pain can be very intense and make the patient feel desperate**.

Aconite is used to help someone who is having a panic attack after a frightful experience; the panic attack may be accompanied with heart palpitations.

Those needing this remedy generally feel better for fresh air and warmth and they are worse in the evening and at night, especially around midnight. There is

sensitivity to noise, light or to being touched. They may have a burning thirst for cold drinks and crave acids, bitter food and alcohol. This remedy can be given before scheduled surgery, if the patient is fearful, especially of death. It can also be given after surgery which is a shock to the whole body, if anxiety or fright remains.

Aconite Check List

- **Think sudden**
- **Think acute and rapidly progressing**
- **Think tremendous fear, fear of death**
- **Think trembling, twitching and heart palpitations**
- **Think intense restlessness**
- **Think pain that is desperate**
- **Think inflammation with high fever after exposure to cold, dry wind or intense heat**
- **Think worse at night especially around midnight**



Homeopathic Aconite

Bach Rock Rose - Terror

The Bach flower essence **Rock Rose** is very similar to the **aconite state** of sudden fear, terror and panic. **Rock Rose** is one of the five flowers that Dr. Bach used to make his well known **Rescue Remedy formula**.

Bach Star of Bethlehem and Homeopathic Ignatia – Grief and Shock

This is another flower to be found in Dr. Bach's Rescue Remedy formula. It is the key essence for shock and grief. It is definitely the remedy to give out at funerals and can be given alongside homeopathic Ignatia which is a well known remedy for acute grief. Often people in an ignatia state will want to

grieve alone and will try and hold back the tears, when they do this they will experience a lump in their throat as the muscles go into spasm.



Holding back emotions is not a good idea, in homeopathy we have a saying that the suppressed case always goes bad. People needing ignatia may experience a severe headache described as if a nail has been driven into the head. Processing emotions in a healthy nurturing way is important; problems that are swept under the carpet tend to have repercussions sometime in the future. Unfortunately, here in the west, we live in a society where it is generally no longer acceptable to see people openly weep and grieve, it makes others feel uncomfortable. This uncomfortable place is somewhere that we need to stay and hold if we are to help people process the traumas of life. Grief needs to be acknowledged and talked about in a healthy way. Help and support from loved ones, friends and perhaps counselors is also necessary but the grace and healing that homeopathy and flower essences can offer will help to ease this process and hopefully reduce or dispense with reliance upon sleeping pills and anti depressants, a path that many hurting people tend to turn to.



Bach Star of Bethlehem; look out for it growing in gardens and woodlands this spring.

Homeopathic first Aid courses, books and kits

www.homeopathyschool.com

Contact - Alternative Training info@alternative-training.com

Tel: 0800 – 0439 -349 toll free UK and talk to Mani or Amanda Norland

Tel: 866 – 424 -8783 toll free USA and talk to Betsy Levine

Dana Ullman at Homeopathic Educational Services also sells homeopathic remedies kits and books.

Dana has worked extremely hard for many years to try and bring homeopathy into the limelight, do support his efforts by choosing to mail order from his company.

Email Dana to be added to his mailing list: mail@homeopathic.com

To order from Dana in the USA please call: 800 – 359 – 9051 toll free

www.flusolution.net

H5N1 bird flu – the facts

H5N1 avian influenza was first noted in 1997, since 2003 it has spread to 68 countries and more than 300 million birds have been destroyed. The total number of human cases since 2003 is 406 and the total number of deaths is 254. In 2009 there have already been 11 reported human cases and 4 deaths mainly in China and Egypt.

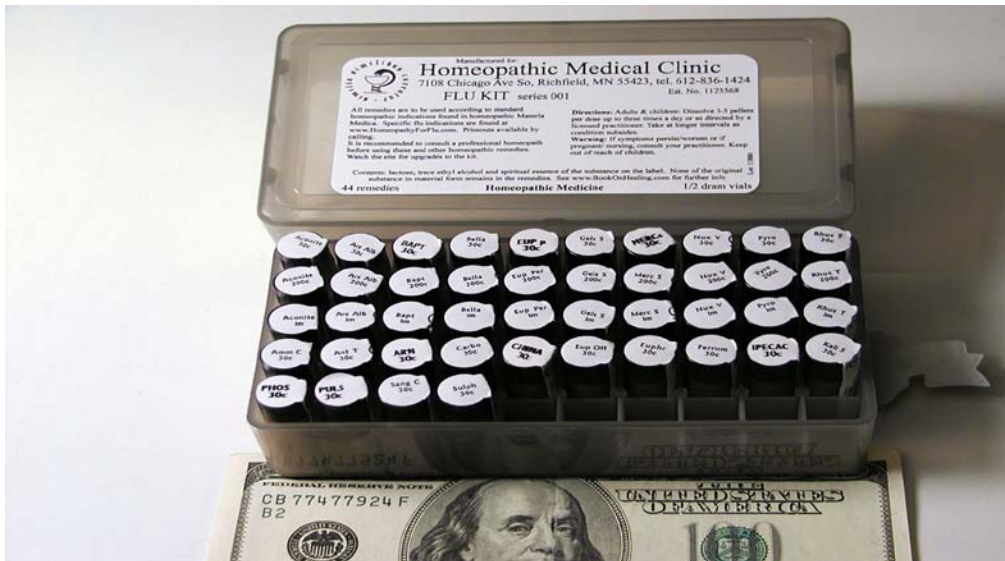
According to the CDC the highly pathogenic avian influenza animal breakouts are not expected to diminish in the near future. Sporadic infections in humans result from direct contact with infected poultry, however, the spread from person to person remains rare. Worrying research now indicates that currently circulating strains of H5N1 viruses are becoming more capable of causing disease in animals than were the earlier H5N1 strains of virus. Scientists are closely monitoring this.

There is little pre-existing natural immunity to H5N1 virus infection in the human population. If H5N1 viruses gain the ability for efficient and sustained transmission among humans, an influenza pandemic could result with potentially high rates of illness and death worldwide. Many authorities have speculated that it is not a matter of if this will happen, the question is when? Perhaps you should ask yourself how prepared are you for such an event.

No vaccine is currently available for human use and we must bear in mind that viruses can mutate very quickly and a vaccine made one day may not be helpful a few weeks later. Overall human mortality is currently 60% and the majority of human cases have occurred in adults and children less than 40 years old, mortality has been highest in cases aged between 10 and 19 years of age. Currently there are two drugs, Roche's Tamiflu and GlaxoSmithKline Plc's Relenza which experts hope to be used to fight H5N1 in humans. However, there are now reports of growing drug resistance to some H5N1 strains. It is interesting to also note that the general flu that most people were catching during late 2008 and now is resistant to the anti viral drug Tamiflu. I wrote about this in last month's newsletter.

During the 1918 flu pandemic flu large numbers of people sought homeopathic care and were restored to good health, in many cases their life was saved.24, 000 cases were treated with conventional medicine and the mortality rate was 28.2%. 26,000 cases of the flu were treated with homeopathy; there was a mortality rate of 1.05%.

I spent well over a year with my colleague, Dr.Jacob Mirman, writing a book, developing a web site and a flu kit dedicated to using homeopathy in the event that we are faced with pandemic influenza. Do take a look at our informative web site. [It has just been updated and will be available online by February 20th](#) and now has a new and very impressive front page. The site was revised by my son Giles. We spent over a week at Christmas working together on this public orientated project. Giles is available at reasonable cost to help you develop or improve your own web sites for business or recreation. Please email him for details if you are interested. GilesTamplin@asu.edu



The comprehensive kit that Dr.Mirman and I developed is now exclusively available from **Washington Homeopathic Pharmacy by mail order.**

It comprises 46 homeopathic remedies including the most used flu remedies in a choice of 30c, 200c and IM potencies. We have recently added two new remedies in the 30c potency; camphora and ferrum phos.

We believe that this box is capable of addressing 95% of influenza cases including possible H5N1 pandemic bird flu. Over the past few years I have taught many flu classes, several people have purchased these kits and many people have thanked me because many of these remedies can be used in first aid situations, as the kit has numerous applications. It is presented in a neat, compact, sturdy box that can easily be packed and

taken with you when traveling. Many of the higher potency remedies are generally unavailable in your local health food store or co – op. They can only be ordered through a homeopathic pharmacy.

This kit may be your best investment for 2009! It will help to serve you, your family and your whole neighborhood in times of crisis. To order please call and ask for the Homeopathic Medical Clinic Pandemic Influenza kit. The cost is \$100.00 plus postage and packing. **Tel: 1 – 800 – 336 – 1695**
To order from the UK please use the USA dialing prefix

If you are concerned about the flu or H5N1 avian flu the bottom line is:

- Take a long hard look at your lifestyle and make necessary changes
- Buy a homeopathic flu kit - homeopathy is simple, safe, effective and cheap! Take a flu class and learn how to use the kit
- **Work with a professional homeopath to strengthen your constitution it is your best defense!**

Sally's news – help each other and pass the knowledge on.....

www.alternative-horizons.com

www.medicinewomenspeak.com a new web site!

Do take a look at my new web site. Giles helped me put it together at Christmas. I share the web site with my colleague Karen Krchma. There's a lot of interesting information, you can download my newsletters and read about our classes. If you go to the presentation page you will be able to view 4 interesting colorful power points, the information is simple to follow and is designed for people who want information in a hurry because they are dealing with an emergency situation. The presentations cover acute trauma, burns, the flu and radioactive fallout

Pandemic Influenza Class – Wed March 18 7 -9.30pm

I will be in Minnesota in mid March and have arranged to teach this class at **SoundMindBodyHealing Center in Eagan**. This is a comprehensive class designed to help to dispel any fear that you may have about the flu or possible pandemic flu. You will learn about homeopathic remedies and flower essences that could help you and your family in such a situation. I will particularly refer to the influenza kit that Dr. Mirman and I developed. Several people have approached me because they have these kits but don't know how to use them. Do bear in mind that the flu kit has many remedies that have other first aid applications and I will discuss these.

This class is excellent value, do try and attend so you can help yourself and others in an emergency

\$20.00 if paid before March 12 \$30.00 after March 12 and on the day
Details of all my Minnesota classes and how to register can be found on
Kevin Doheny's web site: www.soundmindbodyhealing.com Tel: 651 –
688 - 2469

Rose Gallery Classes – Wisconsin March 11 and March 19

I will be teaching a two hour self help reflexology class for in Lake Mills,
Wisconsin on **Wednesday March 11th in the evening 6 -8pm**. For more details
contact The Rose Gallery. www.therosegallery.net Tel: 920 – 648 - 3973



\$20 if paid in advance and \$25 on the night.

Thursday March 19 6 – 8pm. Flower essences for children with learning and
behavior problems, ADD, ADHD and autism. Australian and Bach.

\$30 if paid in advance and \$35 on the night. Attendees will be able to make up
one bottle of their own chosen flower essences to take home; this is included in
the class cost. I am a Bach practitioner and a certified Bush teacher.

I will be available on the afternoons of March 11 and March 19 for private
consultations at the Rose Gallery.

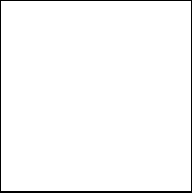
**I am always available for short telephone consultations and will be
available at Life Medical, Minnesota for one hour consultations on
Monday March 16th,2009 .Please call me if you wish to schedule:
Tel: 708 – 784 – 9397**

**I will be teaching The Australian Bush Essences College Certification
Course (16 hours) in Chicago on Sat and Sun March 21, 22 please email me
if you are interested in this class**

UK Bush Essence Class, Broadstairs, Kent March 1st

**1.30 – 5.30pm Broadstairs Herbal Apothecary Sunday March 01 (30 pounds
in advance, 40 pounds on the day.) No previous experience necessary
To register please contact Broadstairs Herbal Apothecary Tel: 01843 –
863096 or email: enquiries@herbalapothecary.co.uk**

- Addressing karma

- 
- Dealing with fear and shock
 - ADD, ADHD and autism
 - Depression and despair
 - Women's issues
 - Self esteem and eating disorders

We live in troubled times, the gift of family, friends and good health are our greatest and most precious assets, if you know of some one who is suffering reach out and share the knowledge. Caring is the first step to making a difference and it costs nothing.....