

Sally's Healing Garden Alternative – Horizons LLC
July/August 2009 – Newsletter



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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!

Homeopathic medications are regulated by the FDA and have been used safely in the United States since before the passage of the Federal Food, Drug, and Cosmetic Act in 1938. Homeopathic medicines have an extraordinary record of safety.

The safety record of homeopathic remedies over the past 200 years is truly exemplary. A recent study by the American Association of Homeopathic Pharmacists (AAHP) documents this outstanding record in detail (see the home

page at www.nationalcenterforhomeopathy.org for more information). Conventional drugs used by allopathic medicine are far more troubling from a safety standpoint.

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.

Check List – why use homeopathy?

- Its safe
- Its cheap
- You don't have to waste time waiting for a diagnosis
- There's no interaction with conventional meds
- It works, as many documented cases indicate!!!

The Zicam controversy

Dear readers, I enclose an action alert letter that was sent out by the NCH to members recently. It answers many questions relating to the recent controversy over the product known as, "Zicam" which has been newsworthy.

A few weeks ago, the FDA issued a Warning Letter to the company that manufactures an over-the-counter nasal spray for colds called *Zicam*. *Zicam* contains zinc gluconate in a 2X solution as well as many other ingredients including benzalkonium chloride, sodium hydroxide, hydroxycellulose, glycerol, and a couple of other "solvents," preservatives, and suspending agents. The Warning Letter was issued after a number of consumers complained of problems with loss of smell from using the product.

The FDA's action produced a story distributed by Associated Press (AP) that is full of fabrications and falsely called into question the safety of homeopathic remedies. Your NCH, in concert with the American Association of Homeopathic Pharmacists (AAHP), has been vigorously responding to the AP story.

Among the false claims and inferences in the AP story:

False Claim: Homeopathic remedies are not regulated - they are treated like

dietary supplements.

Fact: Homeopathic medications are regulated by the FDA and have been used safely in the United States since before the passage of the Federal Food, Drug, and Cosmetic Act in 1938. Homeopathic medicines have an extraordinary record of safety.

False Claim: FDA side-effect reports suggest homeopathic remedies are a problem for consumers.

Fact: The safety record of homeopathic remedies over the past 200 years is truly exemplary. A recent study by the American Association of Homeopathic Pharmacists (AAHP) documents this outstanding record in detail (see the home page at www.nationalcenterforhomeopathy.org for more information). Conventional drugs used by allopathic medicine are far more troubling from a safety standpoint.

False Claim: The National Institutes of Health's alternative medicine center spent \$3.8 million on homeopathic research from 2002 to 2007 but is now abandoning studies on homeopathic drugs.

Fact: NCH received this assurance from the National Institutes of Health's alternative medicine center on 6/23/09: "NCCAM will continue to accept investigator-initiated research grant applications for homeopathy and will continue to consider for funding those that receive outstanding scores in peer review."

False Claim: "Very often, the only active ingredient is alcohol, and patients don't know that, and they get a buzz on. The therapeutic effect is no greater or less than a martini."

Fact: The overwhelming majority of homeopathic remedies sold are in solid pellet or tablet form and contain ZERO alcohol.

False Claim: In 1938, Congress passed a law granting homeopathic remedies the same legal status as regular pharmaceuticals. The law's principal author was Sen. Royal Copeland of New York, a trained homeopath. "He did it in such a sneaky way that nobody really noticed or paid attention," says medical author Natalie Robins.

Fact: Senator Royal Copeland, a major presence in American medicine at the end of the 19th century, rose to national fame when he was elected into the U.S. Senate in 1922. His career was distinguished in many ways, but he is best known as architect of the Food, Drug and Cosmetics Act of 1938, the success of which reflected his tireless effort over a period of five years. Copeland was trained as a homeopathic physician at the University of Michigan, at a time when homeopathy was a significant part of the U.S. healthcare system.

False Claim: "With arcane ingredients like "nux vomica" and "arsenicum album," many homeopathic medicines sound like something brewed in a druid's kettle."

Fact: Homeopathic remedies are named by their proper scientific designations (often in Latin), an accepted world-wide standard for naming substances, rather than the misleading kinds of names attached to drugs by pharmaceutical companies. For example, "Nux vomica" is the proper botanical Latin name for the nut of a particular tree.

False Claim: There is no evidence of effectiveness.

Fact: There are literally hundreds of high quality basic science, pre-clinical and clinical studies published in respected journals like *Pediatrics*, *Chest*, *Rheumatology*, *The Lancet* and others showing that homeopathy works (for more information, please visit the NCH website at <http://homeopathic.org/articles/view,173>). To claim otherwise is bad science and very irresponsible journalism.

Here's a message from my colleague, Dana Ullman:

“Learning something about homeopathic research is critical! Do you know that there have been over 200 clinical trials testing homeopathic medicines? Would you like to have immediate access to short descriptions of these studies, each listed under the disease name? Would you also like to learn what are some of the most common homeopathic medicines that homeopaths use to treat people with these diseases along with some details about each remedy? All of this information is in my e-Book "[Homeopathic Family Medicine](#)" which you can purchase as [an e-Book](#) or as a **printed copy** (YES, you can order a printed copy of this e-Book OR you can simply print out a copy of it yourself).

The ADDITIONAL benefit of this e-Book is that it can help you write articles on homeopathy for local, regional, or international publications or websites. You can also use it to DEFEND homeopathy...and we need more people out there doing that!”

To find out more about Dana and his homeopathic educational supply business call

Homeopathic Educational Services | 2124 Kittredge St. (mailing address) | 2036 Blake Street (Store) mail@homeopathic.com

<p><i>Ledum palustre</i> <i>Labrador tea - update from June newsletter</i></p>

This is a great remedy to think of in more chronic cases of rheumatism, arthritis, gout. However, it also has an affinity with **puncture wounds and**

may also be of great service for **bites and stings**. If you are comparing this remedy with Apis remember that Apis is very restless and the skin appears **red, hot and swollen**. The skin of Ledum feels **cold and is of a blue/purplish color**.

A ledum success story:

My 2 ½ year old niece was over and I noticed she was developing a cellulitis infection in her forearm from a bug bite (the mosquitoes LOVE her). She has always had such a strong reaction to bites and her mother has tried Apis in past without much relief. I recommended trying ledum and it looked much better within 24 hours. Hopefully she is continuing to improve and we saved her from a course of ABX's. (She took two doses of ledum in the eve before going to bed and upon waking the swelling was significantly less. She took one more dose in the am, I saw her the next day and other than the bug bite mark and a small amount of swelling, the change was quite remarkable!

Helios Homeopathic First Aid Kits – a great addition to your medicine cabinet!

The Basic 18 Remedy Kit \$44.99

Aconite 30•Apis Mel 30•Arnica 30•Arsen Alb 30•
Belladonna 30•Bryonia 30•Cantharis 30•Chamomilla 30• Gelsemium
30•Hypericum 30•Ignatia 30•Merc Viv 30•
Ledum 30•Nux Vomica 30•Pulsatilla 30•Rhus Tox 30•
Ruta 30•Silica 30

The Basic 36 Remedy Kit \$64.99

Contains the Basic 18 remedies plus the following remedies:

Ant Tart 30•Argent Nit 30•Calc Carb 30•Calendula 30•
Carbo Veg 30•China 30•Drosera 30•Hepar Sulph 30•
Ipecacuanha 30•Kali Bich 30•Lachesis 30•Lycopodium 30•
Mag Phos 30•Natrum Mur 30•Phosphorus 30•Sepia 30•
Staphisagria 30•Sulphur 30

The Travel 36 Remedy Kit \$64.99

Contains the Basic 18 remedies plus the following remedies: Argent Nit
30•Bellis per 30•Camphor 30•Carbo veg 30•
China 30•Chelidonium 30•Coca 30•Cocculus 30•
Cuprum Met 30•Eupat Perf 30•Hepar Sulph 30•Ipecacuanha 30• Lathyrus Sat
30•Manganum 30•Natrum Mur 30•Podophyllum 30• Staphisagria 30•Veratrum 30

\$10 flat rate postage and packing per order!

All kits come in tamper-proof shrink wrap sleeves.

Compact enough 5½ x 4 x 1½ ins. (14 x 10 x 3 cms) to carry with you at all times.

Each kit includes a detailed self-prescribing booklet inside.

Economical...

A comprehensive range of remedies at a fraction of the price if bought singly.

Approx. 35 pillules in each bottle.

Robust... refills available

Box made of durable polypropelene and glass bottles firmly held in place by high density foam.

To purchase one of these kits and to view some other homeopathic products please follow this link

<http://www.homeopathykits.com/?click=239>

The well known and highly respected UK homeopathic pharmacy Ainsworths has now produced an anti cold and flu remedy that has last year's strain of influenza viruses and they have added swine pneumonia.

This is now available from The Rose Gallery in Wisconsin by mail order and can be used to boost your immune system. Currently, it is selling, "like hot cakes in the UK!" The Rose Gallery in Wisconsin is also stocking a homeopathic remedy made from the active swine flu virus. If you would like to order these products please call The Rose Gallery: Tel: 920 648 3973 rosegallery@charter.net

Swine Influenza update

As of 06:00 GMT, 6 July 2009, there have been 94,512 confirmed cases of influenza A (H1N1) infection, including 429 deaths. Influenza A (H1N1) - update 58 from WHO web site. On the 16 July the WHO announced that they will no longer issue global tables showing the number of confirmed cases for all countries.

Since its discovery, two hundred years ago, homeopathy has provoked much controversy, criticism, acclaim and impassioned support. It is interesting to note that during the 1918 flu pandemic 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%.

In epidemic disease, homeopathy works equally well for both viral and for bacterial agents and may be lifesaving when antibiotics or anti virals are ineffective and supportive measures insufficient.

Homeopathy stimulates the immune system so that our own body can take care of the problem. The remedies don't heal us; our own body does the healing.

As you can see from the WHO statistics documented above, the swine flu continues to spread and those with underlying medical problems are at greater risk of death. No one knows exactly what course this virus may take. There is speculation that it will return much more severe in the fall and winter flu season. Do take time to read about homeopathy and be prepared. Dr.Mirman and I have written an excellent survival manual that you can read or download, free of charge, from the article section on the flu web site.

Dr. Jacob Mirman and I developed an influenza kit that is available from [Washington Homeopathic Pharmacy](#) please call them and be sure to request the [Homeopathic Medical Clinic Pandemic Kit](#) ,details can be found on the flusolution web site.

Tel: +1 – 800 – 336 – 1695 \$100 + postage and packing

To order from the UK or other countries please use the USA dialing prefix

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.

This kit took over a year of research to develop, we looked at all the pandemic influenza outbreaks over the past two hundred years and the homeopathic remedies that helped, even with the most severe symptoms of disease. Each remedy had to “earn” their place in this kit. The kit includes remedies and potencies not usually available in your local health food store or co –op. If you are worried we suggest that you purchase this kit, each kit has the potential to help hundreds of people. There are also remedies in the kit that are helpful for first aid situations so this is a good investment of your money and although the kits have a sell by date, in theory homeopathic remedies do not go out of date! [We believe that this is one of the best kits available commercially in the world today containing remedies for influenza and there is space in the kit to add other indicated remedies that may not be there at present!](#)

[Please also look at the Helios Kits that I refer to in the newsletter, they are great value and contain most remedies in the 30c potency.](#)

We also advocate that you work with your licensed physician and a professional homeopath especially if you use remedies of 200c or higher. Our kit has remedies with these higher potencies. A professional homeopath is highly trained in materia medica and how to manage cases.

In the present swine flu crisis it may be that people need several remedies, one after the other, to bring them to better health. If you have this specialist kit a homeopath can work easily with you by telephone or email consultation to educate you as to what you can use for yourself and your family.



Many people are fearful; homeopathy helps to dispel fear, that's why we launched the Minnesota flu project several years ago.

The word homeopathy stands for so much that is good and true and useful in the medicinal therapy of the year of our Lord 1919." – O.S.Haines, M.D; Philadelphia (during the Spanish Influenza.)

What about the swine flu vaccine? Is it safe??????

The Federal Government has ordered nearly 600 million doses of vaccine and if the current production by five companies goes as planned mass vaccination will begin in September. Children, pregnant women, adults with chronic health problems and health care workers would probably be the first in line for a vaccine.

A new web site: MedicalVoicesVaccineInformationCenter has the best doctors and most outspoken advocates against vaccines. More than 100 medical doctors discuss the dangers of vaccines. Medical Voices will be presenting a series of twice weekly webinars for vaccine information. An impressive roster of speakers from around the world will discuss the important issues at hand. The webinars will air on a Monday and Wednesday night, it is free of charge. Make sure that you are well educated so that when it comes to vaccination you can make an informed choice.

According to the web site created by Dr. Tenpenny www.DrTenpenny.com Some of the new H1N1 swine flu vaccines are going to be made by Novartis. These shots will probably be made in pER.C6 cells (human retina cells) and

contain MF-59, a potentially debilitating adjuvant. MF-59 is an oil based adjuvant primarily composed of squalene. All rats injected with squalene (oil) adjuvants developed a disease that left them crippled, dragging their paralyzed hindquarters across their cages. Injected squalene can cause severe arthritis (3 on a scale of 4) and severe immune responses, such as autoimmune arthritis and lupus.

Squalene is not just a molecule found in the knee or the elbow – it is found throughout the nervous system and the brain. When injected into the body the immune system attacks it as an enemy to be eliminated. Eating and digesting Squalene isn't a problem but injecting it galvanizes the immune system into attacking it, which can produce self destructive cross reactions against the same molecule in the places where it occurs naturally in the body and where it is critical to the health of the nervous system. Once self destruction begins, it doesn't stop as the body keeps making the molecule that the immune system is trained to attack and destroy. There is now data in more than two dozen peer reviewed scientific papers, from 10 different labs in the USA, Europe, Asia and Australia documenting that squalene based adjuvants can induce autoimmune diseases in animals, this has been observed in mice, rats, guinea pigs and rabbits.

Ref (1): Kenney, RT, Edleman R. "Survey of human-use adjuvants." Expert Review of Vaccines, 2 (2203) page 171. Ref (2) Matsumoto, Gary. Vaccine A: The Covert Government Experiment That's Killing Our Soldiers and Why G/S Are only the First Victims of this Vaccine. New York: Basic Books page 54

For more information and the latest vaccination updates visit these web sites:

www.Vaclib.org www.DrTenpenny.com www.PandemicFluOnline.com

Swine Flu Vaccine Should Not Be Given To Children in Schools

By Barbara Loe Fisher

On April 26, a national public health emergency was declared by officials in the U.S. Departments of Health and Homeland Security. We were told it was necessary to declare a national emergency because people were getting sick from a new swine flu virus that began in Mexico and might cause a deadly influenza pandemic.

So far, the vast majority of people who get sick with swine flu have symptoms that are no worse than the regular flu and recover completely.

Three Week Testing of Swine Flu Vaccines

The declaration of a national public health emergency last spring set a chain of events in motion: some schools were closed, some people were quarantined and drug companies were given billions of tax dollars to create experimental swine flu

vaccines. These new vaccines are being fast tracked by the FDA. We are being told they will only be tested for a few weeks on a few hundred children and adults before being given to children in schools in October.

Liability Protection for Vaccine Injuries & Deaths

Under federal legislation passed by Congress since 2001, an Emergency Use Authorization (EUA) allows drug companies, health officials and anyone who gives experimental vaccines to Americans during a declared public health emergency, to be protected from liability if people get hurt.

Safety and Informed Consent at Risk in Schools

The National Vaccine Information Center has been a vaccine safety watchdog since 1982. We are questioning the need to turn schools into medical clinics this fall where swine flu vaccines being rushed to market will be given to children first. We are calling on the Obama Administration and state Governors to provide solid evidence to parents...

To read more with live links to references and **to watch a video** [click here](#)

For NEW information on Swine Flu & what you need to know and can do during a declared public health emergency [Click here](#)

Please watch - and forward - Dr. Rima's latest video: "[What will WHO do?" - Will the UN agency mandate flu shots? Will the national governments go along?](#)
<http://www.youtube.com/watch?v=swHUfACaRN8>

Influenza Consultations

I am available for 30 minute influenza consultations. I will **educate** you as to what homeopathic remedies and flower essences you can use to overcome this disease. I am also accepting consultations for people who are not already existing clients. If you are sick and want help please email me tamplinsi@aol.com or call: **708 784 9397** I will take calls from any where in the world. **The cost is \$50.00 and you can pay by pay pal.**
I am a registered homeopath and a registered Bach flower essence practitioner.

What the media will not tell you about the flu...

DANA ULLMAN, MPH

(This article was taken from Dana's e newsletter. Dana's business Homeopathic Educational Supplies can be reached by calling: 510 649 0294
mail@homeopathic.com)

"The fear-mongering that the media is perpetuating is great television, and it sells a lot more newspapers as fear hooks people into watching and reading whatever news they can. This fear-mongering is even better for the drug companies. In 2002, the ten largest drug companies in the Fortune 500 made more profit than the remaining 490 companies combined! THIS is why we see so many TV advertisements for drugs. These companies make so much profit that they benefit big time from the fear of the flu (or any disease) that gets big media.

The media seem sympathetic to others' suffering, and they try to give people advice on how to avoid the flu or how to treat it, but as yet, I have not seen one story on what may be the BEST ADVICE one can give to people who have the flu (or even a fever). This advice is: **do not take aspirin or other conventional drugs to lower your fever, and do not take any antibiotics.** We all know that antibiotics are not effective for the flu because it is the result of a viral infection, not a bacterial infection. However, too few people know the real dangers of taking aspirin or any other conventional drugs that lower fever.

According to basic books on pathology, fever is a vital defense of the body. Fever is an important way that the body fights infection. By taking drugs that lower the fever, a person's defenses are less able to fight infection, thereby leading to various neurological damage or even death.



The media and the general public have NO sense of the problems of "symptom suppression." IF you have any respect for the "wisdom of the body," one should avoid suppressing symptoms whenever possible."

Homeopathic Ipecacuanha – a flu remedy

Many people know this remedy because it is an emetic; this means that it will make you vomit! Several years ago my little dog got into the box of valentine's chocolates I have given to my husband. We rushed him to the vet and he was given Ipec to make him bring it all back up! Luckily he survived to have many other episodes of mischief.

I wanted to draw your attention to this remedy because it may be used during a bout of influenza; we have included it in our pandemic flu kit. I have listed below the main guiding symptoms:

- Convulsive cough, the patient stiffens and becomes pale or blue and loses his breath, great nausea and relief from vomiting
- Dry, spasmodic cough, ending in choking, gagging and vomiting
- Great accumulation of phlegm in the bronchial tubes
- Hemorrhages from all orifices, the blood is profuse and bright red
- Cough with bloody expectoration

And did you know that??????

- Ipec will frequently follow Nux-Vomica when this remedy has not removed the whole symptoms of suppressed hemorrhoids.
- Ipec is complimentary to Arsenicum

To read more about Ipec and other homeopathic flu remedies please refer to www.flusolution.net

I have just written a new power point presentation titled, "homeopathic remedies for serious lung pathology"; it will be available on the flu web site by the end of August under presentations.

Bach Flower Essences

When we feel fulfilled, happy and positive we tend to enjoy better health In the 1930's Dr.Edward Bach, a medical doctor and bacteriologist created 38 flower and plant based formulas that can help us to manage the emotional demand of everyday life by bringing negative attitudes and feelings back into balance and perspective. By helping to restore and maintain emotional balance the Bach remedies free the body's own healing functions and help to promote overall wellness. The Bach formula Rescue Remedy was voted the top holistic anti stress relief in the UK.

*The Bach and Australian Bush Flower Essences are simple and safe to use and **do not interfere with prescription medication**. Bach Essences are inexpensive and available at most health food stores and co – ops.*

Using flower essences to balance emotions means fewer visits to the doctor's office, less reliance on prescription medication and its associated side effects.

Put two drops of the indicated Bach flower essence in water and take up to 4x daily. You may also combine essences in the same water but I find that it is best to use just one or two essences rather than mixing several together.

Double- blind placebo studies

FES makes the Five Flower Formula using the 5 flowers that Dr.Edward Bach used in his Rescue Remedy Formula. Two double-blind placebo studies of The Five Flower Formula show significant calming and distressing results as shown by EMG and EEG measurements. Dr.Jeffrey Cram conducted the studies and they can be read online at The Flower Essence Society website www.flowersociety.org/scientific.htm

Bach – Hornbeam

I have written about this Bach flower essence in a previous newsletter. However, I wanted to draw your attention to it yet again. I believe that it will be an important remedy to have on hand during the coming flu season. The main problem is that the sick person has little inclination to get up and get going. Hornbeam is for that Monday morning feeling when you drag yourself out of bed but really feel that you just don't have the physical and mental/emotional energy to face the physical and emotional events of the forthcoming day.

A homeopathic medical colleague contacted me recently, he was very sick and had taken a number of very well indicated homeopathic remedies but there was no change in his symptoms. I suggested Bach Hornbeam and he was significantly better the very next day!



The Hanna Kroeger Corner

Taken from Hanna's, "Help One Another" compiled by Holly Vest and illustrated by Alberto Kroeger

Do you suffer from hay fever and allergies? Did you know that they are symptoms of toxins and poisons in the bloodstream, in the lymphatic system and in the tissues?

Allergies have two factors in common: chemical poison and parasites. Allergic conditions can also indicate a congested liver, gall bladder and/or Candida overgrowth. Indications are: nasal congestion, coughing, wheezing, skin rashes, hives, headache, fatigue. The most common symptoms are runny nose, red, itching eyes and a burning sensation in the lungs.

Hanna's Tips:

CHEESE – avoid this if a mucous condition is present

CHOCOLATE – this lowers our vibration. It contains phosphates which can cause allergic reactions

CORN - often an allergy to corn is actually an allergy to dioxin, which has an affinity to the kernels of corn

EGGS – some people think that they are allergic to eggs when a substance in eggs creates too much insulin

MILK – Try to avoid this, it neutralizes the hydrochloric acid in our stomach and makes digestion and proper nutrient absorption difficult. Try almond milk, pine nut milk, sesame milk or rice milk as substitutes. In general soy products are difficult to digest. Babies fed on soy formula may develop a copper imbalance

WHEAT – Aches in the body upon rising in the morning can indicate wheat allergy in a serious state

Toe nail fungus – natural helpers for a chronic issue!

A professional homeopathic colleague working in the mid west has had some successful experience with toe nail fungus. In our Minnesota Homeopathic Association email loop we recently had a community discussion. Here are her suggestions: "I use a specific brand of Oil of Oregano, at very high doses for a short time, then maintenance doses till the nail grows out healthy. I use Biotics O of O, I get the 120 tablet bottles, they are better in price. Metabolic Management in IL is my supplier. 00-373-1373. I start with a low dose, increase slowly to 15 or so tablets per day for about 5 days, then work down again to 3 tablets a day, stay with that for 2 weeks, then do one tablet per day till the toenail is completely grown out. If you stop the O of O before the entire infected, distorted nail grows out, the fungus will return.

Also, NEVER wear second hand shoes that are how it is spread. There was little foot fungus in the US till the troops came back from the South Pacific at the end of WW II. They brought it back and put it into the general population.

And of course, good constitutional homeopathy is key because the presence of toe fungus indicates the body is willing to tolerate/ unable to get rid of a low level infection. You want to eradicate that tendency and homeopathy is the best way to do this."

Another of my professional homeopathic colleagues says, "I've had some success with treating toenail fungus with 2 different salves. The active ingredient in one is cajeput oil, and in the other sandalwood oil. I tried tea tree initially and got a mixed review. These other two oils are helpful for about 98% of the people who have tried them. I usually start with cajeput oil salve first, then, if that doesn't work, switch to sandalwood salve. The salves are based with beeswax, olive oil and lanolin or coconut oil, depending on the needs of the person."

Sally's news and classes

I am available at the Homeopathic **Medical Clinic in St Louis Park, MN** on **Thursday September 24 and Monday September 28** for one hour consultations. Please email me to arrange. tamplinsl@aol.com The cost is \$90.00 and includes homeopathic remedies as suggested.

I will be available at the **Rose Gallery in Lake Mills** for consultations on **Thursday September 17** in the afternoon. On **September 17** I will be offering an evening class relating to **self help using reflexology** from 6.30 – 9pm. More details from the Rose Gallery www.therosegallery.net

Please email me if you would like to attend or to see me privately.
tamplinsl@aol.com

This month I have taken over from Betsy Levine as the School of Homeopathy's USA representative. If you have questions about The School and the wonderful selection of distance learning opportunities that it has to offer please email me: Sally@homeopathyschool.com

My home number answering machine will soon greet you with the message that this is Sally Tamplin and The School of Homeopathy; please continue to leave messages for me even if you are not calling regarding school business. Tel: 708 – 784 - 9397

Swine flu classes offered by Sally Tamplin September, October and November 2009

www.alternative-horizons.com
www.medicinewomenspeak.com
www.flusolution.net

The School of Homeopathy First Aid Course

September 19, 20, 2

Attend 1, 2 or 3 days!

Held at SoundMindBodyHealing Center in Eagan, MN

Influenza will be emphasized; this is a comprehensive course with follow up telephone tutorial sessions if you require them. This is a comprehensive course and places are still available. You are advised to attend for two or three days but if you can only make it for one day we will be happy to accommodate you! You will be issued with a letter of attendance. If you want to find out more about the certification process (available at extra cost and some home study) please contact Sally Tamplin: sally@homeopathyschool.com

Fees: Include daily lunch, snacks, case booklet and the book, "Get Well Soon. \$100 per day or \$275 for all three days if paid in advance by September 8 (\$25 cancellation fee between Sept 8 and the start of class) \$120 per day after September

Please email Sally for further details or look at the following web site:

www.soundmindbodyhealing.com

The School of Homeopathy First Aid Course

October 17th 9.30 - 6 pm and October 18th 9 – 5.30 pm

Aquarian Garden – Holistic Wellness Center, New Lisbon, Wisconsin

You are invited to attend for one or both days

Fees: Include a case booklet and the book, "Get Well Soon." \$100 per day if paid in advance by October 1st (\$25 cancellation fee between October 1st and the start of class) \$120 per day after October 1st. A group lunch is available for \$8.00 per day and accommodation is available at \$40.00 per night, per room and

\$20.00 per person if you choose to share. Sally will organize a group dinner on Sat eve in a local town. The Aquarian Garden is a beautiful retreat center set in 18 acres of countryside outside New Lisbon.

The School of Homeopathy First Aid Course

November 13 and 14

The Rose Gallery, Lake Mills, Wisconsin

You are invited to attend for one or both days

Fees: Include a case booklet and the book, "Get Well Soon." \$100 per day if paid in advance by October 1st (\$25 cancellation fee between October 1st and the start of class) \$120 per day after October 1st.

Australian Bush Essences – College Course 16 hours, Chicago

Sat and Sun September 12/13 9 -6pm \$200.00

Please email me for more details: Tamplinsl@aol.com

Australian Bush Essences – College Course 16 or 24 hours, Minnesota

Do you love flowers? Are you interested in personal development and helping yourself, your family, friends or your clients? Then this may be the course for you!

***“The personality without conflict is immune from illness “
Dr. Edward Bach writing in his book - Heal Thyself***

Sally Tamplin, certified Australian Bush Essence teacher, will be teaching the Australian Bush Essence college course. You will learn about the history, principles and philosophy of Australian Bush Essence therapy. You will understand how flower essences work as a subtle energy healing therapy within the naturopathic and mind-body framework. You will research the botanical characteristics of a number of the essences and you will learn how to use the essences to help in the emotional healing of yourself, your loved ones and your clients.

A certificate of successful completion is issued from Australia to those who complete either 16 hours or 24 hours of attendance, pass the coursework and the simple test. During the course attendees are required to choose an Australian Bush Essence to take and part of the coursework is their own healing evaluation. **No previous experience is required for this course.**

Sound, Mind, Body, Healing Center Eagan, MN 9.30 -6pm

Friday September 25
Saturday September 26
Sunday September 27

To register please contact **Kevin Doheny** www.soundmindbodyhealing.com Tel: 651 688 2469

Fees:

\$275.00 for all three days if paid in advance before September 15 (\$25 cancellation fee after Sept 15 and start of class)

\$100 daily rate if paid in advance before September 15 (\$25 cancellation fee after Sept 15 and start of class) \$120 daily after September 15

Fees include lunch and a course hand out book if you sign up for either 16 hours or 24 hours

You are welcome to attend for one day but you will not be eligible for the College Course Certificate

Sharing the Knowledge

Dr. Mirman and I recently recorded an interview with the founder of The World Homeopathy Awareness organization, Gabrielle Traub. You can listen to this on their web site: www.VitalForceRadio.com or by calling 914 338 0821

Do you live in another US state? I am available to teach The School Of Homeopathy First Aid Course with an emphasis on the flu. If you get enough people together I can come to your area. Please email me for details. Sally@homeopathyschool.com

Those of you who live in the UK, I am arranging classes in flower essences this August Please email me for details.

If you enjoyed this newsletter do pass it on!

