

Sally's Healing Garden Alternative – Horizons LLC
June 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!!!

As the summer weather approaches and we spend more time outside in the garden, park or countryside there is always the possibility that we may get bitten or stung by one of our insect friends. There are many homeopathic remedies that can help in such a situation. Here are two that you may wish to consider adding to your home first aid kit. I have also included information about Helios First Aid Kits. Apis and Ledum are available in the 18 and 36 remedy kits.

Homeopathic Apis

Apis is a homeopathic remedy made from the honey bee. Honeybees are very sensitive creatures and can be highly reactive. They have an unerring sense of direction to and from their hive in the search for nectar and sometimes swarms of bees will attack en masse if they are annoyed. The life of the honey bee is really quite fascinating.



Each individual bee goes through a number of functions in invariable sequence during its life. The functions are parallel to the phases of bodily development. From days one to twenty the bee remains in the hive and carries out specific duties. However, on day twenty it ventures outside the hive and begins to collect **nectar** and **pollen**, this necessitates long journeys away from the hive to visit flowers. The search for pollen continues until the bee dies. These activities are **spontaneous** and **unquestioning** and are **not** under any kind of **voluntary control**. They provide an interesting analogy with allergic **phenomena**, such reactions arise from **inherent** or **acquired sensitivities**, which are **spontaneous** and **not** under **voluntary control**.

Homeopathic Apis is made from the whole insect and it is a remedy for **acute** manifestations such as a **bite or a sting** but it is also thought of when there is an acute manifestation of a **chronic toxic** condition, the remedy will clear up an acute outbreak but will not prevent recurrences. Deep acting constitutional remedies, given by a professional homeopathic practitioner, should follow. Therefore, Apis may be called for in severe dynamic conditions such as analeptic shock. This condition is certainly on the rise. There are many children susceptible to nut allergies etc; so much so that teachers in some classrooms carry epi - pens on their desks!

People needing this remedy are extremely **sensitive**; the least touch will bother them. They desire company but not affection and just like the honeybee that flits to and fro, someone needing Apis in an emergency situation, will be extremely **restless**. In fact restless, fidgety, irritable and hard to please behavior is a key to the remedy.

The bee takes great care not to be **overheated**. It brings droplets of **water** to the hive, a group of worker bees fan their wings ceaselessly to **evaporate** the **water**, and they manage to **cool** the air if it becomes too hot. **Heat, cold and water** are all important elements of the Apis homeopathic picture. Bites and stings that tend to become **red, hot and swollen** and are aggravated by heat but ameliorated by **cool air, water or ice packs** respond well to this remedy. **Weeping** is also a marked characteristic so someone needing Apis may be extremely tearful.

It is interesting to note that when water logged human tissue is viewed through the microscope, a network of cellules filled with fluid are revealed which have a marked resemblance to the **honeycomb** made by bees.

Bee venom is known to have **hemolytic**, **hemorrhagic** and **neurotic** effects in addition to its profound **histamine** activity. Apis has been used over the years for remittent fever especially when it assumes typhoid or meningitis cerebral fever

Apis Check List:

- Think sudden onset
- Think extremely restless
- Think edema
- Think hot, swollen skin that feels tight
- Burning and stinging pains
- Think better with cold applications

Ledum palustre	Labrador tea
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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 the victim fits the picture as described below. 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**.

- Joints are **SWOLLEN,COLD,PALE**
- **Bruising, mottled or PURPLISH DISCOLORATION**
- Intense soreness of injuries
- Nodosities,deposits,hard swelling of the joints
- Stiffness
- Contraction of the tendons and muscle including hamstrings, calf and heel
- Cracking of the joints, especially the knee
- Weak joints, easy spraining
- **Puncture wounds, think of this remedy in cases if insect bites or when stepping on a nail.**

Modalities:

- < warmth, though they are **chilly**

- > **COLD APPLICATIONS, ice cold baths, compresses** and rest
- < touch
- < **Standing and sitting**
- < **evening and night**
- **People needing this remedy have an aversion to company, they will seek solitude.**



Ledum

Into the woods – herbal wisdom -Plantain



This is a common weed and grows in gardens, fields and meadows, it has long flowering spikes and a dense brown tuft of flowers and seed bearing capsules. The leaves and seeds are harvested to make herbal medicine. Plantain is a wonderful healer; it is an important remedy to use to soothe inflamed and infected tissues. Apply fresh leaves to reduce the pain of bites, stings, poison oak and ivy, cuts, scrapes and burns. You can easily make a poultice for external use by blending the fresh leaves with a little water to form a slimy paste. Leave the poultice in place for an hour or two, covering with a bandage. Replace the poultice several times a day, keeping it wet. You can also take 20 -30 drops of Plantain tincture 3x daily.



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>

Swine Influenza update

As of 06:00 GMT, 10 June 2009, 74 countries have officially reported 27,737 cases of influenza A (H1N1) infection, including 141 deaths. Influenza A (H1N1) - update 44 from WHO web site

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 the best kit 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.)

Influenza vaccine news and the use of a homeopathic remedy for ventilated patients in hospital

Here are a couple of articles that will be added to the flu web site:

Children Who Get Flu Vaccine Have Three Times Risk of Hospitalization for Flu, Study Suggests

<http://www.sciencedaily.com/releases/2009/05/090519172045.htm>

According to Science Daily (May 20, 2009) — the inactivated flu vaccine does not appear to be effective in preventing influenza-related hospitalizations in children, especially the ones with asthma. In fact, children who get the flu vaccine are more at risk for hospitalization than their peers who do not get the vaccine, according to new research that will be presented on May 19, at the 105th International Conference of the American Thoracic Society in San Diego.

[Full article at website]

HOMEOPATHIC KALI BICHROMICUM APPROVED FOR VENTILATED PATIENTS

[Submitted by Molly Punzo, MD, Medical Director of Quality Improvement and Patient Safety]

After hearing a presentation by Dr. Martin Forrest, Director of Intensive Care Medicine at Shore Health System of Maryland, an affiliate of the University of Maryland Medical System, **Kali bichromicum 30CH** was approved on May 7, 2009 by the Pharmacy and Therapeutics Committee for the treatment of all ventilated patients with thick secretions in an effort to reduce ventilator days and length of stay in the ICU. This recommendation stemmed from an article in the highly regarded, peer-reviewed journal, **Influence of Potassium Dichromate on Tracheal Secretions in Critically Ill Patients***

<http://www.chestjournal.org/search?fulltext=Frass&submit=yes&x=11&y=11#target-1> Chest March 2005 127:936-941; doi:10.1378 Michael Frass, et. al. This is the first homeopathic remedy to be approved on formulary at Shore Health System.

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 tamplinsl@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 Bach Flower essence practitioner.

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

The Bach Flower Essence Gardener

I love to spend time in my garden during the summer months, I busy myself with planting, weeding and generally enjoying myself out in nature. Many people do not realize that Bach flower essences work wonderfully for your house and garden plants. Use **Bach Rescue Remedy or FES Five-Flower Formula** for plant protection, add drops to the water when transplanting and add to a vase when you are arranging cut flowers. You may want to

consider using **crab apple** for a plant or tree that is suffering from insect infestation or fungus. **Walnut** is the flower essence to use for change, if you are repotting or moving plants from one place to another consider using this essence along with the Rescue Remedy formula, it will help your plants to adjust to the new location.

Sally's news and classes

I am available at the Homeopathic **Medical Clinic in St Louis Park, MN** on **Monday June 15** 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 June 11 and Thursday June 18 in the afternoon. On June 18 I will be offering an evening class relating to gardening with Bach essences. \$15 from 6.30 – 8.30pm I will also answer any questions relating to flower essences and homeopathy. Please email me if you would like to attend or to see me privately. tamplinsl@aol.com

This month I will be taking 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 July and September 2009
www.alternative-horizons.com
www.medicinewomenspeak.com

Saturday and Sunday June 13 and June 14 9 – 6pm Sat /10 -6pm Sun

The School of Homeopathy First Aid Course

Held at SoundMindBodyHealing Center in Eagan, MN

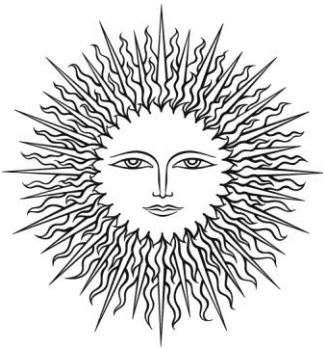
Influenza will be emphasized; this is a comprehensive course with follow up telephone tutorial sessions if you require them.

This is a comprehensive course and places are still available
Please email Sally for further details or look at the following web site:
www.soundmindbodyhealing.com

Australian Bush Essences – College Course 16 hours

Chicago Sat and Sun September 12/13 9 -6pm \$200

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



SCHOOL OF
HOMEOPATHY

First Aid

Course

SoundMindBodyHealing Centre, Eagan, MN
9.30 -6pm September 19, 20 and 21st
Attend 1, 2 Or 3 days!

Concerned about the swine flu this fall/winter?

Learn to help yourself and your family!

You may choose to attend one, two or all three days taught by Sally Tamplin
For more details: www.soundmindbodyhealing.com Tel: 651 – 688 – 2649

This course was carefully produced and developed by the well known and highly respected School Of Homeopathy, Devon, UK, and adapted by Sally Tamplin and Mani Norland from Alternative Training so that it can be taught in a seminar setting and accompanied by colorful power point and DVD clips.

This Homeopathy First Aid Course will provide an insight into the philosophical background as well as the basic methodology of first-aid and acute prescribing in homeopathy, so that you can use it in everyday situations at home, on the sports field, at work and on holiday – for yourself, your family and friends! You will be able to treat many first aid situations, from childhood fevers, teething troubles, attacks of sickness, ear infections, coughs, flu, diarrhea etc.

Each day we will cover homeopathic remedies and philosophy. To fully benefit 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 8

Australian Bush Essences – College Course 16 or 24 hours

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 Wisconsin or 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.

Those of you who live in the UK, I am arranging classes in flower essences this August in Kent, more details next month!

If you enjoyed this newsletter do pass it on!

