

**Sally's Healing Garden Alternative – Horizons LLC
May 2009 – Newsletter - Everything Influenza!**



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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.

Swine Flu – the facts

On April 26, 2009 the US declared a public health emergency for the emerging new swine flu. To date officials reported 66 U.S. cases of swine flu in six states. There have been outbreaks in Canada and other parts of the world including Europe, Israel and New Zealand. Unlike in Mexico where the same strain appears to be killing dozens of people, cases in the United State have been mild - and U.S. health authorities can't yet explain why although on April 29 the US news broadcast the death of a young child in Texas. In Mexico there have been 150 suspected deaths and 2,000 people have been sickened. The head of the Homeland Security Department announced that the USA is proceeding as if preparing for a full blown pandemic. On Monday evening, April 27, the WHO increased its assessment of the virus to a significant risk of a pandemic and has abandoned any attempt to contain its spread, stressing instead the need to mitigate its effects. Currently the world status is at level 5, almost pandemic. There are 236 confirmed cases around the world. The last time the world saw a flu pandemic was in 1966.

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza that regularly cause outbreaks of influenza among pigs. Swine flu viruses do not normally infect humans, however, human infections with swine flu do occur, and cases of human-to-human spread of swine flu viruses has been documented.

From December 2005 through February 2009, a total of 12 human infections with swine influenza were reported from 10 states in the United States. Currently, since March 2009, a number of confirmed human cases of a new strain of swine influenza A (H1N1) virus infection in the U.S. and internationally have been identified. An investigation by the CDC into these cases is ongoing.

This new strain of virus appears to have claimed its first victims near Mexico City where the impact is being felt the hardest at the moment. The CDC has said that the virus has the capability to mutate and evolve with the possibility to render it a formidable and deadly wipe-out virus.

The director of CDC's National Centre for Immunization and Respiratory Diseases said that the United States' cases were found to be made up of genetic elements from four different flu viruses—North American swine influenza, North American avian influenza, human influenza A virus subtype H1N1, and swine influenza virus typically found in 'Asia and Europe.

Scientists across the world are alarmed at the death rate that has been incurred from an unknown virus which has basically only surfaced in the past week or so.

This could have massive global implications and experts are struggling to identify the exact mutation of the swine flu which can be transmitted from person to person.

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

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.

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!!!

The use of homeopathic remedies in pandemic disease

The super bug, MRSA, and pandemic influenza immediately strike fear in our hearts. Perhaps the most worrying thought is that the population in general will be susceptible. Over many centuries medical practitioners have always noted that in any epidemic there are always a number of people, who despite exposure, never seem to get sick. These people seem to have stronger constitutions and are less susceptible.

Unfortunately, many of us have weaker constitutions, and we are always asking ourselves what we can do to keep the flu at bay. For most of us if we do get sick it is not likely to be a life-threatening problem, there will simply be the inconvenience of a few days off work or school. However, there are growing numbers of people who are immune compromised and

for them an encounter with the flu and particularly this new strain of swine flu may land them in hospital or prove to be life threatening.

Currently, most of us in the western world live in a cotton wool cocoon. Immune systems have definitely been compromised because antibiotics have been over prescribed, and our children have not been allowed to get sick. Few parents let their children play in the dirt; hands are washed with anti bacterial soaps. The truth is that our bodies are not well equipped to fight off a nasty intruder; we have become too reliant upon drugs and vaccines. In the twilight of his life *Louis Pasteur* said, "***The germ is nothing, the constitution of the individual is everything.***" The reality is that when pandemic swine influenza comes to town, we'll have problems just as we have an ever increasing problem with MRSA in our communities.

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%.

I spent well over a year with my friend and colleague, Dr. Jacob Mirman, writing a book and developing a web site dedicated to using homeopathy in the event that we are faced with pandemic influenza. Do take a look at our informative web site because it now seems that the dreaded pandemic is upon us!

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.**

www.flusolution.net

Classical homeopaths use a large book called ***The Homeopathic Repertory*** to help them to find the most appropriate remedy for the individual who presents with a variety of symptoms. The symptoms are merely signposts that help to point to the right remedy. If our communities are threatened by a deadly bacterium or virus classical homeopaths

will come together to determine the nature of the epidemic and to identify the remedies, which will prove to be the most useful. Remedies will always be prescribed according to the individual's symptoms and how they manifest the disease in their own unique way.

Minnesota homeopaths and other homeopathic groups around the world are preparing to determine which remedies will be the most helpful in this current swine flu crisis. Groups are talking to each other and now more than at any other time in history we have better communication through the internet. We need to see several sick people with the swine flu and assess their exact symptoms mentally, emotionally and physically then we can determine the best remedies to broadcast to the general public. We are in contact with other homeopathic groups around the world.

During the 1918 pandemic two key remedies came to the fore, they were [Gelsemium and Bryonia](#). However, we need to treat each pandemic disease separately and although [Gelsemium and Bryonia](#) saved countless lives in 1918 they may not be the correct remedies for this current crisis. The genus epidemicus remedies will emerge when we have seen a number of sick people. These remedies will then be displayed on the front of the web site www.flusolution.net. I will also send a flash email to my Healing Garden reader list. It is interesting to note that there have been 10 pandemics in the past 300 years and 3 over the past 100. Pandemic disease often comes in the wake of war. The 1918 pandemic killed more people than all the soldiers who lost their lives on the battlefield. We live in challenging times, there is much war and hatred all over our planet and I am sorry to say that a pandemic became inevitable. Now that it is here help one another. This newsletter and the web site is a free public service given in the spirit of helping others and making a difference in our troubled times. [Now, more than ever, is a time for people to come together and share. You can help others by sharing this newsletter and the web site details.](#)

[In the meantime if you read this article and know someone, anywhere in the world, that is sick with swine flu please let us know their exact symptoms, we are also looking for unusual things such as dreams, food and drink cravings etc; remember that in homeopathy the mental and emotional symptoms are the most important and these are the ones that will usually point to the correct remedy. You will do us all a great service by sharing this information. Please email me if you have important information concerning a medically confirmed swine flu case. Thank you! \[tamplinsl@aol.com\]\(mailto:tamplinsl@aol.com\)](#)

[What about Tamiflu, Relenza and a swine flu vaccine?](#)

The US has released 25% of its national stockpile of anti viral medications. The anti viral medications *Tamiflu* and *Relenza* have proved to be effective in cases so far. However, an anti viral will not stop you getting the flu; it will only help to possibly reduce symptoms. Viruses mutate all the time and it may be that at some time in the future these anti – virals will no longer work. [Using an anti viral will also deplete your own immune system.](#)

No vaccine specifically protects against swine flu. The human flu shot given every winter probably won't help.

The protective ability of influenza vaccines depends primarily on the closeness of the match between the vaccine virus and the epidemic virus, so the presence of non reactive H3N2 SIV variants suggests that current commercial vaccines might not effectively protect pigs from infection with a majority of H3N2 viruses. **The current vaccine against the seasonal influenza strain H1N1 is thought unlikely to provide protection.** The director of CDC's National Center for Immunization and Respiratory Diseases said that the United States' cases were found to be made up of genetic elements from four different flu viruses—North American swine influenza, North American avian influenza, human influenza A virus subtype H1N1, and swine influenza virus typically found in Asia and Europe.

Vaccine makers have taken initial steps to make a vaccine; those with older technology will take 26 weeks once a vaccine has been developed. Companies such as Baxter International Inc. have more advanced technology and state that they can make a vaccine in 13 weeks once it has been developed. However, when thinking of vaccination we should err on the side of caution. In 1976 there was a swine flu scare when soldiers from fort Dix were confirmed for having contracted swine flu, President Gerald Ford insisted that people were vaccinated and a lot of people got sick as a result of the vaccine. Some people lost mobility and some became paralyzed for life. 25 people died. (Guillain Barre Syndrome). The US government paid the law suits, one hundred million dollars was paid out in compensation.

[Dana Ullman from Homeopathic Educational Services](#) has written many interesting articles and books. Dana is one of the foremost figures in homeopathy today. The following information comes from a newsletter that Dana sent out on Friday November 10, 2006. [Dana's email: mail@homeopathic.com](mailto:mail@homeopathic.com)

“According to the LANCET (October 1,2005), a systematic review of all previous studies testing vaccines for the flu have shown that they are NOT effective in preventing the flu or *influenza like illness* in the elderly population. It is indeed a sad fact that the media and the medical community is instilling fear into people and yet not disclosing that the *prevention strategy* do not seem to work.

The other at risk group that the CDC recommends getting a flu vaccine is children, and yet, an important article in the LANCET (February 26,2005) literally analyzed every available reference on the subject that they could find in the Cochrane Library, MEDLINE, EMBASE Biological Abstracts and Science Citation Index to June 2004 in any language. They included 14 randomized controlled trials, eight cohort studies, one case control study and one randomized controlled trial of intraepidemic use of the vaccine.

Surprisingly, they only found two small studies that assessed the effects of influenza vaccines on hospital admissions (the alleged reason for the CDC's recommendation). And they could not find a single study that assessed reductions in mortality, serious complications or even community transmission of the disease.

These studies provide significant doubt about the efficacy in preventing the flu with present vaccines." (The LANCET is a highly respected British Medical Journal.)

Once homeopaths have determined the genus epidemicus remedies for this crisis we should be able to identify a remedy that can be taken as a prophylaxis or "preventative" like a homeopathic vaccine! This will be clearly displayed on the flu web site and I will also send out a flash email to my Healing Garden reader list. A homeopathic prophylaxis should be taken as 30c potency - three doses in 24 hours and then another 30c dose one week later.

Presently reported swine flu Symptoms:

Symptoms include a fever of more than 100 degrees, body aches, coughing, sore throat, respiratory congestion and ,in some cases, vomiting and diarrhea. In adults emergency warning signs include difficulty breathing, pain or pressure in the chest or abdomen, sudden dizziness, confusion and severe and persistent vomiting.

Complications of Swine Flu can include:

- Pneumonia
- Bronchitis
- Sinus infections
- Ear infections
- Death

Transmission of Swine Flu (How does Swine Flu spread?)

As with other flu like illnesses, Swine influenza is spread as follows:

- Coughing
- Sneezing
- Kissing
- Touching infected objects
- Touching nose, mouth and/or eyes with infected hands
- Swine flu does not spread by eating pork.

Influenza Kit – why should I buy this kit?

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

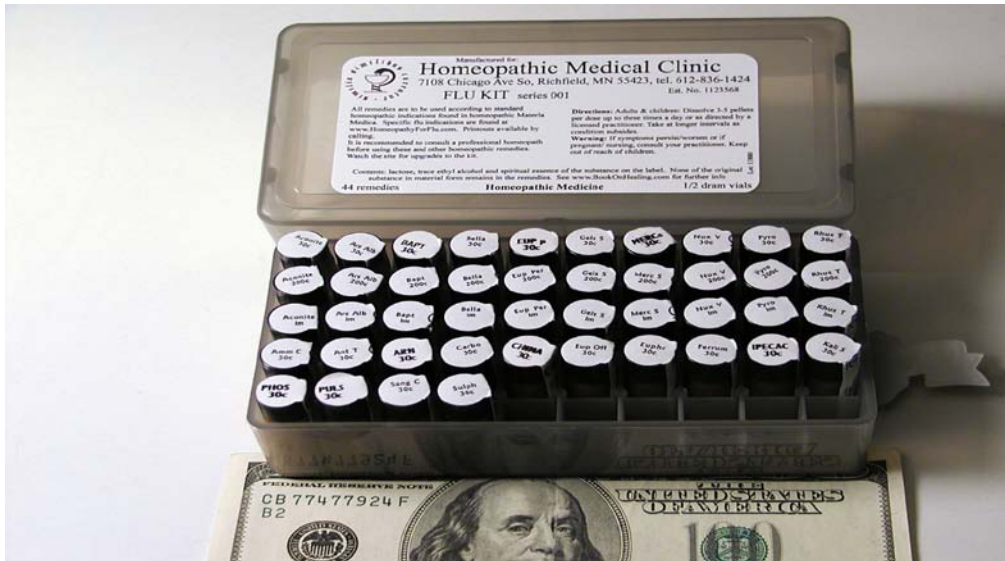
To order from the UK or other countries please use the USA dialing prefix

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 strongly 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 and there is space in the kit to add other indicated remedies that may not be there at present!](#)

We also advocate that you work with 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 this 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.

[Scroll down](#)



Homeopathic Gelsemium – a major flu remedy but we don't know yet if this will be a good remedy for the current swine flu however, it may be **EXTREMELY** prudent to have it on hand!



Gelsemium could be the remedy needed for a bout of the flu that comes around every year or in times of pandemic influenza. During the Great Spanish Influenza of 1918 – 1919 Gelsemium was one of the main flu remedies.

Gelsemium: Flu with chills and paralytic weakness

This tends to be the **number 1 flu remedy**. In contrast to homeopathic remedies such as aconite, baptisia and belladonna the **symptoms of gelsemium come on slowly** after exposure to infection or as a result of **worrying about a forthcoming task or event such as a public speaking engagement**. Weakness, tiredness, **heaviness** of the body, head, limbs and the eyelids are the guiding characteristics of this remedy. **You feel as though you have been run over by a truck!**

There is a sore throat and chills, which run up and down the spine. You may have a splitting headache, which is better after urinating. There is a general **feeling of fatigue**, the legs feel weak and shaky and you just want to lie in bed. The **eyelids are droopy**, the **head feels heavy** and **you may have double vision**. There is pain felt in the bones. Although you may have a fever you do not sweat and **you are not thirsty**. You will feel better in the fresh air, when moving around and bending forward. Probably you will feel worse in the early morning and last thing at night, in the sun, and when exposed to tobacco smoke.

Gelsemium Keynote: Extremely weak and tired, almost paralyzed.



Bach Flower Essence – Olive - it may be prudent to have this wonderful flower essence on hand!



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.

Olive is known as the regeneration flower, it is a flower to help those who feel utterly exhausted. **It is very similar to homeopathic Gelsemium.** People needing this flower essence feel completely sapped, washed out, finished! They only want peace and quiet and they have no energy or motivation to do anything, even talking on the phone or reading a letter requires too much effort. The **key olive state** is one of complete exhaustion and extreme mental and physical fatigue. This is an essence for a serious depletion of vitality. Taking this flower essence will bring in the positive potential of positive thinking and renewed physical strength. Bach flower essences also work very well with indicated homeopathic remedies.

Flower essences should be taken by putting [two drops](#) from the stock bottle in water and sipping. You can take Bach essences up to 4x daily or more often if needed. Once you are done with the essence you will simply forget to take it!

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Bach – Crab Apple – a key remedy for FEAR of contamination. It would be prudent to have this flower essence on hand!

When we are fearful our vibration lowers and we become more susceptible, there is a greater chance that we manifest what we fear. You will have a much better chance of doing well in any pandemic situation if you are not fearful. Homeopaths are not fearful, we have trust and respect for our remedies and we know that they can take care of any situation. There are no diseases that are incurable, there are only incurable people. I think that the only thing homeopaths fear is that the general public does not know about our remedies.

Please do your best to spread the knowledge – knowledge dispels fear. People need to be proactive and help themselves and others. There is a wonderful story that was written in the Dewey Report after the 1918 flu pandemic. (Report on www.flusolution.net)

A desperate hospital doctor turned to his nurse and asked if she knew of anything that could help his patients – they were all dying. She told him to go straight to a homeopathic pharmacy and buy homeopathic remedies because in her nursing experience all the doctors who used homeopathy lost no patients to the pandemic flu!



How many of you have **crab apple trees** in bloom right at this moment in time? Nature gives us what we need; often our healers are right in front of our eyes!

People who need crab apple are very fearful of contamination and disease; they are always washing and concerning themselves with cleanliness. Crab Apple people overemphasize the principle of purity on all levels. Crab Apple types get very nervous about bacteria, food that may have gone bad,

and all kinds of infection risks. If you have become very worried about the flu and are taking every precaution that you can to prevent yourself from contracting the disease then you may well benefit by using this flower essence.

Bach – Mimulus – a remedy for known fears



This was one of the first flower essences that Dr. Bach identified in the late 1920's. It is also known as the common monkey flower. Mimulus can be found growing in the countryside by streams. This is the remedy for known fears, such as fear of exams, the dentist or currently the swine flu. Mimulus people tend to be shy and sensitive, they easily become anxious. Many people are familiar with the Bach Rescue Remedy. You should be aware that Mimulus is not part of this formula.

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, so if you feel that you need Crab Apple and Mimulus you can mix them both together. By the way Dr. Bach was a famous bacteriologist and immunologist. Towards the end of his life he left conventional medicine in search of the gentle healers in nature. **Dr Bach declared that the mind without conflict was immune from disease!** I strongly suggest that we all heed his words of wisdom.

Get your body clean!

If you want your immune system to be effective and help you to deal with the swine flu then you need to start making good choices regarding diet. Bacteria or virus easily take hold in a body that is toxic. Many people do

not make good choices in this respect. All **dairy products** (anything from a cow) cause a build up of mucus in the body, it is better that you eliminate these products from your diet along with **sugar and processed foods**. Try to **avoid meat**. The ideal diet is one of raw foods, fruits, vegetables, nuts, seeds and whole grains. Squeeze an organic lemon into either a glass of hot or cold water and drink a glass or two every day. **Fresh lemon juice is a great liver detoxifier**.

Try and drink a **pitcher of freshly juiced vegetable and/or fruit juice every day**, this will give you all the antioxidants that you need to boost your immune system.

You can consider taking large doses of **Vitamin C**, up to 10,000mg daily, as your body tolerates. Vitamin C can help to boost your immune system.

The herbal product **Echinacea angustifolia** tincture can help to boost your immune system. The best way to take this is in liquid form. Put 5 drops in water and take 3x daily during infection or 1 x daily for up to two weeks to generally boost your immune system, **then take a two week break**. The herb **astragalus** is also a good immune booster.

Garlic is one of nature's most powerful healers. It is anti viral and anti bacterial. Try and eat as much garlic as possible, raw or cooked. Raw is better. Four cloves of garlic are the same as taking an adult dose of antibiotic.

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**

I am a registered homeopath and Bach Flower essence practitioner.

I am available at the Homeopathic Medical Clinic in St Louis Park, MN on **Monday May 18 and Tuesday May 19** for consultations. **Please email me to arrange.** tamplinsl@aol.com

Swine flu classes offered by Sally Tamplin May/June 2009
www.alternative-horizons.com
www.medicinewomenspeak.com

Chicago Area:

Monday May 4th 7.30 – 9.30pm

Hinsdale Unitarian Church
17, West Maple Street
Hinsdale, Illinois

Tuesday May 5 7 – 9pm

The Blue Feather Books and Botanicals Ltd.
19 West Harris Ave
La Grange
Illinois
Please RSVP by calling 708 – 352 - 8481

Wednesday May 6th 2 – 4pm

Hinsdale Unitarian Church
17, West Maple Street
Hinsdale, Illinois

Saturday and Sunday May 30 and May 31 9 – 6pm

The School of Homeopathy First Aid Course

Held at Sohmar School of Massage and Reflexology
Downer's Grove, Illinois

Influenza will be emphasized; this is a comprehensive course with follow up telephone tutorial sessions .Please email me for further details:

tamplinsl@aol.com

Saturday and Sunday June 6 and June 7

The School of Homeopathy First Aid Course

Held at Sohmar School of Massage and Reflexology
Downer's Grove, Illinois

Influenza will be emphasized; this is a comprehensive course with follow up telephone tutorial sessions

Please email me for further details: tamplinsl@aol.com

Lake Mills, Wisconsin:

Friday May 1st 6.30 – 8.30pm

The Rose Gallery
118, South Main Street
Lake Mills
Please call to RSVP 920 – 648 3973

Twin Cities, Minnesota:

Thursday May 14th 7 – 9pm

SoundMindBody Healing Center
Eagan, MN

Please RSVP through the following web site: www.soundmindbodyhealing.com
This is a fundraiser for the Tanzania Homeopathy AIDS project

Saturday and Sunday May 16 and May 17 9 – 6pm

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 choose to attend for just one weekend.

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

www.soundmindbodyhealing.com

Saturday and Sunday June 13 and June 14 9 – 6pm

The School of Homeopathy First Aid Course weekend 2

Held at SoundMindBodyHealing Center in Eagan, MN

This is a comprehensive course

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

www.soundmindbodyhealing.com

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

We would like a homeopathic presence on Oprah – people need to know about homeopathy in this growing crisis. You can help - please email Oprah and ask her to do a show on homeopathy.

<http://www.oprah.com/contactus>

We would like Dick Gordon from American Story Core to interview us.

Please send an email request:

thestory@wunc.org

THANK YOU!!!!!!

