

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



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- Sharing the Knowledge

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.

"Things will grow brighter as minds are brought together and men think harmoniously. The more we keep together the better, and the more we think as one the better.... we have so perfect a truth to bind us together." JT Kent

Swine Flu – the facts

Influenza A (H1N1) - Swine Flu – the facts

Many people have become fearful during the recent media hype; homeopathy helps to dispel fear, that's why we launched the Minnesota influenza 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 week of October 11-17, 2009, influenza activity continued to increase in the United States as reported in the CDC's Flu View. Flu activity is now widespread in 46 states. Nationwide, visits to doctors for influenza-like-illness are increasing steeply and are now higher than what is seen at the peak of many regular flu seasons. In addition, flu-related hospitalizations and deaths continue to go up nation-wide and are above what is expected for this time of year. The New York Times, dated October 26, declared that the nation was fighting swine flu and that there was a vaccine shortage, there would not be enough to satisfy the panicking masses. On a more encouraging note did you know that in 1998 in Brazil homeopathic meningococcinum 30c was given to 65,000 young people under the age of 20 in an attempt to prevent meningitis? The study yielded highly significant results. Do look at the web site www.flusolution for more details regarding homeopathic remedies and various scientific trials.

- Influenza is thought to **spread mainly person-to-person** through coughing or sneezing of infected people.
- **Take everyday actions to stay healthy.**
 - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
 - Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
 - Avoid touching your eyes, nose and mouth. Germs spread that way.
 - Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- **Follow public health advice** regarding school closures, avoiding crowds and other social distancing measures.
- Find healthy ways to **deal with stress and anxiety.**
- Call 1-800-CDC-INFO for more information.



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 homeopathic 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 come from many different sources. Most are derived from plants, but animal products, minerals and metals are used as well.

There are many methods to affect the body's energy. The better known ones are acupuncture, healing touch, and some others. Homeopathy is one such method. Homeopathic remedies are, in effect, energetic messages administered in the form of a pellet or a drop of liquid that can be taken by mouth. It may sound too incredible, but the 200 year – old system of medicine has survived multiple attempts to discredit it, and its practitioners are now more numerous than ever. In fact, it now boasts a large body of medical research that proves its effectiveness as compared to placebo (a sugar pill).

Another way of looking at this is to make an analogy with a computer. When a computer malfunctions, the problem could be the hardware, but the software issues are also common. All sorts of software viruses, bugs, etc; can affect the computer functioning. A good technician must look at both sides of the equation to fix the machine. The same applies to the human body. The energy we talk about is probably something like the body's software, which can be "bugged". Homeopathic remedies then are the debugging programs, Like Norton or MacAfee "anti – virus".

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 seems to act 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
- The remedies can be used even before one has received a conventional diagnosis
- There's no interaction with conventional medicines
- There is a lot of documented evidence to indicate that it works!!!

Pulsatilla: Clingy and weepy when sick.

The main presenting picture of this remedy is one of **clinginess when sick** and it is well known for its **thick, bland discharges**. Several homeopaths in Minnesota have reported the successful use of this remedy in the current H1N1 influenza.

- **Flitting chilliness; chills in spots. Chilly in a warm room.**

- One sided chilliness – heat – sweat. One cheek red, the other white.
- Palpitations with anxiety: must throw off the clothes.
- Dry cough at night, **better sitting up, worse on lying down** again.
- **Thick yellow-green discharge from nose. Yellow-green expectoration.**
- Craves butter, cream, pastries.
- **Thirst less.**
- **Tearful, craves company and sympathy.**

Worse: external warmth, closed room

Better: open air, outside, slow motion **other uses:** This is one of the most commonly used remedies in children. Whatever the problem (ear infection, teething, cold, etc), when the child is weepy, wants the caregiver next to him all the time and gets better only when held. This is opposite to Chamomilla children, who are often angry and reject kindness.

Kali sulphuricum: Yellow, slimy – later stages of inflammation

People who need Kali remedies tend to be regular, proper, down to earth people. They are concerned with issues around morality, what is right and what is wrong. Those who need Kali Sulph tend to be obstinate and headstrong. They tend to become quite anxious about themselves, especially in the evening and during the night and they tend to be gloomy when they wake up in the morning. The remedy is well known for its profuse, deep yellow discharges. This remedy follows well after [Pulsatilla](#) when [Pulsatilla](#) fails to relieve. It is a much deeper acting remedy.

- Fever with easy sweating
- **Yellow slimy** tongue, nasal discharge, ear discharge, diarrhea
- Cough with easily expelled **yellow slimy** sputum
- Thirsty. Averse to hot drinks
- Wants to lie down, but it makes her worse, so she must walk for relief
- Warm Blooded and much worse from the warmth of a room and in the evening
- People who need this remedy tend to have an aversion to eggs and eating eggs causes an aggravation

[Kali Sulphuricum](#) or [Potassium Sulphate](#) is also one of the 12 cell salts identified by Dr. W.H. Schuessler. Dr. Schuessler believed that the 12 cell salts contained all the active ingredients used by traditional homeopathy. Kali Sulph is an inorganic cell salt that occurs naturally in lava. It has a beneficial effect on the respiration of the body by working with Ferrum Phos to help blood carry oxygen to all of the cells. It also aids in conditions of the lungs, sinuses and the bronchi.

Known as the anti – friction cell salt, Kali Sulph acts as a lubricant of parts. [Use this cell salt in the later stages of all inflammations.](#) Cell salts are generally available in the lower potencies such as 6x or 12x.

The use of homeopathic remedies in pandemic disease

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. According to the Dewey report, published in 1920, and can be read in the article section of this web site, 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. Homeopathic remedies do not heal; it is our own body that does the work.](#)

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 working together to determine which remedies will be the most helpful in this current Influenza A(H1N1) 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 H1N1 or swine flu and assess their exact symptoms mentally, emotionally and physically then we can determine the best remedies to broadcast to the general public. These are known as the, " [genus epidemicus](#)" remedies.

Once homeopaths have determined the, "genus epidemicus "remedies for this Influenza A (H1N1) 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. A homeopathic prophylaxis should be taken as 30c potency - three doses in 24 hours and then another 30c dose one week later.

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 . 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. According to John Barry's book the 1918 pandemic killed one in every 67 American soldiers, nearly all of them in a ten week period beginning mid – September. We live in challenging times and now that pandemic flu is here it is time to help one another. This 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 web site's details.](#)

It would appear that several remedies may be coming to the fore. Dr.Manish Bhatia's posting dated May 26th on his web site www.homeopathy.com discusses the strong gastrointestinal symptoms observed by many homeopaths. He suggests that [Aconite](#), [Baptisia](#), [Arsenicum Album](#), [Ipec](#), [Eupatorium Per](#) and [Gelsemium](#) are all strong contenders as genus epidemicus remedies. Homeopaths in New York have seen a lot of [Gelsemium](#) cases. The well known homeopathic teacher Lou Klein has talked about the remedy [Dulcamara](#) and my colleague in Bangladesh, Dr.Sherajul Islam Khan, talks about the amount of fear that this pandemic has generated around the world and how the remedy [Arsenicum Album](#) corresponds to not only the fear of death but also to a lot of the physical symptoms that have been observed. A group of Mexican homeopathic doctors recently detailed their clinical experience during the height of the springtime Mexican outbreak. They identified [Baptisia](#) and [Arsenicum](#) as being genus epidemicus remedies. Fear of death and high fever at onset were prominent symptoms. Please note that the genus epidemicus remedies may vary according to locality. In Minnesota homeopaths are currently working closely together to identify the genus epidemicus of this disease. There has been some discussion relating to the following remedies: Belladonna, Pulsatilla, Arsenicum, Dulcamara, Aconite and Kali Sulph. As of Oct 29 we are taking a serious look at the remedy positronium as being the genus for this disease. As soon as it becomes known we will post this information on the front page of the flu web site: www.flusolution.net

[The Mexico City doctors complete report](#)
<http://www.hpathy.com/papersnew/gal>

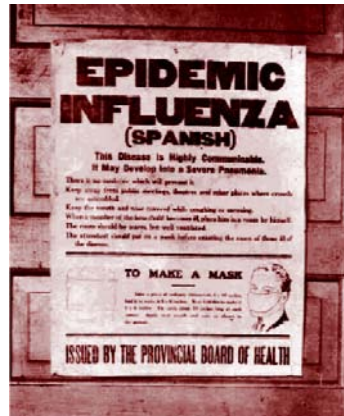
If you elect to take the new pandemic vaccine you may want to consider this protocol:

Take Thuja homeopathic, 6X or 30X. Start taking it 3 or 4 days before the shot and continue for 3 weeks after. Follow bottle directions.

* Suck on sour candy immediately after you get the shot. Spit out all the saliva as it collects in your mouth. Do this for 30 minutes.

These suggestions are from Hanna Kroeger's work. They don't neutralize or nullify the vaccine; they just help eliminate any residue.

- **Dehydration is the primary problem with the flu.** Drink lots of teas and water. A survey of US physicians found that 57% of doctors surveyed said that they considered dehydration the single most dangerous flu side effect
- **Do not take aspirin or another pharmaceutical designed to reduce a fever, aspirin was used in 1918 by the conventional doctors at that time and it is believed that many people did because of its use.**



Fever is not a symptom of disease, but is actually the body's primary anti-viral immune system. The fever stops the telomeres on the ends of viral RNA from making copies of itself. The telomeres are like a zipper which unzips and separates the new RNA copy within milliseconds, but the telomeres are temperature sensitive and won't unzip at temperatures above 101F. Thus the high temperature of the fever stops the flu virus from dividing and spreading. It is an immune system response which only mammals have developed to prevent the spread of viral flu infections, **which mostly 99% come from the more ancient dinosaur-like earth life forms called birds.** Almost all influenza is a form of "Avian Flu." A few influenza forms come from other dinosaur-like life forms, the modern reptiles, but these are usually classified as very rare tropical diseases, since that is where most reptiles live.

Normally the progress of flu is that a virus enters the mucous membrane lining of the lungs, enters cells, then makes many copies of itself, which causes the cell to

expand to such an degree that it bursts open. The new viruses then cloak themselves with a coating taken from the old damaged cell wall, thus hiding themselves from the human body's own T-cell antibody immune defense system. To the body's immune system the new viruses simply appear to be pieces of the body's own lung tissue.

By creating a fever, the viral infection is slowed down sufficiently so that the body's T cells can find the swollen infected lung cells, surround them and metabolize (literally eat) the damaged cell with strong acids which also breaks down the RNA viruses into basic amino acids. This effectively "kills" the viruses so that they can't reproduce. But viruses are not living things, and you can't kill something that's not alive. All the body can do is destroy or dissolve the RNA amino acid chain which makes up the virus.

Not knowing this, most doctors treat the flu with aspirin or fever reducers, as a palliative treatment to ease the aches, pains, and delirium fever effects. The result is that within hours, the fever goes down and the patient feels much better. What neither the patient nor the doctor knows is that with only a normal 98.6F body temperature, the viruses are allowed to reproduce unchecked. Within 72 hours, the viruses have grown from one or two virus bodies to millions or billions. The body is now completely overwhelmed. But while taking aspirin or cold medications, there are no symptoms or warnings of what is yet to come.

As a last resort the body tries to quickly flush the infection of billions of viruses from the lungs with massive amounts of T-cells, and fluid in the lungs to "cough out" the virus. This is called viral pneumonia. Soon within hours the patient is in the hospital. The doctors try to treat the now 105 degree fever with more anti-febril aspirins, or related medications to "treat the fever." Then within another 24 hours the patient, suffocating and gasping for breath, is dead.

If you become sick it is wiser to select the indicated homeopathic remedy to stimulate your own body's innate ability to take care of itself. Obviously high fever is always a concern but in our materia medica we have some wonderful homeopathic remedies that can deal with this scenario and bring the body's response back into balance.

Tamiflu?

Several people have asked me if they can take **Tamiflu** at the same time as a homeopathic remedy. The answer is, yes. There is no known interaction between a homeopathic remedy and a conventional drug. Here are some interesting facts related to this drug: Tamiflu accounts for 85 – 90% of the flu antiviral drug market. It cuts the duration of flu symptoms by 24 hours in otherwise healthy people. As many as 1 in 5 people taking Tamiflu will experience nausea and vomiting. About 1 in 5 children will have

neuropsychiatric side effects, possibly anxiety and suicidal behavior. Tamiflu costs \$10 a pill. Roche Labs said in late August on its web site, written under direction from the FDA, that Tamiflu has not been proven to have an impact on the potential consequences such as hospitalization, mortality or economic impact of seasonal, avian or pandemic influenza.

Bach Flower Essences – Red Chestnut – FEAR for loved ones



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.

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!

Dr Bach declared that the mind without conflict was immune from disease!

“In this age, the fear of disease has developed until it has become a great power for harm. Fear at the present time is playing a great part in intensifying disease.” Edward Bach

Red Chestnut – “for those who have selfless over –concern and fear or worry for the welfare of others, especially of family and close friends.”

Dr. Bach included Red Chestnut in his group of remedies for those who have FEAR. The other Bach flowers in this group are Rock Rose, Mimulus, Cherry Plum and Aspen. This particular remedy is indicated for those suffering from intense fears for another’s welfare. Typically these fears are accompanied by a sense of helplessness and exaggerated imaginations of possible adverse happenings. When we are fearful there is a greater chance that we become susceptible to disease. I have talked to many people recently who are clearly frightened for the welfare and health of their loved ones, especially mothers with young children. This is the remedy to consider in these situations. The positive potential of Red Chestnut is the ability to care for others with compassion but without anxiety. Positive Red Chestnut people radiate thought of health and courage to those who need them and remain mentally and physically calm in emergencies.

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.

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.

Raw Onions during the Great Spanish Influenza of 1918- 1919 it was discovered that those households who set a peeled onion in the home did not get sick. The onions were found to have attracted the germs instead!

Check list from Hanna Kroeger's Peaceful Meadow Retreat

- **Detoxify your body.** Take Epson salt baths or salt and baking soda baths often to pull toxins out of your body
- Take Vit D – 2000mg every day
- Take Vit C – 4000mg every day
- Take Vit A – 50,000 units per day for the lungs
- Take Omega 3 oils every day
- Take minerals ,especially selenium, magnesium and zinc
- Take immune system building herbs such as garlic, Black Radish and Parsley, astragalus, green tea, Olive leaf, cats claw etc;
- Apple juices, grape juice, Vit E are also very good foods to improve your health
- Do not take vaccinations
- Get plenty of rest and sleep
- Exercise every day with a brisk walk
- Avoid sugar and processed foods – eat organic, stop high fructose corn syrup and dairy products. Dairy products produce mucus in the body and interfere with nutrient absorption

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.

Sally's Classes – Wisconsin and Boulder, Colorado

Between November 5 – 7 The Australian Bush Essence Three day College Course Certification.

Australian Bush Essences – College Course 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 and Karen Krchma , certified Australian Bush Essence teachers, 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 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.**

**Please call Peaceful Meadow Retreat for more details:
Tel: 1 800 974 7428 Places still available**

Flu Classes

**Homeopathic Remedies and Pandemic Flu – Boulder
Sunday afternoon November 8th**

Please call Peaceful Meadow Retreat for more details Tel: 1 800 974 7428

**Homeopathic Remedies and Pandemic Flu - Wisconsin
Thursday November 12 6pm - 8.30pm**

Come and learn how homeopathic remedies can help you if you or your family get sick with the flu. Sally Tamplin has spent several years working with and developing the Minnesota Homeopathic Association's pandemic flu project. Sally has developed an informative web site, pandemic kit and survival manual with her colleague Jacob Mirman MD. Sally is an experienced teacher and homeopath, she will help you to understand the philosophy of homeopathy and guide you to certain remedies that could assist in your healing .During the Great

Spanish Influenza of 1918 homeopathy had approx a 1% mortality rate, conventional medicine's mortality rate was approx 30% For more information please view Sally's web site: www.flusolution.net

GET CENTERED YOGA STUDIO

**180, South Main Street
Thiensville
Wisconsin
53092**

To reserve a place please call 262 - 689 - 0947 or email: eknuth1@wi.rr.com

Homeopathic Remedies and Pandemic Flu - Wisconsin

Saturday and Sunday November 14 and 15th

**The Rose Gallery
Lake Mills
Wisconsin**

For further details and class times please call The Rose Gallery: 920 – 648 – 3973

Homeopathic Remedies and Pandemic Flu - Wisconsin

Saturday November 21 10 – 1pm and Sunday November 22 2 - 5pm

**The Aquarian Garden Holistic Healing Center
West 8741, County Road B
New Lisbon
Wisconsin 53950**

For further details please call The Aquarian Garden: 608 – 562 – 5433

I will be teaching several flu classes and homeopathic first aid in Delano, Mn on Sunday and Monday Dec 6 and m7th. Please email me if you are interested.

**I will be at Life Medical, Minneapolis on Friday Dec 4th
and available for one hour consultations. Please email
me if you would like to book an appointment.**

Tamplinsl@aol.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

Dr. Mirman, Professor Donna McCarthy and I recently recorded a u tube video concerning homeopathy and pandemic flu. Do look at this brief clip you can google us.

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.

Coming in January 2010, The School of Homeopathy First Aid Course in Florida. Please email Sally for details. Sally@homeopathyschool.com