

**Sally's Healing Garden Alternative – Horizons LLC
October 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.

"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

On April 26, 2009 the US declared a public health emergency for the emerging new Influenza A (H1N1) swine flu. **On June 11 the WHO raised the H1N1 influenza to level 6 – pandemic.** From April 15, 2009 to July 24, 2009, the US reported a total of 43,771 confirmed and probable cases of novel influenza A (H1N1) infection. Of these cases reported, 5,011 people were hospitalized and 302 people died. On July 24, 2009, confirmed and probable case counts were discontinued. Many of those hospitalized experienced underlying medical problems. The CDC anticipates that there will be more cases, more hospitalizations and more deaths associated with this new virus in the coming days and weeks because the population has little to no immunity against it. 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 have 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. However, since March 2009, numerous confirmed human cases of a new strain of swine influenza A (H1N1) virus infection in the U.S. and internationally have been identified. The director of CDC's National Centre for Immunization and Respiratory Diseases has 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.

A virus reproduces by taking over a host cell and using it to copy its RNA. Errors can occur in the process and the virus may pick up the host's genetic material. Pigs can be infected by some human and avian flus. If a pig has one or more flu strains, the strain may combine with each other during reproduction. The current outbreak appears to be caused by a rare combination of all three types of flu combined in a pig and then jumped to humans.

This new strain of virus claimed its first victims near Mexico City where the impact was felt the hardest. The CDC has said that the virus has the capability to mutate and evolve with the possibility to render it a formidable virus. There has been speculation that the new strain may appear again this fall and winter flu season and may be considerably more formidable and dangerous compared to the mild effect that it has generally had this spring. This is a cause for ongoing vigilance. It is not a time to remain complacent. If we look at the pattern in past pandemics it may be reasonable to assume that one third of the world's population may become infected. Even if the new strain continues to remain "mild" large numbers of people could develop pneumonia and require respirators. The medical system may be unable to deal with such a scenario. Even if H1N1 is no deadlier than the seasonal flu, it will cause more deaths because it likely will infect more people.

The 1918 Influenza pandemic was also a type of H1N1 human flu that had infected pigs, and then circulated back to humans. According to, "The Great Influenza" written by John M. Barry in 2004, before that world wide pandemic faded away in 1920, it would kill more people than any other outbreak of disease in human history. Barry writes, "the lowest estimate of the, pandemic's worldwide death toll is 21 million, in a world with a population less than one –third today's. That estimate comes from a contemporary study of the disease and newspapers have often cited it since, but it is almost certainly wrong. Epidemiologists today estimate that influenza likely caused at least fifty million deaths worldwide, and possibly as many as one hundred million. The current Influenza A (H1N1) virus has been evolving over a long period of time. Some scientists state that there are genetic elements in the virus that date back to an Indian pig farm in 1987.

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

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!!!

The use of homeopathic remedies in pandemic disease

The super bug, MRSA, and possible pandemic influenza immediately strike fear in our hearts. Perhaps the most worrying thought is that the population in general will be susceptible. In the 1918 Influenza pandemic roughly half of those who died were young man and women in their twenties and thirties and they died with extraordinary ferocity and speed. According to John Barry's book although the pandemic stretched over two years, perhaps two – thirds of the deaths occurred in a period of twenty-four weeks, and more than half of those deaths occurred in even less time, from mid- September to early December 1918.

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 H1N1 or 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 H1N1 or 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. 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%.

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 the dreaded pandemic is here!

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. 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>

What about Tamiflu, Relenza and an Influenza A (H1N1) swine flu vaccine?

The US has released 25% of its national stockpile of anti viral medications. There are two classes of antiviral drugs for influenza: inhibitors of neuraminidase such as oseltamivir (*Tamiflu*) and zanamivir (*Relenza*); and adamantanes, such as amantadine and rimantadine. Tests on viruses obtained from patients in Mexico and the United States have indicated that current new Influenza A(H1N1) viruses are sensitive to neuraminidase inhibitors, but that the viruses are resistant to the other class, the adamantanes. Currently it would seem that the most effective anti virals are *Relenza and Tamiflu*.

We have a second, closely related H1N1 human virus in circulation around the world. Though widespread, it is not usually lethal. Last year, this virus developed full resistance to *Tamiflu*. It would be a problem if the 2008 H1N1 human virus was to resort with the new swine flu virus A(H1N1) as then we would be facing a more drug resistant pandemic strain of influenza which would only be treatable with the drug *Relenza*, which must be administered with an inhaler device. Therefore, WHO and its partners are monitoring antiviral drug resistance. However, an anti viral will not stop you getting the flu; it will only help to possibly reduce symptoms. A prescription of *Relenza* will cost you approximately \$64.00.

The protective ability of influenza vaccines depends primarily on the closeness of the match between the vaccine virus and the epidemic virus,

Federal health officials announced on Friday September 11th that preliminary data from the U.S. trials of vaccines against the pandemic H1N1 swine flu virus show that a strong immune reaction is provoked by one dose of the vaccine within 8 – 10 days after it is administered. The finding that only one dose will be required means that more vaccine will be available both in the U.S. and around the world. No results are available yet from the trials on children and pregnant women. The swine flu vaccine is expected to become available by the middle of October and possibly earlier than this anticipated time scale.

However, there has been considerable controversy in the press as to the safety of this new vaccine. When thinking of vaccination we should err on the side of caution. In 1976 there was a swine flu scare, soldiers from Fort Dix were confirmed for having contracted swine flu, and President Gerald Ford insisted that people were vaccinated. This mass vaccination programme cost over \$135 million, equivalent to nearly \$500 million in today's currency values. Large numbers of people were vaccinated and many people experienced serious and even fatal side effects. Within three weeks of the vaccine's launch, 41 vaccination associated deaths were recorded. One of the most notorious adverse reactions was Guillain – Barre syndrome, a paralyzing neuromuscular disease which affected 500 individuals and caused 25 deaths. The US government was forced to withdraw its National Influenza Immunization Programme in December 1976. The swine flu epidemic itself failed to materialize, but the vaccine was linked to 52 deaths, more than 500 hospitalizations, and compensation claims of over \$1.7 billion in a wave of litigation. Following this fiasco, US litigation laws were changed to ensure that vaccine manufacturers would be immune from compensation claims in the future.

Squalenes:

Several pharmaceutical companies including Novartis Pharmaceuticals of Basle Switzerland, Baxter Pharmaceuticals of the USA and GlaxoSmithKline have been producing the pandemic vaccine. It is interesting to note that Novartis had already applied for a patent to develop a split influenza vaccine with adjuvants in 2005. In vaccine development an adjuvant is an immunological agent introduced in order to increase the recipients' anti-genic response. This patent was granted in February 2009 two months before swine flu became manifest. It has also been noted that the current swine flu virus is a split virus consisting of bird flu (H5N1) plus swine flu (H1N1) plus multiple strains of human flu (H3N2.) A non adjuvant vaccine is being developed by CSL Ltd. of Australia.

Squalenes are a naturally occurring hydrocarbon most frequently extracted from shark's livers. When these are injected into a body they stimulate a heightened immune response and this dramatically reduces the amount of viral antigen required. Squalenes are associated with Gulf War Syndrome and can cause devastating autoimmune disorders including rheumatoid arthritis, multiple sclerosis, transverse myelitis, endocarditis and lupus.

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.

Presently reported Influenza A(H1N1) - swine flu Symptoms:

Symptoms include a sudden fever of more than 100 degrees and 6 – 48 hours later other symptoms such as 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. It is important to try and recognize the difference between the flu and the common cold. Colds tend to begin gradually and may or may not include a mild fever.

Complications of Influenza A (H1N1) - Swine Flu can include:

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

Transmission of Influenza A (H1N1) - 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

Please note that influenza can be extremely contagious before the individual carrier has any symptoms at all, much less a fever.

Influenza Kit – why should I buy this kit?

Dr. Jacob Mirman and Sally Tamplin developed an influenza kit that is available from [Washington Homeopathic Pharmacy](#) please call them and be sure to request the [Homeopathic Medical Clinic Influenza 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

We believe that this is one of the best homeopathic influenza kit's 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! It is excellent value at \$100 plus packing and postage.

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 Influenza A (H1N1) swine flu situation 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. Don't forget that homeopathic remedies can work alongside the conventional medications that your licensed physician has also advised you to take.

You might like to know that on August 25th The Rajiv Gandhi Institute For Chest Diseases in Bangalore ,India started to use homeopathic remedies to treat swine flu cases. The medical superintendent, Dr.Sahshidhar Buggi says," *The integration of allopathy and homeopathy will not only cure the patient but also help strengthen the immunity level to fight the virus.*"

Now that the anticipated pandemic is here it is time to 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.**

If you do come down with a bout of the flu please heed these warnings:

- **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.

Homeopathic Gelsemium – a major flu remedy flu, 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.



Arsenicum Album – an important flu remedy – great fear and restlessness

- Great prostration with rapid sinking of the vital force, collapse. Mentally restless but physically too weak to move
- Violent DRY cough accompanied by shortness of breath, worse evening, cold drinks and cold air or moist cough with lots of adhesive phlegm
- Icy - coldness of the skin and clammy sweat
- All discharges are acrid, scanty, putrid, dark, offensive with cadaverous odor
- This remedy is well known for its gastric symptoms – vomiting and diarrhea

- Thirst for small sips of water at short intervals. In the chronic stage, no thirst
- Can't bear the sight and smell of food, produces nausea
- Excessive burning pains any where in the body. The veins burn like fire especially at night
- All symptoms are aggravated mid day and midnight (12-2am/pm)
- Very anxious, particularly at night, great fear of death when alone. Perspiration from anxiety at night
- **Ars is complimentary to Carbo-V, Phos and Rhus-T**



Arsenic

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!

Bach – Hornbeam

I have written about this Bach flower essence in previous newsletters. 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!



Bach Hornbeam

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.



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.

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.

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

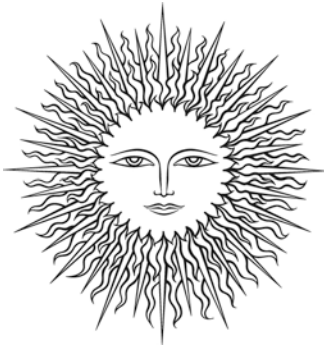
I am available for 30 minute influenza consultations. I will educate you as to what homeopathic remedies and flower essences you can use to overcome this disease. I am also accepting consultations for people who are not already existing clients. If you are sick and want help please email me tamplinsl@aol.com 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.

The New York Times published a great article about homeopathic Arnica!

On September 17, 2009, the NY Times published [a very positive article about Arnica](#) and its benefits in pain relief. Even most of the online comments are extremely positive. There is even more positive research on Arnica than they mention in the article, including the famous study that showed benefit from using potentized doses of Arnica after facial plastic surgery.

Sally's Classes – Wisconsin and Boulder, Colorado



SCHOOL OF
HOMEOPATHY

First Aid Courses

Aquarian Garden – Holistic Wellness Center, New Lisbon, Wisconsin
October 17th 9.30 -6pm and October 18th 9 –5. 30pm
You are invited to attend one or both days

The Rose Gallery – Lake Mills, Wisconsin
November 14 and 15th
You are invited to attend one or both days

Concerned about the swine flu this fall/winter? This is the class for you!

Learn to help yourself and your family!

This course is taught by Sally Tamplin an experienced homeopath and educator
Details: sally@homeopathyschool.com or Tel: 708 – 784 – 9498 www.theaquarian.garden.org

For the class at the Rose Gallery in Wisconsin please call them direct: 920 648 3973

This course was carefully produced and developed by the well known and highly respected School Of Homeopathy, Devon, UK, and adapted so that it can be taught in a lively 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 the two 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

Information relating to New Lisbon: 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.

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

Peaceful Meadow Retreat Classes – Boulder Colorado

Please note that I am also teaching two one day homeopathy and the flu classes at Hanna Kroeger's Peaceful Meadow Retreat in Boulder Colorado on Saturday October 10 and Sunday October 11th please call Peaceful Meadow Retreat for more details: Tel: 1 800 974 7428

I am offering a one day Bach Flower Essence class there on Wed November 4th

Between November 5 – 7 Karen Krchma and I are offering 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

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 December, The School of Homeopathy First Aid Course in Florida. Please email Sally for details. Sally@homeopathschool.com

