

Sally's Healing Garden Alternative – Horizons LLC
September 2009 – Newsletter



In this issue please scroll down to find:

- So what is homeopathy?
- Homeopathy in the news – Calendula and radiation therapy
- Peaceful Meadow suggestions for managing H1N1 - swine flu
- H1N1 influenza updates – read about the Mexican Homeopathic Doctors study
- Homeopathic Dulcamara – a possible flu remedy
- **The Bach Flower Essence – Star of Bethlehem, a remedy for troubled times**
- **The Bach Flower Essence - Cerato**
- Sally's news and classes in Minnesota, Wisconsin and Chicago
- 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.

What is Homeopathy?

Homeopaths treat the individual, not the disease. A homeopathic remedy is prescribed upon the totality of an individual's symptoms taken from the mental, emotional and the physical levels. The aim of classical prescribing is to not only to address the symptoms but also to help the individual to deal with the cause of the illness and to regain good health. Remedies work on the vibrational level. They come from many different sources. Most are derived from plants, but animal products, minerals, metals and some poisons.

Homeopathic remedies are prescribed according to the [Law of Similars](#). The law states, "***That which makes sick shall heal.***" This means that the symptoms caused by an overdose of a substance are the symptoms that can also be cured by a small dose of that same substance. As an example, we know that when we cut up an onion most people experience an acrid runny nose, soreness in the throat and stinging, runny eyes. A homeopath will prescribe [Allium cepa](#), this is the homeopathic remedy made from the onion for the individual who has a cold and sore throat with these symptoms. Therefore, homeopathy uses medicines prepared from natural substances that are similar to the illness in contrast to conventional or allopathic medicine, which treats and often suppresses the patient's symptoms with large amounts of drugs, which have an opposite effect.

A well-chosen homeopathic remedy acts as a signal, which energizes or stimulates the body's self-healing powers, mobilizing the defense systems and working on all aspects of the body, mental, emotional and physical.

After initial preparation of the raw material the remedies are made by [serial dilution and succussion \(vigorous shaking\) in a solution of alcohol and water](#). This is done a few times or up to many thousands of times. The liquid dilution is then used itself as a remedy or soaked into tablets or granules for convenience. The diluted remedies are described as being "potentised," in recognition of the dynamic healing power that they can stimulate. Frequently the dilutions are so great that no chemical trace of the original substance remains.

Homeopathy works really well in times of acute trauma. The remedies can be given on the way to the hospital and **there is no known interaction between a homeopathic remedy and a conventional drug**. The American Pharmacists Association has even written about this in their handbook!

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

The safety record of homeopathic remedies over the past 200 years is truly

exemplary. A recent study by the American Association of Homeopathic Pharmacists (AAHP) documents this outstanding record in detail (see the home page at www.nationalcenterforhomeopathy.org for more information). Conventional drugs used by allopathic medicine are far more troubling from a safety standpoint.

In first aid situations if the remedy is prescribed correctly you will be able to see an effect with any potency and remember, **do not repeat the remedy if the patient feels much better and is well on the road to recovery.** Beginners are usually advised to use low potencies.

The 30 c potency is available in most stores and is usually safe to use as long as it is not repeated unnecessarily. One dose of a 30c is usually sufficient to begin the process of cure. On the other hand, a dose of 30c will rarely cause an aggravation, with the exception of highly sensitive individuals.

Check out www.flusolution.net for the pandemic flu kit and for Helios Homeopathic Pharmacy First Aid Kits.

Check List – why use homeopathy?

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

Homeopathy in the news

Remedies for side effects of cancer treatment. Recently the NCH published the following article. Cochrane researchers examined the use of homeopathic medicines for the side effects of cancer treatment. One study found that skin irritation caused by radiation therapy was less in patients using **Calendula ointment** compared with those using the tropical analgesic trolamine. (Cochrane Database of Systemic Reviews 2009, issue 2. Art. No. CD004845.) I have written about Calendula in other newsletters. I cannot stress how important I believe this remedy to be for any first aid kit and for application to the skin prior to radiation treatment. It is easily available in most health food stores.

H1N1 influenza update

Hanna Kroeger's Peaceful Meadow Retreat Suggestions:

I spent two weeks teaching this summer at Peaceful Meadow. Gisela Kroeger has put together a suggestion list for helping our immune system so that we have less chance of being infected; here are some of her comments:

- **Detoxify your body.** Take Epsom 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

Here are a list of things that you can do should you come down with flu symptoms (high fever, body aches, chills, lethargy, headaches etc ;)

- **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
- Take baths to **detoxify the body.** Use baking soda and salt. Also drink baking soda to alkalize the body
- Take antiviral herbs such as:
- Kroger Herb Product Inlu – take two capsules every two hours – it helps to shorten the duration of the flu
- Kroger herb Product Vyren
- Iodine – Dr. David Derry said, “Iodine is by far the best antibiotic, antiviral and antiseptic of all time.”
- Colloidal silver – this is known to build the immune system and is known to be a powerful remedy against the avian flu
- Vit C and Vit E
- Goldenseal root tincture
- St. John's Wort, skullcap, Cat's Claw, tumeric, astragalus root, Olive Leaf

- Do not take Echinacea, spirulina, bananas, milk, elderberry juice, honey, chocolate and chlorella as these increase the production of cytokines, which in too much quantity will spread the virus
- Inhale steam from tea tree oil in water
- Take chicken soup

Some of the Kroeger products are discounted this month at www.southernherb.com

I will add: do take the indicated homeopathic remedy and /or indicated flower essences. For more remedy information go to www.flusolution.net

Unlike conventional or allopathic medicine, homeopathy does not depend on one drug or feature particular drugs for curing any type of flu. Homeopathy is a non allopathic healing method that was once the mainstream of medicine in the nineteenth century. Homeopathy addresses the individual person and not the disease; therefore, homeopaths can successfully adapt treatments to handle viral mutations. This is an important point to bear in mind if the H1N1 virus mutates this coming flu season.

In an article posted on the website, [Homeopathy for Everyone](#), four Mexican Homeopathic doctors posted their first hand observations on the 2009 Mexican flu and revealed the exact protocol they used to cure those afflicted under their care. They also included historically documented observations regarding the 1918 flu pandemic. The symptoms of the 1918 flu and the present 2009 swine flu are very similar. It is interesting to note that both pandemics started in the spring, in the month of April, and not in the official flu season which is autumn. The recent Mexico study indicated that [fear of death](#) and a [high fever at the onset of the infection](#) were particularly noted. The purpose of the study was to identify common symptoms of the 2009 swine flu in order to outline a specific homeopathic based prevention and treatment model that could be used by homeopathic doctors around the world. The Mexican doctors identified three remedies that could be used as a prophylaxis or preventative. These remedies are known as the genus epidemicus.

[Baptisia Tinctorea](#)
[Influenzinum](#) (corresponding to the epidemic)
[Arsenicum Album](#)

(Please note that remedies that emerge as a genus epidemicus can vary by locale)

The doctors listed many remedies that they had successfully employed to help the sick in their care. I am pleased to announce that the majority of these

remedies are in the pandemic flu kit that Dr.Mirman and I created, others are also available in the Helios Kits that are also advertised on www.flusolution.net

The Mexico City doctors complete report
<http://www.hpathy.com/papersnew/gal>

We don't know what will happen this coming flu season but the medical authorities and government's around the world have been busily keeping H1N1 in the spotlight and subsequently creating a climate of fear. When people are fearful their natural immunity becomes comprised. Officials are concerned that the, "swine flu" seems to disproportionately target younger people under the age of 24. This is unusual because it is generally the elderly who are most at risk from a bout of the flu. Experts think that in the case of H1N1 older people have some sort of immunity to the virus. Paul Herscu, a well known and respected USA homeopath has reported the remedy [Nux Vomica](#) as the genus epidemicus. Some homeopaths in New York have reported [Gelsemium](#) and I recently talked to a family practice MD in Nebraska who is seeing a lot of [Gelsemium](#) and [Arsenicum](#) cases.

You can read about all of the remedies listed in blue on the web site:
www.flusolution.net

In Minnesota we will continue to work together as a community this fall to identify the genus epidemicus remedies and these will be posted on our web site as they come to light so do visit often and tell your friends!
Also check out the flu forum at [www. NationalCenterForHomeopathy.org](http://www.NationalCenterForHomeopathy.org)

On Tuesday August 25 The Rajiv Gandhi Institute for Chest Diseases in Bangalore, India started to use homeopathy for treating people with the H1N1 virus. Dr.Sahshidhar Buggi, medical superintendent declared," The integration of allopathy and homeopathy will not only cure the patient but also help strengthen the immunity level to fight the virus."

[News from Washington Homeopathic Pharmacy re influenzinum 09 -10](#)

For more information about homeopathy and Washington Homeopathic Products,
go to www.homeopathyworks.com
or call 304-258-2541

The current strain of Influenzinum 09-10 will be released in 3 to 4 weeks. We are accepting standing orders now. This will help us prepare for the demand and release orders most efficiently. We do not know what virus strains will be included in the 09-10 vaccine at this time.

In order for WHP to manufacture a homeopathic version of the swine flu vaccine it must be approved and amended in the Homeopathic Pharmacopoeia of the United States (HPUS). We are anticipating this action.

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

Did you know that World War 1 was the first time that USA military personnel were ordered to receive vaccinations? There was and is a strong suspicion that mandated vaccinations used on troops actually created the initial infections for the pandemic. It is recorded that many died after being vaccinated, while most who did not receive vaccinations survived. Also undisclosed to the public at large, the cure rate of homeopathy during the 1918 so called Spanish Flu has been reported as 98%

Public health agencies are urging two separate vaccinations – one for seasonal flu (available now) and the other for H1N1 - swine flu (expected to be available in October) There is currently much controversy concerning the safety of the proposed new vaccine. I recently spent a couple of weeks in the UK. Several times during my stay the proposed swine flu vaccination made headline news; it would seem that many UK doctors are unwilling to protect themselves with the new vaccine although they are being strongly encouraged to vaccinate their patients. According to news reports a third of British nurses have declared that they will not take the vaccine and even the vaccine manufacturers have said that they will not take the vaccine! Recently, President Obama recommended that everyone took advantage of the new vaccine which presently, is not compulsory. Do think carefully; decide for yourself after reading all the pros and cons and, as for me, I will be giving it as wide a berth as possible! Below is an interesting u tube clip featuring Wayne Madsen an investigative journalist.

<http://worldviewtimes.Com/article.php/articleid-5328/Brannon-Howse>

Influenza Consultations

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

I am a registered homeopath and registered Bach Flower Essence practitioner.

Dulcamara – a possible flu remedy – aggravated by the transition from summer to fall

Dulcamara, also known as bitter -sweet, woody nightshade and dog-wood comes from the **solanaceae plant family**. Those professional homeopaths who are familiar with the work of Dr.Rajan Sankaran will be aware that the sensation of this family is described by adjectives such as sudden, violent and explosive. The passive reaction is stupor, faintness, unconsciousness and the active reaction is hurried, shrieking, spasm, panic, fight or flight response. The better known remedy **Belladonna** also comes from this plant family.

Dulcamara is often a remedy that is over – looked. One of the keynote aggravations of this remedy is worse from cold and damp weather. **It is an ideal remedy for the transition between the long hot days of the end of summer and the cooler, colder nights that indicate autumn is in the air.** Louis Klein brought this remedy to the attention of the homeopathic community earlier this year.

Dr.James Tyler Kent writes, “Every year women bring their babies back from the mountains at the end of the season, and then we get some Dulcamara cases. One needs to be in the mountains at the close of the summer season to know what the condition is. If you go into the mountains at such a time, either in the North or in the West, you will notice that the sun’s rays beat down during the day with great force, but along toward sunset if you walk out a draft of cold air comes down that will chill you to the bone. This will make the baby sick; it is too warm to take the child out in the middle of the day, and so he is taken out in the carriage in the evening, he has been overheated in the house during the day, and then catches his draft in the evening. Dulcamara is suitable for conditions that would arise from such a state.”

Bittersweet is also used in naturopathy and herbalism. Its main usage is for conditions that have an impact on the skin, mucous membranes and the membrane around the joints. (Synovial membrane) Bittersweet is considered by some to be a herbal remedy for treating herpes and allergies.



Keynotes:

- General aggravation from damp or cold weather
- General aggravation from change of weather especially when the warm days are followed by cold evenings as in autumn
- General aggravation from catching cold – diarrhea worse cold, damp weather
- Cough or asthma which comes on in cold, damp weather. Bronchitis and pneumonia
- Chills beginning in the back –(compare Gelsemium and Eup – per)
- Hay fever, especially at the end of summer or in the fall
- Headache from suppression of sinusitis
- Stiffness and joint pains worse cold, damp weather or from getting wet
- Herpes about the lips
- Flat smooth warts
- General aggravation from suppressed eruptions

Bach Flower Essences

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

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

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

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

Double- blind placebo studies

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

The Bach Flower Essence Star of Bethlehem- think trauma and shock

The soother of pains and sorrows



This plant is perennial with bulbs below the ground; the bulb is 15-25 mm long and 18-32 mm diameter. It has six to ten leaves that are linear with a white line on upper surface, up to 30 cm long and 8 mm broad, and a scape of 10-30 cm.

The flowers group in a corymbose raceme with 6-20 flowers, and are white with a green stripe outside.

Ornithogalum umbellatum require a lot of moisture during winter & spring, but tolerate summer droughtiness. It can be grown in the woodland garden. Semi-shade is preferable. It is hardy to zone 5, and can become weedy. The plant is toxic.

Dr.Bach identified this plant as one for those in great distress,perhaps under conditions of shock,acute grief or fright following an accident or a disaster. I perceive that this could be an important remedy if the coming flu season is as disastrous as many predict. Dr.Bach referred to it as the,"comfort flower. The soother of pains and sorrows."

Those in the negative state of this flower have been shocked and remain in a kind of inner numbness. It is one of the five flowers that Dr.Bach used to make up his Rescue Remedy combination. Star of Bethlehem neutralizes any form of trauma and restores the self healing mechanisms of the body. Even traumatic experiences that occurred many years previously, perhaps even at birth, can be cleared by using this flower essence.Star of Bethlehem helps to rouse the personality from a state of mental numbness and helps us to reconnect with our higher selves. The flower helps us to become livelier,regains our ability to cope,instils a sense of greater vitality,mental clarity and inner strength. Sometimes,with psychosomatic conditions that prove to be resitant to treatment,Star of Bethlehem can yield remarkable results if taken for a number of months. It is certainly the flower to consider for troops suffering from post traumatic stress disorder.

Here are some positive affirmations to make while taking this essence:

- I feel
- I breathe
- I am alive

Bach Flower Essence – Cerato – the intuition flower

Indecisiveness to Inner Certainty

This is the flower for those who do not have the confidence to make their own decisions; they are always asking others and are often misguided. They do not trust their own judgment. This flower helps us to listen to our own inner voice, our intuition. In its negative Cerato state a person has great difficulty accepting his own perceptions and acting on them. The personality refuses to perceive and

acknowledge the role of the higher self. Instead of realizing that only the Higher Self is able to guide what is best, they seek an answer in the outside world, often in popular theories, doctrines and in the experiences of others.

I was in our local farmer's market just this week and the beautiful blue plant caught my eye, in fact I had also noticed it growing in many of the gardens and parks upon my recent visit to England since August and September are when the beautiful blue flowers are in full bloom.

Cerato is also known as Leadwort or Plumbago. There are several species in the family and the plant species that Dr. Bach used to make his remedy from came from the land of wisdom – Tibet. He saw it growing in the garden of an old house out on the cliff tops of Cromer where he was a frequent visitor during the many winters of his explorations.

Here are some affirmations to make while using this flower essence:

- I trust myself
- I pay attention to first impressions
- I decide for myself



Sally's news and classes

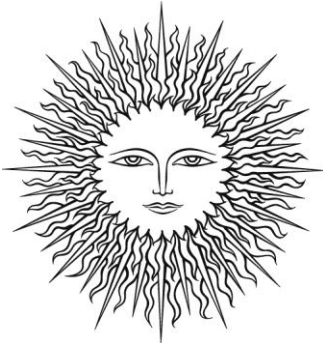
I am available at the Homeopathic **Medical Clinic in St Louis Park, MN** on **Thursday September 24th** for one hour consultations. Please email me to arrange. tamplinsl@aol.com The cost is \$90.00 and includes homeopathic remedies as suggested.

I will be available at the **Rose Gallery in Lake Mills, Wisconsin** for consultations on **Thursday September 17th in the afternoon and that evening I will be offering a class in foot reflexology 6.30pm – 9pm**. Please contact the Rose Gallery to arrange an appointment or to reserve a spot in the class. **Tel: 920 648 3973**

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

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

Swine flu classes offered by Sally Tamplin September, October and November 2009
www.flusolution.net



SCHOOL OF
HOMEOPATHY

First Aid Course

SoundMindBodyHealing Centre, Eagan, MN

9.30 -6pm September 19, 20 and 21st

Attend 1, 2 or 3 days!

Concerned about the swine flu this fall/winter?

Learn to help yourself and your family!

You may choose to attend one, two or all three days taught by Sally Tamplin

For more details: www.soundmindbodyhealing.com Tel: 651 – 688 – 2649

This course was carefully produced and developed by the well known and highly respected School Of Homeopathy, Devon, UK, and adapted by Sally Tamplin

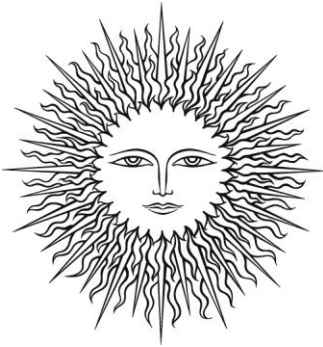
and Mani Norland from Alternative Training so that it can be taught in a seminar setting and accompanied by colorful power point and DVD clips.

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

Each day we will cover homeopathic remedies and philosophy. To fully benefit you are advised to attend for two or three days but if you can only make it for one day we will be happy to accommodate you! You will be issued with a letter of attendance. If you want to find out more about the certification process (available at extra cost and some home study) please contact Sally Tamplin:

sally@homeopathschool.com

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



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.theaquariangarden.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

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.

Australian Bush Essences – College Course 16 or 24 hours

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

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

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

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

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

**Friday September 25
Saturday September 26
Sunday September 27**

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

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

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

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

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

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

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.

Please call Peaceful Meadow 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

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.

If you enjoyed this newsletter please do pass it on!