

*Sally's Healing Garden Alternative -  
Horizons LLC  
January 2010 - Newsletter*



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- Haiti - Sally's son James recounts his harrowing experience of the earthquake
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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](mailto: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!

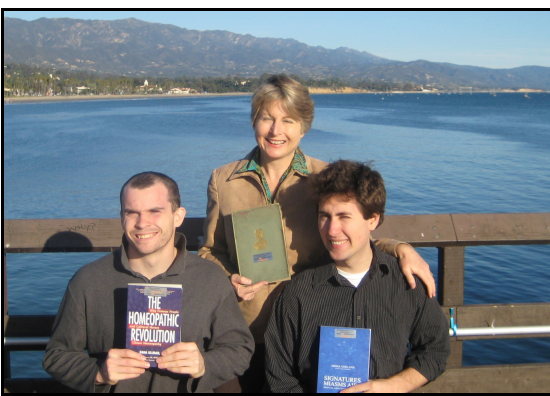
In first aid situations if the remedy is prescribed correctly you will be able to see an effect with any potency and remember, do not repeat the remedy if the patient feels much better and is well on the road to recovery. Beginners are usually advised to use low potencies.

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.

Haiti - an eyewitness account. My older son, James was on Haiti at the time the disaster struck. The photograph below is of James and Andrew taken at Christmas 2008 in Santa Barbara. James is on the right. Below is James' harrowing report.

Hey everyone ---

Thank you for all your thoughts and prayers, the past couple days have been a blur. It seems like Tuesday afternoon was 5 minutes ago. I'm writing this from a studio apartment of a good friend, Alli Goff, in New York City,



which is the biggest juxtaposition that you can possibly imagine to Port-au-Prince. The emotions associated with that disparity

hasn't hit home yet. In fact, the entire situation hasn't hit home yet. I still feel normal. I feel like I did at the beginning of the week. When recanting the events face-to-face I have zero emotion while the person I'm talking to usually ends up crying. I'm sure it has to be shock. I'm not so eagerly awaiting all the emotions, but know they are necessary and healthy.

**DISCLAIMER: This is graphic, just a warning. If you want to pass this on to others or the media feel free. People should know how horrible it is in Haiti.**

There were 7 of us that traveled to Haiti. We were doing electrical work, painting, health surveys and roofing repairs in a small rural Community called Jeanette on the southern peninsula. Two of us, Drew Eschweiler and I, had been before and the five others, including my current roommate/business partner, Andrew Lee, had not. The 7 of us returned to Port-au-Prince on Monday and took a tour of the city. The others were due to fly out the next day; they got away safely around 1pm. Andrew and I stayed on one-extra day because we wanted to get a little more flavour and insight into the city. Tuesday morning we walked into downtown, hung out at football pitch, the presidential palace and parliament. The rivers of trash were disgusting, but paled in comparison with what was to come.

Our hotel had two 2-story buildings just a few feet apart. The first contained the kitchen, manager's office and dining hall on the ground floor and rooms on the second floor. The second building was just rooms. I was staying in the second building.

I walked onto the roof of my building to read a book after I woke up from a nap. The sunset was gorgeous so I went to find Andrew so he could see it. I found him sitting in a rocking chair just outside the dining room in the first building. We headed up to watch the sunset and were joined by three Canadian doctors. Roughly 10 minutes later, around 5:30, the earthquake hit.

The entire building started shaking violently and the Canadian doctors fell to the floor. The first thing I thought was 'Haiti doesn't get earthquakes' - a fraction of a second later I decided that was irrelevant and I didn't want to be on the building anymore. I sprinted down a short flight of stairs, jumped a railing and dove for a palm tree. Sometime during that sprint there was a sickening crunch as the first building (dining hall, reception etc)

pancaked to the ground. Haitian buildings are typically large slabs of concrete supported by cinder-block walls. When the cinder blocks were shaken so they could no longer support the weight of the concrete, the heavy concrete roofs/ floors simply came crashing down.

The whole thing lasted somewhere between 5 and 8 seconds. Once earth stopped shaking and I shimmied down the palm tree and checked if Andrew was ok. Next, I sprinted around the collapsed building yelling for anyone who was inside. All that came back was silence. The two-story building was now between 2 and 7 feet tall in various places. Half an hour later I would have been eating dinner inside. A few hours later we determined there were certainly 4 people inside, maybe more.

The streets in the area are lined with tall walls (8 or 9 feet) with razor wire on top. Much of this had toppled and I began pulling the shattered concrete off of people. There were some nasty broken legs and lots of blood. Andrew ran by me asking for the Canadian doctors, he had found a little girl who needed them although he said 'I'm 90% sure she's dead' -- this was the last I saw of him for the next 5 hours. While I stayed within few block radius of the hotel just pulling rocks off of people he had the quick thinking of stopping cars and using their jacks to go into houses and try to pry people out. He returned to the hotel parking lot around 10:30pm.

In the few hours following the quake women were crying and dancing in the streets, people were on their knees praying, yet even those displaying immense emotion had an inner quiet to them. I could see that perhaps some of them didn't understand what an earthquake was and others just couldn't believe that this had happened -- neither could I. A choir group started singing just behind the hotel, each time an aftershock hit the harmonious hymns would be punctuated by screams of terror.

I felt nothing immediately after the quake and I still don't feel anything. The group of foreigners and Haitians in the parking lot banded together well. The Canadian doctors, who had lost their fourth member in the other hotel building, were admirably calm and composed and sorted through their medical supplies helping people when they could.

Once Andrew returned, we hugged, I gave him water and we started walking towards where he had been. The staging areas on the side of the road, marked by large boulders to prevent cars driving into them were now empty. I don't know who cleared the dead and injured but they were mostly gone in the vicinity of the hotel. After walking for 10 minutes past huddled groups of praying and singing Haitians another aftershock hit, with it came screams but also the crackling of glass and concrete as another 3 story house collapsed 40 feet from where we were standing. We decided that the best we could do was to resume in the morning when we could see what we were doing.

I didn't sleep much that night. One of the Haitians in the parking lot had a portable radio. I lay there listening to it, picking out roughly half of the French broadcast. I heard that the palace had collapsed and the true enormity of the disaster dawned on me. If the most impressive building in the country had collapsed then innumerable shacks, mud huts, and self-made cinder blocks didn't stand much of a chance.

Wednesday....

As soon as sunlight began to stretch across the sky Andrew and I left. We came upon a house with a man standing on the roof with a hammer. He was a friend of the family who lived there. Their two-year-old child was trapped inside and we could hear him crying, he was clearly breathing so we set about trying to get him out. First we had to determine where he was, which was immensely difficult given the fact that every wall and room inside the house had been shifted. There was hardly any airspace and the sound was so muffled it was impossible to determine a direction. We ended up cutting a hole in the roof by pounding the roof with a hammer and a sledgehammer then pulling the fractured concrete away by hand before it had a chance to fall down

(potentially on top of him) We opened up a hole but it turned out to be in the wrong place, so it took more critical time to whack away with the sledgehammer to expand it to the right area. As soon as it was open we started pulling out children's toys and bathroom tile.

By this time the kid, Sebastian, wasn't responding to our calls. An elderly man standing nearby started crying, calling out for Jesus' help and having a serious breakdown.

It was more distracting than disconcerting, so the family friend ordered him off the roof.

We were blocked by a huge chunk of wall that hadn't splintered so we had to break it up and pull it out using a couple of steel poles as levers and a thick belt. As soon as we got it out everyone clambered down off the roof and I went head first inside the house, I pulled out more cinderblocks and bathroom tiles but didn't see Sebastian. I was

stomach-down over a large piece of concrete pulling things out from ahead of me. It turns out he was trapped directly beneath the concrete slab I was lying on. All I saw at first was his head and arm sticking out, both intact. I was elated. That elation quickly vanished. His wrist had no pulse. His neck was hot, but again, no pulse. I managed to fully get down inside the hole I had dug out and loosen the rocks on either side of him and pull. This didn't work either; his legs were seriously crushed. There was no way I could get to his mouth or chest to give CPR. Andrew and the family friend both climbed down and checked his pulse and confirmed he was dead.

Of all the things I saw this got to me the most, though I still don't feel much emotion. Sebastian had a full life in front of him. He was alive when we arrived and dead two hours later when we reached him. We just weren't fast enough.

Andrew and I didn't see any other people trapped on the way to the hotel so we headed to the embassy. The taxi charged us \$30. We were ushered into a large compound with manicured lawns, running water, electricity and air conditioning. We filled out forms, drank DeSalini bottled water, and sat on bright orange plastic chairs watching 'Horror in Haiti' on CNN. After an hour we decided that it was bullshit that people were dying on the streets and we were sitting in luxury. The embassy head discouraged us from leaving but told us he couldn't stop us.

Filling up as many empty DeSalini water bottled we could, getting many from trash cans (some in the trash were half full) and topping them up at the Culligan water cooler we walked into the village next to the embassy. We greeted people with 'Ca Va?' The rough equivalent of 'How's it going' to which we'd get and 'Ca Va' / 'It's going' or a 'Ca n'va pas' / 'It's not going'. If they said there was a problem we asked if there were people trapped inside their

house. Most people were simply out of food and water. We didn't find anyone trapped. The sun was almost at its midday peak; for anyone trapped I worried they were in a giant oven.

After we picked up some crackers on the side of the road we got a lift downtown with a man who had lost his wife. His two daughters were in the front seat and he was driving around looking for her. We stopped in the UN but they just turned him away.

After being dropped off we made our way to a doctors without borders clinic. Turning onto the clinic's block there were injured just lying on the street stretching for at least a few hundred yards. There must have been several hundred people there. A Haitian med student saw us and asked for help. We spent the next several hours following him around, he would diagnose and we would administer treatment. This mainly involved cleaning, sanitizing and dressing wounds, splinting broken bones, and giving them painkillers.

There were some nasty wounds: some inches deep, some sheets of skin ripped off large chunks of limbs, in a few cases we had to wipe off a greenish white residue, which I presume was mould. None of this phased me, we were able bodied and had to do what was necessary. The frustrating and saddening part was the constant stream of people tugging on my shirt saying 'Doctor, Doctor! Look at my wife/sister/brother/husband.'

I'm not a doctor, I have just as much medical knowledge as any other normal person, but Andrew and I stood out because we were the only two white people on the street.

Telling someone that their son, who had been mangled inside a falling building and who is in immense pain that 1) I'm not a doctor and 2) they'll have to wait in line behind 5 people who are also in danger of losing limbs is not easy.

It made it all the more difficult that my arms were cut up badly from digging through rubble and I had to be careful when handling their blood.

There were some people we simply couldn't do much for. One man was lying on his back with his legs splayed outwards, almost like a frog's, but because of a horrible compound

fracture in his right shin, both feet were facing the same direction. Another woman was on a stretcher and was carried to us wherever we went. Her face looked gaunt and her eyes had a glassy glazed over look. Glancing at her injuries she should have been shrieking, although the only thing coming out of her mouth the occasional muffled groan.

As the sun began to set we just left 40 or some people on the street because we ran out of supplies. We had used up all the gauze, bandages, iodine, painkillers and saline solution. We literally had nothing to treat these people with. We went to find more at the local hospital, walking away while people called out 'Doctor!' after us.

On the way to the hospital we stopped by the med student's relative's house. The building had been leveled. His relatives said there were 5 people inside. There was nothing we could do so we moved onto the hospital.

The hospital was easily the most depressing and nauseating building I've ever been in my entire life. I felt sick the moment I walked through the main gate, not just from a physical aspect, but from being utterly disgusted with the lack of care these people were getting. Literally lack of care. There wasn't a doctor in sight. The med student we were with said they'd all left. Bodies were strewn from the parking lot all the way inside. Generally the people still alive were in the parking lot, as they'd be brought there most recently. Inside was a mortuary not a hospital. Dead bodies were strewn against the walls like firewood. The combination of smeared dirt on the ground and the greenish walls gave the building the air of a trying-to-be-trendy, grimy urban nightclub, not a modern hospital.

After 5 minutes I couldn't take it anymore. There was clearly nothing we could do and there were clearly no supplies. The med student checked the pulse of an infant, told his family who was standing over him that he was dead and then we left. I walked off there with my head down trying not to make eye contact with the people who probably wouldn't make it through the night.

We took a motorcycle taxi back to the embassy. Thanks to the negotiating skill of the med student it was only \$5 this time, down from his \$120 initial price. The extortion taking place in the crisis was equally as disheartening as the scenes of destruction. We chatted to some of the search and rescue team (US AID) and gave them some info as to

where we were and what we'd seen. We tried to sleep and eventually passed out watching CNN. I was awoken once to an aftershock and everyone ran screaming from the embassy. I crashed out on the grass for an hour or so.

#### Thursday..

We had the option to fly out that morning at 9am, but volunteered to stay for the next flight, so we ended up in the rear of the embassy helping US citizens who were injured and getting med-evaced to Guantanamo Bay. We helped set up a tent next to the helipad (and by helipad I mean open field next to the embassy) administered IVs and adjusted thermal blankets. By this time the military had begun to show up, there were some army folks who helped us moved the injured into hummers to be taken to the evac site. I was impressed by their professionalism and how they worked as a team. The contrast between the efficiency of the troops and the Haitian police / citizen was night and day.

Unfortunately the only people we saw that day were troops and search-and-rescue teams, no medical supplies or medics for the Haitians. An army doctor I spoke to was annoyed that his orders were to only assist US citizens and Military personnel. He wanted to help the people dying in the streets.

In the afternoon we took some medical supplies to a children's hospital that was about a 20 minute walk from the embassy. I shuttled back and forth several times between the embassy and the hospital, many times getting rides in the back of pickup trucks that were driving around. I asked almost everyone if their families were 'vivant?' (alive?). Answers were split between 'yes, they're fine' and 'we don't know where someone is'. I tried to give them water bottles when I could and some occasional snacks that came in the MRE's (Meals Ready to Eat) that were for the hospital patients.

At the hospital we helped rig up a tarp from the second storey covering the road outside. No patients could be inside the building for obvious reasons and having them outside under the scorching sun must have felt like torture. I had to head back to the embassy after a few hours. I hadn't eaten or really slept since Tuesday lunch. By this time the embassy staff were getting to know us and simply let us through without blinking. What surprised me

was the fact that the Haitian security guards had stuck around to protect the US embassy. If I were working security at the Haitian embassy in London or DC I'd be helping my fellow countrymen, not protecting some foreigner's property.

I wolfed down an MRE and crashed for a while on the manicured lawn. Andrew and I headed back to the hospital where we were told that another hospital had run out of body bags. There were 12 dead, could we go and pick them up? The two of us and two Haitians jumped into a Tap-Tap, which is essentially a converted pickup truck that has an extended bed with seats and a roof over it.

Putting on gloves and a mask we arrived around sunset. A heavysset American man who spoke fluent French and was from Intelligence Branch directed us to the corpses. They had been placed across the road from the hospital; most had begun to decay in the blistering heat. We laid body bags next to each corpse and opened them up, and then one-by-one lifted them in. When you grip a loved one's hand, arm or leg there is warmth and a give to the skin. These limbs were swollen, cold and hard. It took some force to bend joints into the right position so they'd fit inside the bag.

The heavy corpses were difficult, one was a police officer, and took three or four of us to lift. It was saddening when you could lift the body bag by yourself.

About three quarters of the way through my eyes began to burn. Like when you're cutting an onion, but twice as worse and without any tears, just an intense stinging sensation. I was still emotionally fine but couldn't see so I had to step away and get some air. The way Andrew reasoned it out was that it was better that we do this. We had the ability to leave and had no ties to this place. Better us than them.

We never ID'd the bodies. We were told it wasn't necessary by the head of the hospital. Supposedly a journalist had taken pictures a few hours before. 45 minutes later we arrived at the cemetery but it was locked. Four of us would count 'Un-Deux-Trois' ('One-Two-Three') and toss the bodies about 8 feet into the front-scoop of a nearby bulldozer. I have no idea where it would take them.

Returning to the embassy around 10pm we were allowed to use the showers outside the crystal blue swimming pool. A short

time later an embassy staff member told us there was a cargo plane leaving. Given the utter lack of food, water and medical attention we came to the conclusion that things were going to get ugly fast. Up to that point the masses were docile. There was no rioting, looting or violence; however, starving people are less inclined to act in a civilized manner. We might not be able to help that way we had been without fearing violence. On top of this aid was beginning to pour in faster. Military choppers and aid planes had begun to dot the sky.

We took a convoy of black Chevy Suburban's to the airport just like out of a movie. Seeing the scenes of destruction whizz by one last time from the air conditioned comfort only served to drive home the point that there is a huge disparity in this world. Just because I had a couple of little books, one that says 'United States' and one that says 'United Kingdom' means that I got to leave this hell and receive the best medical attention available if needed.

We arrived Friday morning. Andrew's brother picked us up from McGuire

Air Force Base in New Jersey and we had lunch in Brooklyn. Just another Friday afternoon. I called family and friends, all of whom were relieved and sent lots of love. I spent Friday night out in the East Village having a quiet drink with half a dozen friends who live in NY. For the first time I felt overwhelming emotion - happiness.

I'll make my way back to San Fran sometime in the next few days. I'm in no hurry to get back to the work. I just want to absorb as much love from friends and family as possible.

If you have a minute please donate to the Haitians. They need it more than us in the developed world ever will. If you're in the US you can text 'Haiti' to 90999. It will donate \$10 to the Red Cross.

Here's a small anecdote to leave you with. My mother had a dream over the summer that I would be in an earthquake. She is a very spiritual woman and gave me a cut-crystal on a silver necklace, telling me that it would protect me from earthquakes. As I live on the San Andreas fault that seemed like a good idea. I had it with me in Haiti and am never taking it off again.

***Homeopathy in times of disaster - must have remedies for a first aid kit***



**Homeopathic Arnica:**

How can homeopathy and flower essences help in such distressing times? We have many remedies in our Homeopathic Materia Medica that can help with physical, mental and emotional scars. Usually the first remedy to think about using in any emergency and traumatic situation is the beautiful yellow daisy known as **arnica** or fall herb. It grows high up in the mountains and has been known by herbalists for generations as being invaluable in times of trauma. Arnica will assist with shock, pain, physical and emotional trauma. Arnica is the first remedy to think of when someone relives a traumatic event every night in their dreams. On the physical level arnica will help to reduce pain, swelling, bruising and bleeding. Usually someone needing arnica will be in shock and will tell onlookers that they are fine when clearly they are very sick.



Arnica is an essential in any first aid box. It can be purchased in the form of homeopathic pellets; it is also available as a cream or a gel. Don't use arnica on broken

skin because it can cause irritation. If the skin is broken and you are concerned about infection then consider using homeopathic **Calendula** which is easily available as a cream, gel or lotion. Calendula was used extensively during the First World War when there were homeopathic field dressing stations and hospitals in France. Few soldiers were lost to gangrene because the doctors used it. Calendula is also an astringent and when it is used topically it will often control bleeding from cuts, incisions and even dental extractions. This remedy will be very helpful in Haiti right now considering the number of serious wounds and the possibility of sepsis and gangrene.

Calendula is made from the beautiful old



fashioned marigold and like arnica it has been known to herbalists for generations for its healing properties.



**Homeopathic Bellis Perennis**

This is the happy looking daisy with its white petals and yellow center that commonly grows in gardens, parks and waste land. It is known as the Lawn Daisy or English Daisy. It is native to western, central and northern Europe. The species is widely naturalized in North America, and also in South America.

It has the peculiar ability to spring back up after it has been trodden down by careless passers by. It is classified under the same botanical family as *Arnica Montana* and follows well after *arnica* has failed to give the expected relief.

*Bellis perennis* is very similar to *arnica* because it is indicated for any problem that begins after an injury or accident. Trauma, fall, blow, sprain, muscle soreness due to overexertion especially after getting chilled, laceration, incision, abscess, deep and large wounds are all helped by this remedy and always where there is a feeling of being bruised and sore. Those needing this remedy may feel better after cold applications to the sore part.

It has a particular affinity to the abdomen and deep internal organs and is often recommended by homeopaths after abdominal surgery for pain and to help speed up recovery. It can also help soreness of the abdominal wall during pregnancy.

This remedy works by reducing soreness and promoting healing. In some of the old homeopathic books there is even reference to how this remedy has been indicated for cases of breast cancer that have developed following a blow to the breast.

*Bellis perennis* is also indicated when there is a general aggravation after getting wet or taking cold drinks when over heating and perspiring.

### Homeopathic Ferrum Phos

This remedy is very useful when it is given as a cell or tissue salt in the 6x potency. It is a primary first aid remedy because it carries oxygen throughout the body and strengthens the walls of the blood vessels, especially the arteries. When there is bleeding into the tissues, as in bruising, apply Ferrum Phos powder (made from grinding down the pillules) to the area.

### Cayenne Pepper

This herbal remedy can be used to stop bleeding. Add a teaspoon of the herb to a glass of water, drink the water and by the time that you count to 10 the bleeding should

have stopped. You can also put cayenne pepper into an open wound to stop bleeding. It may sting but is harmless.

### Homeopathic Gunpowder

Like calendula, gunpowder is also known as a homeopathic "antibiotic" and can either be given to help prevent wounds turning septic or in the event that this is already occurring due to a serious injury or laceration it will help the body to gather its defenses and accelerate the natural healing process. The remedy, made from black gunpowder, is a combination of sulphur, carbon and saltpetre, and is appropriate for a wound occurring in times of war or trauma. This remedy could also be appropriate for a nasty suppurating wound or abscess resulting from an animal bite or a sting. Gunpowder is a somewhat unusual and uncommon remedy. Little has been written about it in the homeopathic text books and you will probably find it difficult to come by at your local health care store. It has been used by wildlife rehabilitators with excellent results and by professional homeopaths who have used other well indicated remedies but without success. [This useful, but hard to find remedy, can be ordered from Dana Ullman.](#)

[To order from Dana in the USA please call: 800 - 359 - 9051 toll free](#)

### Homeopathic Silica

This is the first remedy to think of if a piece of shrapnel, metal, glass or perhaps a simple splinter or a rose thorn becomes embedded in the skin. Silica can help to bring these foreign bodies to the surface so that the body can expel them. It is a well known remedy for unhealthy skin when every wound becomes infected and it is generally the first remedy that people think of when they see an abscess. Silica hastens the process of suppuration.

### Homeopathic Calcarea Sulphurica

The main guiding symptom for this remedy is a strong tendency to suppuration and abscess which is generally yellowish in color. Discharges from wounds or boils last for a long time, perhaps months on end and healing is either very slow or non existent. If you have a wound that fits this picture then consider this remedy. Calc Sulph's action is the opposite of Silica. This remedy will close up a process that has gone on for too long. It can clean out

the tissue that is suppurating by causing it to discharge readily, this action is important in the healing process.

### Homeopathic Hepar Sulph

People needing this remedy are acutely sensitive to pain, they may be very anxious and irritable and will be complaining intensely about their pain which is usually described as stitching or splinter like. This is a remedy to consider when there is an abscess which is extremely painful, the wound is slow to heal and there is suppuration. People in this state are also extremely chilly and feel very vulnerable. They easily become infected.

### Homeopathic Aconite

In times of trauma and great distress many people need the homeopathic remedy **aconite**. Aconite is derived from monkshood an extremely poisonous plant. It is also well known as Wolfsbane. The remedy is prepared from the purple flowers, stem and leaves of the plant, picked at the peak of flowering. Just like arnica it grows at high altitudes. One summer my family and I visited the mountainous area around Banff and Lake Louise in Canada. I was amazed to see so much aconite growing around the famous Chateau Lake Louise.

In days gone by arrow tips would be poisoned with the juice extracted from this plant, if the arrow did not kill the victim the poison would certainly accomplish the mission! The poison is neurotoxin. Homeopathy renders poisonous substances harmless so don't be put off from using this remedy if it's needed.

**Aconite** along with **arnica** is a must for every first aid kit. The Aconite state comes on very suddenly and is extremely intense. It may be compared to the homeopathic remedy **Belladonna** which is equally sudden and intense, although less fearful. There is a marked fear of death with aconite, the patient may exclaim that they are about to die or they may state the time when they expect to pass away. There may also be a fear of ghosts and the dark.

The aconite state is extremely acute and is therefore a key remedy to remember in emergency situations such as accidents, disasters, earthquakes, war, heart attacks etc; Together with homeopathic **arnica**, it was the key remedy that homeopaths used during the events of 9/11 and the

Asian tsunami of 2004 in response to the shock, trauma, pain and terror experienced by those caught up in the events of the time.

I received an email asking for help about the time of the earthquake in China last year. I suggested homeopathic arnica and aconite. I was delighted to receive a follow up email that later thanked me and described how the Chinese doctors who had used homeopathic aconite were awe struck by the aid that it gave to earthquake victims. It is definitely a remedy that is needed in Haiti right now!

Aconite is also a remedy to think of when symptoms suddenly appear after exposure to a cold wind or to the extreme heat of the sun, this exposure causes inflammation and high fever. Therefore, think of aconite when a sudden fever develops and the patient matches the aconite state of tremendous fear and extreme restlessness.

The key to aconite is great shock and anxiety; you can literally see the look of terror in their eyes. There may be panic and trembling, heart palpitations, nervous twitching and great restlessness. Pain can be very intense and make the patient feel desperate.

Aconite is used to help someone who is having a panic attack after a frightful experience; the panic attack may be accompanied with heart palpitations.

Those needing this remedy generally feel better for fresh air and warmth and they are worse in the evening and at night, especially around midnight. There is sensitivity to noise, light or to being touched. They may have a burning thirst for cold drinks and crave acids, bitter food and alcohol. This remedy can be given before scheduled surgery, if the patient is fearful, especially of death. It can also be given after surgery which is a shock to the whole body, if anxiety or fright remains.

### Aconite Check List

- Think sudden
- Think acute and rapidly progressing
- Think tremendous fear, fear of death
- Think trembling, twitching and heart palpitations
- Think intense restlessness

- Think pain that is desperate
- Think inflammation with high fever after exposure to cold, dry wind or intense heat
- Think worse at night especially around midnight



Homeopathic

Aconite

## Bach Rock Rose - Terror

The Bach flower essence *Rock Rose* is very similar to the aconite state of sudden fear, terror and panic. *Rock Rose* is one of the five flowers that Dr. Bach used to make his well known *Rescue Remedy formula*.

## Bach Star of Bethlehem and Homeopathic Ignatia - Grief and Shock

This is another flower to be found in Dr. Bach's Rescue Remedy formula. It is the key essence for shock and grief. It is definitely the remedy to give out at funerals and can be given alongside homeopathic Ignatia which is a well known remedy for acute grief. Often people in an ignatia state will want to grieve alone and will try and hold back the tears, when they do this they will experience a lump in their throat as the muscles go into spasm.

Holding back emotions is not a good idea, in



homeopathy we have a saying that the suppressed case always goes bad. People needing ignatia may experience a severe headache described as if a nail has been driven into the head. Processing emotions in a healthy nurturing way is important; problems that are swept under the carpet tend to have repercussions sometime in the future. Unfortunately, here in the west, we live in a society where it is generally no longer acceptable to see people openly weep and grieve, it makes others feel uncomfortable. This uncomfortable place is somewhere that we need to stay and hold if we are to help people process the traumas of life. Grief needs to be acknowledged and talked about in a healthy way. Help and support from loved ones, friends and perhaps counselors is also necessary but the grace and healing that homeopathy and flower essences can offer will help to ease this process and hopefully reduce or dispense with reliance upon sleeping pills and anti depressants, a path that many hurting people tend to turn to.



Bach Star of Bethlehem look out for it growing in gardens and woodlands this spring.



## Homeopathic *Symphytum Officinale* Think injured bones and eyeball

This remedy is made from the Comfrey plant, a coarse perennial native to Europe and Asia; it is part of the borage family. The plant has winged stems and large, rough, pointed leaves that are covered in hairs. It grows to about four feet tall and the flowers are blue and bell shaped. Comfrey is easy to grow, it thrives in the shade but tolerates some sun and it rarely suffers from pest or disease problems. The plant often grows along the banks of streams, and loves moist, clay rich soils. The root possesses remarkable regenerative powers. When it is cut each root piece will produce a new plant, even the pieces that have no attached growth bud.

Comfrey leaves are rich in nitrogen, phosphorus and potassium which are readily released as the leaves decay so they make an excellent fertilizer and compost activator for your garden. The leaves, in fact, contain two to three times more potassium than farmyard manure and their low carbon to nitrogen ration means there is no risk of nitrogen robbery when comfrey leaves are dug into the soil. They have low fiber content so the leaves decompose rapidly\*

Much of the healing of this plant is attributed to the presence of *Allantoin*, a chemical which promotes healing in the connective tissue. It spurs the growth of new tissue around wounds and now science is supporting its use as an arthritis treatment.

German researchers tested a German comfrey product called *Kytta -Salbe* on the arthritic knees of 220 men and women, median age 58, who had suffered from arthritic knee pain

for an average of 6.5 years. Participants treated their knees with either a placebo or 6 grams (2 to 3 tablespoons) of the comfrey product daily. After three weeks, pain scores in the placebo group declined only 11%, while the comfrey group plummeted 55%. Results were published in *Phytomedicine*. *Kytta -Salbe can be purchased on retail sites such as Amazon.com\*\**

Herbalists have used this plant for hundreds of years because it has a particular affinity to the healing of wounds, particularly injuries to bones, cartilage and to the periosteum which is the tissue covering the bones. The Greek work *symphyo* means, to unite, and colloquially *Symphytum* is better known as *knit bone*.

Usually homeopathic *Arnica* is the first remedy to think of after any traumatic injury. *Arnica* will help to address bleeding, swelling, bruising and pain.

In the case of a fracture, *Symphytum* is a good remedy to follow *Arnica*, but only when the bone has been set to the satisfaction of the medical professionals. At this stage *Symphytum* will help to ensure that the bones will heal quickly and strongly. If a fracture is slow to heal definitely consider using this remedy. *The remedy can be taken daily in a low potency such as 6c.*

This remedy can also help with bone pain, especially gnawing type of pain and a pricking pain at the point of fracture. *Symphytum* is even indicated for phantom limb pain after amputation.

The reader may also want to look at the use of homeopathic tissue salt remedies; *Calc Phos, Silica and Calc Fluor* for the healing of fractures.

*Symphytum* has an affinity to blunt traumatic injury of the eyeball or the surrounding bones. It can be given after the use of *Arnica* which will address the initial swelling.



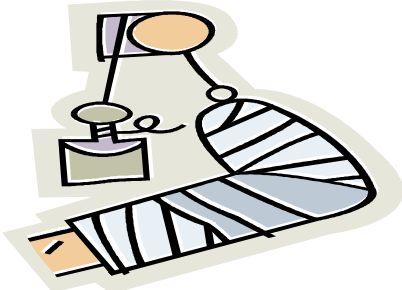
Symphytum has no marked mental and emotional symptoms but the injured person is generally better for warmth and gentle motion and worse for touch, pressure and motion.

### First Aid Tips - sprains and fractures



There are two basic types of fractures, a complete fracture, in which the bone is broken completely through, and a stress fracture, in which the bone is cracked but not separated. Fractures require prompt medical attention and will often require immobilization, such as the use of a cast.

- Immobilize the injured part so that further injury does not take place
- Elevate to allow gravity to help drain excess fluid and reduce swelling
- To reduce swelling and further injury to tissue, use ice immediately. Place a thin cloth between the injured part and the ice pack. Frozen vegetables work wonderfully in an emergency!
- Seek immediate professional medical help



## First Aid Tips - injury to the eye

- Get professional medical help immediately especially if there is severe pain, loss of vision, injury to the eyeball or a foreign body or chemical in the eye.
- Get medical care today if there is significant eye pain, if light causes pain in the eye, if the pupil is irregularly shaped or if the pupil does not react to changes in light.



Homeopathic Hypericum

## Homeopathic Hypericum

This remedy is better known in its herbal form of St. John's Wort which is commonly used to treat depression and as a wound remedy for painful scrapes, bruises and burns. It is a perennial and grows wild in many areas, the flowers are a pretty yellow color but when they are crushed they bleed a deep red- purple juice. The berries are red. Hypericum is a Greek work which means "over a spirit," referring to its spiritual protective qualities when the soul is in distress

St John's Wort was highly esteemed in Celtic healing and its Welsh name, *Crea - lys Bendiged*, means "the blessed herb of an earnest cry or prayer."

In homeopathy hypericum is a wonderful remedy to include in any first aid box because it has a specific affinity to the nerves, either when there has been injury or irritation. After homeopathic arnica it is the first remedy to think of following any traumatic accident where nerve rich areas of the body are affected such as fingertips, toes, lips and the spine. Those who trap their fingers in the car door and crush the finger tips or fall down the stairs and land on their tail bone (coccyx) are particularly helped by this

homeopathic remedy. This is a remedy that would be very useful in Haiti right now given the number of crush injuries.

Think of this remedy for any injury that is more painful than you would expect it to be.

Hypericum is also a remedy to think of after a concussion to the head especially if it is followed by a loss of hair. It is indicated for whiplash or any injury to the spine accompanied by sharp shooting pains, worse raising the arms.

Hypericum works by reducing pain; it promotes healing and is antiseptic. The old homeopathic books mention that this remedy may help to prevent tetanus after a puncture wound.

Hypericum may be indicated after a painful animal bite, an insect sting or for a puncture wound perhaps caused by stepping on an old nail or from a splinter. It also has uses when there is an extremely painful cut, laceration or a burn, it can be used as an eye wash to help flush out a foreign body, particularly when there is intense pain. It can be used for someone experiencing a lot of pain following a needle injection or a vaccination shot.

Some years ago a friend asked if there was any thing that would help her aunt who had landed on her tail bone several weeks previously and was still experiencing a lot of distress. I suggested homeopathic hypericum and it immediately helped and addressed the situation. This remedy may also help after the tail bone is injured as a result of childbirth.

The teeth are highly sensitive and an accident that causes damage to the teeth may be helped by this remedy. If there is continued pain after dental extraction then think of hypericum.

Homeopaths recommend hypericum for tooth ache where the pain is sharp and shooting in nature. They will also recommend hypericum for someone embarking upon spinal surgery. Instead of *arnica* one dose of hypericum is recommended before the surgery and several doses

afterwards. Hypericum is indicated after surgery if the pains are intolerable and greater than expected, especially if the pain is violent and shooting in its nature. In cases of serious head injury many homeopaths alternate the use of hypericum with **homeopathic arnica**.

## Homeopathic Cantharis

### Think Burns!



Spanish fly

This remedy is made from a bright green European beetle known as the blister beetle or the Spanish fly. It has been notorious for hundreds of years because of its poisonous and irritant properties; it secretes an irritant substance called cantharidin. The whole dried insect is ground to a powder to make the remedy

Homeopathy is based on the law of similars or like cures like and when a preparation made from this beetle is applied to the skin it will cause rapid intense irritation and burning. This remedy is therefore the first remedy to think of in an emergency burn or scald situation just as **Arnica** is the number one remedy to think of for bruising. Cantharis is extremely useful for second degree burns where vesicles and blisters have appeared and where there is a feeling of rawness, smarting and burning.

Cantharis works by relieving the severe pain following a burn and helps to promote healing. If this remedy offers no relief then consider the homeopathic remedy made from stinging nettles - *Urticaria urens*.

Cantharis also has an affinity to the urinary tract and is often used for urinary tract infections and cystitis where

there is sudden onset of intense inflammation with a great burning sensation before, after, but especially during urination. The patient is better for warmth, rest, rubbing and lying quietly on the back.

### Cantharis Check List

- ❖ Number one remedy for **burns**
- ❖ **Second degree burns** with blisters and vesicles
- ❖ Intense feeling of rawness, smarting and burning
- ❖ Irritation and pain in the eyes after a burn or chemical exposure
- ❖ Sudden violent onset
- ❖ Worse touch
- ❖ Affinity to the urinary tract, infections with a **burning** sensation
- ❖ Better warmth, rest, rubbing and lying still
- ❖ **On the mental level there may be anger or great irritability**

***Homeopathic first Aid courses, books and kits***

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Contact - Alternative Training [info@alternative-training.com](mailto:info@alternative-training.com)

Tel: 0800 - 0439 -349 toll free UK and talk to Mani or Amanda Norland

Tel: 866 - 424 -8783 toll free USA and talk to Sally

Dana Ullman at Homeopathic Educational Services also sells homeopathic remedies kits and books.

Dana has worked extremely hard for many years to try and bring homeopathy into the limelight, do support his efforts by choosing to mail order from his company.

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There's a lot of interesting information, you can download all my newsletters and read about our classes. If you go to the presentation page you will be able to view 4 interesting colorful power points, the information is simple to follow and is designed for people who want information in a hurry because they are dealing with an emergency situation. The presentations cover acute trauma, burns, the flu and radioactive fallout

**Rose Gallery Classes - Lake Mills, Wisconsin**

[www.therosegallery.net](http://www.therosegallery.net) Tel: 920 - 648 - 3973

I will be available on the **afternoon of February 24th** for private consultations at the Rose Gallery.

**Life Medical, Minnesota**

I am always available for short telephone consultations and will be available at Life Medical, Minnesota for one hour consultations on **Friday February 26<sup>th</sup> and Monday March 1st**. Please call me or email if you wish to schedule:

Tel: 708 - 784 - 9397

Please note that my Wisconsin and Minnesota trips may be subject to change since I have volunteered to go to Haiti with Homeopaths Without Borders.

## Classes at Peaceful Meadow Retreat, Boulder, Colorado

For further information: [www.peacefulmeadowretreat.com](http://www.peacefulmeadowretreat.com) or call 1 - 800 - 974 - 7428

10 June - Living Tree Orchid Essences  
29, 30, 31 July - Australian Bush Essences, the College Course  
6 August - Bach Flower Essences  
7 August - Australian Flower Essences  
9,10,11,12 August - The School of Homeopathy First Aid Course

We live in troubled times, the gift of family, friends and good health are our greatest and most precious assets, if you know of some one who is suffering reach out and share the knowledge. Caring is the first step to making a difference and it costs nothing.....