

NATURAL MEDICINE:
SUPPORT THE HEALING PROCESS
with HOMEOPATHIC REMEDIES



REMEDY JANE LLC

- Dr. Jane Li-Conrad DO
- Founder of Remedy Jane, LLC
- Board certified Osteopathic Family Physician.
- Classical Homeopathic Physician and Integrative Medicine Specialist
- www.remedyjane.com

Purpose of talk

- What is homeopathic medicine?
- Is it scientific?
- Does it work?
- Learn a few remedies



THE VITAL FORCE

- energy within that animates matter.
- It is present everywhere in the organism.
- ALWAYS adjusts to internal and external forces to readjust the organism, keeping harmonious balance.
- Causes disagreeable sensations and symptoms of disease when disrupted
- Intelligent sensor.



NIES

Neuro-Immuno-Endocrine System (NIES)

PHYSIOLOGY

Interconnected system of receptors, neuro-biochemical pathways and reflex responses that are constantly adjusting to internal and external dynamic stimuli.

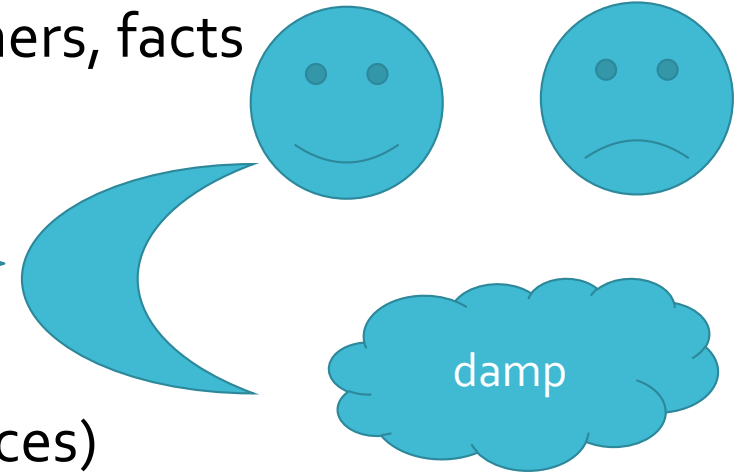
FORCES of life that cause VF imbalances:

sensor

- Our health is influenced by external and internal forces.

- 1. **Emotions** and energy of others, facts
thoughts

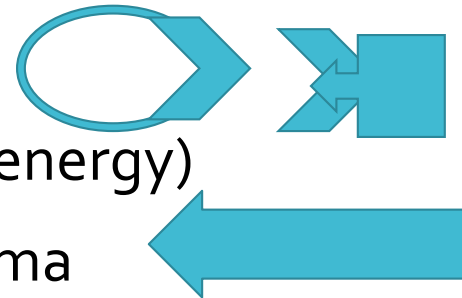
- 2. **Environment:**



- 3. **Internal signals** (genetic forces)

- 4. **Physical forces** (energy)

diet, drugs, trauma



What happens
when these
forces affect
the VF?...
progression to
disease



OVERVIEW

Principles of Homeopathic Medicine

forces of illness are energetic in nature

- minimum dose of natural medicine, scientifically developed and investigated. Proven effects in human studies (on vital force).
- Remedies are chosen based on *a set of symptoms that are specific to the disease as well as any peculiar, and striking symptoms that characterize the person with the illness.*

based on the whole person, a *totality of symptoms*

based on *individual expression of disease*

Prescriptions based on a *LAW of HEALING, called the LAW OF SIMILARS*

HOMEOPATHY
is a branch of
HOLISTIC
MEDICINE

Not acupuncture

Not reiki

Not herbal medicine

Not simply a nutraceutical

What makes homeopathy unique?

- The method of preparation of medicine
- The method of choosing the proper medicine based on individuality of the disease expression.

DEFINITIONS

- *HOMEOPATHY*

ALLOPATHY

HOMEO = similar

ALLOS = opposite

PATHOS = suffering

Supports the healing process (rebalancing the organism. symptoms)

Disease is one part of

WHY?

- Symptoms have purpose
- If you consider the physiology as a whole, it has purpose and intelligence.
- Constant rebalancing occurs from any stimulus.
- *There is intelligence, BUT body needs help to complete the healing process.**

SYMPTOMS have purpose

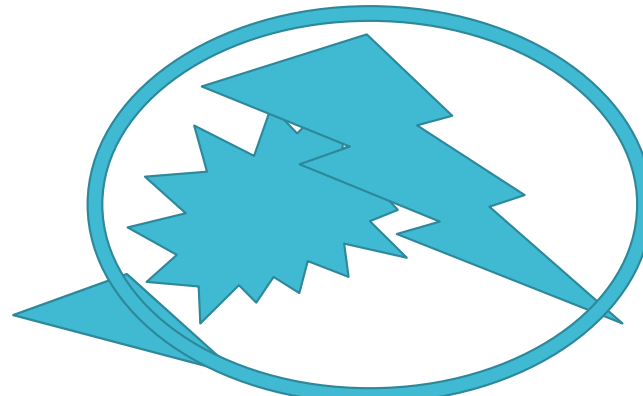
1. pain
2. inflammation
3. fevers
4. discharges
5. ulcers
6. tumors

HOMEOPATHY

1. disagreeable sensations
2. abnormal functions
3. physical signs
4. outside forces

By a detailed interview and examination

Corrects problems at the level of this vital force
(that regulates health and disease).





Founder of HOMEOPATHY

- Dr. Samuel HAHNEMANN, MD 88 years
- 1755-1843 born in Germany
- Fluent in 11 languages
- Degree in Chemistry
- Spent 50 years on a quest to find the cause and cure of acute and chronic disease.

During Medical training

TOO MUCH SPECULATION and theories

MATERIALISTIC: suppress disease, remove evil

- Enemas to induce diarrhea
- Bloodletting
 - Metal prongs or leeches
- Purgatives to induce vomiting

WEAKENED PATIENTS



PREVENTATIVE MEDICINE (MD 1779)

- Diet
- Hygiene
- Environment
- Morality

TRANSLATION
1790

CINCHONA OFFICINALIS (Peruvian bark)

cured malaria



Hahnemann's first experiment

Took 1/2 oz. of Cinchona extract:

SIMILAR SYMPTOMS OF MALARIA

nausea, profuse PAINLESS vomiting & diarrhea,
sweats, PERIODIC fever and chills

...each time he took a dose...

3 different times.

A material dose...





HYPOTHESIS

- Medicine ought to mimic or support the physiology
- of the totality of the “dis-ease” state
- known by signs and symptoms of the individual.....

Next step?

Testing more
medicinal
substances

- Investigate the powers of more natural substances to be used as medicines.
- Prescribe them to the sick using this same principle of similarity.

What medicine
did he use?

FROM NATURE

1. Animal parts (milk of dog, whole bee, ink of cuttlefish)
2. Minerals (salt, copper, gold)
3. Plant parts (leaves, stems, flowers)

HUMAN EXPERIMENTS

- “PROVINGS”
- Dr. Hahnemann (himself), his family and colleagues and many more people.
- Experience of remedies given to healthy people
- Over 200 years of provings now on over 3000 remedies.

Drugs affect the way you:



SEE



HEAR



SMELL



MOVE



EAT



THINK



SLEEP

MINIMUM DOSE

- Every substance can have healing or poisoning effects...depending on dose.
- Least dose that was safe and effective.

MINIMUM DOSE

“succussions”

- while experimenting, Dr. Hahnemann noticed a phenomenon as he was diluting the dose:
- When a substance was **vigorously shaken**, between dilutions, this process rendered the remedy **more powerful with more physical and emotional effects** on human subjects.

dormant powers released?

- made a remedy safer (by dilution) and more powerful (by serial succussions).

HOMEOPATHIC REMEDY

How Remedies are Made - Potentizing



Methodology of Potentization

- The **successive strokes against a somewhat hard, elastic body** to every vial containing one drop of the lower potency with 99 drops of alcohol to obtain strong potencies are vastly more effective than giving only a few **nerveless successive strokes**, which will produce little more than (another) dilution(s), which ought not to be the case.
- *Hahnemann*
- He used a bible

HOMEOPATHIC REMEDIES



- Tastes good, easy to take.
- Dissolves in on sugar pellet or liquid solution



POTENTIZATION

“Homeopathic POTENTIZATIONS are processes by which the medicinal properties, which are latent in natural substances while in their crude state, become aroused, and then become enabled to act in an almost spiritual manner on our life; on our sensible and irritable fiber”

VF

- *Hahnemann*

30 C potency

- Past Avogadro's number
- The laws of chemistry state that there is a limit to the dilution where we lose the original substance altogether. This limit, which is related to Avogadro's number (6.023×10^{23}), corresponds to homeopathic potencies of 12C.
- No material dose
- Energy dose: the perfect medicine that touches the VF gently, influencing the symptoms of the sick to turn around.
- SYMPATHY?

In these human provings...

- "PROVINGS"
- Provings done on healthy people
- Dr. Hahnemann (himself), his family and colleagues
- Individuals are trained to record symptoms paying particular attention to EVERY DETAIL and most importantly to any PECULIAR symptoms.
- peculiar characteristics would be signature symptoms to identify a particular remedy .

Example of headache

- **Ignatia:**
- One spot as though a nail were driven into it. Comes on after a strong odor or excess mental work . Is periodic, ends with vomiting and improves on urination. Better with firm pressure
- **Spigelia:**
- Sharp neuralgic pain over left eye comes from nape of neck and over the head with nausea, worse least motion. Usually comes on after sun exposure, worse in the morning.

IGNATIA

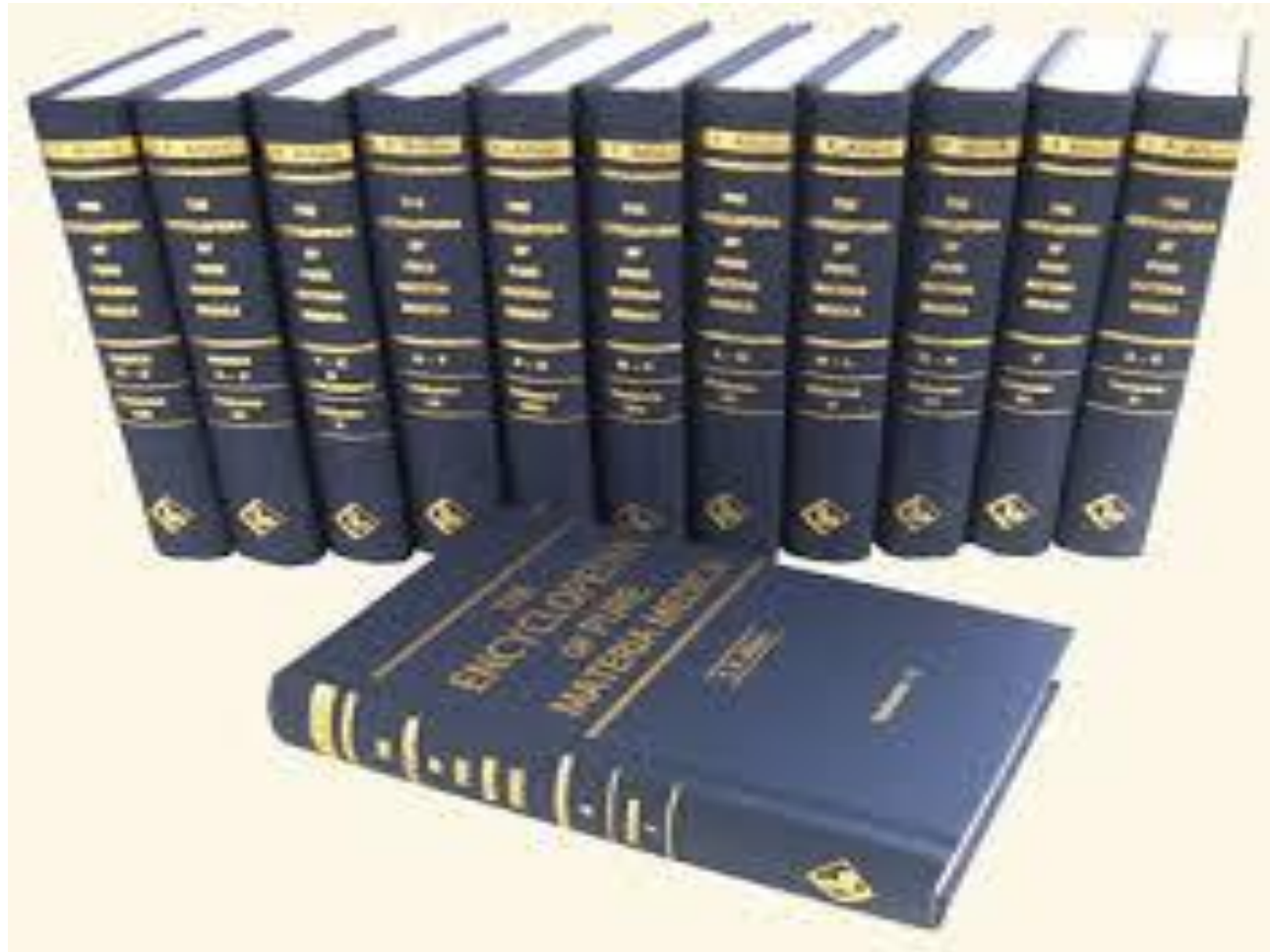
“St Ignatius
bean”



Spigelia
“Indian pink”



Homeopathic MATERIA MEDICA



Homeopathic materia medica

- Provings
- Toxicology reports (e.g. belladonna, poison hemlock, snake venom).
- Cures during a proving
- Cures produced in the clinic based on similarity

LAW OF
SIMILARS
(birth of
homeopathy)

ORGANON of
Medicine 1810

“LIKE CURES LIKE”:

- The symptoms of the sick person are the very symptoms that need support to complete the healing process...strengthening and supporting the vital force.

HOMEOPATHY :
stimulates the
VF and your
body (VF) does
the healing.

- Chronic sinus disease
- Chronic allergies
- Arthritis of many types (RA, OA)
- Skin disorders, psoriasis, boils, cysts, rashes of many types
- Hormonal imbalances: Impotence, menstrual problems, hot flushes
- Emotional disorders (depression and anxiety, mania)
- Autoimmune disorders (MS)
- Chronic fibromyalgia
- Chronic fatigue
- Infant and children disorders
- Asthma
- STD, herpes, warts
- Concussion, traumatic effects, seizures
- Gut disorders (chronic diarrhea, GERD, inflammation, constipation etc..)
- And many more...

PROVINGS: DETAILS

BODY and MIND

example: head pain

- **Location** (right to left, frontal, temporal...)
- **Sensation/descriptions** (throbbing, stitching, lancinating, dullness, burning...)
- **Modalities** (conditions making symptom better or worse...)
environment (sun, change in or temperature, weather, season, humidity, position, time, activity, etc.)
- **Concomitants** (at the same time) (amount of sweats, nausea...)

PROVINGS cont...

ETIOLOGY: since fall, since tooth extraction, since injections, since grief or shock, since exposure to damp or cold or heat ...(*)

TEMPERAMENT:

EMOTIONS:

CONSTITUTION: body hereditary traits, body shape, color of eyes and hair, weak, strong

GENERALITIES: of whole person: "I am" (thirst, cravings, aversions)

"I am", "I feel"

REMEDIES based on etiology that work

- Arnica montana: problems ever since trauma
- Ignatia amara: problem ever since grief
- Symphytum officinale: bone fractures that aren't healing.
- Aconitum napellus : ever since cold wind exposure or sudden effects of fright

ARNICA MONTANA

Leopard's
bane



IGNATIA

St Ignatius
bean



Symphytum comfrey



ACONITUM
NAPELLUS
monkshood



PROVINGS (cont...)

ETIOLOGY: since fall, since tooth extraction, since injections, since grief or shock, since exposure to damp or cold or heat ...

TEMPERAMENT: (*)

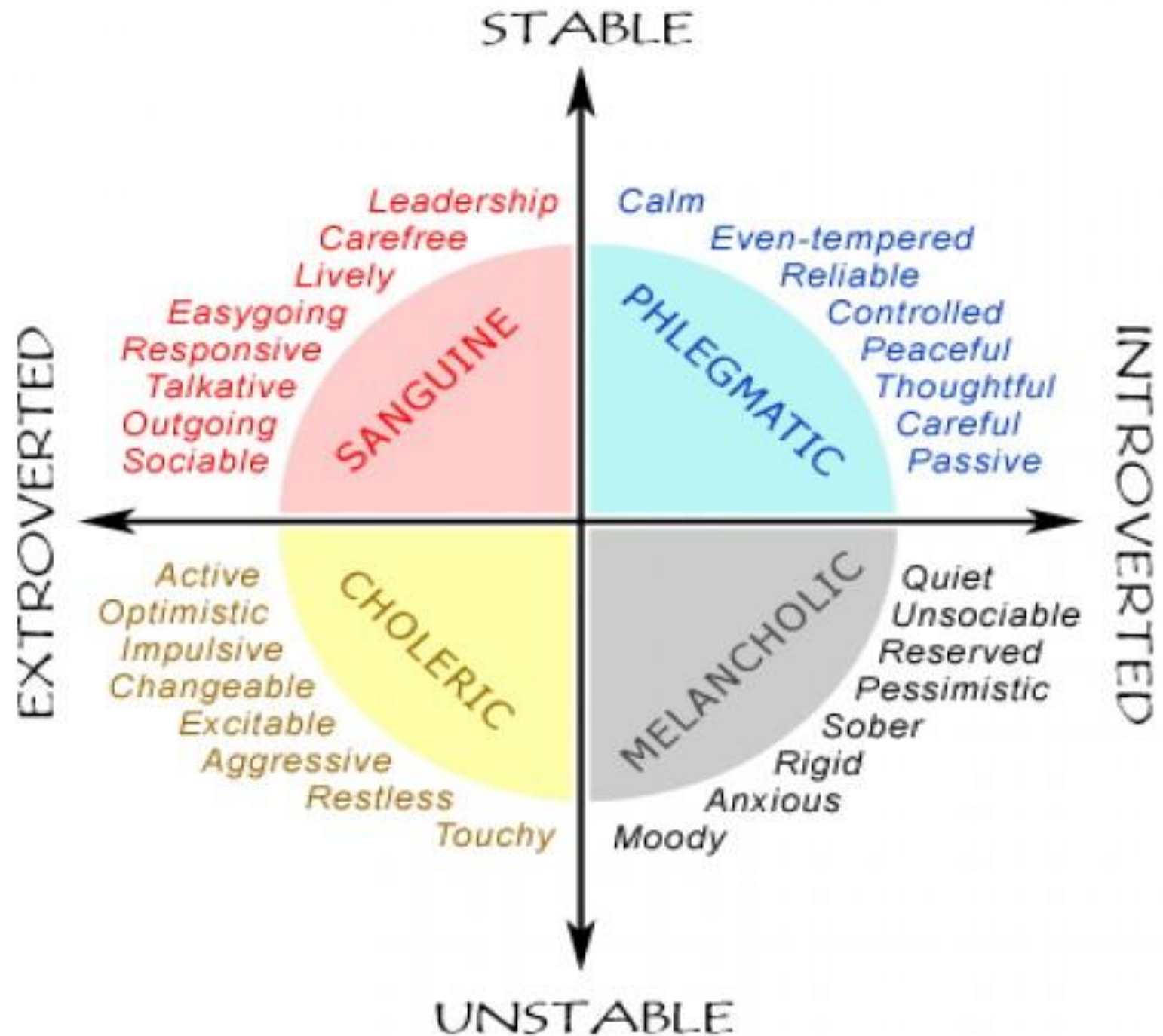
EMOTIONS:

CONSTITUTION: body hereditary traits, body shape, color of eyes and hair, weak, strong

GENERALITIES: of whole person: "I am" (thirst, cravings, aversions

TEMPERAMENTS

Do you think each may have a different physiology?



PROVINGS cont...

ETIOLOGY: since fall, since tooth extraction, since injections, since grief or shock, since exposure to damp or cold or heat ...

TEMPERAMENT:

EMOTIONS/MENTAL: anxiety, sadness, company, sympathy, noise (*)

CONSTITUTION: body hereditary traits, body shape, color of eyes and hair, weak, strong

GENERALITIES: of whole person: "I am" (thirst, cravings, aversions

EMOTIONS



PROVINGS cont...

ETIOLOGY: since fall, since tooth extraction, since injections, since grief or shock, since exposure to damp or cold or heat ...

TEMPERAMENT:

EMOTIONS:

CONSTITUTION: body hereditary traits, body shape, color of eyes and hair, weak, strong (*)

GENERALITIES: of whole person: "I am" (thirst, cravings, aversions

BODY CONSTITUTION



Ectomorph



Mesomorph



Endomorph

PROVINGS cont...

ETIOLOGY: since fall, since tooth extraction, since injections, since grief or shock, since exposure to damp or cold or heat ...

TEMPERAMENT:

EMOTIONS/MIND:

CONSTITUTION: body hereditary traits, body shape, color of eyes and hair, weak, strong

GENERALITIES: Things that modify or affect the whole person/ego:

STRONG and
CLEAR
GENERALITIES

“I am very thirsty” or “I crave cheese”

“I feel ravenously hungry everyday at 11 am”

“I feel cold in 70 degree room” or “I am burning all over”

Purpose of provings

- knowing the whole medicine and all its effects in humans to be able to match the **state of the remedy** with the **unbalanced state** in the sick

COFFEA
CRUDA

Coffee

• c



COFFEE STATE

coffea cruda

- INSOMNIA: An agreeable **mental excitement** causing **wakefulness**. Vivacity of thought.
- TOOTHACHES: **Toothaches better cold water**, intense pain in normal teeth of **right lower** jaw
- PALPITATIONS: from **overexcitement**: Heart – irritability **with palpitations** from nervous excitement

ARNICA MONTANA

Leopard's
Bane



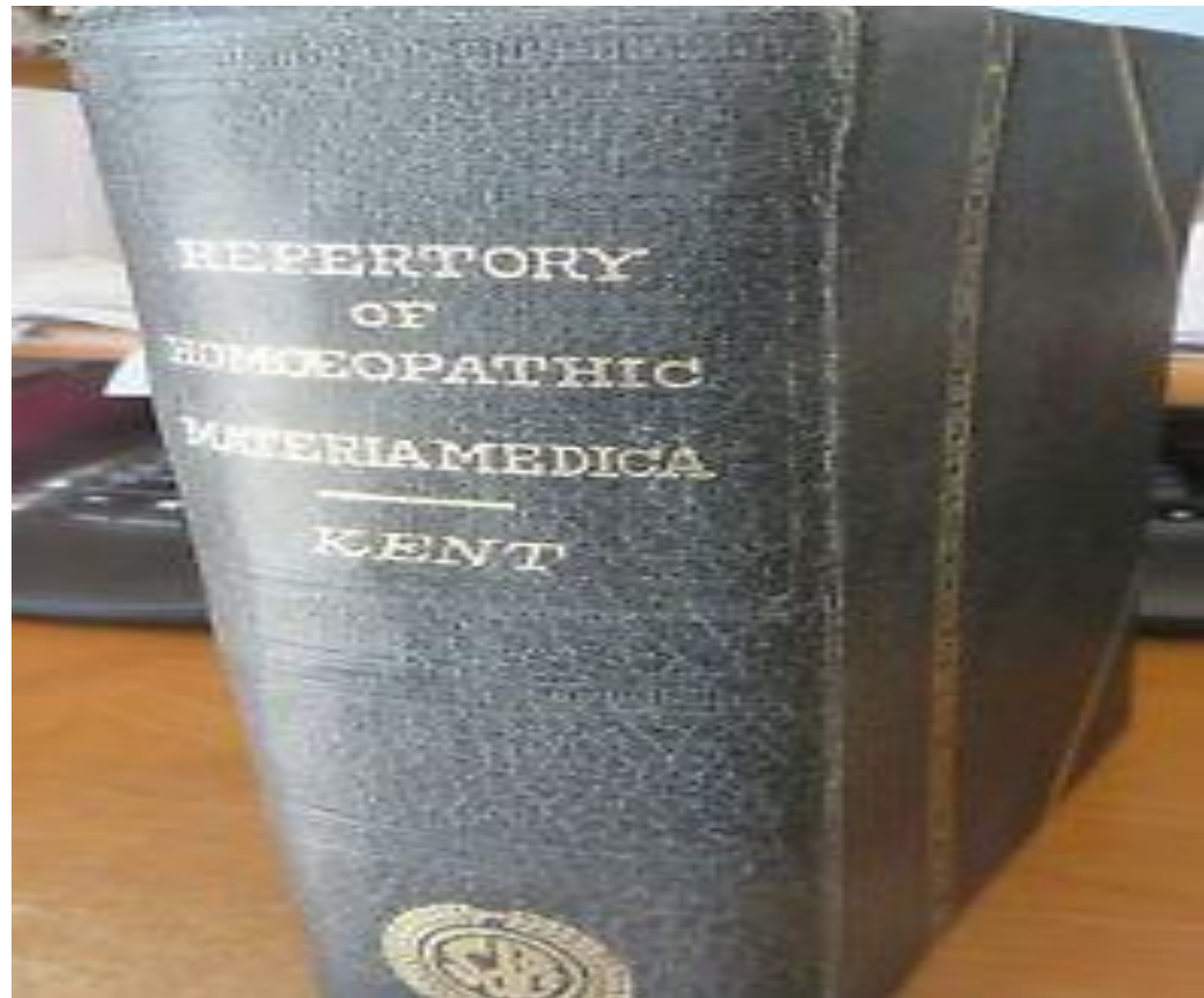
ARNICA MONTANA

- It is especially suited to cases when **any injury, however remote**, seems to have caused the present trouble.
- *After traumatic injuries*, overuse of any organ, strains.
- Acts best in **plethoric (congested states/redness)** and debilitated persons
- Sensation: **Limbs and body ache as if beaten**; joints as if sprained. **Bed feels too hard.**

CANT
MEMORIZE
ALL THESE
REMEDIES
and their
effects

- REPERTORY BOOK
- Symptoms organized by SYSTEMS or parts of body and by symptoms/emotions
- MIND
- HEAD
FACE
NECK
CHEST
HEART
LUNGS
BACK
etc...

REPERTORY



REPERTORY

Chapter in CHEST under “cough”

CHEST

DRY COUGH:

ACON, ARS BRY, CALC, PHOS RUMX *bar-m,*
lach, nat m, apis, bor, spig

- **BOLD TYPE** : 3
- *Italics* 2
- Plain type 1

Weighted GRADING of SYMPTOMS

GRADING OF SYMPTOMS:

Grade 3

Symptoms are recorded intensely in every prover during proving, **confirmed every time by all provers** during reproving & **clinically verified on every similar sick person.**

Grade 2

Symptoms are recorded less intensely in certain provers during proving, confirmed by some provers during reproving & clinically verified in some similar sick persons.

Grade 1

Very few provers record such symptoms with much less intensity during proving, confirmed by very few provers by reproving & very occasionally clinically verified on similar sick persons .

COMPUTER ANALYSIS

- Input the totality or **important symptoms**.
- Comes up with top remedies
- Need to still consult the materia medica to confirm your choice
- Choose the **remedy** with the most **intense, characteristic** symptoms that match with the **person's state** of disorder and correspond to their **hereditary and temperament sensitivities**.

COMPUTER ANALYSIS of TOTALITY

[illegible]

Match the
state of illness
to the state of
a medicinal
substance

- Need to know the power /effects of medicine. Distinguish one from the other.
- Needs to truly understand and perceive the state of imbalance of the patient. Distinguish one type of complaint from another.
- Need to choose the best fit

TOTALITY

what needs to
be cured:

the unique
person with a
disease !

- Etiology: “never well since”
 - Emotions affect the physiology of the body
 - Location or seat of the problem/organ/tissue
 - Symptoms of disease (SRP)
 - Genetics affect expression of diseaseindividual unique reactions of body and mind to environment , body type
 - Genetics affect temperament (mild vs irritable)
.....interactions/ relationships home and work, passions
- MAINTAINING CAUSE** (diet, hygiene, lifestyle, environment)

Studying the STATE OF ILLESS

- The totality of intense and characteristic signs and symptoms is the main means by which the disease allows us to find the necessary way to healing.
-the outer image expressing the inner essence of the disease that is of the disturbed vital force."
- -Hahnemann

Homeopathic remedies are FDA approved since 1939

- When FDA grants approval for a drug, it indicates that the **benefits of the product outweigh the risks for which it is used**
- FDA reviews results of lab, animal, human clinical testing done by manufacturers.
- **FDA does not approve dietary supplements**, foods, infant formulas.
- **FDA recognizes** articles listed in the **homeopathic pharmacopoeia**
- FDA has clear regulatory authority over all drugs including homeopathic remedies.

Aesculus
Hippocastanum
Horse-chestnut



Aesculus hippocastanum

- A great remedy for **hemorrhoids**, especially if blind or bleeding, where **bleeding causes some relief**. Anus/rectum has a feeling of dryness as if the rectum were full of sticks or **as if splinters** were pricking the folds of the mucous membrane.
- **Accompanied by constipation** with **large hard stools** with prolapse of rectum.
- General aching in the **lumbar and sacral** regions with **stiffness**, almost impossible to walk
Tearing in the small of the back and the hips

Apis mellifica:
Honey bee



Apis Mellifica

30 C

- Well-known effects of a bee's sting- **burning, stinging, lancinating pains** with **excessive swelling** – give leading keynotes for its use in a great variety of conditions.
- Also great **sensitiveness to touch**
- Symptoms proceed from **right to left**
- **Burning** that is **worse by heat**
- **Redness and swelling**, stinging and burning in eyes, lids, ears, face, lips, tongue, throat, anus
- May be used in sore throat, urethritis, cellulitis of face, where symptoms agree.

RUTA
GRAVEOLENS
: rue or herb of
grace

‘bitterwort’



RUTA GRAVEOLENS

- Especially useful for robust, sanguineous persons
- Bruised pain more particularly manifested in the bones
- Chief remedies for injured bones and especially bruised bones
- Shrinks synovial cyst of the wrist
- Having special affinity for the wrists, sensation of sprain or stiffness in the wrists.
- Useful in eyestrain or headache from eyestrain where there is a sensation of heat and burning in the eyes from over exertion of the eyes, weak and pressive –like eye pain when reading.

HOMEOPATHIC
INTERVIEW:

CHRONIC CASES

- DETAILED INTERVIEW of individual and
- DETAILED KNOWLEDGE OF WHAT A MEDICINE CAN PRODUCE and what can be stimulated to health

How homeopath diagnose and treat chronic disease

- 2-3 hour interview
- One remedy at a time
- Should improve on many levels (mood energy and emotion most important)
- Layers of illness removed

REACTIONS TO A REMEDY

1. Aggravation: good remedy, dose too high
2. Amelioration: good remedy and dose
3. New symptoms: need better fit?
4. No reaction: incorrect dose, wrong remedy
5. Return of old symptoms: right remedy, good reaction

Principles of Homeopathic Medicine

- minimum dose of natural medicine, scientifically developed and investigated. Proven effects in human studies (on vital force).
- Remedies are chosen based on *a set of symptoms that are specific to the disease as well as any peculiar, and striking symptoms that characterize the person with the illness.*

based on the whole person, a *totality of symptoms*

based on *individual expression of disease*

Prescriptions based on a *LAW of HEALING, called the LAW OF SIMILARS*

Classical Homeopathic Medicine

- When you have challenging cases, try homeopathic remedies from your toolbox!
- For more complex conditions consult a Classical homeopathic physician.



REMEDY JANE LLC

- Dr. Jane Li-Conrad DO
- Founder of Remedy Jane, LLC
- Board certified Osteopathic Family Physician.
- Classical Homeopathic Physician and Integrative Medicine Specialist
- www.remedyjane.com