

Homeopathy Basics for the Age Gifted!

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Presenter

- Kathleen Slonager
 - Registered Nurse
 - Nationally Certified Classical Homeopath
 - In practice since 2004
 - Over 25 years in Health & Wellness
 - President: Homeopathic Nurses Association
 - Certified Asthma Educator, Certified Acupuncture Detoxification Specialist

Disclosures

- **Owner/Practitioner:** Transformational Health PC (homeopathic holistic healthcare)
- **Executive Director:** Asthma & Allergy Foundation of American – Michigan Chapter
- **Consultant:** Ideomed (web & mobile based patient engagement solutions innovator)
- **Consultant:** Energy Foundation (a non-profit org that funds NPO's to build the new energy economy)
- **Consultant:** Michigan Department of Health & Human Services
- **Speaker:** Health Alliance Plan

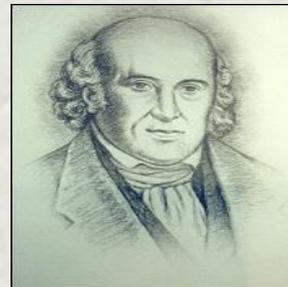
Disclaimer

- This presentation is intended for educational purposes only. It is not intended to diagnose or treat condition(s) or in any way replace the services of a qualified health care practitioner. Recommendations are probably not covered under your health plan policy, so
- Take Charge of Your Health!

What is Homeopathy?

The History

- Homeopathy is a system of medicine that is based on the Law of Similars. The truth of this law has been verified experimentally and clinically for the last 200 years *(National Center for Homeopathy)*
- Developed by Samuel Hahnemann (1755-1843) over 200 years ago, a German physician



What is Homeopathy?

- Homeopathic medicines work by stimulating the body's own immune system (vital force)
- Non-toxic and when properly administered are safe for infants, children, adults and animals
- Substances are extremely diluted (nanoparticles)
- No known unwanted side-effects

What is Homeopathy?

- Made from a variety of substances: plants/flowers, minerals, animal products
- Made in accordance of the Homeopathic Pharmacopoeia of the United States (HPUS)
- Homeopathic medicines are considered drug products under the law (FDA) since 1938 via the Food, Drug and Cosmetic Act
- Many are available OTC (over-the-counter)



Evidence-Based Medicine

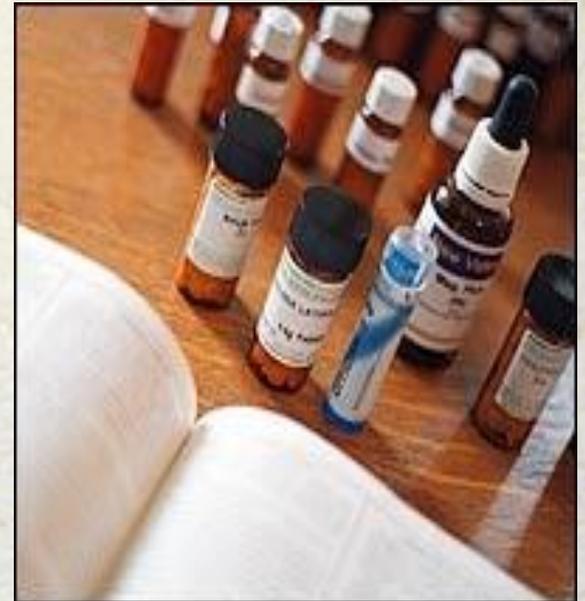
- Steinsbekk, A. Patients' assessments of the effectiveness of homeopathic care in Norway: A prospective observational multicentre outcome study. *Homeopathy*, Volume 94, Issue 1, January 2005, Pages 10-16. **“70 % of patients report positive health changes after homeopathic treatment. Most of these have already tried conventional medicine, with little or no effect”**

Evidence-Based Medicine

- Teut, Michael, Ludtke, Rainer, Schnabel, Katharina, Willich, Stefan, Witt, Claudia. Homeopathic Treatment of Elderly Patients. BMC Geriatrics 2010. **A prospective observational study with follow-up over a two year period. Cohort of 3981 patients with a variety of diseases and severity levels. Average reduction in severity level was 30% after 3 months, with improvement being stable during 24 month follow up. Conclusion: homeopathy may play a beneficial role in the long-term care of older adults with chronic diseases...**

Philosophy & Principles

- The Law of Similars
- Vital Force
- Totality of Symptoms
- Minimum Dose
- Single Remedy



Hey – It's Good Enough for...

- Henry David Thoreau
- Harriett Beecher Stowe
- Charles Darwin
- William Osler (“father of modern medicine”)
- C. Everett Koop, M.D.
- David Beckham
- Arnie Kander (Strength & Conditioning Coach, NBA Detroit Pistons)
- Catherine Zeta- Jones & Jennifer Aniston
- Paul McCartney
- U.S. Presidents: Lincoln, Tyler, Hayes, Garfield, Arthur, Harrison, McKinley, Harding, Coolidge, Hoover, & Clinton

Remedy Use for Home

- Lower potencies: 12C or 30C
- Potency selection not defined by age or weight. Based on overall balance & sensitivity
- **Use Split Dose Method**: 2 pellets in 8 oz of water then pound 5-10 times before taking sip
- First aid remedies might be used every 5-15 min or 2-4 hours as needed
- If no relief after 2-3 doses switch remedies

Remedy Use for Home

- If dry dose used, pellets should go directly from bottle into cap then mouth (not into hands) Split-Dose method highly recommended
- Remedies should be taken on a “clean/dry” mouth minutes before or after eating or drinking
- Remedies should be **discontinued once relief is noted** (unless directed otherwise by a homeopath)



How Homeopathy Is Used

- Medicines are pellet, liquid or by inhalation
- Remedy selection is based on an assessment that includes symptoms from physical, mental, emotional, spiritual
- When the correct remedy used – dramatic and subtle shifts take place
- Gentle/Slow vs. fast/aggravated
- > means better from
- < means worse from



Homeopathy's Use in First Aid

- Remedies for a Basic Home/First Aid Kit:
Aconite, Apis, Arnica, Arsenicum, Belladonna, Bryonia, Cantharis, Carbo veg, Chamomilla, Cocculus, Colocynthis, Euphrasia, Ferum phos, Gelsemium, Hepar sulph, Hypericum, Ignatia, Ledum, Magnesium phos, Nux vomica, Phosphorus, Pulsitila, Rhus tox, Ruta, Silica, Suphur and your constitutional remedy
- **Oscillococcinum** (for flu like symptoms)
- Include **Rescue Remedy** (a flower essence)
- **Topical Arnica & Calendula**

Homeopathy's Use In First Aid

- **Arnica** – a remedy that many people already know
- It's first aid use includes:
 - Bruising: internal & external
 - Swelling/inflammation, esp. from an injury
 - Signs & symptoms from head injuries
 - NEVER use topical arnica on open skin or wounds



Please note: these remedy descriptions are not comprehensive; for example only

Homeopathy's Use In First Aid

- **Apis:** stinging, burning, marked redness & swelling/inflammation; area feels *hot & dry*; bites/stings
- **Ledum:** puncture like wounds, black eyes, purple bruises, redness, swelling, stinging, pricking pain; area feels *cold* yet relieved with cold
- **Hypericum:** Injury to nerves esp fingers
- **Aconite:** shock & trauma, early stages of fever (in strong constitution)

Please note: these remedy descriptions are not comprehensive; for example only

Colds

See NCH website for a ton of resources

- **Aconitum:** first signs of sore throat & headache
- **Ferrum phos:** first signs of inflammation
- **Kali bi:** thick gluey stringy mucus, constant nose blowing with sneezing. Worse from cold or in the open air
- **Pulsatilla:** nasal discharge day & congestion at night; congestion < warm room, hot weather, or while lying down; > cool rooms, open air, or with cool applications. Itching at mouth roof < night. Emotionally moody, weepy, & impressionable. Thirstless
- **Nat mur:** Frequent sneezing; profuse watery discharge from nose & eyes; loss of taste & smell; thick white mucus. Dry/cracked lips, cold sores

Flu

- **Oscillococcinum®**: taken at very first signs (Aconite perhaps?)
- **Gelsemium**: feeling achy, tired, stiff neck & back, chilled, h/a that feels like a vise, sore throat, diff swallowing, hard to keep eyes open (looks like classic flu symptoms!)
- **Baptisia**: sudden onset, bruised feeling, dazed and sluggish
- **Eupatorium**: severe flu, bones feel bruised/broken, everything hurts

See NCH website for a ton of resources

Please note: these remedy descriptions are not comprehensive; for example only

Sleep Issues

- **Coffea:** complete sleeplessness, constantly moving, may wake with a start, esp at 3 am, disturbed by dreams, mental activity – flow of ideas
- **Aconite:** anxious dreams & nightmares, restless, feelings of anxiety & doom, insomnia of the aged
- **Arsenicum alb:** anxious, restless, agitated, tosses & turns. Must have head raised, suffocating fits, dreams full of care & worry, < after midnight, thirsty for sips of water

Sleep Issues

- **Phosphorus:** sleeplessness in older people, goes to sleep late & wakes feeling weak. Short naps with frequent waking. Dreams of fire or bleeding, frightful, uneasy
- **Pulsatilla:** wide awake in evening, finally restless sleep, wakes unrefreshed, then extremely tired in afternoon. Distinguished by likes cool breeze and uncovered.
- **Nux vom:** falls asleep early but wakes at 3 or 4 am, with mental worries. When sleep finally comes, time to get up! Especially helpful with excesses of food or drink

Joints & Pain

- Regular exercise is a key to good health, but pain and discomfort, injuries may prevent you from staying active
- Homeopathy accelerates the time it takes to heal; also beneficial in treating chronic conditions which affect performance
- For many activity related injuries or over use, **ARNICA** is the best, first remedy to consider. Try topical too!

Joints & Pain

- **Sprains and strains:** Bellis perennis – trauma to deep tissue: abdomen, legs, pelvis...swelling, bruising, soreness. Bryonia – falls, dislocations, tendon & bone injury < movement. Rhus tox – blows, injuries from overlifting, tearing pains > with movement
- **Bruises:** Ledum – esp good for swollen, purplish parts that feel cold, < heat > cold
- **Tennis elbow:** Rhus tox – tearing, stiffness. Ferrum met – boring, deltoid pain shooting to elbow

Please note: these remedy descriptions are not comprehensive; for example only

Sciatica

- **Colocynthis** – radiates to knee/heel, tingling, vise-like < cold
- **Belladonna** – sudden, intense, throbbing, burning, <touch, >warmth
- **Calcarea carb** – degenerative arthritis in spine, calcifications, < slight exertion or lifting > heat, lying
- **Kali carb** – low back, esp right side, extends to buttocks & even sole of foot. Involve knees & swelling. Pains drive out of bed

Please note: these remedy descriptions are not comprehensive; for example only

Back Issues

- **Rhus tox** – rusty gate, constant urge to get up, pain & sciatica lower back, < A.M., cold, damp, > heat, motion, hard pressure
- **Nux vom** – numbness, cramping, stitching, back or sciatic down either leg, < night, in bed, standing, motion, > heat, pressure, lying
- **Natrum mur** – pain & stiffness esp after suppressed emotions, < early a.m., coughing, > pressure, lying on something hard

Back Issues

- **Ruta**: pain at old injury site, contracture, stiffness, nodules, < motion & wet, > warmth & rubbing
- **Calcarea fluor**: chronic, cracking, stiff, < 1st motion & night, > warmth, damp
- **Apis**: red, hot, inflammed joints, < warmth

OTHER

- **Cell Salts** (Bioplasma, Tissue Salts): low-potency, made of 12 essential minerals. Supply the body with missing nutrients.

Please note: these remedy descriptions are not comprehensive; for example only

Hahnemann would say...

- Eat Healthy Fats
- Milk from Plants, not Cows
- No Soy (unless fermented)
- Eat Colorfully
- Fermented Foods
- Safe Sweets (stevia, xylitol, limited honey & molasses)
- Organic, Local, Whole, Fresh
- Try for less Carbs, especially refined

Hahnemann would say...

- Deep Green Leafy's and other brightly colored fruits and veggies



- Water, Water, Water & Clean (remove microbes, heavy metals, pharmaceuticals)



Hahnemann would say...

- No Microwave
- Few Supplements - whole food based
- Essentials include:
 - Essential Fatty Acids (EFA's)
 - Vit D
 - Multi
 - Magnesium
 - Probiotics/Prebiotics

Supportive Supplements

- **Omega 3 Essential Fatty Acids (EFA)**

Inflammation is the primary response to acute or chronic disease. EFA's have potent anti-inflammatory properties that promote immune system enhancement & improve many auto-immune responses



Omega 3 EFA's continued:

“Epidemiological studies suggest that a diet with a high content in marine fatty acids (fish oil) may have beneficial effects on inflammatory conditions.”

Schwartz J, Weiss ST. The relationship of dietary fish oil intake to level of pulmonary function in the first National Health and Nutrition Survey. *Eur Respir J* 1994;7:1821-4.

Supportive Supplements

- **Pro-biotics**

The human body is made up of an estimated 100 trillion bacterial cells from at least 500 species, not including viruses and fungi. These bacteria's (probiotics) are referred to as "friendly" bacteria and are responsible for several important biological functions. Some of these functions include assisting with digestion, keeping other harmful bacteria at bay and stimulating the immune system.

Joseph Mercola, MD: www.mercola.com

Supportive Supplements

- **Vitamin D3**

Chronic low-level exposure normalizes immune function and enhances immune cell production. This reduces abnormal inflammatory responses such as found in autoimmune disorders, and reducing occurrences of infectious disease.

Joseph Mercola, MD: www.mercola.com

- **Conditions Improved:**

Psoriasis	Cavities	Cancer	Fertility
Rickets & other bone	Asthma	Cognition	Fibromyalgia
Thyroid Conditions	Autoimmune	HTN	Mood Disorders
Inflammatory Bowel Disease		and many more!	

Mayo Clinic 1/28/15

<http://www.mayoclinic.org/drugs-supplements/vitamin-/evidence/hrb-20060400>

Vitamin D3 Dose Recommendations

from Joseph Mercola, MD: www.mercola.com

AGE	DOSAGE
Below 5	35 units/lb per day
Age 5 – 10	2500 units
Adults	4000-8000 units
Pregnant Women	5000-10,000 units

WARNING:

There is no way to know if the above recommendations are correct. The ONLY way to know is to test your blood. You might need 4-5 times the amount recommended above. Ideally your blood level of 25 OH D should be 60ng/ml.

Hahnemann would also say...

- Breathe deeply and from diaphragm
- Daily Movement/Exercise
- Get Outside - barefoot if possible
- Sleep (adults 7 hr min, kids more! And earlier in evening vs. later)
- BM's 2X/day

Hahnemann would also say...

- Avoid EMF's
- Natural vs. synthetic
- Alkaline vs. Acid Balance
- Eliminate Air Fresheners & Plug In's
- Free & clear Soaps, Cleaners and Detergents
- Simple vs. overscheduled
- Be of Service

Additional References

Everybody's Guide to Homeopathic Medicines,
Steven Cummings, MD & Dana Ullman, MPH

Your Natural Medicine Cabinet, Burke Lennihan, RN,
CCH

Homeopathy for Musculoskeletal Healing, Asa
Hershoff, ND, DC

Mayo Clinic Guide To Stress-Free Living, Amit Sood,
MD

Joseph Mercola, MD – www.mercola.com

More Research

- Homeopathic Educational Services:
www.Homeopathic.com
- National Center for Homeopathy:
www.NationalCenterForHomeopathy.org
- Homeopathy Research Institute:
www.HRI-Research.org

Resources

Homeopathic Books: www.Nature-Reveals.com

Remedies Available from: Whole Foods, Vitamin Shoppe, local health food store or Natural Health Supply www.A2ZHomeopathy.com

Books and Remedies: Homeopathic Educational Services: www.homeopathic.com

National Center for Homeopathy:
www.NationalCenterForHomeopathy.org

Find A Homeopath

National Center for Homeopathy:
www.NationalCenterForHomeopathy.org

Homeopathic Nurses Association:
www.nursehomeopaths.org

Council for Homeopathic Certification:
www.HomeopathicDirectory.com

North American Society of Homeopaths:
www.Homeopathy.org

Questions? Comments?

Feel free to contact me anytime:

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“The highest ideal of cure is rapid, gentle and permanent restoration of the health, or removal and annihilation of the disease in its whole extent, in the shortest, most reliable, and most harmless way, on easily comprehensible principles.”

Samuel Hahnemann

