

Americans for Homeopathy: Show Notes

The following is copied from an Americans for Homeopathy Choice email, 9/27/21

Show Notes: Dr. Richard Fisher, DDS

Remedies for dental abscess:

- Hepar sulph. - low potency. 6x or 12x
- Depending on the degree of infection, he will sometimes use 30C or 200C
A wonderful remedy for dental abscesses from deep inside the tooth. A bubble forms, which is where the infection is trying to get out.
- Silicia is another one that's good to go with.
It's good for something trying to get out of the body. Especially if it fits the constitution of the child. Slender and chilly in nature. Once the nerve dies, there's probably very little pain.

What if you're an adult? Is it the same?

Yes - you'll have some of the same symptoms and the same remedies apply. In older people, the gums are usually more involved than it is with children.

What are your thoughts on root canals?

It's when a nerve dies - not usually in baby teeth - first it gets infected and then the nerve dies.

A dead tooth causes a break in the electron meridian. It stops the energy flow pathways. It can effect all parts of the body that interact with that electron meridian. When faced with the decision of whether to have a root canal or have the tooth pulled, most adults opt to have the tooth pulled so that there isn't a break in the meridian.

We are able to save a lot of teeth from root canals with homeopathic medicines.

- Coffea is the number one remedy Dr. Fischer uses to avoid a root canal.

Remedies helpful when afraid of going to the dentist:

- Aconite
- Gelsemium

Mercury fillings:

- Dr. Fischer stopped using mercury in his fillings in 1982. Most dentists still use mercury in their fillings. Paola had a friend who had mercury fillings and she was having difficulties getting pregnant. After removing the fillings, she got pregnant a year later!

Dental trauma remedies:

- Arnica for soft tissue trauma. It's great when you have a tooth extracted. It's helpful with the pain, it speeds up healing, and helps get rid of the infection.

Root canal:

- Hypericum: nerve pain/damage
- Ruta: During a RC, a small file is used to clean out the root and sometimes a small puncture to the bone takes place. Ruta is a great remedy for bone trauma
- Staphysagria: It's great for any kind of an incision. Wisdom tooth extraction, or when the dentist has to cut the gum to expose part of the tooth.

Dr. Fischer gives his patients Arnica, Ruta, and Staphysagria when they have their wisdom teeth out.

Another good remedy for trauma:

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- Mag phos: After having work done and the jaw muscles are sore and in spasm, mag phos is a great remedy for that. It's also good for injury to the jaw.

Remedies for bleeding after dental surgery:

- Phosphorus
- Apis and Ledum are good for puncture wounds. Apis will feel good with heat, while Ledum feels cold to the touch.

Dry sockets:

- Hypericum
- Belladonna: throbbing pain - worse with touch and motion. Every 5 to 10 minutes

Bone injury: Short acting remedies and you can use them frequently. Later you can think about Ruta for the bone injury.

For the final stages of healing you can think of Symphytum because it can actually heal the bone.

Teething:

- Chamomilla and belladonna are good for teething. Chamomilla is #1.

Chronic dental problems need to have a constitutional case taken.

Show Notes: Kelly Callahan, CCH, RS (Hom)

4 Pillars of Prescribing and what makes homeopathy work

1. Like cures like.
2. The totality of the case. We are looking at all the symptoms, the whole person. By asking questions, they begin to build a picture of the illness. Any medicine you take will effect the whole body. A tip for working with acutes at home is to keep your focus on what you're working on. Often the chronics fade into the background as you work through the acutes.
3. Individualization. You are giving something specific to the person in front of you. The closer you can get to what that person needs, the better you will respond to a remedy. For example, most people go to Arnica for bruises and injuries. But Bellis perennis is actually very good for bruising. Instead of always going to what you're comfortable with, study up and look beyond what you know.
4. Minimum dose. Just giving enough to see the body's response. If you have something that comes on very intensely and you give a remedy in a 30c, it might not be enough for what your body needs. It might need to be given every 10 minutes, but if it doesn't have the vitality to meet the body's need, you may need a higher dose.

Potency - we need the remedy to be a little bit stronger than the strength of the disease. Everybody is different. Some people only need a 30c one time, but others need a higher potency or more frequently. It's good to start low because it's easier to go up than it is to scale back.

Common mistakes

1. Leaving a remedy too soon. One dose might only get close to the sickness, but often you need more to actually reach the sickness and to see an improvement. If you get even just a little bit of improvement from a remedy, stick with it. Try a water dose. Maybe go up in potency. If you see improvement, you want to follow the improvement. If you don't have a practitioner, find a friend who knows homeopathy. Someone who can help you think logically and not emotionally to find a remedy.

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2. Not knowing what to look for. Look at the list of symptoms in the repertory. Look at intensity and frequency decreasing. Think "is it improved?" so you're not thinking, "is it gone?" Take notes and keep track so you don't forget.
3. Don't think about diagnosis - think about symptoms. "Do you have a remedy for a headache? No, I have a remedy for you, who happens to have a headache."

What is the vital force?

It's energy that connects the body and the spirit together and keeps it there.

Show Notes: Sue Meyer ND, CCH

Hormones - the whole subject is really huge. If you have an issue that doctors don't know what it is, they dump it into one category - a syndrome. In homeopathy we look at individual symptoms.

Menopause is supposed to be no big deal, but with the toxins in our world and how our bodies are overloaded with toxins, it's become a very big deal.

When progesterone is no longer being produced, our hypothalamus, pituitary, and adrenals are supposed to take over. It's supposed to be a smooth transition.

When you're having symptoms, that's your body's way of saying, "Hey! Something is wrong!" There are a lot of different changes your body goes through. Detoxing the liver is very important. 31 days of eating very clean and then Dr.Oz's 3 day fast will really clean out your liver. It's the largest hormone producing organ. When it's busy dealing with toxins, it doesn't rightly produce hormones.

Exercise is also very important. Everyone should sweat 20 minutes a day to sweat out the toxins. Eat clean. Herbs are also important.

- Licorice root
- Wild yam

278 remedies listed in the rubric for the symptoms of menopause.

A quick homeopathic remedy can work, but sometimes you need help from a homeopath. 30c is a good potency.

- Aconite - for fear and restlessness
- Amyl nitrosum - for profuse sweats followed by heat flush.
- Calc carb - huge constitutional across many miasms. Women tend to be a little fleshier and weepy. Will up with the uptake of calcium, too. The calcium/magnesium balance is important.
- Kali phos - important nervous symptom remedy. Low potency.
- Cimicifuga (black cohosh) - when you lose tone in your uterus. Flabby uterus.
- Sepia - prolapsed uterus. Premier hormone remedy. Oddly - it's also a good bed wedding remedy.
- Folliculinum - your body isn't reading the hormones properly anymore. In a low potency - like a 6c. It's a sarcode.
- Graphites - for women who are gentle by nature. They are always so sweet and helpful. It will take its toll on their health. Constitutional remedy for this type of woman. Tend to be a little larger.
- Ignatia - for those who become hysterical. Anytime someone is weepy. If they're crying and don't know why.
- Lachesis - #1 Hot flash remedy.
- Glonoinum - good for the congested headache.

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- Lycopodium - because of the effect menopause has on the liver - loss of hair. Probably in a lower potency. Good for digestive upsets.
- Murex purpura - heavy period. History of problems. Serious menopausal suffering. This person is very lively and affectionate.
- Pulsatilla - a strong women remedy. They're the ones that throw the windows open for fresh air.
- Sabina - miscarriage remedy. Clotty discharge.
- Sepia - top remedy for anyone with uterine problems. #1 hormonal remedy.

Dosage: Try 2 or 3 remedies in a 30c (not at the same time), and if you can't get anywhere, it's time to call a homeopath.

Check out Sue's brand new course, [Homeopathy for Hormonal Health!](#)

Sue's team created a special handout for you! Click to download: (<https://t.congressweb.com/l/?LEMVRVUXXWPHUEX>)

Show Notes: Samantha Conboy

It's so important for consumers to know what all the acronyms mean.

Let's talk about the alphabet soup of the homeopathy world! Essentially we are all doing the same thing. There are doctors, professional homeopaths, and naturopaths that all have some form of identification.

- ABHt - Medically licensed homeopaths
- DHANP - Licensed Naturopath homeopaths.
- NASH RSHom - Registered professional homeopath.
- CCH - Nationally Certified Professional homeopaths.

Regulations for homeopaths are state by state. Some states require you to meet certain criteria to be called a homeopath. We need, as consumers, to know who we are talking to.

The CCH is a 1000 hour program. 500 hours of clinical and 500 hours of classroom work. There is a final exam that is required.

The DHANP takes a full year to get certified.

These people need to know how to take a case, how to decide potencies, and have knowledge beyond homeopathy as it pertains to the person.

As a homeopath, you need to know when something is over your head and when you need to refer them on to someone else.

What should we look for in a homeopath?

Look through the directories. Take the time to have even just a 15 minute phone call. Do you "click" with them? Will you be comfortable being completely open and honest with them? Check their credentials and look at their website. Where did they go to school? Do your friends have a homeopath they can refer you to?

Questions you may want to ask:

1. Do you have a mentor or supervisor you go to when you need help?
2. Are you part of a study group or a group of other practitioners that discuss cases?
3. Do you ever refer a client to another homeopath or another modality?

Continuing education credits are things to look for too.

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Would a homeopath ever need to see someone in person vs. telehealth?

It depends on which type of professional you're seeing. Like a doctor may need to actually listen to their breathing or their heart, but a homeopath may be fine just visiting over telehealth.

ACHENA & CCH - When homeopathy was getting stronger and the schools were fewer, they had to do case taking via recorded video. Now we're in a better place with internet. Now homeopaths train with live people and that's important. Not only do you get to take the case, but you get to watch the licensed homeopath work through the case.

Why work with a professional homeopath:

1. They are trained. They know how different remedies interact with each other. They have a better understanding of potencies and when to move to another remedy.
2. They have experience. You only have experience treating yourself, your family, and maybe some friends. But a licensed homeopath has treated many more people and different types of conditions.
3. They have a network of resources, including other types of practitioners.
4. This is your health. You wouldn't trust your car to someone with no experience or credentials. Why would you do less for your health?

Show Notes: Gabrielle Traub

Gabrielle came to homeopathy because of the death of her brother after a serious drug interaction. Several years later, another brother also had a bad interaction. Her parents decided that there must be a gentler way of medicine and they discovered homeopathy.

Homeopathy is such an individualized medicine. Everyone needs "their" remedies. We need to continue to advocate to keep ALL the remedies.

Homeopaths in South Africa have much of the same education as their medical doctors. The 2 courses parallel each other, having the same courses and tests. It is a very respected profession.

When she came to America in 2000, it was quite a shock! When she told people she practiced homeopathy, they usually had no idea what that was. She decided that needed to change!

There were so many different groups of homeopaths and they were not unified. When she began World Homeopathy Awareness Week, it was the first time there was communication between the groups and support for each other. 46 countries participate in WHAW! It just exploded.

People did different things to promote homeopathy. They put magnets on their cars, they had free clinics, they had health fairs - all to teach people about homeopathy. Some places in America ran marathons and they gave out free Arnica. Pakistan turned it into a relief organization and received a humanitarian award by the Pakistani government. Germany put on an opera about homeopathy. In Australia, they put up huge banners across main roadways promoting WHAW.

Gabrielle really wants to get the message out there that homeopathy needs our help. We must advocate for our children. This problem is not going to go away without our help. Our consumer advocacy group makes a difference.

What does M. Tech (hom) mean? In South Africa, it's a master's degree. Homeopaths spend a year doing double-blind clinical trials. They learn surgery, emergency medicine, Ob/Gyn. She did her clinical training in a rural clinic.

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One of her success stories: Gabrielle suffered from epilepsy and was having multiple seizures throughout the day. She was given all the traditional medicines. Her homeopath gave her the remedy Opium and she slept for 2 days. When she woke up, her whole world had changed. Things even looked different!

Another one: She was bleeding while she was pregnant. She had an argument and the stress made her start bleeding. Every time she got out of bed or moved, she would have profuse bleeding. She took Chamomilla - a great hemorrhagic remedy. She took one dose and her bleeding stopped by 50%. After the second dose, it stopped completely.

Homeopathy gently moves our amazing immune system along and it's not even the homeopathy. It's just helping our own body to heal itself. It turns the light on inside our bodies.

Threat to Homeopathy:

This threat to homeopathy is real. It's scary. We may not have a second chance to protect our remedies.

Which remedy are you willing to live without?

Gabrielle has a new book, "Live Right for Your Remedy Type." She's been working on this book for 10 years.

- How to support your remedy type by lifestyle and relationships.
- What kind of diet and exercise is best for you?
- How to support your child based on his/her remedy type.

This information will help support your homeopathic treatment.

You can checkout the book's website, www.homeopathicbook.com (<https://t.congressweb.com/l/?LEMVRVUXXWZQETB>)