

TOPICS IN MODERN HOMEOPATHY

HOMEOPATHIC MEDICINE FOR THE 21st CENTURY

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Obstacles to Cure

Smoking
Excess Alcohol
Chemical Pollution
Drugs & Vaccinations
Toxins
Irradiation
Magnetic Fields
Poor Diet & Nutrition
Inadequate Hygiene
Dehydration
Emotional Upset
Unhealthy Relationships
Sleep Deprivation
Physical Trauma
Miasms
Smother-Love
Palliative Mediral Treatment
Wrong Homeopathic Treatment

From the Organon, Samuel Hahnemann's advice to seek out and remove obstacles to cure:
\$1, \$2, \$3, \$4, \$5, \$7, \$93, \$94, \$208, \$252, \$255, \$260, \$261, \$262, \$263

"The softest tones of a distant flute that in the still midnight hours would inspire a tender heart with exalted feelings and dissolve it in religious ecstasy are inaudible and powerless amid discordant cries and the noise of day."

When Homeopathy Doesn't Work

Homeopathy is a rational, scientific process of evaluating symptoms and then finding the corresponding remedy. Despite the apparent simplicity of this process, however, everyone has had clients who, for one reason or another, didn't respond to therapy. Sometimes there is only a partial improvement, sometimes there is an unexpected response, and sometimes a client may even lapse into a series of complications and aggravations. It may be a comfort to know that some of the finest homeopaths of all time, all the way back to Hahnemann himself, have run into clients who defied their best attempts.

There are many common and seemingly innocuous circumstances that make even the most carefully chosen homeopathic remedies ineffective. Before recommending a remedy, it is important to evaluate the client's complete history and their circumstances in order to determine the possible obstacles to cure. This is one discipline that many non-classical practitioners tend to get lazy with. Complex remedies make using homeopathic remedies easier, but it is still important to remember that even the best remedy can be rendered ineffective when confronted with these obstacles to cure.

Environmental and work-related toxins are an ever present impediment. To deal with toxins, the body is forced to adapt and compensate however it can to preserve life. Always ask yourself, "What is this client exposed to in his home or work on a regular basis?" If a client comes to you who is employed in a metal recycling facility, it is a good bet that there may be some heavy metal toxicity that needs to be dealt with. Have a good laboratory that will help interpret HTMA results. Clients who live or work in downtown high-rises undoubtedly have issues with recirculated air containing cleaning fumes, carpet fibers, outside pollutants, paint & petroleum by-products, and a host of other complications. Eliminating exposure is the obvious ideal solution, but it may not be practical. This then leaves the difficult task of

trying to detoxify during ongoing exposure. It isn't the optimal situation, but detoxification done correctly will help clear the body so homeopathic remedies can work, even while there is ongoing exposure.

Many clients have multiple mercury amalgams and root canals imbedded in their teeth which are extremely toxic and invariably create an obstacle to cure. While the ideal solution is to have them replaced with non-mercury alternatives, these can be expensive, time consuming and require a trained specialist familiar with the extensive network of energetic connections and meridians woven throughout the buccal cavity, head and body. Until it is possible to have them replaced, the correct detoxifier, such as Mediral's Dentex, will help detoxify from the mercury and compensate so the correct remedy can have a chance to work.

Physical traumas that may have happened years ago can create blockages that prevent the healing energies from circulating properly. This is good reason for networking with other alternative practitioners, referrals back and forth make sure the client receives the best care and also helps your business.

Getting a medical history can be equally important. If the patient was recently on antibiotics (which might indicate a deficiency in their immune system brought on by poor diet, genetics, stress, etc.) or received his annual flu shot a few weeks ago, its more likely than not that the foreign chemicals floating around in his bloodstream have done enough damage that either a detoxification or sarcodal protocol might be needed before addressing the main complaint. Vaccines are known to antidote many homeopathic remedies and need their own detoxification. Surgery, whether recent or in years past, could have left scar tissue or chemical imbalances caused by the surgeon's knife and related cocktail of chemical anesthetics that the procedure required.

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Closely related are the recreational drugs (legal ones like alcohol and nicotine, as well as the less-legal variety) that can have a pronounced effect on mental, emotional and developmental states as well as the physiological mechanisms responsible for homeostatic balance. At some point, the client with a chronic illness must take responsibility for their own health and recognize that their habits are contributing to their illness. Change takes time, and counseling becomes an important tool with clients who are struggling with habits. If counseling isn't your strong point, consider referring them to a specialist. You may find that eliminating toxins is not nearly as important to health as the changes that can take place when a client regains a sense of control in his life and the almost instantaneous healing that can occur. These types of situations are known as 'Maintaining Causes,' because they are largely preventable circumstances that impede healing.

Prescription drug use can complicate the picture. Not only can it hide the true picture and present a false set of symptoms related to the drug (the more drugs an individual is taking, the greater the chance of this happening), it can shift or stagnate the body's response to the remedy, thus rendering treatment ineffective.

Delving into mental and emotional issues can be like opening a Pandora's box, but is essential if there is going to be significant healing. Unhealthy relationships (an abusive, overbearing or demeaning spouse, unruly children, parental conflicts) and negative emotions (resentment, guilt, jealousy, grief, hate) can act like a fortress, keeping the body in a stressed 'defense' mode. Homeopathy can have a profound impact on the psychological state and often needs to precede treatment of the presenting complaint.

Food, which in today's misinformed marketplace is often mistaken for nutrition, also impacts homeopathic activity. The molecules of our body are constantly being replaced, and quality nutrition provides the raw materials so that healing can take place. If you put a tuxedo on a pig, it's still a pig. Rebuild from the inside out with quality, nutrient-dense foods so the body has the tools necessary to heal. Even homeopathic remedies need something to work with. Hahnemann mentions coffee as an obstacle, but years of practice have prompted masters like Vitthoukous to interpret this to mean addiction. A few cups of coffee doesn't seem to prevent most remedies from working – but the debate continues as coffee is known to antidote some remedies.

As an interesting aside, don't assume that someone who is eating 'well' is necessarily able to access the nutrients in their foods. Even the best nutrients need to be assimilated, which requires digestive integrity. Most people in today's society have digestion impaired, so always consider the possibility that the GI tract needs attention and could be acting as an obstacle to cure.

Antidoting is a controversial issue among homeopaths, but certain items have demonstrated an ability to interfere with homeopathic remedies. These can include bicarbonate of

soda, electric blankets, coffee, menthol, camphor, eucalyptus, dental work, and even ultrasounds or deep-tissue roll-type massage. There is an excellent article by Judyth Reichenberg-Ullman ND on antidotes online at <http://www.healthy.net/asp/templates/article.asp?PageType=Article&ID=446>. Until more is known about how these items block homeopathic activity, it may be best to avoid them altogether throughout the therapy – if possible.

Genetic predispositions known as miasms have long been recognized as obstacles to cure (in fact, the word 'miasm' means obstacle to cure), and a complete selection of remedies for the more common miasms is available in the Medial line. Through the years, many more miasms have been created and are much more an obstruction today than they were in Hahnemann's time. Miasm remedies use high potencies and should be used by experienced professionals with care.

With all of the potential obstacles to cure that we are surrounded by, one might be tempted to ask, 'Why do homeopathic remedies work at all?' Of course, not every possible obstacle interferes with healing, and every individual responds in a unique way to the stresses of circumstance. Homeopathy is strong medicine, and it is able to work through most obstacles. The vital force is the strongest factor determining whether something acts as an obstacle or not. The more compromised a client is, the more obstacles to cure should be removed before treatment.

§260 Organon of Medicine, 6th Ed. - Samuel Hahnemann

"Hence the careful investigation into such obstacles to cure is so much the more necessary in the case of patients affected by chronic diseases, as their diseases are usually aggravated by such noxious influences and other disease-causing errors in the diet and regimen, which often pass unnoticed." *140

*140 Coffee; fine Chinese and other herb teas; beer prepared with medicinal vegetable substances unsuitable for the patient's state; so-called fine liquors made with medicinal spices; all kinds of punch; spiced chocolate; odorous waters and perfumes of many kinds; strong-scented flowers in the apartment; tooth powders and essences and perfumed sachets compounded of drugs; highly spiced dishes and sauces; spiced cakes and ices; crude medicinal vegetables for soups; dishes of herbs, roots and stalks of plants possessing medicinal qualities; asparagus with long green tips, hops, and all vegetables possessing medicinal properties, celery, onions; old cheese, and meats that are in a state of decomposition, or that possess medicinal properties (as the flesh and fat of pork, ducks and geese, or veal that is too young and sour viands), ought just as certainly to be kept from patients as they should avoid all excesses in food, and in the use of sugar and salt, as also spirituous drinks, undiluted with water, heated rooms, woollen clothing next the skin, a sedentary life in close apartments, or the frequent indulgence in mere passive exercise (such as riding, driving or swinging), prolonged suckling, taking a long siesta in a recumbent posture in bed, sitting up long at night, uncleanliness, unnatural debauchery, enervation by reading obscene books, reading while lying down, Onanism or imperfect or suppressed intercourse in order to prevent conception, subjects of anger, grief or vexation, a passion for play, over-exertion of the mind or body, especially after meals, dwelling in marshy districts, damp rooms, penurious living, etc. All these things must be as far as possible avoided or removed, in order that the cure may not be obstructed or rendered impossible. Some of my disciples seem needlessly to increase the difficulties of the patient's dietary by forbidding the use of many more, tolerably indifferent things, which is not to be commended.

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February – **Circulo Med**
March – **Metab Med**

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15%**

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Classical Corner



Antimonium Tartaricum, also called antimony potassium tartrate and tartar emetic, is made from the tartrate of Potash, and is the choice for respiratory ailments of a wheezing or rattling variety such as bronchitis, in which there is an accumulation of mucus in the chest and bronchi. Shortness of breath, mucus that is difficult to bring up and a burning in the chest all point to Antimonium Tart. Often there will also be a cold sweat and paleness about the face, with sleepiness and vomiting.

Skin ailments typified by large, painful pustules, such as acne and chicken pox, also respond well.

TOPICS

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Happy New Year!

This month we look at some of the things that interfere with homeopathic activity, and what you can do about it.

Don't forget to update your e-mail addresses, this is our last printed issue. We are going all digital in February.

PLEASE DELIVER TO:

'It seems to me that the task of the homeopath is more and more difficult, the successes less direct and spectacular, and the failures more frequent, due to the so-called 'progress' of our civilization; the chlorination and fluoridation of our water, the drugs and chemicals in our foods, air pollution, multiple vaccinations, the increasing use of X-rays, and the overuse of drugs like antibiotics and barbiturates as well strong suppressive acts like chemotherapy and radiation. All these factors contribute to the overwhelming suppression of natural disease manifestations, which confuses and complicates the problem in selecting our remedies.'

– Luc de Schepper MD, D1Hom, PhD

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