NUTS & BOLTS OF HOMEOPATHY

Kathy Zimmerman PhD, MSN, APRN, FNP-BC, AHN-BC, CCH

Kathleen Slonager RN, ADS, DiHOM, AE-C, CCH
Purpose

• Introduce an overall view of Homeopathy as a holistic medical system
• Describe case taking
• Inform audience of educational resources, training programs, and certification in homeopathy

Objectives

• Gain an understanding of the history and principles of homeopathy
• Develop insight into homeopathy case taking
• Develop understanding of current research in homeopathy
• Become aware of available resources, training programs, and certification in homeopathy
Disclosures for Kathy Zimmerman

- **Associate Professor of Nursing** – Austin Peay State University, Clarksville TN
- **President** – Homeopathic Nurses Association
- **Independent Contractor** – Family Nurse Practitioner, Clarksville TN, and Ashland City, TN
- **Private Holistic Nursing Practice** – Simply Healing
Disclosures for Kathleen Slonager

Relationships, associations, or material interests to disclose:

- **Owner/Practitioner:** Transformational Health PC (homeopathic holistic healthcare)
- **Executive Director:** Asthma & Allergy Foundation of American – Michigan Chapter
- **Past President:** Homeopathic Nurses Association
- **Consultant:** Global Halotherapy Solutions
- **Consultant:** Energy Foundation (a non-profit org that funds NPO’s to build the new energy economy)
- **Consultant:** Michigan Department of Health & Human Services
- **Consultant:** Integrated Health Policy Consortium, Environment & Health Committee
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.

• This educational activity is NOT intended to prepare learners to prescribe homeopathic remedies. It is intended for educational purposes only. Rather, learners who are not licensed to prescribe should refer clients to consult a qualified primary care practitioner.
Let’s Have Some Fun

• On your mobile device, go to Menti.com
• Enter code: 664268 to answer questions
• Use this code to ask questions for presenters on menti.com
History of Homeopathy

- Developed by Samuel Hahnemann (1755-1843) over 200 years ago
- German physician who earned his Doctor of Medicine degree in 1779
- Master Pharmacist
- Skilled linguist and translator, fluent in seven languages
- First person in modern times to promote the humane treatment of the mentally ill
- Only monument in DC honoring a physician
History of Homeopathy

• Decades before Koch & Pasteur, he understood the principles of contagious illnesses & successfully treated epidemics which ravaged Europe in the first half of the 19th century

• Hahnemann is the only person to have envisioned an entire system of medicine & then fully developed it into a powerful and practical tool within the span of a single lifetime

• Visionary whose understanding of the energetic basis of health and healing anticipated by a century the paradigm of matter as energy in modern physics
History, cont.

• During 19\textsuperscript{th} century, clinical practice of medicine was rife with superstition & lack of scientific rigor. ie: purgatives, bleeding, blistering plasters, herbal preparations

• Research & experimentation; hypothesis: \textit{a substance can cure what it can induce}

• Made its mark during the 1831 Cholera epidemic and many epidemics that followed

• 1\textsuperscript{st} experiment cinchona bark (malaria treatment)
History, cont.

• Concluded: effective drugs must produce symptoms in healthy people that are similar to the signs & symptoms of that disease; *Similia Similibus Curentur*, which translates: "Let likes cure likes"

• Later discovered the diluted form produces similar effectiveness, eliminating dangerous toxicity levels

• Hahnemann discovered that remedies treat by matching the symptoms, not the disease

• 1st Materia Medica Pura - 1811 listed experimental and clinical effects of 99 drugs based on their pharmacodynamic action on healthy persons.
History cont.

- Homeopathy 1st introduced in US by Hans Birch Gram. Studied medicine in Copenhagen. Following receipt of the degree, Gram fully tested the method of Hahnemann and, upon his return to the United States, he settled in New York City and set up practice.
- 1825, shortly after returning to the United States, Gram published the first work in America on Homeopathy.
- In the United States, Dr. Constantine Hering 1st homeopathic hospital in Allentown, Pennsylvania, in 1833.
- Hering also helped found the Homeopathic Medical College of Pennsylvania, which merged with Hahnemann Medical College in 1840.
History

• Around the turn of the century (1895), estimated 12,000 homeopathic practitioners, homeopathic hospitals & 100 hospitals (including University of Michigan)
• In the late 1800s there were 22 homeopathic medical schools in the U.S.
• By early 1920's, most homeopathic schools had closed in the U.S., due to conflict between homeopathic medical societies and the American Medical Association
• Homeopathy survived in the U.S. b/c consumer demand, unlike in Europe, maintained by physicians and pharmacists, as well as the public, for more than two centuries
• Some prominent advocates for homeopathy were Abraham Lincoln, Mother Theresa and Charles Menninger the founder of the Menninger Clinic.
Homeopathy Around The World Today

> 200 million!

Australia & New Zealand
Canada
France
Great Britain
Greece
India

According to World health Organization, Homeopathy is the fastest-growing and second-most widely-used system of medicine in the world.

Ref: World Health Report, WHO Global Atlas of Traditional, Complementary and Alternative Medicine, Map Volume, 2005
http://apps.who.int/iris/bitstream/10665/43108/1/9241562862_map.pdf?ua=1
Homeopathy Around The World

- Rapidly growing number of conventional medical doctors using homeopathic medicines, including:
  - 39% of French family physicians
  - 20% of German physicians
  - 10% of Italian physicians
- Homeopathy is included in the national health systems of a number of countries e.g. Brazil, Chile, India, Mexico, Pakistan, Switzerland, United Kingdom
- Many of the royal families of Europe were treated by Hahnemann himself. Prince Charles of England continues to support Homeopathy.

- Homeopathy Research Institute
WHAT IS HOMEOPATHY?
Homeopathy is...

- A research-informed healing method that was developed in the 19th century by a German medical doctor. It uses small doses of substances from nature to support the body’s natural ability to restore itself to health.

Thanks to our colleague Lorretta Butehorn, CCH FSHom PhD, for this definition.
What is Homeopathy?

• Derived from Greek hómoioios (similar) and páthos (suffering)
• Considers the totality of symptoms in body, mind and spirit, truly holistic
• The underlying concept of homeopathy is "like cures like", based on "the principle of similars"
• Some principles of homeopathy have been utilized for thousands of years, however Samuel Hahnemann (1755-1843) was the first to develop it formally
Philosophy & Principles

• Vital Force
• The Law of Similars
• Totality of Symptoms
• Minimum Dose
• Single Remedy
• Principles of Healing
VITAL FORCE

- Some call it ‘chi’
- Some call it ‘aura’
- Hahnemann calls it ‘vital force’
- Vital force communicates the symptoms of disease
- When symptoms of illness are present, vital force is unbalanced – not in homeostasis
- Remedies work to stimulate a return to balance: homeostasis

“During health, a spiritual power (autocracy, vital force) animates the organism and keeps it in harmonious order.” Samuel Hahnemann, Organon of Medicine, 1810
Provings - Remedy given to a healthy person, record all symptoms in the material medica (book of remedies).

These are matched with symptoms in a sick person.

“Artificial disease”

“Like cures like... Any substance which can produce a totality of symptoms in a healthy human being can cure that totality of symptoms in a sick human being.”

Samuel Hahnemann
Minimum Dose

- Dosing always begins with the lowest possible potency with minimal repetitions
- Smallest possible dose so as to maximize beneficial effects and minimize side effects. Repetition of dose is determined by the individual's response to the remedy
- Unnecessary repetition may lessen the response, even to the correct remedy. In homeopathy, less is better

“The correctness of a medicine for a given case... depends not only on its accurate homeopathic selection but also on the correct size (or rather smallness) of the dose.” Samuel Hahnemann, Organon of Medicine, A-275, 5 & 6th edition, 1833
Totality of Symptoms

• “The homeopathic method of prescribing on a totality of symptoms is designed to be curative, not just palliative & suppressive.” Luc DeSchepper, MD, PhD, CHom, DIHom, Lic.Ac.

• The unique and common physiological & psychological symptoms of each case are assessed by the homeopath & remedy is selected that matches the totality of that persons symptoms

• All aspects considered: physical, emotional, mental, spiritual

“...it follows undeniably that the sum of all the symptoms and conditions in each individual case of disease must be the sole indication, the sole guide to direct us in the choice of a remedy.” Samuel Hahnemann, Organon of Medicine, A-17, 1833
Single Remedy

- See Minimum Dose
- Only one remedy can be the most similar at any given time to the condition of any given patient - Similia Similibus Curentur
- If more than one remedy is used the homeopath will never know which element was curative and our source of future guidance is obscured

“In no case under treatment is it necessary and therefore not permissible to administer to a patient more than one single, simple medicinal substance at one time.” Samuel Hahnemann, Organon of Medicine, A-273, 1833
HOMEOPATHY’S PLACE IN MEDICINE
Levels of Care

• **Level 1: First Aid**  
  common ailments and occurrences; sprains and bruises, minor burns, skin irritations and reactions (including poison ivy, diaper rash and insect bites), teething pain, etc.

• **Level 2: Acute Homeopathy**  
  temporary conditions; such as colds, flu, coughs, sprains, etc.

• **Level 3: Constitutional Homeopathy**  
  chronic past and present symptoms. Can elicit profound healing response. Extremely effective in treating chronic and long-term health problems. Will improve overall strength of body’s immune system and to prevent future occurrences
## Homeopathic Health Model

<table>
<thead>
<tr>
<th></th>
<th>Allopathy</th>
<th>Homeopathy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medicines have</td>
<td>Medicines have similar biological effects to the illness</td>
<td>Initiates self-healing process, acting indirectly on the diseased cells and organs</td>
</tr>
<tr>
<td>different biological</td>
<td>Act directly upon tissues &amp; cells of the body, w/o any effects upon the</td>
<td>Heal the diseased tissues or remove the biological tendency to develop the disease (i.e.: medicines can “restore”)</td>
</tr>
<tr>
<td>effects from the illness</td>
<td>body’s innate healing powers</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Counter effects of pathological tendencies, but do not change the</td>
<td></td>
</tr>
<tr>
<td></td>
<td>tendencies themselves. Medicines can cure, but rarely, and usually not</td>
<td></td>
</tr>
<tr>
<td></td>
<td>w/o destroying cells in the process</td>
<td></td>
</tr>
</tbody>
</table>

Thank you Ann McKay, RN-BC, MA HNB-BC, HWNC-BC, DHM, CCH, for this model
# Homeopathic Health Model

<table>
<thead>
<tr>
<th>Allopathy</th>
<th>Homeopathy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medicines (for chronic illness) are taken continuously &amp; indefinitely</td>
<td>In general, medicines are taken infrequently &amp; only as often as needed</td>
</tr>
<tr>
<td>May cause side effects in some cases &amp; in the worst cases, may hasten or lead to disease/death from toxicity</td>
<td>Free of side effects and toxicity</td>
</tr>
<tr>
<td>Crude or large material doses that work on a chemical level</td>
<td>Infinitesimally small doses - just enough to provoke a reaction</td>
</tr>
<tr>
<td>The mental &amp; physical are divided as separate areas of health, treated by different specialists</td>
<td>There is not a division made between mental &amp; physical aspects of health. The whole person is always treated</td>
</tr>
</tbody>
</table>
## Homeopathic Health Model

<table>
<thead>
<tr>
<th></th>
<th>Allopathy</th>
<th>Homeopathy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Concurrent symptoms &amp; illnesses are considered &quot;comorbid&quot; and require use of multiple medications or treatments - at least one for each condition</td>
<td>Concurrent symptoms &amp; illnesses treated together as multiple manifestations of the underlying disease state by one medicine</td>
<td></td>
</tr>
<tr>
<td>Illness as defined conventionally is felt to be a valid existential construct, equivalent to the sum of symptoms &amp; physical manifestations</td>
<td>Illness is felt to be a sign of biological imbalance which remedies correct. Conventionally defined illness is merely the indicator of imbalance</td>
<td></td>
</tr>
<tr>
<td>Usually palliates the symptoms of illness without addressing the underlying cause</td>
<td>Addresses the underlying cause and attempts to “alleviate” the illness</td>
<td></td>
</tr>
</tbody>
</table>
Homeopathy’s Place in Medicine

• Time for paradigm shift? Reverse current treatment order from conventional therapy, drugs, and surgery, to using homeopathy and other holistic modalities first?
• Current regulatory scene antagonistic ie: current FDA issue
• Homeopathy has low risk of harm and great potential benefit indicate that the existing regulatory system should stay intact, with only minor changes
  • consumer friendly labeling
  • prevent non-homeopathic products fraudulently posing as homeopathic
Reasons for using Homeopathy

- NO HARMFUL SIDE EFFECTS
- GENTLE, SAFE FOR ALL AGES & STAGES
- TRULY HOLISTIC
- COST EFFECTIVE
- CAN BE PREVENTATIVE AS WELL AS THERAPEUTIC
- NO ANIMAL TESTING
- EASY TO TAKE – INCREASES PATIENT INVOLVEMENT
- INVALUABLE FOR FIRST AID
EVIDENCE & RESOURCES
Evidence


Evidence


Publications


CASE TAKING
REPERTORY
MATERIA MEDICA
CASE TAKING
Symptoms (similimum)

- Takes about an hour in length
- Symptoms (chief complaint)
- **likes and dislikes or preferences** (food, weather, fears, sleep, etc.)
- remedy selection (one remedy at a time)
- Healing occurs in reverse and sometimes an old symptom will reappear and then heal.
• Interviewing client reveal what makes them unique; fears, sleep, **likes and dislikes**, and other specifics.

• Developed into Rubrics

• Lists specific remedies which are matched to the symptoms.

• Remedies are listed in the Materia Medica
Rubrics

- I have thick post nasal drip:

Rubrics

- My gums bleed easily:
  - Mouth, Apthae, tongue

Rubrics

• I have lightning-like pains in my legs

• Extremities, Shocks

• Extremities; SHOCKS; Lower Limbs; painful (1) : ars.
Rubrics – case management

- I have terrible menstrual cramps
- Genitalia, Female, Menses, painful, dysmenorrhea

Sample Case

• A 48 year old female presents a chief complaint of a throat infection. As she speaks, she uses that funny tone people get when they are trying to talk around a sore throat.

• “My throat feels swollen, it really hurts. It feels like there is a splinter in it and the pain reaches up to my ears sometimes. It started about 3 days ago.”

• “I feel really cold and keep putting on more sweaters”. (She is wearing a sweater and a jacket: practitioner is comfortable in shirtsleeves.)

• “I have been drinking lots of hot tea to warm me up and it makes my throat feel better.”

• “My husband says I am grouchy, that I have lost my sense of humor.”
Sample Case:

• Discussion:
  The woman is this case has an infection in her throat marked by helpful keynotes and modalities. There is a sensation of a splinter in her throat and the throat pain extends to the ears. The pain is better from heat (hot tea). Since the onset of this acute illness, she is chilly and irritable.

• Rubrics:
  • Throat, Pain, warm drinks amel
  • Throat, Pain, extending to ear
  • Throat, Pain, splinter, as from a
  • Generalities, Heat, vital lack of
  • Mind, Irritable
Sample Case: Repertory

1. Throat, Pain, warm drinks amel

2. Throat, Pain, extending to ear

3. Throat, Pain, splinter, as from

4. Generalities, Heat, vital lack of

5. Mind, Irritable


Sample Case: Repertory

(Synergy Homeopathic – Macrepertory software)
Remedy Selection

**Hepar sulph (hep.)**
- Mind: Aversion to amusement, anger, discontented (grumpy bear)
- Head: Pain in forehead
- Throat: Splinter-like pains in the throat
- Skin: Eruptions, painful, as from splinters when touched
- Generals: Weakness, cold, intolerant to draft

**Aluminum (alum.)**
- Mind: Doesn’t like to be hurried, disoriented
- Head: Vertigo, sensation of cobwebs
- Throat: Swallowing difficult, no pain
- Skin: Itching to point of bleeding
- Generals: Aggravation from heat
Remedies

• Dilution & Succussion
• Made from plant, animal, or mineral substances.
• Highly diluted then succussed (a process of shaking)
• Aggravation – a return of an old symptom.
Homeopathic Pharmacopoeia of the U. S.

- Homeopathic remedies are regulated by the FDA, by use of standards and guidelines, established in the current Homœopathic Pharmacopœia of the United States (HPUS).
- HPUS is a non-governmental, non-profit scientific organization composed of experts in the fields of medicine, arts, biology, botany, chemistry and pharmacy who have had appropriate training and experience and have demonstrated additional knowledge and interest in the principles of homeopathy.
Common Remedies – Treatment of Acute Symptoms

- Aconite
- Arnica
- Arsenicum
- Belladonna
- Chamomile
- Ferrum p.
- Hypericum
- Nux v
- Pulsatilla
- Rhus tox
- Ruta
- Sulph
Cases

**Acute**
- Otitis media
- Dry socket
- Trauma
- Cold

**Chronic**
- Allergies
- Hormonal
- Rheumatoid Arthritis
- Depression
- Parkinson's
TRAUMATIC MAN

ARNICA... use first in all injury; for shock, pain, bleeding, etc.
Blows to Head, Spine or Concussio:
HYPERICUM
Blackeye
LEDUM
Fracture
ARNICA & LEDUM & SYMPHYTUM
Wounds, Cuts & Bleeding:
CLENDULA or HYPERICUM
Bruiser:
LEDUM
Joint Sprains:
RHUS-TOX or RUTA
Muscular Strains:
ARNICA
Tendon Injury:
RUTA
Old Splints:
Poison by:
RHUS - TOX
Abuse of Alcohol, Drugs, Smoking, Food:
NUX VOMICA

Heatstroke:
BELLADONNA
GLONINE
ANT. CRUD
Chilblains:
AGARICUS
CALC. CARB.
Nerve Injury:
HYPERICUM
Wrist sprain
Wrist ganglion
RUTA
Insect or Animal Bites:
LEDUM
Bite sting:
APIS
Burns:
CANTHARIS - internally
CALENDULA - externally
HYPERICUM
URTICA URENS
Puncture wounds:
LEDUM
Splinters, etc.
SILICA
(to expel foreign body)
LIFESTYLE TO SUPPORT HEALTH AND WELLNESS
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

Aphorism 94: (§ 94)

... the particular circumstances of the patient with regard to his ordinary occupations, his usual mode of living and diet, his domestic situation, and so forth, must be well considered and scrutinized... in order that by their removal the recovery may be prompted...
Hahnemann would say...

- Deep Green Leafy’s and other brightly fruits and veggies

- Water, Water, Water & Clean (remove microbes, heavy metals, pharmaceuticals)
Hahnemann probably would say...

- No Microwave
- Few Supplements - whole food based
- Essentials include:
  - Essential Fatty Acids (EFA’s)
  - Vit D
  - Multi
  - Magnesium
  - Probiotics/Prebiotics
Hahnemann Would 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
- 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
Health & Wellness

• Create a healthy environment with living plants, cleanliness, plenty of light and air. Make your living space pleasing to the eye, and make repairs to areas that have become damp.

• Be mindful of good nutrition. Learn about the detrimental effects of sugar, coffee, saturated fats, and white flour. What does a well balanced diet look like?

• The use of drugs and alcohol will impact the efficacy of your remedy and affect your overall health.

• Finding your purpose in life will create a sense of contribution. Engage in relationships that help you to fulfill that purpose.
Education & Licensure

• Homeopathic schools
• ACHENA
• Certification
  • Council for Homeopathic Certification (CHC)
  • NASH (FsHOM)
• Organizations
  • Homeopathic Nurses Association
  • National Center for Homeopathy
  • North American Society of Homeopath
Training

• **National College of Naturopathic Medicine**, 049 SW Porter, Portland, OR 97201. (530)255-4860 [www.ncnm.edu](http://www.ncnm.edu)

• **Bastyr University**, 14500 Juanita Dr NE, Bothell, WA 98011. (425)823-1300 [www.bastyr.edu](http://www.bastyr.edu)

• **Bastyr University** (San Diego, California) [http://www.bastyr.edu/california](http://www.bastyr.edu/california) — 4106 Sorrento Valley Blvd., San Diego, CA. 92121; 858-246-9700.

• **Southwest College of Naturopathic Medicine**, 2140 E. Broadway Road, Tempe, AZ 85282; (602)858-9100 [www.scnm.edu](http://www.scnm.edu)

• **Canadian College of Naturopathic Medicine**, 1255 Sheppard Ave E., N. York, Ontario M2K 1E2, Canada [www.ccnm.edu](http://www.ccnm.edu)

• **University of Bridgeport**, College of Naturopathic Medicine, 60 Lafayette, Bridgeport, CT 06601. 800-392-3582. [http://www.bridgeport.edu/academics/graduate/naturopathic-medicine-nd/](http://www.bridgeport.edu/academics/graduate/naturopathic-medicine-nd/)

• **“Luminous Homeopathic Courses“**, taught by Lou Klein, RSHom, 604-947-0757 or visit his web site: [http://www.homeopathycourses.com/](http://www.homeopathycourses.com/)
Training

- **New England School of Homeopathy** - 356 Middle St., Amherst, MA 01002. 413-256-5949. [www.nesh.com](http://www.nesh.com)
- **New York School of Homeopathy** - [http://nyhomeopathy.com/](http://nyhomeopathy.com/)
- **Homeopathy School International** - [www.homeopathyschool.org](http://www.homeopathyschool.org) 970-685-4613
- **The Texas Institute for Homeopathy** - 876 Amberstone, San Antonio, TX 78258. 800-460-7580, [http://www.texashomeopathy.com](http://www.texashomeopathy.com)
Training

• **Vancouver Homeopathic Academy** - PO Box 34095 Station D, Vancouver, BC V6J 4M1 Canada. 604-708-9387. [www.homeopathyvancouver.com](http://www.homeopathyvancouver.com)

• **Toronto School of Homeopathic Medicine** - 17 Yorkville Avenue #200, Toronto, Ontario M4W 1L1 Canada. 416-966-2350, [http://www.homeopathycanada.com/](http://www.homeopathycanada.com/)


• **Canadian Academy of Homeopathy** - 1173 Boulevard Du Mont-Royal, Outremont, Quebec H2V 2H6, Canada. 514-279-6629, [http://www.homeopathy.ca/](http://www.homeopathy.ca/)

• **Canadian College of Naturopathic Medicine** - 1255 Sheppard Avenue East, New York, Ontario M2K 1E2, Canada. 416-498-1255, [http://www.ccnm.edu/](http://www.ccnm.edu/)

• **The Montreal Institute of Classical Homeopathy**: [www.michmontreal.com](http://www.michmontreal.com)
Training

• Special training for dentists is available from National Dental Seminars, PO Box 123, Marengo, IL. 60152.

• Training in veterinary homeopathy is available through Richard Pitcairn, DVM, PhD: www.drpitcairn.com
Education Programs Certification

• ACHENA - founded as an independent agency to assess homeopathic training programs in the United States and Canada. ACHENA is comprised of professional homeopathic practitioners, educators, representatives from accredited schools, representatives from national organizations supporting homeopathy and public members.
Certification

• The Council on Homeopathic Certification, PO Box 12180, La Crescenta, CA 91224  PMB 187, 17051 SE 272nd St. Ste. 43, Covington, WA 98042; Contact them at: 866-242-3399 or visit their web address, http://www.homeopathy-council.org


• The American Board of Homeotherapeutics, 617 W Main Street 4th Floor, Charlottesville, VA 22903, is for certified MDs and DOs. Contact them at 703-548-7790.

• The Homeopathic Academy of Naturopathic Physicians, 12132 SE Foster Place, Portland, OR 97226, is the certifying organization for naturopathic physicians. Contact them at 503-761-3298, or visit their web address at http://hanp.net
Beginner and Introduction to Homeopathy
Reference Books

• Everybody’s Guide to Homeopathic Medicine by Stephen Cummings, MD & Dana Ullman
• First Aid and Acute Care: The NCH Study Guide
• Healing With Homeopathy by Wayne Jonas, MD & Jennifer Jacobs, MD
• Homeopathic Medicine at Home by Maesimund Panos, M.D. & Jane Heimlich
• Homeopathic Pharmacy by Stephen Kayne
• Homeopathic Treatment of Small Animals by Christopher Day
• Homeopathy for Pregnancy Birth and First Year by Miranda Castro
• The Family Guide to Homeopathy by Dr. Andrew Lockie
Reference Books
Intermediate & Advanced

- Materia Medica with Repertory by Dr. William Boericke
- Homeopathic Remedy Guide by Robin Murphy, ND
- Medical Repertory by Robin Murphy, ND
- Hahnemann Revisited by Luc de Schepper, MD
- Homeopathic Care for Dogs and Cats: A Comprehensive Guide by Donald Hamilton, DVM
- The Organon of Medicine by Hahnemann; translated by Brewster-O’Reilly & Steven Decker
- The Science of Homeopathy by George Vitoulkas

- Dictionaries
  - Yasgur’s Homeopathic Dictionary and Holistic Health Reference by Jay Yasgur, RPh
  - International Dictionary of Homeopathy by Dr. Jeremy Swain
Journals

• Homeopathy Today – Publication of the National Center for Homeopathy
• Homeopathy (Formerly known as British Homoeopathic Journal) – The Journal of the Faculty of Homeopathy
• Simillimum – Journal of the Homeopathic Academy of Naturopathic Physicians
• The American Homeopath Journal – Journal of the North American Society of Homeopaths
• The American Journal of Homeopathic Medicine (AJHM) – Journal of the American Institute of Homeopathy
• The New England Journal of Homeopathy – Journal of the New England School of Homeopathy
Organizations

• Homeopathic Nurses Association (HNA)
  ➢ Founded in 1984 as a forum for nurses interested in the art and science of Homeopathy.
  ➢ Informs nurses to be knowledgeable & educated about homeopathy so they can inform, suggest, and utilize appropriate homeotherapeutics.
  ➢ Represents professionally practicing nurse homeopaths in the US & Canada, as well as novices.
  ➢ Network for “like-minded” people!
Organizations cont: HNA

- Consider
  - Nurses need to be educated about the advantages of homeopathy, because they are excellently well positioned to assist clients with decisions regarding healthcare and choices
  - Nurses have the unique opportunity to serve as change agents within the present healthcare system and can promote homeopathy as an alternative both to the harmful side effects and the spiraling costs of conventional pharmaceuticals
  - Homeopathic nursing draws on traditional, holistic nursing and homeopathic knowledge, theories, and expertise
  - Homeopathic nurses are in the position to become therapeutic partners with their clients in a process that facilitates optimal health
Organizations

- American Institute of Homeopathy - https://www.homeopathyusa.org/

- British Homeopathic Association - https://www.britishhomeopathic.org/


- National Center for Homeopathy - www.homeopathycenter.org/
Bibliography

• Introduction: A Brief Overview of Hahnemann's Life, by Luc De Schepper, downloaded April 9, 2018, www.wholehealthnow.com

• Levels of Therapy. www.wholehealthnow.com, download April 9, 2018.


• American Institute of Homeopathy. Downloaded April 10, 2018, www.homeopathyusa.org
Questions
Contact Information

• Kathy Zimmerman, PhD, MSN, APRN, FNP-BC, APHN-BC, CCH, ME
• Simplyhealing.com
• simplyhealing@comcast.net

• Kathleen Slonager, RN, DiHOM, ADS, AE-C, CCH
  Transformational Health PC
  26111 West 14 Mile, Suite LL1
  Franklin, MI 48025
  #248.613.9662
  kslonager@msn.com
  www.TransformationalHealthPC.com

  Facebook/Twitter: @KathleenSlonager