

The Family Homeopathy Journal

THIS JOURNAL BELONGS TO:

Created by Paola Brown

PaolaBrown.com

Monsoon Publishing

Shelley, Idaho

Copyrighted Material

The Family Homeopathy Journal

Copyright © 2021 by Monsoon Publishing. All rights reserved.

No part of this publication may be reproduced, stored in a retrieval system, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. Reselling this publication or any portion thereof is not permitted.

For permission requests, information about this title, or to order other books and/or electronic media, contact the author:

Paola Brown

PaolaBrown.com

<https://paolabrown.com/contact-us/>

ISBN: 978-1-7364502-1-5

Editor: Robin Schroffel

Copyright note from the author: Because of the considerable sacrifice and investment which was taken to produce this book, I wanted you to know that I have confidence that families and teachers will have the courtesy to respect copyright laws, allowing me to provide more educational materials and valuable information in the future.

Below are clarifications which may help purchasers of The Family Homeopathy Journal understand fair use:

Home use: Because this book may not be reproduced, each family must purchase their own copy.

Small group or co-op classes or classrooms: Each family must purchase their own copy.

Library use: This book may be checked out of a lending library provided patrons agree not to make copies.

DVDs, CDs, and CD-ROMs, or digital media available online or elsewhere, may not be copied. Ownership of e-books and e-audios may not be transferred or sold.

Not for resale.

Dedication

To all the amazing Momeopaths who are part of the movement to raise generations of health with homeopathy.

Acknowledgements

Special thanks to Constantine Hering, who in 1867 wrote *The Homeopathic Domestic Physician*, the first book to teach mothers (and others) homeopathy.

DISCLAIMER

The purpose of this curriculum is to help adults, parents, and teachers get their first exposure to the principles of holistic health and homeopathy. This means you are in charge of communicating the learning of holistic health and homeopathy to your circle of influence. This guide is designed for adults. Parents and those who share this information with minors should emphasize that minors should never use any type of medicine (homeopathic, natural, or conventional) without the medicine being administered and supervised by an appropriate adult or medical professional.

The owner and publisher of this curriculum is not liable to anyone that uses or applies the principles contained herein. Readers following instructions and suggestions made in this curriculum are responsible for their own safety and the safety of minors in their care. This curriculum provides general information about homeopathy and related health topics. The details and other information provided in this curriculum, or in any linked materials, are not and should not be taken as medical advice, nor is the information a substitute for professional medical expertise or treatment.

Notwithstanding any information contained in this book, the author is not a licensed medical doctor of any kind, but rather a long-time student, teacher, user, and beneficiary of holistic health and homeopathy education and remedies. The information contained herein, including, but not limited to, text, graphs, images, and all other materials referenced to, or linked to, is for informational purposes only. No material in this curriculum is intended to be a substitute for professional medical advice, diagnosis, or treatment. Therefore, before using any of the information contained in this curriculum or any of the linked materials, and applying any of the principles from the presented information, always seek the advice of your physician or another qualified health provider with any questions you may have regarding a medical condition or treatment for that medical condition, and never disregard professional medical advice or delay in seeking it because of something you have read in this curriculum or in any of the linked materials. If you have any medical emergency, call your doctor or emergency services immediately.

Table of Contents

INTRODUCTION

How This Journal Works	1
------------------------------	---

INSTRUCTIONS

<i>"Instructions for Patients: How to Communicate Their Cases to a Physician by Letter,"</i> an excerpt from Constantine Hering's book, <i>The Domestic Physician</i>	7
--	---

HOMEOPATHY RECORDS FOR INDIVIDUAL FAMILY MEMBERS (INCLUDING PETS!)

1. Name: (Honey/bee inspired remedy theme)	16
2. Name: (Mushroom inspired remedy theme)	30
3. Name: (Onion/Garlic inspired remedy theme)	44
4. Name: (Snake inspired remedy theme)	58
5. Name: (Daisy family inspired remedy theme)	72
6. Name: (Forest inspired remedy theme)	86
7. Name: (Seaside/shell inspired remedy theme)	100
8. Name: (Ocean life inspired remedy theme)	114

HOMEOPATHY LISTS

Favorite Homeopathy Quotes	128
Shopping Lists (remedies I need to buy)	132
Packing Lists (remedies to bring when I go out of town)	134
Case-Taking Questions	136
Nearby Stores	138
Reading List	140
Favorite Websites	144
Friends (contact information for my homeopathy pals)	146

MATERIA MEDICA, REPERTORY, AND OTHER NOTES (A-Z)

A	148
B	153
C	155
D	163
E	165
F	166
G	168
H	170
I	172
J	173
K	174
L	176
M	179
N	183
O	185
P	186
Q, R	190
S	192
T	197
U, V, W	200
X, Y, Z	201

Introduction

HOW THIS JOURNAL WORKS

OVERALL VISION

If you were ever to sit next to me in a class or a meeting, you would see that I'm a doodler. I can't just take straight notes, but I must transform the words into fun fonts and scribble doodles of characters and surround it all with borders and swirls. Doodling helps me concentrate. Even at church, when all the other adults are quietly listening to the service, I am likely to be decorating a verse from scripture right alongside my children. Whenever we go on family trips, I pack my watercolor kit, and you can find me beachside or under a tree, sketching and coloring a sea turtle or bird. Pablo Picasso once said that "Art washes away from the soul the dust of everyday life," and while my paintings may be humble, I love the joy and relaxation that watercolors give me. Recently, I discovered the art of bullet journaling. If you don't know what it is, look it up online. It's pretty neat, but I admire it from afar. I'm not in a phase of life where I have the time and patience to take a completely blank journaling book and create an elaborate and artistic schedule and plan book. Maybe someday when I retire, I'll take it up (not likely).

When I began developing The Family Homeopathy Journal, I realized I could combine my love of art and color with my fascination for bullet journaling. That's what this journal became. With the help of some amazing designers and artists, you can fill this book up with useful and meaningful information while also nurturing your inner artist. The pages of this journal are filled with drawings and sketches from homeopathy-inspired themes. When you have some free time on your hands (or when you're stuck in a meeting or mulling over a homeopathy case), bring your journal with you and make it beautiful, just as homeopathy is making your body beautiful and healthy.

*“Preserve your memories, keep them well,
what you forget you can never retell.”*

— Louisa May Alcott

HOMEOPATHY RECORDS FOR INDIVIDUAL FAMILY MEMBERS

Steven Wright once wrote, “A clear conscience is usually the sign of a bad memory.” I laughed out loud when I read this because it rings so true. It is part of human nature to forget those things that are unpleasant, and we try to hold on to the thoughts and experiences that bring joy. But in homeopathy, this tendency is not only a disservice to you and your homeopath as remedies are selected, but it’s also something that can seriously impede your success with homeopathy, and hence your ability to progress in your healing journey. That’s why the first section in your journal is especially for recording the homeopathy records of your individual family members, including pets!

How it works: You will assign one section to each of your family members. Each section begins with a title page, where you can write your name or your family member’s name. This title page is also a coloring page for you to enjoy! You should also note that family member’s name in the Table of Contents. If you run out of space for one family member, you can continue their section in a new, blank homeopathy record area.

Once you’ve assigned your family members each a section, begin by writing out their timelines, one person at a time. A timeline is a record of important events in a person’s life. For this timeline, you should include life events such as childbirth, adoption, marriage, divorce, loss of a loved one, and significant moves, as well as important health events such as injuries, illnesses, surgeries, medications taken (and for how long), hospitalizations, etc. Doing this helps you to map out the journey that you or your loved one has taken up to this point in his or her life. It gives you a snapshot of the person’s physical and emotional template thus far and allows you to see the significant occurrences that have shaped the person’s health and wellness. All of this will be helpful in the future when you are discerning a remedy for an acute situation for this individual, or when/if a licensed homeopath takes their case. All of this information is an invaluable map to help you find the path to wholeness.

Next, after the timeline is complete, you can begin taking notes in the Ailments section. This section is designed to help record that family member's homeopathy usage. Anytime they get sick, you should note their symptoms, what remedies you tried, and what remedy ultimately helped. This is useful because it's quite possible that this same remedy may help again in the future if the same ailment returns. It will also be a boon to your homeopathic learning, as you can look back and see what illnesses and symptoms a particular remedy helped. Additionally, if you consult with a homeopath, anytime you are in between appointments, you should be taking notes so that you can report any changes in your healing journey.

To give yourself a running start in this section, you may want to begin by inputting some recent illnesses you used homeopathy for and writing some notes about what happened. However, if you prefer, you can also just wait until the next time you or your family member gets sick, and begin then.

Using the stickers: You are provided with 'Ailment Stickers,' which should be used to begin a new entry on the Ailment page. I hate notebooks that give you a preselected amount of space for each entry. I always end up having longer entries that are crammed with notes and other entries that are shorter and end up having a lot of extra white space. With these stickers, you can just place one on your ailment page directly beneath your last entry. This sticker denotes the beginning of a new entry. Once you've filled out the information in the sticker, use the space after it to write your observations of symptoms you witnessed during the case. Write as much or as little as you need. Once you're done, you can simply wait until you have a follow-up appointment or another illness, add a new sticker, and begin a new entry.

HOMEOPATHY LISTS

Peter McWilliams once said, "People who want to appear clever rely on memory. People who want to get things done make lists." And with that, I rest my case on why this section is important in your homeopathy journal. It helps you intentionally grow and learn homeopathy! Most of these sections are self-explanatory, but I will provide clarification on a few:

Refills: I've made an effort to reprint the sizes of bottles and pellets. These are approximates because—obviously—different manufacturers will have remedy bottles that vary in shape and size, but it does give you an idea.

Questions: Good Interview Questions for Case-Taking – This is an activity that is assigned in my Book Club Handbook, the guided program I created to help people learn a bit about homeopathy. If you're not already part of a book club, consider starting one by visiting PaolaBrown.com/Teach.

Reading List: In this section, you will find four pages of illustrated bookshelves that are filled with blank books. Here you can write in the names of books you own or have read, as well as books you wish to own or would like to read. Write the names of all of these homeopathy books on the blank bookshelf books. Once you've purchased a book, you can color that book in. The ones that are still on your wish list remain white. Another option is to color in the books that you have actually finished reading.

MATERIA MEDICA, REPERTORY, AND OTHER NOTES (A-Z)

Here you will see that we have provided an alphabetized area, filled with blank lines. These lines are to help you organize your notes about various remedies, ailments, and other homeopathy-related topics. For example, if you recently learned that Aconite is the Arnica of the eye and is useful in eye injuries, you may create an entry under A that reads:

A - *Aconite*, the *Arnica* of the eye (good for eye injuries).

Similarly, you may go to the E section and write the following:

E - Eye injury, see *Aconite*, p. 73 .

In this way, you are taking notes about remedies, but you're also taking notes about any specific indication for a remedy.

To give you a head start, we have prefilled the memory work that is used in the Teach Me Health and Homeopathy Curriculum and in the Book Club Class. We have also made an extra effort to include notes about each of the twelve Schussler's Cell Salts and a few of the best-known polycrest remedies. Polycrests are very useful remedies. They have been shown over the years to have widespread use since they cover a wide range of mental, emotional, and physical symptoms. They are used in both acute and chronic situations, and you will likely encounter many of them in your journey with homeopathy.

ENVELOPE: BACK INSIDE COVER

Attaching the envelope: Using liquid glue (like school or craft glue), attach the back of your envelope to the back inside cover of your journal. Be sure to center the envelope and to glue it so that the flap opens up toward you.

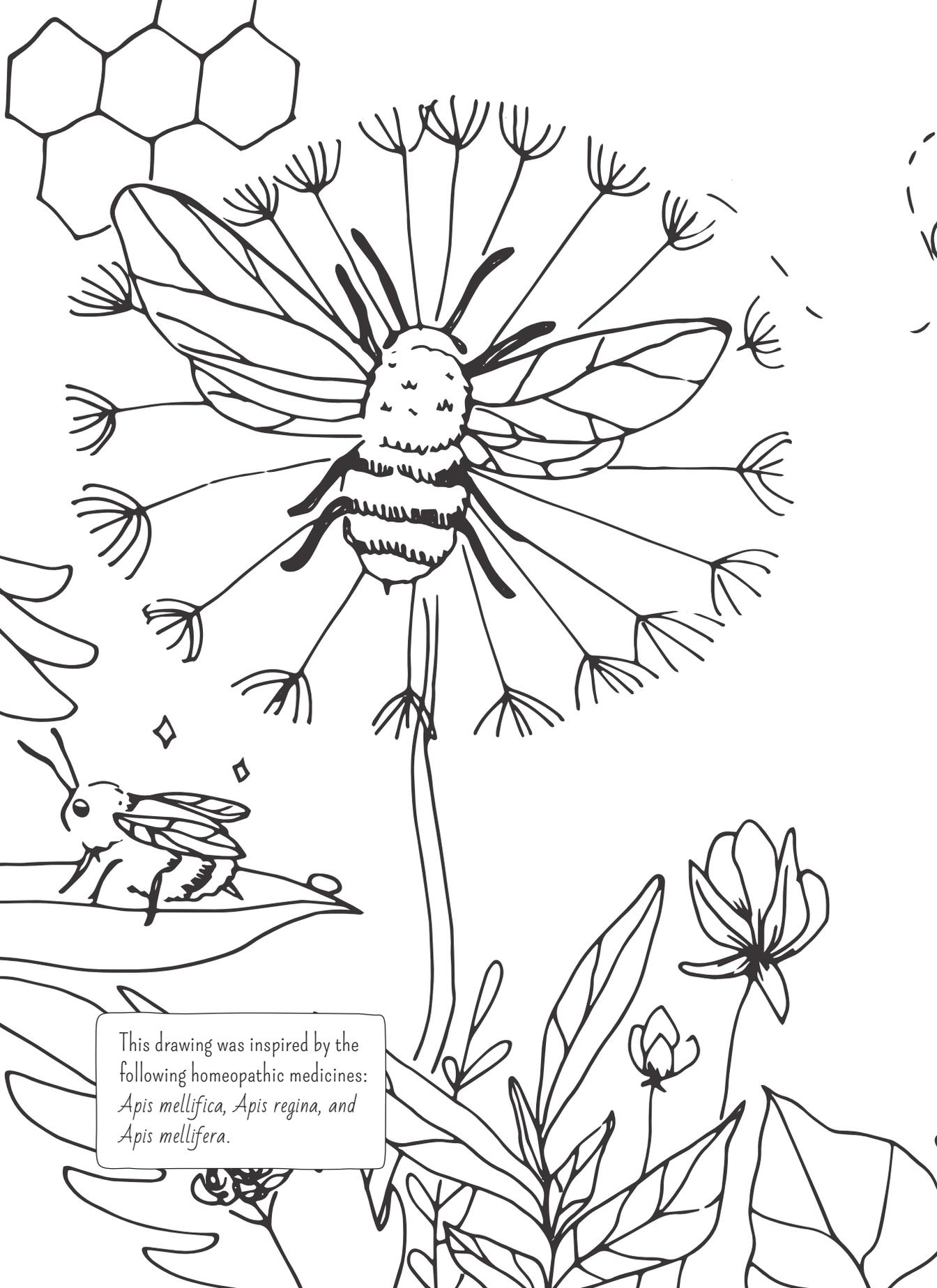
What it's for: The purpose of the envelope is to allow you to take notes on the go. While many of you may keep on-the-go homeopathy notes in your cell phones, I often find myself taking notes on the back of receipts or on random bits of paper and stuffing them into my purse or cell phone sleeve. When you have a moment, take these bits of paper and pop them into your journal; it will help you keep track of little thoughts or impressions that may have come to you throughout your day. Then, later, when you have more time, you can transfer your on-the-go notes properly into the right sections of your homeopathy journal.

For example, once I was working on my cell phone and I saw an image of lightning. This reminded me that the previous night, I had actually had a dream that involved lightning. My homeopath particularly likes me to note any reoccurring dream, and lightning is one of mine that occasionally crops up, so I jotted this down in my notes section of my cell phone. Another day, I was out and about and I remembered something interesting about my daughter's cough, so I noted it on a bit of receipt paper. This got shoved into my envelope, and later, I took all my random on-the-go notes and placed them into my Family Homeopathy Journal.

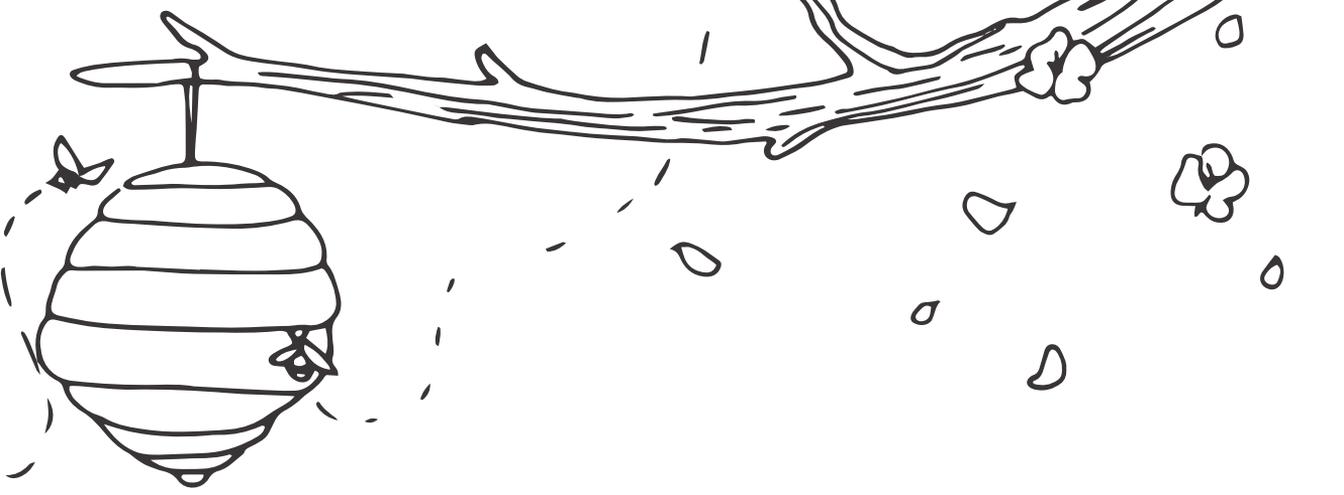
*“To Hahnemann, who had saved my [infected] finger,
I gave my whole hand, and to the promulgation of his teaching,
not only my hand, but the entire man, body and soul.”*

— Constantine Hering¹

¹ King, W. H. (1905). History of homoeopathy and its institutions in America; their founders, benefactors, faculties, officers, hospitals, alumni, etc., with a record of achievement of its representatives in the world of medicine. New York, Chicago: The Lewis publishing company. <https://archive.org/details/historyofhomeopa01kinguoft>



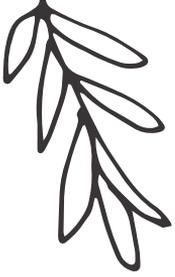
This drawing was inspired by the following homeopathic medicines:
Apis mellifica, *Apis regina*, and
Apis mellifera.



(name)



This drawing was inspired by the following homeopathic medicines:
Agaricus muscarius, *Agaricus vernus*, *Phallin*, and *Russula*.



(name)

