



INTRO TO HOMEOPATHY

with
Paola Brown

by
PAOLA BROWN

See *Book Club Handbook*, Class 3, Pg. 31

See *Book Club Handbook*, Class 1, Pg 19

See *Book Club Handbook*, Class 3 Pg. 31

WHAT IS THE LAW OF SIMILARS?

The law of similars is another way of saying “like heals like.” Interestingly, this concept was first written about by Hippocrates around 400 B.C. He wrote: “By similar things a disease is produced and through the application of the like is cured.”

Remember! It’s the law of similars!

Generally speaking, the remedy must be similar, not exact. For example: *Rhus tox* vs. *Anacardium* for poison ivy exposure.

SUPPRESSING DISEASE:

When a person is sick, the symptoms he or she experiences are the body’s way of trying to heal. When medications are used, the body is no longer able to express itself naturally, so it must find other ways—deeper ways—to compensate for the disease.

HOW A HOMEOPATHIC REMEDY IS MADE:

A homeopathic remedy is made via a process where the source material (which is typically made from animal, plant, or mineral sources) is taken through a series of sequential dilution. In between each dilution, the liquid is “succussed” or shaken vigorously. The amount of dilution is based on the desired dilution level. So for example, if a remedy needs to be made to be 30C, it should be diluted 30 times with 99 drops of diluent each time.



Learn More

SCAN ME

See *Book Club Handbook*, Class 2, Pg 23

WHAT IS A MATERIA MEDICA?

A materia medica is like a highly organized dictionary, listing each of the homeopathic remedies alphabetically and the symptoms associated with each remedy. Under each remedy name, the symptoms are organized by the affected area of the body.

See *Book Club Handbook*, Class 2, Pg 31

WHAT IS A REPERTORY?

As Hahnemann developed the science of homeopathy, he found himself with more and more remedies and more and more symptoms for each of these remedies. He needed a way to organize this information and make it accessible to others. A repertory is like a materia medica in reverse. It lists symptoms and the remedies that have those symptoms as part of their profile. There are many homeopathic repertories that are essential for homeopaths as they figure out what remedies to consider for an individual. Professional homeopaths use special repertory software programs that help them efficiently find proper remedies relating to the case. In the software programs, a homeopath compiles a list of symptoms that he or she finds most important in the case. The software then provides a list of the remedies that match those symptoms. The homeopath then refers to a materia medica to review the possible remedies and choose the most suitable one.



Learn More

SCAN ME

See Book Club Handbook, Class 2, Pg 23

See *Book Club Handbook*, Class 2, Pg 22

MATERIA MEDICA SAMPLE:
Crotalus horridus

To the right is a photo of Paola's materia medica under this remedy.
It is as an example.
See page 9 for more.



Learn More

WHAT ARE MODALITIES?

Modalities are conditions that make symptoms better or worse. For example, someone may feel better wrapped up in a blanket, or worse from being outside in the open air. Others may feel the opposite. These are modalities.

Check out this Instagram Post with more info:
PaolaBrown.com/Modality

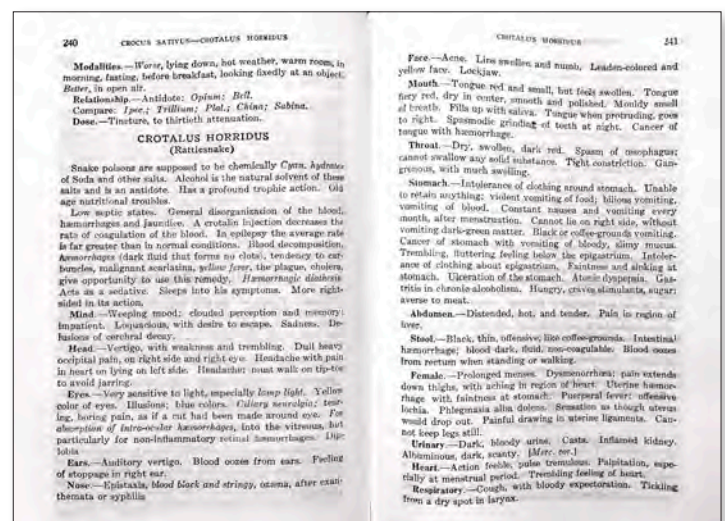


WHICH MATERIA MEDICA TO USE?

Paola likes to use *Boericke's Pocket Materia Medica and Repertory*. This book has both a Materia medica and a Repertory.

How is the information in a materia medica populated?

- Poisoning/overdose
- Cured Cases
- Provings



See Book Club Handbook, Class 3, Pg 33

See *Book Club Handbook*, Class 4, Pg 29 also
PaolaBrown.com/Music



See *Book Club Handbook*, Class 4, Pg 36

WHAT IS A PROVING?

A proving is how the medicinal properties of a substance are determined in homeopathy. This word comes from the German word 'Prüfung,' which means 'test' or 'examination.' A group of healthy individuals is given the substance in its crude or potentized form. A record is made of the sensations, symptoms (including mental/emotional), and alterations in health that the individuals experience. This, then, becomes the basis for the materia medica entry for that substance. Interestingly, it is argued that it is only through a proving that we can truly understand the healing nature of a substance, and that conventional drugs should undergo a homeopathic proving in order for us to understand the full extent of a drug's impact on the body.

Memory work: Tell me about OVER-USING HOMEOPATHIC REMEDIES.

Homeopathic overusing may result in a proving. This can happen by dosing too often but not by taking too many pellets at one time. Over-using can happen whether or not you're on the right remedy, so observe carefully while dosing.

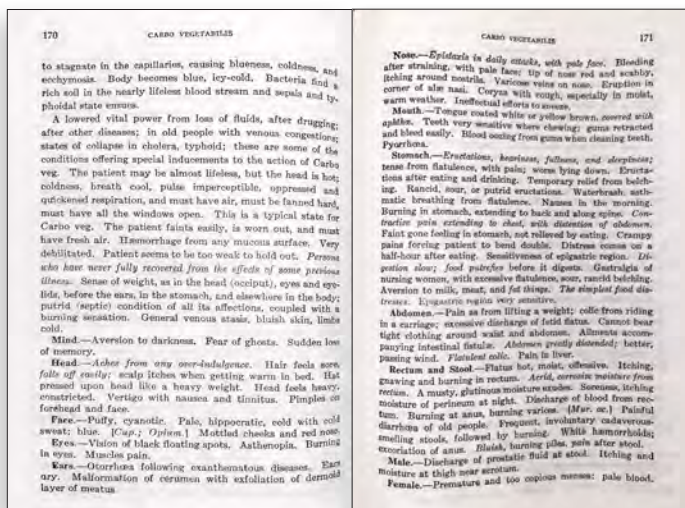
LEARNING HOW OFTEN TO GIVE A HOMEOPATHIC REMEDY:

It's critical for you to learn how often to give a remedy. In Paola's book *Evie and the Secret of Small Things*, the author says that giving someone a remedy is analogous to teaching a child how to walk. When the child is learning how to walk, you don't want to grab them and help them if they are taking steps on their own. You only intervene when they fall down and need help getting started again. This is similar to homeopathy. Just as with a child, you should observe and intervene only when you feel that progress has plateaued or declined.



Learn More

Below is a picture from Paola's materia medica so you can read over the *Carbo veg* remedy she discussed in the class. See page 10-11 for more.



This guide is intended to give you a general feel of how often to dose, but it is not written in stone. You must still observe the person's response to a remedy. Likewise, never assume you're on the correct remedy. Always observe to confirm that you are seeing progress before blindly continuing to give a remedy.

- 1) "I'm going to the emergency room!" – ***Dose every few minutes.***
- 2) "I am very sick. I'm so sick I can't get out of bed, but I don't need to seek emergency care... yet" – ***Dose about every 2-3 hours.***
- 3) "I am so sick I can't leave the house, but I am out of bed getting some basic chores done. I need frequent breaks." – ***Dose about 3, maybe 4 times a day.***
- 4) "I'm feeling much better. I can leave the house and run basic errands but I'm still taking it easy." – ***Dose about 2-3 times a day. Taper off as you improve.***

Check out this Instagram Post:
Watch a video where Paola shows
you how to get a pellet out of
a typical homeopathic tube.
[PaolaBrown.com/OpenRemedy](https://www.PaolaBrown.com/OpenRemedy)



Check out this Instagram Post with more info: Watch a quick video of Paola sharing the little goat story. [PaolaBrown.com/Goat](https://www.PaolaBrown.com/Goat)



See Book Club Handbook, Class 4, Pg 35

LOOKING FOR IMPROVEMENT:

It's important to be able to measure improvement so that you can either identify whether or not you're on the right remedy and to also calculate your overall healing progress. There are three keynotes to watch for:

How strong? (Intensity) - On a scale of 1-10 how intense are your symptoms?

How often? (Frequency) - Using a measurement of time (i.e. once a day, once a week, etc), how often do the symptoms return?

How long? (Duration) - When the symptoms are present, how long do they last?

MEMORY WORK:

OBSERVING IMPROVEMENT: It's important to observe improvement by or around the fourth dose of the remedy you have chosen. Improvement may include feeling better in your mind, restful sleep, increased appetite, and sometimes the onset of a healing fever.

REMEMBER!

MANAGE YOUR FEAR!

We do not want to slip into the pattern of conventional medicine, which is to give a pill for every illness. Instead, we need to develop a relationship of trust with our bodies and our children's bodies. Using your knowledge, wisdom, and discernment, you can make healthy choices. But please! Don't give remedies to yourself or others to make yourself feel better about their illness. We should not just give remedies because we are in a panic. Take a deep breath. Slow down.

FEVERS & A GREAT BOOK!

- Fevers are good!
- *How to Raise a Healthy Child in Spite of Your Doctor* by Dr. Robert Mendelsohn

[Learn More](#)



See *Book Club Handbook*, Class 3, Pg 29

WHAT DO YOU DO IF YOU HAVE A PROVING:

How the Author Likes to Handle a Proving

OPTION 1: Let the symptoms wear off on their own.

OPTION 2: If you have taken the incorrect remedy, you can often antidote (or stop the action of the remedy) by taking the correct one. Often, when I've selected an incorrect remedy, I have a second remedy that I was close to choosing. I might shift to that backup remedy.

OPTION 3: If you feel that you have taken the correct remedy, simply back off the frequency.

OPTION 4: You can sometimes slow or stop the action of a remedy by taking deep olfactory "smelling doses" of essential oils that have a history of antidoting (or neutralizing) the action of homeopathics. These include any mint-family oils (such as peppermint or menthol), camphor, or eucalyptus. I usually don't do this because I would rather shift into the correct remedy.

OPTION 5: Prevention is often the best medicine. I strongly recommend avoiding a proving in the first place. Be observant and objective.

WHERE ARE HOMEOPATHIC REMEDIES MADE FROM?

Generally, homeopathic remedies are made from plant, mineral, and animal source materials. There are others. Two examples are nosodes and sarcodes.

NOSODE - A homeopathic remedy made from diseased tissue

SARCODE - Made from beneficial tissue like hormones



Learn More

SCAN ME

TO CONTINUE LEARNING, VISIT PAOLABROWN.COM/LEARNMORE



Teach Me Health and Homeopathy



- *Evie and the Secret of Small Things* storybook
- Teacher's Manual
- Student Workbooks
(Grades 1-3, Grades 4-8, or Grades 9-12)
- Flashcards, Memory Games, Dominos & Video Library
- Vocabulary & Reading Guide
- Online Teacher's Area
- The memory work music is available as an add-on.

Teach Me Health and Homeopathy Book Club

Gather with friends and learn the basics about homeopathy. Discuss topics like how to find a homeopath, how to use a repertory and materia medica and learn 19 different homeopathic remedies. Learning homeopathy can be a little overwhelming at first but this book club allows you to learn with friends and jump right in.



Modalities.—*Worse*, lying down, hot weather, warm room, in morning, fasting, before breakfast, looking fixedly at an object. *Better*, in open air.

Relationship.—Antidote: *Opium*; *Bell*.

Compare: *Ipec*; *Trillium*; *Plat*; *China*; *Sabina*.

Dose.—Tincture, to thirtieth attenuation.

CROTALUS HORRIDUS (Rattlesnake)

Snake poisons are supposed to be chemically *Cyan. hydrates* of Soda and other salts. Alcohol is the natural solvent of these salts and is an antidote. Has a profound trophic action. Old age nutritional troubles.

Low septic states. General disorganization of the blood, hæmorrhages and jaundice. A crotalin injection decreases the rate of coagulation of the blood. In epilepsy the average rate is far greater than in normal conditions. Blood decomposition, hæmorrhages (dark fluid that forms no clots), tendency to emboluses, malignant scarlatina, *yellow fever*, the plague, cholera, give opportunity to use this remedy. *Hæmorrhagic diathesis*. Acts as a sedative. Sleeps into his symptoms. More right-sided in its action.

Mind.—Weeping mood; clouded perception and memory; impatient. Loquacious, with desire to escape. Sadness. Delusions of cerebral decay.

Head.—Vertigo, with weakness and trembling. Dull heavy occipital pain, on right side and right eye. Headache with pain in heart on lying on left side. Headache; must walk on tip-toe to avoid jarring.

Eyes.—Very sensitive to light, especially *lamp light*. Yellow color of eyes. Illusions; blue colors. *Ciliary neuralgia*; tearing, boring pain, as if a cut had been made around eye. *For absorption of intra-ocular hæmorrhages*, into the vitreous, but particularly for non-inflammatory retinal hæmorrhages. *Diplobia*.

Ears.—Auditory vertigo. Blood oozes from ears. Feeling of stoppage in right ear.

Nose.—Epistaxis, *blood black and stringy*, *ozæna*, after exanthemata or syphilis.

Face.—Acne. Lips swollen and numb. Lead-colored and yellow face. Lockjaw.

Mouth.—Tongue red and small, but feels swollen. Tongue fiery red, dry in center, smooth and polished. Mouldy smell of breath. Fills up with saliva. Tongue when protruding, goes to right. Spasmodic grinding of teeth at night. Cancer of tongue with hæmorrhage.

Throat.—Dry, swollen, dark red. Spasm of œsophagus; cannot swallow any solid substance. Tight constriction. Gangrenous, with much swelling.

Stomach.—Intolerance of clothing around stomach. Unable to retain anything; violent vomiting of food; bilious vomiting, vomiting of blood. Constant nausea and vomiting every month, after menstruation. Cannot lie on right side, without vomiting dark-green matter. Black or coffee-grounds vomiting. Cancer of stomach with vomiting of bloody, slimy mucus. Trembling, fluttering feeling below the epigastrium. Intolerance of clothing about epigastrium. Faintness and sinking at stomach. Ulceration of the stomach. Atonic dyspepsia. Gastritis in chronic alcoholism. Hungry, craves stimulants, sugar; averse to meat.

Abdomen.—Distended, hot, and tender. Pain in region of liver.

Stool.—Black, thin, offensive, like coffee-grounds. Intestinal hæmorrhage; blood dark, fluid, non-coagulable. Blood oozes from rectum when standing or walking.

Female.—Prolonged menses. Dysmenorrhœa; pain extends down thighs, with aching in region of heart. Uterine hæmorrhage with faintness at stomach. Puerperal fever; offensive lochia. Phlegmasia alba dolens. Sensation as though uterus would drop out. Painful drawing in uterine ligaments. Cannot keep legs still.

Urinary.—Dark, bloody urine. Casts. Inflamed kidney. Albuminous, dark, scanty. [*Merc. cor.*]

Heart.—Action feeble, pulse tremulous. Palpitation, especially at menstrual period. Trembling feeling of heart.

Respiratory.—Cough, with bloody expectoration. Tickling from a dry spot in larynx.

Extremities.—Hands tremble, swollen. Lower extremities go to sleep easily. *Right-sided paralysis*.

Fever.—Malignant fevers of a *hæmorrhagic or putrescent character*. Low bilious remittents. *Yellow fever*. Bloody sweat. Cerebro-spinal meningitis. [*Cicuta*; *Cup. accl.*] Cold sweats.

Skin.—Swelling and discoloration, skin tense and shows every tint of color, with excruciating pain. Vesication. *Sallow*. Yellow color of the whole body. Great sensitiveness of skin of *right half* of body. *Purpura hæmorrhagica*. Hæmorrhage from every part of body. Bloody sweat. Chilblains, felons. Dissecting wounds. Pustular eruptions. Insect stings. Post-vaccination eruptions. Bad effects of vaccination. Lymphangitis and septicæmia. Boils, carbuncles, and eruptions are surrounded by purplish, mottled skin and œdema. Anthrax. Sore sensation relieved by pressure.

Sleep.—Dreams of the dead. Starting in sleep. Yawning. Smothering sensation when awaking.

Modalities.—*Worse*, right side; open air; evening and morning; in spring, coming on of warm weather; yearly; on awaking; damp and wet; *jar*.

Relationship.—Compare: *Bothrops*; *Naja* (more nervous phenomena); *Lachesis* (more markedly worse on left side); *Elaps* (preferable in otorrhœa and affections of right lung); *Crotalus cascavella* (thoughts and dreams of death. Paralysis of articulation, embarrassed stertorous breathing and semi-consciousness. A magnetic state is produced; cutting sensation all around eyeball.) *Bungarus-Krait*—(poliomyelitis).

Antidote: *Lach.*; *Alcohol*. Radiant heat; camphor.

Dose.—Third to sixth potency.

CARBO VEGETABILIS (Vegetable Charcoal)

Disintegration and *imperfect oxidation* is the keynote of this remedy. The typical Carbo patient is sluggish, fat and lazy and has a tendency to chronicity in his complaints. Blood seems

170

CARBO VEGETABILIS

to stagnate in the capillaries, causing blueness, coldness, and ecchymosis. Body becomes blue, icy-cold. Bacteria find a rich soil in the nearly lifeless blood stream and sepsis and typhoidal state ensues.

A lowered vital power from loss of fluids, after drugging; after other diseases; in old people with venous congestions; states of collapse in cholera, typhoid; these are some of the conditions offering special inducements to the action of Carbo veg. The patient may be almost lifeless, but the head is hot; coldness, breath cool, pulse imperceptible, oppressed and quickened respiration, and must have air, must be fanned hard, must have all the windows open. This is a typical state for Carbo veg. The patient faints easily, is worn out, and must have fresh air. Hæmorrhage from any mucous surface. Very debilitated. Patient seems to be too weak to hold out. *Persons who have never fully recovered from the effects of some previous illness.* Sense of weight, as in the head (occiput), eyes and eyelids, before the ears, in the stomach, and elsewhere in the body; putrid (septic) condition of all its affections, coupled with a burning sensation. General venous stasis, bluish skin, limbs cold.

Mind.—Aversion to darkness. Fear of ghosts. Sudden loss of memory.

Head.—*Aches from any over-indulgence.* Hair feels sore, falls off easily; scalp itches when getting warm in bed. Hat pressed upon head like a heavy weight. Head feels heavy, constricted. Vertigo with nausea and tinnitus. Pimples on forehead and face.

Face.—Puffy, cyanotic. Pale, hippocratic, cold with cold sweat; blue. [*Cup.*; *Opium.*] Mottled cheeks and red nose.

Eyes.—Vision of black floating spots. Asthenopia. Burning in eyes. Muscles pain.

Ears.—Otorrhœa following exanthematous diseases. Ears dry. Malformation of cerumen with exfoliation of dermoid layer of meatus.

CARBO VEGETABILIS

171

Nose.—*Epistaxis in daily attacks, with pale face.* Bleeding after straining, with pale face; tip of nose red and scabby, itching around nostrils. Varicose veins on nose. Eruption in corner of alæ nasi. Coryza with cough, especially in moist, warm weather. Ineffectual efforts to sneeze.

Mouth.—Tongue coated white or yellow brown, covered with aphthæ. Teeth very sensitive where chewing; gums retracted and bleed easily. Blood oozing from gums when cleaning teeth. Pyorrhœa.

Stomach.—*Eructations, heaviness, fullness, and sleepiness;* tense from flatulence, with pain; worse lying down. Eructations after eating and drinking. Temporary relief from belching. Rancid, sour, or putrid eructations. Waterbrash, asthmatic breathing from flatulence. Nausea in the morning. Burning in stomach, extending to back and along spine. *Contractive pain extending to chest, with distention of abdomen.* Faint gone feeling in stomach, not relieved by eating. Crampy pains forcing patient to bend double. Distress comes on a half-hour after eating. Sensitiveness of epigastric region. *Digestion slow; food putrefies* before it digests. Gastralgia of nursing women, with excessive flatulence, sour, rancid belching. Aversion to milk, meat, and fat things. *The simplest food distresses.* Epigastric region very sensitive.

Abdomen.—Pain as from lifting a weight; colic from riding in a carriage; excessive discharge of fetid flatus. Cannot bear tight clothing around waist and abdomen. Ailments accompanying intestinal fistulæ. *Abdomen greatly distended;* better, passing wind. *Flatulent colic.* Pain in liver.

Rectum and Stool.—Flatus hot, moist, offensive. Itching, gnawing and burning in rectum. *Acrid, corrosive moisture from rectum.* A musty, glutinous moisture exudes. Soreness, itching moisture of perineum at night. Discharge of blood from rectum. Burning at anus, burning varices. [*Mur. ac.*] Painful diarrhœa of old people. Frequent, involuntary cadaverous-smelling stools, followed by burning. White hæmorrhoids; excoriation of anus. *Bluish, burning piles, pain* after stool.

Male.—Discharge of prostatic fluid at stool. Itching and moisture at thigh near scrotum.

Female.—Premature and too copious menses; pale blood.

Vulva swollen; aphthæ; varices on pudenda. Leucorrhœa before menses, thick, greenish, milky, excoriating. [*Kreos.*] During menstruation, burning in hands and soles.

Respiratory.—Cough with itching in larynx; spasmodic with gagging and vomiting of mucus. Whooping cough, especially in beginning. Deep, rough voice, failing on slight exertion. *Hoarseness; worse, evenings*, talking; evening oppression of breathing, sore and raw chest. Wheezing and rattling of mucus in chest. Occasional spells of long coughing attacks. *Cough, with burning in chest; worse in evening*, in open air, after eating and talking. Spasmodic cough, bluish face, offensive expectoration, neglected pneumonia. Breath cold; *must be fanned*. Hæmorrhage from lungs. *Asthma in aged with blue skin*.

Extremities.—Heavy, stiff; feel paralyzed; *limbs, go to sleep*; want of muscular energy; joints weak. Pain in shins. Cramp in soles; feet numb and sweaty. *Cold from knees down*. Toes red, swollen. Burning pain in bones and limbs.

Fever.—Coldness, with thirst. Chill begins in forearm. Burning in various places. Perspiration on eating. Hectic fever, exhausting sweats.

Skin.—*Blue, cold ecchymosed*. Marbled with venous over distension. Itching; worse on evening, when warm in bed. Moist skin; *hot perspiration*; senile gangrene beginning in toes; bed sores; bleed easily. Falling out of hair, from a general weakened condition. Indolent ulcers, burning pain. Ichorous, offensive discharge; tendency to gangrene of the margins. Purpura. *Varicose ulcers*, carbuncles. [*Ars.; Anthrac.*]

Modalities.—*Worse*, evening; night and open air; cold; from fat food, butter, coffee, milk, warm damp weather; *wine*. *Better*, from eructation, from fanning, cold.

Relationship.—Antidotes: *Spirits Nitre; Camph.; Ambra; Arsenic*.

Compare: *Carboneum*—Lampblack. (Spasms commencing in tongue, down trachea and extremities. Tingling sensation.) *Lycop.; Ars.; China*.

Complementary: *Kali carb.; Dros.*

Dose.—First to third trituration in stomach disorders. Thirtieth potency and higher in chronic conditions, and in collapse.