

# Teach Me Health and Homeopathy

Evie and the Golden Homestead

## STUDENT WORKBOOK

Level 1: Grades 1 - 3

FREE  
Promotional  
Sample



Fun and practical exercises and activities

BY PAOLA BROWN

Endorsed by the Academy of Homeopathy Education



UNIT  
4





## MATERIA MEDICA TIME

### *Chamomilla, Ruta, and Hypericum*

“In the realm of careful and thoughtful individuals, there can be no disagreement about the validity of a discovery that is firmly grounded in real-life experiments.”

-Constantine Hering

#### MATERIALS NEEDED:

##### **For the *Chamomilla* Page**

- Paper
- Writing utensil

##### **For the *Ruta* Page**

- An assortment of magazines for students to cut images out
- Scissors
- Glue

##### **For the *Hypericum* Page**

- Tracing paper
- Coloring/art supplies
- Coloring pencils, preferably high-quality ones that will show up well on tracing paper (*Prismacolor* coloring pencils, for example, work well)
- Scissors
- Glue

##### **For the Remedy Category Chart**

- Scissors
- Glue

**Chamomilla Materia Medica Page**

**Chamomilla**  
Short name: *Chamomilla*



**Read the directions aloud:**

For this project, students will be writing a limerick about the remedy *Chamomilla*.

- Have students open their *Materia medica* project book to the *Chamomilla* pages.
  - For new students, this remedy is found on page x and x of their *Materia medica* project book. For returning students (who completed volume 1), this remedy is found on page x and x of their *Materia medica* project book.
- Tell students to read the description of *Chamomilla* carefully in the memory work to help them write a poem.

**Note to teachers:** You will have to help Level 1 students compose their poems.

Teach the students rules for writing a Limerick:

- Limerick poems are five lines long.
- Lines 1, 2, and 5 rhyme with one another.
- Lines 3 and 4 rhyme with each other and are usually shorter.
- They have a distinctive rhythm.
- And usually, they're funny!

Draft your limerick on scratch paper. It can feel tricky to write a limerick if you haven't seen one before. Although students will be writing a limerick about *Chamomilla*, below is a sample of a limerick written about using *Arnica* for teeth.

Once you have completed your draft, neatly write your final limerick on the left *Chamomilla* page.

**Christian's Bounce**

Sample for Level 1 Students

To the trampoline I went, ready to fly!  
My bounce would take me up to the sky!  
But flight went askew,  
Cracked my tooth in two,  
*Arnica* rescued my tooth, you cannot deny!

**Memory Work Copywork:**

Complete the memory work copywork by tracing the words.

**Remedy Category Chart:**

Think about the remedy *Chamomilla*. Where does *Chamomilla* fit on the remedy chart? Under plant, mineral, animal, or chemical? Cut out this remedy name in your student workbook and place it on your remedy wall chart under the correct column. If you don't know, do some research on this remedy.



[ *Chamomilla* ]



**CHAMOMILLA**

For fussy, angry, impatient cries  
Chamomilla's your soothing  
surprise

If one cheek's red, and the  
other one pale

For a teething child's angry  
wail

If you're thirsty and hot with  
great demand

Be sure to have Chamomilla on  
hand



## CHAMOMILLA

For fussy, angry, impatient cries  
Chamomilla's your soothing  
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If one cheek's red, and the  
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For a teething child's angry wail  
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## *Ruta* Materia Medica Page

***Ruta grav***  
Short name: *Ruta*



### Read the directions aloud:

For this project, you will be making a collage that shows the symptoms of someone who needs the remedy *Ruta*.

- We will begin by studying the symptoms of this remedy. Open your *Materia Medica* project book to the *Ruta* pages.
  - For new students, this remedy is found on page x and x of their *Materia medica* project book. For returning students (who completed volume 1), this remedy is found on page x and x of their *Materia medica* project book.
- Carefully read the description of *Ruta* in the memory work.
- Sift through various magazines and look for pictures that can represent *Ruta*'s symptoms. For example:
  - Worse from cold, damp weather: picture of rain clouds
  - Joint pain: picture of someone's knees or elbows
  - Overuse, especially chronic overuse: A picture of a construction worker or someone knitting
  - And so forth
- Create your collage by gluing your pictures onto the left *Ruta* page.

### Memory Work Copywork:

Complete the memory work copywork by tracing the words.

### Remedy Category Chart:

Think about the remedy *Ruta*. Where does *Ruta* fit on the remedy chart? Under plant, mineral, animal, or chemical? Cut out this remedy name in your student workbook and place it on your remedy wall chart under the correct column. If you don't know, do some research on this remedy.





**RUTA GRAV**

If stiffness binds and parts  
complain

From overwork or overstrain

When stretching makes the  
pain increase

Try Ruta grav, may  
suffering cease

For tendon, tailbone, ankle,  
or wrist

It's Ruta grav, your healing  
assist





RUTA GRAV

If stiffness binds and parts  
complain

From overwork or overstrain

When stretching makes the pain  
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## Hypericum Materia Medica Page

***Hypericum perforatum***  
Short name: *Hypericum*



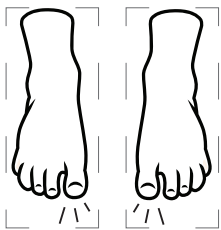
### Read the directions aloud:

For this project, you will be using tracing paper to outline the nervous system and then you'll be labeling the page underneath with notes about *Hypericum*. Begin by studying the symptoms of this remedy.

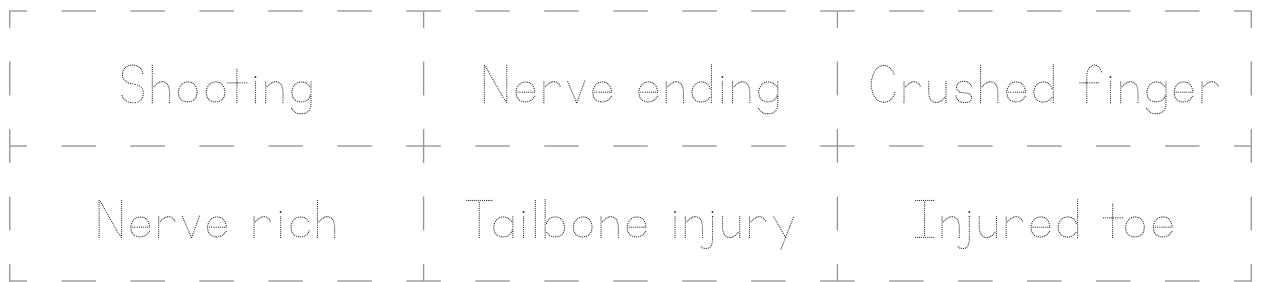
- Open your *Materia medica* project book to the *Hypericum* pages and read the description of *Hypericum* carefully in the memory work.
  - For new students, this remedy is found on page x and x of their *Materia medica* project book. For returning students (who completed volume 1), this remedy is found on page x and x of their *Materia medica* project book.
- In your workbook flip to the page labeled, "Your Nervous System".
- The nervous system is like your body's messaging system that lets you do things like move and feel. It includes your brain, which is like the control center, and your nerves, which are like tiny wires that carry messages all around your body.
- Add "Your Nervous System" to your *Materia medica*:
  - Go to the human body labeled "Your Nervous System" and place the tracing paper on top of it.
  - Use different colors for different parts. For example, you can trace the brain in red, the arm nerves in blue, and the leg nerves in red.
  - When you've finished tracing, trim the tracing paper into a rectangle so that it will fit inside the left *Hypericum* page of your *Materia medica*.
  - Attach the tracing paper along the top edge of the left *Hypericum* page using tape, glue, or a stapler.
- Find the drawing in the workbook called, "Your Body's Outline," (girl or boy) and cut around the dotted line.
  - Using your tracing paper as a guide, glue the body's outline to the left *Hypericum* page, so that it is directly under the nervous system outline you did on the tracing paper.
    - The goal is that you can lay the tracing paper down, and see the nervous system resting directly over the outline of your body.
  - **Note for returning students who have completed Paola's first Teach Me Health and Homeopathy curriculum:** If you like how it will look, you can glue Your Body's Outline directly onto the left *Hypericum* page, so that the paint project you did in the previous program becomes the background for your body outline.
    - If you don't like how that looks, then you can cut out a second rectangle layer of tracing paper and glue your outline to that.
    - You will attach this tracing paper along the top edge of your left *Hypericum* page, but make sure it rests underneath your nervous system outline.
    - Again, the goal is that you can lay the tracing paper down, and see the nervous system resting directly over your body's outline.

# LESSON 12 MATERIA MEDICA TIME! *Hypericum*

- Now, you will prepare to add *Hypericum* symptoms onto your *Materia medica* page that has your body outline.
  - First, color and cut the labels and body part shapes.

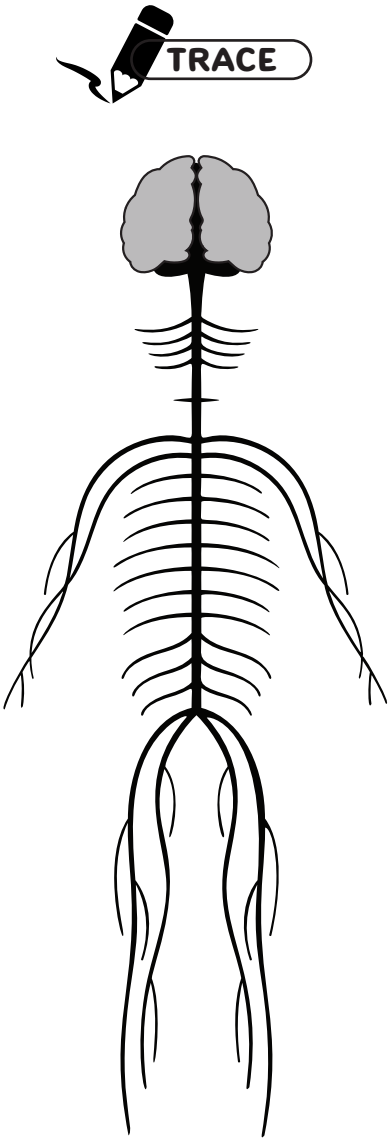


- Use the labels to trace *Hypericum* symptoms found in the memory work.

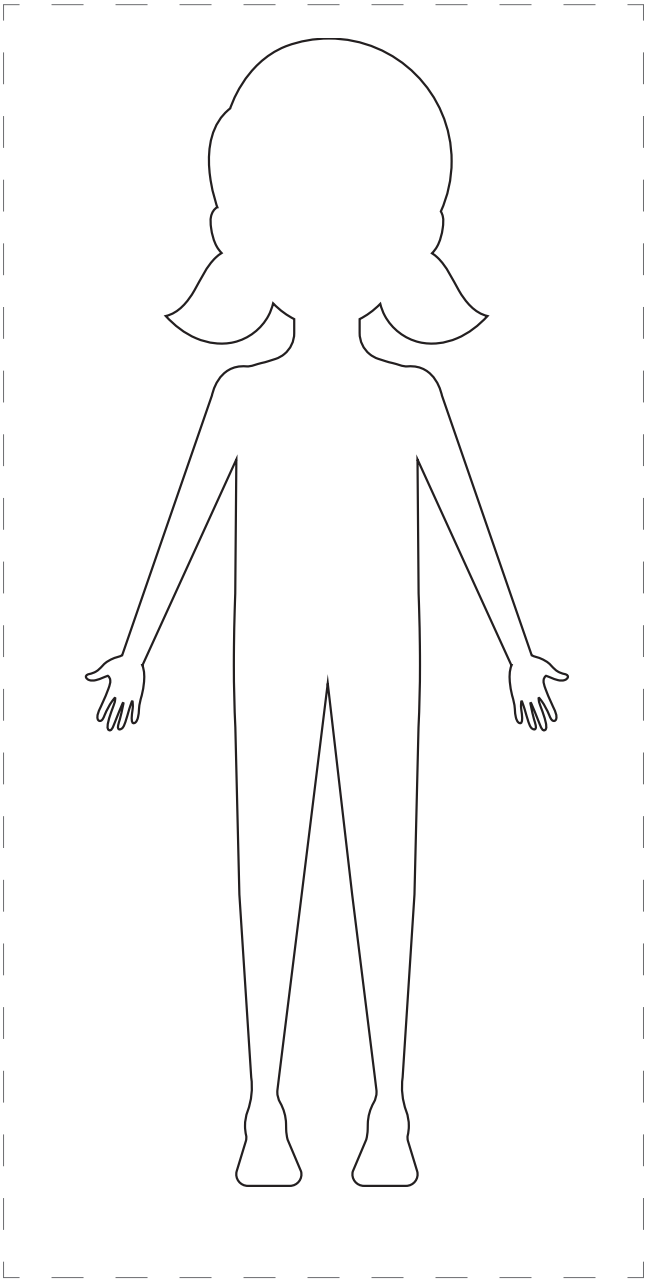


- Cut out labels and prepare to glue these labels and shapes to the page where your body outline is glued by thinking about where you want them placed in relation to how they will look when the nervous system tracing paper is closed and lying on top.
- Once you know where you want your body part shapes to go, lift the tracing paper so it's out of the way, and glue the shapes to the page with your body outline. Now your symptoms will be visible when you have your nervous system page closed.

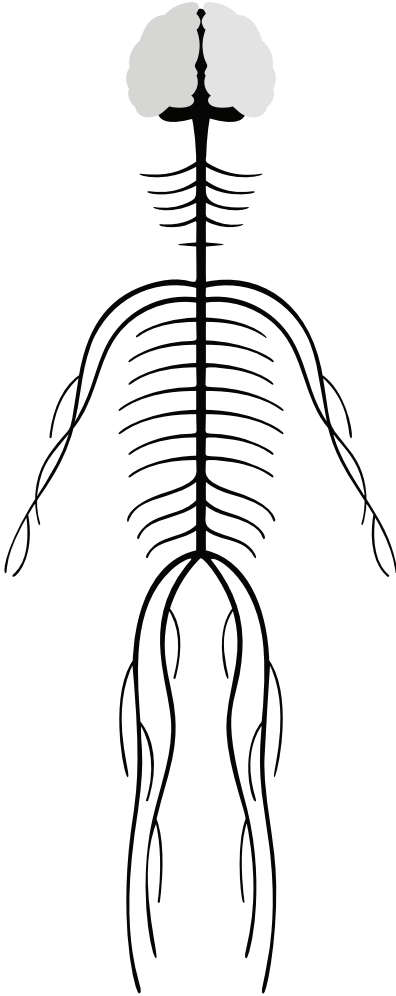
Your Nervous System



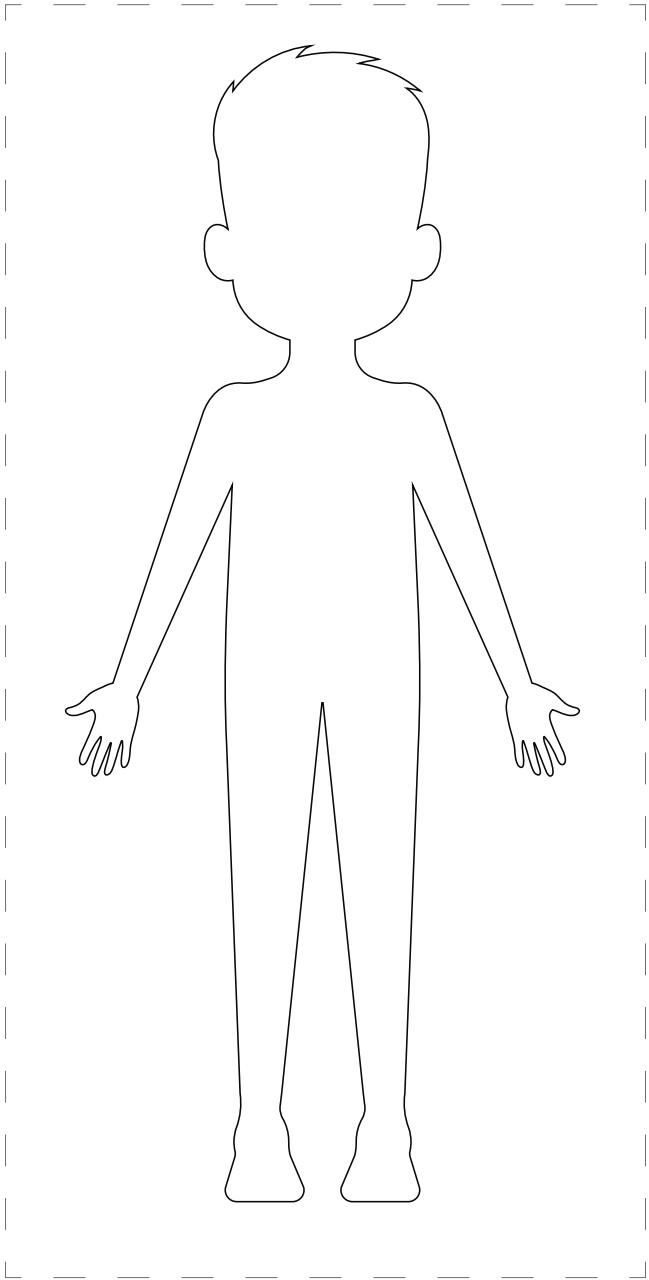
Your Body's Outline  
(Girl Outline)



Your Nervous System



Your Body's Outline  
(Boy Outline)



# LESSON 12 MATERIA MEDICA TIME! *Hypericum*

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## Memory Work Copywork:

Complete the memory work copywork by tracing the words.

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## Remedy Category Chart:

Think about the remedy *Hypericum*. Where does *Hypericum* fit on the remedy chart? Under plant, mineral, animal, or chemical? Cut out this remedy name in your student workbook and place it on your remedy wall chart under the correct column. If you don't know, do some research on this remedy.



*Hypericum*



## HYPERICUM

Hypericum is indicated for

shooting pains in nerves.

Sensitivity to touch will be

observed, with symptoms

sharp and quite extreme.

It's great for nerve-rich

injuries.



## HYPERICUM

*Hypericum is indicated for shooting pains in nerves. Sensitivity to touch will be observed, with symptoms sharp and quite extreme. It's great for nerve-rich injuries.*