

Teach Me Health and Homeopathy

Evie and the Golden Homestead

STUDENT WORKBOOK

Level 2: Grades 4 - 8

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

LESSON 12 MATERIA MEDICA TIME! *Chamomilla*

Chamomilla Materia Medica Page

Chamomilla
Short name: *Chamomilla*



Directions:

- 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.
- Read the description of *Chamomilla* carefully in the memory work as it will help you write your poems.
- You should also use a professional *Materia medica* book to gather as much information as possible about the remedy for your limerick.

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 Drama with *Arnica*

Lots of pain, bruising, and trauma,
My tooth experienced such drama!
I was quite surprised,
My regret was disguised,
Thank God for *Arnica* and Mama!

Note: The writer of this poem noticed in the Materia medica that people who need Arnica tend to say that there is nothing the matter with them even though they are actually not OK.

Memory Work Copywork:

Complete the memory work copywork using your best handwriting.

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*]



Copy the memory work.
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

Horizontal lines for writing the memory work.



CHAMOMILLA

Copy the memory work.

*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*

LESSON 12 MATERIA MEDICA TIME! *Ruta*

Ruta Materia Medica Page

Ruta grav
Short name: *Ruta*



Directions:

For this project, you will be making a collage that shows the symptoms of someone who needs the remedy *Ruta*. 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.
- Read the description of *Ruta* carefully in the memory work. You should also read about *Ruta* in a professional *Materia medica* book.
- 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 using your best handwriting.

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

Copy the memory work.

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

LESSON **12** MATERIA MEDICA TIME! Ruta



RUTA GRAV

Copy the memory work.

*If stiffness binds and parts complain
From overwork or overstrain
When stretching makes the pain increase
Try Ruta grave, may suffering cease
For tendon, tailbone, ankle, or wrist
It's Ruta grave, your healing assist*

Hypericum Materia Medica Page

Hypericum perforatum
Short name: *Hypericum*



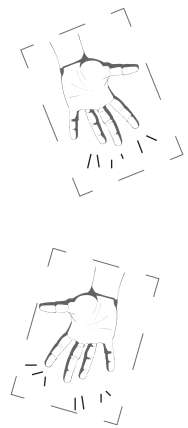
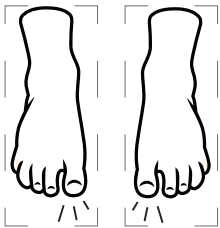
Directions:

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.
- You should also read about *Hypericum* in a professional *Materia medica* 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" 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 out the labels and body part shapes.



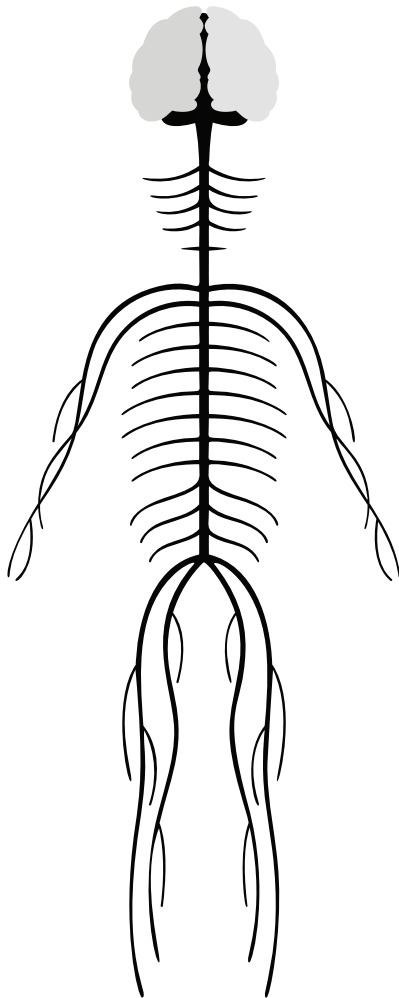
- Using the word bank below, write the words on the left *Hypericum* page. As you write the words, think about where you want them placed in relation to how they will look when the nervous system tracing paper is closed and lying on top.

WORD BANK

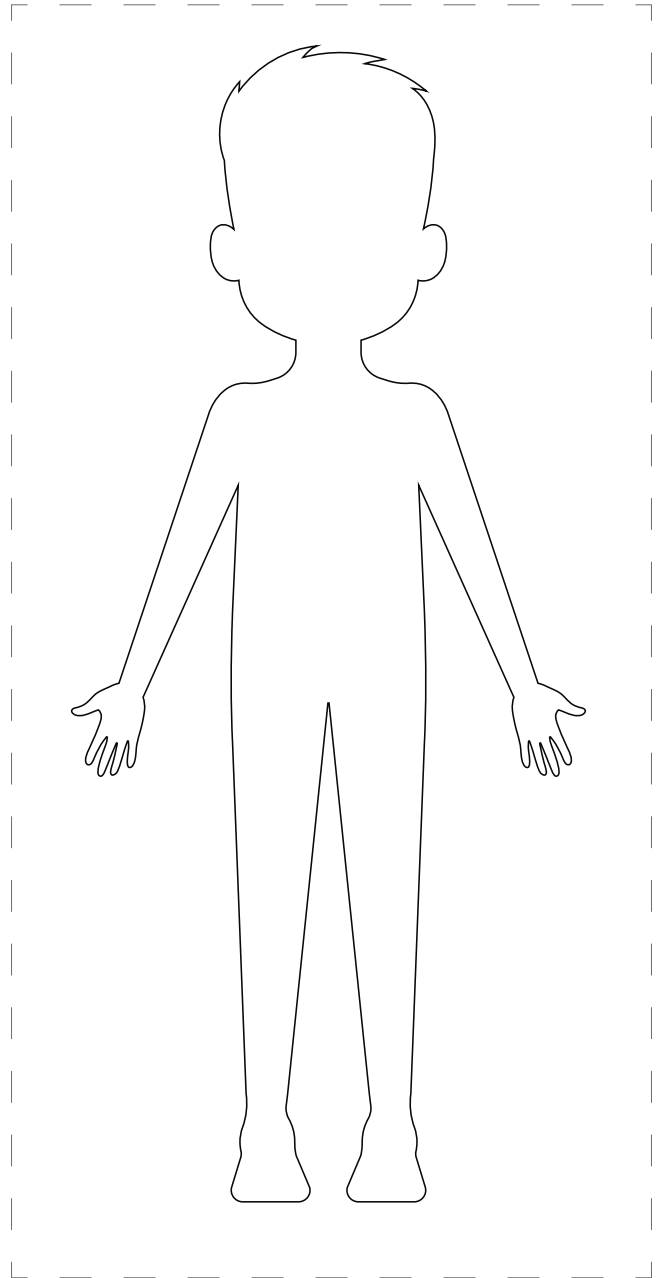
- Shooting
- Nerve ending
- Crushed finger
- Nerve rich
- Tailbone injury
- Injured toe

- 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 shapes to go, lift the tracing paper so it's out of the way, and glue the body shapes to the page with your body outline. Now your symptoms will be visible when you have your nervous system page closed.

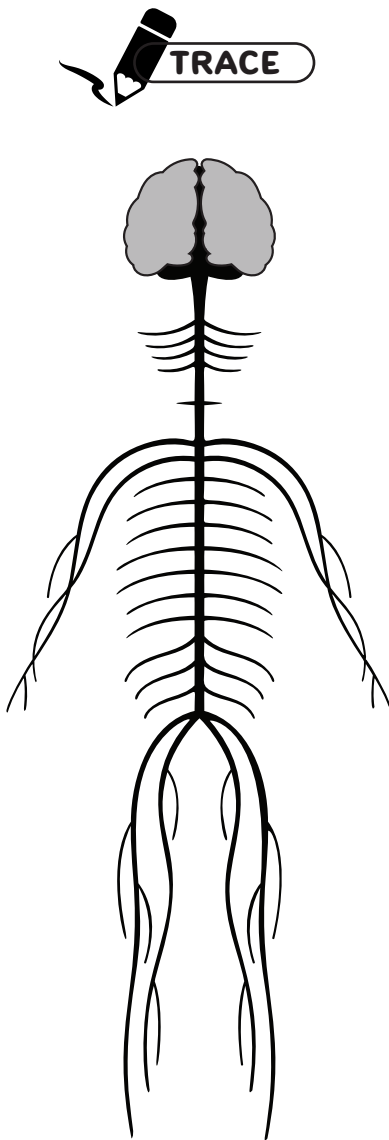
Your Nervous System



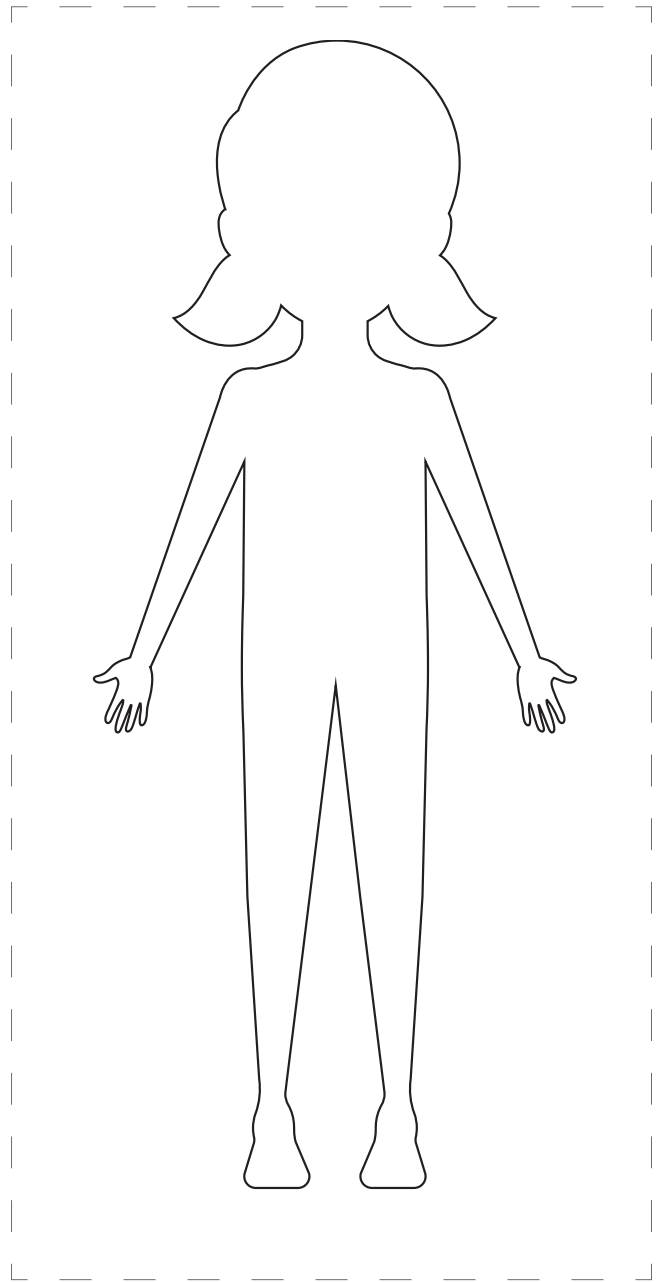
Your Body's Outline
(Boy Outline)



Your Nervous System



Your Body's Outline
(Girl Outline)



LESSON 12 MATERIA MEDICA TIME! *Hypericum*

Memory Work Copywork:

Complete the memory work copywork using your best handwriting.

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

LESSON **12** MATERIA MEDICA TIME! *Hypericum*



HYPERICUM

Copy the memory work.

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.
