

Teach Me Health and Homeopathy

Evie and the Golden Homestead

STUDENT WORKBOOK

Level 3: Grades 9 - 12

FREE
Promotional
Sample



LACHESIS MUTUS
For short: *Lachesis*
Common Name: *Bushmaster Snake*
Think of *Lachesis muta* for an angry, jealous state
Where tight collars and heat annoy
Feeling loquacious with a throat so sore
Purple and red, with pain you abhor
Symptoms move from left to right
Lachesis to cure the fight



ANACARDIUM
For short: *Anacardium*
Common Name: *Cashew*
Fear of exams and brain fatigue
Pressing pains like a plug, want to say blasphemy
Itching so bad like a poison ivy rash
Voices in room talking so much sass
Emotional



CHAMOMILLA
For short: *Chamomilla*
Common Name: *German chamomile*
For fussy, angry, impatient cries
Chamomilla's your soothing surprise
One cheek's red, and the other one pale
For a teething child's angry wale
If you're thirsty and hot with great demand
Be sure to have chamomilla on hand

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*



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.

Arnica

"Oh please leave me alone!" I beg.
My missing tooth brings pain and dread.
The operation was awful,
Cheeks have swollen like a falafel,
And my gums now tingle inside of my head.

Note: The clever writer of this poem used the John Henry Clark Materia medica, and chose to write a fresh piece about someone who had a tooth extraction surgery.

Memory Work Copywork:

Complete your note card for *Chamomilla* using the memory work.

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*]

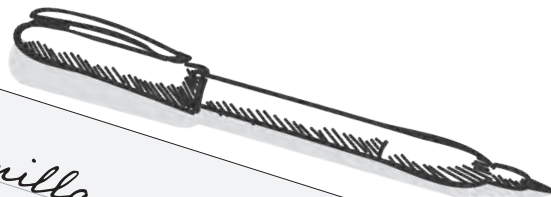
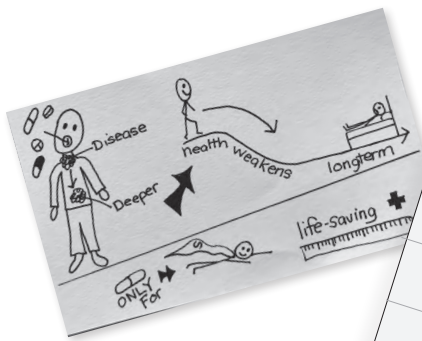
LESSON 12 MATERIA MEDICA TIME! Chamomilla

In this class, you will be making memorization notecards.
There are different ways you can take notes:

1. You can simply copy down the entire memory work sentence onto your notecard.
2. You can use the following note-taking style. To do so, you must follow these rules:
 - Write no more than three or four complete words per sentence.
 - Use as many abbreviations as you wish.
 - Use as many small symbols or pictures as you wish (see example below).
 - When you have written out the notes, you need to be able to use the notes to recite the memory work sentence without consulting the original sentence.
3. You can make a bullet-point list of the most important words on the card.

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 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

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 your note card for *Ruta grav* using the memory work.

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.



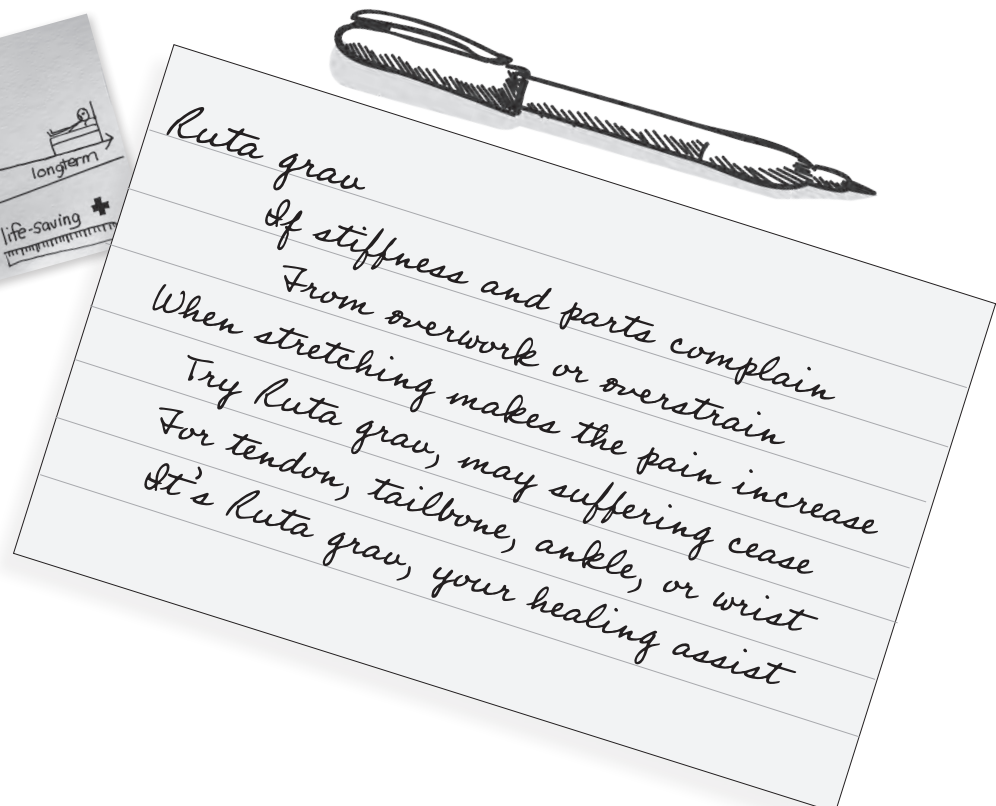
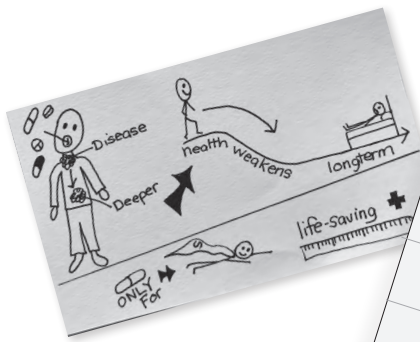
LESSON 12 MATERIA MEDICA TIME! *Ruta*

In this class, you will be making memorization notecards.
There are different ways you can take notes:

1. You can simply copy down the entire memory work sentence onto your notecard.
2. You can use the following note-taking style. To do so, you must follow these rules:
 - Write no more than three or four complete words per sentence.
 - Use as many abbreviations as you wish.
 - Use as many small symbols or pictures as you wish (see example below).
 - When you have written out the notes, you need to be able to use the notes to recite the memory work sentence without consulting the original sentence.
3. You can make a bullet-point list of the most important words on the card.

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



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 body part shapes below.



- Use the *Hypericum* symptoms found in the memory work and in your professional *Materia medica* to write labels around your body shape outline. You may also want to add words that indicate injuries to these parts. For example: Crushed finger. Think about where you want your words 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.

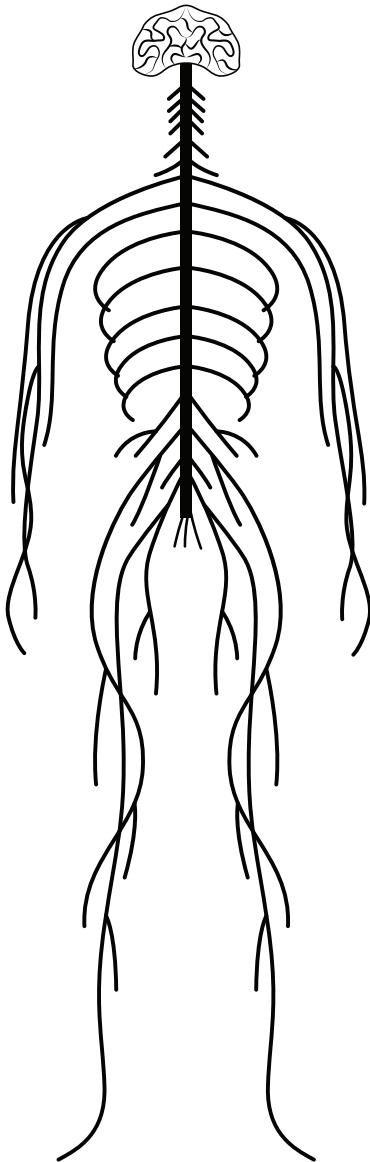
Remedy Category Chart:

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

Your Nervous System



Your Body's Outline

