

Teach Me Health and Homeopathy

Evie and the Golden Homestead

FREE
*Promotional
Sample*

TEACHER'S MANUAL



A comprehensive guide for teachers

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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:

- *Student Workbook (Levels 1, 2, 3)*
- *Materia medica* project book
- Access to a dictionary or the internet
 -  Visit the [Online Teacher's Area](#) under this lesson for resources
- Professional *Materia medica*
- Memory Games

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 pencils, preferably high-quality ones that will show up well on tracing paper (Prismacolor coloring pencils, for example, work well)
- Scissors
- Glue
- (optional) Memory Work Music (Available at PaolaBrown.com/music)

For the Remedy Category Chart



- Scissors
- Glue

LESSON 12 MATERIA MEDICA TIME: *Chamomilla*



Chamomilla

Short name: *Chamomilla*

 Together with the students, watch the video "*Chamomilla*," also available in the  [Online Teacher's Area](#) under this lesson.

Discussion:

Q) What did you learn from the video?

Q) What does it mean to feel "fractious"?

A) Possible answer: *A fractious baby or person is someone that gets easily irritated or angered. They are peevish. It doesn't take much to get them going.*

Q) Can you describe a baby that is feeling fractious?

A) Possible answer: *They ask for things and when you give it, they don't want it anymore; they are mad and overly sensitive.*

Q) What is another keynote symptom that makes Grandma think of *Chamomilla*?

A) Possible answer: *High levels of pain.*

Q) Name some situations where Evie took *Chamomilla* as a child.

A) Possible answer: *Teething as a baby, teething as an older child when her molars were developing, a tummy bug where she had a lot of stomach pain, and an ear infection.*

Q) Do you know what the remedy is made from?

A) Possible answer: *It's another flower in the daisy family.*

Chamomilla Materia Medica Page

Directions:

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

- Begin by opening your *Materia medica* project book to the *Chamomilla* pages and study the memory work to help students write their poems.
 - For new students, this remedy is found on page 13 and 14 of their *Materia medica* project book. For returning students (who completed volume 1), this remedy is found on page 7 and 8 of their *Materia medica* project book.

Memory Work:

Tell me about 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 & hot with great demand
Be sure to have *Chamomilla* on hand

LESSON 12 MATERIA MEDICA TIME: *Chamomilla*

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 are samples of limericks written by students about using *Arnica* for teeth.

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

ARNICA LIMERICK SAMPLES (for reference):

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!

Christian's Drama with Arnica (*Sample for Level 2 Students*)

Lots of pain, bruising, and trauma,
My tooth experienced such drama!
I was quite surprised,
My regret was disguised,
Thank goodness 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. You can notice that the writer highlighted this symptom in the line about the regret being disguised.

Arnica (*Sample for Level 3 Students*)

"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.





Remedy Category Chart:

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

Answer: *Chamomilla* should be placed under the 'plant' column.

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

 Together with the students, watch the video “*Ruta*,” also available in the  [Online Teacher’s Area](#) under this lesson.

Discussion:

Q) What did you learn from the video?

Q) *Ruta* is very similar to another remedy, do you remember which one?

A) Possible answer: *Rhus Tox*

Activity for Level 2 and 3 Students:

Divide students into two groups. If there is only one student, the teacher can be the first group of one, and the student can be the second group.

- Have the first group open a professional *Materia medica* book to the *Rhus tox* page.
- Have the second group open a *Materia medica* to the *Ruta grav* page.
- Within your respective remedies, visit the subsection called, “Joints”.
- Compare and contrast the differences and similarities between *Rhus tox* and *Ruta grav*.

Q) What are the similarities between *Ruta* and *Rhus tox*?

A) Possible answer: *Both indicate joint pain, both are worse in damp weather, and both feel worse upon initial movement, but as you warm up the joint it improves.*

Q) What is the main difference between *Ruta* and *Rhus tox*?

A) Possible answer: *Unlike Rhus tox, when someone has a joint that needs Ruta, the joint feels like it will ‘give out’ from weakness.*

Q) *Ruta* can help with something called, “connective tissue.” Do you remember what that is?

A) Possible answer: *In the book, Grandma says, “We all have connective tissue. It’s like the glue, the support system of your body, holding things together and giving structure to muscles, bones, and other important parts. The person who needs Ruta will have joint pain, which may feel stiff and weak. Once, years ago, Great-Grandma Brown stood up from her chair, and her knee gave out. Someone was nearby and able to catch her, but she said it was like she had lost the strength in her knee. That’s a strong Ruta symptom. Ruta is also great for joints that have been overused, and it’s excellent for old injuries.”*

Q) When can *Ruta* help with your teeth?

A) Possible answer: *Ruta can help when you have braces put on or when they’re adjusted.*

Q) What remedy did Grandma use *Ruta* for?

A) Possible answer: *She used it for her tailbone after she fell on it.*

LESSON 12 MATERIA MEDICA TIME: *Ruta*

Ruta Materia Medica Page

Directions:

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

- Begin by opening your *Materia medica* project book to the *Ruta* pages and study the memory work to help students write their poems.
 - For new students, this remedy is found on page 37 and 38 of their *Materia medica* project book. For returning students (who completed volume 1), this remedy is found on page 29 and 30 of their *Materia medica* project book.



Memory Work:

Tell me about Ruta

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

- Level 2 and 3 students should also study a professional *Materia medica* book under the remedy, *Ruta*.
- Sift through various magazines and look for pictures that can represent *Ruta* 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.



Remedy Category Chart:

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

Answer: *Ruta* should be placed under the 'plant' column.





Hypericum perforatum

Short name: *Hypericum*

 Listen to the *Hypericum* Homeopathy Memory Work Music Volume 1 throughout the week (if available)

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

 Together with the students, watch the video "*Hypericum*," also available in the  [Online Teacher's Area](#) under this lesson.

Discussion:

Q) What did you learn from the video?

Q) At this point in the story, *Hypericum* has been mentioned a few times. Do you remember when they used it?
A) Possible answer: *Grandma used it after she fell on her tailbone, and Christian used it after he hit his teeth.*

Q) What does *Hypericum* help with?

A) Possible answer: *Hypericum helps with situations where there is a lot of pain because the nerves have been crushed, cut, or damaged.*

Q) Can you describe the pain that you feel when you need *Hypericum*?

A) Possible answer: *High pain, shooting pain.*

Q) Why did Grandma use *Hypericum* for Christian's teeth?

A) Possible answer: *Because we have nerves in our teeth, and he was having pain there. Christian's nerve was probably damaged and the *Hypericum* could help.*

Q) Why did Grandma use *Hypericum* for her tailbone?

A) Possible answer: *Nerves are like long thin wires that go all over your body, from the tips of your fingers and your head down to your toes. Nerve endings refer to when the nerve wire 'ends', like on the tips of your fingers or your tailbone. Anytime you injure a nerve ending, it's very painful because those are nerve-rich areas.*

LESSON 12 MATERIA MEDICA TIME: *Hypericum perforatum*

Hypericum Materia Medica Page

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. Begin by opening your *Materia medica* project book to the *Hypericum* pages and study the memory work to help students write their poems.

- For new students, this remedy is found on page 23 and 24 of their *Materia medica* project book. For returning students (who completed volume 1), this remedy is found on page 21 and 22 of their original *Materia medica* project book.
- The *Hypericum* memory work lyrics can also be found here for reference: PaolaBrown.com/music
- "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."
- Level 2 and 3 students should also read about *Hypericum* from a professional *Materia medica* book.
- Now open your workbooks to this lesson and look at the human body labeled "Your Nervous System".
- Tell your students that 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* project book:
 - Place the tracing paper on top of the human body labeled "Your Nervous System" and use coloring pencils to trace the body's nervous system. You can 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.
- Now, go to your workbook under this lesson, and cut around the dotted line for the drawing labeled "Your Body's Outline." **Note: Level 1 students have a 'boy' and 'girl' option to choose from.**
 - 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.
- Now, you will prepare to add *Hypericum* symptoms onto the page that has your body outline.
 - First, color and cut the labels and body part shapes found in your workbook.
 - Use the labels to write *Hypericum* symptoms found in the memory work.
 - Level 2 and 3 students should also use a professional *Materia medica* to identify additional symptoms.
 - 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 laying on top.
 - Once you know where you want your 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.

LESSON 12 MATERIA MEDICA TIME: *Hypericum perforatum*



Remedy Category Chart:

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

Answer: *Hypericum* should be placed under the 'plant' column.



Memory Games:

To reinforce the remedies learned today, you may want to pull out the relevant flashcards and matching game cards for *Chamomilla*, *Ruta* and *Hypericum* (also *Bellis*, *Caulophyllum*, *Gelsemium*, *Lachesis*, *Aconite*, *Arsenicum*) to support further memorization and recall. You will be able to add additional remedy cards through the course of this curriculum as they are introduced in later chapters.