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We combined Winter and Spring due to supply chain issues. Quarterly publishing will resume this summer.

Breakthroughs and connections

BY SUJATA OWENS, CCH, RSHOM(NA), DHMS(INDIA), BSC(INDIA)



One of 44 children at age eight is identified with autism spectrum disorder, according to the U.S. Centers for Disease Control's 2018 data. Children with this brain development disability communicate, interact, and learn differently than most children—which typically leads to school, family, and social challenges.

Symptoms can range from minor to severe, but difficulty in socializing and communicating with others is usually noticeable, as are restricted or repetitive behaviors and interests. Common examples include:

- avoiding or not keeping eye contact
- taking little or no interest in other people
- preferring not to be held or cuddled
- having difficulty expressing themselves in words or gestures
- repeating words or actions again and again
- having obsessive interests
- having difficulty adapting to changes in routines
- reacting unusually to the way things taste, smell, look, feel, or sound.

Autism is four times more common in boys than in girls, and it's on the rise in all racial, ethnic, and socioeconomic groups.¹ Parents are often at a loss of how to support such a child. In my experience, homeopathy can play an important role in helping children diagnosed with autism. Below, I share the transformative healing journeys of two boys in my homeopathy practice.

Gentle Jordan can get violent

When six-year-old Jordan and his mom entered my office, he made eye contact, showed me his watch, and told me the time. As a homeopath, I am trained to observe that which does not “fit”—and Jordan's engaging behavior was not typical of children with an autism diagnosis.

Jordan immediately switched off the lights in my office, and according to his mom, he did this routinely because lights bothered his eyes. When he reached out to touch my video equipment, I drew an imaginary perimeter around my desk to help Jordan understand which area was his. Throughout the consultation, Jordan would remind himself, “Oh, this is Sujata's area,” and then would return to the toy table. He

The healing journeys of two boys with autism



continually interacted with his mom and me in a gentle way. For example, he frequently told me the exact time and asked where the hand of the watch would be when the consultation was over.

Jordan's demeanor was drastically different from the "wild and violent" nature his mom had described in the pre-consultation paperwork. She had said she wanted help for her son's repetitive and fixated behaviors associated with autism—as well as his disruptive, violent outbursts related to PANDAS (Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections).

Fear from the start

Jordan's mom began our conversation by saying, "I was seven months pregnant with Jordan when I was stopped by the police for speeding. The incident was very scary, and I started wheezing, my heart raced, and I felt panicked. Also, Jordan had to be resuscitated when he was first born, which was very frightening for me." I found it noteworthy that Jordan's mom spontaneously shared these stories. When I asked if Jordan had displayed any signs of strong fear or panic, she said that he was "petrified of dogs" because of a "terrifying dog interaction." Also, he was very afraid during a traumatic emergency room visit, where his burns from a hot oil spill were treated.

Fixed and violent

At age three, Jordan's repetitive behavior, fixations on items or words, and lack of interaction with others led to an autism diagnosis. Two years later, he was also diagnosed with PANDAS when he suddenly began to have "meltdowns" several times a week and even several times per day. PANDAS occurs in a small number of children following a streptococcus infection, usually strep throat. The affected child suddenly exhibits sensory, mood, and obsessive-compulsive symptoms that were not present before.²

Jordan's themes

To determine a helpful homeopathic remedy, I review my consultation notes to identify themes and select the most prominent symptoms within the themes. Next, I search for the symptoms in a repertory—an index to the remedies, organized by body system and symptoms—and compile a list of possible remedies. I then research these remedies in several materia medica—book or computer-based references that include homeopathic remedies and their actions. This process ultimately leads me to the remedy that best matches the person's symptoms.

The themes I identified for Jordan included:

- **Fear** – Jordan's mom immediately told me about her panicked experience with the police during her pregnancy with Jordan. And already in his six years, Jordan had endured a "frightening" birth, a "terrifying" dog incident, and a "fearful" emergency room visit when he had a "traumatic" accident.

- **Light sensitivity** – As soon as Jordan and his mom walked into my office, Jordan switched off the lights, which cast my office into near darkness, and his mom said he almost always turned off lights.
- **Violent anger** – During an outburst, Jordan would scream to the rhythm of loud, blaring music, which he demanded be played. If the music stopped, he would become "wildly angry" and scream even more. His mom said, "Jordan rhythmically kicked the stove, lay kicking and screaming on the floor, and once he even kicked the bed rail so hard that it broke." Nothing soothed or satisfied Jordan during an outburst.
- **Fixation** – Jordan's mom described how he would repeatedly scream, "87 IS MY SPECIAL NUMBER!" He fixated on time and timekeeping and on household appliances, such as the vacuum or blender, which he would repetitively run circles around while making growling noises. Jordan's mom also described how he loved to record himself saying a word or phrase and listen to it over and over.
- **Suddenness** – Jordan's mom emphasized the suddenness of his symptoms. For example, Jordan could suddenly change from the calm, kind boy that I observed in my office into being wild and violent. The PANDAS outbursts began and ended suddenly, without warning or identifiable causes. Also, when Jordan got sick, even with a common cold, he would suddenly get worse and require emergency care within two hours of the first symptoms.

Three remedy choices

I considered three possible remedy choices as follows:

- **Hyoscyamus** – This often helps individuals who have strong, violent behaviors, as well as many fears, especially of dogs. In addition, *Hyoscyamus* is a good match for Jordan's light sensitivity, fixations, and suddenness of symptom appearance. Yet, people who need help from *Hyoscyamus* commonly act foolish and ridiculous, especially about sexuality. They often demonstrate sexually-oriented behavior such as exposing or talking about their genitals. Although this remedy matched many of his symptoms, Jordan did not exhibit any sexual behavior, so I ruled out *Hyoscyamus*.
- **Stramonium** – This remedy matches the fearful and violent themes identified in Jordan's symptoms, and it also helps individuals who are sensitive to light and afraid of dogs. Plus, *Stramonium* can be helpful with inconsolable PANDAS-related outbursts like Jordan's. However, when Jordan turned off the lights in my office, he ruled out this remedy. *Stramonium* is known for helping people who are *very* afraid of being in the dark, even in a semi-darkened room. People who need this remedy most always prefer lighted areas.
- **Belladonna** – Like the previous two remedies, *Belladonna* ranked well in the repertorization of Jordan's symptoms. It especially fit his fear of dogs and suddenness of symptoms.

Plus, *Belladonna* is known for helping with light-related symptoms, such as Jordan's light sensitivity. Finally, *Belladonna* is recognized for its ability to address violent symptoms, whether they are emotional (Jordan's outbursts) or physical (Jordan's response to catching a cold). I recommended one dose of *Belladonna* 200c for Jordan.

Remarkably calm

One month later at Jordan's first follow-up appointment, his mom reported, "Jordan is staying in his therapy center classroom most of the day. Before taking the remedy, he frequently needed to be taken out of the room because of his outbursts. Now, he sits calmly, pays attention, and follows directions—it's remarkable!" Although he still had screaming outbursts at home, on several occasions he had self-regulated and calmed down quickly.

Jordan sits calmly, pays attention, and follows directions—it's remarkable!



"He recently chipped a tooth and sat still for 40 minutes in the dentist's chair during the repair procedure. This is a significant change from six months ago when he had to be sedated for a regular dental exam and cleaning," his mom added. "It's truly phenomenal!"

This was an excellent healing response, so I did not recommend another dose of *Belladonna* at that time. Instead, I sent two doses of *Belladonna* 200c home with them for later use. I asked his mom to give one dose if Jordan's improvements stalled or if he could not regulate an outburst.

A necessary boost

Five months later at his follow-up appointment, Jordan's mom said, "He is still doing well in school. He transitioned out of his therapy center and into a regular classroom, where he receives daily support from a classroom aide and other therapists. Unfortunately, at home, he has been a holy terror, and the two doses of *Belladonna* 200c have not helped." He had been kicking the wall and repeatedly watching his temper tantrum video that he had recorded. On a positive note, Jordan had not been sick with any coughs or colds.

Even though Jordan's physical health had improved and he was doing well in school, I realized that *Belladonna* 200c was no longer supporting him enough, as evidenced by his escalating outbursts at home. Jordan needed a boost to continue healing. Because Jordan's overall symptom picture had not changed, I recommended he take the same remedy in a higher potency: one dose of *Belladonna* 1M, in water, every other day.

A homeopathy success story

Two months later, Jordan's mom was beaming. "I am thrilled to tell you that Jordan is in a regular public-school classroom now, and he no longer requires the classroom aide or other daily therapy! He likes school, does well at it, and even talks to me about it. None of this would have happened before we began seeing you. He is behaving well at home, and his outbursts are extremely rare now. During the past two months I gave him *Belladonna* 1M water doses every other day, except for a two-week break."

Because Jordan was doing so well, I told his mom that she could start reducing doses to every third day, then to every fourth day, then to every fifth day and so on. I also asked her to contact me if Jordan's symptoms worsened.

A year later, I called Jordan's mom since I hadn't heard from her. She happily reported that she had not been in touch with me because he was doing so well. While he still had tendencies towards repetitive behaviors and interests, they were much reduced. His health was good, and his violent outbursts were a thing of the past.

Restless Randy does not speak

When I first met nine-year-old Randy, his mom prompted him to say "hi." Instead, Randy made an unintelligible sound and walked into my office as if I wasn't there. Randy did not actively communicate, except when his mom encouraged him, and then he would make a throaty noise. Randy seemed oblivious to others, he played alone, and he failed to respond when spoken to.

At age two, Randy was diagnosed with autism when he began to exhibit common signs, such as a failure to respond to social cues, obsessive behaviors with toys, and a lack of awareness about his surroundings. Randy did not vocalize until age six, and his mom described his developing behaviors as overactive, violent at times, dangerously fearless, and mentally dull. Aside from food allergies, occasional diet-related diarrhea, and heavy perspiration at night, Randy was in good physical health.

Randy's mom managed his behavior symptoms with calming activities, such as swimming; a high-protein, fat-rich diet; and step-by-step instructions to make tasks and schoolwork easier. She hoped that homeopathy would help Randy act more calmly, communicate more clearly and without being prompted, and maintain better focus, especially with his studies.

Randy's themes

The most prominent themes that surfaced during Randy's initial homeopathic consultation included fearlessness, violence, restlessness, and persecution. I also made note of an overall "dullness" described by his mom. The following comments from his mom, along with my observations, highlight these themes.

- **Fearlessness** – "Randy is dangerously fearless. He wanders into busy streets and stores. He even jumped out of a second-floor window."
- **Violence** – "Randy becomes agitated and often attacks others, mostly by biting them. He doesn't really want to hurt anyone; he attacks because he has pent-up energy."
- **Restlessness** – While his mom and I talked, Randy darted between the consultation room and reception area, alternately playing quietly with dominoes or running around. Randy's mom explained that he needed physical activity to release "excess energy. He moves constantly, like a wind-up toy that never stops."
- **Persecution** (subjected to hostility) – Both Randy's mother and sister, who accompanied Randy on his first visit to my office, seemed afraid, almost paranoid. I soon learned the whole family was afraid of Randy's mentally ill father, who could be violent when angry. They were worried he had angrily followed them to my office. When I asked how his dad's behavior affected Randy, his mom said that Randy, who is nearly always fearless, often cries and runs away from his dad.
- **Dullness** – During her pregnancy with Randy, his mom recalled having a dull, heavy, and fatigued feeling in her brain with only occasional periods of clear thinking. She thought that Randy experienced the same feeling when he tried to learn. Over time, Randy had shown strong cognitive abilities, a good memory, and a reading level far above his age. Yet, he was largely unable to understand his schoolwork or comprehend what he read.

In addition to these themes related to thoughts and emotions, I identified three important physical symptoms:

- **Allergies** – Many clients with an autism diagnosis report food allergies and sensitivities. Randy's list included milk, wheat and other flours, beef, sugar, spicy foods, and "soft" foods such as starchy vegetables.
- **Perspiration** – Randy's mom described his nighttime perspiration as heavy and profuse.
- **Desires and feels better from nuts** – Randy's mom reported that he craves nuts and that he learns better after eating nuts.

A remedy for Randy

I examined four possible remedies for Randy as follows:

- **Sulphur** – This remedy strongly matched Randy's symptoms of food allergies, perspiration at night, nut cravings, and the persecuted feeling. However, the restlessness of a person needing *Sulphur* is usually more focused on getting things done rather than as an expression of pent-up energy. Also, those who respond to *Sulphur* usually do not have the dangerous fearlessness that Randy exhibited. Finally, their allergies often cause itchy, red rashes or other skin eruptions, but Randy had no skin issues.
- **Hepar sulphur calcareum (Hepar sulph)** – *Hepar sulph* matched Randy's expression of rage and violence, especially toward other people, as well as his fearlessness and nighttime perspiration. However, a person who needs *Hepar sulph* is not typically as allergic as Randy. Instead, they often have upper respiratory issues, such as sinus or ear infections. Also, *Hepar sulph* is not known for helping with restlessness like Randy's.
- **Arsenicum album** – *Arsenicum album* is very helpful for extreme restlessness like Randy experienced. Yet, the restlessness of those who are helped by *Arsenicum album* usually stems from fear or pain, and it mostly happens at night.

Randy's nearly non-stop restlessness is driven by "pent-up energy." *Arsenicum album* can also be useful to those who feel persecuted by others, as Randy's mom had shared about their feelings toward Randy's dad. In addition, allergies and heavy nighttime perspiration can

Two days after taking the remedy, Randy was so "good," that it was like magic.



often be helped by *Arsenicum album*. However, *Arsenicum album*'s symptom profile includes fear of almost everything, especially dangerous things, which does not match Randy's dangerous and fearless actions.

- **Mercurius solubilis** – This remedy (also known as *Mercurius vivus*) is an excellent fit for Randy's particular type of restlessness. His mother likened him to a wind-up toy that never stopped, and those who need *Mercurius solubilis* almost

compulsively keep moving. In addition, *Mercurius solubilis* is known for helping with violent, impulsive behavior, especially in children. Dangerous, fearless individuals, who also exhibit strong fear (such as when Randy runs away from his angry dad), often receive help from this remedy. *Mercurius solubilis* also matched Randy's symptoms of profuse perspiration at night, allergies, and nut cravings. *Mercurius solubilis* is derived from the heavy metal mercury, and according to some homeopaths, remedies derived from heavy metals (such as mercury, lead, and gold) can help people who feel dull and heavy, as Randy did.

Randy's themes and underlying symptoms best matched this remedy, so I recommended he take one dose of *Mercurius solubilis* 200c and follow up with me in one month.

Smiling and calm

At Randy's first follow-up appointment, his mom said, "the remedy had an almost immediate calming effect on him." By day two, he was "so good, it was like magic." At school, his teacher reported that he was less "hyper." At home, Randy was more relaxed and had fewer temper tantrums. Overall, Randy's mom said that he looked and seemed happier, and he smiled a lot.

Since taking the remedy, Randy had looser bowels with greenish stools, and he had developed bumps on his skin that resembled mosquito bites. However, neither new symptom had caused Randy discomfort. Because Randy seemed to be responding well to the first dose of the remedy, I decided the new symptoms were part of his body's healing process, and I did not recommend another dose of the remedy.

Intellectually active

One month later, Randy's mom reported that he was calmer, more focused, and more affectionate than when we met last month. "He had fewer temper tantrums and showed less aggression" and was more intellectually active with schoolwork and homework. It sounded like the dullness had begun to lift! Although Randy had said a lot more words during the past month, his speech was still unclear. Also, Randy's mom said that he seemed unsettled if he was not busy and moving.

Overall, this was a good report. But since Randy was still struggling with restlessness and unclear speech, I recommended he take one dose of *Mercurius solubilis* 200c.

Playfully affectionate and speaking

One month later as Randy arrived at my office, he was laughing at something his mom had said. He was also

Learn More Autism Resources

Impossible Cure, The Promise of Homeopathy by Amy Lansky, PhD, a former NCH board member, is an excellent resource that explains how her son recovered from autism with homeopathic treatment. She also maintains a webpage full of valuable tips, practical information, and links to additional therapeutic resources related to autism. Visit it here: www.impossiblecure.com/autism.php

speaking more clearly to her. His mom proudly shared that Randy was playing and running, "just like other kids." He had been more affectionate with his family during the past month, and he had even played with his dad. Randy rarely had temper tantrums or aggressive episodes now.

Randy's overall health was moving in a positive direction, so I did not recommend another remedy dose. But I asked his mom to contact me if any of his old symptoms reappeared.

Months later, Randy's mom let me know that she was happy with how homeopathy had helped Randy. While he was still receiving extra therapy at school for communication skills, he had continued to make steady progress in social interactions, with schoolwork, and with speech.

He was also much calmer than before homeopathic treatment. She was especially relieved that Randy no longer took dangerous chances or acted violently and aggressively.

Significant, steady progress

Within one month of starting homeopathic treatment, both Jordan and Randy showed noticeable improvement with academic, social, and behavioral issues. Further positive changes continued to unfold as time progressed.

Jordan and Randy are just two examples of the many children with autism spectrum disorder who can make great strides thanks to homeopathic treatment. And homeopathy may be used alongside any other therapies without worry about interference. Please note, however, that homeopathic treatment for people with autism is not a "do it yourself" project. You will need a qualified homeopath to help you, as we are trained to perceive and understand the unique expression of each person's symptoms—in order to choose a remedy that ultimately effects change in overall health. 🌍

Footnotes:

1. Data & Statistics on Autism Spectrum Disorder. <https://www.cdc.gov/ncbddd/autism/data.html>
2. PANDAS: Questions & Answers <https://www.nimh.nih.gov/health/publications/pandas>

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