

Lotus Homeopathy, Inc.

Homeopathic News and Inspiration from the Flower Pond

September/October 2002

Remedy Tips for the New School Year

School has begun. Along with the start of school comes a variety of bumps and bruises associated with sports, playgrounds and general living.



Arnica Montana is a very valuable remedy for trauma of all types. When a trauma has occurred, taking **Arnica 30C** can help prevent a bruise and immediately begin to help heal soft tissue damage. For a mild trauma, 2 or 3 30C doses will suffice. If the trauma is more serious, such as a sprain, strain or break, you may need to take it more frequently for 48 hours. Or, you may need to seek a higher potency from your homeopath.

Once the initial trauma has subsided, but the pain remains, consider **Bryonia 30C** if the pain is worse on motion, but is better wrapped. If the pain is worse initially with motion, but is better with continued motion, the remedy you most likely need is **Rhus Tox 30C**. **Ruta 30C** is the remedy for pain that is worse with motion, but is not better wrapped. Shin splints is a good example of when to use Ruta.

Welcome To Lotus Homeopathy

The name *Lotus Homeopathy* was inspired by the Lotus flower. The Lotus flower has deep significance in many Eastern religions. The Lotus flower drops its seeds in the deep, dark mud of the pond. Out of the mud grows a beautiful flower. Homeopathy helps draw people out of the darkness and mud in their lives to blossom into their true selves.

I recently graduated from the Northwestern Academy of Homeopathy in Minneapolis, but my interest in homeopathy began many years before that. In addition to serving as a classical homeopath, I also work as a technical writer for a homeopathic software company in Belgium. Some of you may have seen me using the software in my office. It helps me sort through the hundreds of thousands of symptoms, the thousands of remedies, and hundreds of homeopathic books to find just the right remedy for your situation. By documenting the software, I know all the hidden features. This in turn makes me a more effective homeopath, as I can quickly narrow my remedy choices down to a few, and then I can choose the best one for you.

It is my personal passion and mission as a homeopath to help heal dis-ease and enable each of my clients to blossom.

Kathryn Z. Berg

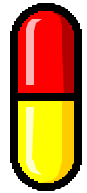
How Can I Be Helped With Just One Remedy at a Time?

It is perhaps one of the hardest notions for many people to accept—that homeopathy can heal with just one remedy at a time.

A little background information on homeopathy may help. The idea of homeopathy is that each person has *a* story. Many people can recognize that they do have patterns in their lives, both mental, emotional, and physical, that have remained pretty consistent over the years. The role of the homeopath is to illicit the story through a homeopathic interview. Then a remedy is administered that matches the story of the client. (See the July/August 2002 newsletter for more information on how we know this.)

The homeopathic remedy helps change the story of the people who take it. So, instead of responding as Belladonna or Sulphur, you respond as yourself.

By contrast, Western medicine (allopathy), admittedly seeks to suppress the symptoms. If you have allergies, just suppress the symptoms with an anti-histamine. If you are feeling depressed, you can numb out the depression. The problem, of course, is that none of these drugs actually heals the problems they address, they just control them—and aren't always very effective at that. More often than not, there are also side effects to deal with. This then can result in additional drugs to control the side effects.



And so the cycle continues. The story of the patient never changes. The symptoms are suppressed, so they must be expressed elsewhere in the body. After a few months or years, another set of symptoms appears, and another prescription drug is added to the regiment.

By changing your story with homeopathy so you no longer believe, for example, that you are unlovable, or that you are always right, or that the world is a dangerous place, your body no longer needs to tell that story in the form of physical pathology.

Some people have layers of stories and by treating one layer, another story emerges. Then the remedy is changed and a different remedy is given.

Hundreds of thousands of people have had one future and with homeopathic treatment, are given different future. You can join the ranks of those who are living life as themselves.

Fall Special Coupon

Are hot flashes wearing you down? Is your monthly moodiness starting to interfere with your relationships?

If you are struggling with menopausal symptoms, PMS, infertility, or any other hormonal issue related to the female reproductive system, help is available through classical homeopathy. (Spouses included!)



Schedule your initial consult before November 15, 2002 and receive **\$15.00 off an initial consult for girls under 16. Receive \$20.00 off an initial consult if you are over 16.** Call Kathryn at 651-336-3334 before your next hot flash or cycle.



No More Monthly Complaints

I started my period when I was 10 ½ years old. I hated it. No one else had started then. From the beginning I had problems with my period

and ovulation. When I was ovulating, my stomach would hurt. I would have cramps and feel nauseous. I wouldn't throw up, though.

"My period was much worse if I was moving around, so when I got my period, I wouldn't go to school. I would lay in bed all day. If I stood up, I would get a head rush and black out.

"In addition to having problems with my period and ovulation, I also had frequent headaches on my forehead. I would wake up with them a couple of times a week. Sometimes I would take Tylenol for the headaches. If I let them go away on their own they would last a couple of hours.

"I really didn't try anything other than homeopathy for my symptoms. It just didn't seem like an option we wanted to pursue.

"After a couple of doses of my remedy, I hardly notice ovulation and my period surprised me. I wasn't expecting it because I didn't have physical symptoms prior to it like I normally do. My headaches also went away.

"In addition to having my period be more tolerable, I also started getting along better with my dad. I was able to think 'whatever' more easily instead of getting all worked up over his lectures."

Anna P. 15 years old.

There was virtually no scarring on the ovary from the previous surgery. The doctor was at a loss to explain what she found.

Who Can Explain It?

At my annual physical several years ago, my doctor found a mass on my right ovary. I had only recently begun homeopathic treatment at the time, and didn't really understand exactly how it could help. I mentioned it to my homeopath, who suggested that although homeopathy could help with the ovarian cyst, to go ahead and have the laparoscopy. We would at least know what was going on. I was given some high potency Arnica to take before and after surgery for pain and to minimize scarring.

"Right before going in for surgery, I took a dose of Arnica and followed up the surgery with Arnica, never needing the prescription drugs from the doctor. The doctor discovered the cyst was endometriosis, but the only place she found any was on the right ovary. She removed the endometrial tissue.

"A couple of years later when my husband and I were experiencing infertility issues, the doctor suggested another laparoscopy after less invasive tests had shown there was nothing wrong.

"After the surgery, the doctor reported peculiar findings. She said there were patches in the abdominal cavity which looked like there used to be endometriosis but had been removed. She said that in the surgery two years earlier, there had only been that one patch of it. She also commented that there was virtually no scarring on the ovary from the previous surgery. The doctor was at a loss to explain what she found.

"My homeopath was able to offer a potential explanation. Although the surgery might have been suppressive, the remedy I had been taking had kept up with the suppression and healed the endometriosis that had started to express itself elsewhere."

Anonymous

Upcoming Events

September 28th, 10:00 a.m. River Market Food Coop, Stillwater. Acute Homeopathic Care. Learn to treat your family's acute illnesses. Free. To Register call 651-439-0366

October 19th, 9:30 a.m. Lotus Homeopathy, Inc. in Oakdale. Learn the basics of homeopathy, how it works, how it can help you. Free. Call 651-336-3334 to register.

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Kathryn Z. Berg, Classical Homeopath

Homeopathy and Women's Health Issues

These are confusing times when it comes to Women's Health Issues. Should I use HRT or not? I'm almost at menopause, what could it hurt to have a hysterectomy now for my uterine fibroids. I think I'll just increase my use of soy products to deal with my hot flashes. I would like to get pregnant, but I don't want to deal with the hormones required for infertility treatment—not to mention the cost! If I throw up one more time....

You or a loved one may have made similar statements in recent years. There are so many options, so many books, so many opinions.

Homeopathy can offer an option that is safe, effective, non-invasive and treats not only the dis-ease associated with hormonal symptoms, but your entire being.



Menopause is a developmental stage of life, like any other. In most indigenous cultures, menopause is considered a period of great wisdom. It isn't an illness, but it can result in dis-ease. It is a time of life when your susceptibility to everything is heightened.

You may no longer be able to ignore feelings or sensations that you have been able to push to the background your whole life. Everything that needs to be cured might come to the forefront. A different homeopathic constitutional remedy picture often emerges.

Muscular/Skeletal changes occur more easily. Issues develop in relationship to connective tissue, muscle aches, backaches, clumsiness, bones breaking, and in general, intensification of symptoms that have been hormonal anyway—for example, irritability can become rage. It is a time when women absorb less easily minerals from foods. With that comes more fatigue, weakness and depression. These are all dis-ease symptoms that homeopathy deals with quite effectively.

Although an acute remedy may be necessary, most homeopaths agree that working with the constitutional remedy is the most effective course of action in treating the dis-ease associated with peri-menopausal and menopausal stages of a woman's life.

What about sudden menopause—that is, a hysterectomy. Almost all doctors are in agreement that a women's health is significantly affected by a hysterectomy. So, hormone replacement therapy is prescribed. But there are many studies which strongly suggest that unopposed estrogen—that is, estrogen without progesterone—causes cancer. Synthetic progesterone has been a dismal failure. Naturally

occurring progesterones are often given in the form of Yam cream or Soy products. However, if your constitution is one that produced the pathology to need a hysterectomy—that is, you have hormonal issues—the benign, natural products probably aren't going to help very much. These products generally work best for women who have not had much hormonal disturbance from their monthly cycles.

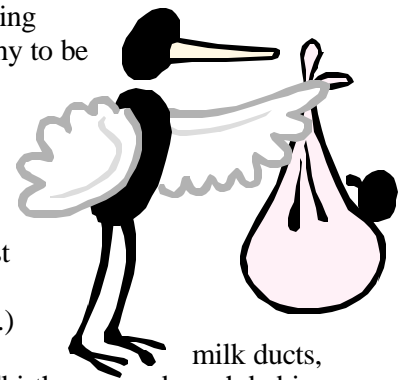
From a homeopathic viewpoint, the reason a woman's health is so seriously affected by a hysterectomy is because of the suppressive nature of surgery. Removing a uterus is merely removing the expression of the dis-ease, not the dis-ease itself. The body will express it in some other way. Homeopaths often see women post-hysterectomy who have developed fibromyalgia or rheumatoid arthritis. Even though you may be done having children, you still need your ovaries and you still need your uterus. A woman's body was designed to go through menopause naturally. Sudden menopause is much harder on a person's vitality.

However, if you have had a hysterectomy, homeopathy can help coax the body back into balance and eliminate the dis-ease symptoms of hot flashes, mood swings, sleep disturbance, and depression.

Women in their child-bearing years often find homeopathy to be a god-send. Although not every case of morning sickness can be completely healed, most receive a great deal of relief. (See the July/August issue for a homeopathic success story on infertility.)

Breast infections, plugged milk ducts, aches and pains after childbirth, breech babies, post partem depression—all these dis-ease symptoms can be helped with homeopathy. In addition, homeopathy is safe and can be used while pregnant or nursing. Interestingly, a nursing baby often needs the same remedy as its mother.

Endometriosis is another hormonal dis-ease that responds well to homeopathy. Endometriosis occurs when patches of endometrial tissue normally found only in the uterine lining grows outside of the uterus. Homeopaths often find that women who have endometriosis often have a history of not speaking out when they need to, of holding in their feelings. The endometriosis continues the story of holding onto →



Women's Health Issues, Continued

things by not shedding the endometrial tissue, that is a normal part of a woman's menstrual cycle.

Birth Control pills are often prescribed by a woman's physician to suppress the activity of the ovaries and slow the growth of the endometrial tissue. From a homeopathic view point, this is very suppressive to women. They are already suppressing their feelings

and the birth control pills simply move the expression of suppression to another part of the body.

There are many other hormonal issues that can be addressed using homeopathy. (See the success stories on page two.) Do not consider the symptoms in this story to be exhaustive.

If you or a loved one are interested in becoming more hormonally balanced through homeopathy, contact Kathryn at **651-336-3334**.

What Does That Mean?

Every form of medicine has its own lingo and it can be confusing to people when they first encounter it. It can actually interfere with patients making wise decisions about their own health care because they don't understand what their provider is talking about.

In order to help you better understand homeopathy and make the best decisions possible about your health, each issue of *News and Inspiration from the Flower Pond* will include terms commonly used in homeopathy and by homeopaths. If there is a term you think should be included, please let us know.

Remedy—A medicine prepared in a special way from natural substances found in the plant, mineral or animal kingdoms. The medicine is diluted and shaken vigorously thousands of times to produce a homeopathic remedy. There are over 2,000 homeopathic remedies.

Dis-Ease—The body which is not in a condition of ease. Part of dis-ease includes disease states such as cancer, depression, etc. It can also include simply feeling limited by your life circumstances, feeling

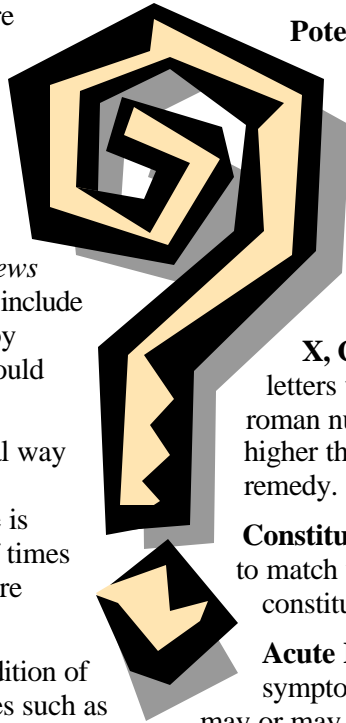
stressed, etc. Homeopathy heals mental, emotional, and physical dis-ease, which enables your body to heal itself.

Potency—Refers to the number of times a remedy has been diluted and shaken vigorously. The higher the number, the more times it has been diluted and shaken. A higher potency remedy works deeper and it lasts longer than a lower potency remedy. However, one of the principals of homeopathy is to use the lowest dose possible to bring about a gentle, rapid cure.

X, C, and M—When indicating a potency, the letters which follow the numbers correlate to the roman numerals X (10), C (100), and M (1,000). The higher the roman numeral, the more potent the remedy.

Constitutional Remedy—A remedy carefully chosen to match your complete symptom picture. A constitutional remedy is needed for chronic dis-ease.

Acute Remedy—a remedy which matches the symptoms presented by a temporary illness. This may or may not be the same remedy as your constitutional remedy.



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