

# Keeping Our Children Healthy with Homeopathy

AutismOne ~ May, 2016

Janet Levatin, MD

Tenpenny Integrative Medical Center



# Why Homeopathy?

◆ No side effects



# *Why* Homeopathy?

- ◆ *No* side effects
- ◆ *No* interactions

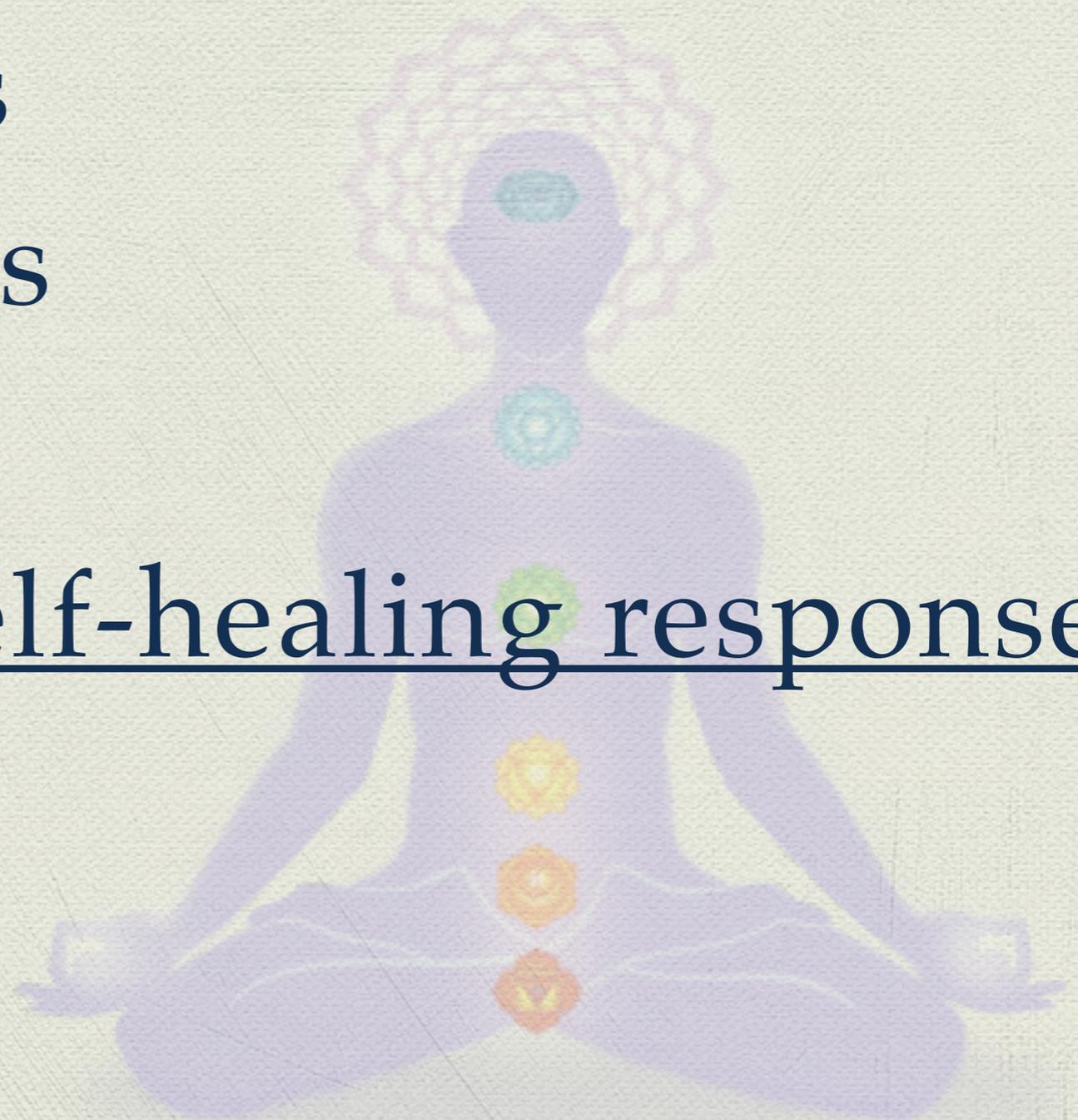
# *Why Homeopathy?*

- ◆ *No side effects*
- ◆ *No interactions*
- ◆ *Safe*



# *Why* Homeopathy?

- ◆ *No* side effects
- ◆ *No* interactions
- ◆ *Safe*
- ◆ Recruits the self-healing response



# *Why Homeopathy?*

- ◆ *No* side effects
- ◆ *No* interactions
- ◆ *Safe*
- ◆ Recruits the self-healing response
- ◆ Easy to administer ~ well tolerated



# *Why Homeopathy?*

- ◆ *No side effects*
- ◆ *No interactions*
- ◆ *Safe*
- ◆ *Recruits the self-healing response*
- ◆ *Easy to administer ~ well tolerated*
- ◆ *“Mistakes” easily corrected*

# Why Homeopathy?

- ◆ *No* side effects
- ◆ *No* interactions
- ◆ *Safe*
- ◆ Recruits the self-healing response
- ◆ Easy to administer ~ well tolerated
- ◆ “Mistakes” easily corrected
- ◆ Cost effective



# What's wrong with "drugs?"

- ❖ **Antibiotics:** allergic reactions, repeat infections, dysbiosis
- ❖ **Steroids:** suppressive, can cause weight gain, mood disturbances, & rebound symptoms when stopped
- ❖ **OTC "flu" meds:** contain food colorings and sweeteners, can cause psychiatric and other disturbances
- ❖ **Often don't work**



# What's the problem with Tylenol (acetaminophen)?



May suppress the immune system as it suppresses the fever

Stresses and can damage the liver

Many preparations contain sugar and artificial colors



# More Drug Side Effects

## ◆ Dextromethorphan (aka DM)

- ◆ seizures
- ◆ hallucinations
- ◆ used by some to “get high”

## ◆ Guaiifenesin (common cough syrup ingredient)

- ◆ nausea
- ◆ dizziness
- ◆ drowsiness
- ◆ kidney stones

## ◆ Diphenhydramine (aka Benadryl)

- ◆ drowsiness
- ◆ hyperactivity



# Homeopathy Facts

- ◆ Developed by German physician Samuel Hahnemann over 200 years ago
  - ◆ Used in many countries around the world
  - ◆ Safe for infants, children, elders, and animals
- 

# Brief History



*Cinchona officinalis*  
Peruvian Bark



Christian Friedrich Samuel Hahnemann  
4/10/1755 – 7/2/1843

# Homeopathic medicines are made from many substances



Minerals: copper



Animals: Honeybee

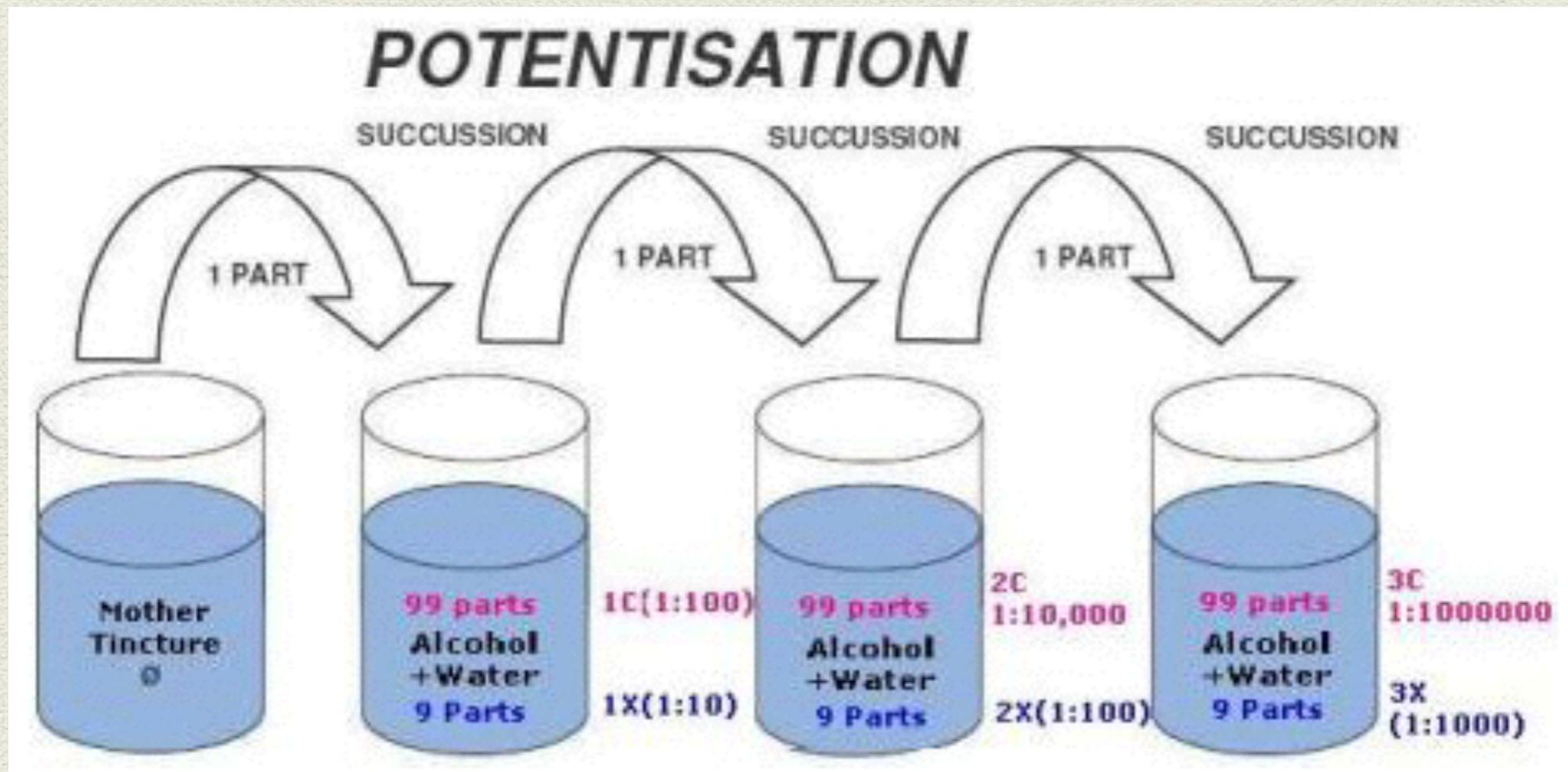


Plants: Chamomile



Imponderables / Invisible Forces:  
Cell Phone Radiation

# Production of Remedies: Serial Dilution & Succussion



# More facts about homeopathic remedies

- ◆ Most are classed as OTC
- ◆ Produced in dedicated professional homeopathic pharmacies
- ◆ Regulated by FDA

# Principles of Homeopathic Treatment

## Principle of Similars / Individualization

- Match the remedy to the person

## Holism

- Consider the whole person

## Dynamization

## Minimum Dose

- Use least amount of medicine needed to cure patient



# Treating Acute Conditions

Identify and understand...

- ◆ the specific disease signs & symptoms
- ◆ the general symptoms & modalities
- ◆ disposition / mental-emotional state

# Treating Acute Conditions

Identify and understand...

the specific disease signs & symptoms

- ◆ GI: vomiting, diarrhea, constipation, gas, pain
- ◆ URI: cough, nasal mucus, sneezing, fever
- ◆ Injuries: bruising, bleeding, quality of the pain
- ◆ UTI: quality of pain, blood, frequency

# Treating Acute Conditions

Identify and understand...

the general symptoms & modalities

■ hunger

■ thirst

■ temperature sense

# Treating Acute Conditions

Identify and understand...

the general symptoms & modalities

- effects of time of day / night
- effects of heat / cold
- effects of eating / drinking
- any factor that aggravates or ameliorates

# Treating Acute Conditions

Identify and understand...

disposition / mental-emotional state



Weepy: *Pulsatilla*,  
*Graphites*



Frightened: *Aconite*,  
*Stramonium*



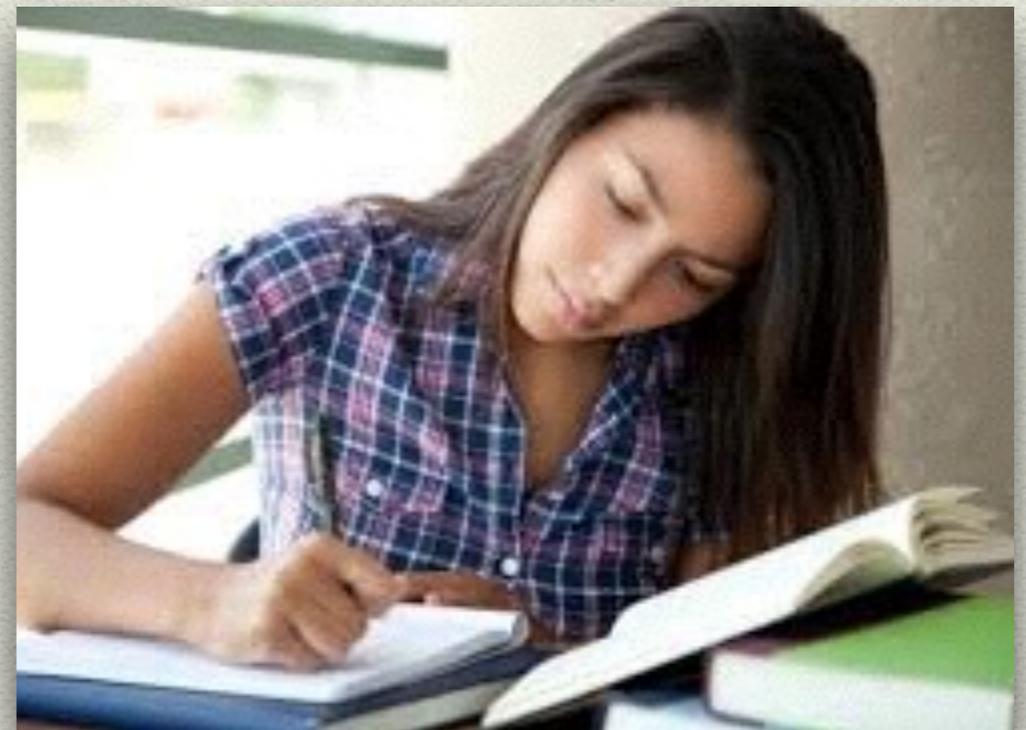
Angry / Irritable:  
*Chamomilla*, *Staphisagria*



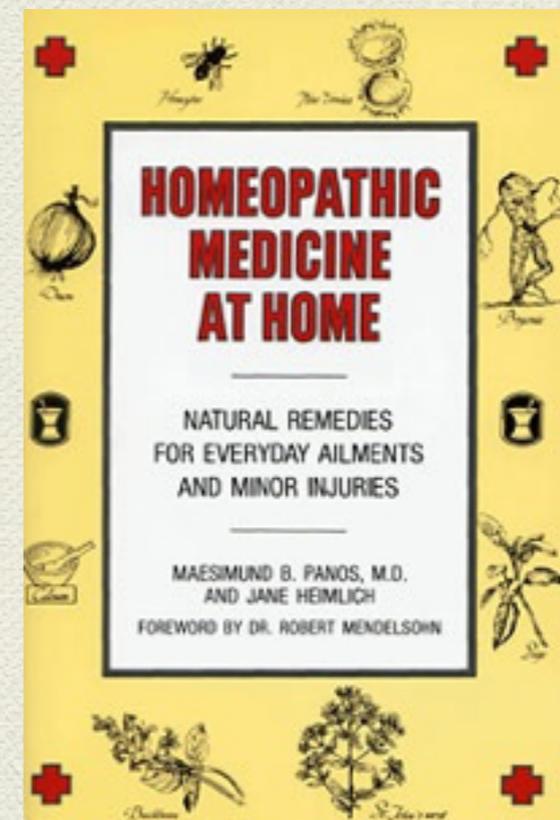
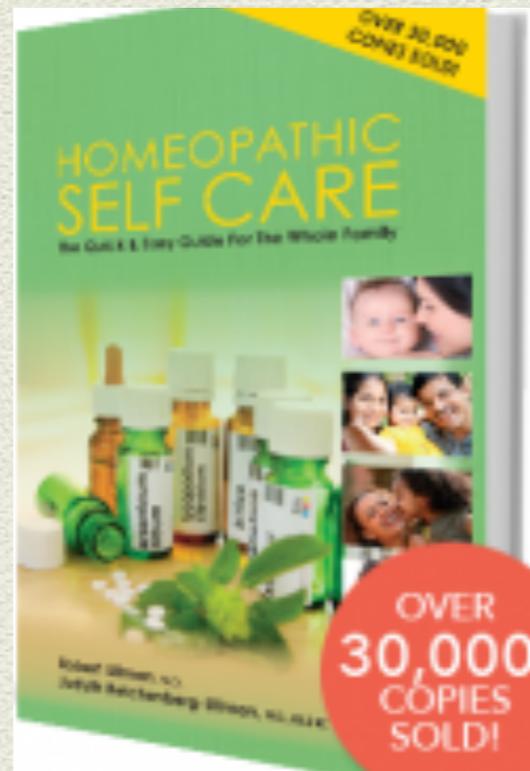
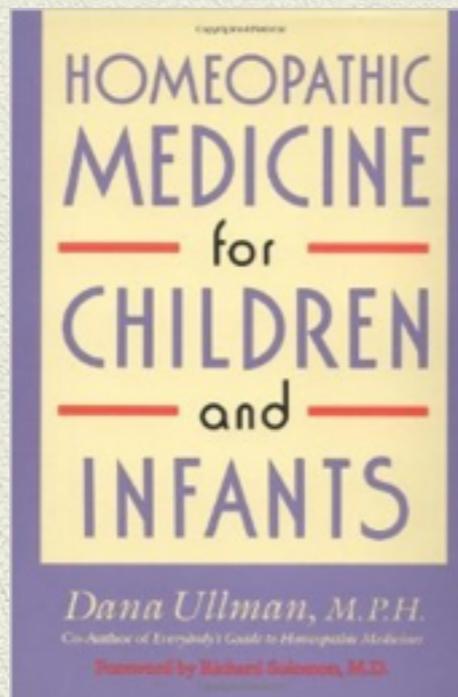
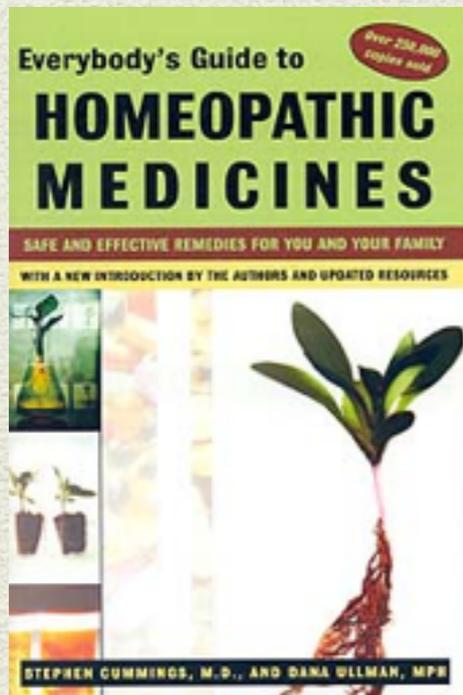
Listless: *Gelsemium*,  
*Phosphoric acid*

# Studying Homeopathy

- By condition: fever, vomiting, diarrhea, cough, “flu,” minor trauma
- By remedy: indications for use
- As needed for a “case”

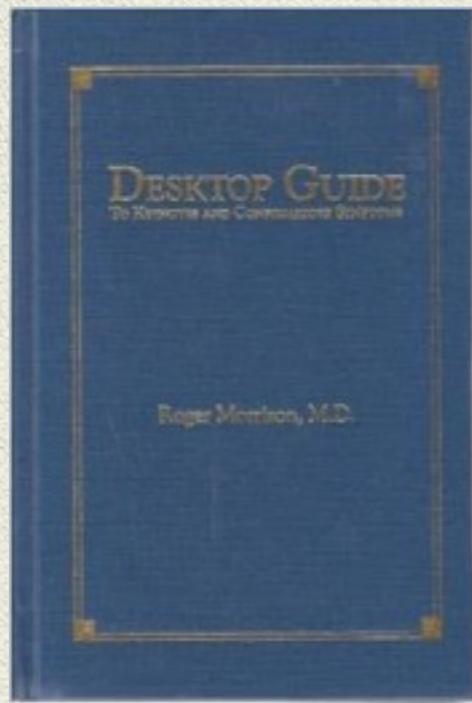
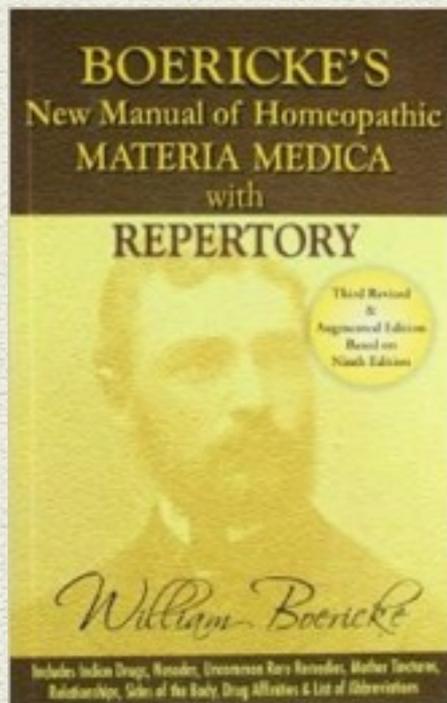


# Studying Homeopathy



# Studying Homeopathy

For the more serious student:



Books

(materia medicas)

Software

(materia medica & repertory)

*Synergy* (formerly Kent Homeopathic Associates)

Cloud-Based Resource

(materia medica & repertory)

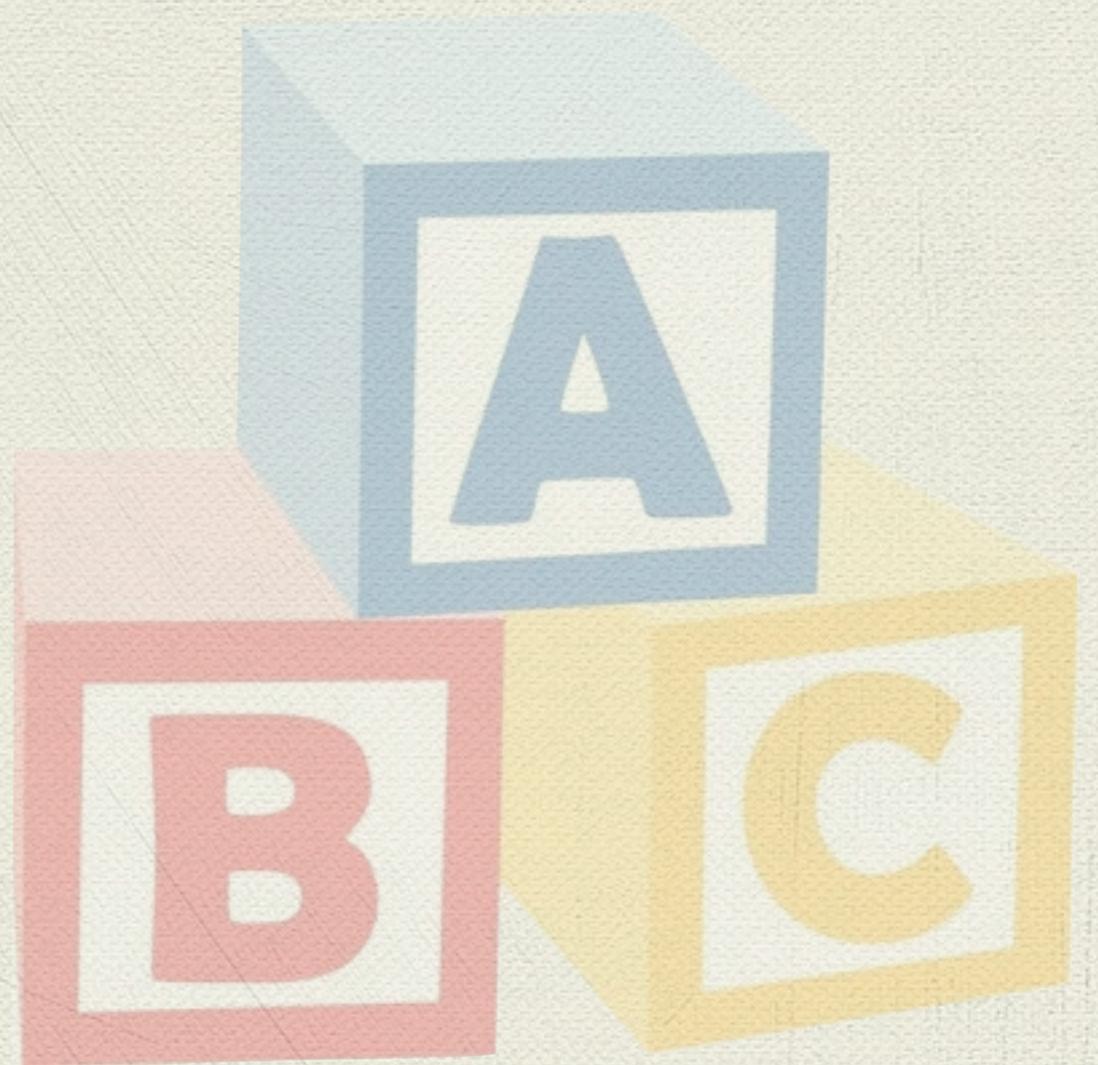
*Complete Dynamics-  
Professional Homeopathy*

# A B C Remedies for Children

 Aconite

 Belladonna

 Chamomilla



# Aconite

*Aconitum napellus*  
monkshood



# Belladonna

*Atropa belladonna*  
deadly nightshade



# Chamomilla

*Chamomilla vulgaris*  
Chamomile



# Remedies for “flu” or “flu”-like illness



# Flu remedy: *Gelsemium sempervirens* (yellow jasmine)

## Symptom Picture:

- ❖ Drowsy and weak, mentally and physically
- ❖ Body and eyes feel heavy and tired
- ❖ Headache-starts in back & moves forward
- ❖ Achy
- ❖ Chilly, especially on the back
- ❖ Low thirst



# Flu remedy: *Bryonia alba* (wild hops)

## Symptom Picture:

- ◆ Aggravated by motion (headache, chest, abdomen)
- ◆ Wants to be alone, lie still
- ◆ Dryness of membranes: thirsty, constipated
- ◆ Irritable, solemn mood
- ◆ used for coughs, headaches



# Flu remedy: *Eupatorium perfoliatum* (Boneset)

## Symptom picture:

- ◆ So achy that bones feel broken, especially in the back
- ◆ Chills followed by high fever
- ◆ Desire for cold drinks and food, even though chilly
- ◆ Restless



*Eupatorium perfoliatum* - Boneset leaf

Here's to a drug-free, healthy future  
for our children

*Thank you*

