Kate Birch

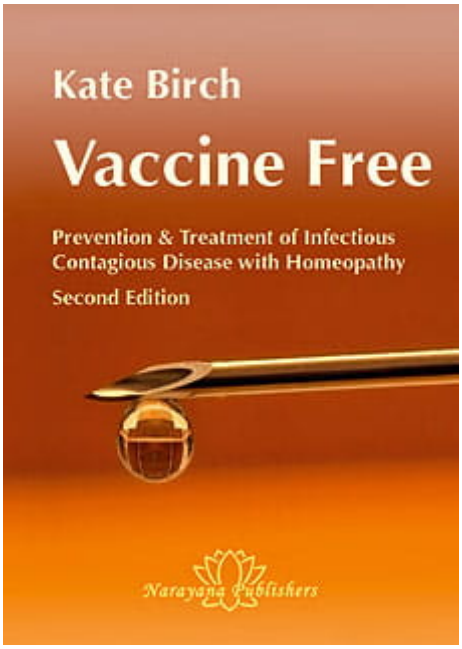
Vaccine Free Prevention and Treatment of Infectious Contagious Disease with Homeopathy - special offer

Leseprobe

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von Kate Birch

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Foreword

Randall Neustaedter OMD, LAc, CCH

An ever increasing percentage of parents are choosing not to vaccinate their children. Faced with an avalanche of newly developed and relatively untested vaccines, parents have become wary. The sheer number of vaccines in the recommended schedule is confusing and suspiciously overwhelming. This combined with reports of autism, asthma, and autoimmune disease as a consequence of vaccination worries parents. There are now many books and websites that provide volumes of information to make truly informed decisions about vaccination choices.

Practitioners of holistic medicine, including holistic pediatricians, homeopaths, naturopaths, pediatric acupuncturists, and chiropractors, have taken on the task of educating parents about the potential risks and adverse effects of vaccines. Holistic practitioners recognize the role of vaccines in the increasing incidence of immune dysfunction and chronic disease. Often these practitioners caution parents about the risks of vaccines, and encourage them to avoid vaccinations. Part of their confidence in taking this position is due to the effectiveness of holistic methods in the treatment of childhood infectious disease. Where conventional (allopathic) medicine has no treatment for most of the infectious disease that vaccines seek to prevent, the sciences of homeopathy and herbal medicine provide treatment and preventive approaches that have proven effective in clinical practice over hundreds of years.

This book presents the position of homeopathy in relation to these infectious diseases for the first time in a thorough, systematic, and practical volume. It is bound to give both parents and practitioners confidence in the ability of homeopathy to prevent and treat these diseases. The promotion of vaccination is based on fear of infectious disease. If doctors have no treatment for a disease that is capable of causing complications (such as measles or mumps) then they will be inclined to recommend a vaccine to prevent those complications, despite the risks. The fear of the disease in conventional medical practice is greater than the fear of the adverse effect of the vaccine. However, our increasing knowledge of the chronic diseases produced by vaccines is changing that equation. If we have an alternative approach to disease prevention and treatment, then we may not need these potentially toxic vaccines at all. Homeopathy does provide adequate disease treatment, and with the knowledge of homeopathic methods, health care practitioners can manage these diseases. Furthermore, with a holistic approach such as homeopathy, practitioners can prevent the complications of these diseases with appropriate and effective treatment of the active disease.

A holistic medical approach that also includes adequate nutrition and breastfeeding, constitutional treatment, and avoidance of toxins will create a healthy, resilient child who is much less likely to develop serious infectious disease or complications of simple childhood illness.

Commonly encountered bacteria like *Haemophilus influenzae* will not invade and infect the nervous system causing meningitis. Common childhood diseases like flu and chickenpox will not progress into secondary infections, such as pneumonia. Homeopaths and others now have a welcome and definitive guide to the treatment of these infectious diseases.

With this book, practitioners now have the tools to both prevent diseases during epidemic exposure and to treat infectious diseases if they occur. For these reasons it is an invaluable pediatric resource. Ms. Birch has accumulated a complete reference to both common and unusual illnesses, gleaning information from many sources over the long history of homeopathy's encounters with these diseases. Practitioners in the West may never encounter yellow fever or typhoid or diphtheria, but homeopathy has been extremely effective in treating these illnesses. Homeopathy's fame and popularity in the United States during the late nineteenth and early twentieth centuries was due in large measure to its extraordinary success with these epidemic diseases. Measles, mumps, and polio are also now rare conditions in the West, but when they occur this book will guide us to the treatments that have proven themselves effective during the era when these diseases were prevalent. Whooping cough is commonly encountered by holistic pediatric practitioners whose patients avoid the pertussis vaccine or when the vaccine fails. And homeopathy again has very effective treatment for whooping cough. Armed with this text, practitioners can feel confident that these diseases are manageable and their corresponding vaccines unnecessary.

The unique and remarkable contribution of this book, however, is the thorough presentation of the homeopathic understanding of vaccine reactions and their management. Ms. Birch does an admirable job of explaining and defining the classical homeopathic view of vaccine reactions. Armed with this knowledge, practitioners can then follow the guidelines and remedy suggestions she outlines to treat the resulting symptom picture. The understanding of how vaccines can undermine the health of children can also help parents in making the important and difficult decisions about infectious disease prevention for their families. This unique addition to the homeopathic literature will prove invaluable to practitioners who treat these children and to parents who can rely on the science of homeopathy for their children's health and safety.

Randall Neustaedter OMD, LAc, CCH
Dr. Neustaedter has practised homeopathy and Chinese medicine for over 25 years, specializing in child health care. An accomplished and well-recognized author, he has written The Vaccine Guide: Risks and Benefits for Children and Adults (North Atlantic Books, 2002), a book that helps consumers make informed choices about vaccination. His new book, Child Health Guide: Holistic Pediatrics for Parents (North Atlantic Books, 2005), represents a state of the art guide to raising children with natural medical care.

Preface to the Second Edition

My hope with the first edition was to create a text that would stand the test of time and the information presented therein would remain as true the day I wrote it as it would one hundred and even one thousand years later. But alas, with my development as a practitioner, and my own healing journey on this planet, things evolve with more information and greater perspective. This work, the breath of the treatment of infectious contagious disease, is a study and still is considered a work in progress. So it is with necessity certain sections of the book needed some subtle revision, a few thoughts here and there that I have developed further than when I first wrote them. The second edition includes the following revisions:

- The addition of a new chapter on homeoprophylaxis and the use of nosodes to stimulate health (**Chapter 5**).
- Updates to the section on nosodes *(***Chapter 6***,* the old **Chapter 5***)*.
- Additions to the homeopathic treatment of vaccine injury (**Chapter 6**).
- Moderate additions and revisions to the following chapters: **Chickenpox**, **Otitis Media**, **Influenza**, **Malaria**.
- Additions to **Appendix A: Types of Vaccines**.
- Evaluation and further development of the ideas and practical aspects of homeopathic disease prevention in specific disease chapters throughout the book.

That said, fortunately, the bulk of the text remains verifiable, and the words of Hahnemann, our master, still ring true.

Since publication in the spring of 2007 I have had the opportunity to travel to different parts of the world and meet with many other homeopaths working in this area of public health. I have had the opportunity to learn about clinical situations where homeopathy has been safely and effectively implemented en-masse for infectious contagious disease treatment and prevention. For diseases such as malaria, TB, AIDS, dengue fever, chagas disease, hepatitis, leptospirosis, viral conjunctivitis and other epidemic conditions homeopathy has demonstrated many successes. I have had the opportunity to work in a research clinic in Allahabad, India, where my understanding of the use of nosodes as intercurrent remedies expanded. Through further research some of my prejudices against combination remedies and dosing have been challenged. For practical applications in clinical settings I have learned that limiting factors such as lack of homeopathic education of physicians in the local population, limited supply of remedies, rapidity of spread of epidemic disease and confidence levels in prescribing, require a certain level of flexibility. Through clinical experience I have also expanded my understanding of vaccine injury and its treatment with homeopathy. And finally, through exploring homeoprophylaxis programs as a tool for disease prevention I have expanded my understanding of the role of disease in health, and the systematic use of nosodes as a way to stimulate the immune system towards health. All of these ideas and more I have incorporated into this second edition.

Nonetheless, since writing the first edition the international controversy over vaccinations has continued to grow. In developed countries, incidence of childhood syndromes such as autism, pervasive development and behavioral conditions, early onset diabetes and childhood cancers have increased. As predicted, with the increase of parents deciding not to vaccinate their children, there has been an increase in the incidence of diseases such as measles and whooping cough which has resulted in death in several cases. Now, at the brink of the publication of this second edition, fall of 2009, the world is held in suspense with the prediction of an outbreak of a new Swine flu epidemic. The recent H1N1 virus, a new influenza strain, was self-admittedly created in a vaccine manufactures' laboratory in Australia. Vaccine companies are now mass-producing vaccinations against the H1N1 virus that will be fast tracked through safety testing compliances. This vaccine may then by force be administered to women and children first under the protection of international laws that protect vaccine manufactures from any liability of harm from the vaccination. No longer is the vaccine controversy based on concern over the health of one's children, discussed in the privacy of one's home or with one's health care practitioners. Now it is becoming exposed as a fear based force and the political and economic agenda of pharmaceutical interests under the guise of the morally and ethical thing to do for the sake of the health of humanity.

As stated in the **Introduction** it is not my intention to fuel the controversy over whether or not to vaccinate, but rather to deliberate on whether or not vaccination is the best method of prevention of infectious contagious disease. Rather than trying to tackle or affront any political or financial interest, my goal is to provide information so that families, health care providers, scientists and policy makers can delve deeper into the option of homeopathy as an alternative solution to the problem.

In the fall of 2008 I had the honor to speak on the subject of the purpose of epidemic disease at an enlightening and historical conference in Havana, Cuba: NOSODES 2008; An International Meeting on Homeoprophylaxis, Homeopathic Immunizations and Nosodes Against Epidemics. Here practitioners, researchers, doctors, and pharmacists from twelve different countries came together to share their empirical experiences with homeopathy in this context. All of the research presented demonstrated the efficacy, safety, and cost effectiveness of homeopathy in this area of public health. There was a moment in the afternoon on the last of the three days of the conference when we, some 300 persons in all, sat in reflection soaking up the breadth of the work that had been presented, gradually realized that our collective work was now larger than the sum of our individual efforts. In that moment I realized that the vision I had drawn up for homeopathy, as described in the **Addendum** of this book, was in fact happening now and I had tapped into the collective of many peoples' work; that of bringing homeopathy into the global spotlight for the treatment and prevention of infectious contagious disease.

In accordance with my vision in the two and half years since the first publication, there are copies of the book on every continent, in countries from Serbia to Japan, Israel to Australia, and Korea to Kenya. It has been published in German with a Spanish translation underway. The work

has and will continue to transform our understanding of the necessity of disease and the role homeopathy can play in the evolution of humanity.

Thank you to those that have vested themselves in this topic and blessings on humanity as the full potential of homeopathic prevention and treatment is realized.

Kate Birch, RSHom(NA), September 2009.

Preface

The philosophy and practical applications of homeopathy described in this book offer the world alternative or conjunctive paths to the use of vaccination for the treatment and prevention of infectious contagious diseases. As with all attempts to alter someone's health or assist in the treatment of a particular disease, the practitioner assumes the inherent risk and responsibility of the treatment methodology and tools utilized.

The information herein acts as a guide and is in no way to be construed as medical advice, nor are any particular results guaranteed. The readers of this book assume the responsibility of their utilization of the information presented and in no way shall I, Kate Birch, the author of this book, be responsible for any outcomes regarding an individual's health because of the use of the information provided.

With that said this book is full of useful information and advocates for the effective treatment of infectious contagious disease with homeopathy. Considering the current state of affairs in world health, in which more than half of the human race lives in poverty, without clean water and adequate food supplies, the annihilation of infectious contagious disease with any healing modality is very difficult. Homeopathy offers an inexpensive and effective treatment plan to more radically improve the status of health on this planet for its human inhabitants than any other system of medicine so far.

To get the best use of this book, it is important to familiarize yourself with the overall layout. I would suggest starting with the philosophical chapters and then referencing those chapters you have particular concern about, so as to familiarize yourself with the understanding and application of homeopathy before a crisis comes and you need to find a remedy for a sick person. As you become more familiar with the layout, I suggest taking up deeper study of the work. Not only is the information herein useful for the treatment of infectious contagious diseases, it also lays a foundation for deeper study into chronic disease. Accordingly, the richness in each chapter is augmented by the information presented in every other chapter. The cumulative effect of this is a deepening of understanding of health and disease in humans, how one disease transforms into another, and the interconnectedness of humanity and the world in which we live.

Several factors were considered when deciding where to place each chapter in relationship to the next.

- Historical significance of the disease.
- Degree of severity of diseases, mild to severe, common to uncommon, or mildly destructive to most destructive.
- Commonly vaccinated against diseases are grouped together as best as possible, given the above criteria.
- Diseases affecting the nervous system.
- Exanthematic diseases or eruptive diseases: those that develop a rash or eruption during its expression.
- Diseases that are secondary complications of another disease or are a result of a weak state of health.
- Miasmatically related diseases (i.e. most sycotic disease are clumped together, venereal disease are listed together).

- Ascending miasmatic complexity and gravity.
- Diseases affecting the liver.
- Tropical diseases.

My preferred position for the chapter on **AIDS/HIV** would have been at the end of the book as I feel that AIDS represents the accumulation of every disease known to man. A summary or conclusion of sorts to the study of infectious contagious diseases is presented in that chapter. However, I placed it prior to **Hepatitis** and the tropical diseases, some of which also affect the liver, as it seems more related to the venereal disease chapters it follows.

The relationship of diseases is not detailed in each chapter nor is it described in the materia medica sections relating to each disease, but is mentioned here so that those with a keen eye for the interconnectivity of this material can infer their own understanding as to why other disease chapters are listed in the order they are and why particular remedies are listed in multiple chapters. The patterns of relationship between these diseases and the remedies that treat them are not linear. Therefore, it is not possible to order all of this information in a way that will satisfy every relationship. However, if one is able to view the information with a holographic mind, then the information becomes a multidimensional matrix upon which the principles of homeopathy rest as situations and circumstances change. Such is life and the nature of this human existence.

Other Considerations

- Any homeopathic terms not defined within the text are in **Appendix E:** Glossary.
- Some medical terminology is also in the glossary unless it is defined at its point of use. I refer you to a medical dictionary for more complete definition of terms used.
- The remedies are listed by their standard abbreviations.
  - » Grading of remedies is as follows: normally plain, *italic*, and **bold** grading denote the frequency a symptom is produced in a given remedy-proving or toxicological study. The remedy lists I have compiled for the specific diseases come from repertories, materia medica sources, and clinical practice. The grading presented here differs from standard repertory grading. Grading of the remedies listed are as follows:
    - plain text is the lowest grade indicating that this remedy is used less often for this condition.
    - *lower case italic* is given for remedies that are more often used for the condition.
    - **UPPER CASE BOLD** is used for the most commonly indicated remedies.
- Refer to **Appendix C**: **Quick Reference Guide for Preventative Remedies**, for at a glance remedy considerations.
- Common names and sources of the remedies are listed in **Appendix D**: **Remedy List**.
- These remedies are indexed in the **Remedy Index**.
- Most medical and homeopathic terminology are defined in the **Glossary**.

The Materia Medica sections are written in shorthand and are not intended to be complete pictures of the remedies. I have tried to capture the symptoms most characteristic to the remedy and

the disease at hand so that a feeling for the state comes through both the physical symptoms, as well as the mental and emotional symptoms. Italic print in the materia medica text indicates the more characteristic symptoms of the remedy. Some descriptions are shorter while others are more in depth. Many remedies listed in the remedy rubric are not detailed. This does not mean that they are not important to consider. The remedy descriptions listed are for ideas and pointers. Reference to a more complete materia medica may be necessary.

Kate Birch, RSHom(NA), March 2007.

Introduction

Why write a book about homeopathic treatment and prevention of infectious contagious diseases when vaccines and antibiotics are readily available? The answer is simple. Allopathic medicine is unable to offer any alternatives in the treatment of these potentially dangerous diseases whereas homeopathy does. Furthermore, mounting evidence against the use of vaccines is forcing practitioners, parents, and lawmakers to search for alternatives.

Concerned parents have asked me, "What do I do if I do not want to vaccinate my child? Are there any alternatives if my child gets sick?" I say, "Yes, there is!"

The system of homeopathy offers a different perspective and a different set of tools for the treatment of infectious contagious diseases. Homeopathy is a complete system of medicine that was developed in Germany during the nineteenth century. Homeopathic principles are based on an energetic view of the mind and body. Homeopathic remedies are made from naturally occurring substances such as plants, minerals and animals, which are used to stimulate the innate healing potential of the individual rather than to kill the offending germs. Homeopathy was developed before the identification of viruses or germs, when vaccinations or antibiotics were not available. Yet, without this understanding, homeopathy proved itself successful in the treatment of infectious contagious diseases.

The decision not to vaccinate, for many parents, is a difficult one. It often starts with the mother having an intuitive feeling that vaccination is just not right. Mothers do not want to inject something into their babies. Their babies are so small and fragile, how can it be good to load their systems with multiple injected doses of pathogenic material? Pressure from husbands, doctors, parents and in-laws can make these women feel unsubstantiated in their gut feelings. Sometimes the decision to vaccinate is postponed. Yet, there remains the fear that their children will not be able to go to school without state required shots.

Despite cultural pressures, many parents are opting not to vaccinate their children due to the mounting clinical evidence of harm from vaccinations. Various states have established "freedom of choice" laws whereby it is the parent's right to choose which, if any, vaccinations are to be given. Schools now have waivers of exemption parents can sign. Several states have gone as far as introducing laws that ban the mercury preservatives in the vaccine, as studies have indicated that these preservatives are responsible for most vaccine injuries.

The problem with the choice of not vaccinating is that there is not a system of medicine established in the public health sector in the event that the viral diseases the vaccines are supposed to prevent become more prevalent. Without vaccinations, allopathic medicine does not have effective tools necessary to treat these viral diseases. At best, allopathic medicine recommends bed-rest and drinking fluids. At worst, they rely on antibiotics in case of secondary infections, immunosuppressive antiviral drugs and steroids to manage, control and suppress immune responses. As more parents decide not to

vaccinate their children, there is the risk of these epidemics returning. Fortunately, there is the alternative of homeopathy, a system of medicine that has survived the last 200 years worldwide because of its effectiveness not only for the treatment of infectious contagious disease, but also of chronic disease.

I believe that the theories in existence today about infectious contagious diseases, epidemiology and the reactions of the immune system are incomplete and based on theories developed over one hundred years ago. The application of antibiotics and vaccinations in accordance with these outdated theories offers nothing to understand the human in health or the passage of disease through cultures in time, and only superficially explains the mechanisms of immune reaction. There is mounting evidence that vaccinations actually harm the immune system; not only the levels of toxins in the vaccines, but also because the attenuated vaccine matter injected directly into the bloodstream imprints a disease state on the individual and only initiates an partial immune response to remove it.[3, 8] Treating the side-effects of the vaccines with repetitive antibiotics only furthers the problem. With the increase in autism, childhood behavioral disorders and chronic disease, one has to question further the appropriateness of this practice.

Homeopathy has been misunderstood and is underutilized in the area of public health due to ideological shortsightedness, preconceived judgments and/or reductionistic views of disease and health. Political obstacles such as licensing laws that do not allow for the practice of homeopathy make it inaccessible and out of general practice. This book is an offering to change that paradigm by bringing deeper understanding into the use and applications of homeopathy.

This book is a gift to the health of humanity, to practitioners and families alike, who are searching for a reliable and cost-effective alternative to vaccinations and antibiotics for infectious contagious disease. My hope is for homeopathy to move into the forefront of public health systems worldwide. It is my vision that the World Health Organization (WHO) adopt homeopathy for public health measures and that the information presented herein provides a tangible tool that can be disseminated to local communities through WHO initiatives. Inspired individuals will then set up clinics in some of the poorest countries and, with this book and a remedy kit, be able to treat infectious contagious diseases in the local populations. Moreover, as homeopathy offers a much safer approach to prevention with no side-effects, it is becoming unconscionable to continue to use vaccination in the context of mounting evidence of adverse effects.

The information presented here is based on the experience of my practice and the clinical practices of homeopaths past and present. This book is not intended to be research oriented nor exhaustive, but rather a practical guide into homeopathic thought and practice. It is a reliable reference book for practitioners and the public to use homeopathy for infectious contagious disease. Each section describes a disease, the use of vaccination for that disease, homeopathic prevention, precautions in treatment, and an outline of a sample of symptoms from the more commonly indicated homeopathic remedies for that condition. The information presented may be sufficient to find the

appropriate remedy or can merely provide the practitioner with a guide to remedies for deeper study in more complete materia medica volumes.

The book can be used as a quick reference guide for the treatment of a particular disease but can also be a tool for in-depth study into homeopathy, health and humankind. I personally would recommend reading the **Smallpox**, **Gonorrhea**, **Syphilis**, **Tuberculosis**, and **AIDS** chapters whether or not you have the need to treat these diseases. These chapters, while they discuss their respective disease, shed light on the development of all chronic disease and are of particular significance to the health and psychological makeup of humanity. In addition, I recommend **Chapters 4**, **5**, and **6** to catch a glimpse into the breadth of the work in homeopathy. Each time you study the material presented in this book, the inter-connectiveness of this science and spectrum of possibilities in homeopathy in the world at large will be revealed.

an understanding of remedy reaction (as denoted in **Chapter 2**) and of susceptibility (as discussed in **Chapter 4**), for a complete understanding of the mechanisms at play.

Infants' Immune System Response to Vaccinations

To understand the effects of multiple vaccinations we must contrast an adult's healthy immune system response to a naturally contracted pathogen to that of an infant's immature immune system's response to artificially contracted pathogens via vaccination. Theory tells us that destroyed viral matter in the vaccine looks sufficiently like the original virus that the body will produce the specific antigens to destroy it. Then the eliminatory system of the body will channel it out of the body.

Bringing in the concepts I mentioned before as to the stages of development in the immune system, and the fact that infants are not able to make the specific antibodies to the diseases they are vaccinated against until they are older, understanding how vaccines affect infants' immune systems becomes clearer. As the infants' immune system is not yet able to develop the specific antibodies to these antigens, these antigens cannot be fully disarmed or removed from the body. What happens to them?

In addition, the generalized immune response is sidestepped through direct injection of vaccines into the blood. Because of this, it takes some time for the immune system to realize something foreign is present. Within a week or so of vaccination, the infant may develop general immune response symptoms such as a fever or runny nose in an attempt to rid the body of the viral pathogen. If the infant is very young, the fever can be quite severe and the level of discomfort high. The body will attempt to localize the pathogen in order to encase it and denature it. A common place to localize inflammations is in the middle ear. In allopathic treatment, antibiotics are prescribed to take away these "infections" and the child gets better for a short time. The antibiotics subdue the fever response yet the body has not been able to get rid of the original viral pathogen. A few weeks later, after the course of antibiotics is finished and when the immune system gains a bit more strength, the cycle is repeated with a fever, ear infection, runny nose, etc., in a continued attempt to remove the foreign matter.

This cycle can go on for months until the child "grows out" of the ear infections, has tubes put in his ears, or a homeopath is sought out. The child does not actually grow out of the ear infections but rather the immune system cannot rouse enough energy to clear the body. A new state of now chronic disease has been created in the child.

The problem is that the immune system, as it is not fully developed, is unable to correctly identify the foreign matter circulating in the bloodstream. While some specific antibodies may develop, the complete chain of events in immune reaction is negated. As a result, all the viral particles are not effectively neutralized. This matter accumulates in various organs of the body and results in a constant state of immune reactivity in an attempt to remove it.

Depending on the inherited health of the infant and the nature of the vaccine, this immune reactivity will settle in the areas of weakness or affinity. For example, the hepatitis vaccine relates to the liver; polio and diphtheria to the nervous system; chickenpox to skin and nervous

system; and measles to the skin, digestive tract and nervous system. Reactions to the vaccines for those particular diseases will demonstrate their symptoms accordingly. This immune reactivity can result in non-specific repeated inflammations like ear infections. The inflammation may settle in the nervous system and produce hyperactivity, developmental delays, speech problems and learning and behavioral disorders. Alternatively, it can manifest as autoimmune conditions, such as allergies, organ failure, bone marrow problems, rheumatism, diabetes, liver problems, skin conditions, etc. The immune system still registers that there is an intruder but because it is not able to recognize it nor is it able to clearly identify self from non-self, the immune system starts attacking itself.

The key to appropriate immune function is the ability to recognize the difference between self and non-self. One has to wonder if the increase in cancer rates and autoimmune disease in today's world has anything to do with the increased quantities of vaccinations given over successive generations and the resulting confusion in the immune system over what is foreign and what is not.

Working with the Immune System Rather Than Against It

The laws of homeopathy are simple. For every action, there is a reaction. In selecting our homeopathic remedies we must first determine what action the body is trying to take. Upon exposure to a germ, the immune system reacts. By administering the remedy that can mimic the action of the body and actually do the work of the body, the reaction to the remedy will be a return to health. The goal in homeopathy is to help the body do what it is trying to do rather than suppress every action of the healing mechanism and therefore making recovery that much harder. Homeopathy supports the internal defense mechanism to learn how to defend itself and develop the appropriate immune response.

In contrast to homeopathic practice, the use of vaccination suppresses the individual's immune system and increases susceptibility as it bypasses the steps necessary for appropriate immune response. Even though vaccination may inhibit the development of the specific disease in question, in the end the individual's immune system becomes confused and compromised towards the infectious process, i.e. how and when to develop a fever, how to discharge a contagion from the body and how to go through the process necessary to gain general and specific immunity. Vaccination actually increases the susceptibility to other pathogens because it confuses the appropriate immune system function.

Without the outlet of acute diseases, inherited tendencies compound through the generations. The cost of not experiencing these epidemic diseases is postponed to the offspring of the future. Chronic disease is on the rise and Western medicine is failing to link the causal relationship between vaccination, suppression of immune function and the production of chronic disease. As homeopathy becomes more prevalent and available, we can hope to see a change in this trend. With homeopathy we have the potential to increase our level of health and our ability to develop natural immunity to a whole variety of infectious contagious diseases. With homeopathy there may be the opportunity of evolving beyond the susceptibility to these infectious contagious diseases.

Polio

Poliomyelitis, or polio, is an acute contagious viral disease caused by the *poliovirus*, which attacks the central nervous system, injuring or destroying the nerve cells that control the muscles, sometimes causing paralysis or atrophy of the muscles. Symptoms can also include high fever, headache, vomiting, sore throat, pain and stiffness in neck and back and drowsiness. Paralysis most often affects the legs but can involve any muscles including the throat, affecting swallowing; the bladder and bowels affecting elimination; and the diaphragm, affecting breathing. The most serious cases result when the breathing becomes paralyzed, which can result in death even if mechanical ventilation is used.

There are three strains of the virus, called 1, 2, and 3 respectively. Each strain has a different affinity to particular organs and slightly different development of symptoms. Most paralytic cases are due to strain number 1. Poliomyelitis is a serious disease but is usually not fatal. Paralysis develops in about half of those who contract the disease and half of those recover completely in several days to several months. Children under five are most at risk for harm from polio. The vast majority of polio infections (90-95%) are so mild they go unnoticed, undiagnosed and unreported. About 5% of polio cases produce a nonspecific febrile illness similar to common flu symptoms.

The virus is spread either by water droplets expelled from the throat, or by the fecal-oral route. Incidental contact with contaminated feces and then inadvertent ingestion can lead to infection with polio. Most people unknowingly become exposed. For example, changing the diapers of a child infected with the virus can lead to contraction if your contaminated hand touches your mouth. In travels to foreign countries where polio is endemic, exposure to the virus would be from contaminated water. Water purification and good hygiene practices will lessen exposure. The virus is short-lived and cannot survive long airborne. Family members of the infected person can be carriers.

The incubation period of polio is one to three weeks. During the first few days of the sickness the virus is more commonly found in the throat and later in the large intestines. Polio is contagious in the first seven days of the disease. The initial symptoms are fever, muscle pain, sore throat, stiffness in the back of the neck, drowsiness and headache lasting for two to six days. In non-paralytic polio, the fever usually lasts seven days with the stiffness fading in the next three to five days. In paralytic polio, some weakness or paralysis begins one to seven days after the first symptoms. The paralysis is asymmetrical and usually above the legs, affecting one side more than the other. There is a loss of reflexes. For example, the knee-jerk reflex may disappear. There is also a flaccid paralysis which means that the paralyzed parts are limp rather

than rigid. A key symptom in diagnosing polio is that the sensations of the skin remain normal with the paralysis. The first signs of bulbar polio, which affect the muscles of breathing and swallowing, are difficulty swallowing, speaking and breathing.

In 1-3% of polio cases there can be several symptom-free days, which are then followed by an infection of the spinal fluid, called meningitis. Of these cases, the people with high fever, severe muscles pains and anxiety progress to the feared paralysis. The symptoms of meningitis include fever, headache, rigid spine, neck pain and nausea. Mild cases resolve spontaneously. For more protracted cases, physical rehabilitation through massage, hydrotherapy and therapeutic exercises will help rebuild the muscles and reestablish coordination.

There seems to be a pattern of epidemics every forty years. In the United States, the last epidemic was during the fifties. In temperate climates, polio epidemics usually occur in the summertime. Susceptibility to the virus occurs when there is exposure to cold while perspiring. Eating ice cream in the summer or swimming in cold water when it is hot outside are examples.

Vaccination and Treatment

There were two types of vaccines available for polio: the Salk vaccine, which is made from the killed poliovirus and the Sabine oral polio vaccine, which is a live attenuated version of the virus. Use of the oral live-virus vaccine stopped in the United States in 2000 as it caused about eight cases of paralytic polio a year. The injected, killed-virus vaccine is in use now. This vaccine is recommended to be given at two, four, six and eighteen months of age in infants and again at four to six years old, prior to school entry.

There are great concerns about the Salk vaccine. In Africa, where the test runs of this vaccine were done, there are now high numbers of AIDS cases.[11] It is believed that the monkey kidneys used to incubate the viruses for the vaccine contained a monkey flu virus very similar to HIV. The theory is the monkey flu virus mutated during the polio vaccine production process. The polio vaccines incubated in the monkey kidneys were then injected into over 50,000 Africans to test its efficacy. The population where this vaccine was tested now has the highest incidence of AIDS cases worldwide.

In terms of the effect on the immune system the Sabine oral polio vaccine (without viral contaminants) is safer for the individual vaccinated as it has the potential to initiate a generalized immune response from the initial exposure to the mucous membranes in the mouth before triggering a specific immune response. By initiating this generalized immune response, the polio-specific antigen response becomes more complete. Details into the various levels of immune response are expounded on in **Chapter 3**. However, as the virus can remain in the intestines for up to seventeen days after vaccination, infants who receive the oral polio vaccine can shed the virus in their stool for several weeks, increasing the risk of contagion in non-vaccinated individuals. This method of exposure was most common after the first vaccine and did account for the eight cases of polio in the United States per year when the oral vaccine was used. If infants and children are exposed to contaminated feces, they may contract the disease.

Partial paralysis, Gillian-Barre syndrome, aseptic meningitis, brain tumors and other conditions affecting the nervous system are common vaccine side-effects to the Salk vaccine.[3]

Homeopathic Prevention and Treatment

Instances of polio in epidemic proportions for the last two centuries have called upon the homeopathic remedy **Lathyrus**.[6] In the 1957 polio epidemic in San Francisco and Chicago, 300 children were given **Lathyrus** and no cases of polio developed, while many children given the Salk vaccine contracted the disease. In the 1957 Buenos Aires epidemic, the pharmacies distributed **Lathyrus** to 40,000 people and not one case of polio was contracted. Dr. John Bastyr, in 1953, 1956 and 1957, treated polio epidemics and had no polio cases in over 5,000 patients to whom he gave **Lathyrus**.[6]

If you are planning to travel to an area where polio is a problem, **Lathyrus** 200C can be taken before arriving and every seven days if there is continued threat. If an unvaccinated child is exposed in a daycare setting where there are children who have received the oral polio vaccine recently, **Lathyrus** in 30C could be repeated once per month to prevent lateral transmission of the virus.

Dependent on the strain of polio present, different remedies may have a greater affinity for the prophylactic action. For the strain that has a tendency to cause respiratory paralysis, **Cuprum**, **Opium** or **Silica** may be more indicated. **Plumbum** or **Physostigma** would be more indicated when the disease demonstrates itself through lack of control of the muscles and progression towards paralysis.

As the onset of polio may not easily be distinguished from flu, treatment may not be specifically directed towards the actual disease but rather to finding remedies that are homeopathic to the symptoms presented. In this stage it is hard to diagnose polio unless there is an epidemic in progress. Regardless, administering the specific remedy relating to the symptoms will resolve the condition prior to any neurological damage, even if the diagnosis is uncertain. This is the beauty of homeopathic treatment. As always, homeopathic remedies are selected according to the symptom picture rather than the diagnosis. As the early symptoms of polio look much like influenza, you will find many of the same remedies listed for both. Prevention and early treatment is the best option. Once the damage from polio is established, it is difficult to reverse with homeopathy. Below you will find many remedies indicated for polio.

Prominent homeopath George Vithoulkas has speculated that there has been a rise in the incidence of multiple sclerosis (MS) as a result of the mass vaccination campaign for polio.[2] Accordingly, homeopathic treatment of an individual with MS may involve the use of one of the remedies described.

Reaction to the remedy depends on the potency and the pace of the illness. The goal in treatment is to prevent permanent nerve damage. An initial increase in fever is not necessarily a bad sign. Prolonged fever is not good. However, do not stop the remedy after the fever subsides as the paralysis and nerve damage can still occur after the fever passes. As many cases are mild and look like flu, indications that the remedy is correct will be marked by a general improvement of

comfort and calmness, even if the fever is higher. This calmness is not to be confused with placidity and unresponsiveness. Stiffness and increased loss of reflex indicates the disease is progressing. Monitor and repeat the remedy as needed, or switch to a more indicated remedy. The disease is still contagious in the first seven days even if a remedy is being used, and the virus will still be passed out through the stool. Constitutional remedies may be needed to facilitate complete recovery.

Remedies: *acon*., aeth., alum., arg-n., arn., ars., bell., *bung*., *calc*., carb-ac., *caust*., chin-a., chr-s., cupr., cur., dulc., ferr-i., ferr-p., **GELS**., hydr-ac., hydroph., hyos., kali-i., kali-p., karw-h., kres., lach., **LATH**., merc., nux-v., op., phos., phys., *plb*., plb-i., *rhus-t., sax*., sec., sil., stry-p., sulph., verat., verat-v.

Aconite: This remedy is indicated during the *initial stages when the fever is high* and there is a marked anxiety and restlessness with tossing and turning at night. *Sensation of suffocation*. When congestion is localized, **Belladonna** or **Gelsemium** should be utilized. The key to this remedy with polio is a *sensation of vertigo* (dizziness with a spinning sensation). The hands and feet are icy cold.

Belladonna: Should be remembered when there is a *sudden onset of symptoms. The face is flushed, pupils dilated, and all the indications of cerebral congestion are present*. Shooting pains in the spine. A sensation of stabbing pains from the inside outward. These pains appear to be hindering any motion. Paralysis of the legs with incontinence of the bladder and bowels. Twitching and spasms of the affected limbs. High fever with localized congestion and redness. *Stiffness in neck with arching of back*.

Carbolic acid: A languid, painless, foul and destructive remedy. Paralytic prostration with loss of sensation and motion. Discharges are foul and burning. Acts primarily on the central nervous system, mucous membranes, heart and respiration. Feeble pulse, stupor, depressed breathing and death due to paralysis of the respiratory centers.

Causticum: Gradual *ascending paralysis with urinary incontinence*. *Sympathetic* and sensitive patients.

Cuprum: Pulmonary paralysis. Spasmodic effects, convulsions and cramps of violent form.

Dulcamara: Rheumatic symptoms induced by *cold and damp*. One-sided spasm with speechlessness. Paralysis of single parts. Gripping in the bowels with diarrhea. Dry fever. Chill and icy coldness of paralyzed parts. All symptoms are brought on from the *transition from warm to cold*.

Gelsemium: This remedy is useful in *early treatment with polio paralysis*. The patient will feel *exhausted and weak*. The facial expression is *dull, drowsy and stupid looking*. Partial paralysis of the tongue and throat can result in slurred speech, difficulty swallowing. *Urinary incontinence* is common. Despite the person wanting to move the muscles, they feel bruised and do not obey. Pain is referred to the *spine and the back of the head*. There is a partial loss in vision and the temperature is moderate.

Lathyrus: This remedy affects the anterior and lateral columns of the spinal cord causing many *paralytic*

disorders of the lower limbs. After influenza and wasting diseases. Weakness, with slowness to recover. Reflexes increased. Spastic gait. Excessive rigidity of the legs. *The knees knock together when walking, cannot stand erect*. Lower limbs become emaciated.

Opium: Absolute unconsciousness, complete muscular relaxation, pupils contracted to a pinpoint aperture. Face is turgid and bloated. Very red or bluish face, stertorous breathing, pulse slow and full. Death takes place by asphyxia, the heart continuing to beat after breathing has ceased. Pulmonary paralysis. Breathing stops on going to sleep, must be shaken to start it again.

Phosphorus: *Burning pains* in the spine accompanied by weakness of vision and episodic dizziness. The person is excessively *thirsty for cold drinks, ice*, desires ice cream, and fears being alone. Paralysis of the diaphragm.

Physostigma: *Speedy general paralysis* with death occurring from failure of respiration. The heart may be affected also through the nerves. The paralysis settles in the spinal cord with fluttering tremors in the muscles; *involuntary muscles are excited to active movements and expulsive efforts*. Intestines are twisted up in knots. All secretions increased. Cannot move the muscles except with tremendous effort.

Plumbum: This should be studied in the *advanced history* of a case when *paralysis and atrophy* are present and the acute symptoms have passed. *Progressive and excessive wasting, sclerotic conditions,* anemia. Fear and paranoia, fear of being assassinated. Taciturn and depressed.

Rhus toxicodendron: For *the initial stages where there is an etiology of getting chilled while perspiring*. Symptoms will present as flu with *aches and pains in the muscles*, restlessness and stiffness if lying for too long. Paralysis after over exertion.

Saxitoxin: Patients appear *comatose and flaccid, unresponsive paralysis* with fixed, dilated pupils. Gradual ascending paralysis. Weakness, prostration. *Sensation of lightness* and floating. Disoriented, *joking mood*, not taking anything seriously. Cold perspiration and chill.

Mumps

Mumps is an infectious contagious disease caused by a virus from the family that causes influenza and Newcastle disease (a highly contagious viral bird disease affecting many domestic and wild avian species). Mumps attacks one or both of the parotid glands, the largest of the three salivary glands. The parotid glands are located in the cheeks in front of and slightly lower than the ears. Occasionally the submaxillary glands (located under the chin) are affected as well. Although older people may contract the disease, it usually strikes children between the ages of five and fifteen. Mumps is usually not serious in children and up to one third of cases go undetected because of lack of symptoms.

Mumps is spread by droplet infection (through coughing and sneezing). The disease is contagious one to two days before symptoms appear and one to two days after they disappear. The incubation period is usually eighteen days although it may vary from twelve to twenty-eight days. Most cases last from three to ten days and are relatively mild. One attack of the mumps gives life-long immunity.

The illness begins with fever of 100° to 104°F, headache and fatigue. Within 24 hours the patient complains of earache and swelling of one or both parotid glands. When swollen, the glands may obliterate the jaw line. Because of the swelling, the ears can be pushed up and out giving the face an extremely swollen look. Pain and tenderness on swallowing accompanies the swelling. Sour foods and drinks increases the pain as it causes the glands to salivate. The duct to the parotid gland is located inside the mouth just above and outside the upper molars. The opening may appear red and secrete a yellow fluid. Other common symptoms include loss of appetite and back pain.

Secondary illnesses such as aseptic meningitis (inflammation of the meninges; the membrane that surrounds the brain and spinal cord), encephalitis (inflammation of the brain), pancreatitis (inflammation of the pancreas) or orchitis or oophoritis (inflammation of the testicles or ovaries respectively) in adolescent patients can occur. The breasts may also be affected. Sterility is a rare problem but may develop if both ovaries or both testicles are affected. There is an increased risk of cancer later in life of the affected gonad. Other less common complications are involvement of the auditory nerve resulting in deafness, myelitis (inflammation of muscles) and facial neuritis.

Vaccination and Treatment

The mumps vaccine is given in combination with measles and rubella in the MMR vaccine (see **Measles** for more information about this vaccine).

Vaccination is not recommended for infants under one year of age or for persons allergic to eggs or neomycin (an antibiotic for gram-negative bacteria).

Mumps-immune globulin may afford some short-term immunity when there is extraordinary need for protection.

Treatment usually includes staying at home, bland diet and rest. Total isolation is not necessary as the mumps virus is short-lived outside of the human body. It is recommended that adolescent boys avoid contact with the infected person.

Homeopathic Prevention and Treatment

Trifolium repens, made from white clover, is the best homeopathic remedy for prophylaxis of the mumps. Because of the long incubation period, mumps is easy to prevent once the person has been exposed. Giving **Trifolium repens** 30C daily for three to four days is usually sufficient. If swelling of the parotid glands has started before a remedy is given, **Trifolium repens** several times a day may abort the illness. **Jaborandi**, also known as **Pilocarpus**, may also be used under the same indications and will prevent any metastasis. Otherwise, treat according to homeopathic principles and select from the remedies below.

Parotidinum, a prescription nosode made from the saliva of a parotid gland infected with mumps, can also be used as a prophylactic remedy for mumps. It can be given in a 6C or 30C two to three times per day for those that have been exposed, until the risk period has passed.

Depending on how the symptoms develop, administration of the correct homeopathic remedy would reduce the swelling of the glands while the fever may initially increase. Over one to two days expect full recovery. With homeopathic treatment, secondary conditions will be reduced. If any of the secondary conditions were to arise, more accurate prescribing is needed to prevent sterility and/or meningitis.

Remedies: *acon.*, ail., *am-c.*, ant-t., am-m., anth., anthr., apis, *arn., ars.*, **ARUM-T**., *aur.*, aur-ar., *aur-m., aur-s.*, bapt., **BAR-C**., bar-i., bar-m., bar-s., **BELL**., **BROM**., bry., *calc.*, calc-sil., *calc-s., carb-an., carb-v.,* **CHAM**., *cist., cocc., con., crot-h., dulc.,* euphr., fago., *ferr-p., hep.,* hippoz., hyos., **JAB**., kali-ar., *kali-bi.,* kali-c., kali-m., kali-p., kali-sil., lach., lyc., mag-p., **MERC**., *merc-cy., merc-i-f.*, *merc-i-r.,* nat-m., petr., *phos., phyt., piloc., psor.,* **PULS**., **RHUS-T**., sars., *sil.,* stram., *sul-ac.,* sul-i., sulph., *trif-p., trif-r*.

Baryta iodata: Glandular *enlargement and growths especially of tonsils and breasts*. Breast cancer after trauma. Increased leucocytosis. Also consider **Baryta carbonicum**.

Baryta muriaticum: In cases of the elderly and in childhood where the person is *dwarfish, both mentally and physically*. Whizzing and buzzing in the ears. Affects the parotid glands and pancreas. Child goes around with mouth hanging open and talks through the nose. Hard of hearing. Suppuration of tonsils after every cold.

Belladonna: Marked by a *rapid onset*. Right-sided mumps where the glands are *bright red and hot. Violent* shooting pains. Burning in the throat. Pains come and go suddenly. Glands are sensitive to the touch. Glowing redness of the face. *High fever, dazed and delirious, eyes sensitive to the light.*

Bromium: Suited to blue-eyed, fair people, scrofulous constitutions. Children with pale delicate skins. Enlarged *indurated glands*. Especially left-sided with *stony hard glands* that

are warm to the touch. Hoarseness of voice. Onset from *over-heating*, worse damp weather and sensitive to cold and drafts. Slow inflammation of the glands that become hard but seldom suppurate. Metastases to breasts or testicles.

Carbo vegetabilis: Persons who have never fully recovered from a previous illness. *Cold and pale with lack of reaction.* Metastases to the ears, deafness. Sensation as if throat has closed. Swelling of testes and breasts.

Jaborandi: Also known as **Pilocarpus**, seems to surpass all the rest for the treatment of mumps. *It acts very quickly and relieves the pain*. Suitable when there are metastases to the breast or testes. *Rapid swelling of all salivary glands*. When the *swelling of the parotid suddenly subsides as the result of a chill* and worse troubles supervene. Face, ears and neck become deeply flushed and drops of perspiration break out over the body while the mouth waters and saliva pours out in a continuous stream. Great thirst. Tension in the salivary glands. Urea in the saliva. Very nervous and tremulous. Nervous deafness and tinnitus. Mouth dry. Affinity to the thyroid: goiter and hyperthyroidism.

Lachesis: Especially mumps of *the left side*. Parotid enormously swollen; *sensitive to the least touch*, the least possible pressure causes severe pain: shrinks away when approached; can scarcely swallow liquids but better swallowing food. *Purple, livid color* of throat. *Collar must be loosened around neck*. Septic parotiditis. Purple, mottled, bloated face. *Flushes of heat.*

Lycopodium: Mumps that *begins on the right side and moves to the left*. Desires warm drinks. Urinary or digestive complaints often accompany the other symptoms.

Mercurius: Right-sided inflammation of the parotid and submaxillary glands. *Offensive salivation. Foul tongue and offensive sweat. Profuse salivation with ulceration of mucus membranes.* Gland is swollen and tender but pale. Soft swelling of the glands with *tendency to pus formation* or abscess. *Fluctuations in temperature*. Other mercurial salts may be indicated depending on the particulars.

Parotidinum: Can be used as a preventative for mumps or when complications arise (i.e. *cerebral inflammation or orchitis)*. Can be used *post infection* in cases of sterility or chronic enlarged glands.

Phytolacca: Inflammation and stony *hardness of glands where pain shoots into the ear when swallowing*. Metastases to breasts and testes. The greatest affinity to *tumors of the breasts and glands, with pus* and fetid-smelling discharges. A remedy for absorption of growths, fat and cancers. Right-sided mumps, worse from warm drinks and empty swallowing. Bluish-red parts of the throat with sensation of a lump in the throat. Great pain at root of tongue on swallowing. Worse from heat of bed and at night.

Pulsatilla: Adapted to persons of the phlegmatic temperament. Symptoms *changing with pains that rapidly shift from one place to another*. *Weeping and whining* behavior. *Thirstlessness* with nearly all complaints. Dry mouth with a thickly coated tongue. Hearing as if the ear was stuffed. Sensation in the ear as if something was being forced outward. Mumps metastases to the

breasts. Erratic temperature in fevers. Lingering fevers. *Better in the open air*.

Rhus toxicodendron: Left sided mumps where the glands are highly inflamed and enlarged. Worse from *catching a chill while perspiring*. Worse from the cold, cold winds, *cold and wet weather*. *Stiff neck and back with restlessness*. Pains are burning and stinging. Accompanied by herpetic sores on the lips.

Trifolium repens: This remedy produces specific action on the salivary glands. Prophylactic against mumps. **Trifolium pratense** may also be used and is related to this remedy in symptomatology. Discomfort and *pain in the glands followed by copious salivation*. Pain, congestion, and hardening of the glands, especially the submaxillary, worse lying down. Sensation as if heart would stop, with great fear; better sitting up or moving about, worse when alone, with cold sweat on the face.

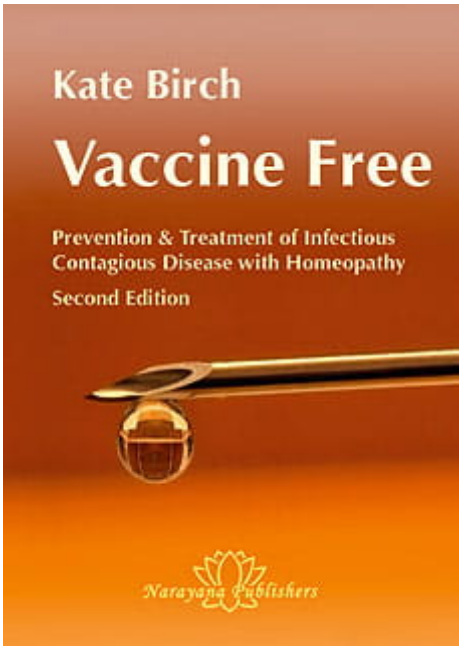
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