

# Misha Norland

## Get Well Soon A Guide to Homeopathic First Aid

Leseprobe

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A Guide to  
Homeopathic  
First Aid

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# *Introduction*

## Welcome To Homeopathic First Aid Prescribing

Since you are reading this, it follows that you want to treat accidents and common ailments as quickly, effectively and safely as possible. We are sure that health and happiness are high on your list of priorities for all your family. Homeopathy can offer effective self-help because it stimulates your body's innate capacity for self-healing. When you take homeopathic medicines (remedies) you should experience, not only quick and effective relief of acute suffering, but also an increase in wellbeing. Over time and with continued treatment you should also notice a decreasing tendency to fall ill.

This book is a basic and practical introduction to homeopathy. We recommend that you seek to inform yourself further, and perhaps consult an experienced homeopath if you intend to make long-term changes in your health habits or move away from a reliance on conventional medication. Whilst homeopathy can promote healing on a great many levels, we respect medical science and know that there is a case for conventional treatment for conditions with developed pathology and, of course, surgical intervention may be necessary for emergency situations. The two systems of medicine each have their part to play, and the authors of this booklet look forward to the time when each not only endorse the other, but fully cooperate to deliver the finest health-care.

### ***What Is Homeopathy?***

Homeopathy is a holistic method of overcoming sickness and promoting long-term wellbeing. It takes into account not just the physical, but mental and emotional Symptoms too as they are all expressions of the body's distress. It is only when you lose your ability to rebalance yourself that your being responds by evolving Symptoms. These are the outward signs of an internal disturbance. Homeopaths seek to understand diseases by viewing all of your Symptoms and finding their match in the form of a remedy. The remedy works by stimulating your internal energetic (spiritual) life-preserving powers (outwardly functioning through your immune defence Systems) so that you return to Optimum health. Many people, describing their recovery, have said that it is as though concentric rings of healing were moving outwards, from the centre to the periphery.

### ***Individual Susceptibility***

Homeopaths recognise that each individual has a different take to a similar set of circumstances. For instance, a news item depicting a plane crash may trigger heart palpitations with indignation at the perceived incompetence of the pilot in one person, or profound sadness and weeping at the fate of the passengers in a second. This also holds true even if the trigger is a common virus. For instance, a cold travelling around the neighbourhood may result in a cough and wheeziness in Mum, who is still up and about; a profuse discharge of clear running mucus in Dad, who is sneezy, weak and bedridden; the next door neighbour has thick, yellowish green mucus and is very tearful; whereas little Sally has not been touched at all, and remains happy and well. Healing is available to all who are adversely affected, and is tailored to suit each individual person, taking into account how they are experiencing their imbalance and manifesting their disease. First aid treatment looks at how a person experiences their immediate suffering, while not focusing upon the background to that suffering. Even though this 'immediate prescribing' theoretically has a limited, although positive, effect, such prescriptions can and often do touch upon the underlying state. It is astonishing how a first aid prescription can frequently improve the overall and long-term health of a person. In the later part of this booklet 'remedy pictures' are given that make reference to not only first aid Symptoms, but also underlying states, to help you become familiar with a bigger picture that takes an individual's susceptibility into account.

### How Does it Work?

A group of Symptoms provides the essential guide to what your body needs help with. That is why homeopaths never treat isolated Symptoms, or attempt to eradicate them singly. For example, a car mechanic would not knock out a flashing dashboard warning light, but would seek to understand the meaning of this and other Symptoms in order to identify and then mend the broken part. Likewise, a homeopathic response is holistic: taking the parts into account to understand the whole.

The healing Stimulus provided by the well selected remedy manifests in the person as a preliminary intensification (aggravation) of presenting Symptoms prior to initiating healing responses. In acute and first aid situations the intensification of presenting Symptoms is short lived and will usually go unnoticed. In chronic diseases, emotions, fluids, pus, and other formerly held-in states or discharges are released from within to without via the shortest venting route. The homeopath Constantine Hering (1800 - 1880) observed the following: that chronic diseases are cured in reverse chronology, the latest Symptoms to have manifested are cured first, whilst the oldest Symptoms are cured last of all. Disease moves out of Organs of greater importance (for survival) to organs of lesser importance. During cure 'old' Symptoms tend to 'move' from above to below, from central to external parts.

When you are treated homeopathically in a first aid context, the aggravation before cure will be so brief as to go unnoticed. One of the first things you should experience is that you rapidly begin to feel better in yourself. Then your Symptoms will recede. If you continue to have homeopathic treatment your immune responses will become stronger, and you will become less susceptible to ill health. This applies also to your emotional wellbeing, which plays an essential part in your body's susceptibility to illness in the first place. One additional, but important, point about children: they are the product of their family, which is a living organism in itself. So healthy, happy children are the outcome of healthy, happy families. For best results, we can all pull together, and this is promoted by treating all members of the family homeopathically whenever one member is out of balance.

#### Guidelines On What You Can Treat

You can easily treat first aid conditions such as injuries resulting from stepping on nails, cuts, minor burns etc. Also easily treatable are acute conditions with a clear causation, such as a headache after too much coffee, diarrhoea after eating rotten food. You can most successfully treat definite, unambiguous Symptoms that group together and clearly indicate a remedy.

You would be well advised to get professional help when treating recurrent, chronic conditions, i.e. set of Symptoms that come back regularly, such as period pains, IBS, (Irritable Bowel Syndrome) and migraine headaches, unless you 'strike lucky' first time with your prescription. Be wary of treating people taking much medication. Steer clear of treating people with loosely defined Symptoms, or where, for example, lots of things are going on at the same time, whether emotionally, mentally or physically, (unless, of course, these Symptoms nonetheless cohere into a recognisable remedy picture).

You are not legally permitted to treat 'notifiable' diseases, such as, infectious childhood diseases like mumps, chickenpox, pandemics and sometimes diarrhoea (depending upon the causation). However, because you are the primary carer within your own family, you may take your child to a medical doctor immediately after you have prescribed. This gives a chance for the remedy to work before any medical interventions are needed.

#### *The Discovery Of Homeopathy*

The name homeopathy is taken from the Greek *homoeos*, meaning similar, and *pathos*, meaning suffering. It means treating the Symptoms of a sick person with a substance that produces similar Symptoms to those that the person is suffering from. The medicinal qualities of substances (remedies) are found by experimentation, where a trial group of healthy volunteers undergo rigorous testing. While many trace the origins of this idea to the Greek doctor and philosopher, Hippocrates (who lived 2400 years ago), it is likely that the method of cure he described originated in the African continent, since most ideas of the classical Greeks came from the temples and libraries of Egypt, especially those in Alexandria. Though it is hard to discover who first cured by homeopathic methods, there is no doubt that the sixteenth Century



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