



Fighting Fire with Fire

HOMEOPATHIC DETOX THERAPY

Real treatment solutions for 21st Century diseases

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Chapter 1: HARMONISING HOMEOPATHY

One of my main motivations for writing this book is an attempt to bring harmony to the different schools of Homeopathy. Hahnemann evolved out of Hippocrates' legacy, who himself was already working with dilutions. He revived these early homeopathic principles, writing six editions of his *Organon of Medicine*. After each edition he was convinced that this latest version was the method to use. Of course after each publication his knowledge evolved, so there was never a 'finished article'. But we should remember that the journey of discovery didn't end with Hahnemann's death. It is our duty and our honour to continue the evolution of homeopathy. Whilst I quote Hahnemann from time to time, it is not because he is my guru; it is because a lot of his teachings are true in clinical practice. I go my own way, but can recognise that he had incredible insight regarding disease processes and how to regain health.

Many current models of homeopathy claim to be the only correct method. This attitude causes conflict between groups, each one striving to be 'the one true way'. This is similar to the conflicts we witness between different religions, each one believing that they have found the one true God. However, dogma stands in the way of progress, for it does not encourage us to think for ourselves and bring our own gifts to the table. Be your own guru, rather than following the 'one true way' of another. Many medical doctors are also very narrow in their thinking. They may know a lot about the symptoms of disease, but sadly are taught very little about lasting health and how to achieve and maintain it.

How powerful it would be if we could bring together the most elegant parts of each model. If we are honest, we can probably admit that each school of thought is at best a partial truth. I believe these strands can be joined together to create an 'ocean of knowledge'. I therefore call on all my colleagues to stay away from dogma. Instead you can evolve, adapt

and share your methods as you learn from the patients in front of you. In this way each of us will develop into a great practitioner.

In my own practice I watched my results improve dramatically by individualising my method for each patient. I work with isopathy, the periodic table (Jan Scholten), the sensation-method (Sankaran), disease classification (Hahnemann), Kentian homeopathy, phenomenology (Steiner), and many others*. The same applies to potencies. I employ the use of D-, C-, K- and LM potencies from low to high, depending on the individual energy of the case in front of me. My one goal is always to find the right treatment for that particular patient on that particular day.

There are so many myths and controversies around how homeopathy works, but as Hahnemann said, homeopathy should only be judged by its clinical results. He knew that homeopathic medicine was not explainable using the scientific theories of the day, but he knew it worked nonetheless. The same is still true today.

Before getting into the details of how to apply HDT in practice, it is important for me to share with you my thoughts and inspirations around how I personally believe homeopathy works, and also some of my philosophies of homeopathic practice. I feel this is an important foundation to the book as it will help you to understand how I get to the true core of my clinical cases.

How do Homeopathic Remedies Work?

When people dispute homeopathy's power they always talk of molecules. They say homeopathy is impossible because the dilutions we use go beyond molecular existence. But they miss the point; molecules are in no way the end of the story.

I believe every element, animal, plant, molecule and mineral has a unique essence; a unique 'I am'. I am not talking of molecules here, or even of energy, or vibrations. It goes far beyond all of these concepts into the realm of vacuums, space and an entire universe in which every

* See Recommended Reading list at the end of the book.

single one of these billions of individual 'I am's' is interconnected.

By the process we use in homeopathy of repeated dilution and succussion, I believe we are freeing the unique 'I am' from its molecular body. In our homeopathic remedies, we are able to capture the liberated *essence* of the matter/substance in question. We can then use these liberated essences as medicines in order to bring about balance in living organisms.

As humans, we are the combination of millions of different 'I am's'. We are minerals, we are microbes, gases, metals in unique combinations and amounts. It is this unique combination that gives us our individuality. If one of the 'I am's' in our unique blend falls out of balance, pathology can develop. Our homeopathic remedies have the power to restore order when the very delicate and exact recipe of a living organism is disturbed.

The Remedy 'Vacuum'

With higher potencies we create what I like to call a 'vacuum' of the substance's unique essence (its 'I am'). This remedy 'vacuum' has the ability to attract to itself when given to a patient with corresponding symptoms (the *similimum*). For example, a 10MK of *Mercurius* is a 'vacuum' of mercury's 'mercury-ness', which will draw the excess 'mercury-ness' from the person who takes it. It has the power to bring about balance in the organism.

This balance can be both a material concept, (e.g. an excess of physical mercury in their body from vaccines, dental amalgams and so on), or equally a mental excess. A patient can be showing the mental symptoms of *Mercurius* without necessarily having the material excess of mercury within their body. The remedy will have the power to bring about balance on all levels; the material, and the immaterial.

I have chosen *Mercurius* to illustrate my point because I believe we are currently living in a century where the energy of mercury is all around us. The picture of *Mercurius*, with its feeling that everybody is the enemy

and that money is boss, can be seen all over the world.

Figure 1 - The existence of the vacuum



In the preparation of homeopathic remedies, any homeopathic dilution greater than 12K will not contain even a single molecule of the starting compound. From that point, you are dealing only with the vibrational energy of the substance, which is carried through the water molecules via the process of repeated dilution and succussion. From 200K onwards, the energetic vibrations also disappear. From this point, we are dealing only with the vacuum of the substance's essence (its unique 'I am'). The stronger the vacuum, i.e. the higher the potency, the greater the potential 'vacuum' strength of the remedy.

The Connectedness of All Things

The physical body alone is not the complete 'I am' of a human being. We are so much more than this; we are all part of the total universe and all things are interconnected in this 'whole'. I am you and you are me. The only difference between us is that we each have a unique job to do in this lifetime. Our body is our temporary home and it is our duty to maintain and care for it.

The work of Masaru Emoto with crystal formations shows us how even bad intentions and negative thoughts can have a dramatic affect on physical matter. In Emoto's experiments, the crystals that were played beautiful music and were spoken to lovingly crystallized into incredibly beautiful formations. Those that were spoken to with hate and negativity formed into distorted, polluted crystals. This phenomenon is obvious in our experience as human beings. Love and nurturing is incredibly powerful and exerts a far-reaching effect on our physical being. So remember to treat yourself and others lovingly, so we may all be the very best version of ourselves.