

NATUROPATHIC WISDOM



for all your referrals!

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Newsletter Date

Case of mono and homeopathy

E., I will call her, was an 18-year-old woman who was referred to me by her mother. E. had seen her MD the day before seeing me in February 2004, and was diagnosed with mononucleosis. Her doctor told her she was going to have to live with the symptoms, and that she was going to be ill for quite some time.

When she came to my office, she complained of swollen and painful tonsils, pain when swallowing even her own saliva, a stiff neck with

pain so severe she could not turn her head, and other symptoms. She had taken an over the counter pain reliever for her fever. E. reported to me that all of her symptoms had begun 2 days prior.

She wanted to know if I could suggest a homeopathic remedy that would help with her symptoms, and speed her recovery.

I spent an hour listening to her describe her symptoms. I asked specific homeopathic questions, and then was



Homeopathy can help us feel better

able to suggest a remedy, based on those symptoms, for her to take every 2 hours. She and her mother left to pick up the homeopathic remedy that I had suggested. What's important

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Are you afraid to be sick?

Most, if not everyone, is afraid to be sick. How many of you have avoided a hug or a handshake with someone because either you didn't want to spread your germs to them, or you didn't want to catch something? If you are a parent, how many of you have either kept your children at home when they are not ill, but may be contagious, or you kept them away from other children for fear of your children catching something? Lastly, how many of you



Do you run from illness?

have cancelled your doctor's appointment because you were afraid of giving your

illness to everyone in the doctor's office? When you think about it, does it really make sense to cancel a doctor's appointment when you are ill?

This question was posed to me recently and here is my answer: I'm not afraid to be sick. I don't like it when it happens, but I'm not afraid. I even hug my sick friends. As a doctor, I see people who are ill all the time. Do I always become ill with what

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Case of mono and homeopathy

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her is that the remedy chosen was based on her individual expression of her symptoms, *not* the diagnosis. This is the main difference from allopathic medicine.

I called E. 2 days later to check on her progress. Her mother answered the telephone and said that E. was not home, because she was out with friends. This news greatly surprised me, and I wondered how a person who was so ill 2 days ago be out with friends! Her mother further told me that the sore throat E. was experiencing had completely resolved the day after beginning the remedy. Prior to E. leaving the

office, I had her schedule for a follow up the following Tuesday.

E. came in for her appointment as scheduled. I saw a young woman in the waiting room, but did not recognize her as E. I then called her name, and the young woman answered. I was amazed by how healthy she looked. She appeared to be completely well.

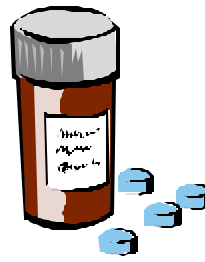
E. told me she had no throat pain at all, no fever, aches, or trouble swallowing, and she said her tonsils felt normal.

The Homeopathic remedy

is the only thing I suggested for her to take. I saw Homeopathy treat diseases such as this when I was in medical school, and have since seen it help many others in my practice.

I'll now let her speak to you in her own words. "I think that my recovery was amazing, and the fact that I would have been living with all those symptoms really scared me. Thank you so much again for everything." -E.

I invite anyone who would like to try Homeopathy to call me to see if it can help. Individual results vary.



Homeopathy may help you

Are you afraid to be sick? (continued)

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they have? No, of course not. Also, I may have to touch people when they are ill in order to help them. Therefore, I don't subscribe to the fear that I'm going to "catch" something from someone if I touch an ill person while they are in my office. If I am exposed to a germ, then my immune system will make antibodies for it, and as a result, I'll be immune if I'm exposed to that germ again. My immune system will now be stronger.

I'm also not afraid

Naturopathic parents take their children to visit ill children to strengthen their children's immune system.

because I have so many medicines at my disposal, like homeopathy, herbs, and hydrotherapy, to name a few, that help me to recover quickly.

Naturopathic parents are not afraid to have their children around other children who are sick.

Naturopathic parents know that exposure to common childhood diseases as early as possible in the child's life will strengthen their immune system. This may sound crazy to most of you. It is known that children not exposed to the common childhood

diseases have a weaker immune system and are more likely to develop allergies as a result. Children that are kept in a sterile bubble will have a weaker immune system when they are older. Most importantly, if they do not contract the common childhood diseases as a child, the experience of the disease will be much worse as an adult. For example, chicken pox as an adult disease can be as severe as shingles.

In my experience, Homeopathy will boost your immune system naturally in order for you to recover faster. I have parents of children in my practice who I know will attest to this.

Everyday prevention

There are 3 things to take that I consider a part of everyday disease prevention: fish oils, probiotics, and green drinks.

Fish oils

- are exceptional for the prevention of many chronic western health problems such as cardiovascular diseases, depression, and inflammatory conditions.

Probiotics

-are the beneficial flora that is vital to our immune system for intestinal, respiratory, and uro-genital health.

Green drinks

-provide essential food born nutrients, vitamins and minerals to our bodies espe-



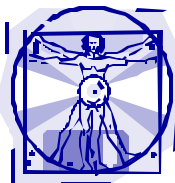
cially when we don't eat a healthy diet. If you are getting less than 3 servings of green vegetables, then you need to be taking a green powdered drink on a daily basis to get the nutrients you would be getting from those vegetables.

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You deserve your health, naturally!



What is homeopathy?

I believe homeopathy to be the only medicine that takes into account everything that may be happening with you. It looks at all your physical symptoms including diet, sleep, weather intolerance, mental/emotional symptoms, and more. Homeopathy sees you as an individual, not as a disease. Ten different people with the same disease will all have individual expressions of that disease. Therefore, all of them may receive a different homeopathic remedy based on their individual symptom picture. In allopathic medicine, they would all receive the same or similar medicine. In order to come up with a remedy for you, a homeopath will need to know all of your symptoms with what makes them better or worse, time of day when better or worse, your mental emotional state and other symptoms that accompanies the chief concern. Homeopathy always works. The secret lies in taking the right remedy. Getting the right remedy requires seeing a qualified Homeopath who practices Classical Homeopa-

thy, which is the kind of homeopathy I practice.

Homeopathy was the number 1 medicine in the United States in the 19th Century before the pharmaceutical companies came along. It is still the number 1 medicine used by the British Royal Family. It is also quite prevalent in France and India, just to name a few countries.

Homeopathic medicine is now having a resurgence in the U.S. It is a 200 year



Samuel Hahneman, MD

old scientific system of medicine. The founder, Samuel Hahneman, MD, believed in medicine that did not cause harm in a person in order to heal them, but instead gave healing and recovery. He was disillusioned

I provide an eclectic holistic approach to disease and wellness employing homeopathy, b.e.s.t., botanical, mind-body, and nutritional medicine.

—David Hogg, ND

with the medicine of his time. He thought there must be a better, more humane way to treat diseases than blood letting or giving mercury or antimony.

Homeopathy is based on the system of medicine known as the law of similars. In other words, what may cause a disease can cure a disease when given in a harmless high dilution. There are many studies on Homeopathic medicines and treatment of diseases which prove it's efficacy.

The link following is an excellent article on homeopathy and it's basic theories on MSN; http://content.health.msn.com/content/article/14/1668_50915?

You may also see my website for a comparison to allopathic medicine. In addition, read the 1st edition of the following book online, *Homeopathy, Beyond Flat Earth Medicine*, at beyondflatearth.com.