

Integrative Homeopathy -- Resources and Preparation

This packet explains an integrated program of homeopathic remedies and other services offered in an Integrative Medicine context at NIHA. A major part of the Integrative Homeopathy program is Therapeutic Education: teaching you about the natural laws of health and illness. This results in more knowledge about your health and more control over what develops from your health care decisions, which is a good component of autonomic self-regulation. The practitioners at NIHA offer a variety of autonomic nervous system assessments and treatment.

Your choices and actions influence the speed with which your health improves -- living in a way that supports healing just makes sense.
Think of your life as a process of constant healing.

Basic resources:

Hahnemann College for Heilkunst & Homeopathy (www.Homeopathy.com)
Minimum Price Homeopathic Books (www.Minimum.com)
Homeopathic Educational Services (www.Homeopathic.com)
International Foundation for Integrative Homeopathy (www.IntegrativeHomeopathy.org)

Ralph Wilson, N.D.

• www.NaturalWorldHealing.com • www.IntegrativeHomeopathy.org

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Understanding and Integrating Holistic & Allopathic Approaches: What to do and when? How do they interact? – The Heilkunst System

A Road Map: Finding Your Way Through the Maze*

When it comes to understanding the origins of disease, we are pretty much in the dark. Either we are suffering from some “virus,” which often remains mysterious and for which there is not much that can be done, or we are given a “diagnosis” in the form of some disease name, and then are prescribed one or more drugs to control the symptoms.

Research money guarantees the search for ever-elusive cures, but when it comes to treatment, the name of the game is always suppression of symptoms. Someone once aptly termed the health-care system a “disease-management system.” So, the blood pressure pills control the blood pressure (though not always), and the stomach pills control the acid reflux (though not always), and the painkillers control the migraines (though not always), and you have to keep yourself medicated or the problems return.

For those of you with a thyroid problem or asthma, you must take medication all your life, or so you are told. And although you are grateful for relief, you will likely suffer from side effects, which may or may not be worse than your original symptoms. Eventually you realize that all that is happening is that your symptoms are being suppressed, but the original cause of these symptoms remains. It seems that conventional medicine is good at getting rid of the evidence, but more in the manner of sweeping it under the carpet rather than out the door.

This comes with a huge price tag. Iatrogenic disease (that means disease caused by doctors themselves) is the third-leading cause of death in North America, after cancer and respiratory conditions. And death caused by infections contracted in hospitals is the fourth-leading cause of death.

All in all, despite the impressive technology and the flashy designer drugs, not only is there no real cure going on, you stand a good chance of either being made sicker by conventional medicine, or being killed by it. Some people eventually wake up to the medical merry-go-round that threatens to harm them, and want to get off. They may want off, but don't know how to get off, and stay on only because they think there is no other choice. But there absolutely is a choice!

When you have stepped off that merry-go-round of conventional medicine, you face a bewildering number of therapies and products, each promising to make you well and giving testimonials of cured cases. How can they all promise to fix your ailment? How do you know which one to choose?

The so-called natural health field is a bit of a minefield. Just because something is natural doesn't ensure it is safe or even effective. Lead is natural, but we don't allow it in our gasoline anymore. Mercury is natural, but we don't want it in our teeth. Arsenic is natural, but we know it can kill.

The natural health field talks about supporting our natural healing power, and is generally against intervention, saying, “Let the body do what it was designed to do, it can heal itself, and all we have to do is support that healing.” There are many successes with this approach, but also failures.

I treated one woman who had taken many herbs and vitamins, changed her diet and meditated, and found that her **symptoms of depression, allergies and chronic fatigue went away, only to return a few years later**. The same measures that worked for her before no longer worked, and she wanted to know why.

I remember another young lady with Crohn's Disease (advanced stage of ulcerative colitis) who had **recovered under natural therapies, only to see her condition return, worse than ever, after a year**. The same therapies, or other natural treatments, no longer worked. She wanted to know why.

I too have wanted to know why. And my search for answers led me to Heilkunst, a logical, rational, scientific system of medicine.

What is Heilkunst?

Heilkunst is a little known, yet powerful, system of remediation based on natural law and scientific principles. The term in German comes from two words: **heil**, which has the dual meaning of cure and healing, and **kunst**, which means the art and science. Thus, at a very simple level it has the basic meaning of “the medical art,” but in its deepest sense it means applying the rational approach to making people whole human beings, at all levels – body, mind, soul and spirit. The term “heil” comes from the same root as the Anglo-Saxon “hale” and “hearty.”

Heilkunst seeks to remove disease using natural laws, and then to restore balance, so that our innate life force can be used for the higher, spiritual purposes of our existence on earth.

My Story...

*from **Open Minds: A New Perspective on Healing**, the chapter by Rudi Verspoor, DMH, Dean of the Hahnemann College for Heilkunst & Homeopathy. Internet site: www.Homeopathy.com

Integrative Homeopathy Program: At a Glance

You have a healthy Core; this core has been held back by obstacles that block healthy function. You also have a "Generative Aspect" that is the power of creativity that separates us from animals; this Generative aspect can be "mistuned" by "Primal Diseases" that act like bio-energy computer viruses. Integrative Homeopathy and Medical Heilkunst uses: A) Pro-active removal of "Primal Diseases"/"Chronic Miasms" that cause disturbed energies and functions of the body and mind. If not removed (specifically termed "Cure" in homeopathy), these may erupt later when the patient is weakened or otherwise made susceptible to the expression of the Disease. B) Treatment of currently active Disease as determined by classical homeopathic assessment. C) Arranges Sustentive treatments and supportive Regimen including: Biological Dentistry, chiropractic, therapeutic diet, lifestyle changes and more.

Aspects of the Program

Dr. Wilson, First and Second Visits:
 [May be combined.] Interview, Physical Exam, Functional testing. Establish Outcomes Assessment parameters.
 Classic Homeopathic interview. Possible initial homeopathic Rx.
 Prepare Timeline for Collaborative Management and sequential Rx by Faculty of Hahnemann College for Heilkunst.

Supportive Referral: Dental, Medical, etc.

Dr. Wilson Tx: Craniosacral therapy, Somato-Emotional Release, SCENAR, APN/Mind-Body counseling, etc.

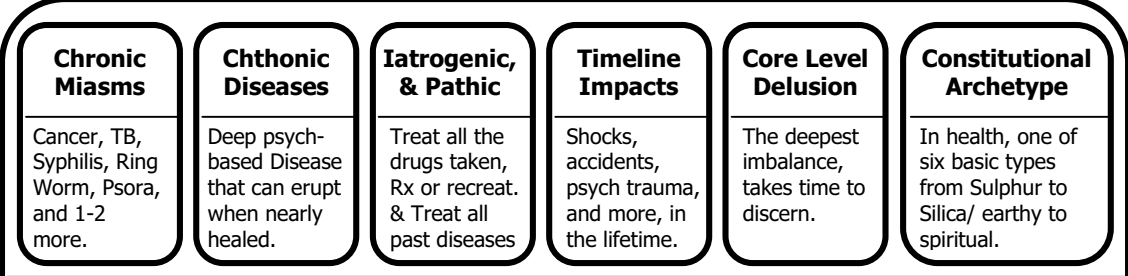
What you experience

- Dropper Bottle:** Take one drop liquid, 1-2 times a day
- Powders:** 3-4 packets, one per night or q 3 to 7 days.
- Supportive Referral Tx:** Biological Dentistry; Detox; Allergy work; Chiropractic; Craniosacral Tx; Diet; SCENAR, Gentle exercise, counseling, etc.

Notes

- Dropper Bottle(s):** Varies, can contain Constitutional Archetype, pathic treatment, Emotional Trauma Release, etc
- Powders:** Varies, can contain Miasm Tx, current event on the Timeline. Can be q night for 3-4 nights; or 5-7 days for 3-4 doses of increasing homeopathic potency.
- Optional:** Journal; self-awareness work; gentle movement. Study homeopathy. Homeopathy Home First Aid Kit.

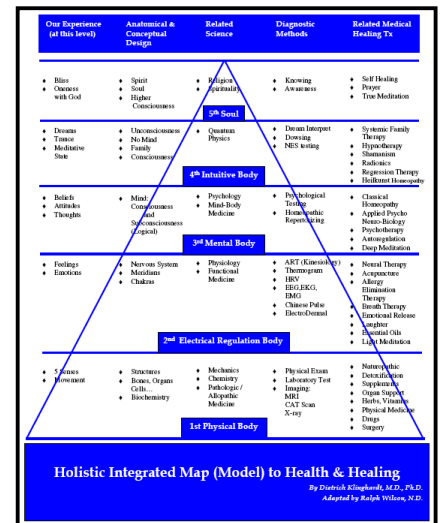
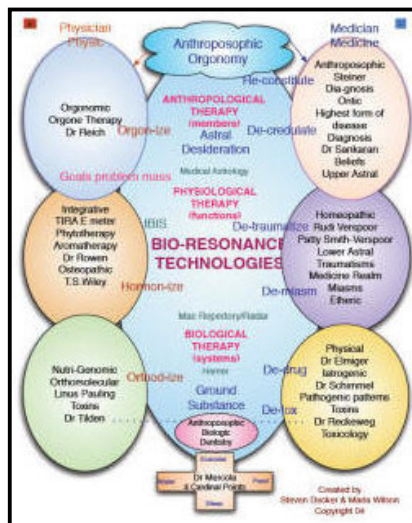
Major Contributions of Medical Heilkunst or Anthroposophic-Organomy to the integration of classical homeopathy into overall treatment planning. These must be part of the program, not optional. Including Pro-active treatment & need to address both the **Sustentive** and **Generative** aspects of the **Dynamis** or Living Power.



Regimen/Sustentive Tx: Absolute need to include Biological Dental; Detoxification; Nutrition; Structural work; Exercise; Lifestyle; Social support, etc., in assessing for sequenced/Jurisdictional inclusion in an integrated treatment program.

Compatible with a number of therapies and fits within models such as the 5-Level Map to Health and Healing from Klinghardt (www.NeuralTherapy.com), and the Anthroposophic-Organomy model from Decker and Verspoor (www.NovalisOrganon.com, www.Homeopathy.com and www.Heilkunst.com)

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Request for distance Medical Heilkunst homeopathy consultation
(given to patient to contact Heilkunst doctor)

To: [Practitioner Name]:

Address:

City/State/ZIP:

Phone:

e-mail:

Internet site:

Re [Patient Name]:

e-mail:

Date Seen:

I have begun my Integrative Homeopathy program with this person and am referring them to you for distance consultation to receive sequential homeopathic remedies and dynamic insights based on the Medical Heilkunst program. The patient has been given information about Medical Heilkunst as described on the website: **www.Homeopathy.com**. Your consultation is expected to include focus on clearing Chronic Miasms, Chthonic Diseases and Iatrogenic Diseases, which have been described to the patient, and which require the custom homeopathic remedies that you can provide.

Key items about the patient:

I and other practitioners at the NIHA clinic can provide services that I understand you sometimes recommend for your clients. Items checked below have already been provided:

- Nutrition Information given (Body Type; BioType; Blood Type -- from FoodPharmacy)
- Therapeutic Education begun (told of www.Homeopathy.com; Access to Autism biochat, mp3)
- Cranio-Sacral Therapy
- SCENAR to address "armoring"
- Initial homeopathic ETR 30C given (Emotional Trauma Remedy)
- Biological Dentistry
- Detoxification and Rejuvenation
- Patient Record and Timeline instructions: [included in this packet]
- Iridology photographs
- Other:

I expect that the patient will greatly benefit from your care and from your Therapeutic Education, learning more about the expanded understanding of life that comes with the experience of treatment guided by the Medical Heilkunst system.

I expect that the main feedback about your consultations will come to me from the patient, as you are independently contracting with the patient for your services. If you have any questions, please contact me.

Signature: **Ralph Wilson, N.D.** [electronic signature]

Ralph Wilson, N.D.

Reprinted from original of:
HAHNEMANN CLINIC FOR HEILKUNST
Patient Record

PLEASE PRINT INFORMATION DATE COMPLETED:

NAME: _____ Date of Birth _____

ADDRESS: _____

PHONE: HOME: _____ **OFFICE:** _____

CELLULAR: _____ **E-MAIL:** _____

CREDIT CARD: [given by patient to practitioner]

Referred by:

Family Physician:

REGIMENAL DATA

Blood Type: _____ Glandular Type: _____ Metabolic Type: _____

GENERAL

Marital status: _____ Children [F/M]: _____ Age(s): _____

Siblings [F/M]: _____ Pets: _____

CONSTITUTION _____ (to be completed by practitioner)

TESTS:

Dynamic Blood Analysis Dates Initial: _____ Second: _____
(to be completed by practitioner)

Third: _____ Fourth: _____

PURPOSE FOR TREATMENT

MEDICAL CONDITION / DIAGNOSIS

MEDICAL HISTORY / SURGERY

MAJOR PHYSICAL TRAUMAS

MAJOR mental/emotional TRAUMAS

MEDICATION(S)	DOSE	PURPOSE
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SUPPLEMENT(S) – Vitamin / Mineral / Other

ALLERGIES / SENSITIVITIES

DIET **what is your typical meal?**

Breakfast:

Lunch:

Dinner:

Snacks:

Cravings:

Heilkunst & Homeopathy Timeline

Guide to Developing the Traumatic Timeline

As part of treatment, we ask that you complete a traumatic timeline. Place all shocks in a chronological order (see example below) starting either from conception/birth, or from the present and working your way back in time.

The following types of events should be considered as possible shocks or traumas:

Physical

- *Pre-birth*: any drugs, alcohol, smoking or severe illnesses in mother (particularly of a viral nature); also consider any emotional shocks to mother during pregnancy or in mother/father at time of conception (see section on emotional traumas below); ultrasound or other invasive testing.
- *Birth*: Mother had difficult labour; forceps used; use of anaesthetics on mother; late breathing or other possible oxygen deprivation
- *Vaccinations*: Dates, if possible of first vaccination of each kind received (can ignore booster shots)
- *Accidents*: car accidents, falls, blows to head, concussions, broken bones, animal bites
- *Surgical interventions*: e.g., tonsils, appendix, adenoids, dental, abdominal (including Caesarean sections), circumcision, vasectomy, hysterectomy
- *Drug Use*: antibiotics, anti-depressants, recreational drugs etc.
- *Hormones*: birth control pill, hormone replacement therapy, IVF, etc.
- *Severe Infections*: e.g., Lyme disease, mononucleosis, Epstein-Barr, measles, chicken pox, mumps, TB, pneumonia, etc.
- *Electrical Shocks* (including medical treatment)

Mental/Emotional

- Traumas involving loss, abandonment, grief, betrayal (e.g., death, loss of trust, relationship break-ups, loss of independence, job loss)
- Traumas involving great fear/anxiety, stress
- Traumas involving anger and indignation/humiliation (particularly where the emotion was suppressed/"swallowed"), guilt (mostly that someone tries to put on you)
- Feelings of envy or jealousy, or guilt that you put on yourself, self-blame, shame
- Traumas involving abuse, whether mental, emotional or sexual

NB: Some emotional traumas can involve a combination of emotions.

Timeline Example [this is the simplified way to list events for the record]:

Name:

2002: fall requiring stitches, freezing

2000: emotional - move to Ottawa - sadness, anxiety

1997: vaccination for travel - Hep B, Yellow Fever (vaccine reaction, illness) etc.

Emotional Experience Inventory

Emotions are related to both the thoughts and the organ function. Scientific research of “Neurotransmitter” activity has brought about great changes in the understanding of emotions and Autonomic Nervous System auto-Regulation. In addition, indigenous medicine systems have long histories of recognizing and treating emotions but they have done this by using different ways of describing what the doctors of that system were detecting. Traditional Chinese Medicine, for example, describes emotions related to each organ. Homeopathic Medicine describes different emotional states that can be affected by different homeopathic medicines (or “remedies”).* Listing the strong emotions you can recall in the past or present may be helpful in choosing treatments that can affect the body and mind.

Strong Emotions Experienced: [check one or both] Now or in Past

Primary Emotions

Joy <input type="checkbox"/> Now <input type="checkbox"/> Past / Happiness <input type="checkbox"/> Now <input type="checkbox"/> Past
Sadness <input type="checkbox"/> Now <input type="checkbox"/> Past
Fear <input type="checkbox"/> Now <input type="checkbox"/> Past / Anxiety <input type="checkbox"/> Now <input type="checkbox"/> Past
Anger <input type="checkbox"/> Now <input type="checkbox"/> Past

Other not listed: _____

General Inventory

Anger <input type="checkbox"/> Now <input type="checkbox"/> Past
Anxiety <input type="checkbox"/> Now <input type="checkbox"/> Past
Apathy <input type="checkbox"/> Now <input type="checkbox"/> Past
Awe <input type="checkbox"/> Now <input type="checkbox"/> Past
Boredom <input type="checkbox"/> Now <input type="checkbox"/> Past
Compassion <input type="checkbox"/> Now <input type="checkbox"/> Past
Confusion <input type="checkbox"/> Now <input type="checkbox"/> Past
Contempt <input type="checkbox"/> Now <input type="checkbox"/> Past
Disgust <input type="checkbox"/> Now <input type="checkbox"/> Past
Elation <input type="checkbox"/> Now <input type="checkbox"/> Past
Embarrassment (“internal”) <input type="checkbox"/> Now <input type="checkbox"/> Past
Empathy <input type="checkbox"/> Now <input type="checkbox"/> Past
Envy <input type="checkbox"/> Now <input type="checkbox"/> Past
Excitement <input type="checkbox"/> Now <input type="checkbox"/> Past
Fear <input type="checkbox"/> Now <input type="checkbox"/> Past
Grandiosity <input type="checkbox"/> Now <input type="checkbox"/> Past
Gratitude <input type="checkbox"/> Now <input type="checkbox"/> Past
Grieving <input type="checkbox"/> Now <input type="checkbox"/> Past
Guilt (“internal”) <input type="checkbox"/> Now <input type="checkbox"/> Past
Homesickness <input type="checkbox"/> Now <input type="checkbox"/> Past
Hope <input type="checkbox"/> Now <input type="checkbox"/> Past

Hubris <input type="checkbox"/> Now <input type="checkbox"/> Past
Indignation <input type="checkbox"/> Now <input type="checkbox"/> Past
Interest <input type="checkbox"/> Now <input type="checkbox"/> Past
Jealousy <input type="checkbox"/> Now <input type="checkbox"/> Past
Joy <input type="checkbox"/> Now <input type="checkbox"/> Past
Loneliness <input type="checkbox"/> Now <input type="checkbox"/> Past
Lust <input type="checkbox"/> Now <input type="checkbox"/> Past
Love: Romantic <input type="checkbox"/> Now <input type="checkbox"/> Past
Love: Familial <input type="checkbox"/> Now <input type="checkbox"/> Past
Love: For others <input type="checkbox"/> Now <input type="checkbox"/> Past
Love: “Puppy love” <input type="checkbox"/> Now <input type="checkbox"/> Past
Narcissism <input type="checkbox"/> Now <input type="checkbox"/> Past
Pleasure <input type="checkbox"/> Now <input type="checkbox"/> Past
Pride (“internal”) <input type="checkbox"/> Now <input type="checkbox"/> Past
Playfulness <input type="checkbox"/> Now <input type="checkbox"/> Past
Predatoriness <input type="checkbox"/> Now <input type="checkbox"/> Past
Remorse <input type="checkbox"/> Now <input type="checkbox"/> Past
Revenge <input type="checkbox"/> Now <input type="checkbox"/> Past
Shame (“internal”) <input type="checkbox"/> Now <input type="checkbox"/> Past
Surprise <input type="checkbox"/> Now <input type="checkbox"/> Past
Sympathy <input type="checkbox"/> Now <input type="checkbox"/> Past

* The Complete Homeopathic Resource for Common Illnesses, by Dennis Chernin has excellent descriptions of the subtle differences in emotional states that can be used in choosing an appropriate homeopathic remedy.

Emotional Health Exercise: Pick one word at a time and think about it

This list is intended merely as a sample. You can build your own. Think of what aspect of experience you are exploring and associated words that evoke feelings and emotions in relation to that. Other headings could include: Energy, Motivation, Pain, Light, Confusion, Love. This gets your conscious mind more aware of the feelings generated internally by your (3-Level) Autonomic Nervous System.

<p>HAPPY:</p> <p>cheerful delighted glad pleased elated thrilled smile humor</p>	<p>SAD:</p> <p>dejected depressed melancholy sorrowful dismal blue down gloomy glum forlorn low</p>	<p>UPLIFTING:</p> <p>height towering overhead elevated lofty magnificent surpassing sublime glorious grand transcendent</p>	<p>FEAR:</p> <p>tense anxious afraid nervous worried concerned scared insecure</p>
<p>LONELY:</p> <p>empty abandoned hollow alone sunken desolate bleak withdrawn detached aloof distant</p>	<p>BEAUTY:</p> <p>charm elegance glamour grace superior excellence lovely delightful charming</p>	<p>LOW SELF-WORTH:</p> <p>rejected worthless useless unimportant ignored left out humiliated pathetic shy timid</p>	<p>CONFIDENCE:</p> <p>assured sure certain positive safe stable balanced grounded brave proud</p>
<p>GUILT:</p> <p>ashamed judged damned convicted condemned undeserving sentenced disgrace villain remorse contempt</p>	<p>SPACE:</p> <p>expanse vast empty universe astronomic boundless colossal enormous sweeping tremendous unlimited</p>	<p>TRAVEL:</p> <p>journey proceed ramble adventure dive soar trek voyage</p>	<p>TIME:</p> <p>generation interval space endless interval season era span lifetime</p>

Autonomic Nervous System Function Stress Factors

A checklist for consideration. These factors may be helpful in understanding your health concern. Treating them may be important in moving toward vibrant health.

Inherited/Constitutional Factors:	
<input type="checkbox"/>	Genetic constitution
<input type="checkbox"/>	Degree of physical fitness
<input type="checkbox"/>	Psychological and emotional patterning
<input type="checkbox"/>	Homeopathic Constitutional Type
Temporary Destabilizing Factors:	
<input type="checkbox"/>	Illness
<input type="checkbox"/>	Emotional and physical stress
<input type="checkbox"/>	Lack of sleep [also poor sleep habits, lights on, etc., are stressful]
<input type="checkbox"/>	Intoxication from alcohol (within 24 hours), toxic chemicals, etc.
<input type="checkbox"/>	Physical exercise within the patient's time to rebound (or fully recover)
Chronic ANS Dysregulators:	
These chronically depress the functional state shown in the Heart Rate Variability test--usually depressing the Parasympathetic Nervous System tonus, and increasing the Sympathetic Nervous System tonus:	
<input type="checkbox"/>	Chronic Miasms/Chthonic Disease of homeopathy theory
<input type="checkbox"/>	Heavy metal toxicity
<input type="checkbox"/>	Toxic chemical overload: Fluoride in water, pesticides, etc.
<input type="checkbox"/>	Allergies or hyper-reactivity to foods, the environment and even one's own self [My note: this would include "auto-immunity" as screened for in Auto-Immune Resonance screening.]
<input type="checkbox"/>	Toxic Interference Fields (usually from <u>scars</u> , <u>toxic teeth</u> or from <u>bone infections including "Cavitations"/jaw osteonecrosis</u>)
<input type="checkbox"/>	Chronic infections (virus, fungi, Lyme, Mycoplasma, Candida, parasites)
<input type="checkbox"/>	Noxious energies (including "geopathic stress" and electromagnetic radiation) This can include light in your room during sleep.
<input type="checkbox"/>	Chronic GI disturbance
<input type="checkbox"/>	Major structural disturbance
<input type="checkbox"/>	Psycho-emotional issues
<input type="checkbox"/>	Immune dys-function
<input type="checkbox"/>	Electrolyte/Neurotransmitter imbalances
<input type="checkbox"/>	Dys-oxygenosis (championed by Capital University's President, Majid Ali, M.D.)
<input type="checkbox"/>	Hormonal dys-function
<input type="checkbox"/>	Chronic Malnutrition: Low intake of nutrients, or the opposite, over-intake of food. Blood sugar swings.

Responses to Care:

Pathways Options Understanding

Ralph Wilson, N.D., M.S. Acupuncture

Your Name: _____

Date: _____

As we begin our work together it is beneficial to acknowledge there are factors that may reduce the effect of treatments and hold you back from optimizing your health. **These cannot all be focused upon at the same time.**

I am deeply committed to use my training in several systems of understanding health and health problems to help you figure out what steps to take next on your life pathway. I am optimistic because I base my work on an Expanded Paradigm to explain Life. This **Ongoing Reclamation Project** of your life is always “under construction”. I value highly the aspect of life called Spirituality, or Higher Purpose to help make sense of one’s situation. We need to stay in communication along the way.

And... **Enjoy the Journey.**

See my web site for more details: www.NaturalWorldHealing.com

Review of Potential Obstacles to Self-Healing

Your response to my recommendations and treatments provided will depend on several factors. Achieving an optimal healing environment is very difficult in our modern world. The listed factors [in homeopathic literature these would be called “Obstacles to Cure”] are expected to have major impact on your innate self-healing abilities. This will help us keep an objective perspective on your responses to the care I provide.

Obstacles to Self-Healing:

- [dealt with:] **Alcohol use**
- [dealt with:] **Allergies or hypersensitivity**
 - [dealt with:] **Foods** [dealt with:] **Environment** [dealt with:] **Self**
- [dealt with:] **Chronic GI disturbance**
- [dealt with:] **Chronic malnutrition**
- [dealt with:] **Drugs, prescription medications**
- [dealt with:] **EMF / Cell phone / Geopathic stress**
- [dealt with:] **Inborn constitutional sensitivity**
- [dealt with:] **Infection: Parasite / Bacteria / Virus / Fungus**
- [dealt with:] **Major structural disturbance**
- [dealt with:] **Oxygen metabolism disruption**
- [dealt with:] **Stress**
 - [dealt with:] **Family dynamics stress** [dealt with:] **Belief System stress**
 - [dealt with:] **Life Event – from the past – stress**
 - [dealt with:] **Physical stress**
- [dealt with:] **Tobacco use**
- [dealt with:] **Toxic interference fields**
 - [dealt with:] **Scars** [dealt with:] **Teeth/Bones**
 - [dealt with:] **Heavy metal deposits**
- [dealt with:] **Other:** _____

Acknowledgement of the above:

Patient: _____ Date: _____

Dr. Wilson: _____ Date: _____