

Integrative Homeopathy

-- Resources and Preparation

Resources explaining an integrated program of homeopathic remedies and other services offered in an Integrative Medicine context. A major part of the 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. 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)

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www.NaturalConnectionsHealthcare.com

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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

The Path to Cure: The Whole Art of Healing

by Allyson McQuinn, DMH, DHP

Forward -- by Rudi Verspoor, FHCH, HD (RHom.) DMH:

The greatest story ever told is the story of the journey of each of us to find ourselves. This journey is often an arduous one, requiring one to travel into the darkest reaches of the soul and spirit, a journey that Joseph Conrad termed going “into the heart of darkness” and Scripture calls “the valley of the shadow of death.” For that reason, it is a journey seldom taken, the “narrow path” to the Kingdom of God.

The story of mankind is not so much the evolution of matter as a modern, material science would have us believe, but the evolution of human consciousness, for matter is but the stage against which the struggle between the forces of light and dark are thrown up, like a Javanese shadow puppet play. Life, as Goethe, the great 17th century scientist and poet, contemporary of the founder of homeopathy and Heilkunst, stated, is but the result of the “deeds and sufferings” of these polar forces. We are born into this world not simply as a random fact, but as a soul-spiritual being with a particular mission to evolve further in our consciousness and spiritual purpose. Health then becomes not so much a matter of removing symptoms at the physical level, a kind of negative state of no pain, as a positive state of greater inner awareness and dedication to the expression of one’s deepest desires and fulfillment. This is what Heilkunst is all about.

A true system of medicine must be grounded in natural law and must also remove the true causes of disease, which lie often at the level of our energetic existence, up into our soul and spiritual dimension. It is not enough to remove symptoms if this removal is a result of suppression. Our symptoms are a language of the body mirroring the state of our soul-spiritual being. We can shoot the messenger so to speak, but then we lose the gift hidden in the dark recesses of our pain. If we remove our pain by removing the deeper cause according to natural law, we find that we receive the gift of a deeper awareness and realization about ourselves and our purpose here on earth. We become more alive in terms of our senses and our spiritual capacity.

Heilkunst is a German term for the “art of rendering one whole” or, in its more esoteric sense, the “art and science of salvation.” It is not a religious conversion, but a profound scientific system that emerged out of the Romantic Movement in Western evolution of using natural law to convert disease and imbalance in our being into light forces so that we can unfold the divine potential that exists within each of us. It was founded by Dr. Samuel Hahnemann, a man of genius like Goethe. Dr. Hahnemann’s name is more readily associated with homeopathic medicine. Homeopathy is but one aspect of this remarkable system of rational medicine termed Heilkunst, which encompasses diet, nutrition, energy and manipulation therapies, essences, psychotherapy, medicine proper and also the transforming of belief into knowledge.

Allyson’s story is remarkable precisely as all stories of those treated by Heilkunst are, because she had the courage to undertake the long journey of the soul to find herself. While it is a difficult journey it is also one of liberation and self-worth, of transforming the traumas and weight of the past into the joy and light of the present. It is a story that we all contain within us to varying degrees if we are willing to undergo it. While we may at first be seeking only to remove the pain, we soon learn that it involves as much the discovery of what we have lost. In the process, the pain leaves and a deep inner peace and contentment emerges; one that allows us to face the challenges of life with hope, trust and love, instead of dread, suspicion and fear. Allyson has gone further in her journey, as her self-discovery has led her to study Heilkunst at the Hahnemann College for Heilkunst in Ottawa, Canada so that she might share what she has achieved and learned with others who wish to undertake the same journey of self-discovery.

I thank her for being willing to share the details of her journey with others in this book. It is never easy to let others into the private recesses of our soul. I also thank her for having devoted her energy and thoughts to becoming a Doctor of Medical Heilkunst. It takes courage and a profound level of inner health to step out and to daily confront disease and suffering in others. The world and those who come into contact with her during her life will be the better for it.

Rudi Verspoor, FHCH, HD (RHom.) DMH
Dean, Hahnemann College for Heilkunst
Director, Hahnemann Center for Heilkunst
Trustee, Hahnemann Center for Heilkunst Trust

Integrative Homeopathy: At a Glance

Designed to be a collaboration of you with Dr. Wilson and a graduate Doctor of Medical Heilkunst & Homeopathy. A) Pro-active removal of implanted distortive Diseases that cause imbalances resulting in disturbed physiology and abnormal laboratory tests. If not removed (by what is called 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) Supplying Sustentive treatments and supportive Regimen including Biological Dentistry, Craniosacral Therapy, therapeutic diet, FlexAware® and more.

Aspects of the Program	What you experience	Notes
<p>Dr. Wilson, First Visit: [May be combined.] Interview, Physical Exam, Functional testing (AcuGraph, Labs, etc.). Establish Outcomes Assessment parameters.</p> <p>Classic Homeopathic interview. Possible initial homeopathic Rx.</p> <p>Prepare Timeline for Collaborative Management and sequential Rx by graduate of Hahnemann College for Heilkunst, eg., Doctor of Medical Heilkunst.</p> <p>Supportive Referral: Dental, Medical, etc.</p> <p>Dr. Wilson Tx: Craniosacral therapy, Somato-Emotional Release, SCENAR, Mind-Body techniques, FlexAware®, etc.</p>	<div style="border: 1px solid black; border-radius: 15px; padding: 5px; margin-bottom: 10px;"> <p>Dropper Bottle: Take one drop liquid, 1-2 times a day</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; margin-bottom: 10px;"> <p>Powders: 3-4 packets, one per night or q 3 to 7 days.</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 5px;"> <p>Supportive Referral Tx: Biological Dentistry; Detox; NES; Allergy work; Chiropractic; Craniosacral Tx; Diet; SCENAR, FlexAware®, counseling, etc.</p> </div>	<p>Dropper Bottle(s): Varies, can contain Constitutional Archetype, pathic treatment, Emotional Trauma Release, etc</p> <p>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.</p> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; margin-top: 20px;"> <p>Optional: Journal; self-awareness work. Study homeopathy. Homeopathy Home First Aid Kit.</p> </div>

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.

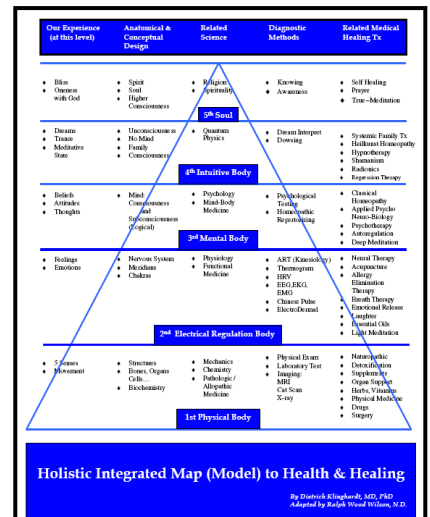
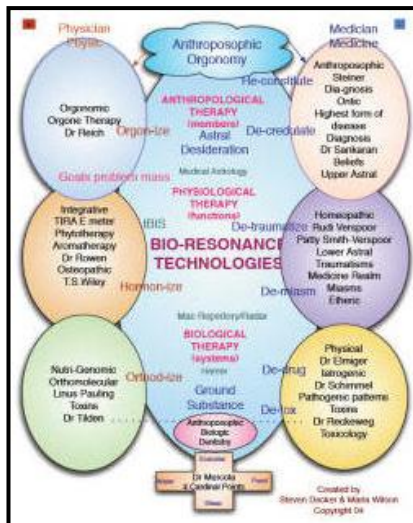
Chronic Miasms	Chthonic Diseases	Iatrogenic, & Pathic	Timeline Impacts	Core Level Delusion	Constitutional Archetype
Cancer, TB, Syphilis, Ring Worm, Psora, and 1-2 more.	Deep psych-based Disease that can erupt when nearly healed.	Treat all the drugs taken, Rx or recreat. & Treat all past diseases	Shocks, accidents, psych trauma, and more, in the lifetime.	The deepest imbalance, takes time to discern.	In health, one of six basic types from Sulphur to Silica/ earthy to spiritual.

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.KlinghardtAcademy.com), and the Anthroposophic-Organomy model from Decker (Novalis Organon) and Verspoor, (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 integrative naturopathic care 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 independent and directly contracted with the patient. They were told by me to expect the series of appointments with you to include but not necessarily be limited to a focus on supporting their healthy constitutional archetype, clearing Chronic Miasms, Chthonic Diseases and Iatrogenic Diseases using the timeline approach. These have been introduced to the patient, and require the custom homeopathic remedies that you can provide.

Key items about the patient:

I can provide services that I understand you sometimes recommend for your clients. Items checked below are significant and may have already been provided:

- Nutrition Information given (Body Type; BioType; Blood Type -- from FoodPharmacy)
- Metabolic Typing -- This option has been recommended
- 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)
- Initial Constitutional Archetype assessment, and prescription:
- Biological Dentistry
- Detoxification and Rejuvenation
- Patient Record, Timeline and Play/Creativity History instructions: [included in this packet]
- Iridology photographs
- Body-field introduction given, re NES or CoRe technology:
- 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

SUPPLEMENT(S) – Vitamin / Mineral / Other

ALLERGIES / SENSITIVITIES

DIET **what is your typical meal?**

Breakfast:

Lunch:

Dinner:

Snacks:

Cravings:

HYDRATION how much do you drink daily?

Water: _____ Juice: _____
Caffeine: _____ Milk: _____
Soda: _____ Diet: _____

SMOKING / ALCOHOL / RECREATIONAL DRUGS

- a. YES / NO / NEVER How many cigarettes daily:
Quit in: _____ . Smoked for _____ years; _____ cigarettes daily
- b. Alcohol: daily/ weekly socially
- c. Other Recreational Drugs:

EXCERCISE

Type _____ Frequency _____

SLEEP Good Fair Poor

Trouble falling asleep: _____ Frequent waking: _____ Nightmare: _____
Un-refreshing: _____ Other: _____

OTHER / COMMENTS

Timelines as a Self-Inventory

This page and another one that may also be given to you (Heilkunst & Homeopathy Timeline) help you step back and see the context within which you are living your life. This can help develop an understanding of your resources for creatively dealing with Change and life stressors as well as guide the sequential treatment of significant shocks and traumas.

Creativity & Play History Guide for Personal Resource Awareness

[from Stuart Brown, M.D., a psychiatrist who founded the National Institute for Play: www.NIFPlay.org]

Play Science - the Patterns of Play

This page presents descriptions of many of the elemental forms of play - "patterns of play." Like the periodic table of the elements organizes all matter into an understandable framework for chemistry students, this page presents seven patterns of play - that to most people are unrelated behaviors - as elements of a larger, holistic framework.

Improved scientific clarification of these patterns will require the integration and basic research we expect to sponsor and help guide. Though these patterns are supported by much more scientific literature, we offer only a sample of references here.

http://www.nifplay.org/states_play.html

The Patterns of Play have been described as:

Attunement Play: As in parent and infant.

Body Play and Movement: As in exploring how the body moves, as infant, adult, injury recovery.

Object Play: As in learning how things move. Hands-on problem solving.

Social Play: From romp and wrestling of young animals to banter and social play of adults.

Subset 1) Play and Belonging

Subset 2) Rough and Tumble Play

Subset 3) Celebratory Play

Imaginative and Pretend Play: The young child creating their own sense of their mind and of others; helps with understanding and trusting others and developing coping skills.

Storytelling-Narrative Play: The basis of human intelligibility; making sense of the world, sharing this.

Transformative-Integrative and Creative Play: " We can access fantasy-play to transcend the reality of our ordinary lives, and in the process germinate new ideas, and shape and re-shape them. Given enriched circumstances, and access to novelty, our play drive takes us into these realms spontaneously. Whether like Einstein imaginatively riding pleasurably on a sunbeam at the speed of light, or a light-hearted group of IDEO corporation designers wildly imagining a new product, each is using their playfulness to innovate and create. With the advent of brain imaging technology, these natural tendencies, so important to adaptation in a changing world, may be better understood and fostered. Play + Science = Transformation."

Consider writing a history of your experiences of play, such as -- what are your hobbies?

What do you remember doing when you were playful?

Did you ever have an imaginary playmate?

What stories might your family or friends tell about you?

As a child:

As an adult:

How has Play prepared you for creatively moving forward into a full, rich life?

Can you recall a pleasurable moment in your life?

Timelines as a Self-Inventory

This page and another one that may also be given to you (Creativity & Play History) help you step back and see the context within which you are living your life. This can guide the sequential treatment of significant shocks and traumas as well as help develop an understanding of your resources for creatively dealing with Change and life stressors.

Heilkunst & Homeopathy Timeline Guide to Developing the Traumatic Timeline

[from Hahnemann College for Heilkunst & Homeopathy: www.Homeopathy.com]

As part of treatment, we ask that you complete a traumatic timeline. These are events that overpowered your innate coping skills. 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 labor; forceps used; use of anesthetics 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

Please Note: 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>

Responses to Care:

Understanding the work ahead

Ralph Wilson, N.D., M.S. Acupuncture -- www.NaturalConnectionsHealthcare.com

As we begin our work together it is beneficial to acknowledge factors that may reduce the effect of treatments and hold you back from optimizing your health. **We cannot focus on all at the same time.**

I dedicate my skills in several systems of understanding health to help you choose what steps to take next on your life pathway. I am optimistic because I base my work on trust for your individual healing power, your ***Vis medicatrix naturae***. You have a healthy inner core supporting your life; your life is always “under construction.” I value highly the aspect of life called Spirituality, Higher Purpose or Philosophy to help make sense of one’s situation. **You deserve to be here and to know the Welcome of being in the Human Family.** We need to stay in communication along the way.

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

Review of Potential Obstacles to Self-Healing [Autonomic Nervous System dysregulators]

Your response to my recommendations and the treatments provided will depend on several factors. Achieving an optimal healing environment requires dedication. These factors below [called “Obstacles to Cure” in homeopathic literature] 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 [>> Check the second box after the item is dealt with]:

- [>> dealt with:] **Alcohol use**
- [>> dealt with:] **Allergies or hypersensitivity**
 - To Foods** [>> dealt with:]; **To Environment** [>> dealt with:]; **To Self** [>> dealt with:]
- [>> dealt with:] **Antibiotic medication in the past** [alters GI microbiome]
- [>> dealt with:] **Chronic GI disturbance**
- [>> dealt with:] **Chronic malnutrition**
- Dietary Stressors:** **Artificial sweeteners (excitotoxins);** **Fructose** [>> dealt with:]
- [>> dealt with:] **Drugs, prescription medications**
- [>> dealt with:] **EMF / Cell phone / Geopathic stress**
- [>> dealt with:] **Inborn constitutional sensitivity**
- [>> dealt with:] **Inborn metabolic problem that requires support**
- [>> dealt with:] **Infection: Parasite / Bacteria / Virus / Fungus** [everyone has microbes inside them]
- [>> 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:] **Heavy metal deposits**
 - [>> dealt with:] **Dental:** Extraction sockets; root canal filled teeth; Mercury fillings; other.
- Other:** [>> dealt with:]

Notes: