

Foreword



Burke Lennihan on Homeopathy

In this remarkable book, Becky Chambers shares the best-kept secret in health care—homeopathy. Used worldwide by millions of people, homeopathy is virtually unknown in the US. It is part of the national healthcare system and practiced by physicians in many countries around the world, but it is dismissed by most physicians here.

Yet homeopathy has so much to offer. Powerful yet gentle, it has no side effects.* It can work almost instantaneously—as many can attest after having popped a pellet of Chamomilla into the mouth of a baby screaming with teething pain, then watching with astonishment as the baby immediately drops off into peaceful sleep. It can work for fatal diseases for which conventional medicine still has no answers: cholera,

*As this book explains, a homeopathic remedy can cause a temporary worsening of symptoms, called an aggravation, but this is part of the healing process and, therefore, not like the side effects caused by pharmaceutical drugs. To clarify, side effects are secondary, unintended, and undesirable toxicity effects that continue as long as the person continues to take the medication. An aggravation is a temporary increase in symptoms that can be part of the healing process. If the remedy is too strong, this aggravation can be severe and prolonged. Because of the potential for aggravations, high-potency homeopathic remedies should be used only with the help of a highly trained, professional homeopath.

plague, tuberculosis, AIDS.* It can work for common viral infections like the flu; in my own practice, clients with the flu generally bounce back in a day or two. (Most use homeopathic prevention and never get the flu at all.)

Chronic illnesses can often be resolved by addressing any underlying emotional trauma, what homeopaths call the “Never Well Since” (as in, “I’ve never been the same since my mother died” or “since my husband left me” or “since I lost my home in the subprime mortgage meltdown”). Part of homeopathy’s healing paradigm is that unresolved emotional trauma can, in time, find an outlet through physical symptoms. It is as though the body is speaking through the language of pain what the person cannot express in words or tears. In these cases, it is only by relieving and releasing the emotional trauma that the physical condition can be healed.

Not only does homeopathy provide this insight, it provides a method of cure. A homeopathic remedy that matches the whole person—including their mental, emotional, physical, spiritual, and energetic states—can heal that person on all levels. Chronic diseases considered incurable by conventional medicine can be healed. This book provides many examples.

Homeopathy has stood the test of time. The same remedies used nearly two hundred years ago—like the ones described in this book—are still in use today. Homeopathy combines the best of East and West. It was founded by a German physician who was well schooled in the medicinal and herbal traditions of Europe, yet was inspired by the energy-healing paradigm of the East. What Traditional Chinese Medicine calls *chi* and Ayurvedic medicine calls *prana*, homeopathy calls the Vital Force.

How does it work? Homeopathy has long withstood criticisms that it can’t possibly work “because there’s nothing in it.” Only within the past few years has conventional science developed technology powerful

*Homeopathy’s effectiveness against these traditional scourges of humanity is part of the historical record; see Michael Emmans Dean, *The Trials of Homeopathy* (Essen, Germany: KVC Verlag, 2004). Modern homeopaths are using homeopathy to cure AIDS in Africa. See, for example, the work of Jeremy Sherr in Tanzania at <http://www.homeopathyforhealthinafrica.org/>.

enough to measure the minute particles of the active healing ingredient in a homeopathic remedy solution. Scientists at the Indian Institute of Technology in Mumbai (India's equivalent of MIT) recently were able to isolate these active ingredients.¹

It turns out that homeopathy is an early form of nanopharmacology. This latest trend in conventional medicine—using tiny, barely measurable amounts of a drug to reduce its side effects and to mimic the exquisitely nanosized doses at which our hormones and other vital cell signaling agents are known to operate—was discovered two hundred years ago at the dawn of homeopathy.

How, then, do these nanodoses work? They convey both information and energy to the body's Vital Force through electromagnetic waves like the energy waves described in this book. While this may sound “woo-woo,” it is not. It is at the cutting edge of physics, in particular a new branch called ultrahigh dilution physics. The electromagnetic effects of these ultrahigh dilutions were described by Nobel Laureate Dr. Luc Montagnier. In an interview with *Science* that shocked the scientific community, Montagnier asserted that his research shows how homeopathy works. He added, “The high dilutions [used in homeopathy] are right. High dilutions of something are not nothing. They are water structures which mimic the original molecules.”²

Montagnier's research, and that of many of his colleagues, has demonstrated that the electromagnetic signals of the original medicine remain in the water of a highly dilute solution and have dramatic biological effects.

In classical homeopathy, a single remedy is given at a time, typically a high potency dose intended to last for many weeks or months. The results can be remarkable, yet the process can be slow, and it can be difficult for the patient to discern the subtle effects of the remedy on a day-to-day basis.

In this book, Becky Chambers describes a radical innovation in homeopathy—combining it with whole body vibration—to make it act much more quickly and enable clients to receive the benefits of many powerful remedies in succession. You will be inspired by her story and

the stories of her clients, and you will most likely want to try high potency (very strong) homeopathy for yourself. Please do not attempt this on your own at home!

If you would like to take the material in this book one step further, read more about the fascinating personality types associated with the major remedies. My favorite books (in addition to Philip Bailey's *Homeopathic Psychology*, recommended by Becky) are Catherine Coulter's *Nature and Human Personality* and Jerry Kantor's *Toxic Relationship Cure*. In the latter book, Kantor describes remedies for people suffering from their relationship with a parent or friend, a lover, a boss, or even a religious institution.

So now you want to try homeopathy for yourself! Here are some safe ways to do it. For an acute emotional upset (you just got bad news, someone just died, you just flunked a test, or you were fired from a job), it's totally safe to use a remedy from your local health food store, such as Ignatia if you get hyperemotional with lots of sobbing and sighing or Gelsemium if you shut down and go numb. You can also use homeopathy for a wide variety of treat-at-home types of accidents and quickly passing illnesses like colds. Children love taking the little pellets, and it's very safe and effective for them.

For a long-term condition, whether physical, emotional, or both, you may identify a remedy in this book that seems to match you well. But the descriptions imbedded here within the stories are simplified to make a highly readable and enjoyable book—for the sake of good storytelling. With more than three thousand remedies from which to choose, chances are there is one even better for you than the one about which you read. That's why you need to go to a professional homeopath.*

*If possible, it's best to work with a professional homeopath in person. Consult the directories at www.homeopathicdirectory.com and www.nationalcenterforhomeopathy.org, and also ask around for a recommendation from your local health food store or other holistic practitioners (because the best homeopaths are often so busy, they do not list in a directory). Many communities do not have a local homeopath, however. The next best option is to find one who works using Skype. (Better yet, use an encrypted platform that protects your confidential medical information, which Skype does not. VSee is a recommended platform, at vsee.com.) Homeopaths who provide phone or video consultations are listed in the directory at www.nationalcenterforhomeopathy.org.

When you meet your professional homeopath, you will find that he or she is most likely unaware of how whole body vibration will enhance the effectiveness of her remedies. You will probably need to give her a copy of this book and ask her to consider this approach. Because it is so unfamiliar and so radically different in its time frame from the slow classical method, she will probably ask you to work with her approach first. You will still most likely get marvelous benefits from homeopathy. You can certainly point out to your homeopath the remedy that you feel matches you best, based on your reading, but you can expect that your homeopath will find an even better one that you have never heard of, so keep an open mind.

If you are doing whole body vibration at the same time, your homeopath may notice that the remedies are getting results faster, new symptom pictures are coming up faster, and you are ready for a new remedy sooner. She will follow a basic law of homeopathic healing: stay with a remedy as long as it is effective, then watch for the symptoms of a new remedy (often representing an earlier phase in the person's life).

Over time, the synergy of these two modalities will become widely known and appreciated. We may well be welcoming the dawn of a new era in energy healing, and you will be among the pioneers.

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