

DR. CHRISTOPHER'S Herbal Legacy Newsletter

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There's Always Room for More -Mishelle Knuteson M.H.

I have found that when it comes to helping someone heal naturally it is best to pull from many different areas. As I like to call it, tools in my tool kit. My foundation is herbal yet I will also use essential oils and/or homeopathies, bodywork and emotional healing. I figure it is best to hit whatever is in front of me from every angle so we can be done with it and move forward. Homeopathic medicine is probably the most unfamiliar method to most people, yet can be a very effective addition.



Homeopathy was “discovered” in the early 1800s by a German physician, Samuel Christian Friedrich Hahnemann. He was very frustrated with the medical practices of the times and started experimenting with different substances and their effects on the body. The term homeopathy comes from the Greek *homoios* (similar) and *pathos* (suffering or sickness). This is what homeopathy is based on, the *law of similars*. Like is cured by like.

Based off Hahnemann’s research, homeopathic remedies were created by giving a substance to a healthy person and watching the symptoms that were produced within the short time after taking it. These symptoms create what is called a remedy picture. These remedy pictures as well as the corresponding substances have been recorded in a homeopathic *Materia Medica*, a prescriber’s reference. To treat an illness homeopathically, the prescriber looks up the remedy picture (symptoms the person is displaying) to find those that fit and apply the law of similars by administering the substance; the homeopathic remedy.

The body is always striving to keep itself healthy. When the body is threatened by harmful external forces then it will produce symptoms such as pain, fever, mucus, cough, etc. to bring itself back into balance. Homeopathy is working with the body’s defense mechanism, adding like to assist like, rather than suppressing.

Homeopathic remedies are preparations that are obtained from animal, vegetable and mineral sources. They are natural and safe to give to anyone, including infants, pregnant and nursing women and anyone on prescription medications.

To learn more about this valuable healing method, the School of Natural Healing has designed a course that introduces the student to the principles and philosophy of homeopathy. Students will learn which remedies to use in everyday ailments, minor injuries, and issues with growing children, pets and more. The course contains an extensive homeopathic remedy kit. Students are also introduced to the use of cell salts, the internal and external therapeutic uses of the 12 essential cell salts, and how to read the face to help determine which cell salts are lacking in the body and the proper supplementation that is needed. David Card, graduate from the School of Natural Healing and the Hahnemann Academy of North America, is the instructor for this course.

It is now a great time to expand your knowledge and learn a new healing method. The School of Natural Healing is running a 30% off sale on the Homeopathy course as well as the Reflexology and Aromatherapy courses. I believe it's best to have many tools in your tool kit.

Mishelle Knuteson is certified in Rapid Eye Technology (RET) an emotional release therapy, teaches classes in *The Art of Feminine Presence* and a Master Herbalist ~ graduate of *The School of Natural Healing*. Mishelle currently works as an Educative Master Herbalist (MH) for *The School of Natural Healing* and as Office Manager of *Christopher Publications*.