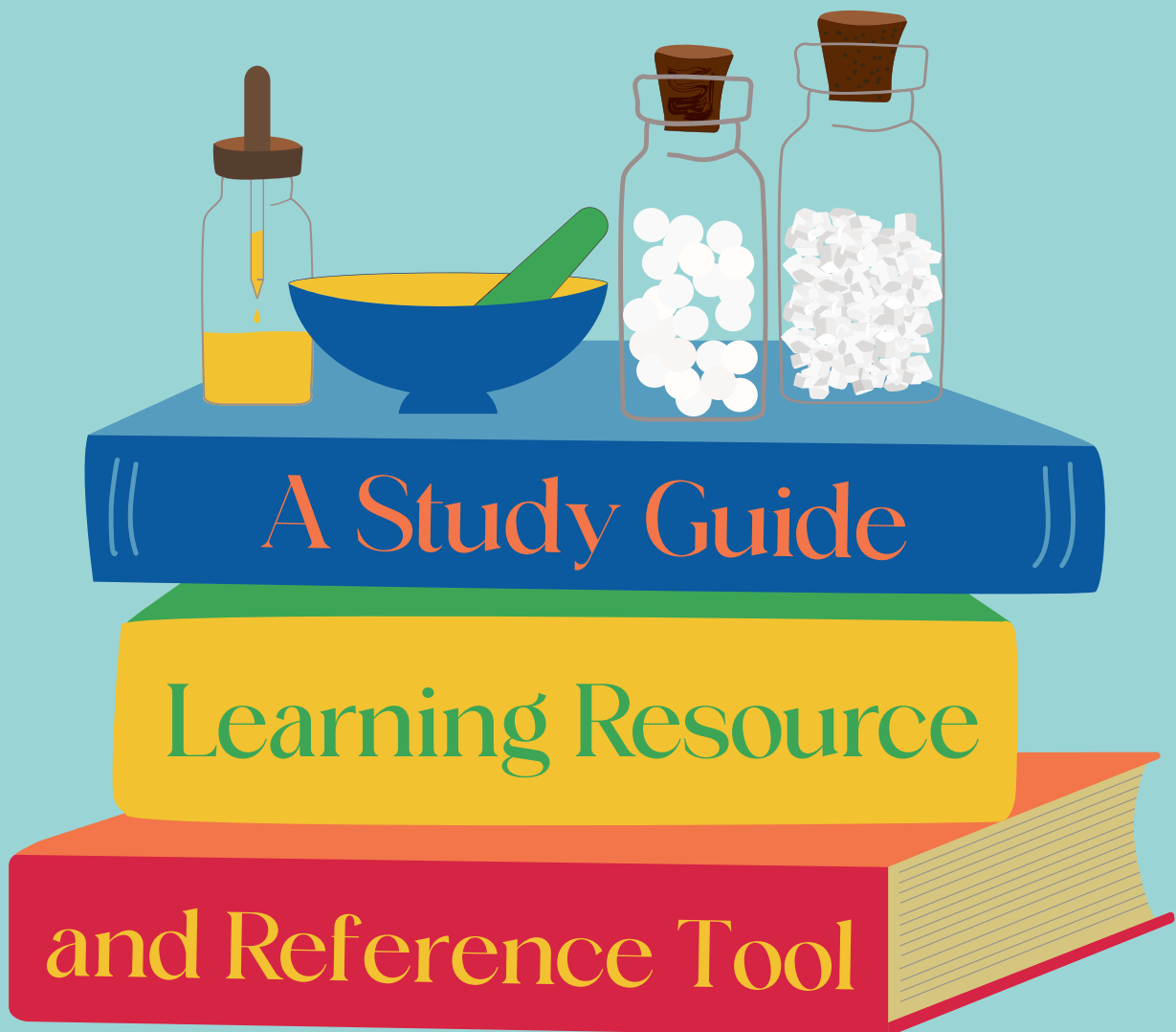


# HOMEOPATHY PRIMER

Getting Started with Homeopathy



Created by Abby Beale, CCH, RSHom(NA)

Compiled by Homeopathy Educator Press

Foreword by Shelley Keneipp, MH, DiHom(UK), Author of *The Parent's Guide to Homeopathy*

# HOMEOPATHY PRIMER

## **Getting Started with Homeopathy**

A Study Guide, Learning Resource  
and Reference Tool

Created by Abby Beale, CCH, RSHom (NA)  
Compiled by Homeopathy Educator Press  
Foreword by Shelley Keneipp, MH, DiHom (UK),  
author of *The Parent's Guide to Homeopathy*

**DISCLAIMER: The material presented in this study guide, learning resource, and reference tool is meant for informational and educational purposes only. It is not intended to diagnose, treat, or give medical advice for a specific health condition, problem, or disease, and should not be used as a substitute for the services of a qualified, licensed medical professional. Anyone with serious health concerns or concerns regarding the health of another individual should seek the advice and consultation of a qualified healthcare professional. The appropriate use of this material is solely the responsibility of the reader.**

©2024 Homeopathy Educator Press

All rights reserved. No part of this publication may be reproduced, transmitted, photocopied, scanned, digitally photographed, or otherwise recreated. The copying, photographing or digital recreation of this book and its contents is strictly prohibited and protected by copyright infringement laws.

Published by  
Homeopathy Educator Press  
Wallingford, Connecticut  
hello@homeopathyprimer.com

First Edition, 2024.

ISBN: 978-0-9745928-4-8

Cover and Interior Design: Karolina Wudniak, [www.karolinawudniak.com](http://www.karolinawudniak.com)

Images: iStock, Shutterstock, Pexels, Pixabay, Unsplash, Wikimedia Commons.

Icons: Rafico Creative/CC BY 4.0, Font Awesome/CC BY 4.0, and Karolina Wudniak.

# Contents

<b>Foreword</b> .....	<b>9</b>
<b>About the Contributors</b> .....	<b>11</b>
<b>Why this book was created</b> .....	<b>13</b>
<b>What to know about using this book</b> .....	<b>13</b>
<b>Suggested Starter Books</b> .....	<b>15</b>
<b>CHAPTER 1: What Everyone Needs to Know About Homeopathy</b> .....	<b>17</b>
<b>CHAPTER 2: Taking the Case and Giving the Remedy</b> .....	<b>25</b>
<b>CHAPTER 3: Introduction to Cell Salts</b> .....	<b>39</b>
<b>CHAPTER 4: First-Aid for Injuries</b> .....	<b>47</b>
<b>CHAPTER 5: Head</b> .....	<b>69</b>
<b>CHAPTER 6: Eyes</b> .....	<b>81</b>
<b>CHAPTER 7: Ears</b> .....	<b>87</b>
<b>CHAPTER 8: Nose</b> .....	<b>91</b>
<b>CHAPTER 9: Mouth and Teeth</b> .....	<b>101</b>
<b>CHAPTER 10: Throat and Chest</b> .....	<b>109</b>
<b>CHAPTER 11: Stomach and Abdomen</b> .....	<b>125</b>
<b>CHAPTER 12: Stool Issues</b> .....	<b>135</b>
<b>CHAPTER 13: Urinary Issues</b> .....	<b>143</b>
<b>CHAPTER 14: Male Issues</b> .....	<b>149</b>
<b>CHAPTER 15: Female Issues</b> .....	<b>157</b>
<b>CHAPTER 16: Back and Neck</b> .....	<b>177</b>
<b>CHAPTER 17: Muscle, Joints, and Bones</b> .....	<b>185</b>
<b>CHAPTER 18: Skin</b> .....	<b>199</b>
<b>CHAPTER 19: Mind and Emotions</b> .....	<b>219</b>
<b>CHAPTER 20: The First Three Years Ages 0-3</b> .....	<b>235</b>
<b>CHAPTER 21: Childhood Ages 3-12</b> .....	<b>251</b>
<b>CHAPTER 22: Young Adults Ages 12-24</b> .....	<b>263</b>
<b>CHAPTER 23: Influenza</b> .....	<b>281</b>
<b>CHAPTER 24: Travel Related</b> .....	<b>285</b>
<b>CHAPTER 25: Surgery Considerations</b> .....	<b>293</b>
<b>CHAPTER 26: Homeopathy for Pets and Plants</b> .....	<b>323</b>
<b>Appendix 1: What's the First Remedy? Quiz Answer Key</b> .....	<b>323</b>
<b>Appendix 2: Homeopathic Remedies Referenced in this Manual</b> .....	<b>327</b>
<b>Appendix 3: Glossary of Homeopathic and Clinical Terminology</b> .....	<b>331</b>
<b>Appendix 4: Additional Resources</b> .....	<b>345</b>
<b>Appendix 5: Bibliographic Resources</b> .....	<b>351</b>
<b>Index</b> .....	<b>353</b>

# CHAPTER 1

## What Everyone Needs to Know About Homeopathy

Quote from *The Organon*:

**“In the state of health, the spirit-like vital force (dynamis) animating the material human organism reigns in supreme sovereignty. It maintains the sensations and activities of all the parts of the living organism in a harmony that obliges wonderment. The reasoning spirit who inhabits the organism can thus freely use this healthy living instrument to reach the lofty goal of human existence.”**

—Aphorism 9, by Samuel Hahnemann, Founder of Homeopathy

**Welcome to the amazing world of homeopathy! As in all disciplines, there is a specific language and vocabulary that describes homeopathy. Getting familiar with the terms is a key part of understanding this discipline. In this chapter, note that the bold terms are defined in more detail in Appendix 3—Glossary of Homeopathic and Clinical Terminology starting on page 331.**

### WHAT IS HOMEOPATHY?

**Homeopathy** is a safe, gentle, and natural system of healing that works with your body to relieve symptoms, restore function, and improve one’s overall health. It is a science of healing which stimulates and strengthens the **vital force** using the energy of highly diluted substances found in nature. Homeopathic products are called **remedies**. These remedies can assist the body in restoring its healthy balance and stimulating the self-healing process into action. When a remedy is chosen and taken, it is absorbed into the body and permeates all body systems. The body receives the message from the similar energy pattern that exists in the homeopathic remedy. The person receives a little

bit of the same energy but on a subtle level. It acts as a healing stimulus to the body allowing the **vital force** to find its **homeostasis** or balance.

The word **homeopathy** comes from the Greek words *homoios* and *patheia*, which translates into “similar suffering.” In 1796, a German doctor, Samuel Hahnemann, based his approach to healing on the principle of the **Law of Similars** (also referred to as “like cures like” described in the following section) and thus, homeopathy was born. He wrote his philosophies about health and healing in a book that has become the basis for homeopathy, *The Organon*. *The Organon* itself is not a quick read but recommended for serious students looking to gain a better understanding of this amazing healing modality.

## CHAPTER 10

# Throat and Chest

**A healthy throat is a vital component of overall well-being, as it plays a pivotal role in our ability to communicate, breathe, and swallow. The throat serves as a gateway to both the respiratory and digestive systems, making it susceptible to various infections and conditions. Among the most common ailments that can afflict the throat are chest infections, which can cause discomfort, pain, and hinder our daily activities and sleep. Learning about possible homeopathic remedies for these symptoms is useful for taking good care of our throat health, ensuring proper breathing, and promoting overall physical wellness.**

### SORE THROATS AND TONSILLITIS

A sore throat is an inflammation with pain, difficulty swallowing, and sometimes swollen glands. Tonsillitis is a swelling of the tonsils, the two lymphatic sacs behind the base of the tongue, on either side of the top of the throat. They are an integral part of the lymphatic drainage system. Swollen tonsils are part of the normal eliminative process for getting rid of an invading bacteria or virus. Acute tonsillitis produces swelling, inflammation of the tonsils, a sore throat, and fever that may be low-grade, medium, or high. The person may also have headaches or stomachaches.

The adenoids, which are made of the same lymphatic tissue, are located above the soft palate (roof of the mouth). These may also become swollen, impeding speech and nose breathing. Chronically swollen tonsils or adenoids should be treated by a healthcare professional and/or a professional homeopath. In some children the uvula can become swollen as well. The uvula is a small, conic piece of flesh extending down from the soft palate at the entrance to the throat.

People of any age may develop a sore throat. Vomiting may occur if a lot of mucus is being swallowed. The

person may have excess mucus or saliva, bad breath, and an odd taste in their mouth. If a baby develops this condition, they may refuse to eat, cry while nursing, or rub the ears, which might lead you to think they have an earache or are teething. This is why it's important to choose a remedy based on the person's individualized symptoms.



#### IT'S AN EMERGENCY WHEN

- A child has a temperature over 103 °F (39.4 °C).
- A person is unresponsive, has trouble breathing, repeated vomiting, convulsions, or is listless or limp.
- There is stiffness and pain in the neck along with fever.
- There is great difficulty swallowing, with severe pain.
- There is difficulty breathing because of severely swollen and enlarged tonsils.
- There is a high fever and rapid swelling in the larynx.



## ADDITIONAL SUPPORT FOR ALL SORE THROAT SYMPTOMS

- Consider taking **\*Ferrum phos 6X cell salt** up to four times a day for the inflammation (To learn more, see **Chapter 3—Cell Salts**).
- Drink plenty of fluids, especially if there is a fever, to prevent dehydration.
- Discontinue or keep dairy products to a minimum, because they cause excess mucus and raise the level of acidity in the system. Goat's or sheep's milk, or products made from these milks, may be substituted for cow's milk and products containing it. Plant based milks may also be substituted. Using organic is best.
- Gargle with one teaspoon of **Calendula tincture** in one cup of warm water, three times a day.
- Gargle with warm saltwater several times a day.
- Try some elderberry syrup to coat the throat.
- Use lozenges that do not contain camphor, menthol, or eucalyptus. Try blackcurrant pastilles or lemon drops instead.
- Humidify the room if your home has forced-air heat.
- If warm drinks feel better, make a tea with 2-3 fresh lemons by cutting, squeezing, and boiling them for 15-20 minutes in a saucepan full of water. Drink it like a hot tea, add honey and sip.
- If cold drinks feel better, fresh carrot juice is soothing to a sore throat.



## WHEN TO CONTACT YOUR HEALTHCARE PROFESSIONAL

- A baby under three months old has a rise in temperature.
- A child under two years of age has a fever for more than 24 hours.
- The person has had a fever for more than three days.
- A rash appears on the body at the same time as the sore throat.
- A child's tongue looks like a strawberry; this can indicate scarlet fever.
- The person has had laryngitis for longer than seven days.
- Glands swell or health decreases; also, if laryngitis becomes chronic.
- The person has recurring sore throats not helped with homeopathic remedies.



COMMON REMEDIES FOR SORE THROATS AND TONSILLITIS							
	Aconite	Apis	Belladonna	Hepar Sulph	Lachesis	Mercurius	*Phytolacca
<b>Onset</b>	Sudden high fever after being exposed to icy winds, fright, or shock.	Onset from anger, fright, or grief.	Sudden onset, with severe symptoms, after getting chilled or overheated.	Slow onset, from getting too cold or cold wind.	Onset in spring and cloudy weather. Pain begins on left side but may move to middle or right side.	Getting chilled, brings on a sore throat at every change in the weather.	Onset from exposure to cold, damp weather.
<b>Symptoms</b>	Throat constricted, red, dry, and hot. Burning and needle-like pains that shoot into ears. Difficulty swallowing.	Swollen, dry, constricted, and inflamed throat. Sensation as if splinter in throat. Stinging and burning pains. Tongue and uvula swollen.	Fine in the morning, but by 3 PM have a high fever with a sore, bright-red throat that is burning, dry, hot, raw, tender, and constricted.	Severe, sharp splinter-like pains that shoot up into ear on swallowing or yawning. The right side is the most painful, but both sides can be affected.	Tearing pains extending to ear. Sensation of constriction and choking. Feels like lump moving up and down in throat which causes constant desire to swallow.	Throat feels sore, swollen, raw, and burning. Red or bluish-red with white or yellow coating. Needle-like pains shoot into ear or neck on swallowing.	Throat is dark red or bluish-red. Feels hot, too narrow, raw, and burning. Root of tongue and soft palate ache. Pain comes and goes on the right, shoots into ear.
<b>Mood</b>	Restless, fearful, and anxious. May have a fear of death. May have nightmares.	Restless, sleepy and very irritable when disturbed or touched. Weepy.	Restless and irritable. Severe agitation.	Extremely irritable, hypersensitive, easily angered. Does not want to be examined or looked at.	Anxious, nervous, excitable, very talkative, rambles on and on. Sensitive to touch and pain.	Restless, constantly changing mind, nervous.	May moan a lot. Very little interest in anything. Sensitive and restless.
<b>Indications</b>	Tonsils swollen and feel dry. Feels as if something is stuck in throat. Strong thirst for cold drinks.	Right side is worse. Tongue is fiery-red and raw. Mouth is dry. Throat is red or purple. Skin feels sore and sensitive. Wants cold water to soothe throat but is not thirsty.	Throat muscles sensitive, making it hard to swallow, but constant desire to do so. Pains severe, needle-like, and worse on right side. Glands usually swollen.	Sensation as if plug or fishbone stuck in the throat. Glands swollen. Solid food hard to swallow. Very chilly with smelly sweat and breath.	Throat swollen, dark red or purple. Tries to cough up sticky mucus. Tongue burns, swells, trembles when protruded.	Right side usually worse. Drools clear saliva on the pillow. Coughs up lumpy mucus. Constant desire to swallow. Breath smells bad. Weary and may tremble.	Sensation as if lump or red hot ball in throat. Thick and choking greyish-white or yellow mucus. Cannot swallow hot things. Swollen glands in neck and under ear.
<b>Worse</b>	Nighttime around midnight, or midday. Noise, pressure.	From 3-5 PM. Warmth, touch, heavy blankets, pressure, swallowing solids, hot or sour food.	Around 3 PM. Swallowing liquids, cold air, touch, noise, jarring, light, turning the head, sudden motion.	Touch, uncovering, exertion, cold drafts, winter, solid food, cold dry air, night.	Slightest touch to front of neck, on waking, lying down, nighttime, or falling asleep. Swallowing hot drinks, on left side, heat.	Evening, drafts, damp weather, sweating, too much cold or heat, lying on right side, warmth in bed, warm drinks.	Cold damp weather, changes in weather, hot drinks, touch, pressure.
<b>Better</b>	Fresh air, rest, sweating, hot applications.	Cool applications, cold liquids, air. Uncovered or lightly covered.	Rest, light covers, sitting semi-erect, low light, quiet.	Warm drinks, moist heat, being wrapped up, damp weather.	Open air, cold drinks, swallowing solids, eating fruits. Wearing loose clothing, especially around neck.	Moderate, even temperatures. Rest, lying on stomach, morning.	Warmth, cold drinks, rest, lying on stomach or left side.
<b>Also For</b>	Laryngitis	Tonsillitis	Tonsillitis	Laryngitis, Tonsillitis	Laryngitis, Tonsillitis	Tonsillitis	Tonsillitis

**Dosing:** Use the **BLUE** Method. Observe and evaluate.



**This friendly book is a premier learning resource, study guide and reference tool for novices to knowledgeable users of homeopathic remedies. It was created with love by over 35 experienced users of homeopathy to help its readers enhance their health using a whole person approach with non-toxic, effective and low-cost homeopathic products.**

**By understanding the basics of homeopathy, you can integrate it with other healthcare approaches. It is complementary to conventional medicine to enhance your overall well-being. It's a smart choice for those interested in holistic health, self-care, and natural remedies.**

- Includes **over 100 remedy comparison charts** for a wide variety of common ailments to guide you in choosing a good remedy.
- Visually appealing and **easy to read**.
- Contains **suggestions for additional support** (other than homeopathic) for many conditions.
- Provides **guidance for identifying an emergency** and when to contact a healthcare professional.
- Includes quick knowledge checks at the end of every chapter by asking **“What’s the First Remedy You Think of When...”**
- Contains an extensive glossary of terms to **help you learn and understand the language of homeopathy** and referenced medical terminology.
- **Easy to reference** comprehensive index.



ISBN 9780974592848



9 780974 592848