Parent Manual

Anke Zimmermann, BSc, FCAH

Dear Parents,

Congratulations on choosing homeopathy as a method of health care for your child and welcome to my practice. If you are reading this manual, you are probably concerned about your child’s development or behaviour. This manual explains my approach to these challenges and outlines how you can obtain the best possible results from my homeopathic care.

**Section 1: The consultation process**

1. Preparing for the initial consultation
2. Preparing for follow-up consultations
3. Email etiquette
4. Staying the course

**Section 2: Understanding the healing process with homeopathy**

1. Expected results from homeopathic remedies
2. Aggravations
3. Provings
4. What to do about aggravations and provings

**Section 3: Factors contributing to developmental and behavioural challenges**

**Section 4: About homeopathy**

1. Homeopathy – the future of health care
2. What is homeopathy?
3. How was homeopathy discovered?
4. What are provings?
5. How are homeopathic remedies selected?
6. How are homeopathic remedies prepared?
7. What kinds of conditions can homeopathy help?

**Section 5: Appendix**

**Section 1: The consultation process**

**Before considering care with me please:**

Read Tinus Smit’s book ‘Autism – Beyond Despair’. You can order it on Amazon. You may also want to read ‘Impossible Cure’, by Amy Lansky PhD, also available on Amazon.

Watch my webinar on the homeopathic approach to developmental disorders here <https://www.naturopathicce.com/course/homeosummit-mini-summit/>.

Review my website. Read about my approach, read my case studies and blog posts. I know it is a lot, but I really just want to get the best results for your child and parent education is the most important factor. The more you understand the process, the more you will trust it and the more you can give me the information that I need to guide your child back to health step by step. It is a collaborative process.

**Before the appointment:**

Please download the relevant child intake form from my website at [www.ankezimmermann.net](http://www.ankezimmermann.net) if I did not already send it. The forms are found in the ‘Forms and Fees’ section. They are in word format. Please type in the forms, **do not handwrite**, and return them via email as an attachment in one piece. Please do not photograph them and send the pages individually.

Please email all information at once at least 24 – 48 hours prior to your appointment. Please minimize amounts of emails as I receive over 100 emails a day. Do not send a separate email for each photo or each assessment please.

If you run out of time, please ensure to send the rest of the materials asap. Please note that I cannot share any care plans with you unless I have signed consent and waiver forms.

Please provide the following, especially if your child is affected by developmental or behavioural challenges and also send it at the same time:

1. Baby photos, ideally newborn, 1 month, 2 months, 3 months, 6 months, 12 months, 2 years, 3 years and current. Ideally close-ups of the face and head. No more than 2-3 photos per month or year mentioned, please. Make sure to send the photos are in **large format** so I can clearly see the hair pattern, eyes, eyelashes if possible. I’m looking for specific details. This information can be very helpful to understand any inherited predispositions and also to note at what age the child deteriorated if applicable.
2. Any medication or vaccination records for your child as well as for vaccines and medication the mother received during pregnancy, labour and delivery. Please do your your best to obtain vaccination records from your provider as they will contain the names and manufacturers of the vaccines, which the parents’ records will not specify. I’m looking for brand names of vaccines like Infanrix, Pediacel, Proquad, Neisvac etc. DPT or Hepatitis B is not a brand name. There are several main manufacturers of vaccines in the world who make similar vaccines, ie their own brand of DTaP or Hep B etc, that’s why the brand names are important. We will use homeopathic remedies made from the exact vaccines your child was given if indicated. I realize that sometimes the information on the vaccine names can’t be obtained, in which case I will use the best estimate. Your child can still be helped.
3. Once you have the vaccine and medication records, please organize them in chronological order using the vaccine and medication log sheets sent separately or found in this manual in appendix A. This will help me tremendously.
4. 5 -10 pieces of handwriting, artwork, scribbles etc, if applicable. Current material is best.
5. Copies of any **relevant** assessments or lab tests performed on your child.
6. A favorite toy or object your child might like to show me during the interview if child is able and willing to converse.

**Preparing for follow-up consultations**

Keep a journal for your child’s homeopathic care. Mark down which remedies you give on which dates and any observations from these. This will greatly assist me in evaluating your child’s responses to the remedies.

At the beginning of every follow-up please first tell me the exact dates you gave which remedies. Then tell me what changes you have noticed. Pay attention to any changes in your child, not only your main concerns. Please organize yourself ahead of time to make the best use of our time together. You can also email me this information ahead of time.

A regular follow-up is approximately 30 minutes in length, but it can be shorter or longer. If you are very well prepared a follow-up can be quick and then I can charge you less, ie only for 15 minutes, a win for you. You will be rewarded for being prepared and organized with your information.

**Email etiquette**

I have very strict email rules regarding emails in order to provide the best care to you, my other clients and to protect myself from burn-out. Emails are not free advice, and I do not care if other practitioners don’t charge for them. If you want another practitioner, feel free to change.

Please only email me if it is a really simple question that I can answer with a yes or no, ie is C the same as CH? Do you mean Anacardium orientale or Anacardium occidentale? Anything more than that requires an appointment or at the very least you will be charged for my time.

If it can’t be helped and you must send an email, i.e. if your child has an aggravation, if it’s the weekend and/or you can’t get an appointment soon enough, please format your message as follows:

1. Always tell me the full name of your child. Put it into the title of your email. Most children now have different last name than the mother, I will remember their last name eventually but please just help me out.
2. Always mention which remedy and in which potency you gave to the child and on what dates as well as what you have observed and what your concerns are. ‘The treatment seems to be working for Jesse, we’re wondering about next steps…’ is not enough information. Instead, please write something like this: “On Sunday, January 31 (date), we gave Jesse Miller (child’s full name) 2 pellets of Stramonium (remedy) 200C (potency) before bed. That night he woke at 2 am and could not fall back to sleep until 4. He was thirsty for water (details). On February 3 we noticed that the rash on his face was slightly worse, but he has started to say several new words. Should we repeat the remedy?” This is a comprehensive update, and I can simply reply with a yes or no. You may still be charged a small fee as I need to read the message, think about it, get the file, update the file, replace the file etc.
3. I cannot effectively manage your child’s complex developmental and behavioural issues via text or email. Make an appointment. Please respect the complexity of the situation and the difficult discipline that homeopathy is, thank you.

**Staying the course**

Your child’s healing will take time and will probably involve a major journey. Think of me as your guide or sherpa and us climbing Mount Everest or me as your pilot on a ship navigating dangerous waters. I have been there a few hundred times but for you its probably the first time. Allow me to lead, but give me your feedback. Many of my parents are quite educated in homeopathy and often have very helpful ideas, please do communicate them.

Your child’s outcome will be much better if you stay in close contact and don’t just disappear for weeks or months or try to treat your child yourself.

Your child’s recovery is time sensitive. It is not advisable to try everything under the sun and potentially lose valuable recovery time. Otherwise, you may end up coming back years later full of regret, I have seen it too many times, sadly. The process will take time. Sometimes of course another practitioner may be a better fit, or provide a valuable second opinion, but I recommend you do stay with homeopathy as it is a profound way to address the root causes of these unfortunate situations.

**Your right to discontinue care**

You are free to withdraw your consent to care at any time and/or to switch to another practitioner at any time. You are entitled to a copy of your child’s records, however, you will need to pay for photocopying costs and shipping if applicable.

**My right to discontinue services**

I retain the right to discontinue services if a parent is unreasonably disorganized, demanding or disrespectful, including not abiding by the email etiquette, repeatedly wanting free advice, quarreling about fees, being rude etc. This happens very rarely, but it does happen.

All new clients will be under a trial period with me for the first few weeks. If I think that we are not a good fit I will inform you, refund you your money and wish you and your child all the best with another practitioner.

In the event of me releasing you from my practice you are again entitled to a copy of your child’s records for your own use or to transfer to another practitioner. Copies and mailing of records will be at your own cost.

**Section 2: Understanding the healing process with homeopathy**

Expected results from homeopathic remedies. One of four things may happen after your child takes a homeopathic remedy:

1. No change at all. The remedy may not be correct.
2. An initial worsening of symptoms or appearance of new symptoms. This is called an aggravation, is usually mild and should pass in a few hours or days. If this happens STOP GIVING THE REMEDY and contact me asap. You may want to give your child Epsom salt baths to support the process of detoxification. Use ½ cup of salts per ½ a tup of water. Clay baths can also be helpful. Use powdered clay, ie Bentonite clay, also ½ cup per ½ bath. You can combine the two. Aggravations are usually short-lived and not harmful. If you have been scared by reading about horrible aggravations from CEASE therapy online please review my blog post on aggravations: <https://www.ankezimmermann.net/blog-vaccines-homeopathy-autism-nutrition/aggravations-with-homeopathy-and-cease-therapy-in-autism-cases>. If a child aggravates too much after a remedy adjusting vitamin C and fish oil supplements can help, you can try doubling their doses for a few days. I do not see many aggravations in my practice as I closely manage my cases.
3. A quick improvement followed by gradual return to baseline or a plateauing of progress. In that case the child needs another dose of the remedy.
4. A gradual improvement.

**Section 3: Understanding the many contributing factors to autism and other developmental and behavioural challenges**

Parents are invited to understand that these conditions are ALWAYS caused by a complex interplay of factors, never just by one, and there is no blame assigned to anyone, especially parents. These conditions are always the result of a ‘perfect storm’. It is incorrect to claim that vaccines ‘cause’ autism, for example, and more accurate to say that they can contribute to or trigger changes in a susceptible individual, which may lead to what we call autism. It is also incorrect to claim that autism is genetic, however, genes can again create susceptibility.

In general, autism and related conditions are the result of a combination of inherited factors, traumas and chemical exposures experienced by the mother and fetus during pregnancy, labour and delivery, nutritional factors, including low vitamin D and folic acid levels, and exposure of the infant and child to chemicals, infections, radiation and emotional stresses among others.

**Inherited issues**

These include genetic factors, such as a history of auto-immune disorders in the family, as well epigenetic imprints/tags from ancestors who had various infectious diseases and/or who suffered trauma, exposure to toxins, malnutrition and more.

In my experience, the majority of children who develop autism for example have ancestors who had tuberculosis. This may be affecting the child’s immune system function. These children tend to be more prone to infections, which then can lead to greater antibiotic and other medication use, which in turn may be more detrimental in such children. These children are also more prone to allergies and sensitivities and therefore may be at greater risk of adverse reactions to medications and vaccines, which may then trigger chronic immune system activation and inflammation, including in the brain.

Inherited issues may also include infections with animal viruses parents may have been exposed to through contaminated blood supplies and potentially vaccines, especially the xenotropic murine leukemia virus. According to Dr. Judy Mikovits, PhD, this virus has infected more than 25 million Americans and according to her research and that of her collaborators this can be passed on to offspring and make them more susceptible to developing autism and possibly many other developmental concerns.

Inherited issues may also include imprints/epigenetic factors caused by medications, vaccines, toxins, alcohol and drug abuse and emotional traumas parents or other ancestors were exposed to or experienced.

My approach to homeopathy includes being aware of and, if indicated, addressing all of these potential factors.

**Traumas and toxic stressors during labour and delivery**

1. Today’s children are routinely exposed to many different medications and medical procedures during pregnancy, labour and delivery. Pregnant women are routinely given anti-nausea medication like Diclectin, which in my experience can be linked to speech disorders. They are also exposed to vaccines, antibiotics and other medications.
2. The baby is exposed to ultrasounds, which, in my experience and according to research, increases the risk of developmental disorders. Shocks, traumas and stresses the mother experiences while pregnant have potential to affect the baby and stay with the child for years, if not for life.
3. Medications may be given to induce and manage labour (Pitocin, anaethetics), which may affect the child’s development.
4. Emotional shocks during pregnancy and delivery as well as in the early life of the baby may create a chronic stress response in the child, which in turn may alter immune system function. Some authors think that shocks may also hinder the spirit from fully incarnating into and bonding with the body. In homeopathy there are certain remedies that seem to have the potential to help with incarnation stresses and disruption (Inspiring Homeopathy). Either way the body then becomes more vulnerable to toxins, including the potentially adverse effects of vaccines, medications, mold, flame retardants, pesticides, pollution and more.

**The Infant and child**

1. Once the baby is born, more medical intervention usually takes place. In the US and some other parts of the world the newborn is given a Hepatitis B injection shortly after birth. In some countries the BCG vaccine against tuberculosis is also given within a day or two after birth. Vitamin K is also routinely injected. The baby may be tested, pricked or otherwise traumatized, esp if premature or if there were risks during labour and delivery.
2. Some male babies are circumcised on the first day or two of life, a potentially painful and traumatic experience as well as leading to early exposure to Tylenol. Research has actually shown a link between circumcision and autism, likely due to the Tylenol used.
3. At 2, 4, 6, 12 and 15-18 months the baby is usually injected with numerous vaccines, often preceded with or followed by Tylenol. The average North American child now receives up to 69 doses of up to 16 vaccines before age 16.
4. More Tylenol may be used to manage teething and minor fevers.
5. Many infants develop ear or other infections and are given antibiotics. The average North American child is given 10 rounds of antibiotics before the age of ten. Antibiotics are routinely used in infants and children and have been linked to a higher risk of autism. Of note is that virtually all vaccines also contain small amounts of antibiotics. Antibiotics can disrupt the delicate microbiome and also have innate neurotoxic properties.
6. Some babies are exposed to environmental chemicals such as pesticides, pollution, off-gassing from furniture, plastics from baby bottles, mold and more, which can also have detrimental effects.
7. Some mothers cannot breast-feed. Formula and supplements such as Pediasure have now also been linked to developmental disorders. A homeopathic remedy made from several common baby formulas has been found helpful in some children with autism who suffer from chronic GI issues.
8. On that note, many children are undernourished, although most of those I see in my practice tend to already be on rather excellent diets. The diets and supplements did not help enough, which is why the parents have come to homeopathy in addition.
9. Head injuries can be a contributing factor for many behavioural and developmental concerns and should be considered.
10. Infections – I’ve seen some children who noticeably regressed after certain infections, ie Roseola, a bad flu, pneumonia etc, usually with a high fever. An infection has the potential to trigger immune system overactivation and inflammation which can lead to autism-like symptoms.
11. Glyphosate and other chemicals, including insecticides, can be contributing factors and we have homeopathic remedies made from these to use if indicated
12. Radiation exposure – the modern child is exposed to various types of radiation which are new to humanity, such as cellphone and wifi radiation, computer and tv emissions, now 5G etc. It is helpful to turn off wife at night and to keep routers at a safe distance from the children. Various products and technologies can be purchased to offset the damaging effects of this radiation plus there are homeopathic remedies made from them for us to use as well. These websites may be of interest <https://www.memon.eu/en/technology/>,
13. <https://bodyalign.com/>

**Other factors**

**Chloride**

Research has found that children with autism have higher chloride levels in the brain than neurotypical children. Normally chloride levels in an unborn child are higher than after birth, but in children who develop autism these seem to stay higher. Researchers and doctors then used diuretics to reduce the amount of chloride with good results, however, the diuretics had side effects. Then the idea came to use a homeopathic preparation of chloride called Chlorum, to try and lower the brain chloride by a French MD and homeopath named Didier Grandgeorge. This was quite successful as evidenced by great improvements in a small study with 20 children where 7 completely lost their diagnosis. I now use this protocol with all children who may benefit regularly. Please see his article in the appendix.

This list is not meant to discourage parents, only to help them understand the many potential contributing factors to developmental and behavioural challenges in their children. With homeopathy many, if not most of these factors can potentially be addressed. The main problem with treatment is lack of patience in the parents and lack of understanding of the many contributing factors.

Most of these children are basically very ill physically, their systems have been profoundly disturbed by factor after factor and it is not very easy, but also not impossible, to reverse many if not all of their impacts and return the child to health.

**Hope**

Myself, and many of my colleagues who are working along these lines have been successfully able to improve the lives of hundreds and thousands of children with an autism or similar diagnoses. Some of these children have completely recovered and lost their diagnosis, many others are on the way to recovery. Sometimes only a few key problems will improve, for example, aggression, chronic GI or sleep problems, picky eating and OCD behaviours, but some improvement is virtually always seen.

**Section 4: About Homeopathy**

The more you understand about homeopathy the better your results with my care will be. There are many good resources on my website, please use them. Homeopathy depends on careful observation and analysis of symptoms. You can greatly help me to find the best remedies for your child by being very observant and reporting closely.

**Homeopathy – the future of health care?**

Considered by many to be the future of health care, homeopathy — known as today’s leading form of energy medicine — is currently in regular use by professional homeopaths around the world. Homeopaths may have any number of other degrees and designations, including medical doctors, naturopathic doctors, chiropractors, veterinarians, nurses and more.

Supporters of homeopathy have included members of England’s royal family, seven Catholic popes, and 11 American presidents (including Bill Clinton), who have either used it themselves, or have sponsored legislation to allow its practice.

Homeopathy is actually the second largest system of medicine in the world and the fastest growing, especially in some parts of Asia, Europe and South America. Over 500 million people around the world use homeopathy. It also experienced great popularity in North America around the turn of the century, when one of six hospitals was a homeopathic hospital.

**What is homeopathy?**

Homeopathy is a safe, gentle, and natural system of healing that works with your body to relieve symptoms, restore itself, and improve your overall health. It is not a new age medicine but has a history of about 240 years.

It is extremely safe to use, even with pregnant women, very small children and pets, has none of the side effects of many traditional medications, is very affordable, is made from natural substances, and is FDA regulated.

It can be used to manage acute illnesses, like colds, ear infections, migraines, and sore throats, as well as chronic conditions, like asthma, depression, arthritis, high blood pressure, autism and other developmental disorders.

Homeopathic medicines – known as “remedies” – are made from many natural sources, including plants, minerals and some animal substances, as well as from drugs, vaccines and toxins, even radiation. They are environmentally friendly and cruelty-free. Most are available over the counter in grocery stores, drug stores, health food stores, homeopathic pharmacies, from practitioners and can also be purchased online. They are also extremely affordable, with a tube of a single remedy in the $8.00 range.

Something to note is that the word homeopathy is not a general or “umbrella” term that describes a variety of different natural therapies. Although homeopathic remedies are derived from natural substances, homeopathy should not be confused with naturopathy, herbal medicine, Chinese medicine, or other types of natural medicines. It is its own, unique therapeutic system.

Anyone can learn to treat simple conditions safely at home using homeopathy, but a professional should treat serious conditions.

The Royal family chooses homeopathy and the Queen's personal physician is a homeopathic medical doctor. The Royal family can choose any type of healthcare they want obviously, but they choose homeopathy and integrated medicine. If you have a few minutes you can listen to this fascinating interview with Dr. Peter Fisher, the Queen's doctor since 2001. (Unfortunately he passed away in an accident in 2018.)

**How was homeopathy discovered?**

The principle of homeopathy was first described in early Greek medical writings but rediscovered and developed to its present form in the late eighteen hundreds by the German physician and scientist Samuel Hahnemann. Hahnemann became disillusioned with the harsh medical treatments of his time, which included the use of heavy metals such as mercury as well as extensive bloodletting,

He had 11 children and quickly realized that these methods were not suitable for the treatment of even his own or any children and basically set out to discover a safer method of healing for everyone.

Hahnemann spent many years writing and translating scientific books and ultimately was inspired to conduct the first true pharmacological experiments on healthy human beings to scientifically test the effects of natural substances on the organism.

He was struck by the discovery that these substances produced symptoms in healthy volunteers, which they were known to cure in sick individuals. Furthermore, every substance tested affected the mind and emotions as well as the body.

**What are provings?**

​These experiments became known as ‘provings’, which is not an entirely accurate, but close translation of the German word “Pruefung”. The German word means ‘thorough test’, rather than ‘to proof’.

Provings continue to be conducted around the world, constantly expanding the number of useful homeopathic remedies. Provings and other information about the remedies are published as ‘Materia Medica’ (medical material or literature).

Practitioners of homeopathy now have access to comprehensive homeopathic literature as well as sophisticated computer systems to assist them in the selection of the best remedy, based on the symptoms the remedy produces and the symptoms the patient experiences.

**How are homeopathic remedies selected?**

​Due to the ongoing research and development in homeopathy there are now over 8500 remedies available for use. It is important that the remedy picture matches the symptoms of the patients as closely as possible on every level, physically, mentally and emotionally.

This requires first of all a very careful interview process with the patients in which every aspect of the patient's current concerns and symptoms is explored in great detail. For example, a patient suffering from asthma may experience worsening of symptoms at a certain time of day or night, be better or worse in a certain position or from certain foods etc. Additional information is gathered about the energy level, sleep, dreams, digestion, food preferences and the personality of the patients.

Much attention is paid to any traumatic experiences the patient may have suffered in his or her life, which may be linked to the onset of the present health complaints. Homeopathic remedies are selected with all of these factors in mind, for example, a child who develops panic attacks after having been lost in the woods camping may require a remedy which is used for ailments arising after an intense fright.

We also pay great attention to other stressful factors such as past injuries, infections which may not have cleared up completely, imprints left from medications and vaccinations, exposures to animal bites etc.

**How are homeopathic remedies prepared?**

Homeopathic remedies are prepared from natural substances, mostly from plants, but also from minerals and some animal substances, such as bee venom as well as medications, vaccines, disease products and even different types of radiation as well as blood and saliva from human subjects for their own re-use. In the case of disease-products the substance is sterilized before being made into a remedy. Virtually any substance can be made into a homeopathic remedy.

Hahnemann discovered that by progressively diluting the original substance in water and alcohol and by shaking or ‘succussing’ these dilutions their health-giving properties could be maximized while simultaneously rendering them virtually non-toxic.

This process of dilution and agitation of the substances is referred to as ‘potentization’ or ‘dynamization’, with the idea that information from the original substance is either somehow stored or imprinted on the water molecules or still present as nanoparticles in some way.

Water does appear to have certain physical properties which allow it to store information, not unlike a magnetic audiotape can store auditory information such as music.

The information stored in the water may then be able to effectively interact with the information-processing systems of the human organism, providing information which allows the system to regulate and heal itself.

Many homeopathic remedies are diluted or rather ‘potentized’ to the point where none of the original substance remains in the dilution. Those highly potentized remedies are often more effective than lower potencies and one dose of such a remedy can have an effect for weeks or even months by stimulating or re-balancing the organism on a deep level to heal itself.



Even though these principles sound somewhat strange, present day physics, especially quantum physics, offers some rational explanations for the well-documented effectiveness of homeopathy. Unfortunately I am not a physicist and it's over my head, but for those interested, here are some links for more information:
​

[**Theory of the Quantum Physics of Potentization of Homeopathic Medicine**](https://hpathy.com/scientific-research/theory-quantum-physics-potentisation-homeopathic-medicine/)

<https://paolabrown.com/wp-content/uploads/2020/07/hpathy.com-Theory-of-the-Quantum-Physics-of-Potentisation-of-Homeopathic-Medicine-2.pdf>

[**Homeopathy is a Science of Quantum mechanics**](http://www.subtleenergies.com/ormus/tw/QuantumHomeopathy.htm)

<http://www.subtleenergies.com/ormus/tw/QuantumHomeopathy.htm>

[**A new quantum theory to explain homeopathy: Quantum Coherence Domains**](http://www.bjain.com/homeopathy360/2017/01/21/a-new-quantum-theory-to-explain-homeopathy-quantum-coherence-domains/)

<https://www.homeopathy360.com/2017/01/21/a-new-quantum-theory-to-explain-homeopathy-quantum-coherence-domains/>

Exploring Possible Mechanisms of Hormesis and Homeopathy in the Light of Nanopharmacology and Ultra-High Dilutions

<https://pubmed.ncbi.nlm.nih.gov/34177397/>

**What kinds of conditions can homeopathy help?**

Actually, homeopathy treats people, particularly their vital force, not diseases or conditions. In homeopathy disease symptoms are understood as manifestations of a deeper, underlying imbalance of the organism which needs to be addressed, rather than just suppressing the symptoms.

In other words, the symptoms are meaningful to the organism and often an attempt of the organism to heal itself or adjust to certain adverse circumstances. For example, perspiration during heat is an attempt of the body to cool itself, a fever during an infection helps to kill off the invading organisms, etc.

Homeopathy recognizes and respect each person as a unique individual, rather than as a disease. For instance, ten different migraine sufferers might receive ten different remedies, individually selected and based on each person’s unique symptoms and personality.
​
In general, the range of conditions in which homeopathy can be helpful is very extensive, and includes first aid and acute conditions as well as all manners of chronic illness, including allergies, asthma, digestive problems, neurological disorders, mental health concerns, childhood developmental and behavioural concerns, hormonal imbalances, auto-immune challenges such as multiple sclerosis, skin conditions, etc.

**What about mental and emotional problems?**

Homeopathy addresses the complete person, which naturally includes thought and feeling disturbances, such as anxiety, panic attacks, depression, rage, unusual impulses, ADD/ADHD and others.

Homeopathic practitioners do not judge the person or classify him or her into a category but rather understand that each individual contains a unique energy pattern which gives rise to physical as well as mental symptoms and states.

​Homeopathy is particularly effective at addressing illnesses arising after emotional traumas such as grief, anger or fright, and is effective in treating children as well as adults. Even animals are often effectively helped for emotional shocks with homeopathy.

**Can homeopathy be used during pregnancy or with babies and children?**

Homeopathy can be very beneficial for the mother and fetus during pregnancy. Challenges such as morning sickness, threatened miscarriage, difficult labor and other problems can all be treated effectively and with utmost safety, as the remedies are just energy patterns rather than containing pharmacological doses of substances.
​
Babies and children respond very well to homeopathy and many childhood ailments from teething and colic to earaches and measles can be addressed without reverting to potentially harmful drugs.

## **Different types of homeopathy**

Homeopathy is not a homogenous field. There are a number of different approaches and I use all of them these days, including:

* Classical homeopathy,
* Homotoxicology/drainage homeopathy,
* Heilkunst,
* Sequential homeopathy,
* CEASE therapy/tautopathy and
* Inspiring homeopathy

|  |
| --- |
|  |
|  |

## **Classical Homeopathy**

Classical homeopathy, also known as constitutional homeopathy uses single remedies designed to address and rebalance the energy field of the entire being. The practitioner takes a detailed history from the patient. From the answers to those questions, as well as through observation, the practitioner attempts to match the pattern of the patient’s symptoms to the pattern of a single remedy as outlined in our Materia Medicas.

The choice of the remedy can be aided by sophisticated computer programs. The potency is usually determined by a number of factors, including severity and history of the symptoms. This form of treatment is most similar to the one developed by Hahnemann and is also the most common form of practice. Many practitioners who care for children on the spectrum find that in about 25-30% of cases constitutional remedies are the most effective remedies for children on the spectrum

## **Homotoxicology and Reckeweg Remedies**

## Toxicology is a branch of medical biology concerned with the study of the adverse effects of chemicals on the body. Homotoxicology is essentially an extension of this concept, where toxic substances are seen to disrupt normal biological function which results in the manifestation of symptoms and signs, and ultimately disease. It is the study of the influence of toxic substances on humans, and the removal of these toxins to regain natural regulation. According to the concepts of homotoxicology, human disease is the result of toxins which originate either from overproduction within the body, or from the environment in which we are exposed.

|  |  |
| --- | --- |
| Homeopathy and AutismHeinrich Reckeweg  | Homotoxicology has a colourful history which starts with Heinrich Reckeweg  (1877-1944). He was a teacher who suffered severe illness, including kidney inflammation and tuberculosis  and became interested in natural healing as a result. He then started to develop homeopathic and herbal combination products in the early 20s some of which are still in use today around the world. The company Dr. Reckeweg was founded in 1947 and has been producing combination homeopathic products designed to work with the body's defense mechanism.  |

## **Heilkunst**

Heilkunst, German for Healing Art, attempts to address the true, underlying causes of disease conditions and uses an integrated approach when treating a condition. Heilkunst looks at the individual circumstances of each child, since each case is unique even if many of the causes are similar, and it includes homeopathy as well as drainage, detoxification, diet, supplements, the balancing of the autonomic nervous system, energy work, and antifungal treatment. It is similar to CEASE therapy as it is a more integrated approach using different types of homeopathy as well as nutritional support.

## **Sequential Homeopathy**

Sequential Homeopathy, also referred to as Sequential Therapy or Sequential Treatment, refers to the treatment of specific shocks and traumas (mainly drugs, surgeries, but also emotional traumas) in a person’s life using homeopathic remedies.

​The traumas are identified by creating a “timeline” and are then treated in the reverse order (backwards from the present, to birth/conception and into the inherited predispositions). Sequential treatment was first developed by Dr. J.F. Elmiger, MD of Switzerland, and was brought to North America and the homeopathic community and developed further in the early 1990’s by Patty Smith and Rudi Verspoor of the Hahnemann College and Clinic for Heilkunst. Again, there is a great deal of overlap with constitutional homeopathy as well as CEASE therapy, the aims and approaches are all quite similar.

## **CEASE Therapy**

|  |  |
| --- | --- |
| Autism and Homeopathy, CEASE Therapy | CEASE Therapy is very similar to both Heilkunst and Sequential Therapy as it incorporates a number of different strategies, including constitutional homeopathy, drainage remedies, remedies for specific shocks and stressor, nutritional advise and supplements. It was developed by the Dutch medical doctor and homeopath Tinus Smits.It is an elegant integrated program, which he developed primarily for children on the autism spectrum. Unfortunately he called it 'Complete Elimination of Autism Spectrum Expresssion, which may be perceived as a claim to complete cure or elimination.  Dr. Smits in his lifetime  |

never claimed that all children could be completely cured and I certainly do not claim that all children with autism can be cured. Many, however, can be significantly helped in various areas and a number of children under my care have lost their diagnosis.

**Section 5: Appendix**

1. **XMRV**

I'm just learning about this virus but it's making sense. Tinus Smits and other homeopaths noted how often a homeopathic remedy made from cancerous tumors (Carcinosin/Carcinosinum) can be helpful in children with autism. New research, including the findings by Dr Judy Mikovits, PhD, point to viruses causing cancer, so I'd imagine some of the viruses would be in the tumors. Homeopathic remedies made from these tumors would then also contain the energy of the viruses. There is lots more. I did some research and found papers describing the effective use of homeopathic remedies made from HIV/AIDS for lung cancer cells and from Hep-C for liver cancer cells.

Here is a link to an article and interview <https://childrenshealthdefense.org/news/the-truth-about-fauci-featuring-dr-judy-mikovits/>.

She also just published a book, I'm reading it now, it's about the corruption in science, reads like a crime novel [https://www.amazon.ca/Plague-Corruption-Restoring-Promise-Science-ebook/dp/B07S5H6T4Q/ref=sr\_1\_1?crid=2R4158AZWJYEK&dchild=1&keywords=judy+mikovits&qid=1591058149&sprefix=judy+%2Caps%2C435&sr=8-1](https://www.amazon.ca/Plague-Corruption-Restoring-Promise-Science-ebook/dp/B07S5H6T4Q/ref%3Dsr_1_1?crid=2R4158AZWJYEK&dchild=1&keywords=judy+mikovits&qid=1591058149&sprefix=judy+%2Caps%2C435&sr=8-1).

She published one before this, which contains more information on this virus: [https://www.amazon.ca/Plague-Scientist%C2%92s-Intrepid-Retroviruses-Syndrome-ebook/dp/B00EBO2DNI/ref=sr\_1\_2?crid=2R4158AZWJYEK&dchild=1&keywords=judy+mikovits&qid=1591058189&sprefix=judy+%2Caps%2C435&sr=8-2](https://www.amazon.ca/Plague-Scientist%C2%92s-Intrepid-Retroviruses-Syndrome-ebook/dp/B00EBO2DNI/ref%3Dsr_1_2?crid=2R4158AZWJYEK&dchild=1&keywords=judy+mikovits&qid=1591058189&sprefix=judy+%2Caps%2C435&sr=8-2)

1. **Chlorum**

Transcription:

1. HOMEOPATHIC TREATMENT FOR AUTISM THE CHLORUM REMEDY AND OTHERS DR. DIDIER GRANDGEORGE, homeopathic pediatrician, FREJUS, FRANCE drgrandgeorge@hotmail.com [www.homeopathe.org](http://www.homeopathe.org/) September 2015

Summary Research carried out in neurophysiology has shown that the brains of children with autism present too high a chlorine level. Trials of treatment with chlorine-eliminating diuretics have shown positive effects on arousal and behavior in treated patients, but these products have side effects. We therefore had the idea of ​​treating autistic children with homeopathic doses of chlorine to remove excess chlorine and obtain improvements without side effects.

For 2 years, several children have received Chlorum 9CH: 5 granules once a week for 1 month, then 12CH 1 time per week during the second month, then 15CH ditto the third month and 30CH the fourth month. The first results are remarkable with a certain awakening to reality, a quality of contact never obtained before, a much better communication. Out of 20 cases studied, 7 children seem to no longer present with autism spectrum disorder after one year of treatment.

Summary neurophysiological research show that the brain of autistic children present high level of chlorine. Treated by diuretic extracting chlorine the children where improved but the drugs had some side effects. So we tried for 24 month to treat autistic children with homeopathic dilutions of chlorine (remedy Chlorum 9CH, 5 grains one day each week the first month, 5 grains of Chlorum 12CH one day each week the second month, 5 grains of Chlorum 15CH one day of each week the third month, 5 grains of Chlorum 30CH one day of each week the fourth month).

The first results seem to be very good with a better contact and good progress in communication. About twenty cases seven child don’t present anymore trouble from autistic spectrum after one year treatment.

Keywords: autism - homeopathic treatment-medicine Chlorum Keywords: autism, homeopathic treatment, remedy Chlorum

2. AUTISM. Defined by a disorder of social communication with restricted interests and stereotypical behaviors, autism is an increasingly frequent pathology in today's society, with some studies giving a rate of 1 in 150 children. The forms are varied and we are talking about more in addition to autism spectrum disorders. The most serious forms confine the child in almost total isolation, as if he were living in his bubble, without access to language. The milder forms, grouped under the name of ASPERGER syndrome, concern intelligent children, even brilliant in certain areas, gifted with speech, but suffering from communication disorders that generate inappropriate behavior, stress, hypersensitivity, inhibition by fears and more, making them handicapped in everyday life.

Different hypotheses have been put forward to explain the occurrence of autism. For a long time, psychoanalytic hypotheses predominated, the unfortunate reading of which led to parental guilt and an absence of objectifiable, quantifiable results. Some have blamed over-vaccination with toxic loads such as mercury, aluminum, especially pertussis vaccine and MMR (Measles Mumps Rubella vaccine, or MMR). We have of course mentioned a genetic cause. For years, as a homeopathic pediatrician, I tried to improve the life of my autistic patients with remedies playing on fundamental fears (Opium, Stramonium, Hydrophobinum), on supposed toxins: dilutions of vaccines (for example MMR 30CH), dilutions of drugs used by parents (four-year-old started talking 4 hours after taking Cannabis Indica 10,000K). But there was a before and after the remedy Chlorum that I had the idea to try in the spring of 2013 after reading articles about the role of this halogen in the brain.

3. TREATMENT OF AUTISTS WITH THE REMEDY CHLORUM. In fact, recently, researchers in neurophysiology discovered in models of autistic mice that the level of chlorine in their brains kept the high levels which normally only occur during intrauterine life. Usually at birth, brain cells lose their high levels of chlorine due to the diuretic effect of oxytocics. So, during intrauterine life, in an enclosed space where communication is fused with the mother and reduced with the outside world, our brain works with high levels of chlorine and when the child is born it loses its high levels of chlorine in the brain and enters into communication with the outside world, thanks to an effect on the neurotransmitter GABA (Gamma Amino Butyric Acid). In fact, chlorine activates GABA which increases the sensitivity of the child: if the level of chlorine rises, one becomes hypersensitive to the point of being invaded by all the impressions and sensations of life. Hence the idea of ​​treating autistic children with a diuretic which drives out chlorine from nerve cells, Bumetanide. The neurobiologist Yehezkel BEN ARI (INSERM Marseille) and the child psychiatrist Eric LEMONIER (CHU Brest) have improved the condition of autistic children by giving them this diuretic. Studies are currently being carried out to determine the correct dose of the drug, as there are side effects (potassium leakage, cramps, cardiac arrhythmias). The effects of this therapy are (according to the authors) real but give way when the treatment is stopped.

4. In the space of two years, I have been able to treat about twenty cases of pure autism, including 16 exploitable files with a follow-up of at least one year, and I must admit that the results are surprising: all the children except one are well. improved, none wanted to stop treatment because of adverse side effects, and above all 6 cases are so spectacular that the children are considered to be off the autism spectrum, which I had never seen in my entire pediatric career. SOME EXAMPLES OF CASES VERY IMPROVED BY HOMEOPATHIC DOSES OF CHLORUM (ALL NAMES HAVE BEEN CHANGED) 1- CASE OF THE CHILD JEAN BORN ON NOVEMBER 4, 2010 FOLLOWED AT CRA (AUTISM RESOURCE CENTER) OF BASTIA I hear about this child through his grandfather in November 2014 during a family reunion: he is being monitored for "autism spectrum disorders". (diagnosis made by the ARC). I recommend a dose of Carbo Vegetabilis 30CH, 48 hours after Chlorum 12CH one dose, 10 days after MMR 30CH one dose, 10 days after Chlorum 15CH one dose, 20 days after Chlorum 30CH one dose. I received this child on March 5, 2015: "3 days after the dose of Chlorum 12CH, the effect is incredible: it is no longer the same child, and the team of psychologists wants to know what happened." mom told me. He started to say "I". He has fears: sudden noises, vacuum cleaners, having his hair cut. He always has his bottle in the morning. Given a history of cancer on the paternal side, I give a drop of Carcinosinum XMK and advise throwing the bottle in the trash with dad, in exchange for a big gift. Ten days later, I prescribed a dose of Opium 15CH to counter fears and we take the Chlorum 9CH 3 granules every Thursday until the tube is exhausted, then continue in 12CH. Reviewed on August 24, 2015: the team that follows him thinks that he is coming out of autism spectrum disorders and that he does not need AVS (Assistance de Vie Scolaire) for his school life in the third year of nursery school. He has made glaring progress with sleep and speech, less afraid of noise.

According to the mother "With each intake of Chlorum he makes further progress: even people who are not followers of homeopathy see the difference!" the team that follows him thinks that he is coming out of autism spectrum disorder and that he does not need AVS (Assistance de Vie Scolaire) for his school life in the third year of nursery school. He has made glaring progress, sleep and speech, less afraid of noise.

5 2-CASE OF THE CHILD MICHEL BORN ON MAY 9, 2006 I received him for a consultation on 07 31 2014: he is 8 years old, has Asperger syndrome and is attending CE1 with AVS. A homeopathic colleague has already given him homeopathic remedies Natrum Muriaticum, Silicea, VAB (Attenuated Bilié Vaccine = BCG), Spongia with few results.

What dominates the clinical picture is his agitation: he flutters, does not fix his attention, is not present in activities. When making an appointment I advise them to give Chlorum 9CH 3 granules per week so that he appears more relaxed, calmer. I then give Chlorum 15CH 3 granules every Thursday plus a dose of MMR30CH which will worsen it for a few days: it withdraws, starts to align the objects again. Reviewed on 07 31 2015: he is no longer the same child! He walks into my office, shakes my hand looking me in the eyes and asks me why I am making a collection of Tintin characters !!!

5 3-CASE OF THE CHILD OLIVIER BORN ON 3 SEPTEMBER 2003 He consulted on 29 10 2014 at the age of 11 years. Diagnosed with autism, he underwent experimental treatment with diuretics which greatly improved his speech (he began to speak), but when the treatment was stopped he regressed. Born by cesarean section, he frequented baby bathers during the first months in a chlorinated swimming pool I prescribe increasing doses of the remedy Chlorum from 9CH, 12CH, 15CH, to 30CH one dose every 15 days in that order plus one dose of Opium 15CH and Carbo Vegetalis 30CH due to the cesarean section. Reviewed on January 9, 2015: he expresses himself better, makes sentences, tells his day. He is educated in CLIS (Classes for School inclusion). We switch to Chlorum 15CH 3 granules every Thursday. Reviewed on July 12, 2015: Much improved to the point that he will enter sixth grade in college. Parents find that with Chlorum the child progresses in a smoother and more lasting way than with diuretics and do not think about taking the diuretics again if offered to them.

5 4-CASE OF THE PIERRE CHILD ON 03 21, 2005 Seen on January 17, 2014, 9 years old, with Asperger's syndrome, schooled in CE2 with AVS. Difficult birth history with forceps. I give him Chlorum 9CH, plus the dilutions of the vaccines he received and a dose of Opium15CH and Hypericum 15CH. Reviewed on 06 27, 2014: he is doing better, received congratulations at school, is concentrating well. Reviewed on July 3, 2015: he no longer seems to have autism spectrum disorders, looks people in the eye, discusses everything. He enters fourth grade without an AVS.

5 5-CASE OF THE CHILD JUSTIN BORN ON AUGUST 25, 2009 Seen on October 8, 2013 aged 4 years followed by a child psychiatrist and a homeopathic colleague who gave him doses of Phosphorus, Tarentula Hispanica, and dilutions of the vaccines received. He does not associate words, does not make sentences and suffers from chronic diarrhea. I give him Chlorum 9CH 3 granules per week plus a dose of Hyoscyamus 15CH (jealous, exhibitionist). Reviewed on 6 10 2014 he made progress, speaks in his personal gibberish. I give him Chlorum 12CH 3 granules per week and there he begins to speak well with sentences, draws a man: he is educated in a large kindergarten section with an AVS. Reviewed on 04 14 2015: his child psychiatrist does not recognize him!!! He seems normal.

5 6-CASE OF THE CHILD PAUL BORN ON 14 DECEMBER 2008 Seen on 31 5 2013 at the age of 4 and a half for hyperemotivity and autism spectrum disorders. He receives Chlorum 9 CH 3 granules per week plus a dose of Thuja 15CH and dilutions of the vaccines received. Reviewed on 20 12 2013: he has made such progress that he seems normal, he is no longer the same child:

5 7- CASE OF THE FRENCH CHILD (?) BORN ON 23 09 2004 Child followed since 21 10 2004 he will present a significant delay in language and behavioral disorders suggestive of autism spectrum disorders. He's obsessed with dinosaurs. In 2013 I began to give him the remedy Chorum in increasing dilutions which will unblock the language. In addition, he presented asthma attacks which gave way with the remedy Mercurius Chloro Iodatus 9CH; In 2015, he is a child who speaks well and even starts arguing with those around him.

6. THE CHLORUM REMEDY IN MEDICAL MATERIALS Chlorine is a chemical element of the halogen family, symbol Cl, atomic number 17, yellowish green in color. Discovered in the 18th century, Chlorine has been widely used especially for its antiseptic properties since the invention of bleach. A lot of swimming pool water is chlorinated, and almost all the water distributed by the urban networks is. Chlorine was also used in combat gases for example in 14-18 (mustard gas: Ethyl-sulfur-dichloratum) Chlorum, the element chlorine in homeopathic dynamization dilutions, was introduced into the medical field by Constantin HERING in 1846. He notes: Quiet and active mind (beneficial effect) Apprehension A horrible mental state, afraid that he will go mad, afraid of not being able to make a living. Everything seems confused. No longer remembers the names of people he meets, and when he recognizes names he no longer remembers people. Restlessness, anger, must focus on breathing. Nervous hypersensitivity Other symptoms reflect the irritant action of chlorine on the respiratory tract:

7. The interesting symptoms are: Fear of going crazy: we will notice that the leader of neuroleptics, Largactil is Chlorpromazine, so there are chlorine molecules. No longer remembering people's names: the NAME refers to the NO of the father who says to the child, who says separation and allows one to go towards others ("No, you are not going to remain fused with mum, you will go towards others. "as I show it in the book".

Homeopathy path of life "CHLORUM IN THE KENT DIRECTORY. The following symptoms are also found: noisy madness, the child escapes the vigilance of those around him, hides, anxiety at night, nostalgia, hydrophobia, agitation, rage, wild behavior.

8. HOW CAN THE HOMEOPATHIC REMEDY CHLORUM WORK? The autistic child remains in a protective bubble. He remains in an enclosed space to protect himself from external signals which are too aggressive for him due to the high level of Chlorine in his brain cells. By giving Chlorum in homeopathic doses we will undoubtedly act presynaptically according to the law of ARNDT SCHULTZ and reverse the action of the Chlorine element on GABA, making the brain less sensitive to external stimuli. The child will therefore be able to get out of his protective bubble and initiate the relationship with the other whom he will name without risking being invaded.

9. OTHER USEFUL HOMEOPATHIC REMEDIES FOR AUTIST CHILDREN CHLORINE-DERIVED REMEDIES The most famous remedy is Natrum Muriaticum which is the remedy of choice when the father is absent or does not speak. The child has a speech delay, he is often thin, warmed up, constipated and hungry for salt. He can't stand the sun. Muriaticum Acidum, hydrochloric acid, is an interesting remedy when there is a history of mother's death in the family. The child suffers from acid reflux, asthma, laryngitis. Kalium Muriaticum can be indicated when there is a picture dominated by otitis seromucosa.

10. Chloralum is interesting in cases where night terrors dominate the picture: I have an observation of autism greatly improved by this remedy.

HOMEOPATHIC DILUTIONS OF THE VACCINES RECEIVED

I give them systematically because some vaccines contain aluminum, others squalenes, substances which can cause brain disturbances. Doctor SENN from Lausanne has shown the importance of removing energy barriers to ensure healing. In addition, by injecting the vaccines we inject extracts of illness that are not devoid of signifiers: for example, being the whooping cough of the family means being the center of the family world and this reinforces the EGO, measles is a psychodrama to get out of the relationship fusional mother and child, hepatitis c is the problem of the liver, faith, self-confidence. I give the vaccine dilutions in 30 CH, between the doses of the basic remedy.

11. OTHER REMARKABLE REMEDIES

Opium 15 or 30CH.This remedy was described in autism by William SUERINK, homeopathic psychiatrist. It is the central remedy for fear, fear which stuns vital functions. Constipation, hypersomnia, umbilical hernia are the points of call, especially when there have been opiates (after anesthesia), a pregnancy disturbed by a threat of premature delivery in the sixth month. Stramonium 15 OR 30CH: child in the grip of night terrors. He is afraid of the dark, animals, doctors and bites other children Hydrophobinum (or Lyssinum) 15 to 30CH see XMK Child invasive, biter excessive salivation, fear of water and shiny substances. History of animal bites in the family. This remedy allowed me to switch BORDER LINE children towards the world of normality. Cannabis Indica XMK Interesting remedy in the families of cannabis smokers: I saw a four-year-old who had never said a word come out in full sentences a few hours after taking a dose of Cannabis Indica 10,000K given because the mother had smoked pregnant cannabis. This remedy has a characteristic symptom: fear of drowning, which is the return to the amniotic waters.

12 Carcinosinum C200 FOUBISTER ([www.remedia.at](http://www.remedia.at/)) It is an interesting biotherapy to give if there is a long history of cancer in the family. Inability to dissolve and say no, chronic insomnia, child tied to his pacifiers, bottles and soft toys. Plumbum Metallicum 15CH This remedy will be chosen in front of children who cannot bear any constraint. The first sign is the refusal to tie up in the car. Subsequently, the child refuses the school constraint and tries to escape. Any other remedy chosen after questioning and clinical examination then inventory, considered as an individualized basic remedy, will of course be an effective aid to improve autistic children.

BY WAY OF CONCLUSION Homeopathy fulfills its promises concerning the difficult treatment of children with autism spectrum disorders. In my clinical practice, there is a before and after the remedy Chlorum, which seems to be a decisive key to getting autistic children out of their bubble and bringing them back to the world of normalcy. Didier GRANDGEORGE drgrandgeorge@hotmail.com