

A Healer In Every Home

QuickStart Guide
to Natural Remedies

Web Preview

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ISBN 978-0-9834431-0-0

Back cover photo: Lydia Knutson, DC
Cover design: Ron Frank

Disclaimer: It is advisable to seek the guidance of a physician before implementing the approach to health suggested in this book. It is essential that any reader who has any reason to suspect that he or she suffers from illness check with his or her doctor before attempting to treat it with this method. Neither this nor any other book should be used as a substitute for professional medical care or treatment.

Acknowledgements: In this field even more so than others, a book like this is based on layer upon layer of knowledge gleaned from generations of practitioners, teachers and writers that have come before. My most direct inspiration for this book is from Luc De Schepper, Catherine Coulter, Dana Ullman and Miranda Castro. I studied their teachings many years ago and have deliberately refrained from consulting their works again while writing this book, in order to avoid unconsciously copying them.

This book is the fruit of my own experience; if I have unwittingly imitated my teachers, it is because the truth of their teaching was borne out in my practice.

I would also like to thank the thousands of customers in my health food store, the hundreds of clients in my practice and students in my schools, and especially the faculty members of Teleosis School of Homeopathy — Peris Gumz, RN,CCH; Loretta Butehorn, PhD, CCH; Tanya Renner, CCH; and Kim Kalina, CCH, RSHom(NA), for all that I learned from them about how to teach.

Dedication

To my parents –
my father the doctor and my mother the teacher,
nature lovers both,
who gave me a wildflower garden when I was little
and with it a love for the healing powers of plants

and to Sri Chinmoy, my spiritual teacher,
who loved homeopathy,
learned to use it as a youth in India,
and inspired me to become a homeopath.

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Hi there! This is your quick-start guide to treating yourself, your family and even your beloved pets with safe, effective natural remedies.

Along the way, we'll introduce you to the top remedies you'll want to have on hand in your home medicine chest.

This book is based on my years of running a health food store – a small store where I talked to thousands of customers about what they were buying and why, about what worked, and how they could tell that it worked.

A couple of things surprised me. One was that people could not actually feel vitamins and other supplements working.

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Now don't get me wrong — I think that vitamins and supplements are really important. If people ask, "Why can't I just get what I need from food?" I would give them the same answer now that I used to give back then:

Definitely you can get all the nutrients you need from food! You just have to be willing to grow all your food in your own back yard, fertilize it with organic compost, and eat it right after it is picked — because the vitamin content goes downhill quickly when fruits and vegetables are picked.

Plus you have to avoid all the things that drain nutrients from your system — everything from sugar and alcohol to fluorescent lights to stress. And avoid all the sources of toxins in our world, since vitamins and other supplements help protect against toxins — so you have to avoid polluted air and water and many things made out of plastic.

If you can't commit to that lifestyle — you do need vitamins!

But here's the other thing I found fascinating.

There was one type of remedy I sold in my store that when my customers took it — often they would open the tube and take it right at the checkout counter — they would often say, “WOW! Could it work that fast?”

What was doubly amazing was that hardly anyone knew about these remedies. Here I was within a mile of Harvard University, with probably the most highly educated clientele of any health food store in the country, customers who were avid readers about anything related to natural healing — and just a few of them seemed to know about these remedies that worked so quickly and dramatically.

When I turned 40, I decided to sell the store and study professionally the modality that worked the most dramatically for my customers – it’s called homeopathy, “home – ee – OP – uh – thee”.

You can definitely say this – it starts with the word “home”!

So in this book I’ll be sharing the top tips that I gleaned in my store and in my professional practice – primarily using remedies from homeopathy (the little sugar pellets, different from herbs) because they’re so safe, so effective, and it’s hard to find this kind of information anywhere else.

I still believe in the value of vitamins, minerals and herbs — they provide the body with the raw materials it needs, while homeopathic remedies restore the body’s blueprint.

But information about herbs and supplements is so plentiful and easily available that I decided to focus here on homeopathy plus my favorite things from the health food store — things you might not know about otherwise.

That way you’ll get the “biggest bang from this book.”

Okay, let’s get started! My name is Begabati — I’ve taught hundreds of people to use these remedies and handed out thousands of remedies myself – now I’m looking forward to being of service to you.

More about me, my unusual name and my passion for natural healing at www.greenhealing.org – there’s a short 3-minute video on the home page where I introduce myself.

Helpful links: we have lots of useful links in this book. Send us an email at books@greenhealing.org and we’ll email you the links so you can access them easily.

We’ll also let you know about our new books as they become available – like the guide for natural pet care, and the Professional Version of this book, designed to send to your doctor if she or he says these natural remedies are “unproven.” It will be full of references to scientific studies that may help make doctors more open minded to natural healing

How to use this book

Each section contains

- o a **condition** to be treated
- o a top **remedy** to get acquainted with
- o one or more **scenarios** of what might happen as you use the remedies
- o **supplemental things** you can get at the health food store
- o and other **quick tips**.

For your convenience each type of item is grouped together on its own page in the Table of Contents.

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"Make Friends with the Remedies" Overview

Here is where you can find in-depth information about these remedies — probably the **first remedies** to stock in your home medicine chest, both because they are **used the most**, and also because they are apt to be used **in emergency situations** — in other words, when you don't have time to go out and buy them.

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“Health Food Store Helpers” Overview

These are just a few favorite supplemental products from the health food store. There are so many wonderful things in your health food store that I can’t begin to cover them all — plus the information about most of them is easily available. In a world of TMI (too much information), I just picked out a few favorites, including a few things that may not have made it to your local store yet — please tell your store staff about them!

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“Now What?” Overview

These are the different scenarios of what might happen after you give a remedy — or while you are still trying to figure out how to give the first dose! I’ve found it’s easier to understand these “followup scenarios” if they’re given in context — so I’ve sprinkled them throughout the book.

At some point you might want to come back and study them all at one fell swoop, so they are listed here for your convenience.

Actually that would be a good idea, because it’s hard to focus on this kind of thing “in the heat of the moment.”

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Let’s Get Started

Before we start, here are the basic principles on which this book is founded. I bet you’ll like them!

1. **Empowerment:** putting the power in your hands to heal yourself and your family — of course when appropriate.
2. **Be the expert in your own body.** You *are* the expert! Have you ever tried to tell a doctor that you were in pain or something was wrong, and your doctor said it was all in your head? You *know* when something is wrong with your body, and you *know* when you feel something is working. This book asks you to notice your body, in sickness and in health, and it honors your own sense of your body.
3. **Partner with your doctor** — and find a doctor to partner with, who respects your interest in natural healing. More about this on pages 89-92, but in the meantime — remember your doctor is really busy and doesn’t have as much time as you do, to study natural healing. The great majority of doctors are dedicated and compassionate healers who are understandably skeptical about what they don’t know. Help them out by sharing your success stories.
4. **Take responsibility for your health.** Too many people plop themselves in the doctor’s office after eating a junk food diet and not exercising and say, “Fix me.” This is too much to expect! You need to take responsibility for yourself.
5. **First do no harm.** This is actually the first line in the oath of healing that doctors take! The best medicine to start with is the one likely to do the most good with the least risk of harm — which is exactly what the remedies in this book are all about — a 200 year track record of safety, even in infants.

Buying the remedies — it's easy and inexpensive

New to this? just dipping your toe in the water?
 You can buy these remedies as the need comes up,
 from any health food store, some drug stores, and online.
 They typically costs \$7.95 for enough to last a long time.

We recommend getting them from Homeopathic Educational Services, **www.homeopathic.com**, because the site also has so much useful information.

Ready to roll up your sleeves and really dig in?
 Better yet, buy a kit of remedies:

- o you'll save hundreds of dollars in the long run
- o you'll have the remedies on hand in the middle of the night when you need them
- o the pellets are tiny and dissolve easily in water
- o you get 1500 pellets in each tube, very economical
- o the kit is so compact, it's easy to travel with.

We recommend the First Aid Emergency Kit of 50 remedies from Natural Health Supply, **www.a2zhomeopathy.com**. Get them in the 30c potency (strength), the most common strength to use for home care, and in the small (half dram) size.

Questions? email us at books@greenhealing.org. Can't promise to answer them all, but we may refer to them in an upcoming blog, or use them to improve this book next time around.

Keep **checking the blog** at www.greenhealing.org for answers to yours and other folks' questions.

Also check out our YouTube channel!

GreenHealingTV on YouTube.

In the videos we demonstrate things that are hard to describe in a book – infant massage, yoga for pregnancy, a daily energy routine, and much more.

Feedback? success stories?

email us at books@greenhealing.org.
 If we use your material in the next edition,
 we'll send you a free copy with our thanks.

Full disclosure:

We recommend lots of products in this book, and we have NO financial interest in any of them, except the *Healer In Every Home* books, and the *Mastering Natural Remedies* video series which we produced with leading homeopath Miranda Castro, available on our site, www.greenhealing.org.

“Help, Mom!” First Aid Remedies

Your five year old insists on “helping” in the kitchen, grabs a knife when you’re distracted for a moment, thinks she’s cut herself and is screaming bloody murder – except there’s no blood, she’s just scared.

You’ve just had a fender bender – or a near miss and your heart is racing a mile a minute because it was such a close call!

Your elderly mother calls – she’s terrified because she’s having heart palpitations.

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What do you do RIGHT AWAY?

Call 911, of course, if the situation warrants it –

but what do you do for your five year old?

or if you didn’t actually have a car accident, just a close call that left you terrified?

Answer – give **ACONITE!**
the first remedy to get for your home medicine chest.

If you do need to call 911, you can give Aconite while waiting for the ambulance.

ACONITE is probably the most important of these natural remedies to have on hand, just in case – because when you need it, there won't be time to order it online or try to find it in a health food store.

Aconite is for an **emergency** that just happened

- o or for a **close call**
- o or for a situation when the person feels like they **almost died or could die**
- o when they are in a **total panic** and their **heart is racing**.

It will help calm them down so they can focus their body's healing energies on the situation at hand.

Or if you're the one that needs it – it helps you pull yourself together and **think clearly in an emergency**.

It's likely to **calm a racing heart in a panic situation** – and that helps break the vicious cycle of fear which makes your heart race, which makes you even more afraid.

Of course, if you are having an actual heart attack, it won't fix that, which is why you need to use common sense and call 911 when needed.

So if you'd like to start slowly and get these remedies one at a time – we suggest starting with Aconite.

(And if you have family members far away who are open to using natural remedies – get some Aconite for them too. Maybe even get an extra to keep in your glove compartment, since cars are a typical place where you might need it.)

Health Food Store Helpers for First Aid

RESCUE REMEDY is another remedy to have on hand for situations like this.

It's a blend of five Flower Essences – remedies based on flower power!

Who could imagine that a simple solution distilled from flowers could be so powerful?

But if you get some at the health food store and keep it on hand, you'll see for yourself how quickly it can work in emergency situations.

Rescue Remedy is worth a try for all kinds of **traumas**, whether **physical injury** or **emotional shock** – anything that "just happened" and leaves the person trembling or upset.

It can even heal physical wounds.

At the very least Aconite and Rescue Remedy can buy you some time while you get appropriate medical help – and calm a screaming child in the meantime.

You'll need to get Rescue Remedy in a health food store – it doesn't come in a remedy kit.

Now what?

“I took the Aconite and I’m much calmer — but I’m really hurt! Now what should I take? And can I take two remedies at the same time?”

We’re getting to that – remedies for cuts, bruises, and so forth – in later chapters.

Use common sense and our Safety Guidelines (see page 85) to decide whether it’s something you can treat at home or if it needs medical help.

Normally you take just one remedy at a time, because it’s giving your body information and you don’t want to confuse it. Just one remedy on a given day is a good rule of thumb.

In an emergency you might actually need more than one remedy at a time. Start with the one that’s most urgent.

You can give a dose of **Sulphur** before changing remedies. Sulphur is like clearing the palate or resetting the dials. It gets the body ready for the next remedy.

Definitely don’t put two remedies in the mouth at the same time, unless you’re using a combination remedy from the health food store. These remedies are so low potency that they seem to work fine together.

It’s like this: giving a remedy is like dropping a pebble into a pond, as my friend Miranda Castro would say. A good remedy spreads its ripples (its effects) to the whole pond. Another pebble would create different ripples and an interference pattern.

A low-potency combination is like several small pebbles with little ripples that don’t touch each other. Rescue Remedy is also fine to take with other remedies.

Make Friends with ACONITE

We’ll be encouraging you to learn about the remedies one at a time – with **simple key words** or phrases for each one to help you get a handle on all the many conditions that each one can be used for.

That’s one of the great things about this system – each remedy can be used for so many different things!

So you get a lot of mileage out of each little tube you buy, and out of each remedy you get to know.

Here are your **key words for Aconite** – it can be used when several of these themes are present:

- o **sudden** – for conditions that come on all of a sudden
- o **fright** – used when the person is “scared to death” or “almost died” or feels like “I’m afraid I’ll die from this!”
- o **restless** and **anxious**
- o **heart** – often there are heart palpitations
- o **cold wind** – it can also be used for infectious things that come on after a cold wind – for example, kids playing outside in winter, they start to sweat under their heavy coats, then a wind comes up, they get chilled and get sick
- o **middle of the night** – when someone wakes up sick in the middle of the night, often after being chilled during the day

Put these together and you get conditions like these:

- o bladder infections
- o colds
- o conjunctivitis
- o croup
- o ear infections
- o fever
- o flu
- o laryngitis
- o measles
- o sore throat

when one or more of these conditions is present:
sudden onset; after a fright; with fearfulness and
restlessness; the person wakes up with it

and most often used at the **first stage** of the illness —
that's why you need to have it on hand!

Special uses: when your eye hurts because it had a foreign
object in it, Aconite will help.

By the way – do you know this trick for getting something
out of your eye?

Pull your upper lid away from the eye, pull it up towards
the top of your eye, then touch your eye with it and sweep
it down touching your eye – a lot of times this will get that
pesky little thing out.

So remember, for Aconite –

- o sudden
- o fright /fearful and restless
- o heart
- o cold wind
- o middle of the night

that's all you need to remember!

Bumps, Bruises and Sports Injuries

- o Your two-year-old just toppled off her high chair.
- o Your seven-year-old just fell off his skateboard.
- o Your thirteen-year-old pulled a muscle playing soccer
- o Your seventeen-year-old feels “beat up” after a football
game.
- o Your best friend just got a nose job and now she can't go
out of the house because her face is all black and blue.

Use **ARNICA** for all these situations and you may feel like a
miracle worker.

Lots of people have told us that they had no bruising after
plastic surgery – just by using Arnica! in fact, many plastic
surgeons themselves are now using Arnica because they get
better results.

What do all these conditions have in common?

- o a **blow or trauma** – can be from falling,
from a sports injury, from surgery
- o often you can see a **bruise** forming
- o the person often reports **feeling sore, beaten up, or
bruised**
- o there may be **swelling** from fluid leaking from broken
blood vessels

What to do?

First consider whether you need emergency medical help [see Safety First, page 18, and Safety Guidelines, page 85].

Then get your Arnica, from your kit or medicine cabinet or local health food store.

How to give the remedies

Typically you would give **two pellets every four hours** as long as the symptoms are INTENSE (injury just happened, really hurts) then **twice a day** when the person is on the mend.

STOP giving the remedy as soon as they are better

In an emergency, give as often as **every 15 minutes**.

Story Time

I was helping a friend babysit for his four-year-old daughter while his wife was out for the evening. His little girl ran into the livingroom, skidded on the rug, tripped over the dog, and banged her forehead on the corner of the piano bench. Ouch!

Her forehead started to swell visibly and she soon had a goose-egg the size of half a baseball.

We gave her Arnica and the goose-egg disappeared as quickly as it had appeared!



A pharmacist friend decided to do an experiment when she got a large bruise. She rubbed Arnica cream on half of it, which went away immediately, leaving the other untreated half to turn shades of green and purple for a week.

You might want to try this too. Do your own science experiment on yourself!