

THE REMEDY



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WHAT IS HOMEOPATHY?

Homeopathy is a system of therapy that uses very small doses of remedies. These remedies are prepared from substances found in nature. Nevertheless, homeopathy should not be confused with herbal medicine. These two systems are very different. Herbal medicine uses tinctures of botanical substances, whereas homeopaths use ultradilute "micro" doses made from not only plants, but minerals or any other substance found in nature.

(continued on page 2)

Dear Friends in Homeopathy

FHS has had a whirlwind year with a very energetic board! I commend them for their efforts and accomplishments. We were able to produce our first E-Newsletters in September and December of 2015! This will enable us to be in more frequent contact with most of our members and friends than was possible with the yearly mailed newsletter we sent announcing our annual conference, and significantly lowers our postage costs. This was a long undertaking of many parts, spearheaded by our computer-savvy board member Lise Battaglia and ably supported by the rest of our Board. If you are reading this in paper form and have not given us your Email address, we would appreciate if you would send it to me at Po8938@aol.com. If you require it, we will, of course, continue to send your newsletter to you by regular mail. In addition, Mary Ellen Meagher maintains and updates our Website, and Andrea Baines does the same for our Facebook page. It seems we have arrived in the 21st century!

In mid-summer, we were contacted by the Integrative Healthcare Symposium to partner with them this year in a mutually beneficial partnership. This is a large national conference that took place in Hollywood, Florida in October of 2015. The plan involved our letting those on our Email list know about their conference and they would advertize ours, and make available a few free registrations and a free booth at the conference itself. In addition, they would offer discounted conference fees to our members. This offered us a great opportunity to educate others about homeopathy and to network with other individuals and organizations in the integrative/alternative health arena, and we decided to take them up on it. Two members of the board (Lise Battaglia and Andrea Baines) were able to attend and wo-manned a busy booth at this huge conference about the microbiome. In addition, one of our members, Lynn Byrd, won a free registration for the weekend!

The 2016 Spring conference will be the weekend of Feb. 20 and 21, 2016. This year we will be in Orlando at the brand new Courtyard by Marriott Hotel in Lake Nona. See the enclosed flyer for further information and registration form. As we did last year, we will have a full day on Saturday, and Sunday we will adjourn at 1 PM. We will be providing snacks both AM and PM, with lunch on your own.

Robin Murphy, ND will be our speaker. His timely topic is Aging Well with Homeopathy. Dr. Murphy has been practicing homeopathy for over 30 years and is also an accomplished homeopathic researcher. He has authored the [Homeopathic Clinical Repertory](#) and [Nature's Materia Medica](#). We are thrilled to have such an accomplished homeopathic practitioner and educator join us!

At the heart of every non-profit like FHS is their membership. If you want to support FHS and what we do, please join. Dues are \$35 and can be paid on the FHS website or by personal check. In addition, donations are tax deductible, and members receive benefits of special E-Newsletters and E-Alerts. A listing of membership benefits are on page one of the FHS website.

Sunday afternoon after the conference will be our annual meeting. Attendance of all members is always appreciated! At this meeting, we often seek nominations for positions on our Board of Directors. This year, we find all board positions filled and all members intend to stay on and fulfill their terms. However, the changes we made this year also present new challenges.

(President's letter continued on page 2)



Dr. Samuel Hahnemann

Father of Homeopathy

1755—1843

Samuel Hahnemann’s Organon of Medicine was first published in 1810 in Dresden, Germany

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**Organon of Medicine § 8:**

“It is not conceivable, not can it be proved by any experience in the world, that, after removal of all the symptoms of the disease and of the entire collection of the perceptible phenomena, there should or could remain anything else besides health, or that the morbid alteration in the interior could remain un-eradicat[ed].”

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Aphorism 8 synopsis:

“If the symptoms are removed, the disease is eradicated.”

- Julian Winston

WHAT IS HOMEOPATHY?

(CONTINUED FROM PAGE 1)

The homeopath chooses the proper remedy by following a special rule of nature called the **Law of Similars** (*similia similibus curentur*).

This law states "like cures like," or that a medicine can cure a sick person if it can cause similar sickness in a healthy person.

—courtesy National Center for Homeopathy

UPCOMING EVENTS

~ FLORIDA ~

2016 Annual Spring Homeopathic Conference

February 20-21, 2016, Courtyard Marriott - Lake Nona, Orlando, Florida

"Aging Well with Homeopathy"



Robin Murphy, N.D.

Dr. Robin Murphy is a naturopathic and homeopathic physician with extensive clinical and teaching experience over 30 years.

Details & Registration Info: <https://floridahomeopathicsociety.org/EVENTS.html>

Registration information is on page four and the FHS website.

~ NATIONAL ~

2016 Joint American Homeopathic Conference (sponsored by NCH, etc.)

"Ascending to New Heights: Reaching the Summit with Homeopathy"

April 8-10, 2016, Westminster, CO

<http://www.homeopathycenter.org/2016-jahc-registration>

HOLISTIC MOM'S CORNER

Holistic Mom's Network website recommends Homeopathy and the National Center for Homeopathy (NCH)

Visit this site for more information and resources:
www.holisticmoms.org/holistic-living

The Holistic Moms Network believes that parents need to make informed and educated choices about all healthcare options for their children, and that they deserve the freedom to make the choice that works best for their family.



PRESIDENT'S LETTER (CONTINUED FROM PAGE 1)

If you would like to assist us, we need volunteers to contribute to our E-Newsletter. For information please contact Lise Battaglia at lise@homeopathyhealingarts.com. We are also seeking volunteers to help with our fundraisers at the conference itself. We are planning a book sale, as this was very successful last year. Please bring your books when you arrive Friday night or Saturday morning. We will be doing as much book pricing as we can on Friday night and the rest on Saturday. We are planning other fundraisers and would appreciate any donations for raffles or prizes as well as help during the conference. Please consider helping us out! Please let me know if you are interested in any of these roles at Po8938@aol.com.

We hope to see you in Lake Nona for our annual conference, membership meeting, and the welcome fellowship in homeopathy. I wish each of you a Happy and Healthy New Year.

Polly Millet, CCH, FHS President



HOMEOPATHS WITHOUT BORDERS—NORTH AMERICA

HWB-NA works to promote the understanding and use of homeopathy where it does not yet exist or is only minimally available, and to provide homeopathic care in emergency situations. Since 1996, we have provided service in Cuba, Honduras, El Salvador, Guatemala, Dominican Republic, Trinidad, and Haiti.

In 2015, we launched a 6-month **Observational Study on the Homeopathic Treatment of Chronic Chikungunya**, headed by HWB Clinical Director, Lauren Fox, FNP, BC, CCH, with support from PG Legerme, Homéopathe Communautaire Educator / Haiti Liaison and the participation in clinics of Volunteer Teams during 2 trips to Haiti. Results will be published and shared with the homeopathic community. Lauren Fox was also invited to talk about her experiences with homeopathy for pregnant women in Haiti at the Haitian-American Nurses Association Regional Conference in Miami. Teaching materials used in several courses in Haiti since 2012 are in the process of being edited and expanded to create HWB's *Essential Curriculum for Learning Homeopathy* which will be published in English and French in mid-2016.

HWB Board Member Suzanne Smith continues her excellent work on upgrading HWB's website www.hwbna.org and updating content on HWB's Facebook page. Please visit it and "Like" it! www.facebook.com/hwbna.

- Kristy Lampe, HWB Board of Directors

INTEGRATIVE HEALTHCARE SYMOSIUM (IHS)

The 2015 Integrative Health Symposium in Hollywood, FL, brought together multi-disciplinary healthcare professionals dedicated to improving patient care and defining the future of integrative healthcare. IHS invited FHS to attend and offered us a booth so we could spread information and knowledge about homeopathy and its marvelous benefits. The conference focus was the microbiome (the gut) and the fundamental role in inflammatory and autoimmune disorders; how lifestyle choices change the complexion of the microbiome and the metabolic consequences of these changes; understand how changes in the microbiome induced by antibiotics may be responsible for the obesity epidemic; recognize the role of the microbiome in mood disorders and cognitive decline; and appreciate how leading edge novel techniques to restore a healthy microbiome may pave the way for meaningful treatment of autism, autoimmune conditions and inflammatory disorders. David Perlmutter, M.D., author of *The Grain Brain* and *Brain Maker* was the conference Chair. FHS Directors Andrea Baines and Lise Battaglia represented the FHS at this conference, talking to interested attendees and distributing homeopathic information board members contributed. The IHS also provided us with an additional ticket which FHS member Lynn Byrd won! We were the winners as well, as Lynn was very kind to help out at the booth and share her wisdom of homeopathy as well. We felt success in fulfilling the FHS mission of educating people about homeopathy.



- Andrea Baines, FHS Board of Directors

BOOK RECOMMENDATION

Impossible Cure: the Promise of Homeopathy by Amy L. Lansky, PhD

This is an in-depth and exciting recall of the author's account of the history, philosophy, science and experience as homeopathic medicine cured her autistic son. It also includes dozens of other testimonials of homeopathic cures for a variety of mental, emotional and physical conditions. It will serve as an invaluable guide to anyone interested in learning more about this intriguing form of healthcare.

HOMEOPATHY IN THE NEWS & GREAT RESOURCES

Please visit the **Florida Homeopathic Society &**

The **National Center for Homeopathy** websites and "Like" them on Facebook:

www.floridahomeopathicsociety.org / www.facebook.com/floridahomeopathicsociety

www.homeopathycenter.org / www.facebook.com/homeopathyinfo

Please join and support these organizations working hard to support Homeopathy!

www.floridahomeopathicsociety.org

Florida Study Groups, Practitioners, Education, etc.

Academy of Classical Homeopathy

www.academyofclassicalhomeopathy.com

Everglades University

www.evergladesuniversity.edu

Please visit the NCH site for a comprehensive list of educational institutions elsewhere.

NCH

www.homeopathycenter.org

www.facebook.com/homeopathyinfo

Certification

For certification, please see

www.homeopathicdirectory.com

Study Groups

www.homeopathycenter.org/study-groups

Practitioners

www.homeopathycenter.org/find-homeopath

www.homeopathicdirectory.com

Homeopathy Today Online

www.homeopathytoday.org

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FHS Board of Directors

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