

## The Homeopathic Healing Paradigm/Model –

### Understanding and working with your healing systems in your body (Part 1),

### and following the homeopathic guidelines when taking a remedy (Part 2).

#### Part 1

There are fundamentally 3 systems that work to keep you healthy and alive from a holistic view point. The following is a short list of each system, and their fundamental actions in relation to how the body responds to them. This information is presented through a Homeopathic Perspective.

1. *Modern Medicine (Allopathic)* – used when the patient desires the use of conventional drugs. The system when used focuses on a paradigm (a model) that sees necessary for your health and continued life to block the brain's understanding of what is going on in the body in order to stop the symptoms from continuing when they give us pain (a blocker for example); provide an alternative infection to distract the body from the one that it seems to have, or has, the capacity to kill you (an antibiotic for example); and/or finds the substance a damaged organ is no longer supplying and provides a synthetic alternative (thyroid enzyme replacement). In addition, having originated from war, can complete surgeries of implanting and/or removing organs or other substances from your body when such organs are perceived to be/or are in fact endangering the survival of the body. **A medical doctor is the only one who can prescribe such courses of medical intervention, and suggest dosing, using, continuing or in any way changing their course of treatment. Contact your medical doctor when you seek clarification of your medical treatment.**
2. *Naturopathic Medicine/Ayurvedic Medicine/Chinese Medicine/Chiropractors and other Physical Therapies (Naturopathic)*– are health paradigms used by a patient when the body is seen as a functional and structural system that is a combination of the structural blocks within the bones, tissues and blood that is impacted by external factors or internal factors within these physical units, putting the body out of balance. Each practitioner looks at the replacement or adjustment that can be supplemented or complimented to help the body return to a balance, whether it be because the body has toxins that have impacted it, nutritional elements that are missing, or an adjustment in the functional/physical system that has been displaced, among others. **Health Professionals who specialize in these therapies are the ones to contact for clarification as to their health therapies.**
3. *Homeopathic Medicine (Homeopathic)*- is a health paradigm/model rediscovered in the 1800s, after the attempted destruction of natural therapies in Europe during and after the Middle Ages by certain political and religious groups - continued in some countries to this day. **The foundation of all natural healing models is that ultimately it is the body that is capable of healing itself.** This model is used by a patient when the body is seen as electro-magnetic, vibrational electric and resonance sensitive -- making the human systems gravitational dependent. The body begins to lose its capacity to contain its integrity when it separates too far from the Earth's gravitational force, much like a homeopathic remedy that within 18 hours loses its resonance (seen through a resonance- microscope) when totally disconnected from the resonance of the gravitational force that permeates the Earth's living systems and their integrity.

A person using this system of medicine sees the body as having a vibrational component referred to by many traditional medicines as the Vessen, Spirit, electromagnetic resonance system, among others. **These integral elements in the body need codes in order to understand how to be adjusted, very much like an anti-virus for a computer.** The Automatic Brain, unlike the neocortex, is seen as being the part of the brain that runs the automatic systems that we have no control over. This part of the system controls at least 95% of anything to do with the maintenance of Health in your body, and has the capacity to heal itself when uncompromised by interventions from medicines that retain high molecular concentrations – whether natural or synthetic.

Sometimes the system is ‘corrupted’, and in order to heal itself, your body needs the codes to the faulty circuits that have occurred over time. **Nature provides these codes in genetic material of plants, minerals and animals, and it is from here that homeopathic remedies are made.** These codes are seen in the memory of water, and a good example of where we find these codes are in snowflakes. We often say that no two snowflakes are the same, but if two droplets of water were to have exactly the same composition, water would arrange each droplet’s structure in exactly the same way -making 2 snowflakes exactly the same. In nature, however, no two droplets of water can ever be comprised of exactly the same elements, making each snowflake a physical representation of the individuality of code in a water droplet. Through using these substances on Earth to make our remedies, homeopaths and homeopathic pharmaceuticals activate these elements in the process of making a remedy. Minute amounts of the substance, as long as there is DNA there is enough substance, undergoes a process of succussion, trituration, and dilution to provide them with vibrational resonance at a quantum level. There is only miniscule amounts of the original substance left.

**When a high concentrated substance can bring about certain symptoms, those same symptoms expressed by a patient who has not taken said substance, will be addressed, understood, and healed using the homeopathically prepared version of the substance.** This version of the substance if well indicated is called the similimum. This ability of the body to heal is seen when the body begins to read the codes within the similimum, that is, the remedy administered that is a homeopathically prepared form of that same substance.

A single homeopathic remedy has enough code to help the body address many different symptoms expressed in an individual’s symptomatology. Classical homeopathy uses single remedies that are indicated to cover the totality of symptoms that the patient exhibits during case taking. As a result, you were given one remedy, and even possibly one dose of the remedy. **One dose of one remedy provides powerful information to the automatic brain. Please follow the guidelines provided in this handout for further information. When seeking further clarification contact your Homeopathic Practitioner who specializes in this system of medicine.**

Although these health paradigms are listed separately, in most cases many people use combinations as modern life has use for all, depending on the patients’ needs. The **Health Law of Patient Centered Care in Ontario** insists that **the patient is the one who chooses their care and ultimately chooses which systems** to integrated and when to do so. The specialists of each system are the ones to contact when their paradigm/model is needed for your Health and Care.

## Part 2

Having your case taken by me includes filling in an intake form, a permission form and then having a remedy dispensed that is the best indicated remedy for the totality of symptoms at the time your case was taken.

Once you take the remedy the following guidelines and explanations will help you better understand the instructions given to you during your consultation. These sometimes take 1, 2 3 or even 4 hours, but the information can be overwhelming and sometimes difficult to grasp or remember, and as a result, you have been provided with this guideline to help you **take your remedy, understand how the body is working with the remedy, what to expect, what to look out for, and what to do to help your body know what to heal, and remain in a curative direction.**

You will need to reread this if you are not used to this paradigm/model of health as is based on the understanding that the body is capable of healing itself, and this ability to heal will increase the less the body's 'immune system' is compromised. The body's immune system is often strengthened by this system of medicine.

***\*\*\*For those people who have a bad memory and cannot remember what happened to them yesterday, my suggestion is to begin a journal to help you provide information to me during follow ups or updates regarding the action of the remedy and your body's response!***

Taking the Remedy, understanding how the body is using it, making sure the remedy is being used in a curative direction:

- a. Never touch a homeopathic remedy with your fingers. Drop the pellets into a container or teaspoon made of a non-biological substance, eg metal, glass or paper.
- b. Take your remedy as prescribed. The usual prescription is to take a remedy as prescribed and then watch the body use it. If there is a scanning, do not take any more remedy until it is over and you are feeling better. Wait for 5 days before you decide the remedy is or is not working or whether you need to redose. **Do not redose during the scanning days unless I suggested it to you specifically. Please do not ask me what to do with any therapies not related to homeopathic medicine. (Please see part 1)**
- c. A remedy is a code so if you take the whole bottle in one sitting, it is still only giving the body one chance at reading the code. You can only overdose a remedy if you repeat the dose more often than prescribed because each time the body reads the code it is seeing it and responding to it again. Too many doses will create an aggravation and this will have an impact on all 4 levels of experience: physical, emotional, mental and in your dream world.
- d. When taking the remedy expect the body, like a computer, to scan the body and pull out 'corrupted files.' This is seen as returning symptoms you have had in the past- called RETURN OF OLD SYMPTOMS. When you experience this the body is on the road to understanding the code and looking at fixing the problem. The body may also use the remedy to take away other symptoms.
- e. When taking a remedy, the body will not fix first what you decide in your logical mind is most important. It always begins with the most life-threatening and much of what it is doing is not always noticed immediately.

- f. These symptoms that return or go away can be on all 4 levels of experience and feedback written in your journal or sent to me via emails should include all of them when appropriate. These levels include:
  - i. Physical symptoms that come back or intensify or disappear over the first few days of taking a remedy. You may even have a migraine return as a short 5- minute headache that suddenly disappears again. A twinge in the left ankle you broke a few years ago, and so on.
  - ii. Emotionally feeling worse or better. You may be angry more than usual, feel joyful for no reason. More stressed, or less stressed
  - iii. Mental choices and decisions are impacted. You may decide to buy clothing with a colour you haven't worn for the past 20 years, something you loved as a kid. Or decide to leave the course of study you have been meaning to leave for years now.
  - iv. The dream world or spiritual world changes: nightmares no longer, dreams have different endings and so forth.
- g. Never take yourself off any substance you are on. With the appropriate support (Please see the different systems of medicine) make adjustments that will be needed.
- h. Do not start anything new during the first week of taking a remedy. Even a sudden addition of Elderberry concentrations can impact the remedy. A tea, or diluted substance will not impact the remedy.
- i. If taking a homeopathic remedy, Acupuncture or anything to do with adjusting the 'meridians' will impact your remedy. The remedy should never be exposed to microwaves or scanning technology as it will change the vibrational resonance of the remedy.
- j. Contact me if a symptom continues for more than 7 days. Take appropriate steps if your body scans something that needs immediate medical attention. Try as much as possible to give the remedy some time to show what it is being used for by the body, but under no circumstances do you stop taking something that you perceive to be life-giving.
- k. After an average of 5 to 7 days, the body is finished scanning.
- l. The remedy will continue working after the scanning. A 30C usually lasts 2 weeks, 200C is 4 weeks, 1M lasts 6 weeks.
- m. Despite the general rule of how long a remedy lasts, the length of time is dependent on the individual patient. One patient needs to redose monthly while another needs a weekly redose. In the end, you together with your homeopath will come to an appropriate dosage as well as redose regiment as you provide information as to the course of the body's healing capacity and speed.
- n. In order to have a successful follow up later on to determine the accuracy of the remedy as well as the level of similarity in the similimum, I will use all the information I receive from you. (Emailed observations and any other information about what the remedy is doing). So, it is very important to send me updates on the remedies continued progress.
- o. When using a homeopathic medicine, you are working with an individually prescribed remedy that has a powerful impact on your system as the codes are read and the body implements what it has learned, so your feedback needs to be provided in the programme discussed and tailored for you. Remember, sometimes you may have

information overload; I suggest if you are the person who needs to reread instructions or needs to keep a journal to provide better feedback for a follow up please do so!

- p. Always seek medical attention if the scanning of your body induced by the remedy produces a symptom you believe endangers you and cannot wait to be healed by the body. The body takes around 2 months to heal the cause of a symptom you have had for a year. So, for each year you have it you will need 1 -2 months for the body to fix it. **\*\*\*True-life case:** patient comes to me with knee pain as their chief complaint, I give one dose of 30C sulphur as their constitutional remedy, scanning begins immediately. The next day, the patient has heart palpitations. At this stage he is 68 years of age. He calls me, wants to 'stick' with Homeopathy. I send him to the Emergency Ward and they find out he has two arteries to the heart that are above 80 percent blocked. He has stents put in immediately. How many years did it take him to have such blocked arteries? **Can you wait 2 months for each year for the body to fix the blockage? Definitely not! Remember, remedy is still working on helping his body identify and fix the problem, but it has its own timing and you cannot push the body!**
- q. When taking a remedy, you can add good nutritional food that is non-gmo and not laced with anything that kills plants or animals to ensure your body is getting good sources of nutrients to be used by the body in its own healing. The body needs to have good food and enough nutrients to stay healthy. Add a grey or full-body salt that has less than 20% sodium. Real salt is not sodium, but includes all the salts needed for the body's health.
- r. When taking a remedy, please do not inject yourself with any substance, and if you are stung by anything inform me immediately. Injecting into the body is a 'backdoor entrance into the body'. The only way the body can now find out anything about the substance injected is by reacting in an autoimmune response. The body does not differentiate between a poison coming through a fang that has punctured the skin, or Vit B12 injected into the system. All injected substances cannot be read properly by the automatic brain, and as a result, the body will not stop looking for the 'culprit' while these injected substances are moving in the blood - unidentified. The body will develop chronic systemic problems as these 'backdoor substances' continue to exist in the system without an accurate identification. **Enzymes and the white blood cells are usually the welcome committee when substances are introduced through the orifices in our body. The body does not have a fine-tuned response to the injected substances.**
- s. Please remember I am NOT a Homeopathic Hospital. When you have asked me a question, please note the response down so you can access it again when you need it. I cannot respond to emergency calls for questions that have been repeatedly asked as this is not humanly possible. The clinic uses my cellphone so that I am available for real emergencies relating to the actions of remedies I have mentioned in conversations through email, texts and calls. I am not a life-coach, hospital or your friend. Any communication should be done respectfully and as directed. Keep a journal, and remember what I have said: reread this information guideline and please do not contact me for non-homeopathic advice. Make an appointment as indicated during the consultation. Consult your journal, email or memory as to the instructions given.

## InnerSelf Homeopathic Healing: Natasha Lewis, HOM

*A summary of the suggestions provided for my patients only, when beginning and continuing their Homeopathic Healthcare.*

I hope this helps to provide you with the best homeopathic care possible.

Be patient, it takes time to heal.

***Time and consistency with a remedy is the best way to help the body heal itself.***

***In Health Always.***

***Natasha Lewis, HOM***

***Homeopathic Practitioner***

***[Natashalewis69@gmail.com](mailto:Natashalewis69@gmail.com)***

***[yoursymptoms@gmail.com](mailto:yoursymptoms@gmail.com)***

***416-994-2751***

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***Nipissing, Ontario, Canada***