*Booklet 2: Homeopathic Acutes* **Q&A**

**Part 1**

1. When do you need to make an appointment for an acute consultation or acutes?
2. Why do you make an appointment for an acute consultation?
3. What is the difference between an acute and a follow up?
4. What is the difference between a first-time consultation for an acute and an initial consultation?

***When do you need to make an appointment for an acute consultation or acutes?***

***Life*** is about living and jumping into amazing and surprising moments and jumping out of them - with no fear. **Unfortunately, the body needs to adapt to stressors on Earth, man-made or natural, and as a result we have to ‘play games’ with Earth substances such as viruses and bacteria**. It is like ‘jumping into’ a viral experience and ‘jumping out’ of it with your body stronger than before. Our bodies are made of these elements - which we know very little of as to their true use for humankind – I hypothesize that we need these very viruses for our cells and body systems to continue learning and growing in strength as we grow up and as we age on Earth.

At the right moment in our lives, they also help us separate as electrical versus physical beings when we finally die. Homeopathic remedies are vibrational codes on nanoparticle levels that provide our immune system, the automatic part of the body that is controlling our health, with information to understand how to interpret and integrate information from stimuli. The information needed by this system is provided substances that come into us through orifices and natural permeation of the skin. The information for food, for example, is given through enzymatic interaction between food and enzymes; while the immunological responses to active substances such as live viruses and bacteria provides needed adaptation packages that are broken down and interpreted by the white blood cells and others. This integration of Earth-provided cells is what we need to adapt to our environment and develop as an Earth-bound species. Sometimes our immune system/automatic brain even misunderstands a stimuli, even in the case of a food substance as basic as a peanut. This may happen, for example, when the coded information of a peanut is combined with that of the pesticides that have contaminated the peanut. So, the body reads peanut + pesticide residue = danger = death, and the information of the peanut gets stored incorrectly, ending up with an allergy related such as anaphylaxis -a shut-down of the system to save us from what ‘uncontaminated’ by man-made pesticides would be considered a safe food source. There are probably a multiple of reasons for these misunderstandings, but they are usually just that.

**Homeopathy is a method of healing that can find a code in nature that can correct these misunderstandings** that have happened in our automatic brain since the day we were born. Our misunderstandings are not logical or linier in nature and as such the answer to them is not in the concentrated world of the rational mind. The logical neo cortex is such a small part of our brain, and it is important to thinking, but not very important to the health systems of the body. The corrupted circuit in the anaphylactic response to peanuts given above is not one that we are aware of in our thinking brain, but rather it lies in the part of the brain, known as our automatic brain (unconscious brain) that runs the trillions of processes in our body and our electro-magnetic ‘gravitational system’ around us. **We may call it the unconscious because we are unconscious of it, but it is very much the conscious part of our bodies, keeping us both alive and well through codes and non-linear processes.**

How these substances enter our bodies is also of paramount importance. When they enter through entrances in the body, they have mechanisms to detect them, deal with them, learn from them, use them and discard the waste. However, when they are injected into the body with an invasive ‘backdoor’ entry they are not detected in an efficient way and the response to them becomes confused. The impact of this ‘backdoor’ entry of substances into the body can cause a powerful acute reponse such as Guillain Barre Syndrome, which is one example of many auto-immune responses that the body carries out to find ‘culprits’ that they cannot detect correctly. In this case, the body attacks its own nervous system because it knows that something **entered into the body but it did not detect the substance to read. These auto-immune responses cause chronic disease if not attended to immediately. Those substances that enter through an unknown entrance and prevent the body from ‘reading’ them may need an acute response if it happened fairly recently, but one thing you can be sure, until the body reads the code of the substance correctly, that substance will keep rotating in the system, and the code will probably evade the body a lot longer than it should.**

**When we can keep reacting in a healthy way to viruses and bacteria and other substances successfully, we continue to exhibit strong immunological responses.** Our symptoms are our health, not disease. Symptoms are created in response to the codes these entities share with us, but when the system is unable to read these codes, we need a remedy. We realize this when our body creates strong symptoms, but at the same time it seems that the body is not able to fix the problem despite the symptoms, and the symptoms linger or worsens. A constitutional remedy (similimum) is needed if these are your usual chronic symptoms that fall under the totality of symptoms of your homeopathic similimum. In addition to having a constitutional remedy, acute remedies help our healing mechanisms in our body recognize and respond to sudden exposure to agents, bacteria, viruses or others. These symptoms are being produced by the immune response and are not ‘making the loudest noise.’ This loud noise is usually an increase in pain or level of comfort that is unacceptable to you. **Acute remedies will reduce and eliminate pain, while at the same time helping your body read what needs to be done. An acute is prescribed when we need a remedy that can produce the same symptoms and that will subsequently teach us to understand and eliminate a symptom that is endangering our bodies.** When we need an acute remedy for an acute situation, we make an appointment for an Acute Consultation.

The acute consultation is for patients who have a health emergency that is not life-threatening (in case of a life-threatening emergency, go to your closest Emergency Response Center [ER]). If the homeopath is your only choice in a life-threatening situation, you can contact your homoepath for a first aid remedy in life-threatening situations. We do have remedies that will help the body overcome certain life-threatening situations; sometimes, they are also helpful to take on the way to seeking our emergency conventional medicine. These remedies can save your life while you find your way to your closest emergency center. An example would be stings and snake venom. Other needs for acute consultations include among others: accidents, stings, injections, sharp objects, burns, cuts and scrapes, broken bones (once they have been set properly by a professional), torn ligaments, flu, colds, sore throats and so on. In many cases, homeopathic remedies are able to help the body overcome symptoms such as strep and sciatica despite conventional medicine declaring otherwise. **Ultimately, in an emergency you need to make use of all and any systems of medicine you feel are the most helpful to regaining your health and wellness.**  If it is a sudden onset and you need immediate homeopathic care, call me on my cell number and if I do not pick it up in a timely fashion, please make your way to your closest emergency center. When you become ill with a new dis-ease or illness you go from being healthy to suddenly feeling sick with something new; this is why it is called an acute illness that requires an acute consultation. Before making the appointment consider whether you have given your body a few days or hours to fight it by itself. This is not always needed; in fact, in the case of muscle strain like potential whiplash, the sooner you start a homeopathic remedy the better. **If pain and discomfort is lingering and you would like to get a homeopathic remedy to overcome your symptoms, make an acute consultation.**

***Why do you make an appointment for an acute consultation?***

At any point during an acute dis-ease when you feel you are not getting over your symptoms, you will need to book an acute consultation. During the acute consultation you and your homeopath will assess how well your body is fighting, and whether the constitutional remedy will be enough for your immune system to respond appropriately to this new substance/situation. The substance or situation that you are responding to could be introduced into the body through nature i.e. toxins from the ground, weather, seasonal adaptations, adaptations to vibrational/gravitational changes, and/or through wo/man i.e. toxins, medications, injections, social pressures, inhumanities towards wo/man, among other. **When the body is not as strong as the nature of the substance that is intervening in the body’s natural state, there is a need for an acute remedy**. When we are immune compromised these same symptoms that come out to tell us there is a ‘game to play’ can, if not given some sort of external help, eventually lead to an organ failure and/or our death.

**If you are already a patient with me, you will not need to complete a new intake form for an acute consultation** because you have already given your personal and family history of symptoms. This information is kept confidential in your file, and referenced even during an acute case of dis-ease. If you are a new patient, welcome! It is your decision whether to start your journey with homeopathy with an acute remedy or a constitutional remedy. After reading the booklets you can decide whether you should start with the New-Patient Initial Consultation or a New-Patient Acute Consultation. Please pay attention to the length of time you feel it will take to ‘tell your story’ - in relation to the problem at hand. If you think it will take a while, then chances are this is just a sudden intensity of symptoms you have had in the past. That means it is not acute, but rather a sudden exacerbation of your chronic problems. In that case a regular new patient intake of 2 hours in needed: An Initial Intake is thus suggested.

If you feel that this is sudden, or if it is obvious as you were involved in an accident, like a sting that is progressively swelling up, choose the New-Patient Acute option. Start with an acute consultation and download the Acute Initial(New Patient) Consultation, but remember it is only for the specific symptoms you are experiencing at the moment. It is highly recommended to make an appointment at a later date for a full Initial Consultation. Your acute symptoms will also be addressed in the Initial Consultation, but your chronic symptoms are not always addressed in the acute because of time limitations.

If you believe that your symptoms are not acute, but rather chronic, then make an Initial Consultation. Feel free to email me if you need more guidance.

***What is the difference between an acute and a follow up?***

***Acute*** consultations are made when symptoms you are experiencing are new to you. If for example, you went on holiday to a country and came back with a skin infection where your skin is scaly and you are shedding skin that is flaking off, and you know you have never had these symptoms before, it is an acute case. You need your homeopath to look at these symptoms and what the problem is that they are exposing.

**An acute consultation is also needed in first aid and accidents**. High fevers that may go over the allotted temperature and cause a seizure will need an acute consultation because you need a quick fix. **In general, fevers are left alone as they are the best indication that the body is fighting something successfully!** Homeopathy can bring down a fever within minutes, and although a fever is extremely advantageous to the body, a very high one can be dangerous if it lasts too long or causes convulsions. Children, seniors and immune compromised individuals are most at risk. Due to the emergency nature of this acute, you may need to call your homeopath and make an immediate appointment, or if your homeopath is not available, make use of any other system of medicine that can provide you with a timely response. Usually, my patients are given acute remedies during their Initial Intake and in follow ups over time following the initial intake to make sure they have the correct remedies for themselves in their first aid kits at home. These kits will allow you to call me and take an appropriate remedy in cases of sudden acute circumstances such as fevers over a certain temperature, pain, and sudden onset of dis-ease.

A follow up is a meeting to discuss the remedy they are on, their experiences, the accuracy of the remedy they are on. It is for patients who have already had an Initial Consultation which originally lasted between 2 to 3 hours. **So, after a specified length of time, or whenever the patient would like to discuss their progress, the patient needs to make a follow up appointment. The follow up appointment** has primarily two functions: confirms that the remedy is in fact well indicated and working well, and secondly, is an opportunity to explain the process of healing and how the remedy is working in the individual’s case. Follow ups that happen because more information is needed to understand how to proceed with the remedy dispensed, should be complementary information appointments – these happen within the 4 weeks following an Initial Intake or a follow up. **If after a month or more a follow up is needed, please make a Follow up Consultation appointment**.

**A follow up can be made as many times as you need until you are happy with the progress of the remedy and you understand and feel comfortable with how the process works**. A follow up is not needed if you need a refill. For refills, please make a Refill Appointment.

***What is the difference between a first-time consultation for an acute and an initial consultation?***

***Patients*** make an Initial Consultation when they first come and see me, as New Patients. This allows me to do a thorough consultation with a focus on understanding the individual’s health needs and providing a constitutional remedy, and/or additional remedies needed. The consultation includes all symptoms the patient has ever experienced, past (P) and present(v). This information includes all acutes the patient has experienced throughout their life which will later help me to determine acute remedies in case of emergencies. As a result, patients who have already been to see me do not book first-time consultations for acutes; instead, **they make an appointment for an Acute Consultation of up to an hour.**

**A first-time consultation for an acute means you have never come to see me, and this is the first time**. (New-Patient Acute Consultation) It also means you are not interested for now to address your chronic illnesses or symptoms, and would like to address only the present and pressing need that has to be taken care of immediately. A good example would be if you had an accident and heard that Homeopathy can help you with Whiplash. So, you make a first-time consultation for an acute because you may be in such pain that you need a remedy to reduce pain symptoms as soon as possible. In this case, book a first-time consultation for an acute and complete the form provided under New Patient Acute Consultation. It may also be the case that I am booked up for the next few weeks with no option of an initial consultation, and you would like to come see me for your acute ailment ASAP. If you do feel that your need is immediate, but need an Initial Consultation of a longer duration, please contact me to open extra time slots to accommodate your special needs/emergency, or you can just book a New-Patient Acute Consultation for now, and book your initial consultation for later at the earliest possible time slot. **New Patients are always welcome, and appreciated!**

Part 2

1. What does an acute consultation look like?
2. What is the difference between chronic and acute?
3. Why do only new patients complete an intake form for acute consultations?
4. How do homeopathic remedies work for acutes?
5. What is the difference between your constitutional remedy and an acute remedy you need to take?

***What does an acute consultation look like?***

***When*** you come down with something that is an acute case of dis-ease, make an acute consultation appointment and if this is the first time you have come to see me, fill out the Acute Consultation form.

The consultation is usually much shorter than an initial case or follow up because it is about finding a remedy for your sudden new illness, and you are not looking for the underlying causes of your chronic dis-ease. **An hour is allocated to the case taking, and we are looking for the nature of the dis-ease and your symptoms are the indications to a good remedy choice.** When the case-taking is completed, a remedy will be prescribed and you can either pick it up at the clinic, have it dispensed in the clinic during the consultation, have it mailed, or buy the remedy from your closest health store. Many of the first aid and acute remedies are sold over the counter in health stores around Ontario. The most extensive are in Homeopathic Pharmacies around Ontario. See the list of these sources available on the site.

If you are a youth, young adult or adult your case is taken with you while you are in a private closed area without any disruptions or distractions -online or in person. The case taking process happens faster and is more accurate when the patient does not have any observers. A caregiver can always provide extra pertinent information at the beginning or ending of the consultation. Once you get over your acute case of illness, you may want to book an Initial Consultation to address any chronic issues you may have.

***What is the difference between chronic and acute?***

***A*** chronic issue is different to an acute. When you have symptoms that cause discomfort, pain or disability in your life, you may need a deeper constitutional remedy. This remedy is called the similimum and it works best when it covers a larger ‘totality of symptoms.’ The constitutional remedy is a remedy that will help your entire body keep itself healthy when there are no acute interruptions to your immune system. Chronic disease for your body can be compared to the impact of by trojans, viruses and other malware attacking your laptop. Despite your best attempts, the laptop does not work as fast or as smooth as usual and with time the attacks may slow it down and parts of code are not read by the computer. With age, disease, injected substances, environmental toxins and so forth, the immune system becomes compromised over time. An acute case of a disease may look like the chronic one you have, but there may be a sudden onset of symptoms new to your experience. **For chronic illness, please make an Initial Consultation Appointment, and for acute cases, make either a New Patient Acute Case, or an Acute Consultation.**

***Why do only new patients complete an intake form for acute consultations?***

***First-time*** consultations for acute illnesses are booked for patients who have never come to see me before: New Patient. It may also mean you are interested for now to address only the ‘totality of symptoms’ expressed in your acute illness/injury. At a later date, you may want to address your chronic illnesses and its symptoms, but at present you would like to address a present and pressing need that has to be taken care of immediately. Injuries, accidents and sudden illness like the flu are examples of wanting to get better quickly without having to spend too much time in an Initial Intake of over 2 hours. Possibly, you had an accident and heard homeopathy can take away sprain pain quite quickly while speeding up recovery time. So, you make a first-time consultation for an acute because you do not want to spend a lot of time due to the pain and would like a remedy to reduce pain symptoms as soon as possible. **In this case, book a first-time consultation for an acute and complete the form provided under New Patient Acute Consultation.**

***How do homeopathic remedies work for acutes?***

In homeopathy we have remedies and we do provings on these remedies. Sometimes we learn about certain remedies from how they impact us when we take them in their concentrated form-when people are poisoned or overdosed while taking concentrated substances as medicines or otherwise. These are not typically homeopathic remedies Homeopathic remedies that I administer are not Mother Tinctures-remedies that have substance in them. There is no substance in a remedy, but there is a very clear vibrational code created through succussion, trituration, and dilution. Make no mistake, homeopathic remedies work, but they work homeopathically!

A proving is administering a homeopathic remedy through a personal proving, double or triple-blind study. The symptoms experienced by the person who has taken the remedy are written down as they are the symptoms the remedy can create. They are recorded over hundreds of years in Materia Medica: a compilation of each substance and the symptoms the patient may experience in different systems of their body. The creation of the symptoms is on a vibrational level, which means **you see the body read the code and create the symptoms, but once you antidote the proving remedy with your own constitutional the symptoms go away**. Now, when you have an acute dis-ease, your body comes into contact with an experience/substance that creates symptoms that are new and sudden. An example is when you work out too hard and tear muscle so badly that you need to take a few days off from gym. The remedy for muscle pain is often Arnica or Aconite, but not limited to these most used remedies, remedies must always be chosen depending on the symptoms you are expressing and experiencing. When we do a proving of these two similar remedies: aconite and arnica, we can have muscle pain that is similar to muscle ache caused by over using the muscles. **Because the substance made into a remedy and taken by an individual can cause the symptoms in said healthy individual, that same remedy is able to take those same symptoms away when the individual comes into the clinic with the same symptoms.** ***This a fundamental law of homeopathy***. Remedies work the same for acutes and chronic states, but a constitutional is needed to antidote any extra symptoms the acute remedies may leave lingering. So, if you do use homeopathic remedies are acutes, please make sure you are coming to see me to find the deepest and most appropriate remedy for your immune system.

Acute remedies are often polychrests – remedies that may have a few symptoms humanity often experiences together as ‘totalities of symptoms.’ An example, is the remedy Nux Vomica or otherwise called Colubrina. This remedy is great for the following *‘totality of symptoms’*

*-just ate rich food and have a tummy ache*

*-just drank too much and have a headache and I am throwing up*

*-my head is so sore, its too bright in here, close the curtains*

*-I have cramps in my stomach*

*-I am a workaholic*

*-I take coffee to wake up and wine to go to sleep*

*-I run my own business, never get a day off!*

Many of us sometimes go into this state. We may be working for someone who is like this and we end up living a similar lifestyle, or this is us! Most people who experience the above symptoms will do well with a dose of this remedy, Nux Vomica (Colubrina, another named used for this remedy). If one dose is not enough you take a few doses until the mind has picked up on the code and you feel a slight to marked improvement. At this time, you stop the remedy. You can repeat the remedy with intervals, depending on your nature. You can check every 15 minutes, or take another every 30 minutes until the improvement is marked. Don’t touch it with your hands, and don’t take any more doses once there is a move towards even the slightest improvement. ***Remember one of the laws of homeopathy: a remedy can create the symptom it alleviates, and it can alleviate a symptom the remedy can create!***

***What is the difference between your constitutional remedy and an acute remedy you need to take?***

***The*** main difference between a constitutional remedy and an acute remedy is that **a constitutional remedy is a remedy that covers a larger ‘totality of symptoms’ and should address your chronic symptoms as well.** There are times you believe you have an acute case of an illness, when actually your chronic symptoms are just ‘flaring up.’ The remedy for an acute, new injury or illness, is usually a remedy that is easily accessible because it covers symptoms that many people share in an acute situation. For example, we respond to a sudden accident in two main ways: *Aconite* is indicated when you have an injury or accident and suddenly believe you may die, even though you just got a bruise or broke a bone; **Arnica** is indicated when you have an injury that may even be severe, but you don’t want anyone touching you, and tell everyone to ‘back off.’ If you are neither, you may need a different remedy, or you may not need a remedy at all. ***Remember that the remedies are codes and not substances.*** So, if your brain is reading a code you won’t have much pain. However, if it isn’t, you may need a remedy to remind your body what it needs to work on. Your body heals itself, the remedies, acute or constitutional, just remind the automatic brain -that is at least 95% of your system- which codes are needed. The remedies make the mind more aware of what the problem is that it is facing. Homeopathic remedies are unlike modern pharmaceuticals whose main aim is to make the mind forget or believe it has no problems; as a result, many of them are blockers. **A homeopathic remedy taken reminds the healing mechanism of the body what the problem is it is confronting**. *Like Homeopathic Remedies, Viruses and Bacteria may also be code providers, but that is a different story!*

*If at any time you feel overwhelmed, and need to discuss which options are better suited to you, or if you need to discuss whether homeopathy is a good choice for your health, choose the complementary information consultation.* ***I will be happy to help you on your journey towards sustainable health! Looking forward to hearing from you😊***