

Why don't they all get better?

Sally Ann Hutcheson, on finding answers to difficult cases.

Your Homoeopathic qualification is the beginning of a journey. Remember,

“Once you have tissue change, you can't do much with homeopathy – it's too late”

“Severe acne – there's not much we can do for that using homeopathy”

“Well, to be honest there's not a lot homeopathy can do for thrush”

‘How many patients get well on homeopathy?’ I would say about 40%”



With these phrases (all uttered at some point by my teachers) ringing in my ears, I collected my Certificate to pin up on my wall to let the world know I was a Qualified Homoeopath. But with major limitations like that, was it going to be worth it?

I looked back on my years of study, the money I had spent, the money I had foregone by not being employed elsewhere, the 4:30 a.m starts so that I could have my assignments completed, before my young children started their day. My gut feeling was ‘yes, it is worth it, but I have to look at finding a way to make these remedies work.’

There is no doubt in my mind that Classical Homeopathy can work, and work brilliantly. But when it doesn't work and if we're honest, it doesn't work as we would like it to, often enough. Why doesn't it work? My teachers used to say, “because the homeopath hasn't got it right”. I had submitted the required number of cases and received glowing reports from my supervisors and the external supervisor – so why weren't all my patients getting better. I took one of my first supervised cases beyond my supervisor, because her ideas were helping him no more than mine. Later I took it separately to three well known homeopaths. Each used a different remedy, saying each time, ‘It's obvious he needs X!’ But it wasn't obvious and he didn't need X or Y or Z. I could spend hours on a case in my early days and still not achieve what the patient would like me to have achieved.

Always the debate hung in the air – classical or non – classical? My College staunchly advocated classical. I asked - had any research been done as to which works better? Not really. Certainly I couldn't find documentation of it.

The repertories list rubrics such as Leucorrhoea – itching; Mammae - cancer; Skin – acne; - conditions my teachers were saying couldn't be helped with Homeopathy. Are Hahnemann, Kent, Boerike, Schroyens, et al simply using them as guiding symptoms to lead us in our treatment of other diseases, or are they merely taunting us, or do they believe that

these conditions can be significantly helped by Homeopathy? I believe these conditions can be helped enormously by Homeopathy, but not often by a single classical prescription. A classical homeopath may answer this by saying he or she has seen these conditions helped many times by a single remedy. I think he or she is the exception. Amongst my peers at college, and those homeopaths I have met since, I have noticed that several who have a chronic disease or who have a family member with a chronic disease were flitting from one practitioner to another, in the search of the Holy Grail. Rarely did they find it. Qualified homeopaths were attending one lecture after another thinking that this or that particular homeopath had a method that would solve their difficult cases. I know, I've been there.

I'm not talking about earaches, a sore throat, period pains, I'm talking about serious pathology (these of course can all be a part of that).

The Underlying Cause

This is where my journey began. The last ten years since qualifying have been a quest for how Hahnemann's philosophy can be projected into the 21st century. Reading, seminars, a naturopathy course and a kinesiology course, but most pertinently a wealth of patients. It is from your patients that you learn the most. So what have I discovered?

- *That Homeopathy can really make a difference in chronic disease.*
- *That Homeopathy is wonderful, kinesiology is brilliant and together they are dynamite.*
- *That diet and lifestyle really do matter.*
- *That you can make a good living from Homeopathy.*
- *My major discovery is that all disease arises from toxicity and/or deficiency.*

Many books touch on this – one that I found particularly readable and helpful is 'Never Be Sick Again' by Raymond Francis. When I lighted upon it I was profoundly relieved because here was someone who was writing about what I had discovered in my practice from my patients. His angle deviates slightly from mine, but we are most definitely singing from the same song sheet.

To many of my patients I give a leaflet which I have called "Getting Well"
Combining a healing strategy with a wholly individual prescription. See Appendix.

I talk my patients through this, and with a strategy for healing in mind I then muscle test. First I explain to my patients that I am aiming to identify what toxins are presenting a problem in their body, where they are, and how to get rid of them as quickly and safely as possible. I tell them that in order to do this I need to give their organs of detoxification and elimination a little help to make sure that when the toxins come cascading out of the cells they don't get stuck in the system and cause more problems. I also show them that I have to support any damaged organs using Sarcodes. And although I am orchestrating the procedure, the body is doing its own healing, and it will be enhanced by the effort they put in feeding it healthy food and keeping the ingestion and inhalation of toxins to a minimum. As you will appreciate some do better than others on this front, and they reap the rewards.

Next step is to identify the toxins. Hahnemann realised that when a case did not progress as he would have liked it to, it was possibly because it was blocked by a miasm. This is what I call for my patients sake “a hereditary toxin”. Hahnemann also recognised that there were other toxins preventing people from getting and staying healthy such as coffee, sugar and unhealthy air. If you are fortunate enough to be able to lay your hands on a copy of ‘The Lesser Writings of Samuel Hahnemann’ I would encourage you to read the section titled simply ‘A Nursery’. Worthy in its own right as a piece of humorous sarcasm, it benefits the modern health provider to dwell on what he is saying. The nine year old boy who cannot walk without crutches is the first to feel the blow of Hahnemann’s rancour:

“A little miserable looking figure crawled towards us His knees were bent inwards, and his legs completely destitute of musclehis face was pale and withered; his eyes dull, but projecting beyond the prominent forehead. His large ears stuck out; his nostrils were expanded; his broad tongue always hung partially out of his half-open mouth ...” Beside him on the table is a large jug of his ‘afternoon coffee’

Hahnemann then explodes into a rant about the evils of coffee before he launches into an attack on the ‘pale bloated’ girl who is gorging herself on confectionery, and finally on the ailing infant in the crib. About whom he advises the mother to stop feeding it so much bread, to keep it and it’s bedding clean, take it away from the unnatural heat of the stove and take it daily into the fresh air – and to stop blaming its afflictions on teething and witchcraft.

We are living in the 21st century – a world full of things that are toxic to our cells. With my colleague Nicky Lee I have put together a testing protocol informed by various courses we have attended, books we have read, people we have talked to, patients we have treated, and experiments we have done on one another and our families. We use certain tests from applied Kinesiology.

Many of the toxins which have built up in the system go back years, even generations. We are frequently amazed by what toxins manifest – from vaccines, through DDT, whooping cough, cosmetics, mercury, fear, titanium to mustard gas – these are just a few. We then have to discover how to extract the toxin, what organ support remedies are needed, what sarcodes are needed, and what nutritional support and lifestyle changes will be beneficial.

When we have identified the most prevalent toxin, we then have to find the most appropriate homeopathic remedy and potency to prescribe for eradicating it. Helios and other pharmacies carry a good range of toxins in potency e.g certain prescribed drugs, candida, dental amalgam, vaccines etc. Bilharzia I tracked down at Freeman’s homeopathic Pharmacy in Glasgow. We have found that prescribing combination remedies such as those that are produced by New Vistas, can often hit the bulls eye because they cover a range of toxins in a range of potencies. New Vistas have a most effective range of xenobiotic remedies that help to drain off toxins – they have for example one for radiation, another for heavy metals, one for cosmetics, one for industrial chemicals. I found the latter very useful following the recent toxic leak in Hemel Hempstead. They have a remedy one for Candida and other fungal proliferations – to name but a few. If a patient has had a lot of allopathic drugs their combination called Chemex covers a wide range including vaccines.

Preparing the Body

I have briefly touched upon supporting the organs of detoxification and elimination above – I will now dwell on this further. I believe that when a classical prescriber sees an ‘aggravation’ this could in nearly all cases have been avoided by making sure that the liver, kidneys and

lymph were able to break down the toxins from the cell and safely dispose of it. Some simple low potencies from the pharmacies are usually very helpful here such as Berberis, Chelidonium, Carduus Marianis, Ceanothus, Nux vomica etc. The Materia Medica advise quite often against opening a case with Lycopodium – why? they don't say – but I learned the hard way. If you give Lycopodium, it is usually because of a range of symptoms that would indicate the liver is not functioning optimally. Lycopodium 200c will start toxins moving and if the outlet i.e. the liver is blocked in some way, the toxins will keep chasing round the body causing all sorts of symptoms to keep returning. Henry Lindlahr, an old Naturopath points out that the appendix takes the overflow from the liver. Where might that lead us?

Look at some of your old Lycopodium cases and see if you had aggravations or symptoms being shunted around. This will not be true in all Lycopodium cases, but it is worth being aware of this potential problem. The solution is easy – before you give Lycopodium (and Lycopodium is not the only remedy that needs this) give an organ support e.g. Chelidonium, or a combination – better still test for what is appropriate.

A few years back in one of the Society's publications there was a brave article by a homeopath talking about aggravations in a particular patient. I do not recall all the details, but I remember the man had been on some very heavy drugs for many years. As I read it, it came into my mind that if the Homeopath had detoxed the man first using homeopathic remedies he would not have seen this disturbing aggravation, that had sent the patient rushing off to the hospital. We homeopaths are privileged to have Hahnemann's legacy – something which can, we believe, actually move into the cell nucleus and make beneficial changes.

Supporting the weakened Organs

So we have prepared the organs of detoxification, we have set the toxins moving, and now we have to look at repairing or feeding damaged organs. Sarcodes are particularly helpful here – Boiron a French pharmacy have a huge range if you can get hold of them. They supply some of the pharmacies over here, but none seems to carry the huge range that they offer. One exciting case (exciting for its outcome) required me to give Sphincter of Oddi. A few weeks on that made all the difference. New Vistas have a most unusual range of remedies called Liquescentes. The thinking behind these is that in a state of disrepair the organs are unable to utilise the necessary nutrients in foods or in supplements, so these remedies combine Homeopathy with Nutrition enabling better absorption. For example one Liquescence that I use frequently is Immune System Liquescence. It combines 9 of the Schuessler Tissue salts in 4 different potencies, with a range of the B vitamins, Vitamin s A and C, Garlic, Mistletoe, Astragalus, Dandelion and Thyme all in a 3X and a 6X potency, Bioflavinoids in 5 X and 6X, and Sarcodes of Bone Marrow and Thymus in a 6X. This is a wonderful remedy for supporting a damaged immune system – it comes in a liquid form and is extremely gentle in its action.

This is not classical Homeopathy and I can hear some of you protest – to you I would say I have tried Classical Homeopathy; I know it can work, but it has severe limitations. My aim is to get my patient well as thoroughly as I can. I always give them the choice – classical or eclectic because I believe there are people who may want to try classical first and I respect that. However the majority usually say 'I've come to you for your expertise ; I just want you to get me well safely'. There are cases where a classical prescription is clearly going to do the trick – and that's easy. The eclectic method is not easy – it involves a lot more work, but it is so rewarding.

What I am doing is using Hahnemann's ingenious ideas to help people who live in a modern, rather toxic society. Hahnemann certainly didn't believe in standing still – if something was not working, he looked for a way to make it work. Roger Dyson and Jean Cole wrote a book about 10 years ago called 'Classical Homeopathy Revisited'. If you haven't read it you may find it enlightening, and don't forget The Foreword by Robert Davidson.

Muscle Response Testing

That then is the strategy for a prescription, but now for the method – a muscle response test. It is my considered, long considered, opinion that one does not have to be a kinesiologist to utilise a muscle response test provided you are taught thoroughly. I trained as a kinesiologist because I wanted to understand it as fully as one can, and to be able to pass the information on to others. It certainly would do no harm to do a training, but most Homeopaths have spent 3 or 4 years at least in full time devotion to becoming a homeopathy, and finances are somewhat dented until you get your practice going. I would suggest one needs to work for a while as a Homeopath before learning something else – you need to get familiar with the remedies and with pathology, and then you are ready to move on. Unless you study the two components together. I know of only one course that does that which it is run by the Naturopathic Institute in Ireland.

The main objective of this article has been to show how the method can be used for the treatment of chronic conditions.. I use it very effectively for acute prescribing too. In fact in my early days of using it, I was witness to a most fascinating treatment. My elder son, a keen rugby player came to me saying he had hurt his arm: I asked a few questions and prescribed Arnica. A few days later he came to me and said the Arnica had done nothing, so I asked a few more questions and gave him Rhus Tox. A week later he announced that too had done nothing, so I sat him down and we had a lengthy consultation and I tried Ruta. Another week went by and he said 'Mum, my arm is really really painful. I want you to take me to the doctor, your remedies are doing nothing for me.' Now there is nothing more designed to get a Homeopath to pull out all the stops than these words. I had noticed that he had been walking around holding his arm up as if elevated in a sling, even when he didn't know I was watching – so I reckoned this was a problem that needed addressing really fast.

I'd seen cases like this before – you try the best known acute first aid remedies, but you are in danger of losing the patient's confidence if they don't see a significant change. I decide to put my new-found skills to the test and I muscle tested him. **Vipera 200, 3 doses at 2 hourly intervals tested up.** Oh dear, perhaps I hadn't mastered this art yet. I knew this remedy for haemorrhages and principally nosebleeds. I went swiftly off to consult my Vermeulen, and read just over half the picture with dismay, and then I lighted on the magic words in the entry for Limbs, Vermeulen says : **Patient is obliged to keep the limbs elevated. When they are allowed to hang down, it seems as if they would burst, and the pain is unbearable.** I then consulted Schroyens Synthesis and there under Extremities Hang down letting – limbs agg – Vipera is one of 7 in italics ; Calc Carb is in black type. There are another 30 in ordinary type. I gave him the Vipera at 10:00 a.m . 12 noon and 2:00pm, and at 5:00 pm he appeared in his sports kit and asked me to take him to an 'important fives match'.

For those of you who haven't ever watched a fives match, I can tell you it is extremely energetic and requires the players to have all 4 limbs functioning at top notch. I gingerly inquired about the arm, to be told 'Oh it's fine now – don't you remember you gave me that snake remedy?' He played and with his partner won the match and I never heard about the injury again, nor did I see the limb elevated. Now there may be those of you who are thinking 'Well that was obvious, I would have given Vipera in the first place before the

Arnica!’ To you I say, ‘ Well done!’ I don’t think I’m being too presumptuous to surmise that you are in the minority.

Allergies/Sensitivities

Allergy has become a popular word. There is a marked difference between allergy and sensitivity or intolerance – it is just another symptom or manifestation of the totality . When the whole person is treated using a strategy such as I have outlined above, the food or other intolerances will quite often disappear. However, until that process is complete (and we can be looking at a long time), we can use our muscle testing to see what substances are putting pressure on the system, and using one of a number of methods the person can be desensitised. Cole and Dyson suggest one method - I favour the remedies from The Institute of Allergy and Environmental Therapy for this particular branch of my treatment. Using their remedies I have seen consistently dramatic results with Hayfever.

The Icing on the Cake – the Constitutional Remedy

Bearing in mind what Hahnemann says about the child eating the confectionery, I’m not sure he would approve of this metaphor, but this is where the Constitutional, the Simillimum, the classic prescription - call it what you will comes into its own.

When a person attends for his first consultation you may see a remedy picture standing out at you. You give it – it does something, but the problem returns. You repeat the remedy – it does nothing – you try different potencies – you field the question. ‘Why don’t you give me that remedy you first gave me – it was brilliant for two weeks before my asthma came back’ , because you have, and don’t understand why it won’t do the magic.

I think it is because the body is toxic – once you have removed the toxicity using the principles behind Homeopathy, and supported weakened organs etc, you may well find that a single remedy shows up on your muscle response test. What is even more exciting is that that remedy is the one you first gave, but the body wasn’t ready for it. Now with a detoxed body the patient is ready to be balanced with a constitutional remedy – the icing on the cake!

I have seen this method work on real people, and that’s why I can say quite truthfully Classical Homeopathy is brilliant AND

About the Author

Sally Ann Hutcheson was formally a teacher. In the early 90’s she qualified as a Classical Homeopath and immediately commenced full time practice. She later added Kinesiology and Naturopathy to her range of skills and incorporated those modalities with her traditional homeopathic treatments In addition to lecturing, teaching and writing she runs a busy practice in North London. For further details see <http://www.sallyanhutcheson.co.uk>