

**Sally's Healing Garden Alternative – Horizons LLC**  
**March 2009 - Newsletter**



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*If you enjoy this monthly newsletter do forward to a friend. The theme is always – “Help One Another!” If you do not want the monthly newsletter please email and let me know.*

*If you have received this letter from a friend and would like to be added to my monthly list please email me: [sally@alternative-horizons.com](mailto:sally@alternative-horizons.com)*

*Please remember that I am an experienced homeopath, flower essence practitioner and body worker but **I am not a medical doctor**, if you have medical concerns you should consult with a licensed physician and follow your physician's advice*

***This newsletter is for educational purposes only and is not a substitute for medical care by a licensed physician.***

## **What is Homeopathy?**

Homeopaths treat the individual, not the disease. A homeopathic remedy is prescribed upon the totality of an individual's symptoms taken from the mental, emotional and the physical levels. The aim of classical prescribing is to not only to address the symptoms but also to help the individual to deal with the cause of the illness and to regain good health. Remedies work on the vibrational level. They come from many different sources. Most are derived from plants, but animal products, minerals, metals and some poisons.

Homeopathic remedies are prescribed according to the [Law of Similars](#). The law states, "***That which makes sick shall heal.***" This means that the symptoms caused by an overdose of a substance are the symptoms that can also be cured by a small dose of that same substance. As an example, we know that when we cut up an onion most people experience an acrid runny nose, soreness in the throat and stinging, runny eyes. A homeopath will prescribe [Allium cepa](#), this is the homeopathic remedy made from the onion for the individual who has a cold and sore throat with these symptoms. Therefore, homeopathy uses medicines prepared from natural substances that are similar to the illness in contrast to conventional or allopathic medicine, which treats and often suppresses the patient's symptoms with large amounts of drugs, which have an opposite effect.

A well-chosen homeopathic remedy acts as a signal, which energizes or stimulates the body's self-healing powers, mobilizing the defense systems and working on all aspects of the body, mental, emotional and physical.

After initial preparation of the raw material the remedies are made by [serial dilution and succussion \(vigorous shaking\) in a solution of alcohol and water](#). This is done a few times or up to many thousands of times. The liquid dilution is then used itself as a remedy or soaked into tablets or granules for convenience. The diluted remedies are described as being "potentised," in recognition of the dynamic healing power that they can stimulate. Frequently the dilutions are so great that no chemical trace of the original substance remains.

Homeopathy works really well in times of acute trauma. The remedies can be given on the way to the hospital and there is no known interaction between a homeopathic remedy and a conventional drug. The American Pharmacists Association has even written about this in their handbook!

In first aid situations if the remedy is prescribed correctly you will be able to see an effect with any potency and remember, **do not repeat the remedy if the patient feels much better and is well on the road to recovery**. Beginners are usually advised to use low potencies.

The **30 c potency** is available in most stores and is usually safe to use as long as it is not repeated unnecessarily. One dose of a 30c is usually sufficient to begin the process of cure. On the other hand, a dose of 30c will rarely cause an aggravation, with the exception of highly sensitive individuals.

***The little flower with a big punch! Homeopathic first aid***

**Homeopathic *Bellis perennis***

- **Think very deep bruising**



This is the happy looking daisy with its white petals and yellow center that commonly grows in gardens, parks and waste land. It is known as the Lawn Daisy or English Daisy. It is native to western, central and northern Europe. The species is widely naturalized in North America, and also in South America.

It has the peculiar ability to spring back up after it has been trodden down by careless passers by. It is classified under the same botanical family as ***Arnica Montana*** and follows well after ***Arnica*** has failed to give the expected relief.

***Bellis perennis*** is very similar to ***Arnica*** because it is indicated for any problem that begins after an injury or accident. Trauma, fall, blow, sprain, muscle soreness due to overexertion especially after getting chilled, laceration, incision, abscess, deep and large wounds are all helped by this remedy and always where there is **a feeling of being bruised and sore**. Those needing this remedy **may feel better after cold applications** to the sore part.

It has a **particular affinity to the abdomen and deep internal organs** and is often recommended by homeopaths after abdominal surgery for pain and to help speed up recovery. It can also help soreness of the abdominal wall during pregnancy.

**This remedy works by reducing soreness and promoting healing. In some of the old homeopathic books there is even reference to how this remedy has been indicated for cases of breast cancer that have developed following a blow to the breast.**

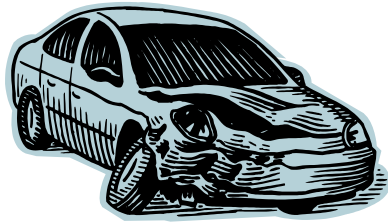
**Bellis perennis** is also indicated when there is a general aggravation after getting wet or taking cold drinks when over heating and perspiring.

### **Sam's story – deep bruising to the chest wall**



Sam, a middle school boy, is one of my regular clients. Sam is extremely active and loves to play different sports. One day he took a nasty knock during an ice hockey game and really hurt his chest wall. Sam's mother gave him a couple doses of homeopathic **Arnica 30c** from her home first aid kit. The **Arnica** helped Sam with the pain and bruising but after several weeks his mum brought him to see me because the injury had not completely healed. Sam was still experiencing some pain in the chest wall. I gave **two doses of Bellis perennis 200c** because it follows on well from **Arnica** and is indicated for deep internal bruising that fails to heal. The remedy immediately helped and thankfully he was no longer troubled.

## Rhonda's story – a nasty car smash



Rhonda had been driving home one evening when the traffic lights on her usual route failed. She proceeded across a junction with care but was unfortunately broadsided. Rhonda was taken to hospital and given a thorough check up and luckily escaped with a diagnosis of bad bruising and trauma. She took some homeopathic arnica to help with the initial bruising and shock but when I called to see her at her Chicago suburb store a few days later she was still not in a good place. She complained of deep bruising to her ribs and feeling somewhat, "out of body" and unable to think clearly. I suggested that she took a dose of homeopathic Bellis perennis. When I checked up on her after I returned from my recent trip to the UK she described how the remedy's effect had been absolutely amazing. She had immediately felt its effects. She described how she was brought right back into her body, her spaciness left and the pain associated with the deep bruising to her ribs began to abate and improve dramatically.

**This useful, but perhaps hard to find remedy in your local health food stores and co-ops, can be ordered from Dana Ullman.**

**To order from Dana in the USA please call: 800 – 359 – 9051 toll free**

Dana Ullman at Homeopathic Educational Services also sells homeopathic remedies kits and books.

Dana has worked extremely hard for many years to try and bring homeopathy into the limelight, do support his efforts by choosing to mail order from his company.

**Email Dana to be added to his mailing list: [mail@homeopathic.com](mailto:mail@homeopathic.com)**

## The healing power of flowers

**"Conscious Choice," a Chicago magazine, recently cited a Kansas University study which indicated that brightening up a hospital room with flowers and plants could speed patient recovery. After having their appendixes removed 90 patients were randomly placed in rooms with and without plants. Researchers observed fewer intakes of pain medicine, lower blood pressure and heart rate, and less anxiety and fatigue than**

patients without flowers and plants in their rooms.93% of patients with plants named the fresh blooms and leaves as the most positive aspect of their hospital rooms, while 91% of their plantless counterparts said that TV watching was the best that their rooms had to offer.



## Australian Flower Essence Bush Fuchsia – learning difficulties



I decided to include this important bush flower essence this month because I am preparing to give a talk at the Rose Gallery in Wisconsin about children with ADD, ADHD and autism. Flower essences and homeopathy can make a significant contribution to the lives of children who have been diagnosed by the professional medical community with these problems.

Bush Fuchsia has beautiful red and white flowers, they are red at the base and white at the trumpet shaped end. The flowers are arranged on the stem

in a unique linear fashion, perhaps pointing to its connection with that which pertains to reason and logic. The leaves are arranged spirally on the stem, perhaps pointing to its connection with that which is creative and intuitive. It is understood that this flower can help to balance the right and left hemispheres of the brain.

The left brain is all about logical thinking, analytical, thinking in details. This is the area steeped in main stream medicine, mathematics, lines, sequences etc; the right brain is the creative and intuitive side. This side is all about looking for and seeing the big picture. This is the side that pertains to the alternative healing arts, artistic pursuits, music, psychic awareness and emotions.

**Rudolf Steiner** was an Austrian philosopher, literary scholar, educator, architect, playwright, social thinker, and esotericist, who **concluded that when we are born we are able to see the big picture and that everything is taken through the right brain until we are seven years old. After this age we go into our left brain and this is when we learn to read, to write and to be analytical.**

Between the ages of 14 and 21 we return to right brain dominance and between 21 and 28 to the left brain. Steiner maintained that at the age of 28 we become fully developed, this is the time of our Saturn return. Teenagers are in their right brain phase when they become passionate about environmental concerns, ecology etc; Generally speaking education in schools has a bias towards the left brain. Children can become stuck in the left side which can affect their right brain and subsequently creative development. Research also indicates that it is harder for men to go easily between the right and the left brain, whereas women can go quickly between the two.

We also have a fore and a hind brain. The survival brain is the hind brain and this is where we store our needs for hunger, thirst, sexual needs and emotional expressions. Many children become stuck in this aspect because their needs aren't being met; when our basic needs are not being met we find it difficult to reach higher levels of learning. This has been famously illustrated by the psychologist Abraham Maslow who became noted for his conceptualization of a hierarchy of human needs and is considered to be the father of humanistic psychology. Slow learning can be caused by emotional issues that have left children in survival mode. Bush Fuchsia is one of the first flowers to think of if a child is suffering from dyslexia, learning and speech difficulties including stuttering. Dyslexics often confuse the letters d and b, q and p. I certainly regret not knowing about this essence when I worked as a special needs teacher in the UK and helped children with learning difficulties. This essence is also very helpful for stroke victims; it can help to rewire the brain.

**Bush Fuchsia is useful for all neurological problems including epilepsy. It is considered to be the number one Australian Bush Essence to open up the throat chakra and aid in spoken communication. It is commonly used by actors, singers, teachers and those preparing for an interview.**

**Bush Fuchsia has an affinity with the hypothalamus gland, the director of the endocrine system. When this gland is not working properly it will also affect the pituitary and the thyroid glands. The hypothalamus becomes engaged when there is too much activity on the emotional level. It helps to bring balance between the emotions and the mind. It also helps us to become tuned into natural rhythms.**

**Bush Fuchsia is a good essence to consider if someone has ear problems including chronic ear infections, is dizzy, travel sick, has balance or hormonal problems especially if they have taken the contraceptive pill or HRT. Remnants of these drugs can remain in the hypothalamus and cause problems. Sometimes women experience difficulties developing a regular menstrual cycle after contraceptive pill use.**

**Generally speaking Bush Essences are taken twice a day, seven drops, for 14 days. If women are taking the contraceptive pill it is suggested that they take this essence for two weeks during every eight week period. When women elect to stop the pill it is suggested that they take this essence for a six week period when they come off to balance the hypothalamus.**

***Sally's news – help each other and pass the knowledge on.....***

**[www.medicinewomenspeak.com](http://www.medicinewomenspeak.com) a new web site!**

Do take a look at my new web site. Giles helped me put it together at Christmas. I share the web site with my colleague Karen Krchma. There's a lot of interesting information, you can download my newsletters and read about our classes. If you go to the presentation page you will be able to view 4 interesting colorful power points, the information is simple to follow and is designed for people who want information in a hurry because they are dealing with an emergency situation. The presentations cover acute trauma, burns, the flu and radioactive fallout. Giles is available at reasonable cost to help you develop or improve your own web sites for either business or recreation. Please email him for details if you are interested. [GilesTamplin@asu.edu](mailto:GilesTamplin@asu.edu)

**Pandemic Influenza Class – Wed March 18 7 -9.30pm**

I will be in Minnesota in mid March and have arranged to teach this class at [SoundMindBodyHealing Center in Eagan](#). This is a comprehensive class designed to help to dispel any fear that you may have about the flu or possible pandemic flu. You will learn about homeopathic remedies and flower essences

that could help you and your family in such a situation. I will particularly refer to the influenza kit that Dr. Mirman and I developed. Several people have approached me because they have these kits but don't know how to use them. Do bear in mind that the flu kit has many remedies that have other first aid applications and I will discuss these.

This class is excellent value, do try and attend so you can help yourself and others in an emergency.

**\$20.00 if paid before March 12 \$30.00 after March 12 and on the day**

Details of all my Minnesota classes and how to register can be found on Kevin Doheny's web site: [www.soundmindbodyhealing.com](http://www.soundmindbodyhealing.com) Tel: 651 – 688 – 2469

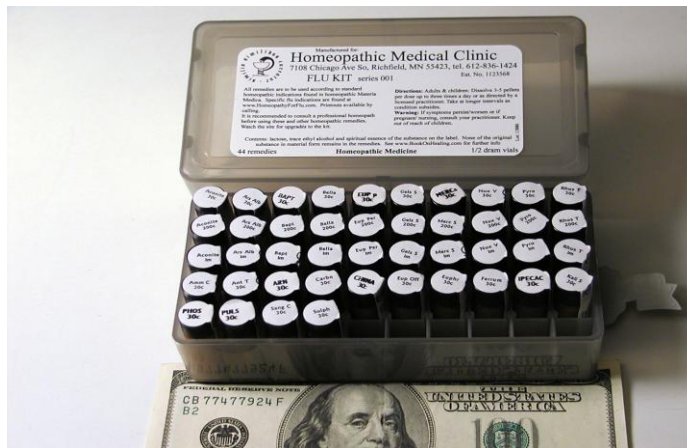
The comprehensive kit that Dr. Jacob Mirman and I developed is now exclusively available from **Washington Homeopathic Pharmacy by mail order.**

It comprises 46 homeopathic remedies including the most used flu remedies in a choice of 30c, 200c and IM potencies. We have recently added two new remedies in the 30c potency; camphora and ferrum phos.

**This kit may be your best investment for 2009!** It will help to serve you, your family and your whole neighborhood in times of crisis. To order please call and ask for the Homeopathic Medical Clinic Pandemic Influenza kit. The cost is \$100.00 plus postage and packing. **Tel: 1 – 800 – 336 – 1695**

If you are concerned about the flu or H5N1 avian flu the bottom line is:

- Take a long hard look at your lifestyle and make necessary changes
- Buy a homeopathic flu kit - homeopathy is simple, safe, effective and cheap! Take a flu class and learn how to use the kit
- **Work with a professional homeopath to strengthen your constitution, it is your best defense!**





## Rose Gallery Classes – Wisconsin March 11 and March 19

I will be teaching a two hour self help reflexology class for in Lake Mills, Wisconsin on **Wednesday March 11th in the evening 6 -8pm**. For more details contact The Rose Gallery. [www.therosegallery.net](http://www.therosegallery.net) Tel: **920 – 648 - 3973**



**\$20 if paid in advance and \$25 on the night.**

**Thursday March 19 6 – 8pm.** Flower essences for children with learning and behavior problems, ADD, ADHD and autism. Australian and Bach.

**\$30 if paid in advance and \$35 on the night.** Attendees will be able to make up one bottle of their own chosen flower essences to take home; this is included in the class cost. I am a Bach practitioner and a certified Bush teacher.

I will be available on the afternoons of March 11 and March 19 for private consultations at the Rose Gallery. **I am always available for short telephone consultations and will be available at Life Medical, Minnesota for one hour**

consultations on **Monday March 16th, 2009** .Please email me if you wish to schedule: [tamplinsi@aol.com](mailto:tamplinsi@aol.com)

**The Australian Bush Essences College Certification Course (16 hours) in Chicago:**

**Sat / Sun March 21, 22 at Sohmar School of Massage, Chicago.**

Please email me if you are interested, there are still places available. This is a wonderful opportunity to learn how Australian Bush Essences can make a huge difference to your overall mental, emotional and physical wellness. Learn in an informal atmosphere how to help yourself and your loved ones! [tamplinsi@aol.com](mailto:tamplinsi@aol.com)

**Pandemic Influenza Class – Sat April 18 2 – 5pm - Chicago**

I am offering this class at Sohmar School of Massage in Downer's Grove, Chicago. \$25.00 if paid in advance before April 16. \$35.00 after this date and on class day. Please email me if you would like to attend. Learn to help yourself and your loved ones in times of emergency and for the regular flu that comes around every year! [tamplinsi@aol.com](mailto:tamplinsi@aol.com)

**Helping children with ADD, ADHD, behavioral problems and autism with homeopathy: Sun April 19 2- 4.30pm -Chicago**

Dr.Dale Dunn and I are offering this class at Sohmar School of Massage in Downer's Grove, Chicago. Come and learn how homeopathic remedies can help to make a difference in the life of a child with learning problems. We will talk about the practice and principles of homeopathy; refer to a few wonderful remedies that you may choose to put in your own home first aid kit and talk in depth about how classical homeopathy can help on a deep constitutional level. Dr Dunn and I will refer to cases seen in our own clinical practices. \$25.00 if paid in advance before April 16<sup>th</sup>. \$35.00 after this date and on the class day. Please email me if you would like to attend. [tamplinsi@aol.com](mailto:tamplinsi@aol.com)

**Homeopathy First Aid Course: The School of Homeopathy**

Minnesota: May 16/17, June 13/14 - SoundMindBodyHealing Centre – Eagan 10 – 6pm

Chicago: May 30/31, June 6/7 – Sohmar School of Massage, Downer's Grove 10 -6pm

Learn to help yourself and your family!  
\$420.00 (\$375.00 if paid by May 3<sup>rd</sup>)



ALTERNATIVE  
TRAINING

This course was carefully produced and developed by the well known and highly respected [School Of Homeopathy, Devon, UK, founded in 1981](#) and adapted by myself and Mani Norland from Alternative Training to teach in a seminar setting. This Homeopathy First Aid Course will provide an insight into the philosophical background as well as the basic methodology of first-aid and acute prescribing in homeopathy, so that you can use it in everyday situations at home, on the sports field, at work and on holiday – for yourself, your family and friends! You will be able to treat many first aid situations, from childhood fevers, teething troubles, attacks of sickness, ear infections, coughs, flu, diarrhea etc.

Learn how to use quick and effective homeopathic methods to ease first aid symptoms. No prior knowledge of homeopathy or medicine required. Once you have completed the course you will be able to quickly assess a number of first aid symptoms yourself and decide whether to treat or if you should seek professional help. The information provided can be used in addition to standard first-aid and accident procedures.

The course is aimed at those who have little or no prior knowledge of homeopathy and its application. We take you through it step-by-step to help you gain the basic understanding that you can apply in everyday situations. Once you have completed this course, you should be able quickly to assess whether and how you can treat particular symptoms yourself, or whether you should seek professional help.

You will be given an in-depth understanding of 28 Materia Medica remedies. This course is taught via colorful Power Point presentations, with lively class discussions, DVDs and individual/group case analyses. It is a wonderful course to take if you are genuinely interested in taking care of yourself and your loved ones or if you are thinking of seriously studying homeopathy at a recognized school sometime in the future.

Those who choose to complete the two written assignments (300 - 500 words) and three case assessments and who successfully pass the tutor-marked assessments, will receive a first aid homeopathic one credit certificate from The School of Homeopathy. [\(Please note that there will be an extra fee for completing this certification process.\)](#)

If you would like more details please email me. If you would like to register for the Chicago class please contact me. [tamplinsl@aol.com](mailto:tamplinsl@aol.com) Tel: 708 – 784 9397

If you would like to register for the Minnesota class please contact Kevin Doheny: [www.soundmindbodyhealing.com](http://www.soundmindbodyhealing.com) Tel: 651 – 688 - 2649