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The Homeoprophylaxis debate

I read with interest the debate surrounding homeoprophylaxis and would like to contribute some experiences of my own in 20 years of homeopathic practice in the UK. I am a registered RGN SCM and HV trained at Guy's and St Thomas Hospitals London in the late 60's and early 70's and also practiced as a Health Visitor for many years in the community. A Health Visitor is trained only after achieving the RGN and midwifery training and works in the community alongside the GP in effect as a medical social worker responsible for all on his list and working with other health professionals to achieve the optimum care-medical and social for the patients.

I spent many years promoting the use of orthodox vaccinations until one day I was given a letter from the Area Health Authority enlightening me of the fact that whooping cough vaccine could and did cause brain damage, but as a then crown employee I was bound to continue promoting them and to not inform any of my clients.

I was passionately disappointed by this total lack of integrity and from that day to this have made it my business to pass on this information to anyone who needs or asks for it. My own twin son (now 22 and a rock star with his own Helios Travellers kit in the UK with which he treats his band for hangovers flus and the like) reacted profoundly to the whooping cough element of the triple vaccine and for the next few months had high fevers and convulsions relieved every time by *Belladonna 200*.

There were no Homeopaths in Brighton in those days and I had got hold of a first aid book and studied it, ordering my remedies from the Galen pharmacy in Dorset, UK. He did not subsequently have any more vaccines and neither did his twin sister his older sister or any of his Australian cousins and I was on the path to studying Homeopathy.

I founded a Children's clinic in Brighton UK with an acupuncturist known as the Dolphin Clinic which still runs today after almost 20 years and which treats all children on a sliding scale of fees dependent on income.

I have spent many years antidoting vaccinations with the appropriate remedy *eg DPT 30 Morbillinum 30* and so on but have never advocated giving these remedies unless indicated by a reaction to the individual vaccination. I have always given children (and adults) the Constitutional treatment indicated after thorough case taking. This has proved to be effective over 20 years in day to day practice.

I have also given them the remedy to hold in case they panic and wish to give the allopathic vaccine anyway to give to themselves or their children after vaccination. The

remedy most effective in my experience to remove the side effects of vaccination has turned out to be *Silica* –not *Thuja* which in any case was found to be really effective only against Smallpox..

I have always encouraged my patients in the use of homeopathy with their own kits at home and every morning for 4 hours during practice time was available through my receptionist to give advice .This facility was included in the appointment fees charged to patients.In 20 years this has not been abused.

Where there has been an outbreak of Measles ,Whooping Cough ,Meningitis I have given patients a supply of the appropriate nosode –*ie Morbillinum,Pertussin and Meningococcin* or indeed any other disease nosode which they use on a daily or weekly basis (depending on the severity of the outbreak) if they are in contact with persons suffering from the illness ,or that it is in their immediate vicinity.

Usually there is also a genus epidemicus which I will also advise them of .Common remedies to these diseases I will also advise them about and have urged them to inform any other parent or person who may be interested.

Where patients have gone abroad for holidays to countries where there are serious illnesses such as Typhoid Malaria and so on I provide patients with constitutional treatment before they go –ensure they have a Travellers kit –find out which diseases are endemic and provide the necessary disease nosodes *ie Malaria 30 Typhoid 30* and so on.I have done this with my own family starting with a visit to India when my children were 7 and 9 and we went to Calcutta where I did the 6 week course run by Dr P Banerjee at the Bengal Allen Medical Institute some 15 years ago

We did not become ill apart from my son who managed to get constipated.!When given *Silica 12* as his constitutional remedy he reported to me after I returned from a day at the clinic that he had done 3 poos that day, and, that he didn,t like it in India and wanted to go home !

A nursing colleague of mine who did regular annual voluntary work in South India was treated by me in this manner .In India she did not use her Homeoprophylactics as she felt well and at that time the risk in the area in which she was working was thought to be minimal. On arriving home from India she felt extremely unwell, got into bed and started to shiver and shake and become very feverish very quickly. She realised that she was having a Malaria attack (she had been brought up in Africa and had witnessed Malaria on many occasions).She remembered that she had been given a *Malaria 30* as part of her supplies of homeoprophylactics and stumbled out of bed to see if she could find it.It was the first one she came across on the mantelpiece ,as luck would have it ,–she took it ,got back into bed and had the mother and father of a malaria attack. This went on all night and in the morning she felt weak but very well and cleansed .She telephoned me and was told to take *China Off 30* and *Arnica 30* alternating every 2 hours until she felt she no longer needed them This she did for about 24 hours and has not had an attack since.

To summarise.

1. That indicated Constitutional prescriptions are the way to boost the immune response in order to evoke a robust reaction to any local current diseases.

2.I do not believe in giving HP unless indicated by an outbreak in the vicinity ,but do believe in leaving patients with the disease remedy nosode in case of an infection as well as information about the genus epidemicus and common remedies of use

3.I do not believe in imposing a dynamic form of these diseases on the patients especially when many of them are young children .It is not up to us to contaminate them –rather to cleanse them for future good development and good health.

4 20 years in day to day practice has given me sufficient evidence to know that this method of management works

I have a practice of over 10,000 patients world wide and manage it by email fax and phone .I have 2 practitioners in the UK who mind my practice under my supervision when I am away but I am always available to patients who wish to contact me .I go back every 6 months to the UK for a month to see patients and oversee my practice
I have lectured at the College of Homeopathy Regent's Park and Welbeck St London W1 for 15 years finishing in July 2001 prior to coming out to Australia.
Vaccination and its sequelae, prophylaxis and so on was one of the subjects I taught.
Many students over the years have followed this method of management and found it to be successful..

Yours sincerely

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