



4Homeopathy Canada

Free Live Webinar

4HOMEOPATHYCANADA.ORG

Please Note: This presentation is intended to educate the viewer about the home use of homeopathy and is not intended to be used in place of consultation with a medical practitioner. If you are experiencing serious and or ongoing conditions, please consult your healthcare professional.

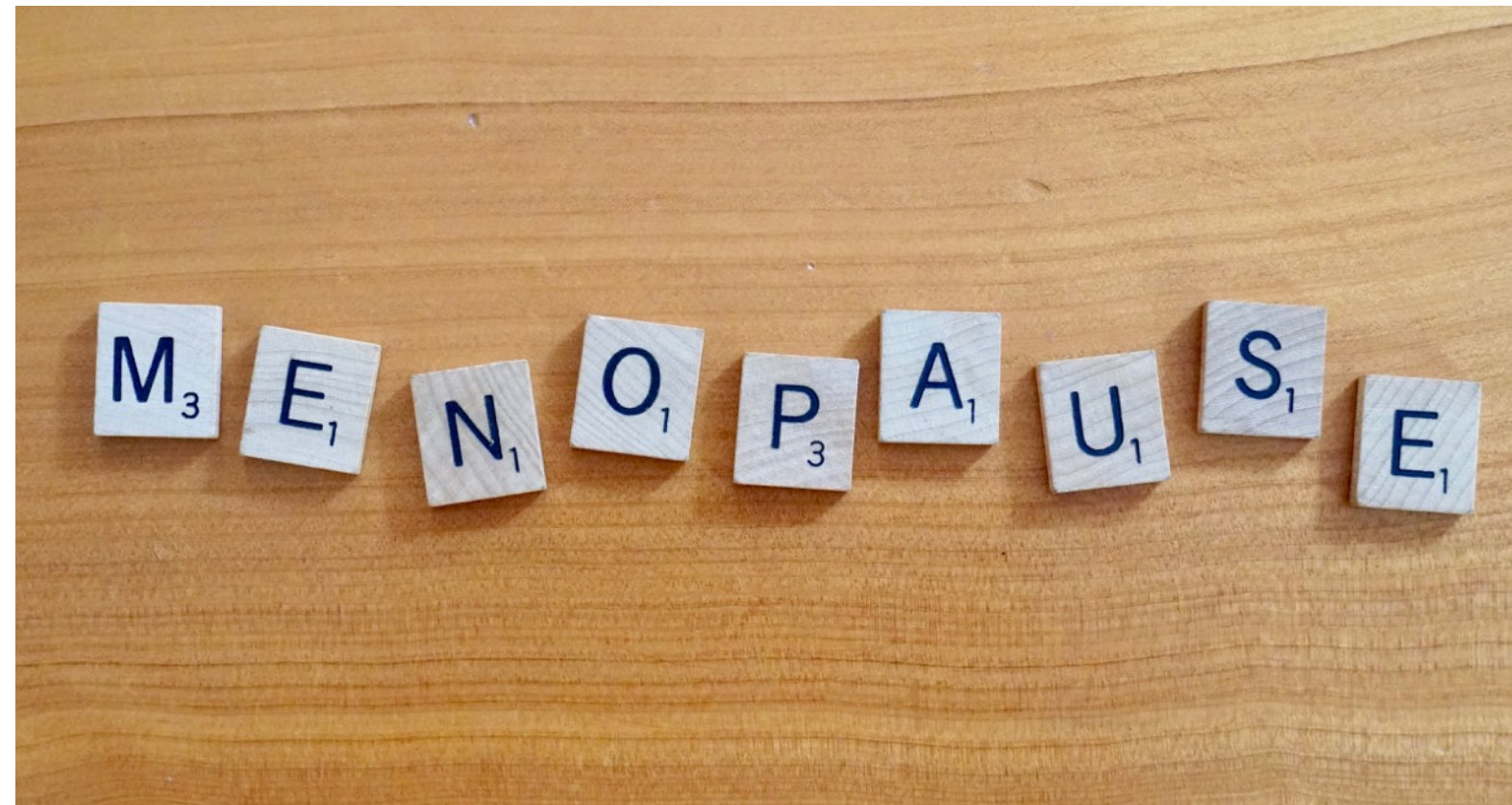
A Homeopathic Approach to the Disruptive Symptoms of Menopause

Presented by Alexis White, CCH

We know. Putting “Disruptive” in front of “Symptoms of Menopause” seems redundant; they all feel so exasperating and unmanageable. But you don’t have to spend months or even years carrying a portable fan in your purse, tossing and turning all night, or delighting everyone with your frequently-changing moods. Homeopathic help is on the way!



HOMEOPATHY WORKS FOR ME



A homeopathic approach to the disruptive symptoms of menopause

Alexis White, CCH

Homeopathy: what is it?

- Specific modality/branch of alternative medicine
- Remedies formulated homeopathically
- 3000+ homeopathic remedies - Arnica is the most widely known
- A remedy is chosen for you based on your unique symptoms
- Energetic medicine - minute diluted doses
- Stimulates your vitality and body systems to return your body to health
- Gentle - no side effects
- Safe for all ages and conditions
- Effective, inexpensive, non-toxic, green medicine
- Widely available at health food stores and online
- Based on simple principles



Homeopathy: how does it work?

Based on a principle first observed and documented in 400 B.C.:
the Law of similars - which states “Like Cures Like”

We match a patient's symptoms to the known symptoms of a remedy.



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Alike



Homeopathy: Like Cures Like

A bee sting has these common symptoms:

Red

Hot

Swollen

Stinging, burning pain



Find a remedy with those symptoms and the symptoms of the bee sting will be neutralized.

Homeopathy: Like Cures Like

Apis mellifica:

Swellings after bites or stings

Stinging pain

Hives, burning, stinging, itching

Redness of skin with sensitivity

Edematous swellings

Specific for insect stings or bites



Homeopathy: Like Cures Like

Apis mellifica:

Swellings after bites or stings

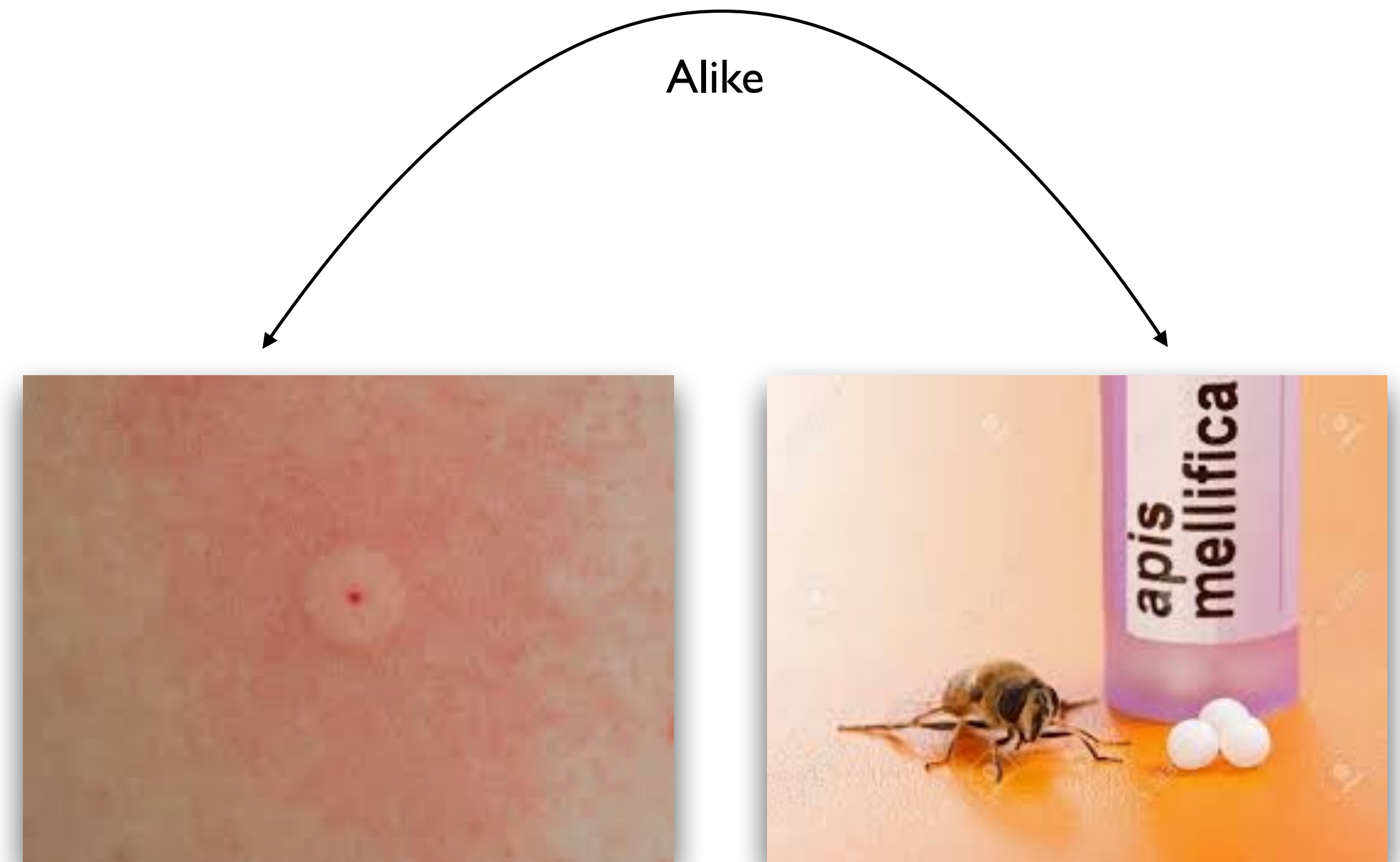
Stinging pain

Hives, burning, stinging, itching

Redness of skin with sensitivity

Edematous swellings

Specific for insect stings or bites



Rx: Apis 30C

Relieves the pain, swelling and redness in a few minutes

Homeopathy: acute vs. chronic

Acute conditions or illnesses arise and resolve in a short time.

Homeopathy can be used effectively and easily by anyone in acute situations with some training and the tools needed.

But what about the conditions that arise and don't resolve?

Conditions that stay for months or years?

Conditions we were born with?

These are chronic problems.



Homeopathy: treating chronic illness

Homeopathy's role in the resolution of these chronic situations is to restore harmony and balance to the whole person; mind, body and spirit.

Chronic cases are treated using the same principle of *Like Cures Like*.

When treating chronic disease, it's best to work with a professional homeopath, rather than treating yourself.

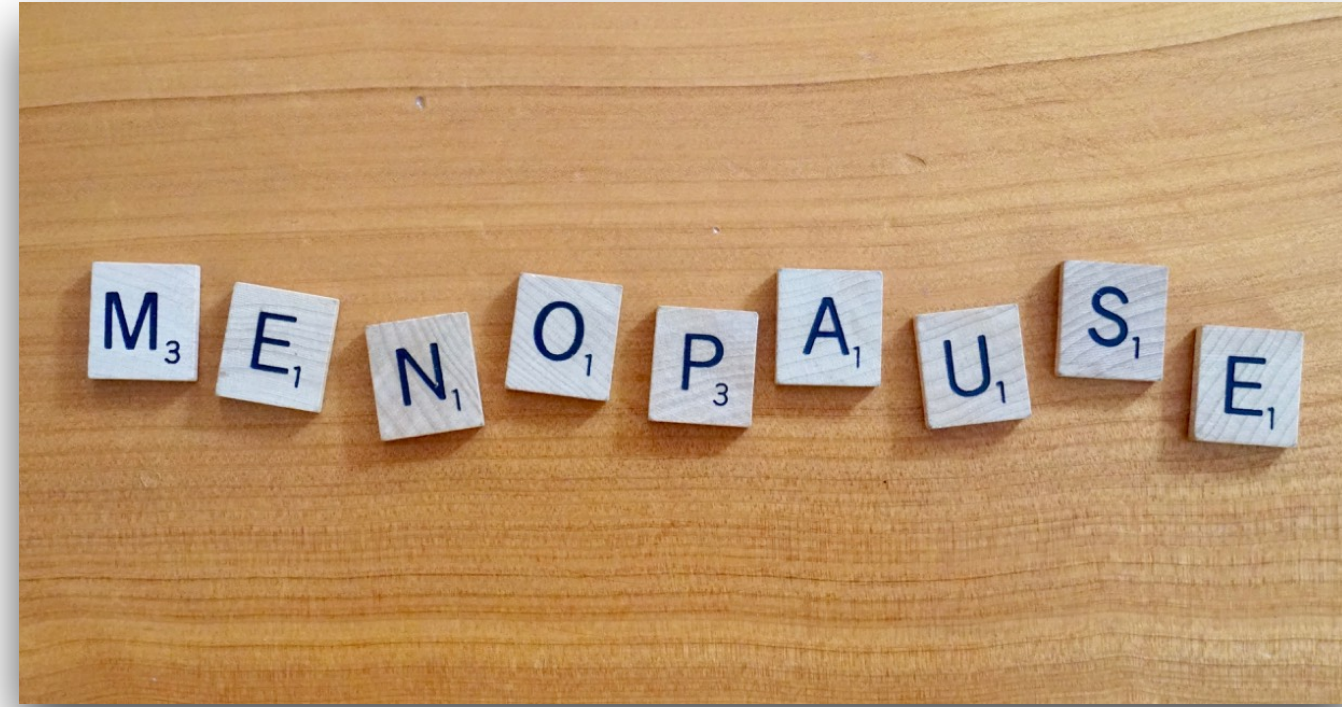
Examples: menstrual pain, menopause symptoms, migraines, allergies, asthma, eczema, psoriasis, recurrent infections, chronic pain, IBS and GI dysfunction, sleep disorders, mood swings, depression, anxiety, panic attacks, anger issues, low self-worth, night terrors, persistent thoughts, fears, grief, delayed development, etc.



How does chronic homeopathic treatment support women's health?

1. Eliminates or improves symptoms of chief complaint
2. Improves and supports mental emotional health
3. Improves and supports whole body health, beyond the chief complaint
4. Supports healing in the glands and body systems directly





Tonight's areas of discussion for chronic care is
homeopathic care for the disruptions of menopause

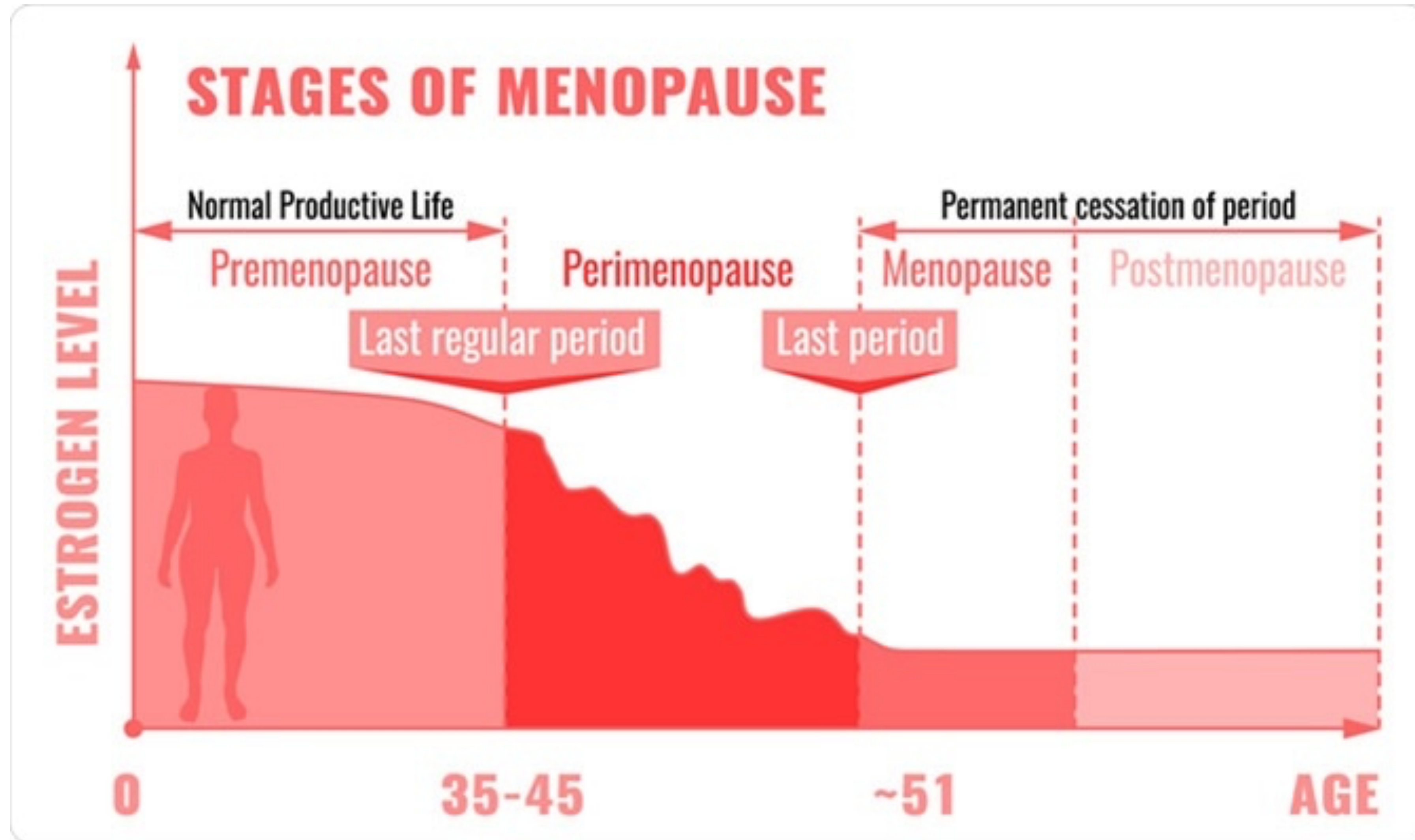
Some facts about menopause:

- Menopause is defined by the absence of a menstrual period for one full year.
- Most women experience menopause between the ages of 40 and 58, average age is 51.
- The period of hormone change and instability leading up to menopause is called perimenopause.
- Perimenopause can begin years before the final menstrual period and may last for 4 to 8 years.
- Perimenopause and menopause affect all living women, but with varying levels of disruption.



The physical changes of perimenopause are rooted in variations in the level of circulating estrogen.

Menopause can also be medically induced with the removal of the ovaries, chemotherapy or radiation.



Common symptoms of perimenopause:

- Irregular periods; skipping periods, changing cycle lengths
- Hot flashes
- Night sweats
- Mood swings and worsening PMS
- Trouble sleeping; difficulty getting to sleep, waking in the night
- Breast tenderness
- Lowered sex drive
- Vaginal atrophy and dryness, painful sex
- Urine leakage when coughing/sneezing
- Urinary urgency; an urgent need to urinate more frequently

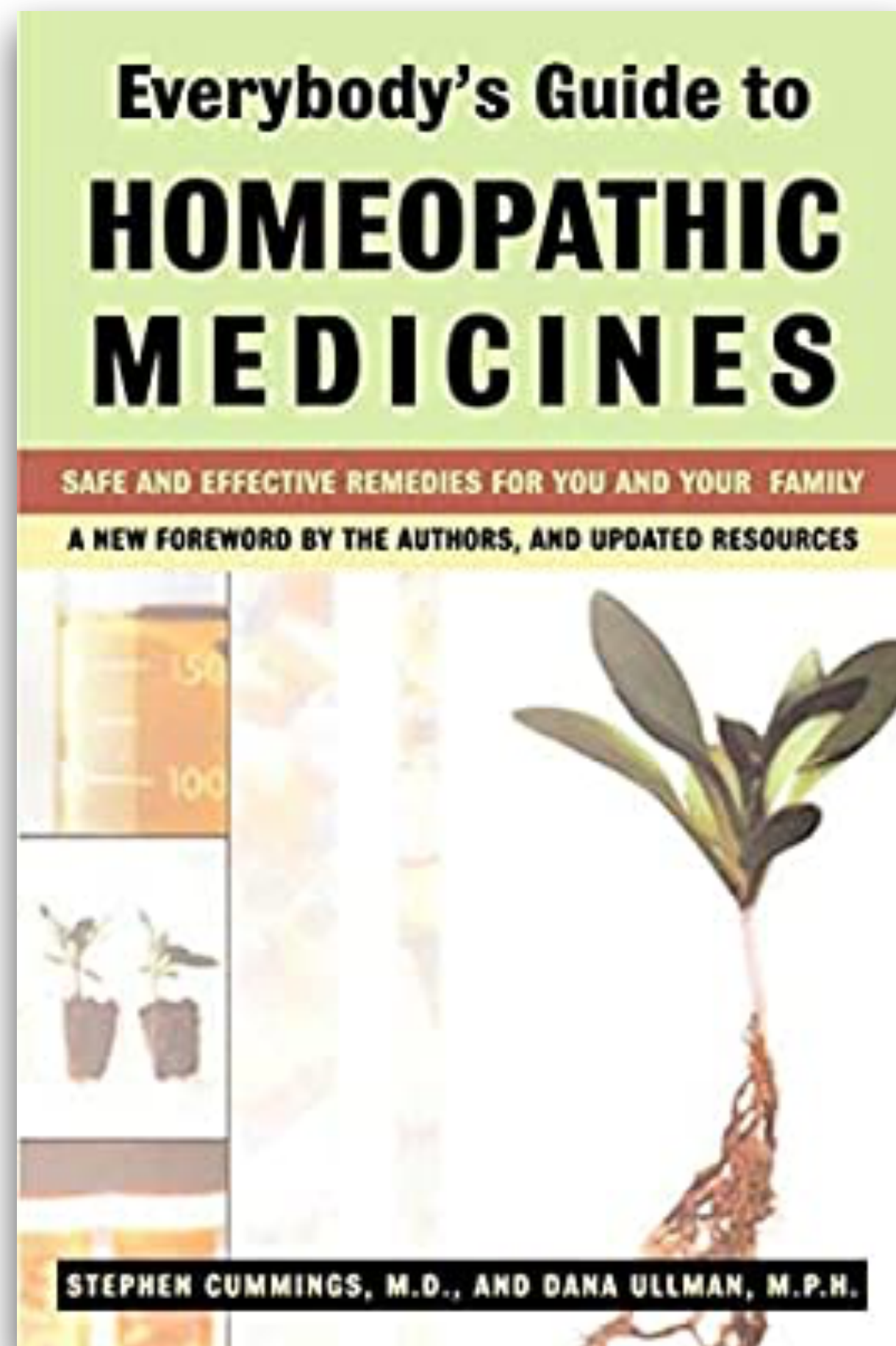


Remedies that can help: try these at home

- Hot flashes: **Lachesis**, Sepia, Belladonna, Cimicifuga, Staphysagria
- Night sweats: Sepia, Pulsatilla, **Phosphorus**, Belladonna, Ferrum
- Mood swings: Pulsatilla, Lachesis, Calc-carb, Chamomilla, Sepia
- Trouble sleeping: Lachesis, Sepia, Carcinosis, **Coffea**, Ferrum
- Lowered sex drive: Sepia, Nat-m, Lycopodium
- Vaginal atrophy and dryness, painful sex: Staphysagria, Sepia, Nat-m
- Urine leakage when coughing/sneezing: **Squilla**, Sepia, Nat-m, Pulsatilla



How to try?
You need resources.



A book for home use



An easy to follow guide



A kit of remedies

Acute remedy trial:

- Remedy potency: 30C
- Remedy dosing: 1-3 pellets once a day for 7 days
- Use at the most relevant time of day
- If helpful, use the smallest effective dosing schedule
- If not helpful, try a different remedy, or seek professional care



With homeopathic care, it's all about finding
the right remedy for you & your symptoms



Mood Swings



Sleep Disorders



Irritability



Hot Flashes

MENOPAUSE



Headaches



Difficulty Concentrating



Loss of Libido



Joint Pain

Remedies that can help in perimenopause and menopause:

- Hot flashes: Lachesis, Sepia, Belladonna, Cimicifuga, Staphysagria
- Night sweats: Sepia, Pulsatilla, Phosphorus, Belladonna, Ferrum
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- Vaginal atrophy and dryness, painful sex: Staphysagria, Sepia, Nat-m
- Urine leakage when coughing/sneezing: Squilla, Sepia, Nat-m, Pulsatilla
- Irregular periods & irregular bleeding: Sepia, Lachesis, Pulsatilla, Staphysagria



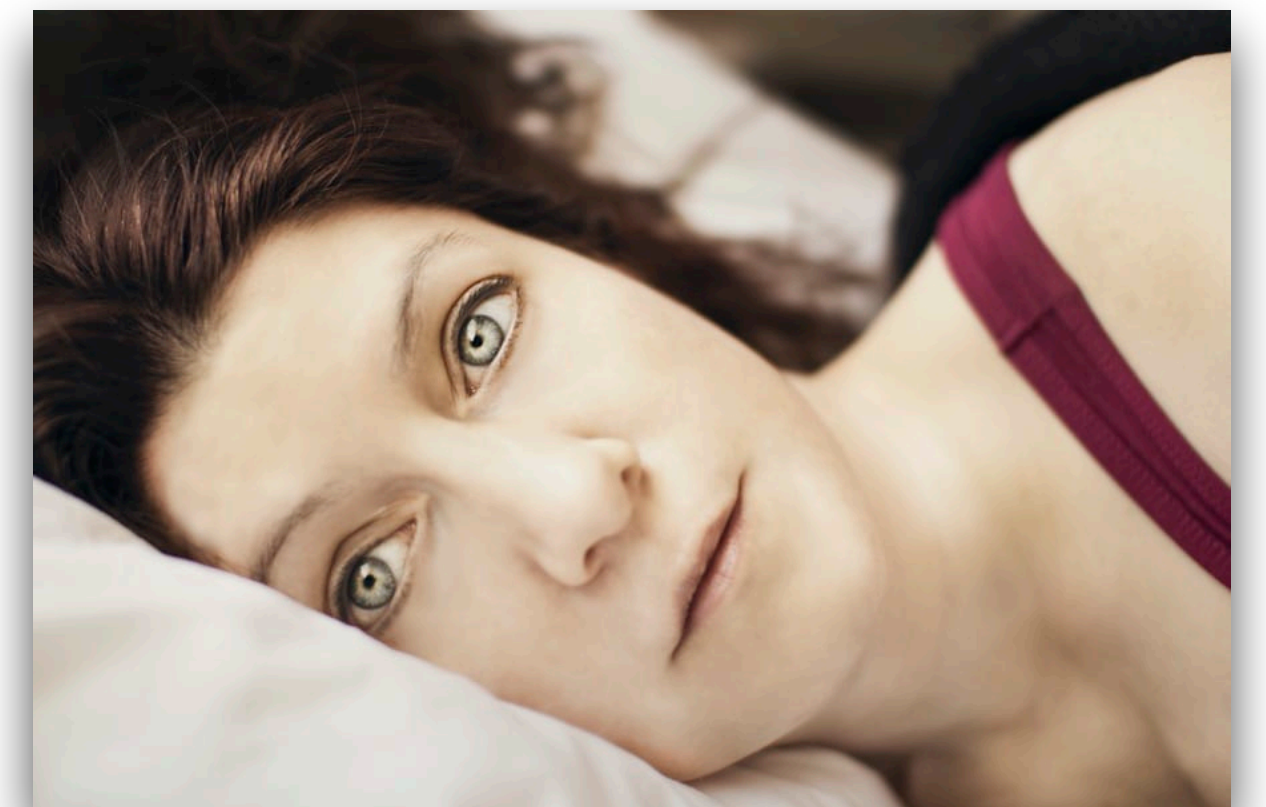
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- Irregular periods & irregular bleeding: **Sepia, Lachesis, Pulsatilla, Staphysagria**



Chronic remedy pictures:

- Mental emotional symptoms
- Physical symptoms
- General symptoms
- Strange, rare, peculiar symptoms
- Overall remedy state looks like a certain character that
you might recognize in yourself or another person



Lachesis

Mental state:

- Passionate - works hard & competes intensely
- Intense & dramatic
- Inner mental stimulation which comes out in manner & speech
- Loquacious, talkative
 - mind is full of ideas which she cannot keep to herself, they must be expressed
 - can't get a word in edgewise
- Anger & aggressiveness, can seek revenge
- Jealousy - possessiveness of partner, territory, can be suspicious
- Sarcastic - can be hurtful
- Feeling of great guilt
- Can be very anxious or even deeply phobic
- Complaints from grief or disappointed love



Lachesis

Physical state:

- Hot flashes with sweating, face flushing
- Periods too profuse, too frequent
- PMS with irritability, jealousy, depression, headache, hot flashes
- Involuntary urination, especially with coughing
- Ovarian tumors or cysts
- Severe pain with the period, unable to bear clothing, better once the flow starts
- High sex drive
- Headaches; migraines, pulsating, bursting; worse on left side, heat, before period, menopause, better flow
- Hyperthyroidism
- Sore throats; chronic or acute, especially worse on the left
- Intolerance to tight collars, turtlenecks, necklaces, scarves
- Asthma; worse night, during sleep, in the morning on waking, from hot room
- Waking with suffocating feeling at night, especially on falling asleep
- Palpitations, worse at night, and while sleeping



Sepia

Mental state:

- Sensitive
- Overwhelmed by the demands of motherhood, and compensates by building a wall around herself
- Easily irritable and overwhelmed, gets angry and yells at the least disturbance
- Feels disconnected and indifferent to her family, even angry and averse to her family
- Makes mean, sarcastic and cutting remarks that cut right to the quick
- Hates that she does it, but can't help herself
- Deep desire to be alone
- Likes to keep busy and occupied
- Desire for physical and mental stimulation; dancing, thunderstorms, exercise
- Better from and need for vigorous exercise
- Just wants her body to herself, after everyone clinging and nursing all day
- Aversion to sex
- Weeping without knowing why



Sepia

Physical symptoms:

- Very affected by normal hormonal changes and fluctuations
- Ailments from first period, menopause, cycle fluctuations, birth control pill, hormonal creams
- PMS with irritability, depression and weeping
- Menstrual pain; heavy, pushing out feeling, like uterus will fall out
- Vaginitis and yeast infections with white discharges
- Painful sex due to vaginal dryness
- Period comes too early, too profuse, too prolonged, bleeding between periods
- Hot flashes with excessive perspiration
- Sore breasts
- Stress incontinence with sneezing, coughing, jumping on a trampoline
- Psoriasis, vitiligo, eczema
- Morning sickness
- Hypothyroidism with cold hands and feet, constipation and sallow skin



Pulsatilla

Mental state:

- Mild, emotional & tearful
- Soft, open & impressionable
- Weepy
- Sad or depressed
- Mood swings; changeability
- Craves affection and sympathy - needy
- Feels unloved, worries about whether or not she is loved, asks for reassurance
- Wants consolation and it makes everything better
- Irritability, especially before period
- Jealousy
- Disgust; has a visceral response to events or objects



Pulsatilla

Physical symptoms:

- Night sweats
- Menses irregular, flow changeable, too short or completely absent
- Bleeding between periods
- Marked painful periods beginning at puberty
- Endometriosis
- Involuntary urination; worse with coughing
- Bladder infections, pain when urinating
- Indigestion; especially from fats and rich foods, ice cream
- Bloating and abdominal distension
- Headaches with nausea and vomiting
- Morning sickness
- Hayfever
- Ear infections; acute and chronic
- Chronic nasal obstruction with bland and often greenish nasal discharge



Staphysagria

Mental state:

- Sweet & accommodating
- People pleaser
- Very sensitive
- Sentimental and romantic
- Women who have histories involving multiple griefs over many years
- History of suppressed emotions; was told emotions were unacceptable
- Suppressed anger; “I’m never angry” or “I don’t get angry”
- Very sensitive to insults or humiliation
- Tendency to throw things when pushed to the limit or very angry
- Low self-esteem
- Depression
- Hangs on to terrible marriages with justifications
- Trembling with humiliation or emotion
- History of abuse or alcoholic parents



Staphysagria

Physical symptoms:

- Periods irregular, late or profuse, with dark and clotted flow
- Period absent
- Vaginal discharge
- Painful sensitivity of genital organs
- Ovarian pains; worse pressure, sex
- Painful sex
- Aversion to sex or high sex drive
- Bladder infections; especially after sex
- Hot flashes
- Night sweats
- Insomnia
- Psoriasis
- Constipation



Finding the right homeopathic remedy for you



Each person is in a unique state, made up of the totality of their symptoms.

Every constellation is made of stars, but each one is in a unique pattern. Symptoms are the stars of your constellation, they describe your unique pattern.

In a homeopathic consult, we look for everything that contributes to your overall state; your mental, emotional and physical symptoms - your stars.

When we find this totality, we can find the remedy that matches you the best.

Case: 49 year old woman
Perimenopause

Case: 49 year old woman - chief complaint

- Trouble sleeping due to anxious thoughts
- Waking in the night, trouble getting back to sleep
- Loss of libido; no interest in sex, never in the mood
- Irregular periods; skipped recently for 4 months
- PMS symptoms every month with no subsequent period
- Flow is heavy; first two days extremely heavy; lasts 7 days
- Cramping, can't even stand up straight, bad cramping in low back
- Headache during period with pain in the occiput like "hit by a shovel"
- Hot flashes
- Hypothyroid; no particular symptoms
- High cholesterol
- UTI; one per year, awful and painful, blood-tinged urine and low back pain

Case: 49 year old woman - mental emotional state

- Difficult marriage; she's committed, but it's not easy
- Most difficult thing is fighting with husband about sex
- Stays in a relationship in which she does not feel loved unconditionally
- Feels disappointed, hollow, cold, empty and vacant inside
- Anger; screams, hits, throws things when pushed to the limit
- Aggravated by sound; can't stand chaotic sounds
- Grief from the death of her mother and father 17 years ago
- Feels like an orphan, and as if she does not belong to any family
- Coping mechanism: to shut off the outside world, to disengage
- Loves to swim: loves the feeling of being alone in the pool
- Observation: laughing about serious matters

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Total	27	29	26	24	21	20	19	18	11	25	22	20	18	18	24	23	22	22	22	21	20	20	20	19	19	18	18	16	14	14	13	13	13	13	12	12	8	21	15	
Rubrics	11	9	9	9	9	9	9	9	9	8	8	8	8	8	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	6	6	
Kingdoms	Green	Green	Red	Blue	Green	Brown	Green	Green	Green	Green	Green	Green	Green	Blue	Green	Red	Blue	Blue	Green	Green	Blue	Blue	Green	Blue	Blue	Blue	Blue	Green	Red	Green	Blue	Blue	Blue	Red	Red	Blue	Green	Blue	Green	Green
mind; grief; ailments from, agg. (164)	Black	Black	Black	Purple	Purple	Black	Black	Blue	Cyan	Black	Black	Purple	Purple	Cyan	Purple	Purple	Black	Black	Purple	Black	Purple	Black	Purple	Purple	Purple	Purple	Purple	Purple	Cyan	Black	Purple	Cyan	Cyan	Cyan	White	Cyan	Cyan	Black	Purple	
horrible things, sad stories ...(200)	Purple	Purple	Purple	Black	Cyan	Cyan	Purple	Cyan	Cyan	Cyan	Purple	Purple	Purple	Purple	Purple	Black	Cyan	Black	Black	Black	Black	Purple	Cyan	Cyan	Purple	Purple	Cyan	Purple	White	Purple	Cyan	Purple	Purple	Cyan	Cyan	Cyan	Cyan	Black	Black	
mind; striking (131)	Purple	Black	Cyan	Purple	Purple	Blue	Cyan	Cyan	Purple	Black	Purple	Black	Cyan	Purple	Black	White	Purple	White	Cyan	White	White	White	Black	White	Cyan	Cyan	Purple	Cyan	White	White	Cyan	Cyan	Cyan	Black	Purple	Purple	Cyan	White	Purple	
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mind; loquacity (261)	Cyan	Purple	Black	Purple	Black	Purple	Purple	Cyan	Cyan	Black	Purple	Cyan	Cyan	Cyan	Purple	White	Purple	Cyan	Black	Cyan	Purple	Blue	Black	Purple	Purple	Purple	Black	Purple	Purple	Cyan	Cyan	Purple	Purple	Cyan	Purple	Black	Cyan	Black	White	
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bladder; inflammation, cystitis (253)	Black	Black	Black	Purple	Black	Purple	Cyan	Purple	Cyan	Black	Cyan	Cyan	Purple	Cyan	Black	Black	Black	Purple	Purple	Black	Purple	Purple	Purple	Cyan	Purple	White	Cyan	Black	Cyan	Purple	Purple	Purple	White	Blue	Cyan	Cyan	Blue	Purple	Purple	
sleeplessness; thoughts, from (215)	Purple	Purple	Purple	Cyan	Cyan	Purple	Black	Blue	Cyan	Blue	Black	Purple	Cyan	Purple	Black	Purple	Black	Purple	Black	Black	Black	Cyan	Purple	Purple	Purple	Cyan	Purple	Cyan	Black	Cyan	Purple	Cyan	Purple	White	Blue	Cyan	Cyan	Purple	Cyan	
back; heat; flushes (39)	Cyan	Purple	Purple	Purple	Purple	Cyan	White	White	Cyan	White	White	White	White	White	White	White	Purple	White	White	White	White	White	White	White	White	White	White	White	White	Cyan	White	White	White	White	White	White	White	White	White	White
female; pain; cramping (170)	Blue	Cyan	Purple	Cyan	Cyan	Blue	Cyan	Purple	Cyan	Purple	Purple	Black	Purple	Purple	Purple	Black	White	Purple	Purple	Purple	Blue	Purple	Blue	Black	White	Black	Purple	White	Purple	White	Cyan	White	Cyan	Cyan	Purple	Cyan	White	White	Purple	White
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Case: 49 year old woman

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Rx: Staphysagria 200C

Follow up after 1 month:

- Felt unusually happy 2-3 days after the first dose, effervescent
- Cheerful, laughing, and patient
- Better period than usual, not so crampy
- Less worried thoughts
- Dream about parents, felt sadness and grief, but made me feel connected to mom
- Dream about a very huge, sick, dying animal laying in the middle of classroom, everyone was being polite trying to ignore it, stepping and working around it
- “Does that mean I am trying to get out of a bad situation that I feel stuck in in?”



Follow up after 3 months:

- Good energy
- Anxious thoughts at night have disappeared completely
- Mood and PMS are not too bad
- Hot flashes and night waking continue
- Dream of drowning
- Relationship with her husband is affecting her negatively and deeply
- She is currently determined to make the best of her marriage
- Observation: less light and laughing, more angry feeling, although she kept it tightly in reserve



Follow up after 6 months:

- Bladder infection; return of old symptom
- Hot flashes gone
- Mood is improved, with less anger and irritability
- Energy level is good and her sleep is much improved
- Night waking gone
- Her anxiety and bad thoughts are improved
- Relationship is the same, pissed at him for his attitude and not appreciating her
- Very positive about new job, and delighted to be so appreciated

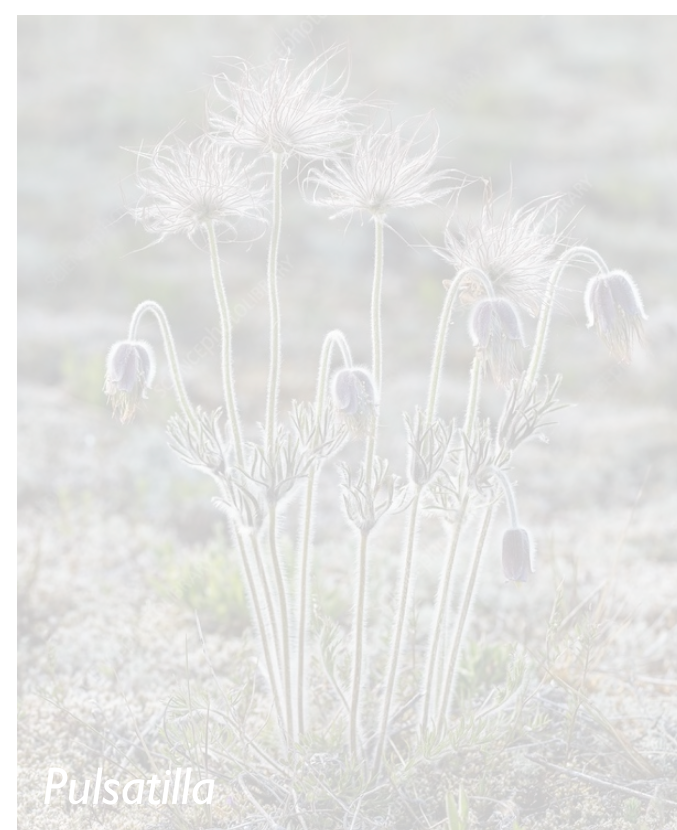


A letter from her:

“I so appreciate all that you've done for me. I feel that my PMS symptoms have improved, overall, particularly the feeling of uncontrollable grumpiness and hostility that I was feeling. I feel more balanced and in control. Working at my job is helping my sense of self-worth and getting some of my identity back. You've really helped me with my transition in to the start of menopause and I feel better prepared for the journey.”

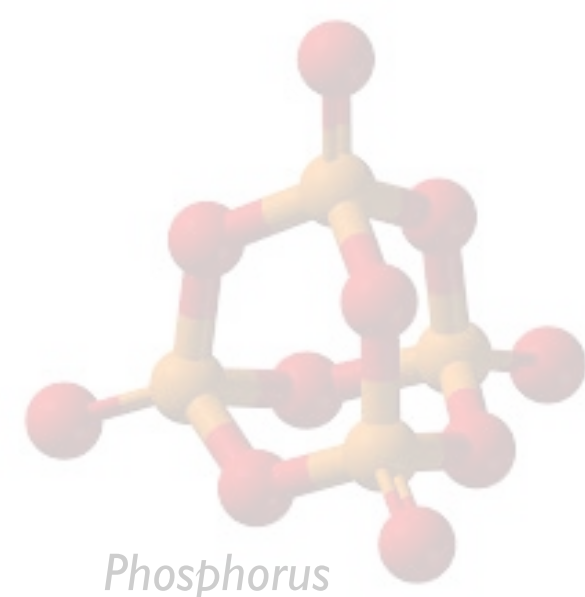
A few years later she decided to leave her difficult marriage and find peace on her own.

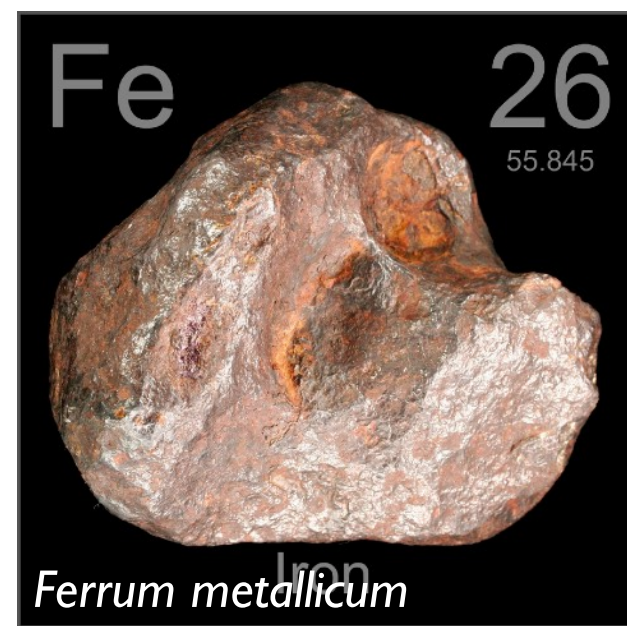




How homeopathic treatment supports women's health:

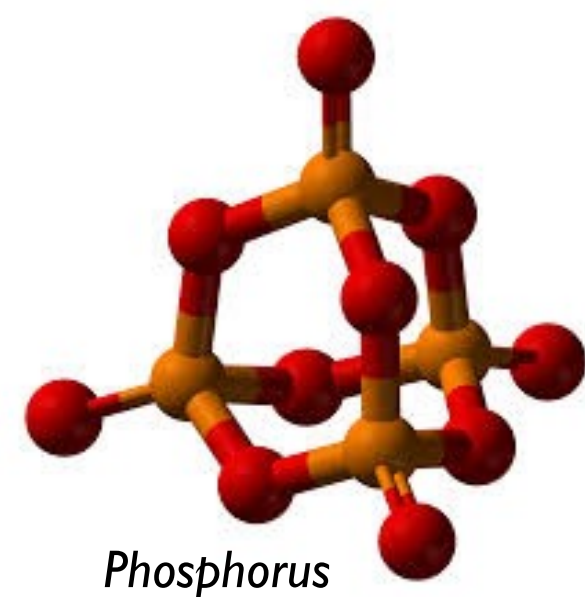
1. Eliminates or improves symptoms of chief complaint
2. Improves and supports mental emotional health
3. Improves and supports whole body health, beyond the chief complaint
4. Supports healing in the glands directly





How homeopathic treatment supports women's health:

1. Eliminates or improves symptoms of chief complaint
2. Improves and supports mental emotional health
3. Improves and supports whole body health, beyond the chief complaint
4. Supports healing in the glands directly



What your body, mind and spirit need to be healthy:

- Removing obstacles to cure - possible diet, lifestyle or other changes
- Stress-reduction – regular daily practice
- Sleep – at least 7-8 hours
- Whole, healthy foods, including good fats
- Exercise or movement – if you like it, studies show it is more beneficial
- Play time – doing something you enjoy
- Connecting time with spouse/children/friends
- Radical downtime – meditation/doing nothing/daydreaming



Resources

Kits:

Home kit Hahnemann Labs - hahnemannlabs.com

Books:

Everybody's Guide to Homeopathic Medicines by Dana Ullman

Complete Homeopathic Handbook by Miranda Castro

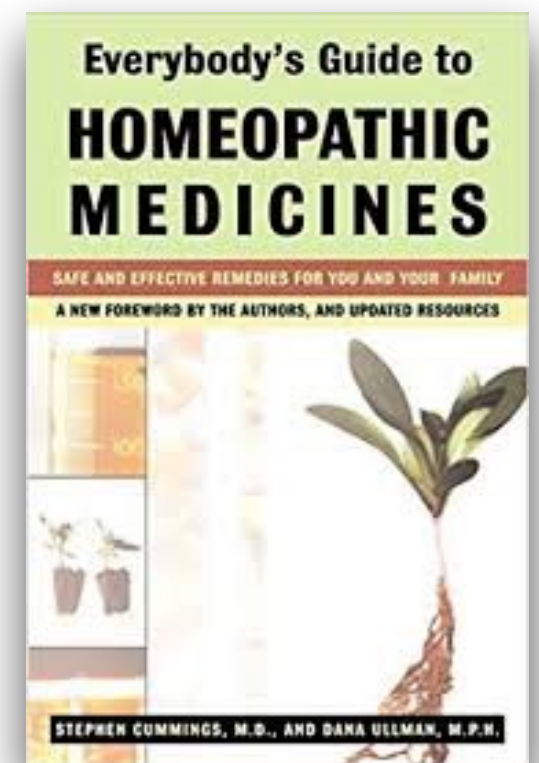
Homeopathic Self-Care by Robert Ullman

Practical Guide:

Homeopathy for Everyone by Alexis White

A homeopathy handbook available for download when you sign up for my newsletter or at this link:

<https://www.florafauhomeopathy.com/homeopathy-is-for-everyone/>



Alexis White, CCH - Classical Homeopathy

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Free Live Webinar!

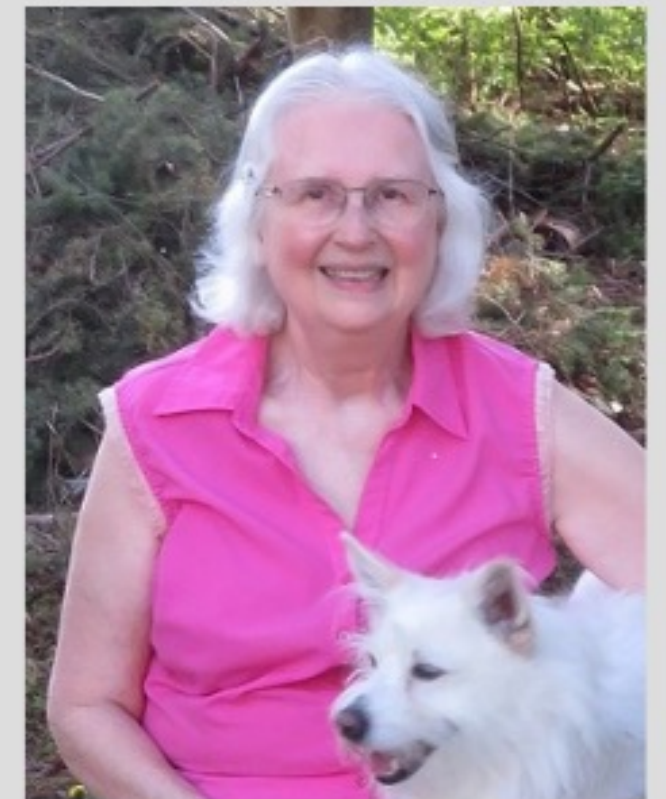
Introduction to Agro-Homeopathy:

non-chemical gardening using homeopathic remedies

Presented by Marilyn Hirsekorn, DCH, RCSHom

Wednesday May 19 2021 4:30 (PDT) / 7:30 pm (EDT)

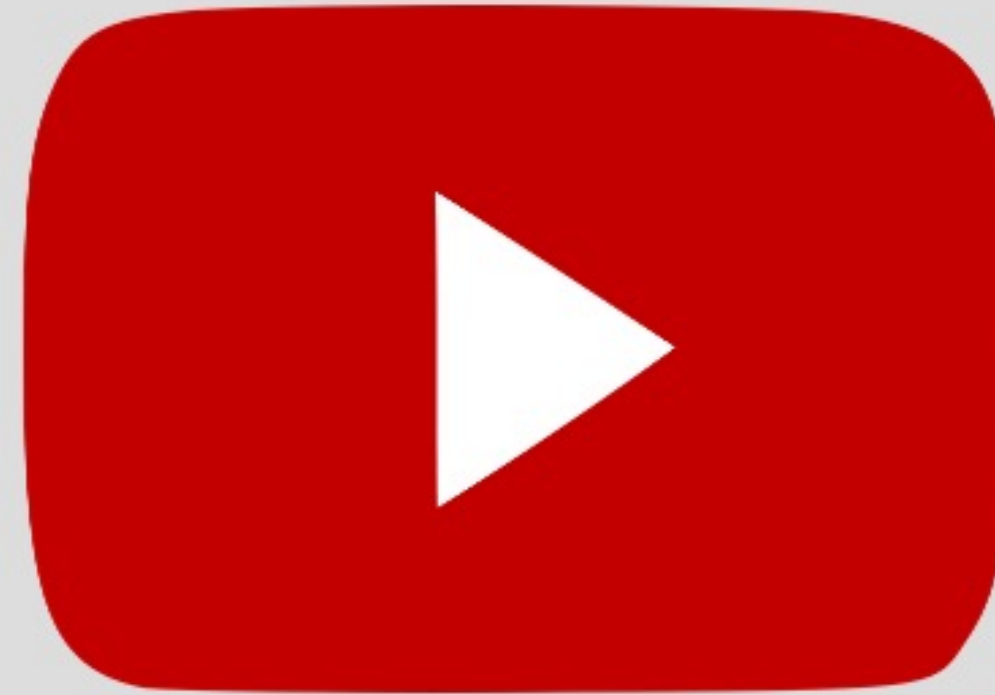
Marilyn has been interested in natural health for more than 20 years. She studied education and botany at UBC, interests that she has frequently utilized in teaching adult education courses and wildcraft classes. Her botany training also has enhanced her love of gardening and her appreciation for remedies in the plant kingdom. This webinar introduces the concept of treating plant ailments with homeopathic analysis and remedies.



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