Classical Homeopathic Counseling
Ellen f. Bench, D.Hom, H.M.C.
Homeopathic Master Clinician

New Client Packet

Classical Homeopathic Counseling

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Welcome To Homeopathy

Welcome to the wonderful world of homeopathy!

Homeopathy is unique. The remedies used are ultra-diluted natural substances, which are safe, non-toxic, effective, fast acting, and have had no known side effects for over 200 years. Remedies have FDA approval and have an established standard for labeling and production (HPUS). As practitioners, we can teach our clients and students about healing at greater levels than you may realize is possible - including acute problems (like a broken leg, burn, or head injury), or chronic diseases (like fibromyalgia, arthritis, anxiety, or jealously) without side effects. Homeopathy, as a science and art, is founded on the use of ultra-diluted natural substances selected by a matching of your disease symptoms and the medicinal value of the diluted natural substance (like curing like) to stimulate movement out of a diseased or damaged state. Homeopathic remedies are safe, non-toxic, FDA approved, and are effective for all age groups including pregnant and nursing mothers.

Homeopathic ultra-diluted substances (which can be mapped on an electronic imaging tool) act by creating stimuli, working similarly to the concept of instigating your car to run. It sits outside with tires and gas, capable of function but sitting. You use a spark (starter) to light the fuel and "va-voom" you are up and running. Now you can drive in the direction you want to go until the fuel runs out. Remedies stimulate the body/brain message center in a similar way by empowering action. If we choose the correct stimuli (remedy), we can get you moving (such as out of pain or the negative pathology you are stalled in). This same body/brain message center sends messages for your heart to beat, to be angry, to have cramps with a period, to digest your dinner, to urinate, to feel hunger, etc. Homeopathic remedies in ultra-dilution are recognized by your message center. We want your body to be efficient, not stuck or broken. The remedies do not work in your belly like food, herbs, or drugs. They provoke the body to move. Remedies are powerful tools. They have been approved without recall for 200 years, (unlike drugs). Homeopathy is popular and available worldwide. In the US homeopathy has been hidden from you, as if pharmaceuticals (promoted on TV and with insurance companies designating selective coverage) were your only option. Homeopathy has also been proven effective as homeopathic prophylaxis (disease prevention).

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Medical doctors excel at emergency medicine, surgery, and diagnostics with great tools like the MRI or ultrasounds and lab tests. What they do poorly is treatment with drugs, which creates suppressions, which have dangerous side effects. This is where homeopathy shines. You got diagnosed; now you have options outside of drugs. Look to resolve, not suppress. Homeopathy is a great option. Look at the referrals section of the handout and read the personal accounts of homeopathic results. Homeopathy works well with other "alternative methods" like chiropractic, acupuncture, and a great diet. All are aimed at balance vs. suppression.

I have 35+ years of homeopathic experience. I do private consultations and teach all levels of classes in multiple states and on-line for you, your family or community. Classes include the use of remedies for acute ailments like a broken leg, burn, or head injury. I also have a product line to replace common medications purchased over the counter that have side effects, like anti-bacterial or anti-fungal, or cough suppressants, and vaginal treatments. The goal of homeopathic products is to heal fast without side effects. See our catalog and referrals.

I teach classes facilitating use of remedies for your pets or livestock for ranch and dairy/commercial use. Remedies are organically qualified products. Effective and safe disease protection ("Homeopathic Prophylaxis") is a popular class. Theory and study groups are ongoing at this time. If you are interested in becoming a practitioner or adding homeopathy to a current credential, our advanced college program is also available to you, (See CLINICAL HOMEOPATHIC COLLEGE link). A schedule and listing is included in this packet. Classes will be available soon online. Feel free to email your interest at any level.

Look for referrals on our website:

www.HomeopathyInformation.com

Your input is always welcome and encouraged. I appreciate your business and interest in homeopathy and look forward to doing further business with you.

In Great Health,

Ellen F. Bench

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The Process of Cure

- **Increased Well-Being**
  E.g., in energy, spirit, activity, social interaction, mood, alertness.

- **Signs of Physiological Resistance to Disease**
  Fever, vomiting, diarrhea, inflammatory response, discharges, etc.

- **Homeopathic Aggravation**
  3-5 days after the remedy, an increase in one symptom or symptom-complex.

- **Disappearance or Reduction of Symptoms of the Illness**

- **Return of Normal Behavior**
  Grooming, interaction, habits, personality characteristics

- **Return of "Old" Symptoms**
  Usually ones that were suppressed by prior allopathic (drug) treatment (like old strep which was treated by an antibiotic).

- **An Episode of "Crisis"**
  Usually a repeat of a previously suppressed pattern

- **Brief Return of Symptoms**
  3-4 weeks after remedy is administered. Let it "ghost" away and leave you feeling improved overall

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Did You Know?

• All homeopathic remedies are included in the U.S. Pharmacopeia.

• There has never been a report of a side effect or recall of a proven homeopathic remedy.

• Current scientific tools continue to validate, not discount, homeopathic value.

• Homeopathy is practiced throughout the world. In the USA, over 50% of the population seeks alternative medicine and homeopathy is practiced by physicians and accepted by the National Health Service. In France, there are more than 800 homeopathic pharmacies with locations in most neighborhoods. In India, there are 124 homeopathic medical colleges. There are three homeopathic medical schools in Mexico. In the United States there are many accredited schools and homeopathy is being added to naturopathic training as the application of homeopathy continues to be effective. In Canada, homeopathy is used by the National Health Care system. Homeopathy is practiced in South Africa and South America. Homeopathic remedies are commonly found in stores throughout the world and is endorsed by the world health organizations

• The American Institute of Homeopathy (Homeopathic Medical Association) was established in 1844, two years before the founding of the AMA, and still exists.

• The Homeopathic approach has withstood the "test of time" and has been used most successfully for 200 years. Homeopaths were much more successful in prevention and healing, in the 1830 Cholera epidemic and the 1917 Influenza epidemic, than allopathic physicians.

• There are two homeopathic competency boards in the U.S. which award diploma status: The National Board of Homeopathy is for dentists and the American Board of Homeo-therapeutics is for physicians.

• Homeopathic remedies can be more effective than analgesics (pain killers) and antibiotics and often are more specific and faster acting without side effects or long-term suppressions.

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Decoding Those Labels

Homeopathic remedies come in a bewildering array of forms, formulas and packages from many different manufacturers. If you have been trying to unscramble the meaning of the various labels, read on! Some of our most frequently asked questions are discussed here.

"Are these remedies regulated somehow?"

All homeopathic remedies are "drugs", within the meaning of the United States of America Drug and Cosmetic Act, and therefore are subject to the applicable USFDA regulations for labeling. The homeopathic world has its own official reference book(s), which guides the preparation of homeopathic medicines. One of the most widely accepted is the Homeopathic Pharmacopoeia of the United States, often abbreviated "HPUS". (Some companies add "HPUS" after the remedy name on their labels, indicating that it was prepared according to HPUS guidelines.) It establishes standard procedures for the handling and preparation of the many varied substances used to make the remedies. Remedies made by frequency devices are not produced to this standard and do not have the same medicinal value.

"I can't pronounce it so I'll spell it for you."

Most homeopathic remedies are known by their scientific or Latin names. This ensures worldwide standard. A majority of the remedies have 2 words in the name i.e. Arnica Montana. If you were to ask for Calcarea, no one would know which remedy to give you since there are more than ten different types! If your practitioner has written the remedy he wants you to get, be sure you can read what he has written and that the complete name of the remedy was given. Every remedy available may be purchased from our pharmacy.

"What is the potency of a remedy? I see 6x or 30c on the label. Which one is stronger?

Single remedies are labeled with the remedy name, followed by a number and a letter, i.e.: Arnica Montana 30C or Phos Acid 6X. The number indicates how many times the original preparation of the substance has been diluted. The letter refers to the scale of dilution. The "X" or "decimal scale" (X standing for the Roman numeral 10) remedies have been diluted one part in ten. "C" scale is 1 part to 100. The more diluted the remedy, the stronger the remedy acts. Using remedies as messages to your nervous system is different than vitamins and herbs, which are assimilated in your belly. The more diluted the remedy, the more energetic, meaning the action is both deeper and faster. Dilutions make the remedy effective and non-toxic, yet act as a strong instigator to heal.

6C means that the natural substance has been diluted 1 part to 100 parts, 6 times.

30C means that the natural substance has been diluted 1 part to 100 parts, 30 times.

200C means that the natural substance has been diluted 1 part to 100 parts, 200 times.

6C is used for more physical complaints and needs to be repeated frequently, like a detox.

30C is used for both mental and physical complaints and is much faster acting than 6C, meaning you need a lot less repetition. Like arthritis pain which keeps you from enjoying life.

200C acts powerfully and forcefully, mentally and physically. It is great for more urgent situations where fast acting is important and lasts longer in your system. Like hysterical and weeping after terrible bad news, so that you have composure; or to bring down a high fever. Also, it lasts long and deep; like healing anger or correcting bad menstrual cycles, for years to come.

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Decoding Those Labels

What the potency designations do NOT mean...

If your remedy name has a 30C after it, the "C" does NOT mean 30cc's. Cc is the abbreviation for cubic centimeter, a metric unit of volume. A remedy name followed by a 1M or 10M does NOT mean 1 milligram or 10 milligrams. Milligram (mg) is a metric unit of weight (mass).

"How many milligrams of Ferrum Phos (Iron Phosphate) are in a 6X dose?"

Although Ferrum Phos 6X may help your system assimilate an iron supplement, it does not contain a supplemental quantity. All 6X remedies have been diluted and shaken six times. The quantity of Ferrum Phos in the finished remedy is much less than a milligram. In fact, beyond the 12C potency there is no molecule of the original substance left. Yet the remedies are highly effective. This is one of the miracles of homeopathy.

"My vial of Hypericum Perforatum 200C is labeled for "toe & finger pain", but my doctor prescribed it for my depression! Do I have the wrong remedy?"

Because remedies are known to be effective, the FDA asked for an indication of a common use for each remedy. The FDA states that the label must contain "a statement of the conditions, purposes or symptoms and/or indications for which the drug is intended." A glance into your Materia Medica will show that it takes almost five pages to describe all the things Hypericum is good for. How can the manufacturers condense this all into two or three words that will fit on a label? They can't! They must pick a common use. Don't let the label worry you...study your Materia Medica for the rest of the story and the width of healing with one remedy.

"The expiration date on my vial of remedy is 02/12. What does that mean? Has it expired?"

Some companies put only the month and year of expiration. In this example the expiration would be February 2012. Some companies have no expiration date at all. It is considered that homeopathic remedies, handled properly, can be effective indefinitely if stored properly in glass vials.

"Should I take 3 pills, 3 times a day like the bottle says?"...

Remedies are messages. One sends a message. Three is a waste of money, if one does the job. One 3 times in a row – "come on, get going, and keep moving" is the effect of 3 in a row versus 3 at one time, which is one message.

Bibliography:
Homeopathic Pharmacopoeia of the United States (1996)
Vitoulkas, G., The Science of Homeopathy, (1980)
Ellen Bench D.Hom HMC, clinical experience!

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Homeopathic Classes

Learn About the Safest, Most Effective Alternative to Drugs and Chemical Treatments

Homeopathy is Fast Acting, Has No Known Side Effects, & is FDA Approved!

Ellen Bench. Master Homeopathic Clinician of Stevensville, Montana teaches classes and is available for consultations. Those who have met with Ellen know her love and enthusiasm for homeopathy and value her vast knowledge and expertise as an experienced and gifted teacher and homeopath. For more information on classes in your area or to schedule a consultation, call the office (406-777-5875)

INTRODUCTION TO HOMEOPATHY – Here is a chance to find out about homeopathy; its history and principles; healing vs. suppression; vitality vs. disease; how stress, environment, diet, genetic, predisposition, and vaccinations affect health and more. Come and ask questions. Find answers for your concerns on any health issue! Meet a superb homeopath and excellent teacher. Find out why homeopathy is considered by many to be truly life changing! **Avail. On DVD & MP3 Approx. 1.5 hrs.

FAMILY I CLASS – Homeopathy For You and Your Family (popularly called the Family Class) covers the basics of homeopathy plus Ellen discusses the top 48 remedies that she has put together in the Family Kit explaining their uses in the home for emergency and acute situations that might arise. You'll be amazed at the amount of interesting and practical information that you will obtain in their six-hour class. Better yet, you will be empowered to use homeopathy successfully for yourself and others. (This class is prerequisite to the Next 40 Class and Theory Classes.) **Avail. On DVD & MP3 Approx. 4.25 hours.

FAMILY II CLASS, THE NEXT 40 – Learn how to use 40 additional remedies in the Advanced Kit. Ellen gives the mental/emotional themes of these remedies plus practical uses for them. **Avail. On DVD & MP3 Approx. 3.5 hours.

HOMEOPATHIC CHILDREN "IMMUNIZATION" ALTERNATIVES –(HOMEOPATHIC PROPHYLAXIS) Learn about the risks and consequences of vaccines and discover safe and effective homeopathic alternatives for protection from infectious disease threats. Questions from you make each class unique. **Avail. On DVD & MP3 Approx 2.5 hours.

FAMILY III & FAMILY IV - DISEASE PREVENTION CLASSES - Learn about how to fortify weak or damaged organs or functions, including your genetic predisposition, using 1X tonics mixed with remedies as effective tools to build and fortify. Very empowering! Family III Class is learning tonics by organ function. Family IV Class is an additional learning of 42 unique remedies by their organ affinity. Both classes **Avail. On DVD & MP3 Approx. 3.5 & 4 hours.

COLLEGE CLASSES – Certificate and diploma courses begin at intermediate level after completion of the first five classes; Introduction to Homeopathy, Family I, II, III, & IV. Continue learning themes and uses of more remedies plus the principles necessary to understand potency, vital force, miasms, etc., how to take cases and make remedy selections. Case management and follow ups are available in live cases. Modern texts required. Visit our College Classes site at: **www.homeopathyclasses.com**

HOMEOPATHY FOR PETS/ LIVESTOCK – Ellen has a whole line of remedies and kits for use for animals, Remedi Animal Solutions. Your pets and livestock can have the ill effects of their vaccines antidoted, and can be given safe alternative homeopathic prophylaxis, they can stay healthy and can have various problems solved with homeopathic remedies.
Visit our animal site at: **www.remedianimalsolutions.com**

MORE CLASSES AVAILABLE AS WELL AS CONSULT OPPORTUNITIES

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