



Now Daisy, tell me from the beginning





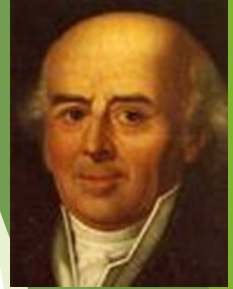
The HAWL Course in Homoeopathy

Oxford Real Food and Farming Conference

January 4th 2034

11-00 -12-30

What is Homoeopathy?



- Derived from Greek words Homoios (similar) Pathos (disease)
- Based on the 'Similia principle' (The Law of Similars)
- = Symptoms a substance can cause in a healthy individual, can be cured in a sick individual
- Hippocrates (460-375 BC)
 - 'The majority of maladies may be cured by the same things that have caused them'
- Formulated by German doctor Samuel Hahnemann (1755-1843)
- Now practised in people and animals all over the world

- ▶ Similia similibus curentur
- ▶ (Let likes be cured by likes')



Potentisation

- ▶ Using material doses Hahnemann found that symptoms often got worse ('aggravation') before the patient started to improve
- ▶ Serial dilution and agitation ('succussion') resolved the problem
- ▶ Generally diluted serially 1 in 100
- ▶ Vial is succussed (agitated) between each stage of dilution

Potentiation



Potentisation

- ▶ Importance of vorticing
- ▶ Must be polar solvent
- ▶ After 12c exceeds Avogadro's number so no material remains in remedy
- ▶ Final stages performed using 95% alcohol - then added to tablets or water to be administered to patient
- ▶ Remedies can be made from any substance: animal, mineral or plant.
- ▶ Most of the plant remedies are made from plants indigenous to Europe



- ▶ Remedies are manufactured by licensed homeopathic pharmacies



What is HAWL?



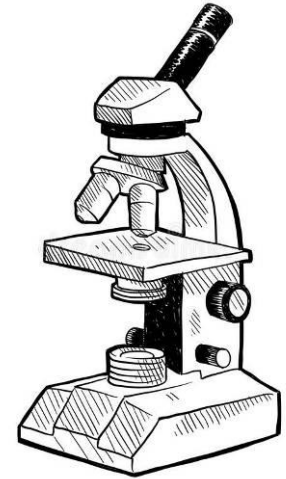
- Chris Lees
- Student at the RAC
- Research for dissertation on possible role for homoeopathy in the treatment of farm animals
- Found that:
 - Farmers encouraged to use it but no proper training.
 - Homoeopathic remedies being used with no proper understanding - bringing homoeopathy into disrepute.
 - The farmers needed help!
 - Founded Homoeopathy at Wellie Level (HAWL)
 - Not for Profit Organisation

Matching the remedy to the patient

- Importance of totality
- Whole animal must match remedy
- Note: a remedy is only homeopathic if it's picture matches that of the patient
- So we treat patients rather than named diseases
- Observation critical - collect symptoms
- Use reference books
- HAWL has developed their own



So Homeopaths treat the beast not the bug



Matching the remedy to the patient : Totality

LACM square

Locality	Aetiology
Concomitantns	Modalities



Two cases of scour (diarrhoea) in calves

Locality Scour Dark offensive	Aetiology Sudden cold snap
Concomitants Thirsty for small quantities Restless	Modalities Hiding at back of shed in corner of straw bales= worse for cold

Locality Scour Mucoid little streaks of blood	Aetiology Spell of wet weather
Concomitants Drooling saliva Offensive breath Irritable Straining	Modalities Worse at night

A Homœopathic Farm Repertory

With Brief Materia Medica.

Compiled by Trevor Adams
MRCVS VetMFHom.

Part of the HAWL to do it series



Homœopathy at Wellie Level.
Teaching the responsible use of homœopathy on the farm.



	inelastic	Ant.-c. Ars. Rhus-t. Sep.
	moist	Merc.
	red	Apis. Bell
	ulceration	Ars. Aur. Hep. Lach. Merc.
Smell	putrid	Nit.-ac. Puls. Sil. Sulph.
	foetid, disgusting	Kreos. Pyro.
Stomach	distension	Hep. Merc.-c.
Stool		Carb-v
	acidic/burning	Ars. Euphr. Kali-i. Merc- c.
	colour	Sulph.
	black	Ars. Verat
	bloody	Ars. Ipec. Merc.c.
	dark	Pyr.
	green	Ars. Calc. Calc-p. Merc-c. Podo.
	green yellow	Phos, Verat.
	yellow	Calc-p
	white	Chin. Coloc.
	consistency	Calc. Chin.
	changeable	Puls.
	dry	Nux-v.
	gas with	Aloe. Senec
	knotty lumps	Senec.
	lumpy	Ant.-c.
	mucous with	Aloe. Merc-c. Kali-b.
	pasty	Calc.
	slimy	Merc-c.
	watery	Ars. Crot-t. Chin. Podo.
	constipation	Phos, Verat.
	hard	Alumen. Alum.. Lyc. Nux-v.
	diarrhoea alt.	Ant.-c. Podo.
	diarrhoea	Ars, Merc, Podo, Phos
	constip alt	Aloe. Ant.-c. Chel. Podo.
	debility with	Ars. Ph-ac. Verat
	food after rich	Nux-v.
	painful	Ars. Rhus-t. Merc-c.
	evacuation	
	burping with	Lyc

flatulence with
forcibly
gushing
involuntary
profuse
bloody
straining

odour offensive
odourless
sour

Storm

approach of/after
worse

better
thunder sensitive to

Strains and sprains

Styes

Sun worse

exposure to

Teats

cracked
trauma
warts

Teeth

abcess
grinding
in sleep

Temperature

better

cold
cool conditions
warmth

warming up, on

worse

cold
extremes of

Aloe
Calc-p
Podo.
Apis. Camph. Nat-s. Phos.
Ars. Podo. Verat.
Merc.
Aloe. Ars. Merc-c. Nat-
Nux-v. Rheum. Senec
Ars. Podo. Pyr,
Phos
Calc phos.

Phos. Gels. Kali-b. Lach.
Lyc. Nit-ac. Tub-b.
Sep.
Phos.
Arn. Rhus-t. Ruta.
Con. Graph. Puls. Sil. Staph. Sulph

Ant.-c. Bell. Glon. Nat-m.
Puls

Graph. Phyt.
Staph
Staph. Thuj. Castus. Eq.

Hep. Lach. Merc. Sil.
Apis. Bell. Hyos. Podo. Verat
Ars. Bell. Tub.

Apis. Led.
Apis. Sec.
Ars. Hep. Ign. Mag-p. Ph-ac. Rhus-t.
Ruta. Sep. Urt-u.
Rhus-t.

Alumen. Ars. Calc. Calc-p.
Verat.
Coloc. Hyp. Ign. Merc.

Brief Materia Medica

Aconite

Fearful. Anxious
Complaints due to exposure to cold winds
Dry and hot. Early stages of infection and inflammation

*Strong. Healthy. Robust. Full blooded.
Tense.
Full of fears - death . Dark etc*

Ant. Tart

Rattling in the chest - great accumulation of mucus
Worse for heat

Argent. Nit.

Apprehensive. Lack of self-confidence
Hurried
Catarrhal conditions of mucous membranes. Ulceration
Gastric ailments. Flatulence. Diarrhea
Craves sweets but makes them worse

Arnica

Bruises. Injuries
Fear of being touched

*Restless. Deny that they are ill
Do not like being approached or touched*

Arsenicum alb.

Vomiting and diarrhoea
Wheezy breathing
Worse at night
Restless

Thirsty for frequent small quantities of water

*Fastidious. Perfectionists. Neat and tidy
Tense. Restless. Ambitious. Worry about health
Critical. Intolerant of disorder and imprecision.
Meticulous attention to detail. Insecure. May hoard for the future.
Thirsty for small drinks*

Aurum

*Know they are the top – King – sense of responsibility
Depressed – brooding – hopelessness
Syphilitic – ulceration – destructive situations esp bone.
Foetid, bloody, purulent discharges
Testicles swollen
Tendency to prolapse. Bullish behaviour ie male behaviour*

Belladonna

Heat.
Redness.
Throbbing pulse
Dilated pupils

*Usually fit and healthy. Strong and energetic.
When ill there is violence. Biting and kicking.
Pulse full and bounding
Redness. Dilated pupils – 'beautiful lady'*

Bromium

*Respiratory disease – irritant to larynx and trachea – cough on inspiration after exertion.
Breathing – dry, wheezing, shallow,
Discharge acrid and burning.
Weakness, emaciation < warm and damp,
> at seaside
Delusion of someone behind.*

Bryonia

Dryness of all mucous membranes
Thirst
Better for rest or pressure
Worse for movement

Calc carb

Tendency to fatness and flabbiness.
Chilly.
Glandular enlargements

*Large bodied. Heavy features - face and limbs.
Large feet and lower joints.
Lazy mover. Peaceful. Quiet to handle. Quietly dominant. Not easily startled.
Large appetite. Heavy milker.
Worse for exertion. Cold wet weather. Standing around.
Better for lying. Warm and dry conditions.
Symptoms mucoïd. Purulent discharges. Suffers arthritis (swollen hocks). Mastitis. Greenish diarrhoea.*

Calc phos

Thinner.
Gastro-intestinal disorders. Greenish diarrhea
Bone and dentition disorders. (Often in young stock) Worse for cold and damp.

*Light bone structure. Small frame. Lower body condition score.
Difficult temperament. Responds badly to constraint or examination. Aggressive in herd.
Good appetite. Loose dung when anxious. Sudden onset of symptoms.
< cold and damp.*

Illustrated Materia Medica

Lists symptoms of each remedy
in alphabetical order



Arnica (Arn)

This is an alpine flowering plant found in mountainous regions, called Fallkraut in Germany and used by climbers and the early skiers to good effect. Arnica, taken by the healthy person, it causes a bruised-like sensation with redness of the skin. It produces a sense that nothing is wrong but a general discomfort. A feeling of not being able to get comfortable. It also made the provers dislike being touched or fussed over.

If placed on open or lacerated flesh it will cause dermatitis like eczema.

The Body

Muscles

Soft tissue

Any part of the body that is damaged from a blow, a fall, a crush, over exertion, hard labour of all kinds, physical shock.

Circulation

Speeds up healing

Where injuries show tendency to haemorrhage

Extremities Sensation as if beaten – expect animal to act as if wounded or bruised. Weakness. Sudden lameness with no warning.

Respiration Coughing after getting wet, < exertion.

Painful sternum and ribs better for pressure.

Reproduction Useful for after effects of a long and hard labour of all sorts inc. birth.

Fearfulness can stop contractions.

Threatened abortion after an accident, especially a fall.

Udder

Tumours of the udder after injury (also Bell Per., Con.)

Fever – Head is hot, body cold.

Affinities

Muscles.

Parts of the mind and soft parts of the body badly affected by trauma.

The venous system generally. (Deoxygenated blood in veins going back to heart).

Mentality

A denial that anything is wrong, even with great gashes caused by accidents, even in semi-consciousness.

A look that says 'don't come near me!' They often say "I'm fine" when they patently are not. Cannot settle. (the human says that the bed is too hard).

Does not want the wound or injury touched, or indeed does not want to be touched at all Great fear of being touched.

Mentally prostrate yet morose and physically restless.

Startles easily, frightened suddenly, especially useful from great fright causing unsettling. (Acon)



OVER
EXERTION

ARNICA
MONTANA -
GROWS ABOVE
TRES

MOUNTAINS
FALLS STOCK
BRUISING

LONG HARD
CLIMB



I'M FINE
- DESPITE
INJURIES



WORSE
STOCK - JARRING



- Homeopathy, used properly, is simple and straight forward but you do need to understand the rules.
- Selecting the right remedy first needs really good observation



- Farmers make very good homeopaths because homeopathy is all about observation
 - You know your own animals and farm so well
 - As stockmen and women you are already in tune with your animals and know when an animal is not right



How often do you say?



- It's really good pneumonia weather this week - clear nights and foggy mornings
- That new milk powder smells different - I bet we get some scouring calves tomorrow
- That cow's milk was down tonight I wonder if she is going to start mastitis



- Homeopathy gives you the tools to start treating the animal when you first notice it - before it has become unwell - when you would usually say ‘let’s wait and see what develops’

It can help your animals recover after routine stressful events on the farm

- Like:

- weaning
- tail ringing
- dehorning
- transportation
- separation
- castration



Routine events which can set the animal back in weight gain production, or result in illness



or

To sum up

- **Homoeopathy is not a cure all**
- It does not take the place of good husbandry
- It can help you reduce use of conventional medicines
- But It needs to be used following the principles of homoeopathy
- It can improve the general health of your animals



... BUT DON'T TRY TO REPLACE THE VET

About the courses

- Carefully structured to teach in simple stages
- Assumes you have no knowledge of homoeopathy at all.
- Three full teaching days run over 2 or 3 months
- Internet 7 sessions over 3 months
- Plenty of time to absorb each stage and begin to integrate into your own management plan.



More on the courses

- Games and quizzes to expand the learning, make it all more fun, and to get people up on their feet.



The Remedies

- Come in all sorts of forms and containers
- We will teach you how to use them and where to buy them
- HAWL does not sell products, only knowledge



- ▶ Since 2001 over 700 farmers have completed the course



Some remedies

- ▶ The Big six: (module 1)
- ▶ Arnica
- ▶ (Bellis)
- ▶ Aconite
- ▶ Belladonna
- ▶ Hypericum
- ▶ Ignatia
- ▶ Caulophyllum



Arnica montana (Alpine daisy)

- ▶ Remedy made from **whole fresh plant**
- ▶ ***Bruising***
- ▶ Accidental Injury - falls, crush damage
- ▶ Surgery
- ▶ Closed injuries
- ▶ Effects of overexertion
- ▶ Difficult calving
- ▶ Fear of being touched
- ▶ Restless - can't get comfortable
- ▶ Worse for Movement

Bellis perennis (Common daisy)

- ▶ Remedy made from fresh plant
- ▶ Deep muscle bruising e.g Difficult calving, caesarian
- ▶ Pelvis fractures
- ▶ Muscles sore and bruised, worse Touch
- ▶ Impulse to move, despite pain
- ▶ Better continued movement
- ▶ Confusion of mind
- ▶ 'Feels as if trampled on'



Aconitum napellus (Monkshood)

- ▶ Remedy made from whole fresh plant
- ▶ Early stages of infection and inflammation
- ▶ Sudden onset fever
- ▶ Complaints from exposure to cold winds
- ▶ Restlessness - physical & mental
- ▶ Tense, fearful and anxious
- ▶ *Shock*
- ▶ Palpitations
- ▶ Hard, full , rapid pulse
- ▶ Thirsty
- ▶ Worse after midnight



Atropa Belladonna (Deadly nightshade)

- ▶ Remedy made from whole fresh plant
- ▶ Sudden onset
- ▶ ***Fever with heat*** and redness
- ▶ Throat red and swollen
- ▶ Dilated pupils - photophobia
- ▶ Angry - bite and kick
- ▶ Mastitis - red, hot - red streaks
- ▶ Throbbing pulse
- ▶ ***Heat Stroke***
- ▶ Throbbing, hammering headache
 - ▶ Worse light, noise, jarring

Hypericum perforatum (St John's Wort)

- ▶ Remedy made from whole plant
- ▶ Injury to *nervous tissue*
- ▶ Pain
- ▶ Injury to extremities
- ▶ Skin wounds, lacerations
- ▶ Puncture wounds
- ▶ Pain after surgery

Ignatia amara (St Ignatius bean)

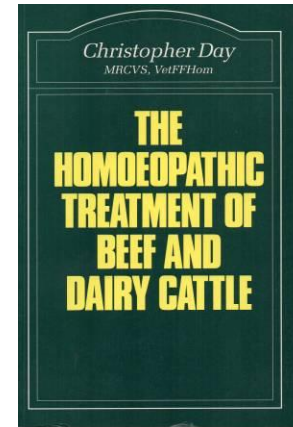
- ▶ Remedy made from seeds
- ▶ Grief
 - ▶ Loss of animal companion
 - ▶ Loss of owner
 - ▶ Weaning!
- ▶ Silent grief or Hysteria: panic attacks
- ▶ Rapid change from one to the other
- ▶ Constant bellowing
- ▶ Ailments after stillbirth
- ▶ Averse to consolation
- ▶ Hypersensitive

Caulophyllum (Blue cohosh)

- ▶ **Remedy made from root**
- ▶ Where contractions are weak; uterine inertia
- ▶ Exhausted and fretful
- ▶ Calving delayed - if given on due date occurs within 2 days, more daytime calvings
- ▶ Excessive bleeding post-partum due to weak musculature
- ▶ Cervix remains rigid - '*Ringwomb*' in sheep
- ▶ Given during pregnancy leads to smooth parturition
- ▶ Retained afterbirth - chocolate coloured discharges
- ▶ Arthritis of small joints

C Day Dystocia in Group of 25 Friesian heifers 'Homeopathic Treatment of Beef and Dairy cows' (1995) Beaconsfield Publishers, Beaconsfield UK

- ▶ Before treatment
 - ▶ 18 calved
 - ▶ 18 needed assistance
 - ▶ 1 caesarian
 - ▶ 7 calves died at birth (38.9%)
 - ▶ 3 heifers died
 - ▶ 10 metritis - severe (66.7%)
 - ▶ 9 mastitis severe (60%)
 - ▶ 3 became pregnant again (20%)



- ▶ Caulophyllum 30c in drinking water
- ▶ After treatment:
 - ▶ 7 calved
 - ▶ 2 assisted
 - ▶ 0 caesarians
 - ▶ 0 calves died
 - ▶ 0 heifers died
 - ▶ 4 metritis - mild (22.2%)
 - ▶ 0 mastitis
 - ▶ 7 pregnant (100%)

Day C.E.I.

Veterinary Record 114 p216 1984

Control of Stillbirths in pigs using homeopathy

- ▶ Breeding unit of 130 sows; high rate of stillbirths
- ▶ Caulophyllum 30c twice weekly for three weeks before farrowing
- ▶ Stillbirth rates fell from 20% to 2.9 %
- ▶ Treatment stopped: rose to 14 .9%
- ▶ Treatment recommenced fell to 1.9%

The cardinal principles of HAWL

- ▶ We teach farm homeopathy not veterinary homeopathy
- ▶ We look to improve health, not treat disease
- ▶ We use remedies to avoid problems, not prevent disease



Some references

The course was excellent, inspiring, informative, thought provoking and challenging. The way the course is set up is brilliant. Different tutors for every section was great because it kept everything interesting and fresh. Thanks to all the tutors for their time and enthusiasm you could tell they really enjoy homeopathy. The course was very good value for money, what with the CDs, folders, notes and tuition.

An Aberdeen dairy farmer was asked if it was worth the time and distance?

For me **yes** for the following reasons.

1. Excellent clear notes and interesting lectures.

I now understand the basic principles of homoeopathy.

2. A different approach to animal care ie treating the whole rather than the symptom.

3. Particularly useful for calves and calving cows, the more you practice the better you get in diagnosing.



We've found Homeopathy has made us much more observant, so using Homeopathy as a preventive tool, catching situations before they develop into a serious "dis-ease", has made for a much healthier, vibrant herd.



I endeavour to see problems earlier, before they become serious.



And from an online student....

I want to sincerely thank you for the course, I've learned more about animal health, treatments, and most of all animal observation in the last 7 sessions than I've learned in the last 10 years of farming.



I've finally got an understanding as to why some animals have re-occurring symptoms but more importantly I now know how to treat these cases.

It's been an eye opener and I'm looking forward to gaining more knowledge and confidence along the way.



I was at the stage on the farm where antibiotics were like a double edged sword, a quick mask of the problem but eventually the symptoms would reoccur and it would take a longer course to cure and eventually there would be no response to the antibiotics.



It has given me the confidence to use homeopathy as a first choice for prevention and cure.

This not only works out cheaper in terms of treatment, it also means all my milk stays in the tank!



The results we have already got from using remedies have been beyond my hopes.

I thoroughly recommend this course to all farmers interested in: reducing antibiotic use, improving health outcomes, having more treatment options, saving money or simply seeing things more holistically.



Still cannot get over the cost!

I bought 15 new remedies last week and it cost £95, I was paying more than that for one bottle of antibiotics to treat 1-2 cows.

My vets are not going to be happy after we have spoken next week.



I now feel like I critically evaluate all of our management structure and practices with a different mindset.

I think about things so much more widely these days and question everything.

