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Foreword

Randall Neustaedter OMD, LAc, CCH

An ever increasing percentage of parents are choosing not to vaccinate their children. Faced with an avalanche of newly developed and relatively untested vaccines, parents have become wary. The sheer number of vaccines in the recommended schedule is confusing and suspiciously overwhelming. This combined with reports of autism, asthma, and autoimmune disease as a consequence of vaccination worries parents. There are now many books and websites that provide volumes of information to make truly informed decisions about vaccination choices.

Practitioners of holistic medicine, including holistic pediatricians, homeopaths, naturopaths, pediatric acupuncturists, and chiropractors, have taken on the task of educating parents about the potential risks and adverse effects of vaccines. Holistic practitioners recognize the role of vaccines in the increasing incidence of immune dysfunction and chronic disease. Often these practitioners caution parents about the risks of vaccines, and encourage them to avoid vaccinations. Part of their confidence in taking this position is due to the effectiveness of holistic methods in the treatment of childhood infectious disease. Where conventional (allopathic) medicine has no treatment for most of the infectious disease that vaccines seek to prevent, the sciences of homeopathy and herbal medicine provide treatment and preventive approaches that have proven effective in clinical practice over hundreds of years.

This book presents the position of homeopathy in relation to these infectious diseases for the first time in a thorough, systematic, and practical volume. It is bound to give both parents and practitioners confidence in the ability of homeopathy to prevent and treat these diseases. The promotion of vaccination is based on fear of infectious disease. If doctors have no treatment for a disease that is capable of causing complications (such as measles or mumps) then they will be inclined to recommend a vaccine to prevent those complications, despite the risks. The fear of the disease in conventional medical practice is greater than the fear of the adverse effect of the vaccine. However, our increasing knowledge of the chronic diseases produced by vaccines is changing that equation. If we have an alternative approach to disease prevention and treatment, then we may not need these potentially toxic vaccines at all. Homeopathy does provide adequate disease treatment, and with the knowledge of homeopathic methods, health care practitioners can manage these diseases. Furthermore, with a holistic approach such as homeopathy, practitioners can prevent the complications of these diseases with appropriate and effective treatment of the active disease.

A holistic medical approach that also includes adequate nutrition and breastfeeding, constitutional treatment, and avoidance of toxins will create a healthy, resilient child who is much less likely to develop serious infectious disease or complications of simple childhood illness.

Commonly encountered bacteria like *Haemophilus influenzae* will not invade and infect the nervous system causing meningitis. Common childhood diseases like flu and chickenpox will not progress into secondary infections, such as pneumonia. Homeopaths and others now have a welcome and definitive guide to the treatment of these infectious diseases.

With this book, practitioners now have the tools to both prevent diseases during epidemic exposure and to treat infectious diseases if they occur. For these reasons it is an invaluable pediatric resource. Ms. Birch has accumulated a complete reference to both common and unusual illnesses, gleaning information from many sources over the long history of homeopathy's encounters with these diseases. Practitioners in the West may never encounter yellow fever or typhoid or diphtheria, but homeopathy has been extremely effective in treating these illnesses. Homeopathy's fame and popularity in the United States during the late nineteenth and early twentieth centuries was due in large measure to its extraordinary success with these epidemic diseases. Measles, mumps, and polio are also now rare conditions in the West, but when they occur this book will guide us to the treatments that have proven themselves effective during the era when these diseases were prevalent. Whooping cough is commonly encountered by holistic pediatric practitioners whose patients avoid the pertussis vaccine or when the vaccine fails. And homeopathy again has very effective treatment for whooping cough. Armed with this text, practitio-

ners can feel confident that these diseases are manageable and their corresponding vaccines unnecessary.

The unique and remarkable contribution of this book, however, is the thorough presentation of the homeopathic understanding of vaccine reactions and their management. Ms. Birch does an admirable job of explaining and defining the classical homeopathic view of vaccine reactions. Armed with this knowledge, practitioners can then follow the guidelines and remedy suggestions she outlines to treat the resulting symptom picture. The understanding of how vaccines can undermine the health of children can also help parents in making the important and difficult decisions about infectious disease prevention for their families. This unique addition to the homeopathic literature will prove invaluable to practitioners who treat these children and to parents who can rely on the science of homeopathy for their children's health and safety.

Randall Neustaedter OMD, LAc, CCH Dr. Neustaedter has practised homeopathy and Chinese medicine for over 25 years, specializing in child health care. An accomplished and well-recognized author, he has written The Vaccine Guide: Risks and Benefits for Children and Adults (North Atlantic Books, 2002), a book that helps consumers make informed choices about vaccination. His new book, Child Health Guide: Holistic Pediatrics for Parents (North Atlantic Books, 2005), represents a state of the art guide to raising children with natural medical care.

Preface to the Second Edition

My hope with the first edition was to create a text that would stand the test of time and the information presented therein would remain as true the day I wrote it as it would one hundred and even one thousand years later. But alas, with my development as a practitioner, and my own healing journey on this planet, things evolve with more information and greater perspective. This work, the breath of the treatment of infectious contagious disease, is a study and still is considered a work in progress. So it is with necessity certain sections of the book needed some subtle revision, a few thoughts here and there that I have developed further than when I first wrote them. The second edition includes the following revisions:

- The addition of a new chapter on homeoprophylaxis and the use of nosodes to stimulate health (**Chapter 5**).
- Updates to the section on nosodes (**Chapter 6**, the old **Chapter 5**).
- Additions to the homeopathic treatment of vaccine injury (**Chapter 6**).
- Moderate additions and revisions to the following chapters: **Chickenpox**, **Otitis Media**, **Influenza**, **Malaria**.
- Additions to **Appendix A: Types of Vaccines**.
- Evaluation and further development of the ideas and practical aspects of homeopathic disease prevention in specific disease chapters throughout the book.

That said, fortunately, the bulk of the text remains verifiable, and the words of Hahnemann, our master, still ring true.

Since publication in the spring of 2007 I have had the opportunity to travel to different parts of the world and meet with many other homeopaths working in this area of public health. I have had the opportunity to learn about clinical situations where homeopathy has been safely and effectively implemented en-masse for infectious contagious disease treatment and prevention. For diseases such as malaria, TB, AIDS, dengue fever, chagas disease, hepatitis, leptospirosis, viral conjunctivitis and other epidemic conditions homeopathy has demonstrated many successes. I have had the opportunity to work in a research clinic in Allahabad, India, where my understanding of the use of nosodes as intercurrent remedies expanded. Through further research some of my prejudices against combination remedies and dosing have been challenged. For practical applications in clinical settings I have learned that limiting factors such as lack of homeopathic education of physicians in the local population, limited supply of remedies, rapidity of spread of epidemic disease and confidence levels in prescribing, require a certain level of flexibility. Through clinical experience I have also expanded my understanding of vaccine injury and its treatment with homeopathy. And finally, through exploring homeoprophylaxis programs as a tool for disease prevention I have expanded my understanding of the role of disease in health, and the systematic use of nosodes as a way to stimulate the immune system towards health. All of these ideas and more I have incorporated into this second edition.

Nonetheless, since writing the first edition the international controversy over vaccinations has continued to grow. In developed countries, incidence of childhood syndromes such as autism, pervasive development and behavioral conditions, early onset diabetes and childhood cancers have increased. As predicted, with the increase of parents deciding not to vaccinate their children, there has been an increase in the incidence of diseases such as measles and whooping cough which has resulted in death in several cases. Now, at the brink of the publication of this second edition, fall of 2009, the world is held in suspense with the prediction of an outbreak of a new Swine flu epidemic. The recent H1N1 virus, a new influenza strain, was self-admittedly created in a vaccine manufactures' laboratory in Australia. Vaccine companies are now mass-producing vaccinations against the H1N1 virus that will be fast tracked through safety testing compliances. This vaccine may then by force be administered to women and children first under the protection of international laws that protect vaccine manufactures from any liability of harm from the vaccination. No longer is the vaccine controversy based on concern over the health of one's children, discussed in the privacy of one's home or with one's health care practitioners. Now it is becoming exposed as a fear based force and the political and economic agenda of pharmaceutical interests under the guise of the morally and ethical thing to do for the sake of the health of humanity.

As stated in the **Introduction** it is not my intention to fuel the controversy over whether or not to vaccinate, but rather to deliberate on whether or not vaccination is the best method of prevention of infectious contagious disease. Rather than

trying to tackle or affront any political or financial interest, my goal is to provide information so that families, health care providers, scientists and policy makers can delve deeper into the option of homeopathy as an alternative solution to the problem.

In the fall of 2008 I had the honor to speak on the subject of the purpose of epidemic disease at an enlightening and historical conference in Havana, Cuba: NOSODES 2008; An International Meeting on Homeoprophylaxis, Homeopathic Immunizations and Nosodes Against Epidemics. Here practitioners, researchers, doctors, and pharmacists from twelve different countries came together to share their empirical experiences with homeopathy in this context. All of the research presented demonstrated the efficacy, safety, and cost effectiveness of homeopathy in this area of public health. There was a moment in the afternoon on the last of the three days of the conference when we, some 300 persons in all, sat in reflection soaking up the breadth of the work that had been presented, gradually realized that our collective work was now larger than the sum of our individual efforts. In that moment I realized that the vision I had drawn up for homeopathy, as described in the **Addendum** of this book, was in fact happening now and I had tapped into the collective of many peoples' work; that of bringing homeopathy into the global spotlight for the treatment and prevention of infectious contagious disease.

In accordance with my vision in the two and half years since the first publication, there are copies of the book on every continent, in countries from Serbia to Japan, Israel to Australia, and Korea to Kenya. It has been published in German with a Spanish translation underway. The work

has and will continue to transform our understanding of the necessity of disease and the role homeopathy can play in the evolution of humanity.

Thank you to those that have vested themselves in this topic and blessings on humanity as the full potential of homeopathic prevention and treatment is realized.

Kate Birch, RSHom(NA), September 2009.

Preface

The philosophy and practical applications of homeopathy described in this book offer the world alternative or conjunctive paths to the use of vaccination for the treatment and prevention of infectious contagious diseases. As with all attempts to alter someone's health or assist in the treatment of a particular disease, the practitioner assumes the inherent risk and responsibility of the treatment methodology and tools utilized.

The information herein acts as a guide and is in no way to be construed as medical advice, nor are any particular results guaranteed. The readers of this book assume the responsibility of their utilization of the information presented and in no way shall I, Kate Birch, the author of this book, be responsible for any outcomes regarding an individual's health because of the use of the information provided.

With that said this book is full of useful information and advocates for the effective treatment of infectious contagious disease with homeopathy. Considering the current state of affairs in world health, in which more than half of the human race lives in poverty, without clean water and adequate food supplies, the annihilation of infectious contagious disease with any healing modality is very difficult. Homeopathy offers an inexpensive and effective treatment plan to more radically improve the status of health on this planet for its human inhabitants than any other system of medicine so far.

To get the best use of this book, it is important to familiarize yourself with the overall layout. I would suggest starting with the philosophical chapters and then

referencing those chapters you have particular concern about, so as to familiarize yourself with the understanding and application of homeopathy before a crisis comes and you need to find a remedy for a sick person. As you become more familiar with the layout, I suggest taking up deeper study of the work. Not only is the information herein useful for the treatment of infectious contagious diseases, it also lays a foundation for deeper study into chronic disease. Accordingly, the richness in each chapter is augmented by the information presented in every other chapter. The cumulative effect of this is a deepening of understanding of health and disease in humans, how one disease transforms into another, and the interconnectedness of humanity and the world in which we live.

Several factors were considered when deciding where to place each chapter in relationship to the next.

- Historical significance of the disease.
- Degree of severity of diseases, mild to severe, common to uncommon, or mildly destructive to most destructive.
- Commonly vaccinated against diseases are grouped together as best as possible, given the above criteria.
- Diseases affecting the nervous system.
- Exanthematic diseases or eruptive diseases: those that develop a rash or eruption during its expression.
- Diseases that are secondary complications of another disease or are a result of a weak state of health.
- Miasmatically related diseases (i.e. most sycotic disease are clumped together, venereal disease are listed together).

- Ascending miasmatic complexity and gravity.
- Diseases affecting the liver.
- Tropical diseases.

My preferred position for the chapter on **AIDS/HIV** would have been at the end of the book as I feel that AIDS represents the accumulation of every disease known to man. A summary or conclusion of sorts to the study of infectious contagious diseases is presented in that chapter. However, I placed it prior to **Hepatitis** and the tropical diseases, some of which also affect the liver, as it seems more related to the venereal disease chapters it follows.

The relationship of diseases is not detailed in each chapter nor is it described in the materia medica sections relating to each disease, but is mentioned here so that those with a keen eye for the interconnectivity of this material can infer their own understanding as to why other disease chapters are listed in the order they are and why particular remedies are listed in multiple chapters. The patterns of relationship between these diseases and the remedies that treat them are not linear. Therefore, it is not possible to order all of this information in a way that will satisfy every relationship. However, if one is able to view the information with a holographic mind, then the information becomes a multidimensional matrix upon which the principles of homeopathy rest as situations and circumstances change. Such is life and the nature of this human existence.

Other Considerations

- Any homeopathic terms not defined within the text are in **Appendix E: Glossary**.

- Some medical terminology is also in the glossary unless it is defined at its point of use. I refer you to a medical dictionary for more complete definition of terms used.

- The remedies are listed by their standard abbreviations.

» Grading of remedies is as follows: normally plain, *italic*, and **bold** grading denote the frequency a symptom is produced in a given remedy-proving or toxicological study. The remedy lists I have compiled for the specific diseases come from repertories, materia medica sources, and clinical practice. The grading presented here differs from standard repertory grading. Grading of the remedies listed are as follows:

- ♦ plain text is the lowest grade indicating that this remedy is used less often for this condition.
- ♦ *lower case italic* is given for remedies that are more often used for the condition.
- ♦ **UPPER CASE BOLD** is used for the most commonly indicated remedies.

- Refer to **Appendix C: Quick Reference Guide for Preventative Remedies**, for at a glance remedy considerations.
- Common names and sources of the remedies are listed in **Appendix D: Remedy List**.
- These remedies are indexed in the **Remedy Index**.
- Most medical and homeopathic terminology are defined in the **Glossary**.

The Materia Medica sections are written in shorthand and are not intended to be complete pictures of the remedies. I have tried to capture the symptoms most characteristic to the remedy and

the disease at hand so that a feeling for the state comes through both the physical symptoms, as well as the mental and emotional symptoms. Italic print in the materia medica text indicates the more characteristic symptoms of the remedy. Some descriptions are shorter while

others are more in depth. Many remedies listed in the remedy rubric are not detailed. This does not mean that they are not important to consider. The remedy descriptions listed are for ideas and pointers. Reference to a more complete materia medica may be necessary.

Kate Birch, RSHom(NA), March 2007.

Introduction

Why write a book about homeopathic treatment and prevention of infectious contagious diseases when vaccines and antibiotics are readily available? The answer is simple. Allopathic medicine is unable to offer any alternatives in the treatment of these potentially dangerous diseases whereas homeopathy does. Furthermore, mounting evidence against the use of vaccines is forcing practitioners, parents, and lawmakers to search for alternatives.

Concerned parents have asked me, "What do I do if I do not want to vaccinate my child? Are there any alternatives if my child gets sick?" I say, "Yes, there is!"

The system of homeopathy offers a different perspective and a different set of tools for the treatment of infectious contagious diseases. Homeopathy is a complete system of medicine that was developed in Germany during the nineteenth century. Homeopathic principles are based on an energetic view of the mind and body. Homeopathic remedies are made from naturally occurring substances such as plants, minerals and animals, which are used to stimulate the innate healing potential of the individual rather than to kill the offending germs. Homeopathy was developed before the identification of viruses or germs, when vaccinations or antibiotics were not available. Yet, without this understanding, homeopathy proved itself successful in the treatment of infectious contagious diseases.

The decision not to vaccinate, for many parents, is a difficult one. It often starts with the mother having an intuitive feeling that vaccination is just not

right. Mothers do not want to inject something into their babies. Their babies are so small and fragile, how can it be good to load their systems with multiple injected doses of pathogenic material? Pressure from husbands, doctors, parents and in-laws can make these women feel unsubstantiated in their gut feelings. Sometimes the decision to vaccinate is postponed. Yet, there remains the fear that their children will not be able to go to school without state required shots.

Despite cultural pressures, many parents are opting not to vaccinate their children due to the mounting clinical evidence of harm from vaccinations. Various states have established "freedom of choice" laws whereby it is the parent's right to choose which, if any, vaccinations are to be given. Schools now have waivers of exemption parents can sign. Several states have gone as far as introducing laws that ban the mercury preservatives in the vaccine, as studies have indicated that these preservatives are responsible for most vaccine injuries.

The problem with the choice of not vaccinating is that there is not a system of medicine established in the public health sector in the event that the viral diseases the vaccines are supposed to prevent become more prevalent. Without vaccinations, allopathic medicine does not have effective tools necessary to treat these viral diseases. At best, allopathic medicine recommends bed-rest and drinking fluids. At worst, they rely on antibiotics in case of secondary infections, immunosuppressive antiviral drugs and steroids to manage, control and suppress immune responses. As more parents decide not to

vaccinate their children, there is the risk of these epidemics returning. Fortunately, there is the alternative of homeopathy, a system of medicine that has survived the last 200 years worldwide because of its effectiveness not only for the treatment of infectious contagious disease, but also of chronic disease.

I believe that the theories in existence today about infectious contagious diseases, epidemiology and the reactions of the immune system are incomplete and based on theories developed over one hundred years ago. The application of antibiotics and vaccinations in accordance with these outdated theories offers nothing to understand the human in health or the passage of disease through cultures in time, and only superficially explains the mechanisms of immune reaction. There is mounting evidence that vaccinations actually harm the immune system; not only the levels of toxins in the vaccines, but also because the attenuated vaccine matter injected directly into the bloodstream imprints a disease state on the individual and only initiates a partial immune response to remove it.^{3, 8} Treating the side-effects of the vaccines with repetitive antibiotics only furthers the problem. With the increase in autism, childhood behavioral disorders and chronic disease, one has to question further the appropriateness of this practice.

Homeopathy has been misunderstood and is underutilized in the area of public health due to ideological shortsightedness, preconceived judgments and/or reductionistic views of disease and health. Political obstacles such as licensing laws that do not allow for the practice of homeopathy make it inaccessible and out of general practice. This book is

an offering to change that paradigm by bringing deeper understanding into the use and applications of homeopathy.

This book is a gift to the health of humanity, to practitioners and families alike, who are searching for a reliable and cost-effective alternative to vaccinations and antibiotics for infectious contagious disease. My hope is for homeopathy to move into the forefront of public health systems worldwide. It is my vision that the World Health Organization (WHO) adopt homeopathy for public health measures and that the information presented herein provides a tangible tool that can be disseminated to local communities through WHO initiatives. Inspired individuals will then set up clinics in some of the poorest countries and, with this book and a remedy kit, be able to treat infectious contagious diseases in the local populations. Moreover, as homeopathy offers a much safer approach to prevention with no side-effects, it is becoming unconscionable to continue to use vaccination in the context of mounting evidence of adverse effects.

The information presented here is based on the experience of my practice and the clinical practices of homeopaths past and present. This book is not intended to be research oriented nor exhaustive, but rather a practical guide into homeopathic thought and practice. It is a reliable reference book for practitioners and the public to use homeopathy for infectious contagious disease. Each section describes a disease, the use of vaccination for that disease, homeopathic prevention, precautions in treatment, and an outline of a sample of symptoms from the more commonly indicated homeopathic remedies for that condition. The information presented may be sufficient to find the

appropriate remedy or can merely provide the practitioner with a guide to remedies for deeper study in more complete materia medica volumes.

The book can be used as a quick reference guide for the treatment of a particular disease but can also be a tool for in-depth study into homeopathy, health and humankind. I personally would recommend reading the **Smallpox, Gonorrhea, Syphilis, Tuberculosis, and AIDS** chapters whether or not you have the need to treat these diseases. These chap-

ters, while they discuss their respective disease, shed light on the development of all chronic disease and are of particular significance to the health and psychological makeup of humanity. In addition, I recommend **Chapters 4, 5, and 6** to catch a glimpse into the breadth of the work in homeopathy. Each time you study the material presented in this book, the inter-connectiveness of this science and spectrum of possibilities in homeopathy in the world at large will be revealed.