

An Introduction to the Houston Homeopathy Method for ASDs

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Disclosure & Disclaimer

- We are not medical doctors, nor researchers, we are trained, professional homeopaths.
- The following presentation is not in any way meant as medical advice, nor to treat any medical condition.
- The authors provide educational consultations to clients for self-administration of homeopathic remedies, which are FDA approved for OTC usage.
- Each person is unique, and illnesses respond differently to different approaches.
- If you have a medical condition this presentation is not a substitute for consultation with your physician or other qualified healthcare practitioner.
- Experiences presented are representative, but each client's experience may be different.

Presentation Overview

- Homeopathy definition, history, and basic concepts
- Various approaches: single-remedy, homotoxicology/complex, sequential, HHM
- Houston Homeopathy Method (HHM) overview
- HHM approach to detoxification
- HHM healing supports
- Case studies

Questions that Matter

“Will s/he ever be potty trained?”

“Will he ever TALK?”

“Can she ever smile at me or say ‘I love you, Mommy?’”

“Does s/he hurt? Can you get him/her out of pain?”

Case Example, IB

- 2 ½ yr old with regression at 1 ½ yrs
- Stopped all speech after DTaP/Hib/Hep B and began constant spinning and OCD behavior
- Recurrent ear infx, eczema, sleep difficulties
- Self-limiting diet, chronic bowel issues with alternating diarrhea /constipation
- Lethargy, no interest in play

Case example, IB continued

- Began using words by 2nd month, doubling number of words by 3rd month
- Stools normalized and is now fully potty-trained
- Speech continues to grow and articulation improves
- Diet expanded and eczema is resolved
- OCD symptoms no longer apparent
- “He is doing absolutely wonderful, he’s been very talkative, articulation is improved, adding more words to sentences, singing full songs, is happier than ever. He’s a joy to have around all the time.”

What is Homeopathy?

- Systematic form of natural, holistic healing based on the principle “like cures like”
 - Two Greek words: “*homoios*” meaning similar and “*pathos*” meaning disease
- Developed in the early 1800s by a German physician, Samuel Hahnemann (1755-1843)
- Concept of homeopathy has roots as far back as Hippocrates (460-377 B.C.)
- Practiced all over the world and one of the fastest growing forms of alternative healthcare

Why Consider Homeopathy?

- Supports the body's ability to detoxify, rebalance, and heal
- Free of chemical side effects because of its highly dilute nature
- Safe for individuals who are sensitive to supplements or other substances
- Safe for infants, children, pregnant women

Why Consider Homeopathy?

- Case example: SH
 - 10 month-old with severe recurrent croup, no eye contact, irritable, extended night waking, chronic constipation, no attempts at communication
 - After 3 months: improvements in bowel function and sleep, making cooing noises, eye contact improved
 - Improvements continued in all areas, at last report “busy and full of energy, happy, content ... “; great eye contact, speech developing normally, in mainstream Mother’s Day Out program, 2-3 normal bowel movements per day

The “Father” of Homeopathy, Samuel Hahnemann

- Hahnemann was a brilliant scholar with expertise in pharmacy, chemistry, linguistics, medical text translation
- Barbaric medical practices of Hahnemann’s day
- Frustrated with and passionately opposed to those practices
- He resigned from the practice of medicine and worked as a chemist and medical translator

Homeopathy Discovered

- In 1790 while translating Cullen's *Materia Medica*, Hahnemann disagreed with the author's statements about Peruvian bark (the primary source of quinine) and why it was useful in treating intermittent fever (malaria)
- Performed first experiment by dosing himself with the bark
- Came down with the very symptoms of malaria – the first homeopathic “proving” – the basic science of remedy choice.
- First principle of homeopathy: Like Cures Like – the Law of Similars

Foundational Principles of Homeopathy

- Law of Similars
- Vital Force
- Minimum Dose
- Provings

Law of Similars

- The Law of Similars: A substance that causes symptoms of illness in a healthy person can support a healing response of those same symptoms in a person who is ill
- Example: *Allium cepa* / Red onion
 - What happens when you chop an onion?
 - Watery eyes, streaming nose, desire for fresh air
 - *Allium cepa* supports the body's ability to heal cold and hayfever symptoms

Belladonna/Atropa Belladonna

- Plant and its berries are poisonous. Symptoms of Belladonna poisoning include:
 - Sensitivity to light, dilated pupils, blurred vision
 - Anxiety, fear and restlessness
 - Headaches and fever
 - Sore throat
 - Earache
 - Increased heart rate
 - Hallucinations and confusion



Belladonna, Case Example

- Case example: Whit
 - Recurrent fever with ear and throat pain
 - By age 2 had taken more than 12 antibiotic Rx
 - Fearful at night, restless, tantrums
 - Use of Belladonna as part of overall case allowed for healing of recurrent illness
 - Sleep and anxiety issues resolved
 - Argumentative boy became pleasant and loving

Vital Force

- The spark that animates our body chemistry
- Seeks to promote life and health
- Strives to maintain homeostasis
- Hahnemann taught that dis-ease indicates a disturbance in the vital force
 - Can be due to stressors, pathogens, toxins, diet, illness, emotional trauma
- Remedies help mobilize the healing energy of the vital force

Vital Force, Case Example

- Case example: SB
- History of chronic diarrhea and gut pain
- Severe lethargy, sleeping 16 hours+ per day
- Insomnia at night
- No energy for healing
- After 3 months his energy had increased, stools began to normalize, and sleep improved
- Remedies helped rebalance his vital force and mobilize his body's healing abilities

Minimum Dose

- During Hahnemann's time it was common for patients to be on many harsh drugs at one time
- Hahnemann's goal – to eliminate side effects and all risk of potential harm
- Minimum dose: To support healing without harm, use the least amount of medicine [substance] necessary
- Homeopathy is a gentle, non-toxic, drug-free approach to natural healing

Proving

- Proving: Detailed, scientific experimentation process developed by Hahnemann to test the healing effects of any substance (i.e., his Cinchona bark experiment)
- Non-toxic nature of homeopathic remedies allows them to be tested on humans with no risk of toxicity
- Homeopathy offers a non-toxic approach that will not add further burden to the liver, gut, or other organs

Remedy Sources and Production Process

- Uses dilutions of animal, plant, mineral and chemical substances, as well as sources which have no mass such as X-ray, sunshine, ultrasound, colors
- Succussion: vigorous shaking with impact between each dilution, brings out the healing action of the substance while eliminating any toxic effects of the original substance
- Made by homeopathic pharmacies around the world that adhere to strict guidelines established by organizations such as FDA/HPUS

How Homeopathic Remedies Work

- Dilution/succussion process allows for a transfer of energy and information from the crude substance into the remedy solution
- Water is able to “copy” and transfer information

Remedies Transfer Information through Energy

“Stanford University Professor Emeritus, William A. Tiller has explained that homeopathic preparations form two main energetic layers that become permanently imprinted into water media; one more superficial, primarily electric and another deeper and more subtle, mainly magnetic layer.” Yurkovsky, Savely M.D. *Biological, Chemical and Nuclear Warfare*, Chappaqua, NY: Science of Medicine Publishing, 2003.

Homeopathy Supports the Body's Natural Self-Healing Abilities

- Remedies provide information that sparks the body's own healing mechanisms
- Homeopathic remedies do not chemically attack microbes as drugs do – they alert the immune system to decide how to attack, then do the work
- Germs cannot develop a resistance to homeopathic remedies since remedies don't kill pathogens, but support natural healing
- Supports the body's natural defense mechanisms which are able to identify, destroy and eliminate whatever may present in the way of pathogens

Homeopathy Supports the Body's Natural Healing Abilities

- Symptoms represent the Vital Force's effort toward homeostasis and natural progression of healing
 - heat (fever)
 - elimination (sweat, stool, urine, vomit)
 - natural progression of illness such as virus (rash, fever)

Various Homeopathic Approaches

- Single-remedy, constitutional or “classical” homeopathy – one remedy is selected according to all symptoms
- Complex homeopathy and homotoxicology – multiple remedies are used in combination
- Sequential homeopathy – method of treatment based on the work of Dr. Jean Elmiger
 - Systematic approach to detoxification
 - Allows for a gentle unlayering process of traumas, toxins, illnesses, inherited weaknesses, vaccinations, Rx and OTC
 - All aspects of each trauma are addressed one at a time, in reverse chronological order: Last in, first out.

Classical vs. Houston Homeopathy Method (HHM)

- Case example: EW began HHM at age 11
 - Poor health and sleep issues from infancy with severe regression after MMR/DTaP/Polio shots
 - 2 yrs of classical homeopathy prior to working with HCH
 - Positive changes such as improved eye contact were noted, but were fleeting and improvements did not “hold”
 - Subtle gains, slow in coming
 - Example: when given Belladonna he was more calm; this lasted a few months then faded
 - Mom said, “It would have taken his whole life to reach the gains we’ve seen with HCH.”

Case example cont.

- Steady health improvements beginning in the first month (resolved symptoms of recurrent night coughing /croup)
- Huge gains as we cleared 1999 MMR/DTaP/Polio shots
- Held mom's hand for first time ever, able to sit/listen/contribute in school, improved eye contact
- Steady, slow improvements as we worked to heal the gut
- Gains with HHM have been lasting and so much faster
- Mom noted, "His asthma and allergy symptoms have been resolved completely. He knows joy and happiness. He can make decisions for himself. We see steady, lasting improvements every step of the way."

HHM: Integrating Multiple Homeopathic Methods

- As with all homeopathy, HHM is built on the foundation of the single-remedy approach
- Recommend remedies according to their homeopathic indications with a reliance on the Law of Similars
- Use the framework of Sequential Homeopathy to organize the detoxification and healing process – one layer at a time
- Incorporate specialized components for chronically ill individuals and those in the Autism Spectrum

How the Houston Method Works to Help Your Child

- Partner with the parents on a journey to recovery
- Provide support remedies to allow for gentle detoxification and support of self-healing processes
- Address each individual's emotional needs for complete healing of body, mind and spirit
- Focus on causation, allowing the body to eliminate each trauma/toxin layer – peeling the layers of the “onion” of your child's history
- Give priority to pain relief and healing the gut

What Constitutes a Toxic Burden?

- Inherited toxins
- Environmental pollution (air/water/food additives)
- Drugs, Vaccinations and other Toxic Exposures
- EMF exposure
 - (hypothesis: heavy metal toxicity sets the kids up to act as antennae causing reactivity to EMFs)

Case Study: Jack at 7 years old

- ASD symptoms
- Speech delayed
- Frequent UTIs
- Unvaccinated, born at home with midwives, uncomplicated, nursed
- Used Naturopathy, Acupuncture for primary care
- Father was a drug abuser/ house painter

Case Study: Jack - cont.

- Significant gains on all fronts after addressing the chemicals that were brought to bear from his father's history (prebirth)
- He now is conversational, content, OCD symptoms resolved, bowel complaints abated, sleeps and eats well and plays appropriately.

Acute or Chronic Problems?

- Acute vs Chronic symptoms defined
 - Acute: a current intense episode that is usually self-correcting
 - Chronic: a long standing set of problems that are typically a result of cumulative causation and tend to increase with time and require intervention
- Addressing symptoms allopathically vs addressing causation; allowing the vital force to rebalance so self-healing can occur

Importance of the “Timeline”

- A chronological history which serves as a map of the body’s “blocks to healing”
- What do we mean by “blocks to healing”?
 - Physical, mental, emotional and spiritual traumas
 - Environmental toxins, chemicals, drugs, vaccines
 - Injuries and surgeries
 - Illnesses, pathogens

The “Timeline”

- How far back does the Timeline go and what specifically is addressed in the HHM?
 - Significant life events which served as blocks, as well as any current events, symptoms
 - Birth experience
 - Gestational (Prebirth) experience
 - Parents’ chemical/pathogen exposures
 - Miasms – five ancestral influences that influence the way we manifest illness

Case Study: Pranav at 3 years old

- Talked at 12 months
- Had a 40-word vocabulary
- 18-months vaccine regression – lost all speech
- Experienced a week of intermittent fevers following HHM clearing/detoxification of this event
- Recovered 30 words and attempting new ones

Healing Responses

- What are healing responses and how do they appear when they occur?
- Healing responses are an expression of the vital force's attempt to rebalance from the ill effects of toxins, dysbiosis and pathogens.
- If symptoms indicate a detour from the timeline, we will sometimes deviate from the exact chronological order of events.

Case Study: Will at 4 years old

- Chronic gut problems
- Completely non-verbal
- Recurrent ear and sinus infections
- Treated with repeated antibiotics/anti-fungals
- Severe episode of 103 fever for 3 days

Case Study: Will - cont

- At 2 ½ yrs old was bitten badly by ants –over 100 bites
- When we opened his case he developed “bites” all over his body – the body needed to release that event before anything else
- Now conversational in whole sentences
- Steady incremental improvements

Case Study: Josh at 15 years old

- Labeled PANDAS/ADHD/ASD/Bi-Polar/PDD and seizure disorder
- He had anger and behavioral issues, poor coordination and lacked basic social skills
- Has progressive, positive responses each month to HHM homeopathy
 - He now only has some anger issues with sister
 - He now has glowing reports from school
 - He is now participating in Martial arts
 - He is now engaged and conversational with peers and instructors

HHM Sequential Homeopathy

- “Clearing” packets
 - Multiple remedies custom to each event in all its aspects-emotional, chemical, pathogenic, physiological
 - Based upon the timeline
 - Supports the Vital Force to eliminate blocks to healing and support the rebalancing/healing process
 - Custom combinations relating to past history and/or current symptoms

HHM's Unique System

- Sequential Homeopathy as Organized Framework
 - Based upon natural law of direction of healing
 - Reverse chronological order
- Supportive remedies – to support unlayering
 - Our own proprietary custom blends
 - Gemmotherapies
 - Drainage remedies for organs of elimination
 - German biological remedies
 - Other homeopathic combinations

Relief for Common Problems

- Pain
 - Gut, headaches, other pains
 - Related self-injurious behavior
- Behavioral issues
 - Obsessions and compulsions
 - Spinning, spitting, jumping, climbing
- Tics and Movement disorders
- Emotional support

Case Study: Robert at 5 years old

- History of chronic ear infections
- Alternating diarrhea/constipation and gut pain
- ASD and OCD symptoms
- Clearing MMR episode: short-lived peak responses included red eyes, light sensitivity, 101 fever, nose bleed, withdrawal, lack of appetite and a bout of vomiting
- Following event – overall strength and improvements

Houston Homeopathy Method in Summary

- Addresses the “enteric nervous system” or “second brain” - the gut – that allows the body to correct and heal the gut-brain connection
- Eases pain and discomfort along the way
- Unburdens the immune system
- Practitioner and parent work as a team toward child’s ongoing recovery
- Monthly parental feedback on child’s individual responses and symptoms as experienced
- Homeopathy can evoke **NO NEW PATHOLOGY**

Case Study: Milena at 6 years old

- Dad was able to recognize his daughter's physical status and behavioral traits for the associated timeframe as they were "cleared" on the timeline.
- This confirmed that we were, in fact, impacting that moment in her life (retracing).
- Parental feedback is crucial to recognizing the appropriate responses.

Why Supports are Needed

- Assisting Drainage function
 - To facilitate toxin removal through major systems of elimination—colon, kidneys, lungs, skin
 - To support the vital force in clearing metabolic “debris” from connective tissue surrounding the cells

What Supports Provide

- Changing the Terrain
 - Cleaning up the living space in which cells reside
 - Assisting vital force to rebalance pH levels
 - Assisting vital force to reduce inflammation
- Ameliorating distressful symptoms
 - Chronic symptoms
 - Detox symptoms

Supporting the Terrain (“Soil”) in Which the Cells Reside

- Remedies allow pH rebalance
- Proper cell function is dependent on an alkaline environment
- Beneficial microflora in the intestinal tract are dependent on proper gut pH
- Remedies allow vital force to:
 - Eliminate acids produced by fungals and bacterials
 - Eliminate acids to allow re-establishment of alkaline terrain
 - Inhibit further overgrowth of microbials

Forms of Remedies

- Remedies can be given in many different forms
 - Liquids
 - Pellets
 - Capsules
 - Tablets
 - Topical lotions and ointments

Classes of Support Remedies

- Gemmotherapy to support “drainage of organs and systems.
- Homotoxicology and other combinations for drainage
- German biological Remedies to rebalance gut flora, support natural immune responses
- HCH proprietary homeopathic blends for specific common autism problems
- Homotoxicology for “drainage” of organs and systems

Parasites

- A focus in many cases – we all have them, but a compromised gut creates ripe ground for proliferation
- When immune system is overwhelmed, parasites can add to burden and sap nutritional resources, slowing recovery
- Must be addressed long term – and without toxicity to the host – HHM offers a non-toxic, viable option for long term addressing of repopulation

True Healing with Homeopathy

- Homeopathy addresses the whole person
- Improvements across the board
 - Neurological, gut health, immune function, growth and motor skills
- Sequential or “timeline” Homeopathy helps create a roadmap to recovery

The HHM was developed for chronic illness then specialized for autism's problems

- Positive results
 - Children, adolescents, some adults
 - Positive results with newly diagnosed children who have not done other biophysical approaches
 - Positive results with older, “tough nut” children who have “been there and done it all”
- Focus on the “immune system of the gut”
 - Developed as we learned from biomedical research
 - Supports detoxification, rebalancing and removal of obstacles to healing process and health

Thank You for Your Time

We wish you and your families the very best for health and healing! Please visit our booth at the conference if you have further questions.



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