



# Resonance

NEWSLETTER UPDATE OF THE HAHNEMANN CLINIC AND COLLEGE

## OUR ANNUAL FALL RHAPSODY!

We welcome you all to join us for one of our most beautiful events of the year, and one of our largest fund-raisers for the HCH Trust - the Fall Rhapsody! The flyer is attached to the last page of this newsletter. All are welcome, and we really hope to see you at this relaxing and restorative event.



## FLU CLINIC

September has arrived once again, and you all know what that means - hype, and promulgation of fear and paranoia about the flu! Well, don't be afraid, be armed with truth and the facts. And if you, or anyone you know, would like to participate in the free flu "immunization" program that we offer each year (this year is our seventh!), just call the Clinic. Our "success" rate with the oral flu vaccination has been close to 98% in preventing the flu.

We also would suggest you check out the list of practitioners (some Heilkunstlers, some not) on the website of the national professional association, to which you can refer friends and family not in the Ottawa area. A few years ago we asked the members of NUPATH to participate in this effort, and they are listed at: [www.nupath.org/flu](http://www.nupath.org/flu).



## UNITED WAY FUND-RAISING UPDATE - PAST, AND UP-COMING

A quick update: many of you are encouraged through your office, agency or corporation, to support the work of the United Way through donations. This allows the option of giving to the annual United Way Campaign *and* having your donations go directly to a charitable organization you believe in - in this case, the HCH Trust!

The amount pledged is then passed on to the HCH Trust to fund on-going medical and educational work to help people with chronic health problems, such as environmental sensitivities, autism, allergies, depression, fibromyalgia, seizure disorders, ADD/ADHD, hormonal imbalances, stress, etc., and the HCH Community Clinic, which provides treatment at a reduced cost for those not able to cover the costs of their wholistic treatment.

Since the start of 2005, the total amount received by the HCH Trust from United Way is \$3,947.06. Their payments are staggered so this amount doesn't reflect the full amount for 2006, rather for mid-2004 to early 2006. An excellent contribution, and we'd like to thank all those who have so generously directed their donations to the HCH Trust.

For those wishing to donate to the Trust via United Way in the future, it's really simple: write the Hahnemann Center for Heilkunst Trust, Registered Charity # 87275 3918 RR0001, on your donation form. If you have been giving to the United Way through regular payroll deductions in the past, you can continue to do this while simply specifying that the money is to go to the HCH Trust. The rest is done for you!



### **COD LIVER OIL AND VIT C**

Speaking of the flu - regimen becomes more and more important as the long, sunny days of summer fade into the darker and chillier days of fall and winter. Now is the time to make sure that you, and your family members, are taking a teaspoon of a good cod liver oil each day. Vitamin D is essential to ensure your immune system stands ready to fight! And the best-tasting and highest-quality cod liver oil that we have found is made by Nordic Naturals, available from the clinic, but also in most health food stores and supermarkets in North America.

Vitamin C is your second defense - and you need to take it 2-3 times a day for the best results (because anything we don't use in one dose is eliminated through the urine). Talk with your practitioner about the best dosage for you.



### **EXCELLENT NEW CLINICAL ASSESSMENT TOOL - CoRE**

The Clinic has formally introduced a new method of analysis that extends our ability to locate the underlying causes of symptoms and illness. It is based on energetic readings of a person's life force and is highly accurate when applied within a given case by your practitioner. It can be done at a distance and is particularly helpful in unblocking difficult cases, but can also be used to provide a clearer picture in *any* case. Talk to your practitioner about the benefits of using this new analysis, called bioresonance assessment, using the CoRe technology system.



## REGIMEN PACKAGE

Fall is the time to think of getting into shape for the winter season, so that you can enjoy Christmas and not have to suffer in January! We make it easy with our Health Package, which provides you with advice on what diet, nutritional supplements and exercises are best for you. This is offered as a monthly package: dynamic blood assessment and initial consultation, followed by check-ins for two weeks and a final blood assessment in the fourth week. Each session also gives you a half-hour under the Far-Infrared Sauna and on the Chi machine. Call Reception to find out more and to book your appointment.

For distance patients, we can offer a similar four weeks of consultations without the in-person embellishments, but with the CoRe assessment at the beginning and end instead - call Reception for details.



## HCH CLINIC'S ONLINE STORE IS UP AND RUNNING!

In an effort to make your purchase of products more effortless, we have created the HCH Online Store!

Ideally, we'd love you to decide which products you need a few days *in advance of your appointment* with us. You can log onto the store's online website, add a note to us that you'd like those specific products sent with your remedies when you have an appointment, and we'll have the products all ready to go - we'd just pop in the remedies following your appointment and ship everything off to you in a timely manner. For those of you who come to the Clinic in person - we can still take care of this in advance, lessening the wait time during the invoicing for your appointment.

For those of you who are students - if you check the things you want in the online store *a few days before your class*, we can have the products ready and waiting for you in the classroom when you arrive.

If there are items that you run out of, or new items you might want to try, you can order anytime, of course. We are trying to make it more convenient for you to have what you need, when you need it. There is a very secure order form for you to use your credit cards, although we can take cash, cheques or debit in the Clinic as well. Check it out at: [www.homeopathy.com/store](http://www.homeopathy.com/store)



### **AULTERRA - PROTECTION FOR CELL PHONES - A NEW STORE ITEM!**

We know that the radiation from cell phones, cordless phones and computers (and other electronics) cause great risk to your health, particularly if you use these items daily, or for long periods of time. We now have a good stock of Aulterras, a small, wafer-thin device that helps to neutralize the harmful effects of the radiation with a method similar to orgonite. They can be placed anywhere on the electronic item (we recommend the battery compartment) and it is at least a step in the right direction - besides limiting your use of the electronics (and using laptops on a desk or with a lapdesk). You can buy three of these for just \$? - so make sure you have one in the cell and cordless phones of all of your loved ones, at least. They are available from the store, url above, or by calling the Clinic.



**AUTUMN IN IRELAND:** Patty and Rudi will be doing a series of lectures on the treatment of autism on the Emerald Isle from the 29th of September to the 7th of October, in a number of cities and venues. Details will be posted on the website as they are refined, and information is available from [info@orchidbooks.org](mailto:info@orchidbooks.org). Fancy a working holiday in Ireland?!

**LATE AUTUMN IN TOKYO:** A more distant venue! From November 4th - 6th Rudi will be sharing the principles and philosophy of Heilkunst with a large group of very dedicated students of homeopathy in the Far (and we mean *far*) East. Information will be posted on the website as it becomes available.

**LATER IN NOVEMBER/EARLY DECEMBER:** Patty and Rudi will sneak in a trip to visit family in British Columbia.



### **PATIENT ONLINE SUPPORT E-GROUPS**

**HCHAUTISM:** While we have an online support group already for the parents of the children who are challenged with a diagnosis of autism, or other behaviours on the spectrum, not everyone is aware of it yet. If you fit into this category and would like to be added to this group, please send an email to Patty with the email address you would like added: [patty@homeopathy.com](mailto:patty@homeopathy.com). And if you already are on the group - please feel free to make it into anything you need. It is a quiet group, but it doesn't have to be!

**HCHPATIENTCHAT:** We also had a request from a patient, now a student, that there be an email group more generally open to patients of Heilkunst, and she, Karen Robinson, has offered to moderate that group. We'd ask that a practitioner or two also be available on the group to make sure questions were answered and that no one goes madly off in all directions. To join this group, email [patty@homeopathy.com](mailto:patty@homeopathy.com) and you will be added.



### HOMEOPATHY@HOME, WORK AND PLAY

Did you know that we have a wonderful mini-course available from the Hahnemann College that will teach you the fundamentals of homeopathy and Heilkunst, including the materia medica you need to take care of yourself and your family in first aid and acute situations?

Homeopathy@Home, Work and Play was created specifically with you in mind! This short course guides you through the concepts and remedies with the help of a personal tutor who will hold your hand every step of the way. We'd love to see more patients taking advantage of this course, especially since we know that those of you who have been in treatment for a while would make *very* good prescribers for emergencies and acute conditions for your families. If this course interests you, information is available on [homeopathy.com](http://homeopathy.com), or from Venetia at 613-692-1700 or [registrar@homeopathy.com](mailto:registrar@homeopathy.com) for more information.

### NEW COLLEGE PROGRAM - DISTANCE AND SIGN UP ANYTIME

We have revised our four-year college program for practitioners to make it easier for those at a distance to study, and also to make attendance at in-class sessions more useful for those who can make them (either all the time, or occasionally). The new program allows you to register at any time in the year and still be able to attend all in-class sessions, but if you can't attend any or all sessions, you can still have access to each of the recorded sessions. We welcome patients who have decided to study and to become practitioners themselves, as this helps us to expand the gift of Heilkunst to many more people who otherwise would not have a choice. Being a patient gives you an immediate advantage in studying based on your own experience with treatment and the on-going experience of following your case with your practitioner in the light of your studies. Contact Venetia at 613-692-1700 or [registrar@homeopathy.com](mailto:registrar@homeopathy.com) for more information.



### CHANGES IN THE CLINIC:

We have had a number of changes at the Reception desk lately, but we have been working hard to ensure that everything is moving smoothly. We appreciate your patience, and we apologize for any unintended mix-ups.

Frances, a graduate Heilkünstler with a wonderful calming presence, will be sharing the duties with Annika, a third-year student of the HCH.

**RECEPTION:** For making appointments, changing appointments, ordering products (if you don't do it online, which we hope you will) or for questions on invoicing:

**Frances or Annika**

613-692-6950 or [reception@homeopathy.com](mailto:reception@homeopathy.com)

**ON-CALL:** For emergencies, acute illnesses, questions about your remedies or healing reactions, our wonderful On-Call Practitioners are available to help you. Giselle and Frances are both graduates of the Hahnemann College and have worked closely with Patty and Rudi. If you call and the line is busy - they are helping someone else, so please leave your message and the call will be triaged, and one of them will get back to you as soon as possible. See the policy information for using the On-Call Service on page 5 of:

<http://www.homeopathy.com/clinic/fees.pdf>

**Giselle (Monday through Thursdays) or Frances (Fridays)**

613-692-7833 or [hchoncall@homeopathy.com](mailto:hchoncall@homeopathy.com)





# Fall Rhapsody Oct. 7<sup>th</sup> Join us!

**Come Celebrate Autumn colour, fresh air, crunchy leaves,  
special treats and friendship, for a good cause!  
2411 River Road, Manotick**

Fall is a wonderful time of the year – a riot of colour, few bugs, crisp air and a sense of balance with Nature.

Come join us and enjoy walking through the woods and meadows of the HCH's Manotick site, with 120 wooded acres.

Then come relax in the barn! Sip on a warming mug of hot cider with freshly-baked snacks while you share some of the wonder of the season with family and kindred spirits. Hot dogs and roasted chestnuts will be available for purchase.

The property has some 7 km of trails to explore, and you are sure to see a variety of both flora and fauna!

We plan treasure hunts for kids, and contests for the biggest leaf, the most colourful leaf, for the family completing the forms most thoroughly, and other fun activities.

**PHOTO CONTEST:** New this year, we will offer a prize in two categories – the child (to age 14) and the adult (15 to eternity) who submits the most exceptional photograph that depicts some aspect of the Rhapsody.

## **BRING YOUR CAMERAS!**

This is an opportunity to come and enjoy nature's beauty, and to also benefit the HCH Trust.

This is our third year for family and friends of the HCH, to renew ourselves before the winter and to help give thanks for the bounty of nature around us.

We also need your help telling friends and acquaintances about our Fall Rhapsody, and just to bring yourself!

See you on Saturday, October 7<sup>th</sup>

Rain date - Sunday, October 8<sup>th</sup>

***Cost is \$25 per person, \$40 for couples and \$50 for a family (up to 5 persons).***

***All profits go to the HCH Trust***

***for scholarships and treatment for those who cannot otherwise afford it.***

***Tickets available in advance at the Clinic, or on the day of the event.***

***TIME: 11:00 to 3:00 p.m.***

***Info: 613-692-4491 (Mary)***

All payments in excess of \$25 are eligible for a tax-deductible receipt from the HCH Trust, upon request..