



# Hahnemann Clinic for Heilkunst

## New Patient Information Package

### Contents

What are Homeopathy and Heilkunst?

Instructions for Taking Your Remedies

The Homeopathic Healing Reaction: What it means

Allopathic Drugs and Herbs: Their Effects on the Nutrients in Your Body

Diet Typologies – One Size Does NOT Fit All

Achieving Animal Health Through Heilkunst

Radionics Assessment – Getting to the CoRe

Medical Myths: Sunscreen and Cancer

Medical Myths: The Role of Sugar

Hahnemann Trust for Heilkunst – information and donation form

The Whole Story – sample issue

**IMPORTANT INFORMATION  
PLEASE READ BEFORE GOING ANY FURTHER**

Please note that many of the brochures included in this package are no longer produced by the HCH and while the information contained within is still valid the address on these pages is incorrect.

Please note that if you wish to contact the HCH the correct contact information is as follows

**9-4338 Innes Road  
Ottawa, ON K4A 3W3 Canada**

**phone: [613-692-6950](tel:613-692-6950)**

**fax: [613-692-0183](tel:613-692-0183)**

**<http://www.homeopathy.com>**

**and now on Facebook!**

**<http://www.facebook.com/HahnemannCenterforHeilkunst>**

**<https://www.facebook.com/HCHautism>**

Homeopathy is only one aspect of the more comprehensive system of wellness known as Heilkunst. Homeopathy is used mainly in acute diseases and as an adjunct in the treatment of deeper diseases, called sequential prescribing.

Heilkunst is true causal medicine. The identification of disease at the same time gives the practitioner of Heilkunst, or Heilkünstler, the name of the remedy required to cure that particular disease.

Thus, for example, if you have a headache, that is not the disease, but only the result of the disease expressing itself in the physical, chemical body. A painkiller only kills the pain, it does not cure the cause of the headache.

If, however, a Heilkünstler determined that the headache had been triggered by heatstroke, or an emotional shock, then the patient would be given a remedy that had been proven to cure disease caused by heatstroke or that emotional shock. Once the cause is removed, the symptoms, including the headache, disappear.

Heilkunst is highly effective in many complex, chronic cases, whether in humans or animals. It is able to get at the multiple causes of a condition by systematically dealing with these causes, one by one, according to the principles of natural law.

Heilkunst is safe, effective and comprehensive, and leads to the true restoration of health or wholeness at all levels: body, mind, soul and spirit.



## HAHNEMANN CLINIC FOR HEILKUNST

PO Box 219  
Manotick ON K4M 1A3  
Canada

613-692-6950

reception@heilkunst.com  
[www.homeopathy.com/clinic](http://www.homeopathy.com/clinic)  
[www.heilkunst.com](http://www.heilkunst.com)

## WHAT ARE HOMEOPATHY and HEILKUNST?



HAHNEMANN  
CLINIC FOR  
HEILKUNST  
OTTAWA, CANADA

---

## WHAT ARE HEILKUNST AND HOMEOPATHY?

Heilkunst is a comprehensive system of medicine based on natural laws and founded over 200 years ago by a German physician, Dr. Samuel Hahnemann. Any true system of medicine must address three issues:

1. Identification of disease (diagnosis)
2. Development of effective medicines (that is, substances that cure safely), or remedies
3. Treatment, or matching the remedy to the disease

Above all, true medicine must respect the Hippocratic oath, “primum non nocere,” or “First, do no harm.” Heilkunst does all this, and quite differently from the prevailing system, called allopathic medicine.

### Disease Identification

Disease is a dynamic, or energetic, phenomenon, not something material. Where allopathic doctors search for disease at the material (chemical) level, Heilkunst sees the physical manifestations as only the result of disease. Thus, an inflamed joint may be given the name “arthritis,” or a respiratory disturbance the label “bronchitis,” but such labels are only a description of what is happening (arthritis = inflammation of the joints; bronchitis = inflammation of the bronchii), not a true diagnosis of the cause. To be a true diagnosis, it should disclose the

cause of the disease. The cause of disease is not in the chemical body, which remains immediately after death, but in the life body, which is energetic in nature.

Heilkunst discerns what is going on in the life body through two main methods: one, by treating the visible symptoms of the disease in the patient as being a mirror of the disease itself in the life body (properly called homeopathic treatment); two, by obtaining a history of the various shocks and traumas of one's life, as these indicate likely sources of damage to the life body, and treating for them in the reverse order of their occurrence (known commonly as sequential or homotonic treatment).

### Remedies

The medicines used, generally called remedies, are made from mainly natural substances and are prepared in a way that increases their therapeutic (medicinal) effect, but essentially eliminates their capacity to harm (so-called side effects). This process of energising (also referred to as dynamising or potentising) leads to medicines that are highly effective at the bio-energetic level of the life body, and yet are entirely safe, including for pregnant or nursing women, children and pets.

The medicines are tested clinically on volunteers, and the results of these “provings” are published in legally recognised compendiums called *materia medica* (Latin for medical substances) or *pharmacopoeias* (pharmaceutical indexes). The common term for all such remedies is “homeopathic medicine.” Canada recognises the three main homeopathic *pharmacopoeias*, those of the U.S., Germany and France. The manufacture of remedies is

regulated by Health Canada and the US Food and Drug Agency.

### Treatment

There are two principles of nature in medicine, known since the days of Hippocrates: the law of opposites and the law of similars. Generally, the law of opposites is the valid law in the realm of regimen (diet, nutrition, exercise, etc.) and is so used in Heilkunst. If you have too much or too little of a given nutrient (an imbalance, not a disease), for example, you simply need to reduce or increase your intake to achieve balance.

If used in the area of disease proper, the law of opposites merely suppresses the symptoms without curing the underlying disease. This is essentially (if unwittingly) what allopathic medicine does: anti-inflammatories, anti-biotics, anti-histamines, anti-depressants. The names tell us the principle being used.

The natural law of cure in the realm of disease is the law of similar resonance. This is the principle used by Heilkunst to match the remedy to the disease.

Heilkunst encompasses three grand areas in the restoration of one's health or wholeness:

- Regimen: diet, nutrition, exercise, supplements – involving imbalances
- Medicine proper: involving true disease
- Therapeutic education: involving the deeper issue of the soul and spirit in terms of our false beliefs, illusions and delusions, as well as our deepest fears



**Hahnemann Clinic for Heilkunst**  
**9-4338 Innes Road Ottawa ON K4A 3W3 Canada**

## **Remedy Instructions**

Rules concerning the mailing of remedies, particularly in liquid form, have become more and more restrictive. Remedies are subject to various security checks and can be detained at the border by customs. To ensure timely delivery of our remedies the Hahnemann Clinic now mails droppers with only a few drops of the remedy (for you to fill – see instructions below), and wafers (rather than powders) for individual doses. Wafers are imprinted with the energy of the remedies needed.

### **Remedy in Dropper Bottle**

Follow these steps to prepare your dropper for use:

- 1) Fill the dropper bottle with clean drinking water to about 2/3 full carefully, without wetting the outside label as best as you can. If water happens to drip onto the outside label, simply dry it with a cloth or towel.
- 2) Take the remedy as directed on the label.
- 3) If you run out of the dropper before your next set of remedy, check with your practitioner. If you are to continue to take the same remedy, fill the same dropper bottle with clean drinking water again.

### **Remedy in Rice Paper**

Take the remedy as is. Follow the written directions on the label.

## **Frequently Asked Questions**

The following are some frequently asked questions that we receive regarding remedies.

### **Q: When can I take my remedy?**

A: The remedy is normally taken when the mouth is empty, before or after meals, but not during. If you have any strong flavors in the mouth, it is suggested that you wait a few minutes before taking a remedy. However, in an emergency, or if following these guidelines would mean no remedies are taken, they can be suspended.

**Q: What type of water should I use when making my droppers?**

A: It is best if the water used in making or taking the remedy is well filtered or is from a bottled source, but this is not essential.

**Q: How often should I take the remedy?**

A: As directed on the label or envelopes. If this is an emergency situation you may repeat the remedy as often as needed, even every few minutes, then lengthening the time between doses as things improve.

**Q: How much of the dropper should I take? How do I take the drops?**

A: After you have made your dropper bottle and you are ready, take one drop (not one dropper-full) of the remedy as indicated by your practitioner. Ideally you should not touch the glass dropper to your lips, teeth or tongue as this could introduce bacteria to the bottle. Success the dropper (bang the base of the bottle on the palm of your hand) two or three times before taking each dose.

**Q: How do I take the rice paper remedies?**

A: You can take the remedy simply by opening the little packet and tipping the piece of rice paper into your mouth but it is fine to handle the paper with your hands. Some rice paper remedies are meant to be taken on consecutive days. Each little envelope will be numbered, and instructions will be written on the outside of the larger yellow envelope. Usually the instruction will be to ingest the rice paper in order as marked, over either 3 or four nights. Should a child inadvertently spit out the wafer, this is OK, as the energy in the wafer will already have been transmitted.

**Q: I am in an acute situation and need to take my remedy often. Is this OK, and how should I do it?**

A: Yes, in some acute situations it is necessary to repeat a remedy often until the crisis passes. Put one drop of the remedy (or rice paper wafer, as the case may be) into a glass or bottle of water. Now you have gentle access to the remedy and can sip on it as often as your practitioner advises.

**Q: Where should I store my remedies?**

A: Homeopathic remedies are bio-energetic in nature and not biochemical. The droppers should not be stored near anything that is electro-magnetic is at all possible as this may reduce the energy of the remedy, though it does not seem to destroy that energy. This can include, but is not limited to storing them near: clock radios and alarm clocks, on top of refrigerators, and near or on computers. Should such storage of droppers happen, succussing (banging the base of the bottle on the palm of your hand) 20 – 30 times will restore its efficacy. The safest place to store remedies is in the bedroom on a bureau or in a drawer (but not near lamps or clocks) or in your purse if you carry one. This is particularly useful for those remedies you may need to access more frequently. Dropper bottles should not be kept in direct sunlight, nor should they be exposed to extreme hot or cold temperatures for long periods of time.

**Q: I will be traveling and my remedies may go through an X-ray machine. Is this OK?**

A: If airport personnel are open to a hand inspection of the remedies and passing them around the x-ray machine, then this is your best choice. If not, you can allow them to go through the x-ray machine. Putting your remedies in your checked luggage exposes them to more intense x-rays, and while this does not destroy the energy in the remedies, it may act to weaken them somewhat.

If you are a frequent traveler, try to have the remedies hand-checked as often as possible. This is particularly important if you have invested in a small remedy kit. However, our experience and that of others is that the remedies are not prevented from acting even if they are exposed to x-rays and other negative energy. The above recommendations are simply preferred guidelines.

**Q: I have droppers and dry remedies, can I start them all at the same time? Or do I start the droppers first and then the dry remedies?**

Most of the time you can start the droppers and the dry remedies at the same time, unless you are directed otherwise.

If you have any questions regarding the remedy instructions, please contact the Hahnemann Clinic at 613-692-6950 or [reception@homeopathy.com](mailto:reception@homeopathy.com).

# The Hahnemann Clinic for Heilkunst

The Hahnemann Clinic is part of the Hahnemann Center for Heilkunst Trust, along with the Hahnemann College for Heilkunst.

The HCH Trust is a registered charitable entity under the laws of Canada and operates to provide the benefits of Heilkunst, a complete system of health-care, to those desiring it. It does this through the training of practitioners and the treatment of patients, as well as through more general educational activities for the public.

The HCH Trust and its activities are financed solely through patient and student fees, as well as donations from benefactors. We depend on donations to continue research, purchase new equipment, offer better services and to expand our activities so that more people can benefit from the knowledge of health and disease provided by Heilkunst.

The HCH Trust is headquartered in Ottawa, Canada, and thanks to the wonders of modern telecommunications, can provide services around the world. Students can study through our unique distance learning programs, and patients can be treated by phone, e-mail and fax.

If you would like to make a donation to the HCH Trust, please ask for the separate brochure on donations or contact the HCH Trust through the contact information on this brochure.



## HAHNEMANN CLINIC FOR HEILKUNST

PO Box 219  
Manotick ON K4M 1A3  
Canada

613-692-6950

[reception@heilkunst.com](mailto:reception@heilkunst.com)  
[www.heilkunst.com](http://www.heilkunst.com)

## THE HOMEOPATHIC HEALING REACTION: *What it means*



HAHNEMANN  
CLINIC FOR  
HEILKUNST  
OTTAWA, CANADA



---



## What is a healing Reaction?

Healing is part of a deeply curative process. Healing proceeds in a specific way, following certain natural principles, and aided by natural medicines.

These principles have been observed for centuries by natural physicians. They were set down formally by Dr. Constantine Hering and Dr. James Tyler Kent, two homeopathic physicians.

You get sick in a certain order in space and time, and your symptoms appear in a set order. Nature heals in the reverse order of the disease process. This means that the healing proceeds from the mental/ emotional level to the physical level, from the deeper organs to the more superficial, from above downwards (as often seen in rashes), and in the reverse order of the original occurrence of the various diseases.

The direction of the change in symptoms is very important. It is the direction that tells the physician whether a true healing process is underway, or simply palliation (temporary suppression of symptoms).

When you take a deep-acting energetic remedy for a chronic disease condition, you will experience a healing reaction. This means that you will see a change in your symptoms according to the natural direction of healing.

First, you will likely experience an improvement at the mental/emotional level. For example, concentration will improve, irritability will decline, you will have a more positive outlook and you will feel more confident and calm. Old symptoms may return. You may experience symptoms at the more superficial level, while deeper organs will improve and strengthen.

Healing is like house cleaning. A lot of old stuff that has accumulated must be cleared out. Much of this elimination takes place at the physical level; congestion, various discharges, skin reactions, aches and pains are among the types of symptoms you can expect as signs of healing.

In most cases, after taking a remedy you should experience an initial improvement or sense of well-being. About 10-14 days after taking a remedy, you may experience a temporary worsening of your situation, usually physical (although it will still be better than at the start of treatment). You may also have a return of old symptoms. This state normally lasts for 1-3 days, then will return to the improved state you experienced prior to the healing reaction.

## Hering's and Kent's Principles:

### *The direction of a true healing process*

Dr. Hering stated that a true, natural healing process for a particular disease proceeds according to the following pattern:

**From above downward:** Since our mental/emotional state is more important than our physical state, healing should always result in an improvement first at the mental/emotional level. Any physical reaction will tend to move down the body, e.g., a rash that moves from the face to the chest, the legs and then the feet.

**From inside outward:** The deeper a disease state, the more serious the internal organs affected. The skin is the most superficial organ and once a skin rash or other symptom appears or worsens temporarily, this is a sign that the deeper disturbance is being forced out.

Dr. Kent added the following: **In the reverse order of time:** old symptoms associated with the time of the blockage or inherited weakness you are being treated for may return. Old disease states, or rather their symptoms, may return. The symptoms, however, are now

the sign of the internal healing or repair process, and are temporary.

## Healing is a voyage of self-discovery

Health is much more than an absence of physical symptoms. Health is the freedom to pursue our dreams, desires and interests, to become more fully who we are. Health is a balance within, a harmony at all levels of our being.



If we have fewer physical symptoms, but feel worse mentally and emotionally, this is a sign of the disease going deeper. Many drugs simply suppress the symptoms so that we can ignore the message of the symptoms, which are a sign that something is wrong, that we need to change our way of living. This may be in terms of diet, hours and style of work, interests or relationships. We can ignore those symptoms, at the cost of more severe illness later on, or we can learn from them.

Treatment, based on Hahnemann's medical system, in particular a sequential approach (see separate brochure), allows for true healing. True healing opens the doors to our making the changes necessary, internally and externally, to allow us to function more freely at all levels of our being.

Healing is a process. It takes time because it takes us back on a journey through time. It does not mean that we must re-live the past, but only that we need to go back and remove old wounds which create blockages to the healing power of our life energy.

Through this process, as we gain freedom from our disease, we gain a greater appreciation of ourselves and the causes of that disease. We are better able to take the steps to change our previous unhealthy style of living into a healthier one.

# The Hahnemann Clinic for Heilkunst

The Hahnemann Clinic is part of the Hahnemann Center for Heilkunst Trust, along with the Hahnemann College for Heilkunst.

The HCH Trust is a registered charitable entity under the laws of Canada and operates to provide the benefits of Heilkunst, a complete system of health-care, to those desiring it. It does this through the training of practitioners and the treatment of patients, as well as through more general educational activities for the public.

The HCH Trust and its activities are financed solely through patient and student fees, as well as donations from benefactors. We depend on donations to continue research, purchase new equipment, offer better services and to expand our activities so that more people can benefit from the knowledge of health and disease provided by Heilkunst.

The HCH Trust is headquartered in Ottawa, Canada, and thanks to the wonders of modern telecommunications, can provide services around the world. Students can study through our unique distance learning programs, and patients can be treated by phone, e-mail and fax.

If you would like to make a donation to the HCH Trust, please ask for the separate brochure on donations or contact the HCH Trust through the contact information on this brochure.



## HAHNEMANN CLINIC FOR HEILKUNST

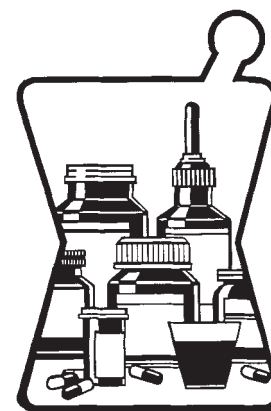
PO Box 219  
Manotick ON K4M 1A3  
Canada

613-692-6950

[reception@heilkunst.com](mailto:reception@heilkunst.com)  
[www.heilkunst.com](http://www.heilkunst.com)

---

## ALLOPATHIC DRUGS and HERBS: *Their Effects on the Nutrients in Your Body*



HAHNEMANN  
CLINIC FOR  
HEILKUNST  
OTTAWA, CANADA

---

---

## Allopathic Drug-Nutrient Interactions



*Drugs and herbs deplete the store of nutrients in your body that you need to heal. If you are using either or both of these, you will need to include nutritional supplements in your regimen program.*

It is a fact that drugs and herbs rob the body of essential vitamins and minerals. However, the area of medicine that deals with nutrient depletions has been little researched to date, and the information that does exist is not well-organized.

Thanks to the efforts of one of our staff, pharmacist Francois Jooste, the previously scattered and unanalyzed information is now more readily available. This allows us to better assess of the impact on the level of essential nutrients in your body if you are using drugs or herbs.

It is important to assess the effects of drugs, herbs and lifestyle (such as smoking or alcohol) on nutrients, and to consider how best to correct their use, to ensure optimum healing during the removal of disease with homeopathic medicine and Heilkunst.

## Drug Classes

All drugs and herbs belong to particular classes, such as antidepressants, anti-spasmodics, anti-inflammatories, etc. Generally, each drug or herb in this class has the same effect on nutrients. For example, both Prozac and St. John's Wort are anti-depressants, which will interact with one another and will deplete the same nutrients in the body.

## Drug-Nutrient Interactions

We now have a listing of known drug/herb/ nutrient interactions. Meaning, the nutrients that a given class of drugs or herbs will deplete in the body and how drugs and herbs, or herbs and herbs, or drugs and drugs, interact with one another. This leaves you with a lack of those nutrients for your healing needs. An extended lack of nutrients can also cause further disease effects.

The better your diet, of course, the better you will be able to withstand the effects of drugs or herbs on your health. However, even the healthiest person may temporarily



*Interactions of multiple drugs in your body can produce negative nutritional effects.*

need to take some supplements when taking allopathic drugs or when using herbs.

Vitamins are not a substitute for good food sources of protein, fats, minerals and other nutritional elements. You cannot live on vitamins alone. Vitamins generally need to be taken in combination with other vitamins and certain minerals for the best absorption.



The good news is that a healthy person with a good diet and lifestyle has little need for supplementation. Our goal is to get you to that point. However, you may temporarily need some supplementation of vitamins and minerals. The drug-herb-nutrient assessment will help us to give you beneficial advice on which supplements will be necessary to augment your nutritional regimen during the time you are using drugs or herbs.



# The Hahnemann Clinic for Heilkunst

The Hahnemann Clinic is part of the Hahnemann Center for Heilkunst Trust, along with the Hahnemann College for Heilkunst.

The HCH Trust is a registered charitable entity under the laws of Canada and operates to provide the benefits of Heilkunst, a complete system of health-care, to those desiring it. It does this through the training of practitioners and the treatment of patients, as well as through more general educational activities for the public.

The HCH Trust and its activities are financed solely through patient and student fees, as well as donations from benefactors. We depend on donations to continue research, purchase new equipment, offer better services and to expand our activities so that more people can benefit from the knowledge of health and disease provided by Heilkunst.

The HCH Trust is headquartered in Ottawa, Canada, and thanks to the wonders of modern telecommunications, can provide services around the world. Students can study through our unique distance learning programs, and patients can be treated by phone and e-mail.

If you would like to make a donation to the HCH Trust, please ask for the separate brochure on donations or contact the HCH Trust through the contact information on this brochure.



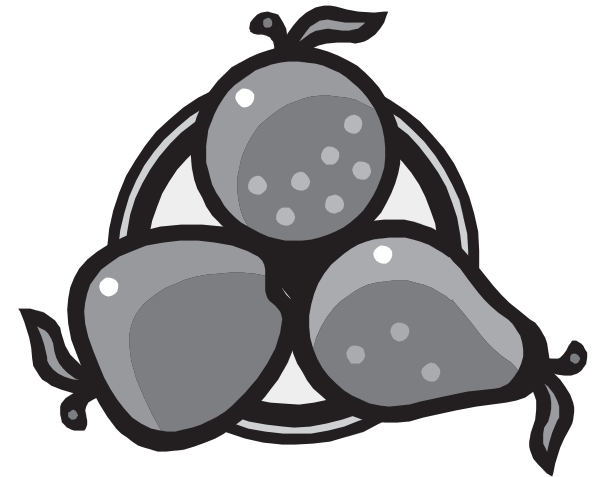
## HAHNEMANN CLINIC FOR HEILKUNST

PO Box 219  
Manotick ON K4M 1A3  
Canada

613-692-6950

[reception@heilkunst.com](mailto:reception@heilkunst.com)  
[www.heilkunst.com](http://www.heilkunst.com)

## DIET TYPOLOGIES - *One Size Does NOT Fit All!*



HAHNEMANN  
CLINIC FOR  
HEILKUNST

OTTAWA, CANADA



*Do you sometimes feel that you are going around in circles?*

*Do you want to eat what is healthy, feel energetic and be at your optimum weight, all at the same time?*

*Are you confused by all the hype surrounding diet types and the conflicting advice?*

*Do you wish someone could clear the confusion and tell you what is really healthy and will work for YOU?*

**Then you need to learn about the Diet Typologies and how they can help you to achieve better health, fitness and weight control.**

- Have you ever wondered why the diet that works for your spouse, friend or neighbour doesn't work for you?
- Are you confused about the latest announcement of a miracle diet or wonder food? What is right and what is nonsense?
- Do you have low energy and/or trouble staying at your optimum weight?
- Are you tired of diet fads or trying different diets that just don't seem to work, or are hard to stay on because they seem more like being in prison than giving you the freedom of better health?

- Have you ever wondered if there is a diet out there that will work for YOU?

**Then you need to find out about the particular biological typologies that determine what foods, supplements and exercise are best for YOU and which ones can actually be harmful, even if they are "natural" and seem to work for others.**



Dietary changes are some of the most difficult to make, as our choices are grounded in habit, upbringing, culture and belief. The intent of this program is simply to inform you what foods and drinks are by nature best for your health. Ultimately, the choice as to what to eat is up to you. It is also not a matter of limiting quantity beyond the usual bounds of moderation, but of making healthier choices from a wide selection. Where changes are indicated from your current diet, these changes can be made gradually.

As you notice the benefits, you will be encouraged to continue and to make further adjustments.

**Determining your diet types and the best diet for you** is normally part of your treatment with the HCH Clinic. Unless the case does not call for it, you will be given a consultation time with one of our trained practitioners to help you determine your various typologies and to explain how they will work in your situation. You will be provided with a detailed book on the different typologies that will allow you to start your unique health program as soon as possible. The length of the consultation may be increased to accommodate couples or families. Please inquire about our various group rates.

**The HCH Clinic** also provides other opportunities for you to learn more about your bio-chemical individuality and nutrition in addition to your initial session.

**GROUP SETTING** - periodically on a weekday evening to explain the types and answer questions - good for inviting friends and family members.

**PRIVATE CONSULTATION** - additional sessions with one of our practitioners.

**INTERACTIVE SESSIONS** involve more intensive work in a group for several weeks under a personal dynamic nutritionist, involving exercise and personal guidance for your particular typologies.

*In all the sessions, you will learn about the different typologies and how to establish which apply to you. You will also receive detailed background information.*



various inherited predispositions relevant to the case. This constitutes the main part of the treatment.

Following this analysis, you will be given an initial remedy (or remedies) to start the process of sequentially removing the various shocks and traumas that have contributed to the current ill-health or that are impeding your animal's attainment of better health. Each remedy is matched with a particular trauma.

Certain events may consist of a complex of traumas and will thus require a complex of remedies to address. This is known as sequential or homotonic prescribing. The timeline provides a map of where the life force will direct itself next and gives the practitioner a useful means of assessing the right sequence of remedies required. Sometimes an acute (pathic) remedy may be required for acute incidents or flare-ups and sometimes for accidents or surgical procedures undertaken during the course of the treatment.

Another part of the treatment is to identify your pet's constitutional remedy. This relates to its innate nature, and the corresponding remedy can help strengthen its life force during the process of treatment.

As well, you will be given advice about regimen and the ways in which you can do more to assist the healing powers of your pet's physical body. Suggestions may also be made about how you can best establish the most healthy balance of power in the household, with you and the other humans in the house as the alpha animals. Healing is very important to complete the restoration of health, which is started by the removal of disease by the right remedies.

## **FOLLOW-UP CONSULTATIONS**

The purpose of these consultations is to provide regular assessments of the progress of treatment according to the natural rhythm of removal of disease and healing (remediation). You will be asked to describe any changes you have noticed in your pet that are out of the ordinary over the month since your last visit. Your practitioner uses these changes to assess the effectiveness of the remedies and the need for new or additional remedies or new potencies, particularly in the context of the timeline. You are encouraged to raise and discuss any unusual occurrences in your pet's condition and life more generally, even if they appear to be minor.



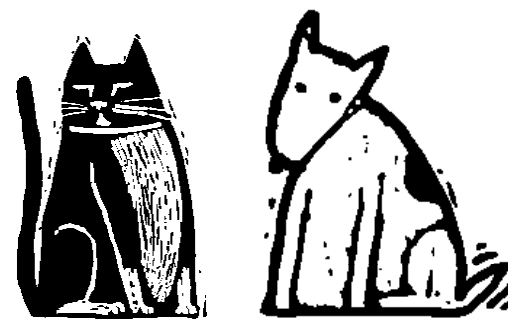
### **HAHNEMANN CLINIC FOR HEILKUNST**

PO Box 219  
Manotick ON K4M 1A3  
Canada

613-692-6950

[reception@heilkunst.com](mailto:reception@heilkunst.com)  
[www.heilkunst.com](http://www.heilkunst.com)

## **Achieving Animal Health Through Heilkunst**



**HAHNEMANN  
CLINIC FOR  
HEILKUNST**  
OTTAWA, CANADA

# Achieving Animal Health Through Heilkunst

---

*There are three areas of health that are addressed when an animal is treated using Heilkunst:*



## REGIMEN

This is the realm of healthy diet, exercise, nutrition, supplements, sleep, hydration, relaxation, etc. Here we find *imbalances* because of too little or too much of something that is needed by an animal to function properly.

## MEDICINE

This is the realm of disease proper. Disease is not simply an imbalance, but a deeper impairment of the life force.

To correct this impairment, a substance is needed that can remove it (called cure), which is a medicine or remedy. This realm consists mainly of the treatment of various shocks and traumas (physical, medical and emotional) acquired over the animal's lifetime, as well as the potential for various inherited diseases (chronic miasms) that are carried into this world with every living being, a gift from our parents at conception.

## THERAPEUTIC EDUCATION

Animals are very much affected by the state of health of their owners, their behavior and their beliefs about themselves and the world. Emotional issues that the owner is experiencing or working through can lead to health problems in their animal(s). Thus, it is important to examine the owner's life, circumstances and particular issues in order to fully understand the context of the animal's case.

Equally, it is important to understand that animals operate purely on instinct. What they do and how they respond to a situation involving their owner or the family environment is very much dictated by their particular nature. Dogs are best at being dogs, cats at being cats, horses at being horses, etc. They are not good at being people or being treated like people. Many of the behaviour and health problems are linked to confusion in the animal's mind as to his or her place in the group, and what is expected and required of it. Since we often give, unknowingly, conflicting signals, this is very stressful on the animal concerned and needs to be addressed.

## INITIAL CONSULTATION

We must first ensure that we are providing the best environment for the maintenance of health. In addressing any obvious imbalances in your companion animal's system, we can remove various symptoms that are due solely to those imbalances. If your pet is not getting enough of the right food and exercise, enough fresh air and clean water, its body will begin to manifest complaints. In the first part of the consultation, you will be asked about your pet's dietary and exercise habits, its level of water and supplement intake, and any other aspects of regimen that may be useful, including other therapies that you may be following (e.g., acupuncture, massage, chiropractic).

In addition, you will be asked for information about any allopathic (conventional) drugs or herbs your pet is taking so we can determine the potential interactions or nutrient depletions. The process and meaning of preparing a chronology or timeline of the physical and emotional traumas in its life will be explained, and you will normally be expected to bring this timeline along with you to the main consultation.

In the main consultation, you will be asked to describe the nature of your companion animal's complaints and your health concerns. The practitioner, or Heilkünstler, will then look at and discuss the traumatic timeline in the context of these concerns, and will also discuss the role of



## **Radionic Assessment - Getting to the CoRe**

The HCH Clinic has a non-invasive, safe and highly accurate assessment tool called the CoRe. It involves what is often termed bioresonance or radionics. Essentially, where most conventional medical assessment tools involve physical assessment or biochemical tests, bioresonance measures health and disease at the energetic level, or bio-energy level. This is the level from which disease and imbalances generally originate. While our clinical assessment has proven to be extremely effective, the bioresonance assessment offers us another tool to help detect blockages and disturbances in a person's energy field and to identify means for removing them that we might otherwise miss. In many cases, treatment is made more effective and is shortened.

All living beings have what is universally recognized as a special energy called a life force, life energy or living power. This is the animating force that makes the difference between a living person and a corpse since, viewed chemically, they are similar (at least within the first few minutes of death). The absence of this animating force and energy is the reason a corpse degrades chemically instead of growing and functioning in an organized manner we call "life."

The nature of the living power is that it radiates, hence the term "radiant health." We also can sense when a person is "lively" and projecting their energy field beyond them, or if they are sick and have little energy emanating from them.

Researchers in the first part of the last century, in particular Dr. Abrams of Stanford University, began to experiment with the radial energy given off by living persons. However, the growth of the chemical industry, the dominance of the Pasteurian germ theory (using a chemical to kill a germ), and the "miracle" discovery of antibiotics led this emerging field of medical science of bio-energy to be set aside in favor of the biochemical approach to treatment. The biochemical approach treats the physical level, but we know that disease itself is lodged at the energetic level - though the results of this disease can produce symptoms at the physical level, which are then suppressed with drugs, but the original cause is not touched, e.g., headaches with anti-inflammatories. The inflammation that produces



the pain we feel is not the disease (cause), but the result of the disease.

Initially, the measuring of radial energy was done by an operator who was sensitive to this energy and who could then transcribe the different energy patterns or waves into mathematical language - numbers or "rates" that expressed a certain frequency. Today, these rates can be programmed into a computer and the computer can do the job more objectively and without getting tired.

How does the computer do this? Radial energy is effectively energy before matter, and is non-local, that is, as stated in Quantum Physics, existent everywhere at all times - it is beyond the constraints of space and time. Rupert Sheldrake has spoken of "morphogenic fields" that allow our subconscious minds to work with and through a kind of "etheric field" to which all other people are connected. We often refer to the knowledge that comes from this connection with the universal field "wisdom," "common sense," a "gut feeling," "intuition," etc. We use it in our personal lives, but not in our professional lives, and we also tend to mistrust it. However, this universal field contains all knowledge. The computer is able to tap into this field objectively and locate a given individual based on that person's uniqueness, much as a letter sent to a particular person gets to that person and not someone else, except it uses name, address, birth date and place of birth. Then, if the subconscious of the person is willing, an exchange takes place energetically in terms of frequency language. The computer can be programmed logically and mathematically to pose certain questions and then record the response.

It can ask questions about diet, nutrition, disease, emotions, etc. The questions and responses are only as good as the original program (or mind of the programmer). We have selected a program that can be programmed to fit in with the way we view and assess a patient, and that can also be taught to be more effective over time, and as our knowledge evolves, so will the assessment.

The assessment can be done in person or at a distance. You need to schedule the assessment, but you do not need to be available for it. Once the assessment is completed, it is sent to your practitioner who will do the final analysis and then discuss this with you in a further consultation.

Following from this, various regimenal recommendations will be suggested and you will also be sent additional remedies based on the CoRe analysis. We highly recommend a CoRe assessment at the start of treatment, and then periodically throughout, possibly every three to six months. In difficult cases, or where there seems to be a standstill in progress, the CoRe assessment is also very useful and is highly recommended. Talk with your practitioner if you have any questions about using the CoRe in your case or that of a family member.

Hahnemann Clinic for Heilkunst  
PO BOX 219  
Manotick, ON  
K4M 1A3  
INFORMATION 613 692 6950  
[reception@homeopathy.com](mailto:reception@homeopathy.com)

## The Hahnemann Clinic for Heilkunst

The Hahnemann Clinic is part of the Hahnemann Center for Heilkunst Trust, along with the Hahnemann College for Heilkunst.

The HCH Trust is a registered charitable entity under the laws of Canada and operates to provide the benefits of Heilkunst, a complete system of health-care, to those desiring it. It does this through the training of practitioners and the treatment of patients, as well as through more general educational activities for the public.

The HCH Trust and its activities are financed solely through patient and student fees, as well as donations from benefactors. We depend on donations to continue research, purchase new equipment, offer better services and to expand our activities so that more people can benefit from the knowledge of health and disease provided by Heilkunst.

The HCH Trust is headquartered in Ottawa, Canada, and thanks to the wonders of modern telecommunications, can provide services around the world. Students can study through our unique distance learning programs, and patients can be treated by phone, e-mail and fax.

If you would like to make a donation to the HCH Trust, please ask for the separate brochure on donations or contact the HCH Trust through the contact information on this brochure.

## DON'T BE AFRAID OF THE SUN

The bottom line is that the sun is good for you and you should be getting sunlight all year. But, as in all good things, the key is moderation and knowledge.

Sunlight can cause damage due to over-exposure, but this problem can be removed with proper nutrition, general health and common sense. Sunscreens or sunblocks only suppress the benefits from sunlight and create risks for more disease. They are unnecessary.

Learn more about what you can do to enjoy the sun all year. Talk to your practitioner at the Hahnemann Clinic for Heilkunst.



### HAHNEMANN CLINIC FOR HEILKUNST

PO Box 219  
Manotick ON K4M 1A3  
Canada

613-692-6950

[reception@heilkunst.com](mailto:reception@heilkunst.com)  
[www.heilkunst.com](http://www.heilkunst.com)

## MEDICAL MYTHS: *Sunscreens and Cancer*



HAHNEMANN  
CLINIC FOR  
HEILKUNST

OTTAWA, CANADA

---



## SUNLIGHT: FRIEND OR FOE?

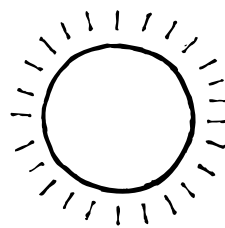
We are often told that sunlight causes cancer and that we should wear sunscreens or sunblocks. We also read of studies that show risks of cancer associated with the use of such products. Equally, we often read of the health-giving benefits of sunlight. When it comes to deciding whether we, or our family members, ought to go out in the summer, we are left literally in the dark!

The solution to dealing with this issue is to look at all aspects. First, we need to consider the facts. It is true that over-exposure to sunlight can cause cancer of the skin. It is also true that studies are showing that sunscreens can cause cancer. Finally, it is true that sunlight is very healing and has been used through the centuries to treat a variety of conditions.

Second, we need to examine the seeming paradox – that sunlight can be both healing and damaging. The solution to the paradox lies in the fact that it is our state of health that determines which will occur. From a physical perspective, our body is able to deal with sunlight properly and extract what it needs for health when we have the right nutrients. The main element here are the fatty acids.

Sunlight has become a growing problem for many as our diets have excluded foods rich in Omega 3 fats. In North America our diets are dominated, because of food choice and processing, by Omega 6 fats. The body needs a proper balance of both Omega-6 and 3 to be able to deal with sunlight (not to mention all the other body processes that are

dependent on these fats!) In 2001, the National Academy of Sciences published a comprehensive review showing that the omega 6:3 ratio was the key to preventing skin cancer development. An Australian study done over 10 years ago showed a 40 percent reduction in melanoma for those who were eating fish, which is rich in omega-3s.



Omega-3 and omega-6 fats are both essential for human health, however typically we consume far too many omega-6 fats in our diets while consuming very low levels of omega-3. While the ideal ratio of omega-6 to omega-3 fats is 1:1, our ratio of omega-6 to omega-3 averages from 20:1 to 50:1!

### Sources of Omega-3 and 6

The primary sources of omega-6 are corn, soy, canola, safflower and sunflower oil; which are overabundant in the typical diet and that contributes to our excess omega-6 levels. Avoid or limit these oils.

Omega-3, meanwhile, is typically found in flaxseed oil, walnut oil, and fish. By far, the best type of omega-3 fats are those found in that last category, fish. That's because the omega-3 in fish is high in two fatty acids crucial to human health, DHA and EPA. These two fatty acids are pivotal in preventing heart disease, cancer, and many other conditions.

The problem with fish is that many contain mercury. You can look for a mercury-free source of fish, or use supplements that are mercury-free. You also can eat fresh fish where you can find it and take a periodic dose of Mercury in potentised form ("homeopathic") to detoxify your system.

## Health and Sunlight

We know that healthy people have little trouble with sunlight and that disease creates an aversion or sensitivity to sunlight. Thus, your overall level of health is a large determinant of your ability to derive benefits from the sun without being harmed. What we don't often realize is that each person has an inner light metabolism, which is linked to our level of health and consciousness (which we recognize in the terms we use for health and health – lightness of being, enlightened, sunny disposition, etc.).

This inner light metabolism is what provides the counter energy to the sun's radiant forces so that we can extract the benefits without getting burned, so to speak. The healthier one is, at all levels – body, mind, soul and spirit – the more we can live in the sun's energy, which is life-giving, and an important component to the development of our consciousness and sense of self.

### Dealing with the Sun

Once you have sufficient nutrients to handle the sun, you must gradually expose your skin to the sun. At the beginning of the season go out in the sun gradually. Progressively increase your time in the sun so that in a few weeks you will be able to have normal sun exposure. The key is to avoid getting burned, which usually happens in the middle of the day and from lengthy exposure. You can creatively use your clothing to block the sun's rays during your build-up time and when you have to be out in the midday sun for a long time.

Don't accept the rather new and sometimes hysterical argument that sunlight is dangerous. It is only dangerous if you ignore health and nutrition.

## **THE HAHNEMANN CENTER TRUST**

The Hahnemann Clinic is part of the Hahnemann Center for Heilkunst Trust, along with the Hahnemann College for Heilkunst.

The HCH Trust is a registered charitable entity under the laws of Canada and operates to provide the benefits of Heilkunst, a complete system of health-care, to those desiring it. It does this through the training of practitioners and the treatment of patients, as well as through more general educational activities for the public.

The HCH Trust and its activities are financed solely through patient and student fees, as well as donations from benefactors. We depend on donations to continue research, purchase new equipment, offer better services and to expand our activities so that more people can benefit from the knowledge of health and disease provided by Heilkunst.

The HCH Trust is headquartered in Ottawa, Canada, and provides services, thanks to the wonders of modern telecommunications, around the world. Students can study through our unique distance learning programs, and patients can be treated by phone, e-mail and fax.

If you would like to make a donation to the HCH Trust, please ask for the separate brochure on donations or contact the HCH Trust through the contact information on this brochure.

## **DON'T BE AFRAID OF SUGAR**

The bottom line is that you do need sugar in your diet, but in its healthy, natural form. And, as in all good things, the key is moderation and knowledge.

Refined sugar (mostly hidden in processed foods) can cause damage to your immune system, but natural forms, including the sweetener stevia, eliminate this problem.

Artificial sweeteners, marketed as a "healthy" substitute for sugar, create risks for more serious disease, particularly affecting the nervous system and brain, and they are unnecessary.

Learn more about how you can enjoy sweets as part of a healthy diet - talk with your practitioner at the Hahnemann Clinic for Heilkunst.



### **HAHNEMANN CLINIC FOR HEILKUNST**

PO Box 219  
Manotick ON K4M 1A3  
Canada

613-692-6950

reception@heilkunst.com  
www.heilkunst.com

## **Medical Myths: The Role of Sugar**



**BE INFORMED ABOUT YOUR HEALTH!**



**HAHNEMANN  
CLINIC FOR  
HEILKUNST  
OTTAWA, CANADA**



## SUGAR: FRIEND OR FOE?

We are all aware, thanks to years of warnings and studies, that sugar is “bad” for us. And that is partially true. But what we don’t hear is that it is also “good” for us. Our bodies run on sugar, especially our brain.

How can this be? Partly it is a question of balance - all things in moderation. And it is a question of the *type* of sugar we are consuming, since not all sugars are the same. Sugar has received bad press in the past few decades. Let’s take a look at some of the basic considerations.

Most of us associate sugar with the refined (processed) white sugar that is produced industrially from sugar cane or sugar beet. This is, appropriately, called *The White Death*. It acts in the body like a drug because minerals, enzymes and other nutrients have been removed, so the remaining substance enters the blood stream too rapidly and creates a high insulin response. This then causes the blood sugar to drop precipitously, leading to hypoglycemia.

The whole process seriously weakens the immune system. For example, one teaspoon of sugar (and a doughnut contains about seven teaspoons) can cause our white blood cells (those that fight infection) to drop by 20% for several hours.

It was discovered in the 1940’s that children who ate large amounts of sugar were more likely to run the risk of developing paralytic polio rather than the mild form (which has only cold-like symptoms). When sugar consumption was restricted, the number of polio cases dropped significantly.

Our blood needs sugar (blood glucose), but in the right amounts. We are fortunate

that nature has provided sugar for us in a complete package, such as honey, maple syrup, fruit and vegetables, so that the sugar is absorbed slowly and does not rob the body of necessary nutrients and vitamins (which white refined - sugar does). Natural forms of sugar, like honey and maple syrup, are rich in nutrients as well as in energy, and in moderate amounts are very good for us.

### SWEETENERS

One of the functions of sugar in our diet is as a sweetener. In nature, sugar is relatively rare and we prize it highly. After the Industrial Revolution several hundred years ago we saw the arrival of unprecedented amounts of sweeteners (refined cane sugar). Our natural desire for sweet-tasting foods led to a rapid increase in white sugar consumption.

Today, the average North American consumes some 130 lbs. of sugar a year, and it is mostly hidden in processed foods. Corn syrup has replaced refined cane sugar as the main sweetener in most foods, and is often the first, second or third ingredient listed in foods (by weight).

### ARTIFICIAL SWEETENERS

One of the unfortunate effects of the one-sided view of sugar is the rapid rise in the use of artificial sweeteners, sold in products that are labelled “sugar free,” “clear” or “diet.” The most common is aspartame, which is a known neurotoxin (toxic to your central nervous system) and is sold under the trade name “NutraSweet.” No long-term studies have been done to evaluate the physiological effects of this substance, yet the public is told it is absolutely safe.

Aspartame was once on a Pentagon list of biowarfare chemicals submitted to Congress. Aspartame is in more than 4,000 products

worldwide and is consumed by over 200 million people in the United States alone. In July 1983 it was approved for use in soft drinks in the United States, followed three months later by approval in Britain by the Ministry of Agriculture.

All this was done despite the fact that the US Department of Defense knew that aspartame was neurotoxic and harmful to human health. These facts were deliberately suppressed by the government under pressure from the manufacture

When we consume aspartame, it breaks down (in temperatures above 85°F) into methanol, which further breaks down into formaldehyde, a carcinogenic and very toxic chemical, as well as formic acid and a brain tumor agent called diketopiperazine (DKP). The methanol content of aspartame is 1,000 times greater than most foods under the US FDA control. Furthermore, the methanol in aspartame is “free methanol,” which is never found in nature.

There are serious questions regarding the disease effects of aspartame. It is likely safer to use products with refined sugar than to go for the “diet” version containing aspartame.

### HEALTHIER ALTERNATIVES TO SUGAR

There are other forms of sweeteners that are healthier for you, and are natural and low in calories. One is licorice root, which is good for the liver and does not increase thirst. Another is stevia made from a plant. It has no calories, and is very safe for diabetics.

So, your sweetest choices for optimum health are honey, maple syrup or stevia, which will enhance the taste of your food safely, and which have none of the disease effects of the artificial sweeteners.

# HCH Trust

The *Hahnemann Center for Heilkunst* is a not-for-profit, federally-registered educational institution run by the Hahnemann Center Trust established for the preservation, generation and dissemination of knowledge about and access to the principles and practice of Heilkunst to:

- the public
- prospective students of Heilkunst
- patients and health-care advocacy groups
- other health-care practitioners seeking more-effective treatment methods
- government bodies and agencies affecting health-care policies

It seeks to achieve its objectives through:

- Research
- Scholarships
- Education and Training
- Therapeutic Applications

The Trust does not receive any direct government funding, and donations from benefactors are an important means of funding for growth, such as through scholarships, capital projects and research, and support for the Resource Center/Library. Donations can be made in a person's name and allocated to specific funds. We currently have the Dr. Samuel Hahnemann Scholarship Fund, the Alumni Scholarship Fund and the Mary Margaret Whitelaw Memorial Fund. The first is for students beginning their studies; the second for students who are in the final year of studies and need financial assistance to complete their program, or to benefit from a clinical externship in their first year of graduation; and the third is to recognize those who have made a significant voluntary contribution to greater knowledge and understanding of Heilkunst.

Please make a difference by supporting the HCH Trust. Choose the method of giving that works best for you. You can use the attached donation form. We are grateful to you for your support of our work.

## **Monthly Giving**

Whether you can make a small or large contribution, the HCH needs your help to maintain its programs and develop the Medical Heilkunst practitioners of the future. Tax receipts will be issued for all qualified donations.

**One-Time Gifts**

Consider supporting the cause of Heilkunst and homeopathic medicine with a one-time gift to celebrate an important occasion, such as the birth of a child, an anniversary, or simply to show your commitment to support the need for complementary health care. The Trust would be proud to have you help our work to improve health and wholeness.

**In Memoriam Gifts**

Remember others with an In Memoriam gift. Your contribution will have a lasting impact on the lives of our students, ensuring that they will have the knowledge and expertise to serve their communities well.



# Hahnemann Center for Heilkunst trust

## Donation Form

**YES, I would like to help with my donation!**

☐ Monthly Giving of \$ \_\_\_\_\_  
☐ One-Time Gift of \$ \_\_\_\_\_  
☐ In Memoriam Gift of \$ \_\_\_\_\_

**I would like my donation to be applied to:** (check all that apply)

☐ Alumni Scholarship Fund  
☐ Dr. Samuel Hahnemann Scholarship Fund  
☐ Mary Margaret Whitelaw Memorial Fund  
☐ No preference

Name: \_\_\_\_\_ Mr./Mrs./Ms/Dr. (Circle one)

Street: \_\_\_\_\_

Town: \_\_\_\_\_ Province/State: \_\_\_\_\_

Country: \_\_\_\_\_ ZIP/Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ E-mail: \_\_\_\_\_

**Payment options:**

☐ Enclosed please find my cheque for \_\_\_\_\_.  
(Please make cheques payable to HCH Trust)

☐ I am further enclosing ☐ post-dated monthly cheques.

☐ I wish to make payments by credit card:

☐ Single Payment of \_\_\_\_\_

☐ Monthly Payments of \_\_\_\_\_ each (one credited now, the others monthly over the next \_\_\_\_\_ years)

Name on Card: \_\_\_\_\_ VISA M/C Amex (Circle one)

Card #: \_\_\_\_\_ Expiry Date: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Signature: \_\_\_\_\_

**Send form to the Hahnemann Center at:**

Fax: 613-692-0183 (call 613-692-6950 if you have any problems)

E-mail to: [info@heilkunst.com](mailto:info@heilkunst.com)

Mail to: Hahnemann Center for Heilkunst, PO BOX 219 Manotick, ON K4M 1A3

***Thank You!***



## Vitamin D and Your Health -- Please Don't Take My Sunshine Away!

For those living in temperate regions, and that means most of us, every year in the late fall and winter we face the greatest impact on our health - the shorter days cause less access to sunlight, and as a result we lose Vitamin D, the "sunshine vitamin." In the winter we need to get Vitamin D in other ways, as we can no longer rely on skin exposure to the sun to provide this essential and vital ingredient in our health.

In spring, summer and fall, we can make enough Vitamin D from exposure to sunlight - just 15 minutes, 2-3 times a week is all we need. But in winter this is not possible. Below 35° latitude, south of Memphis, Tennessee, for example, Vitamin D can be made year-round as long as we get some time in the sun. But our modern lifestyle keeps us indoors more than used to be the case.

### Let's look first at what exactly Vitamin D is and what it does.

Vitamin D is most commonly known for treating and preventing rickets, a condition of severe limiting, softening and weakening of the bones. Vitamin D is critical to bone growth, density and strength. It helps to prevent tooth decay and builds strong teeth. Periodontal "disease," that is inflammation and softening of the gums leading to weaker teeth, is also partly linked to deficiencies of Vitamin D.

But Vitamin D is also a very important part of a healthy immune system, particularly in fighting off viruses, such as the common cold and various flu strains. Researchers now estimate that 60 to 100% of North Americans are Vitamin D-deficient, particularly those living above the 42nd parallel, where winters are long, and our seasonal clothing exposes a scant five per cent of our skin to sunlight much of the year.

Recently, investigators at the Harvard School of Public Health and the University of California, among others, found that people with the highest blood levels of Vitamin D (2,000 units or more) had a 50% reduced risk of developing colorectal cancer. They also found that women with the equivalent of at least 4,000 units of Vitamin D in their blood were 50% less likely to develop breast cancer. Last year's study of seven million U.S. military personnel found that those with the highest blood levels of Vitamin D had a 62% lower risk of developing multiple sclerosis than their colleagues.

There are two main forms of Vitamin D: Vitamin D2, found in plants, and Vitamin D3, found in animals.

In mammals, including man, ultraviolet light converts a special form of cholesterol, 7-dehydrocholesterol, into cholecalciferol, the initial form of Vitamin D3. This form, however, is not active and needs to be converted in the liver and kidneys into calcitriol. Because cholecalciferol does not qualify as the fully active form of Vitamin D3 in humans, it is often referred to as "proVitamin D" (or "proVitamin D3"), meaning "preliminary form."

We could take the natural plant form of Vitamin D, but it is far inferior to animal-derived Vitamin D. Concentrated food sources of Vitamin D include salmon, sardines, shrimp, milk, cod, and eggs.

Sockeye salmon is an exceptionally rich source of Vitamin D: a 4-ounce serving of baked or broiled sockeye salmon provides over 700 IU of Vitamin D. The same 4-ounce serving of chinook salmon, another excellent source of Vitamin D, supplies only about 400 IU.

Many animal-based Vitamin D supplements contain cholecalciferol, derived from 7-dehydrocholesterol that was produced by the sebaceous glands in the skin of an animal (typically sheep) and then removed from the fur of the animal (typically raw sheep's wool), and exposed to ultra-violet B light that converts it into cholecalciferol.

In 1997, the National Academy of Sciences set Tolerable Upper Intake Levels (ULs) for Vitamin D as follows: infants, 0-12 months, 1,000 IU per day; children and adults, 2,000 IU per day; pregnant and lactating women, 2,000 IU per day.

A person sunbathing can get 10-20,000 IU in 15 minutes (or 10% of that if dark-skinned), and at that level, the liver will store it for about 30 days.

Cod liver oil also contains good levels of Vitamin A, which works synergistically with Vitamin D to promote bone growth and immune function.

### Natural vs. Synthetic

Natural forms are always superior as they are easily and readily absorbed and utilized, whereas synthetic forms are irritating and at the levels recommended or higher, can actually weaken or harm the system. The best source is cod liver oil, and there are many excellent brands available. The key is freshness; fresh cod liver oil has no fishy smell or taste - if it does, it should not be used as it has excessively oxidized. Most other products, such as D-Drops, will specify if they are from natural source. If not, they are generally synthetic.

### Safety Issues

According to Sally Fallon at the Weston A. Price Foundation: "Cod liver oil is probably one of the cleanest foods in the food supply. All cod liver oil goes through a complete filtering process, and repeated testing has shown that the amounts of mercury and PCBs in cod liver oil are undetectable. The articles on cod liver oil by the Weston A. Price Foundation ([westonprice.org](http://westonprice.org)) are well worth reading.

### How Much?

As usual, official levels are set to avoid clinical signs of deficiency, not to promote optimum health. At the same time, natural, whole food sources of vitamins provide a greater impact than the actual measured quantity, because of

the synergistic effect provided by the whole food context.

Cod liver oil is a whole food source of Vitamin D (not to mention Vitamin A, also scarce in winter months as we get it normally from fresh vegetables), as is oily fish such as salmon. One of the best articles regarding dosage is by Sally Fallon, author of the book, *Nourishing Traditions*, at [westonaprice.org](http://westonaprice.org). This same article also provides dosages and suggests the best brands to buy around the world based on research at the Weston A. Price Foundation.

### Grandma's Secret Weapon

For the first half of the 20th century, governments, doctors and health-care workers promoted daily ingestion of cod liver oil by children and adults, but in the modern drug era, this wise tradition fell by the wayside. Instead, synthetic forms of Vitamin D were promoted, but these are rejected by the body and do little good and have the potential for harm.

More recently, cod liver oil has returned and there are very good versions available, with added natural flavors such as lemon or orange. There are also very good versions of natural Vitamin D without the oil, such as D Drops.

We recommend whole foods, either in fresh, local form, or whole food or green food concentrate form, rather than supplements, but Vitamin D supplementation in the winter months is essential, and nature has provided a ready-made source in the form of cod-liver oil. Using this is perhaps the simplest and cheapest way to protect our health during the long winter months, and cod liver oil as well as other natural forms of Vitamin D are *truly* "liquid sunshine" or "liquid gold."



## Baked Applesauce

- 2 large navel oranges, zested and juiced
- 1 lemon, zested and juiced
- 3 pounds Granny Smith apples (about 6 to 8 apples)
- 3 pounds sweet red apples, such as Macoun, McIntosh, or Winesap (about 6 to 8 apples)
- 1/2 cup light brown sugar, packed
- 4 tablespoons unsalted butter
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground allspice

### Directions

Preheat the oven to 400 degrees F. Place the zest and juice of the oranges and lemon in a large bowl. Peel, quarter, and core the apples (reserving the peel of 2 of the red apples) and toss them in the juice. Pour the apples, reserved apple peel (to add a pink colour to the sauce), and juice into a nonreactive Dutch oven or enameled iron pot. Add the brown sugar, butter, cinnamon, and allspice and cover the pot. Bake for 1 hour, or until all the apples are soft. Remove and discard the red apple peel. Mix with a whisk until smooth, and serve warm or at room temperature.

**Food Network**



### Food Facts:

***Will an apple a day really keep the doctor away?  
It can't hurt!***

Apples are a source of both soluble and insoluble fiber. Soluble fiber such as pectin actually helps to prevent cholesterol buildup in the lining of blood vessel walls, thus reducing the incident of atherosclerosis and heart disease. The insoluble fiber in apples provides bulk in the intestinal tract, holding water to cleanse and move food quickly through the digestive system.

It is a good idea to eat apples with their skin (thus, organic only). Almost half of the vitamin C content is just underneath the skin. Eating the skin also increases insoluble fiber content. Most of an apple's fragrance cells are also concentrated in the skin and as they ripen, the skin cells develop more aroma and flavor.



## Dutch Baby

Put 1 stick of unsalted butter into a cast iron pan and put it into an oven that is at 350F. While waiting for the butter to get all hot and bubbly, mix thoroughly in the blender:

4 eggs    1 cup flour of your choice    1 cup milk, and a touch of vanilla

Pull out the pan, and pour the batter into the hot butter, and it starts cooking right away. Put the pan back into oven at 350F until it is puffy and slightly brown on edges.

Sprinkle on powdered sugar, then lemon, and it will sink a bit.

Serve with fruit, or chicken or organic beef sausages if you want protein. It is delicious with maple syrup, or even something savory!

*the Dutch Baby -  
awaiting your creative touches!*

**Marla Wilson**

# NEWS, EVENTS, CONTACT

## Hahnemann College's Winter School

In late February many students of the Hahnemann College are gathering in paradise for several days of learning and soaking up the subject of this newsletter - Vitamin D!

We will be in Hope Town, Elbow Cay, in the Abacos, Bahamas. Classes are held at the Hope Town Harbour Lodge: [www.hopetownlodge.com/](http://www.hopetownlodge.com/)

If you're ever looking for a phenomenal location for a family holiday, we can totally recommend Hope Town. Most people who visit here never find the need to travel anywhere else! Ask us for details if you're interested in a magnificent vacation.



## Hahnemann's Brunch

Keep this date open!

On April 5th, the Hahnemann Center Trust is planning to once again host largest fund-raising activity of the year - the birthday brunch in honour of Dr. Samuel Hahnemann, founder of Heilkunst and homeopathy. In 2008 we raised \$860 and in 2007 \$1800,. And we'd love to have you join us in 2009.

The Trust helps patients in need who are not able to pay for their treatment, and provides scholarships to those wishing to study to become a Heilkünstler. When the coffers are low, the assistance to those in need is halted.

For those of you "from away," though you can't enjoy a brunch with us, you still can donate to the Trust in honour of Dr. Hahnemann as you are able, and we appreciate it!

Just write: [trust@homeopathy.com](mailto:trust@homeopathy.com). For those in Canada, a tax receipt can be issued on request for donations over \$20.

Thanks for your support!



## Hahnemann College's Summer School

On the 10th through the 13th of July the Hahnemann College offers its Summer School, held at St. Paul University in Ottawa, Canada. Students and patients have come from all over the world to learn more about Heilkunst, with topics from the most basic to very specific. If you'd like to consider joining us and you're not a student, write [registrar@homeopathy.com](mailto:registrar@homeopathy.com).

## Mini-courses for Families

The Hahnemann College offers courses both large and small. For parents our six-month *Homeopathy at Home* course is likely just what you need. It covers all of the homeopathic principles, remedy prescribing, and includes lessons on how to care for any family emergency, from first aid to colds, coughs and gastro upsets through the flu.

For the past few months, Patty Smith has hosted teleconference dealing with first aid, and minor acute winter illnesses. If this has whet your appetite - consider learning more! The mini-course is perfect for anyone who wants to help themselves and their families, without becoming a Heilkünstler. And, if you do decide you'd like to study further, the cost of the course is subtracted from the total for the full diploma program. It is a win-win proposition!

For more information contact [registrar@homeopathy.com](mailto:registrar@homeopathy.com).

**The practitioners and staff of the Hahnemann Clinics and College wish you and your loved ones a very healthy and happy holiday season!**

**We look forward to working with you in the new year.**

### Ottawa

1143 Mill St., Box 219  
Manotick ON K4M 1A3  
613-692-6950  
[reception@homeopathy.com](mailto:reception@homeopathy.com)  
[registrar@homeopathy.com](mailto:registrar@homeopathy.com)

### Montreal

6100 Monkland Ave., #5  
Montreal QC H4A 1H4  
514-488-1085  
[susan@homeopathy.com](mailto:susan@homeopathy.com)

### Arnprior

Kenwood Corporate Centre  
16 Edward St., Suite 113  
Arnprior ON K7S 3W4  
613-623-8804  
[manuelamcode@gmx.de](mailto:manuelamcode@gmx.de)