

# INTEGRATIVE HOMOEOPATHY FOR THE 21<sup>ST</sup> CENTURY

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Homoeopathy has been unique in the field of energy medicine in that it hasn't had a unified theory to explain how it works. Chinese medicine has mapped out meridians through which energy flows, Ayurvedic (the word means 'life knowledge') medicine is based on working with subtle energy vortices called charkas and so on. Paul Francis, founder of The Integrative College and lecturer in homoeopathy in Lancaster and London, has studied different energy systems from around the world and formulated a 'core' energy model. He has also studied modern quantum physics which provides a scientific context within which energy medicine can finally be understood. Paul has discovered that there is a tradition of Indo-European energy theory based on the Five Elements of Ether, Air, Fire, Water and Earth and their corresponding charkas. (Chakras are a fundamental to medical practices in India, Tibet, Mongolia, the Middle East, Europe, North Africa and all the Americas.) Paul believes the energy model is our birthright which would have been familiar to our ancestors and which has underpinned formal healing traditions including ancient Greek and Egyptian medicine. Unfortunately, along with herbalism, this knowledge has been suppressed. However, it never completely went away and our language reflects this elemental wisdom. We talk of people having 'their head in the clouds', 'feet of clay', 'being all fired up', 'airy fairy', 'wishy washy' etc. People already know what a fiery, watery, earthy or airy person is like.

So what can this knowledge bring to modern, natural medical practice? Well, apart from explaining how it works, a conscious knowledge of the model makes remedy selection easier and can open up completely new avenues for treatment. Using special remedies to correct the underlying elemental imbalances works much more effectively than just giving remedies to treat a particular health problem. Herbs can be more accurately prescribed depending upon the fundamental energetic imbalance. Different diets can have a positive or negative effect on the energy fields.

Perhaps some examples would help to illustrate the difference between working with energy theory and just prescribing homoeopathic remedies to treat different illnesses. Eczema is a skin condition that may be linked to an over-energy in the air element. This may be successfully treated but unless the air element is also balanced, asthma is likely to develop at a later stage. Again, the asthma may be treated, but IBS (irritable bowel syndrome) would be the next possible outlet for the high air energy. Finally, the elemental imbalance could progress to the kidneys. Emotionally the patients may be prone to anxiety, be a bit 'scatty' and unable to complete tasks due to a lack of earth. A person who is unable to assert himself and who never gets angry would have an under-energy in the fire element, and is likely to have weight issues.

Each element is responsible for the building and maintenance of specific organs and systems in the body. In practice peoples' symptoms nearly always match their elemental imbalance since it

is the elemental imbalance that sets the scene for the development of their symptoms. Edgar Cayce, the famous American psychic in the 1930's who described the underlying reasons why people got ill, found that an emotional trauma or shock preceded the onset of illness many years later. An understanding of energy theory can help to explain why this happens. Different emotions are linked with different elements and an element may be suppressed – in which case the energy flow would drop or may become blocked – and a corresponding element may become over-energised. Remembering that different elements energise different organs and body systems we can see how a particular organ might become weakened or congested, and that the effects of this would not manifest at the time of the precipitating event. Candice Pert Ph.D., has discovered that every cell in our body has receptor sites for certain nutrients and also for emotions. If the cells are not nourished with healthy foods, the cells reproduce themselves without the receptors for those particular nutrients. Likewise, if the cells are constantly flooded with the chemicals produced in the body when we are depressed, they will double the number of receptor sites for depression chemicals every time they reproduce. This discovery gives us a scientific rationale for the biochemistry of how emotions can lead to individual health problems and how feeling a certain way can become a habit.

Our culture has embraced modern reductionist theories which inadequately explain many natural phenomena and fail to see the bigger picture. Physicists are now saying that the universe is 96% energy (which means that scientists actually don't understand 96% of the universe!), and that "matter" in words of David Bohm "is like a small ripple on this tremendous ocean of energy". In a 1998 International Conference the world's leading cosmologists recognised that the universe 'is filled with some unknown form of energy, an ethereal energy that threads empty space'. This means that matter or solid material is the exception rather than the norm in our cosmos! There is more energy than matter. The old Newtonian view of the universe as a clock is melting into a more fluid and complex model. Matter, energy and consciousness are all part of the same energetic spectrum. Modern physics is now starting to resemble Eastern mysticism.

New developments in science can also explain the relationship between matter and energy. In the past it was believed that matter was solid and unchanging, and that atoms consisted of a neutrons around which protons and electrons orbited. They have now discovered that these tiny particles are not solid matter but that they disappear when observed and become a wave – or form of energy. Physicists currently believe that the Big Bang Theory was how the Universe first came into being. There was an initial explosion that caused waves of pure energy to flow out from its epicentre. As these waves slowed down they organised themselves into individual packages of light called photons. As they slowed down even further they split into protons and electrons that then started to pair-up forming the first element – hydrogen. Without going into further details about the formation of stars etc., the basic pattern seems to be that energy gradually slows down and as it moves from fast to slow we see the emergence of physical matter – which is nothing more than slowed down energy. This process can be reversed, and there is a spectrum from fast-vibration (non-material or energy) to slow-vibration (matter). What is

important when using energy medicines is that energy influences how matter is formed and how it behaves.

All this gives us a practical way for understanding how energy medicine works. Paul Francis has categorised homoeopathic remedies according to their vibrational frequency. Those with the fastest vibration are the most powerful in terms of healing and include colour remedies, gem elixirs and flower essences. They are made from the etheric imprint of the substance rather than a tincture of the physical substance itself. Homoeopathic remedies fall into the mid-vibrational range and are prepared from the original physical substance which is then potentised to enhance its vibrational rate. Finally, the slowest vibrating medicines are made from physical substances without any vibrational enhancement and these include herbs, nutritional supplements and drugs. Paul has actually taken his understanding to a new level and developed his own harmonic remedies for particular organ systems and diseases. For example, there is a harmonic for the stomach, for allergies, for hormonal imbalances, for anxiety etc., etc. These are prepared from the essences, gems, sound notes (which treat charkas directly), colours (for different elements), herbs, remedies and nutrients which resonate with that particular system or disease and which is then potentised to form one single remedy.

A practitioner trained in this model would therefore be able to make recommendations about the best diet, exercise, herbs and remedies for each individual patient. These would all fit together and treat the underlying energetic imbalances. This is true holistic medicine. Paul has termed this approach 'Integrative' which means that homoeopathy is integrated into a holistic context so that the whole person can be treated at a very deep level and without having to consult many different practitioners who themselves may be working from conflicting theoretical frameworks. Historically, medical practitioners would have given advice on nutrition, exercise, herbs alongside remedies and would not have practised only one form of medicine. It is because our state-based medicine has been compartmentalised into different specialities that this attitude has permeated into alternative medical practices and we often do not recognise how limited it is to treat with one form of medicine – whether that is homoeopathy, herbalism or nutrition etc.

If you would like to know more about the Integrative approach I shall be running a local First Aid training course for members of the public with no previous knowledge who would like to use remedies and herbs for their families. Paul Francis runs Integrative training courses for those wishing to become professional homoeopaths, for alternative practitioners who would like to incorporate homoeopathy into their practices and post-graduate courses for practising homoeopaths who would like to learn how to incorporate this methodology. The website will be live in the near future but in the meantime more information can be obtained from:-

Paul Francis at [paulfrancis@mail.com](mailto:paulfrancis@mail.com). 01524 67009.

Course details are also available from Alexis Pfeiffer on 020 8922 4898 or by emailing [arpfeiffer@tiscali.co.uk](mailto:arpfeiffer@tiscali.co.uk).

Local practitioners of Integrative Homoeopathy:- Anne Kingsbury on 01702 475508 and Eve Gilmore at [www.archhealthcare.co.uk](http://www.archhealthcare.co.uk) or 01702 476805.

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