



Occupying Obstacles to Cure

It's crunch time & you *can* make a difference

by MARY ASPINWALL, ISHom, PCH

ARRIVING FROM THE UK JUST BEFORE THE ECONOMIC CRASH OF 2008, I WAS ABLE TO SEE firsthand how fearful people in the US are when they lose their jobs. One reason is that after a very short time, the government stops providing stopgap health insurance coverage. At that point, if you are uninsured or under-insured and have an accident or serious illness, it will probably lead to bankruptcy. Over 60% of all bankruptcies in 2007 came about this way.¹



Mary, Mary—quite contrary

Despite this sobering fact, the Healthcare Reform Law has split the country pretty much along party lines. Democrats are for it (on social and moral grounds), and Republicans are against it (on financial and freedom of choice grounds). I, in typical “contrary Mary” apolitical fashion, am both for it and against it... but more on that later.

My recent Occupation

One of the inspiring things that the “Occupy Wall Street” movement in New York did was to organize Teach-Ins and set up Libraries. Surprisingly enough, sedate Santa Barbara, California, was one of the first places to follow suit, which is how I came to do a couple of Teach-Ins on Healthcare (which you can now view on YouTube).² To encourage some very “big picture,” Utopian thinking, I asked the audience, “In a perfect world, what would we all need to be healthy?”

The wish list

We came up with these fundamental needs:

- ◆ Air (clean), water (pure), food (nutritious, organic)
- ◆ Shelter, peace, stability
- ◆ The freedoms of speech, expression, assembly, and religion
- ◆ Community, creative outlets, and fun.

With the benefit of hindsight, I would add sanitation and exercise to our list. A few people also mentioned the need for universal healthcare.

Obstacles to cure

Samuel Hahnemann, the founder of homeopathy, lived in a much simpler era

than ours. Two hundred years ago, if you managed to survive childbirth, infectious childhood diseases, epidemics, sexually transmitted diseases, and the most egregious medical treatments of the day, then very often you would stay healthy and live to a ripe old age.

Yet, even in his time, Hahnemann warned homeopaths to be cognizant of “obstacles to cure,” particularly in chronic illness. In aphorism 260 of the *Organon of Medicine*, he wrote: “... careful investigation into such obstacles to cure is so much the more necessary in the case of patients affected by chronic diseases, as their diseases are usually aggravated by such noxious influences and other disease causing errors in the diet and regimen, which often pass unnoticed.” In aphorism 261, Hahnemann added: “The most appropriate regimen during the employment of medicine in chronic diseases consists in the removal of such obstacles to recovery...”

If this was true in Hahnemann’s time, it is so much more true now. I encourage everyone reading this, whatever your political beliefs, to take a moment to reflect on the current problems with our wish list.

The wish list audit

- ◆ The air, water, and food we need to thrive are poisoned with waste products, toxins, pharmaceuticals, pesticides, radiation, and electromagnetic fields from cell phone masts and receivers.
- ◆ Our shelter, peace, and stability are threatened by home foreclosures, volatile financial markets, ongoing wars, and severe weather changes.
- ◆ Our freedoms are under persistent political threat, our sense of community is destabilized by mobile populations and fragmented families, and creative outlets are often discouraged in our workaholic culture.

In short, there is systematic destruction of every single thing we need to be healthy.

What is wrong with this picture?

We are encouraged to smoke cigarettes, drink alcohol and sodas, radiate ourselves with TVs, computers, and cell phones, and sit on the couch for hours. We are served nutritionally empty meals with the option to super-size them. Products are heaped with sugar, artificial sweeteners, genet-

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cally modified (GMO) high fructose corn syrup, and salt, and sometimes, for good measure, they’re irradiated, too.

Our soil is denuded and GMO monocultures have led to increased pesticide use, super weeds that choke the land, and cross-contamination of healthy seeds. Feedlots raise millions of animals in misery, pumped full of growth hormones and antibiotics that enter the food supply, leading to “super bug” bacteria that are increasingly resistant and lethal for humans.

Toxic pharmaceuticals are poorly tested, one at a time, by those with vested interests and then prescribed in deadly cocktails. Later, these so-called wonder drugs are often recalled after many thousands of injuries and deaths. More and more vaccines are introduced, despite not being properly tested for safety.

In the process of all this destruction, corporations are rewarded with huge profits and use a chunk of them to pay professional lobbyists to buy the loyalty of government officials and agencies, whose purported role is to serve and protect us. Watchdog agencies eject whistleblowers swiftly and maintain a cozy relationship with the companies they are allegedly overseeing. This ensures a well-paid job when they leave “public service” to switch sides, via the “revolving door.”

So corporations, with our collusion, make us unwell and then, in a business model of Machiavellian genius, the biggest and most profitable corporations of all, the pharmaceutical companies, offer to make us well again, for a price...

A killer business model

For example, Novartis’ agribusiness arm merged in 2000 with Astra Zeneca to form Syngenta. Syngenta makes Atrazine™, the most widely used weed killer in the US. Although it has been banned in the European Union since 2005, the US still applies 80 million pounds each year. Tyrone B.

Hayes, professor of integrative biology at University of California-Berkeley, has extensively studied the sex change effects of even tiny concentrations of Atrazine™ on frogs.³ The pesticide is a proven massive endocrine disruptor leading to infertility and increased breast cancer rates in humans; but not to worry, Novartis has just the drug for that in its oncology stable, tastefully named Femara™.

The pharmaceutical business is booming. On the one hand, routine antibiotics and other suppressive pharmaceuticals have made the full expression of short-lived acute illness a rarity; on the other hand, much more profitable chronic illnesses are hitting all time highs in the Western world.

The body count

In the US, each year, almost 1 in 4 deaths will be due to cancer.⁴ Heart disease will claim even more.⁵ Levels of diabetes and obesity are also soaring. As a result, *the current generation will likely be the first to have shorter lifespans than their own parents.*⁶ And according to a new report from the Centers for Disease Control, autism and autism spectrum disorders are now running at a shocking 1 in every 88 children, or 1 in 54 for boys.

What's all this got to do with homeopathy?

Happily, the philosophy of homeopathy, or any truly holistic medicine, holds the answer to this train wreck. A symptom is not the dis-ease, it is a friendly warning that dis-ease exists. This brings me back to my earlier point. Why am I simultaneously for and against what is now known as “Obamacare”?

From personal experience, there is nothing as reassuring as living in a country that has Single Payer Universal Health care. In the unlikely event of a major trauma, congenital or mechanical defects, and life or death situations, you are cared for. I begrudge the medical profession not one penny of the money spent in this way. In fact, we all need to acknowledge that this is where modern medicine excels and lavish praise upon it.

The money pit

On the other hand, few things are more frustrating than seeing billions of dollars

get funneled into pharmaceuticals. The Centers for Disease Control reported in late 2010 that nearly half of all Americans use prescription medications regularly, and more than one in ten were taking five or more prescriptions. Figures released in 2010 by IMS Health estimated Americans spent \$307.4 billion on prescription drugs in 2010, \$22.3 billion of which was for chemotherapy.

Chronic healthcare based on pharmaceuticals is expensive, suppressive, and unsustainable. It completely ignores the root causes of illness—the continued sale and marketing of millions of noxious substances and the relentless degradation of our world that comes with it. *How can the answer to mass poisoning be more poison?*

The blank check of death

President Obama may have had good intentions, but his Healthcare Reform has effectively written a blank check to the most powerful corporations in the world for drugs that not only have questionable benefits but are frequently implicated in patient deaths. Prescription drugs, taken as directed, cause an admitted minimum of 106,000 deaths annually, according to a report published by the *Journal of the American Medical Association*.⁷ Given the well-established tendency to deny liability and vastly under report any iatrogenic deaths, this figure is likely to be considerably higher.⁸

Be careful what you wish for!

Bad as all this is, this is not the worst thing about our current sick care model. Imagine that with just one wave of a magic wand all 300 million Americans could have health care insurance, at no direct cost. Would it be a good thing? Would everyone then take the drugs, say “I’m alright, Jack,” and ignore the decimation of our environment that is the very cause of our sickness? For us to succumb to this path, all we’d have to do is choose to remain under the delusion that we are not intimately connected with everything that exists.

What would Native Americans say?

We need to acknowledge the old Cree proverb: “Only when the last tree has died, and the last river has been poisoned, and

the last fish has been caught, will we realize we cannot eat money.”

We have to begin to salvage the building blocks of our health. Sometimes we’ll only be able to make personal changes. At other times we can work collectively with fellow citizens to change the laws or protest when laws are flouted. We can insist on a “polluter pays” principle, with fines large enough to make an impact on huge corporations’ bottom lines. We can pull out the root of most of our ills by forcing corporations (and their huge bribes) out of politics. We can focus all our creative energies on repairing the catastrophic damage we as a species have done in the past two or three hundred years.

What would Hahnemann say?

We as homeopaths and homeopathic clients are ideally placed to be part of the solution, rather than part of the problem. Homeopathy is one of the greenest medical modalities. It has a very small, sustainable footprint, it doesn’t pollute, and it’s not tested on animals. Furthermore, the experience of taking a constitutional homeopathic remedy and experiencing healing often awakens us, at a profound level, to the interconnectedness of all living things.

What am I saying?

This is crunch time, and crunch time is not the time for homeopaths or satisfied clients of homeopathy to hide our lights under a bushel, even if we experience a fierce push back from those who cling to their belief in old paradigms. Time will show that materialism, in its many guises, is destroying our beautiful home, the Earth, and that homeopathy is the perfect medical modality for the 21st Century.

Spread the good news about homeopathy. It’s:

- ◆ good for plants
- ◆ good for animals
- ◆ good for humans
- ◆ good for the planet
- ◆ good for future generations.

And it’s much too good to keep quiet about! There is a lot that *you* can do, such as:

- ◆ Support the NCH and its work to make homeopathy accessible to all. Join or start an NCH affiliated study group. Share *Homeopathy Today* with your friends and health practitioners.

- ◆ Give to those who are working hard to show what homeopathy can do on a shoestring budget. Organize a private screening of the movie *Homeopathy Around the World* (www.wholehealthnow.com/world), and collect donations to support one of the projects.
- ◆ Seek out like-minded people (permaculturists, farmers’ markets, slow foodies, yoga studios, etc.) and collaborate with them to raise awareness both of homeopathy and of our society’s many Obstacles to Cure.
- ◆ Post a short, smartphone video testimonial on YouTube titled, “Homeopathy works for me.” Use Facebook and Twitter to reach out to others and share your experiences.

Wishing you all well,
Mary Aspinwall

Footnotes

1. Himmelstein D, et al. Medical Bankruptcy in the United States, 2007: Results of a National Study, *The American Journal of Medicine* (2009) 122, 741–746.
2. Watch me lead a “Teach-In on Health” on YouTube: <http://tinyurl.com/teachin1>
3. Watch Professor Hayes discuss the effects of Atrazine™ in a TED video at: <http://tinyurl.com/frogsatrazine>.
- 4., 5. *Cancer Facts and Figures 2011*. American Cancer Society.
6. Olshansky, J, et al. A Potential Decline in Life Expectancy in the United States in the 21st Century, *New England Journal of Medicine*, 2005; 352:1138–1145, March 17, 2005.
7. Lazarou J, et al. Incidence of adverse drug reactions in hospitalized patients. *JAMA*. 1998 Apr 15;279(15):1200–5. <http://tinyurl.com/JAMAreport>
8. If you need further proof that Pharma is a sick care system bent on profit rather than wellness, read *Confessions of an Rx Drug Pusher* by Gwen Olsen, a penitent former Pharma rep, or view her videos on YouTube: <http://tinyurl.com/pharmarep>



ABOUT THE AUTHOR

Mary Aspinwall, ISHom, PCH, is the designer of bestselling kits at www.homeopathy-world.com, author of the *Basic Guide to Homeopathy*, editor of *The Clinical Medicine Guide*, frequent columnist for *Homeopathy Today* magazine and *The Homeopathic Times*, and expert contributor for *Homeopathy Radio*, *Natural News*, and *Natural Health Magazine*. She has been practicing homeopathy full-time for over 17 years. She lives in Santa Barbara, California, where she sees clients and also offers world-wide phone consultations.