

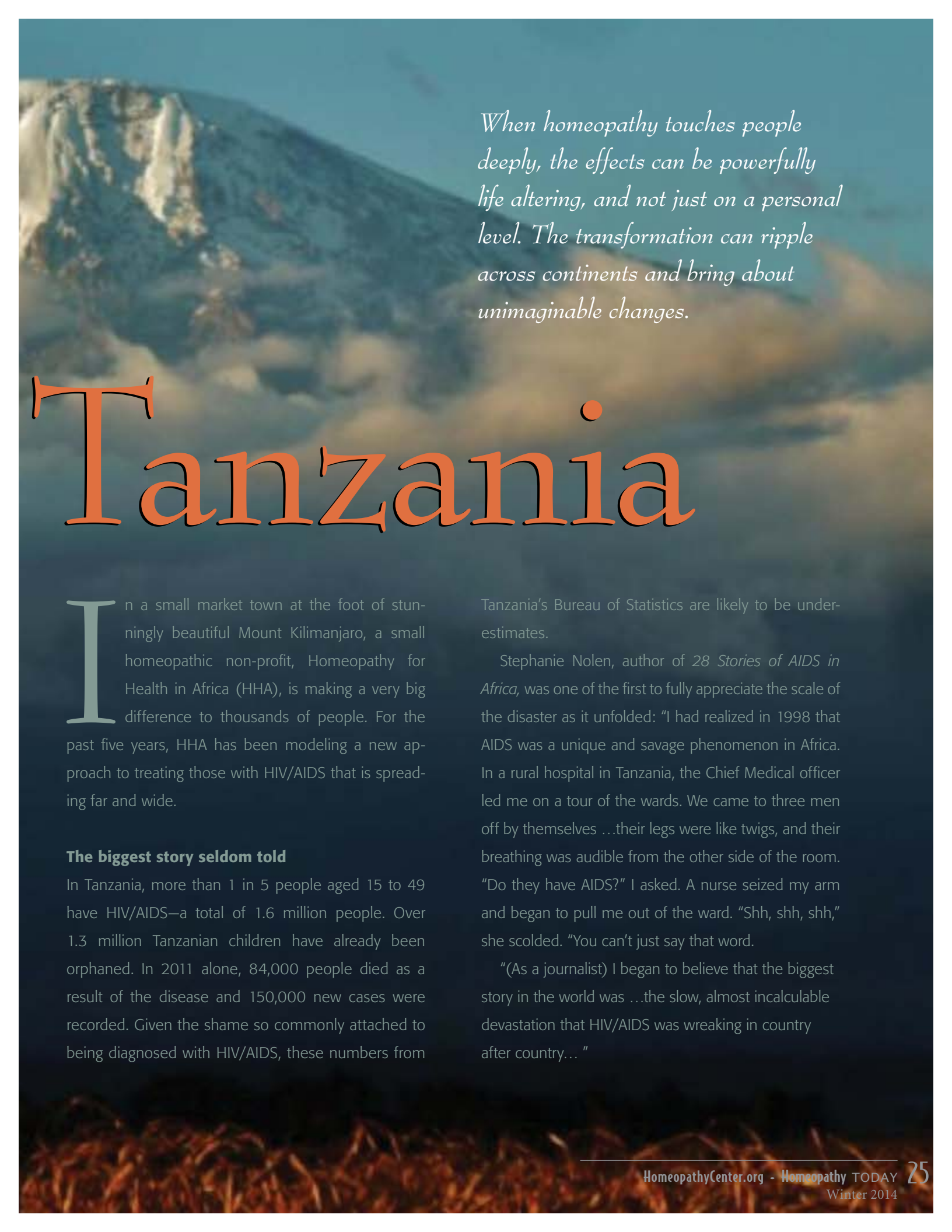


Tales from

Homeopathy for Health in Africa

by Mary Aspinwall, ISHom, PCH

PHOTO CREDIT: VALERIO SELVA



When homeopathy touches people deeply, the effects can be powerfully life altering, and not just on a personal level. The transformation can ripple across continents and bring about unimaginable changes.

Tanzania

In a small market town at the foot of stunningly beautiful Mount Kilimanjaro, a small homeopathic non-profit, Homeopathy for Health in Africa (HHA), is making a very big difference to thousands of people. For the past five years, HHA has been modeling a new approach to treating those with HIV/AIDS that is spreading far and wide.

The biggest story seldom told

In Tanzania, more than 1 in 5 people aged 15 to 49 have HIV/AIDS—a total of 1.6 million people. Over 1.3 million Tanzanian children have already been orphaned. In 2011 alone, 84,000 people died as a result of the disease and 150,000 new cases were recorded. Given the shame so commonly attached to being diagnosed with HIV/AIDS, these numbers from

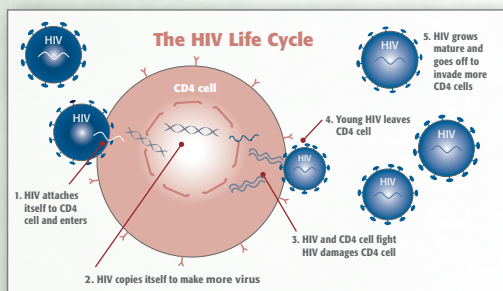
Tanzania's Bureau of Statistics are likely to be underestimates.

Stephanie Nolen, author of *28 Stories of AIDS in Africa*, was one of the first to fully appreciate the scale of the disaster as it unfolded: "I had realized in 1998 that AIDS was a unique and savage phenomenon in Africa. In a rural hospital in Tanzania, the Chief Medical officer led me on a tour of the wards. We came to three men off by themselves ...their legs were like twigs, and their breathing was audible from the other side of the room. "Do they have AIDS?" I asked. A nurse seized my arm and began to pull me out of the ward. "Shh, shh, shh," she scolded. "You can't just say that word.

"(As a journalist) I began to believe that the biggest story in the world was ...the slow, almost incalculable devastation that HIV/AIDS was wreaking in country after country..."

Invasion

There are two types of human immunodeficiency virus—HIV1 and the less common HIV2. They are not highly contagious but are acquired by exchanging bodily fluids with someone who is HIV positive. This typically occurs through unprotected sex, unscreened blood transfusions, sharing of needles, or transmission from mother to newborn during pregnancy, childbirth, or breastfeeding.



The virus attaches itself to CD4 proteins, which are found on the surface of certain white blood cells (T-cells or CD4 cells) that play a major role in our immune systems. HIV invades the host cell and stops its normal functioning. The infected cell then becomes a factory creating more HIV viruses.

A numbers game

A healthy person has an average of 1,200 CD4 cells per microliter of blood. During incubation, people have no symptoms, but up to 5% of their CD4 cells are being destroyed each and every day from the moment they become infected.

When CD4 counts fall to 350, treatment with antiretroviral drugs begins (although it often starts earlier in Western countries). Someone with a CD4 count of less than 200 has progressed to what is classified as Stage 3 of HIV

"Most HHA patients are widows whose husbands have succumbed to AIDS. Homeopathy ... enables them to keep working and providing for their families."

infection—AIDS (acquired immunodeficiency syndrome). Without treatment, the typical survival rate at this point is three years.

Because their immune systems are compromised, those with AIDS are prone to opportunistic infections, the most common of which are pneumocystis pneumonia, tuberculosis, Kaposi's sarcoma, ulcers, herpes zoster, candida, and fungal growths. For this reason, most people with access to healthcare will be given both antiretroviral drugs (ARVs) and antibiotics at this point.

ARVs—no panacea

Although ARVs suppress the ability of the virus to reproduce itself in the body, this can come at a price. The drugs have many unpleasant side effects including fatigue, numbness, nausea, digestive disturbances, diarrhea, loss of appetite, itching, skin discoloration, lipodystrophy (fatty accumulations that distort body shape), and poor sleep due to bad dreams—all of which can lead to further weakness. This weakness may be fatal

not just to the sufferer but also to their family, as there is no social security, and often the only source of income is hard labor in the field.

If people taking first-line ARV treatment do not strictly adhere to the correct dosage and dosing schedule (and even when they do), the virus can mutate and become resistant to treatment. When the CD4 count falls below 50% of its highest recorded ARV-treatment level, this is known as "treatment failure." In the West, doctors simply go on to another line of ARVs, which hopefully continues to work when the first combination of drugs fails. In Africa, however, only two lines of ARV treatments are typically even available, and the second is hard to get and demands much stricter adherence. So when treatment fails, conventional medicine can do little more for the sufferer beyond palliative care.

A complementary way

This is where homeopathy comes in. HHA founder Jeremy Sherr explains: "Most HHA patients are widows whose





husbands have succumbed to AIDS. They are left to fend for themselves, because of the severe stigma attached to AIDS. When they have no appetite or energy, it's very difficult. Homeopathy stimulates the immune system, increases the appetite—and their energy returns. This enables these women to keep working and providing for their families.”

HHA practitioners always advise patients to continue taking ARVs, and they never interfere with conventional medical treatment. Homeopathy works in an integrated and complementary way with conventional medicine, which is why so many local doctors and nurses refer patients to HHA. In fact, homeopathy is a recognized and legal form of medicine in Tanzania under the Alternative and Traditional Medicine Act (2002). HHA now works alongside doctors and nurses in two Tanzanian hospitals, mostly focusing on patients suffering from treatment failure. In addition, HHA has a permanent town clinic and more than 12 outreach clinics in remote areas.

Jeremy Sherr, founder of HHA

Jeremy Sherr was a young man, slowly recovering from a nasty motorbike accident in Israel when he first discovered and came to love homeopathy. As soon as he was well enough, he moved to the UK to study acupuncture and homeopathy simultaneously, graduating from both The International College of Oriental Medicine



HHA now works alongside doctors and nurses in two Tanzanian hospitals ...

and The London School of Homeopathy. Jeremy was a dedicated scholar and soon after graduating, he began teaching post-graduate level homeopathy at his Dynamis School.

Within a short time, the Dynamis School spread all over the world, and the students took up the challenge of helping Jeremy prove (test) more than 40 substances—new homeopathic remedies that would fill in many gaps in our existing Materia Medica.

In his lectures, Jeremy often stressed the opening paragraph of the preface to Hahnemann's book, *The Chronic Diseases*: “If I did not know for what purpose I was put here on earth—to become better myself and as far as possible *to make better everything around me that is within my power to improve*—I should have to consider myself as lacking very much in worldly prudence to make known for the common good, even before my death, an art which I alone possess, and which it is within my power to make as profitable as possible by simply keeping it secret.”

This was a principle that Jeremy deeply embodied. He had grown up in South Africa, and his parents and grandparents lived in Zimbabwe. He loved Africa and was deeply moved by the suffering of so many who lived there. Jeremy had already had positive experiences working with AIDS patients in other parts of the world and believed that homeopathy could be of huge help to the people of Africa, who were bearing the full brunt of the disease.

In 2005, he began practicing in Tanzania, visiting twice a year. Hence it came as no surprise to those who knew him when he and his young family moved to Africa in 2008 to try to find the genus epidemicus* of HIV/AIDS. (*This means a small group of homeopathic remedies that reliably resolves a particular epidemic disease, in the majority of cases.)

One of the first people Jeremy met in Dar es Salaam, Tanzania, was a man affectionately known as Roger Rasta, and here is his story. ...





Roger Rasta, translator with HHA

"When I first met Jeremy, nearly six years ago, life was very hard for me. I worked as a translator for a small tourist company, but there were few tourists and little or no work. I was drinking a lot and smoking too much. I met Jeremy on the street. For me, it was like coming across an angel. At first it was just a job; I was the translator and I was happy to have the work. Then I started to see that homeopathy really worked, that it was saving people.

"When Jeremy moved to the Kilimanjaro area, he took me with him and I have been working with HHA ever since. *Jeremy and Camilla have done a great thing, a wonderful thing, bringing homeopathy here. It is our good luck that they chose to come to Tanzania.*

"We work in two hospitals now. Most people we see there are in treatment failure. One man sticks in my mind, he was in terrible pain and he couldn't walk, he was brought to us in a wheelchair. His CD4 count was only 30. He had been on ARVs for 5 or 6 years, but they weren't working any more. He had had Kaposi's sarcoma for a very long time, his weight was very low, and he was starting to get opportunistic infections. Two months after the remedy, I translated for him again. He was so happy. He had got his energy back and, most amazing of all, the sarcoma was gone and his skin was completely normal. His CD4 was up to 230. He came alive again!

"That's the way it is. *People come for follow-ups and you can just see things have changed. They are happy and smiling and they keep saying 'God bless you! God bless you!'*

"I am learning homeopathy myself. Yesterday I saw a man on the side of the road begging for money for medicine. He had bad diarrhea. I said 'I don't have any money, but I can help you.' I gave him *Arsenicum* [one of the most commonly used remedies for diarrhea, espe-

cially related to food poisoning], and he got better. What I love about homeopathy is it works, it's cheap, and it's natural. It doesn't hurt our environment."



Camilla Sherr, founder of HHA

In 1994, Camilla had already graduated as a homeopath in Finland and became a post-graduate student in Jeremy's London Dynamis School. Her class did the remedy proving of *Oncorhynchus tshawytscha* (Pacific salmon), which had themes of traveling huge distances, searching for a soul mate, and making babies. This turned out to be somewhat prophetic because Jeremy and Camilla later married, had three

Dream, Dream, Dream

Dreams are honored in Tanzania—they link a person with their ancestors, the spirit world, and another reality. Patients' dream reports can help the homeopath select the correct remedy. Here are just a few examples of dreams that patients often describe:

- Dreams of finding or being given money, or living in a large beautiful house. [This may mean the AIDS nosode remedy is needed.]
- Dreams of being pursued. [This may point to *Zincum metallicum*, especially if the person has peripheral neuropathy.]
- Dreams of struggling to cross a river, where there is too much water or flooding. [*Oncorhynchus tshawytscha* (Pacific salmon) may be needed.]



People come for follow-ups and you can just see things have changed. They are happy and smiling and they keep saying 'God bless you! God bless you!'

children, moved first to Israel, and then moved to Tanzania.

Jeremy was fortunate to find in Camilla a woman whose passion for homeopathy and compassion for human suffering matched his own.

She was deeply shocked by what she saw when she first arrived in Africa. With the help of a network of trusted local matriarchs, who acted as community organizers, Camilla was able to connect with those who most needed help and set to work. As their trust in her has deepened, Camilla has begun to chronicle her time in Tanzania with beautiful, sometimes poignant, photos of the people she meets as she moves from clinic to clinic. In fact, most of the photos you see here are hers.

I spoke with Camilla about how the project had changed her life: "I'm a bit of a princess...I love good food, shopping, luxuries and so it makes me appreciate all those things a thousand times more when I have them. Being here simplifies life and makes me focus on what's really important. Amy and Noga, our daughters, were only 2 and 3 years old when we arrived, and Ike was 10. It has given them a completely different perception of life than they might have had. They are very aware of how privileged they are and don't take things for granted. There is a lot less pressure here to consume, and it's a place where you can still have a childhood. They are happy. They have all come with me to the outreach clinics, and Ike gave a presentation to his school about our projects. Amy was with me the other day and said, 'Don't forget to ask that lady about her cough.' Later, she shared her lunch with the village children."

Early on in the project, Camilla met Irene, a young local woman who began working with HHA as a translator. Through HHA, funds were raised to send Irene to a homeopathy school in Kenya for three years. Irene has now returned and is working as a homeopath with HHA. Trained local homeopaths are a vital part of making HHA sustainable in the long term.



Irene Mmary, local homeopath with HHA

"I met Camilla through my aunt. At first I was really translating just to get the salary. *One day I translated for a woman who was in treatment failure, and then a few months later I saw her on the road and she looked healthy. It was like seeing a living testimony. I couldn't believe it.* I worked doing translation for about eight months. We worked with women's groups and did home visits to many sick people bringing them food and clothes, and with Camilla, we added homeopathy on top.

"Many times we would visit women who were lying in bed as if they were dead. They would have all these infections. Then, at the next visit a month or two later, they would be recovered and walking again. Something just changes with homeopathy—it really impressed me.

"When the opportunity came for me to study in Kenya, I took it. Studying homeopathy changed everything for me—my behavior, how I think about things. I used to hate injections and had trouble taking medications when I was ill. Now for the past four years, I haven't needed medication, only homeopathy, and that has made my life very easy.

"My mother had had a skin complaint for 20 years. When I got back from Kenya, I treated her for it and on my 'first guess' remedy, it went away. I am learning so much from Jeremy and Camilla. I am sure this is what I will do for the rest of my life. I plan to be a great homeopath!

"Camilla and Jeremy are really helping, and the people here are responding very well. It's a very big thing they are doing. They need homeopaths and people who love homeopathy to support them."

Grace, farm worker & HHA patient

Grace's family depended on her income from long hours of picking crops in the fields, but her HIV infection had progressed to full-blown AIDS. She was getting too dizzy and tired to work as hard as she used to. Grace* kept a careful record of her CD4 counts, and it makes for very interesting reading.

In August 2010 when Grace was first diagnosed, her CD4 count was dangerously low at 136. She was immediately started on ARVs but did not feel better, so in February 2011 her doctors referred her to HHA, and she made the long journey to get help. Her CD4 was tested, and the results showed her count had dropped further to 112, despite the ARVs.

Grace was interviewed about her symptoms—including her vertigo, fatigue, heart palpitations, back pain, poor appetite, visual disturbances, nosebleeds, and nightmares—and was prescribed *Elaps* 12c, a daily dose in water for the next four weeks. *Elaps* is a remedy made from venom of the coral snake, and as with all homeopathic remedies, is extremely diluted and safe. The HHA team has found *Elaps* to be useful in numerous cases of AIDS; in fact, they use it more often than the better-known homeopathic snake-venom remedy, *Lachesis*. *Elaps* was an especially good match for Grace because it fit her loquaciousness, the split at the tip of her tongue, her tendency to have nosebleeds, her visual disturbances, and her nightmares of dead bodies. As they always do, HHA practitioners advised Grace to continue her ARV medication alongside the homeopathic remedy.

One month later, her post-remedy CD4 count had risen to 212, an increase of 100 points, which put her back in the HIV category rather than AIDS. Since she



Mary (read her story on next page), Jeremy Sherr, and Irene Mmary

seemed to be progressing well, she was asked to continue taking *Elaps 12c* and return in four to six weeks.

Grace ran out of her supply of *Elaps 12c* in mid-April 2011 but did not return to the HHA clinic as scheduled because the journey by foot was a long one. Even so, she continued to monitor her CD4 count, which rose steadily to 582, 893, and finally to 996. Her palpitations, back pain, fatigue, poor appetite, vertigo, and visual disturbances all resolved, and she was able to work long hours in the fields again without tiring. Overall, she was in excellent health.

Fifteen months passed, and then, even though she was still taking her ARVs, Grace began to feel very unwell again. Her CD4 count declined dramatically to 223. In June 2013, she returned to HHA. Once again, she left with a 4 to 6 week supply of *Elaps 12c*.

Nine months later in March 2014, Grace returned to HHA. Although her homeopathic remedy had run out seven months earlier, the effects of it had not. *Her CD4 count was a staggering 1,645, over 400 points higher than an average healthy person.* Best of all, she brought her beautiful two-week-old daughter, Queenie, along to visit. Her excellent CD4 count was particularly surprising because CD4 counts tend to drop during most pregnancies.

You can watch Grace's appointments, see her CD4 counts, and meet Queenie here: www.tinyurl.com/HHA-Grace

(*Grace is not her real name.)

Mary, farmer, mother, & early HHA patient

Mary was one of Jeremy's very first patients in the Kilimanjaro region in 2009. She had many of the usual complaints seen in AIDS sufferers: extreme weakness, bone pain, lack of appetite, poor sleep, and inability to walk long distances. In addition, Mary was very sad. She had lost her husband to AIDS and was grief-stricken, both by her bereavement and her own diagnosis in 2006. Although she had been on ARVs since then, her CD4 count was down to 183. She was too sick to work and care for her sons.

Mary had had a very good relationship with her husband, and he often came to her in her dreams. In the dreams, they expressed their love for each other, and her husband would ask her to call their children, so he could talk to them. In one dream, she told her husband that there was no food or money to send the children to school, and then someone intervened and helped her. Mary was a private woman, and though she wept for the loss of her husband, she kept her grief to herself. Few knew she was so sad that she longed to die.

Alongside her conventional AIDS medicines, Mary was given *Natrum muriaticum*, a wonderful remedy for quiet and stoic grief. Those who need *Natrum muriaticum* often have dreams of their loved ones that are born out of grief, and it is a remedy commonly used by HHA practitioners for AIDS sufferers. Mary

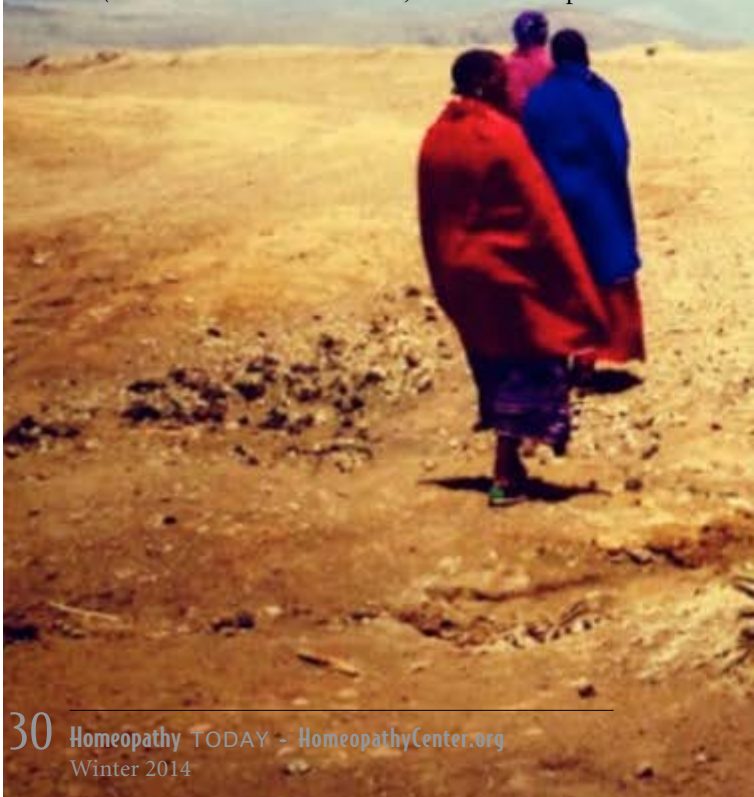
returned one month later literally singing and dancing with happiness over how much better she felt. A CD4 test found her count had nearly tripled at 506. She has continued taking this same remedy, going up in potency as needed. She remains very well and is able to work and support her family.

Recently a film crew from Homeopathy Action Trust made a short movie about Mary's experience of homeopathy. You can watch it here: <http://tinyurl.com/HHA-mary>



Rebecca Stirrup, New Zealand homeopath & HHA volunteer

"I have volunteered with HHA three times. I am hooked! A typical day begins with picking up one of the translators from town and then taking a short, often beautiful drive into a rural area. The altitude means the climate is slightly cooler than the lowland plains or coastal regions of East Africa. All around are coffee plantations, and many of the mobile clinics



New Remedies in Action

Jeremy Sherr and the students of Dynamis School have produced over 40 remedy provings, and some of these remedies are being put to good use by Homeopathy for Health in Africa:

- *Adamas* (diamond): for long-lasting coughs and tuberculosis that are worse in dusty conditions. This remedy is often needed in both the town and outreach clinics.
- *Olea europea* (European olive): very useful in cases of malnutrition and frequently helps to re-stimulate appetite. This remedy is often indicated for children who have been orphaned (compare to *Magnesium carbonicum*).
- *Oncorhynchus tshawytscha* (Pacific salmon): indicated in cases of hormonal disruption, tubercular states, and dry, flakey, itching skin. It is often used to help women with HIV/AIDS return to better health.
- *Cryptococcus neoformans* (a genus of fungus): often helps the fungal infections that plague people with AIDS.

In addition, the remedy *Ozone*, recently proven by Anna Schadde of Germany, is frequently useful for Kaposi's sarcoma.



that HHA organizes involve workers on these plantations. *Jeremy and Camilla have built up a formidable reputation at their many rural clinics.* Yesterday, I drove through a 12-mile stretch of flame trees, and the beautiful [purple flowering] Jacaranda was out everywhere. So there is great beauty, and then there is the contrast of the sometimes very severe situations people are living in.

"The patients are many and varied. Often I am perched on a tiny wooden stool in a very basic backyard, surrounded by chickens and multiple children who are fascinated to observe the strange 'mezungu' (white person) who has arrived with 'dawa' (medicine).

"On home visits, we see some AIDS patients with extreme weakness, skin problems, loss of appetite, and poor sleep. Others, who are HIV-positive and on ARVs, often experience huge side-effects, such as numbness, fungal infections, and digestive complaints. Many have lost loved ones to AIDS so they are struggling to bring up families on their own or even raise relatives' children. *A woman who cannot work in her fields to provide food for her family or carry water is in a precarious position. Often a good homeopathic remedy means she can resume her life, function again, and support her family.*

"My visits here, as a volunteer, have been amazing. Camilla and Jeremy have been generous with their knowledge and experience. Over the last five years, the number of clinics has multiplied rapidly. More volunteers are coming from all over the world to study with HHA and support their work.

"Jeremy and Camilla even organized a Pan-African Congress on Homeopathy and AIDS, where homeopaths from all over Africa came together to share knowledge. Then people take what they have learned back to their own countries. *Epidemics are a fact of life in our world, and it's important we know how to treat them.*"

The woman who sold her body

Rebecca told me how much she enjoyed working in a team. When she works with Roger Rasta as her translator, for example, he often knows the back story of a patient, and this can be helpful. Rebecca appreciated Roger's gentle, non-judgmental attitude when he described one patient, Ann (not her real name), matter-of-factly as "a woman who sold her body."

He explained that Ann had been shocked to learn her husband had infected her with HIV four years earlier. Her husband had died soon afterwards from a beating he received when he was caught stealing. At that point, Ann completely gave up. Her attitude was, "What the hell? I'm going to die anyway." So she began drinking, taking drugs, and working as a prostitute.

What struck Rebecca about Ann was that she looked unkempt and wore a very low-cut top, whereas most women in the region dress very modestly. Her skin was pimply and greasy, and she had lots of scars. She was suffering from numbness and burning pain in the soles of her feet; her thighs also felt weak and trembling, especially when walking. Because her CD4 level was relatively high at 560, the doctors had not given her ARVs, but she was taking Septrin, an antibiotic.

Ann reported fatigue, night sweats, and a fever that woke her up after midnight. She had troubling dreams of a bearded man trying to kiss her. Sometimes she had a yellow discharge from her nose. Her tongue was cracked and indented (which is common with HIV). She had pulsating headaches, morning and night. Her skin itched all over (another common HIV/AIDS symptom).

Ann liked ice, sour things, and spicy peppers. She had bowel movements every

fourth day with straining, followed by heart palpitations. She had a history of abdominal surgeries to remove growths in her stomach; during one procedure, surgeons had left a needle inside her, and that later led to the removal of her uterus.

Rebecca already knew from experience with HHA that *Fluoricum acidum* had proven useful in the treatment of people with AIDS and that numbness of the feet was a characteristic indication. The background information provided by Roger nicely confirmed this remedy choice, as did Rebecca's repertorization of Ann's symptoms of lasciviousness, weakness, numbness in soles of feet, nightly fevers, and alcohol and drug abuse. So Rebecca advised Ann to take *Fluoricum acidum* 12c, daily.

At their one-month follow-up visit, Rebecca was surprised to find Ann looking completely different—younger, healthier, and not dirty, unkempt, or dissolute anymore. In fact, she found Ann industriously helping to tidy the



Bellis perennis

The simple integration of a homeopathic remedy in a surgical ward's protocol.

In August 2012, Camilla Sherr posted a Facebook update: "Treated 3 post-op cases at the hospital last week with *Bellis perennis* 12c (fibroids, hysterectomy, and an operation on a swollen testicle). The doctors told me today all the recovery times were halved. Instead of 6 to 7 days, they were discharged after 3 days."

Later, the hospital ran a brief trial with a control group. It was so easy for the doctors to identify those who had taken *Bellis perennis* and those who had taken placebo that the hospital adopted *Bellis perennis* as part of their post-operative protocol. This has reduced the pressure on bed space and made more operations possible.

Bellis perennis (common daisy, also known as "bruisewort") is in the same plant family as the well-known remedy for traumatic injuries, *Arnica montana*, and is often used in a similar fashion. Homeopathically prepared *Bellis perennis* is particularly helpful for trauma to the pelvic region, as well as when deep tissue healing needs to be stimulated, as is often the case after surgery.

"There is great beauty, and then there is the contrast of the sometimes very severe situations people are living in."

yard, and Roger confirmed that Ann was “cleaning up her act”!

Ann reported that her nightly fevers and sweating were gone. She woke each day feeling more refreshed than before. Her headaches had stopped. The burning and numbness in her feet were substantially reduced. Her appetite was better, and her overall itchy skin had improved somewhat. She still had constipation with straining, but now her bowels moved every other day. She couldn’t remember any disturbing dreams. This was all good news!

Her nasal discharge had worsened, however. Rebecca explained to Ann that in light of all her other improvements, the increased nasal discharge was an encouraging sign of healing—her body was cleaning itself out.

Ann has continued homeopathic treatment with *Fluoricum acidum* 12c, and she continues to improve overall.



The toddler who didn’t toddle

Jack (not his real name) was HIV+ and generally in good health, but he was three and a half years old and had never attempted to stand or walk. He shuffled everywhere on his bottom. He was a heavy child for his age and generally pretty placid. Camilla gave him *Calcareo carbonica*, a remedy that can be helpful in children who are slow to teethe, walk, or reach their milestones. She was delighted to see him walking just four weeks later. Jack got to pick out a pair of shoes from the donations box, something he had never needed until the remedy worked its magic.

Linda, HHA patient

It’s traditional to save the best for last, and this story is quite extraordinary.



The Gift of Sight

One simple way for HHA supporters to help the project is to send prescription glasses they no longer need. Consider hosting a gathering or staging a collection drive—and then mail all the donated glasses in one big package. These glasses are freely available to people who visit the HHA clinics to try on and take with them if they find a good match. Maybe you and someone in Africa have eyes with “similar suffering?” If so, your generosity could make a big difference in their lives.

When Jeremy first saw Linda, she had a CD4 count of only 3 (later amended to 1). She had active tuberculosis and severe fungal infections and was in bed in a terribly frail, weakened, seemingly hopeless state. Four months later, she is symptom-free and glowing with health after being given the homeopathic remedy *Zincum metallicum*.

She is almost unrecognizable as the same person. “I can’t believe it myself!” she exclaims. “I feel very, very strong. Everything is back to normal.” Of her homeopathic healing, she says, “It’s a miracle!”

Please take a moment to watch this beautiful transformation. <http://tinyurl.com/HHA-Linda>

A little goes a very long way

I asked Camilla and Jeremy if they had a message to pass on to homeopathy lovers. Camilla said: “Jeremy and I feel so privileged to have all these patients and to be working, in an integrated way, with doctors and nurses here. It’s an opportunity to do something bigger with homeopathy and improve its status all over the world. We see this as everybody’s project, so we try to be transparent in sharing our failures and successes. We’ve been able to make a huge difference here in six years. We want people to join with us and share in what we are doing, because the better we all are collectively, the better homeopathy’s reputation is going to get.”

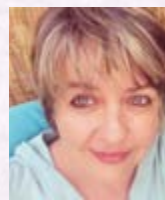
Jeremy added: “Many people have expressed their admiration and support for HHA. These people genuinely want to make a substantial donation and plan to do so, sometime in the future.

Please don’t wait for that moment, because even a tiny donation of \$5 or \$10 a month now, the price of a fancy coffee or one bottle of wine, makes a huge difference to the work we are able to do. It’s these small, regular donations, which have almost no impact on the giver, that have made all the difference. When they are all added together, they can move mountains.”

If you’d like to hear what the local people think of HHA, listen to them rap about it! <http://tinyurl.com/HHA-rap>

You can purchase Camilla’s beautiful 2015 photo calendar (makes a great gift) and support HHA by visiting their website: www.homeopathyforhealthin africa.org

ABOUT THE AUTHOR:



Mary Aspinwall is in her 20th year of homeopathic practice and has helped thousands return to health. She works with clients in Santa Barbara and via phone consultations. She studied at the College of Homeopathy in London, graduated from The Dynamis School of Advanced

Homeopathy, and is a certified CEASE practitioner. She is author of *Basic Guide to Homeopathy*, designer of bestselling Helios homeopathic kits, editor of *The Clinical Medicine Guide*, and frequent contributor to *Homeopathy Today*. She offers free online training and e-books at www.homeopathyworld.com/blog/free-resources/