

Thoughts on the current situation...

These notes were prepared by Mary Aspinwall, PCH, RSHom (NA). Mary was a Dynamis student and Salmon prover. She created them for her Facebook Study Group, after listening to Jeremy's talks on March 8th and 15th

Why I've been waiting to talk to you

It's now clear this is a serious threat.

I've been collating information from trusted sources to avoid confusion or giving misinformation.

General advice

Nothing I say today is intended as a substitute or alternative to the advice being given:

Avoid large gatherings.

Keep 6 feet or 2 meters away from others when you have to go out.

Wash your hands frequently with hot water and soap for 20 seconds.

Cough or sneeze into the crook of your elbow or use a paper tissue and dispose of it immediately.

Avoid touching your eyes, nose and mouth.

Self isolate as much as possible.

Self isolate completely, if symptomatic.

If symptomatic and you need medical advice phone rather than visit your doctor or the ER.

Hospitalization

If you have the following warning signs you, or your carer, should contact your health provider to arrange hospitalization:

Severe difficulty breathing (struggling for breath or only able to speak single words)

Severe chest pain

Difficulty waking up

Feeling confused

Losing consciousness

Homeopathy and Epidemics – some history

<https://maryaspinwall.com/homeopathy-and-flu-part-1/>

<https://maryaspinwall.com/homeopathy-and-contagion/>

<https://maryaspinwall.com/homeopathy-and-contagion-part-2/>

<https://maryaspinwall.com/homeopathy-and-contagion-part-3/>

Making claims

Homeopaths never claim to be able to offer a cure for any named illness. We focus on matching symptom pictures to particular remedies, with the aim of awakening and boosting the body's own innate ability to heal itself. Currently we ask that you don't share this document outside our group. You are very welcome to invite like-minded friends and family to join us here.

Shout out to Jeremy and Camilla Sherr

My main homeopathic teacher has been Jeremy. He began working on epidemics in the 90s and 11 years ago moved with his wife and family to Africa to find the Genus epidemicus of HIV/AIDS.

Genus epidemicus means the group of remedies that reliably help in most cases of an epidemic. This group can be discovered, by drawing together as many confirmed, detailed cases as possible and consider them as if they were one case.

Jeremy and Camilla have done amazing work in relation to HIV/AIDS and now Jeremy is at the forefront of working out which remedies we are most likely to need in the current situation.

Over the past two Sundays, Jeremy has been sharing his research with homeopaths around the world. He has three cases himself and has collated cases from homeopaths in China, Japan and Italy. Other cases are based on first hand accounts gleaned from social media videos. Here is a link to Jeremy's free, most recent, video. <https://bit.ly/jeremy-corona>

It is intended for homeopaths and homeopathic students and it is 1.5 hours long. For this reason I am summarizing it here.

Pay it forward

Before I share this information with you I would like you all to support this vitally important work on understanding epidemics by making a donation to www.homeopathyforhealthinafrica.org today.

Any amount will be most welcome. Regular monthly donations are even better, as they make planning

ahead possible. I will be doubling your donations up to the first \$500 given. Please add a message of good will and mention that you are a group member when donating.

Another way you can aid this research is to post any first hand accounts from people who have, or had, a confirmed diagnosis onto this group

(www.facebook.com/groups/studyhomeopathy).

Please use the #GEinfo (for Genus Epidemicus) and we will forward them for collation by Jeremy's team.

Summary of remedies that may be needed

Please note that every case is individual and matching to the correct remedy is essential, so if these don't fit the symptom picture or help the case then match to something that does.

Phase 1 - Early infection

Very early on, especially if there is fear or panic, try Aconite.

In order of what has matched best so far:

Phosphorus or Phos-ac

Merc viv, Merc iod ruber (if left side is <) Merc iod flav
Gelsemium, Bryonia

Phase 2 – More serious symptoms

Weakness, mild fever, cough, difficulty breathing

In order of what has matched best so far:

Ant tart

Phosphorus or Phos-ac

Merc viv, Merc iod ruber (if left side is <) Merc iod flav
Gelsemium, Bryonia

Phase 3 – Serious pathology / Bilateral interstitial pneumonia

Ant tart (drowning sensation in pneumonia)

Phosphorus or Phos-ac

Bryonia

Other remedies that may merit further study –

Stannum metallicum, Muriatic acid, Senega, Sambucus nigra, Croton tig, Lobelia inflata, Crotalus horridus, Adamas, Radon, Corvus-c

Search the group on how to make a “paper remedy” if you don’t have the remedy or potency you need to hand. If it helps I recommend you immediately order the remedy in 30 and 200c.

Direction of Healing

I was struck by the importance of knowing the Direction of Healing when Jeremy pointed out this:

Synthesis of symptoms (common theme)

Sensation of fullness

Can’t take in anything

Not even oxygen

Body’s response

Must expel forcibly

That is why it is vitally important to understand the role of fever, sweating, expectoration and diarrhea, in returning the body to health.

The French health authorities have warned that younger people can have poorer outcomes if they use NSAIDs such as Ibuprofen. See our Pain Relief File if you use NSAID pain relief meds to see if you can find a safer alternative.

Prophylaxis

As you may have seen, the Indian government suggested the use of Arsenicum as a prophylactic. So far Arsenicum has not shown up as a well matching remedy in Jeremy's research. Taking remedies when there is no immediate threat may lead to a proving (getting symptoms from the remedy). Please read the Group file on Homeoprophylaxis and consider the level of risk. If you know you may have been exposed or there is a local outbreak then it is a good idea.

Aconite would be appropriate early on, especially if you are fearful. You could also take the remedy that best matches the symptom pattern of the person who transmitted it, or the local symptom pattern if you have access to those details. Overall, Ant tart is currently in the lead in terms of a match. If you do get symptoms, immediately switch to the best matching remedy you can find.

Study, study, study

It seems we are all going to have some extra time on our hands and my advice would be to use it wisely and study homeopathy.

If you haven't already please sign up to do #newbie it's free and it covers things you really need to know about fevers, direction of healing, how to dose and much more. I hope you will also continue to the next level #aware. Supporting #aware will give me the funds to do the next two phases (#skilled and #experienced).

Both are at www.homeopathyworld.com and by joining you ensure that I can email you about our Plan B for staying in touch if for any reason we can't communicate via the group.

The most important thing to do next is to go through the old #MatchItMondays in our Files (one has questions the other the answers) and, using Miranda Castro's Complete Homeopathy Handbook, practice matching.

Read all the Fever and Cough Files. Screen shot the traffic light guide to your phone.

Using the group at this time

Our group is always a safe and kind haven. In the coming weeks it is likely to get busier. Before asking a question, please search the group first. If you are thinking of posting a CLAMS please do try to study and work out the remedy yourself - only post if you are stuck. Do share your #success stories with us. Please share symptoms and details not disease names. Always avoid speculation, diagnosis and fear

mongering. Be especially kind to our amazing Marvel moderators. We owe them all so much!

Boost your immunity and resilience

Nutrition

If possible, continue to eat fresh organic fruit and vegetables.

Join a local community supported agriculture scheme or delivery service.

Consider daily green juicing.

Check out www.thrivemarket.com in the US and other services in Europe for organic food delivery and supplements.

Avoid processed food.

Reduce or eliminate sugar, carbs and alcohol.

Supplements and more

Vitamin C 3000mg* daily in two split doses

Vitamin D3 5000 IU/day for 2 weeks, thereafter 2000 IU/day

Magnesium 400mg/day* (citrate, malate, chelate, chloride forms)

Zinc 20mg/day

Selenium 100mcg (micrograms)/day

Source: International Society for Orthomolecular Medicine

(*my addition – reduce these doses and gradually build back up if you experience loose stools)

Get some **NAC**, which can relieve symptoms of respiratory conditions by acting as an antioxidant and expectorant, loosening mucus in your air passageways, by thinning mucus in your bronchial tubes and boosting glutathione levels.

Buy a bottle of Bach Rescue remedy if you are feeling wobbly.

Gentle exercise

Exercise at home or outside, if you can find a place where you can maintain a 6 feet / 2 meter distance from others. Maybe do some Yoga – there are courses you can do online. Walk in Nature.

Get plenty of sleep

Aim for at least 8 hours a day. If you have a poor night's sleep, catch up with a nap. If you can't sleep don't get up. Focus on your breath. Meditate. Relax and visualize the tension releasing itself from your body.

Cut your TV News consumption

You can get simple updates from this amazing site – created by a teenager...buy him a coffee

nCoV2019.live

Examine your stressful thoughts

Use www.thework.com it's helpful and even the phone help line is free.

Stay connected

Phone a friend or a loved one. Hang out on upbeat FB groups. Arrange to walk in a large open area with a friend – staying 6 feet / 2 meters apart.

Do what you love

Read, sing, dance, play, create, cook anything that brings you joy and allows you a creative outlet.

Consider constitutional care

This would be especially helpful if you suffer from anxiety, are a smoker or if you have COPD, asthma, idiopathic pulmonary fibrosis or any other respiratory condition. In general a good constitutional remedy will improve your resilience.

Parting Words

I am so glad that we all met! Almost 32,000 of us, and our group's numbers are growing daily. We are all so fortunate to have, at our fingertips, this amazing healing art that works with our body to restore things to order. We will support one another with love, kindness and wisdom. We will stay strong. This too shall pass...