

*Editor's Note*



A colleague and I were recently discussing tricky patient cases working on the adage that two heads are better than one...the remedies we came to for each case were not that well known. They were remedies from the bird, sea and insect kingdoms...remedies about which there is little readily available proving information and very few clinical case studies.

In these sorts of cases, we rely heavily on the patient's expressions and on our knowledge of the substance from which the remedy is made. What else might help us to solve such a case?

Sankaran advocates looking at doodles. In case featured below, a patient's tattoos helped me confirm my remedy choice.

Details about the last ACCH seminar are on Page 2. This whole day is devoted to discussion of, and cases from, the Insect Kingdom. Please come along and share what is bound to be an industrious, buzzing day!

*Kathy*

**A Picture Paints a Thousand Words...**

An online Wikipedia poll conducted in July 2003 estimated that 16% of all adults in the United States have at least one tattoo. In the past, tattoos have served as rites of passage; marks of status and rank; symbols of religious and spiritual devotion; decorations for bravery; sexual lures, marks of fertility and pledges of love; acts of punishment; protection; as the mark of outcasts, slaves and convicts. The symbolism and impact of tattoos has varied according to culture and situation. Today, people may choose to be tattooed for cosmetic, sentimental, religious or cultural reasons.

What makes a person choose one type of tattoo over another? In the case examples shown on this, and the following page, my patient (a 33-year-old woman) chose tattoos with wings. Why? And what impact did her tattoos have on her prescription?

At the end of the consultation, I had already decided what remedy to give my patient when she bent over to get her wallet and part of her tattoo became visible. I then asked her about the tattoo...It turned out she had two tattoos (see below). Here's what she said about her tattoos:

*I like butterflies because they are gentle and soft...butterfly kisses – a delicate beating of wings. Free. Flit. Happy. Thought it would be beautiful to have fluttering butterflies, flitting away...gentle and free.*

*I designed the beautiful woman because she is feminine and I don't feel feminine. I never felt feminine – I had short hair as a little girl and was dressed in pants for practicality. I was mistaken for a boy pre-puberty. So when I could I grew my hair long so I could hide my face.*

*I am small breasted and don't feel like a girl. I want to feel like a woman and feel desirable and express myself as a woman. I want to know who I am.*

A useful discussion followed on her sexuality and how she feels about herself. As often happens, her comments were completely diametrically opposed to how she appeared - a tall, slim, attractive woman.



At the time she came to see me, she was taking antidepressants – 3 Citalopram a day. She suffered from panic attacks, bladder infections and severe headaches. She said she felt unwell generally and had an acidic stomach with frequent diarrhea. She said *I'm not feeling on top of things.*

I had already decided on her remedy before I had seen the tattoos and asked her about them. They merely confirmed my choice.



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A month after taking the remedy she said *I am sleeping so soundly...I have been so calm...been feeling really good, happy, very vocal, saying what I think and feel, both at work and at home. I keep telling my partner that I feel tall and sexy. I am feeling really good inside, tall, proud, calm, with a clear head, not feeling at all muddled. I feel loud and clear in my voice, very confident, excited and happy. Yip, I feel GOOD.*

By then she had dropped ½ an anti-depressant tablet. She feels 70 – 80% better. Her acidic stomach and associated gastric upsets have gone. She hasn't had any headaches. The hot flushes she was getting have gone (a symptom I didn't know about).

A month later, she emailed to say she had another tattoo done (see pictures below). *It is a mother and child, me and V (her son) and Oh, it is beautiful!!!!* Prior to receiving the remedy, she had plenty of mothering issues and did not feel happy about her relationship with her own mother whom she felt had not been there for her, but this had all changed since taking the remedy.



Being a mother is an important aspect of this remedy. Nancy Herrick says *I have the impression that the essence of this remedy is the state of an unprotected adolescent. The adolescents have the feeling that their parents, though they love their children, do not think carefully enough about protecting them. In this situation, the children are without guidance and feel anxious.*

Once more, the patient, through her tattoos, was reinforcing the remedy choice. Today, eight months after I first saw her, she hasn't had any panic attacks. She is now down to one anti-depressant a day and usually forgets to take it. She feels confident.

Her remedy: *Limentis bredowii*, California Sister (one of the butterfly remedies).

Her case will be discussed more fully at the seminar (see below for details).



Kathy Thomas

Homeopathy Family Clinic

## ACCH Teaching Vacancies

The Auckland College of Classical Homeopathy has vacancies for Homeopathy tutors for 2008 to teach Repertory (Year 1), Materia Medica (Years 1 – 3) and Pharmacy (Year 3). Applicants must have at least three years of clinical experience and must be currently practicing as a homeopath.

For more details, contact ACCH Principals Kathy Thomas ([pukekahu@xtra.co.nz](mailto:pukekahu@xtra.co.nz)) or Jeannette Bennett ([mj.bennett@orcon.net.nz](mailto:mj.bennett@orcon.net.nz)).

## Practice Rooms Available

Serious about starting or altering your practice? Looking for a change in your lifestyle?

Whitianga Natural Health Group is a professional practice in the central business district in Whitianga. We have a space available for a starting practitioner, or experienced one looking for a new lifestyle and business.

Current practice includes Naturopath, Orthobionomy, Bowen tech, Massage...and across hall but not part of this practice, Acupuncture.

Please contact via e-mail: [herblady@paradise.net.nz](mailto:herblady@paradise.net.nz).

## Insect Provings

Check out the provings list on:

<http://www.homoeopathie-wichmann.de/provings/provings-list.htm>.

Some of the provings of insect remedies include:

- ☛ Daddy-Long-Legs Spider
- ☛ Mosquito
- ☛ Common Field Worm
- ☛ Brown Recluse Spider
- ☛ The Common House Fly

## SEMINAR NEWS

The next seminar is on **Saturday 27 October**. The topic is *The Insect Family*. Our guest speaker is Brett Hickman who works for MAF and has a degree in Entomology. The subject of his thesis was the NZ Red Admiral Butterfly. Brett will present an overview of the insect kingdom in a way that should help us think about the characteristics of different insects. He will focus on a couple of different insects to show us what kind of aspects and characteristics might be important in differentiating insects so we have a starting point for our own research.

Following Brett's talk, Kathy Thomas will present a mind map of the Insect Kingdom and then discuss in depth the butterfly case mentioned in this newsletter.

Jeannette Bennett will also present a case of butterfly.

In the late afternoon, Sophie Ganley will provide an overview of key butterfly themes, drawing on Nancy Herrick's work, Sankaran's cases and butterfly symbolism. As well, Sophie will present a brief comparison of four butterfly remedies.

*Get into the spirit of Insects by wearing something insect-like or something that reminds you of insects! Please bring along any insect information or models or specimens to share with the group.*

The seminar day runs from **9am to 4pm**; lunch break from 12 – 1pm.

**To register in advance**, please contact the ACCH office by phone or email. Attending the seminars is free to all ACCH students. Charges to others who attend are as follows: ACCH Graduates: \$15 for the day.

Other practitioners and students: \$30 for the day.



### Articles for ACCH newsletters are welcome.

Submit your article via email to the editor (Kathy Thomas) at [pukekahu@xtra.co.nz](mailto:pukekahu@xtra.co.nz). We accept: Letters to the editor; articles on homeopathy; case studies; book reviews; editorials; photographs; cartoons; information regarding future courses or seminars.