

# JAHC 2019: Homeopathy and Brain Health

By Vatsala Sperling, MS, PhD, PHom, CCH, RSHom(NA)

Homeopaths from all over the USA gathered at the Hilton Hotel, Baltimore, from June 28-30, 2019 for learning and inspiration. The conference theme, “Homeopathy and Brain Health: Improving Outcomes Across the Lifespan,” was addressed by the featured speaker, Dr Rajan Sankaran, who gave an insightful presentation focusing on mental illness. Karen Allen spoke about healing the brain affected by fright, shock and injury. Miranda Castro shared her knowledge of brain boosters, including the use of cell salts.

George Dimitriadis continued in his role as a true investigator, always referring to provings done by Hahnemann to ensure symptoms can be traced back to the original source and patient language. People were amazed to see that in case after case, his patients in the 21st century were saying things that could be found in the provings from over 200 years ago.

Amy Rothenberg and Paul Herscu dipped into several decades of their work as naturopaths who use homeopathy and convinced us all that the application of homeopathy for cognitive and emotional health is both successful and necessary.

The participants were treated to a screening of a movie, “Homeopathy for Health in Africa.” After hearing about it from those who attended the screening, I regretted that I was not able to attend. This film was followed by another, “Quest for Real Immunity,” by Cilla Whatcott. The viewers took home a very clear message about allowing the natural immunity of the body to help us stay healthy.

Dr Vithoulkas presented via live video to a very large audience, who saluted his genius. With cases and follow ups over several years, he showed the efficacy of homeopathic treatment for autism and asthma in children.

Denise Straiges emphasized that even with very quick case-taking in the tumultuous setting of a crowded New York City shelter for the homeless, homeopathy can work. Even in this environment, where medical personnel handle severe and highly medicated cases of ADHD, chronic seizures, bipolar disorder, addiction, paranoid schizophrenia, autism and Alzheimer’s, it is possible to recognize the totality of symptoms and choose remedies that bring about effective healing in mental health patients.

Elizabeth Rice addressed the treatment of anxiety and depression in adolescents using classical homeopathy. In a video presentation, Dr Iris Bell took us to the realm of hard-core science with her presentation on “Adapting conventional waking and sleep: electroencephalographic methodologies from neurophysiology to study homeopathy remedy effects.”

I am grateful that homeopathy has dedicated scientists and medical doctors such as Dr Bell, who have devoted their careers to finding laboratory-based evidence in support of homeopathy.

A talk about the application of Hahnemannian homeopathy for overcoming multiple sclerosis was presented by Gregory Pais. Sujata Owens spoke about long term management of children with autism. Manfred Mueller and his wife, Christina, gave us an outline of the “Mueller Method.” They have opted to go beyond the sixth edition of the *Organon* and



Carleen Johnson & Julie Mann at the NASH booth  
Image courtesy of Yashji Jhangiani, CCH, RSHom(NA)

the single dose. They use daily dosing, alternate daily remedies, and do “all it takes to remove and antidote known and unknown obstacles to cure.”

Alicia Gonzales personalized the #MeToo movement by sharing with the audience her own experience of sexual abuse in childhood. This event launched her on the path to becoming a healer and treating people with mental health issues originating from childhood sexual abuse.

Todd Rowe talked about the application of brain sarcodes in the treatment of mental illness. This lecture was particularly interesting because of the recent FDA draft guidelines concerning nosodes. Apparently, brain sarcodes have been proved and there is also clinical evidence of their efficacy in the treatment of mental illness.

Dr Rajan Sankaran concluded the day with his three-hour symposium on the art of the follow up. He suggested that combining homeopathy with therapies like the use of pictures, colors, postures, sharing circles and rhythm leads to a better outcome for his patients.

In a jovial and lively presentation, Kim Elia reminded us that we can still be dazzled by the brilliance of Hahnemann in our 21st century practices.

The conference concluded with a highly academic talk about pure and applied pharmacography by George Dimitriadis. By this point in the conference, several of the participants had to leave, but those who stayed experienced George’s depth and breadth of knowledge regarding classical texts and the ancient literature of homeopathy.

Satiated by the awareness that homeopathy can so effectively deal with mental illness, I returned home promising myself I would never miss a JAHC.

*Vatsala Sperling MS, PhD, PDHom, CCH, RSHom(NA), was the chief of clinical microbiology services at a children’s hospital in Chennai, India, where she conducted research with the World Health Organization and published extensively. On moving to the USA to start a family, Vatsala pursued an education in homeopathy at Misha Norland’s School of Homeopathy. An author of eight books (www.InnerTraditions.com) and many essays and articles on homeopathy, health and spirituality, Vatsala continues to study with several teachers. She practices classical homeopathy in Vermont, currently volunteers on the case review committee of the CHC and has served on the board of directors of NASH. Vatsala can be reached via her website, www.rochesterhomeopathy.com.*



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