

Ascending to New Heights: 11th Annual JAHC

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

The 11th annual Joint American Homeopathy Conference was held in Denver, Colorado, from April 8-10, 2016. The agenda of this JAHC, “Ascending to new heights: reaching the summit with homeopathy” reflected the peaks of the picturesque, rugged and snow-covered Rockies that adorn the horizon in Denver.

I had the opportunity to attend many interesting sessions and compare notes with my friends who were attending sessions that I missed. I still have not figured out how to be at two venues at the same time!

Joe Kellerstein kicked off the Friday workshop with a discussion on life, disease and science. This led to a very fiery interaction between the participants and the presenter. In a case-centered approach to bowel disorders in homeopathy, Joe showed us how to read materia medica and go back to the original literature.

Also on Friday, Alastair Gray engaged and involved his audience with a presentation on the integration of technology into homeopathic practice, with a particular focus on the future of homeopathic education.

Robin Murphy’s session prompted us to look deeper in to what is the meaning of homeopathy. He prompted us to develop skills to perceive, address and provide first-aid help wherever necessary, as it is quite possible to do so using homeopathy. He also advised us about living well. The audience was apparently quite hungry for these hints as everyone was taking down notes at a furious speed.

Timothy Dooley offered a highly engaging and entertaining presentation on the place of whole foods in health, how homeopathy helps and how sensible and wholesome foods help. He emphasized learning the basics of homeopathy and when it came to practicing what we learn, he said with a great emphasis, “Just do it.”

Ronald Whitmont educated us about the iatrogenic epidemic of chronic diseases and shared case examples from his practice about how to navigate the complex presentations of Lyme and other chronic diseases by working on the gut microbiome.

Drawing from his years of working with Dr Prafull Vijayakar, Nicholas Nossaman educated us about Predictive Homeopathy and how he uses this technique for optimal homeopathic prescribing.

Linda Johnston and Fran Vermeulen taught us about using a method of finding remedies based on the narratives from clients. They offered an intriguing insight into the grouping of plant remedies. Just as *Lachesis* represents the group of snakes with hemolytic toxins and *Naja* represents the group of snakes with neurotoxins, there are plant remedies that represent the group they belong to. Frans urged us not to get carried away with the word “proving.” He said, “Proving does not imply that it represents truth. Instead of proving, use the word ‘probing;’ testing, tasting....go deep into the source as you read the homeopathic literature.” They insisted that we verify the authenticity of the sources we use.

As a survivor of breast cancer, Amy Rothenburg was saluted with great applause for her lively and fun presentation. She stood before us: a glowing example of someone who had the courage to use homeopathy, naturopathy and nutrition alongside the conventional approach to cancer and who succeeded instead of giving in to despair.

Lauren Hubele spoke to us about using polarity analysis in chronic disease. She attributed her high success rate to using gemmotherapy remedies alongside homeopathic remedies.

Other presenters included Sally Williams, A. U. Ramakrishnan, Ann Jerome, Lisa Amerine, Kathleen Scheibel and Denise Straiges. We were also treated to video presentations

from George Vithoukias, Jeremy Sherr, Rajan Sankaran, Iris Bell and Alexander Tournier.

On Sunday afternoon as many participants began to travel home, I managed to stay for the very last session moderated by Loretta Butehorn and Sharlene Goldfisher on "The Heart of Homeopathy: Inspiring Stories from Practice." I am glad I did. Though many homeopaths shy away from using modern social media tools for self-promotion, not wanting to draw unnecessary attention to themselves or their practice (for all the best reasons) it was fascinating to see young homeopaths from across the country boldly using social media for promoting their practice. They were getting very good results too and it was inspiring to see their fearlessness in the face of the opposition that homeopathy still faces today.

I reconnected with my dear friend Jo Harper and we discussed the JAHC program...what we loved, liked or did not care about. Luckily, we did not have anything that we did not care about, but plenty that we loved and liked. We agreed that though homeopathy can sometimes feel like an endless uphill climb in the barren, steep and snow covered Rockies, we still live in the golden age of homeopathy (Jo Harper's words) because we can celebrate success in our practices and do all the research we want with so much information available on the web. We both felt that the annual JAHC makes it possible for us to gather in great numbers and it truly is a festive event to look forward to. With this happy conclusion, I stopped at the JAHC desk to say goodbye to the organizers and tell them "I will be back for the 2017 JAHC."

Vatsala Sperling, RSHom (NA), CCH, MS, PhD, PDHom was the Chief of Clinical Microbiology services at a children's hospital in Chennai, India, where she published extensively and conducted research with the WHO, Denmark. On moving to the USA to start a family, Vatsala pursued an education in homeopathy in Misha Norland's school. An author of eight books (www.InnerTraditions.com) and many essays and articles in the field of homeopathy, spirituality and health, Vatsala continues to study with several teachers as well as Drs. Bhavisha and Sachindra Joshi and practices classical homeopathy in Vermont. She has served on the board of directors of the North American Society of Homeopaths and she is currently volunteering in the case review committee of the Council for Homeopathic Certification. Vatsala can be reached via her website (www.Rochesterhomeopathy.com)

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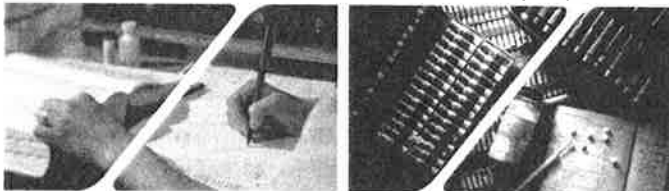


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