

AHA AGM 15<sup>th</sup> October 2011.

### **The importance of voluntary work in Homeopathy.**

There is a long history of voluntary work in Homeopathy starting with Hahnemann and in the past in Tibetan medicine thousands of years ago-the first culture to use the principles of Homeopathy.

In his day Hahnemann saw patients every day of his life particularly during the cholera epidemics which spread worldwide killing thousands of people. This epidemic, in fact pandemic, raised the awareness of Homeopathy amongst the world population, information spreading by word of mouth far more efficiently than today despite our technology.

Hahnemann would see paying patients in the mornings and poor patients free in the afternoons; later in life assisted by his 2<sup>nd</sup> wife Melanie.

For Homeopathy to survive in the 21<sup>st</sup> century onwards in the face of ever mounting aggression and continual relentless persecution in the media, voluntary work becomes ever more important.

For a practitioner we need to remember the early aphorism in the Organon-‘The physician’s only mission is to heal the sick’ and put to one side the current mores which are all about business and money and nothing to do with vocational professional values which should always supercede.

Currently we are in the middle of yet another flu/whooping cough epidemic I believe caused mainly by the ever industrious pharmaceutical companies tinkering with complicated vaccines sold in bulk at vast expense to every country in the world. People are less and less able to function due to a crippled immune response-constitutional Homeopathic treatment being the only way to strengthen and enhance it. Acupuncture and herbal medicine can also assist as does meditation or indeed any other spiritual practice.

I have now been in practice for nearly 30 years and have taught examined assessed and supervised students for the last 25 here and in the UK

I have sat on both the Society of Homeopaths Board and the AHA Board and run many clinics and talks voluntarily for the community in which I am living.

I have attended many expos through Austrade and other organizations since being in Australia for the last 10 years and given away many kits and products in order to educate and empower people in their own health care.

My website is continually updated with information for people to facilitate and also contribute on Facebook-a rewarding experience as many old students from The College of Homeopathy in London have since contacted me enabling in at least 1 case for a practitioner from West Australia to be able to have work experience in Sri Lanka.

**Arnica Montana P/L** was set up to educate and empower the Southern Hemisphere population in Homeopathy and is currently top of Google search engine also unfortunately attracting the attention of the TGA who chose to target me in 2009 forcing me to put a retraction notice on the home page in red stating that I had misled people about Homeopathy and the (false) information should never have been put there.

I have funded everything I have ever done in Homeopathy myself through hard work and also drawing money from the equity in my house, here in Perth and also in the UK prior to coming out here as a temporary business immigrant in 2002. I am still running at a loss of \$60,000 but manage to cover everyday living expenses.

I firmly believe in the tenet regarding 10% of income being given to the community for those less well off –there is always someone worse and better off than ourselves. Over time I have experienced a considerably greater return in my life (often from the most unexpected sources and right out of left field)-I couldn't have imagined on many occasions where I would find the money to pay bills and expenses; this still this seems to happen.

As a practitioner and teacher I know it is fundamental that we continue to give out free information as far as possible to the public. Homeopathy is kept alive at grass roots and the grapevine is heard by everybody regardless of academic or business qualifications. It is the way of the world; it is not run by academics and commercially driven ambitions though of course these cause a lot of damage. Sadly what should be a vocational profession has been greatly diminished by even our own organization giving CPD seminars on 'How to' make money as a practitioner; improve your turnover etc and the colleges also adding to this with inflated fees to keep them in line with perceived successful monetarily rewarding outcomes.

What should happen is that we are business like in our dealings with the public, but not business dominated, concerned only with our income and personal success.

Voluntary clinics I have run include

- Low cost children's clinics since 1985 in Brighton UK and consequent supervision of practitioners and students wishing to set up their own clinics. These people came through the College of Homeopathy where I was lecturing.
- Setting up of the Dolphin clinic still running in Brighton UK as a Board Director of this registered Charity-this took 5 years, began in 1984, and is still running as a multidisciplinary clinic including acupuncture homeopathy cranial osteopathy
- Chailey Heritage centre for the treatment and education of cerebral palsy and road traffic accident injured children for 10 years-attended by students from COH and other colleges in the UK
- Open Door a clinic for people with HIV and AIDS in collaboration with the Church of England and recognized and promoted by the Terence Higgins Trust London; also staffed by Homeopathic students supervised by myself.
- In Perth I ran 2 weekly clinics for 4 years each at the Ruah Centre Northbridge and Shopfront in Maylands for disadvantaged people whether they were addicts, had learning difficulties, low income, poor housing, single parents etc.
- In Perth the Lutheran church hosts a similar clinic staffed by students/new practitioners which I attend and supervise
- Currently working with Aboriginal centres at Armadale and Langford running free family clinics and Barefoot doctor workshops

Through Arnica Montana P/L I have attended expos in Dubai, Guangzhou China, Czechoslovakia giving free talks wherever possible-in China the idea of Barefoot Doctor is well known and the room was packed. I did have a Mandarin translator. I have also been represented in Russia Ukraine South Korea Thailand Bangkok and Koh Samui and at other expos at my own expense in Australia and world wide.

Many local events I have attended include

- All day information stand at monthly market at Kalamunda for the first 18 months living here
- Local community centre classes and talks out in the Perth UBD. Ongoing.
- 7 year Membership of a Business club where all members give regular fortnightly talks about their own profession-a useful vehicle for people who have no idea of anything other than mainstream in their lives
- Monthly attendance at Hillary's markets (North of Perth)giving out AHA information for 18 months
- Attendance at events such as Polo championships at Langley Park
- Rotary club meetings
- Many charitable fundraising events held in Perth UBD involving all day attendance

**At all of these events I distribute AHA information and give a lot of free advice; always taking my prescribing kit with me and often giving free treatment.**

- **Wider spreading of Homeopathic information** is achieved by
- being involved in

**sponsoring** various athletes in Olympic Horse eventing 2008 gaining Sonia Johnson a silver medal for the Australian team –assisting the Australian Polocrosse team in the World Championships, achieving in particular the Ladies World Polocrosse Champion, Susie Lyster, Junior World Championships in Tennis and Velodrome cycling.

- I attended the aftermath of the Tsunami in Sri Lanka and ran clinics in the jungle with Ivy Dieltiens a South African colleague donating a comprehensive kit of 200 remedies and tinctures through giving seminars in the UK when working there; a twice yearly event.
- A visit to Robin Lim Midwife at Bumi Sehat in Bali was another voluntary trip I made in the year that I had been deported and Australia was deciding whether I could have another visa-always a problem for the Immigration Department as I never make any money-they want a turnover of \$300,000 and I do so much documented work with very little income. I spent the day with Robin at the Midwifery centre she established in Bali after the Tsunami for poor destitute mothers and their babies. She is Indonesian married to an American and holds both country's passports. There is a constant flow of poor needy mothers and babies and a constant need for funding and support. I donated several Helios Childbirth kits and A and E kits and cds (they also detail childbirth emergencies)and set in place several protocols for them to use in and around childbirth. They already did have Homeopathy but noone with my dual experience as a midwife nurse health visitor/homeopath. There is a section on my website regarding Bumi Sehat. I am delighted to say that Bryonia saved several of their flat(SIDS) babies as it had saved my son's life at 15 months and put me inexorably on the path to studying Homeopathy 2 years later. Tom is now 31 years old and a twin to Rosie, and has an older sister Helen 34.
- Helios A and E kits put together voluntarily over 3 years by myself were donated to various countries and organizations that year and more recently wherever a disaster has occurred.

- Kits continue to be donated to many other causes at my own expense.
- The website [www.arnica.com.au](http://www.arnica.com.au) sends out a free information newsletter regularly since 2002 always picking up on current health issues with advice on the clinical information of the conditions and corresponding Homeopathic information.

### **The Homeopathic Research Institute reception at the House of Commons London May 17<sup>th</sup> 2011.**

I attended this reception with my younger daughter Rosie a twin 31 years who along with her siblings have been brought up Homeopathically after unexpected severe reactions to vaccinations and antibiotics in their early years.

I owe my children's lives to Homeopathy.

This reception was the inaugural launch of the HRI; backed by Lord Baldwin from the House of Lords and David Tredinnick from the House of Commons. It was held in the Members Dining Room overlooking the Thames and went on for about 3 hours.

As we are really up against it from the anti Homeopathy brethren, the onus is on all of us involved in Homeopathy in whatever capacity, to make a robust response in whatever way we can to show strength and resilience in what is in actual fact a bullying campaign underpinned by those with vested interests to get rid of Homeopathy.

There has since been a further meeting for the HRI in Malaysia and there will continue to be regular events around the world. The fact that serious research academics are involved who are aware of Homeopathy but conducting sensible long term research under the auspices of university fellows, is a real contribution to the viability and acceptance of Homeopathy as mainstream medicine. This is not a hysterical emotional response to persecution; rather a considered organized method of accumulating evidence through thorough long term assessment, and has already gained the respect it deserves in scientific circles.

With the best will in the world, characters so beloved by the media such as Richard Dawkins Simon Singh and most notoriously, Prof Edzard Ernst of Exeter University UK-previous head of Complementary Medicine, are not serious academics concerned with the search for truth.

This will all take a long time over many years to accumulate the information needed and subject to intense scrutiny in the Academic world but so worth while.

The CEO is an old student of mine from COH herself a graduate in several medical science degrees before coming to COH to study and find out for herself what Homeopathy was all about.

Currently the EU has put aside several million out of its slush fund for failing EU banks for research into Homeopathy in the treatment of animals to the outrage of the Establishment-in particular the British Veterinary Association. Fortunately the 34 members of the British Homeopathic Veterinary Association and the British Homeopathic Association are determinedly fighting their corner, and though small in number have the support of all EU countries themselves all utilizing Homeopathy. In Europe every pharmacy has a Homeopathic section and has done since the 1850's when the Cholera epidemic was at its height.

### **Voluntary Attendance at Enclosed Carmelite Monastery Alexandria South Dakota**

For the first 2 weeks in May I flew to South Dakota to volunteer in a monastery of 18 nuns. These nuns are completely self-sufficient and are behind mediaeval grilles living and working to 24 hour monastic rule where the day is the same 365 days a year—they divide their time silently doing physical work in their garden and monastery caring for plants, animals, and inside housework making vestments wafers for communion, and prayer.

They are allowed to have 1 hour a day when they can talk.

The infirmarian, a triple trained nurse experienced in orthodox medicine has done a basic postal course in Homeopathy by Louis Klein and had some success.

About 3-4 years ago she contacted me for the A and E kit and cd and greatly improved her hit rate—then she ordered a childbirth kit for their goats subsequently having bigger goats with good births and much more milk with no need for the vet.

Then they hit a rock—the Californian Homeopathic Pharmacy informed them they could not order any more remedies as she was not a qualified Homeopath so she contacted me again for various nosodes and sarcodes she was not allowed to obtain.

At which point they appealed to me for help.

I accumulated everything they wanted from various pharmacies here and overseas and sent them off. In return I was offered a 2 week holiday with the nuns. I decided to go and voluntarily oversee what they had learned and what help they needed.

I bought the fare on overdraft as yet again I was broke and hadn't earned enough in the UK stint prior to going to fund this trip.

Once there I was installed in a 2 bed roomed flat across the road from the monastery and met the Mother Prioress and the Infirmarian who were very welcoming and full of appreciation for my arrival. After giving an introductory talk to the nuns on the other side of the grille at 10pm I was called the following morning and asked to treat all the nuns.

This was a challenge and very interesting. I also checked over their remedy, pharmacy, and books, and was asked to speak to the Californian Pharmacy regarding their remedy orders. The Pharmacy fell over themselves to be helpful to me; they had checked out my website and me in general through the Internet and were more than happy to assist the nuns in any way they could in the future.

They all had a really bad flu while I was visiting and I had my work cut out to keep up with it all I must say. I really needed to use Bacillinum to save the Mother Prioress from actually dying while I was there. Bronchorrhoea is the keynote indicated symptom.

However it was all done in the end and I flew off after 2 weeks very happy to have been of assistance. The nuns were allowed to see me in the visiting priest's dining room or from behind the grille—the novices on the whole chose to see me from behind the grille—the more established and experienced nuns enjoyed the comfort of the much warmer dining room!

I was always educated by nuns and have always found them to be worldly but not of the world, with a very thorough knowledge of what is going on out there and the need to keep up constant prayer life to change the energy—as do all religious organizations—they had a great sense of humour—a lot of laughter was normal during consultations and teaching and great friendship engendered between us all.

On a daily basis I would go across to Mass every morning—the nuns were behind the grille near the altar so their faces could not be seen and they accompanied the Mass on

their organ and with singing. I would go back to my flat, have breakfast, and then start seeing the nuns back in the monastery.

At 12midday sharp I would go to the 'Turn' and my lunch would be in there with the computer on the top shelf so I could get on with catching up on my emails. At 6pm sharp I would go across and ring the bell for my evening meal. All meals were home cooked and organic; most of it grown or produced by the nuns in their small holding which is completely enclosed with high walls.

The Turn is a wooden cylinder rotating round so the shelves can deliver or take delivery of anything needed; so meals to me –post or goods to them and so on. The nun on the other side is not visible and we ring the bell to call for their attention. It works really well and it has been done in this way since mediaval times. The nuns wear a full habit with their hair covered and long robes and wimples with linen 'socks' and open sandals all year round. They sleep on straw palliases and have only blankets-they are not allowed hot water bottles, only more blankets in the coldest months of the year-and it is really cold in the prairies with 20' snow drifts for months at a time.

The final surprise was that just before I left the Mother Prioress said 'Kate we are going to give you some money-we have just received a generous donation'" As I had gone voluntarily this was a complete surprise though I was beginning to wonder how I would pay the mortgage on returning to Australia. They donated \$2000 to my Paypal account and then I was accused of 'money laundering 'by Paypal Australia and it took 2 weeks to resolve with all kinds of security questions including inside leg measurement before they would release the money-yes-the day before the mortgage was due! Of course there is Divine Providence!