



THE IRISH SOCIETY OF HOMEOPATHS NEWSLETTER

WELCOME! To our new and re-vamped newsletter. This bymonthly newsletter is put together by the Committee members, with a view to becoming an effective form of communication among Society members. You are invited to send contributions, information, links to interesting articles etc by emailing them to Joanne Breton: joannebreton@gmail.com or Carolina Pollak: capollak@gmail.com

ANNUAL GENERAL MEETING

We had our AGM on 3rd March, and unfortunately had to bid fond farewells to some of our committee members; Alastair Yarrow, Tara Rafferty and Sue Prickett. Luckily we have been able to take on four new members. Carolina Pollak, Helen Healy, Diane Stauder and Marina Lynch (who will be the new Registrar) will be introducing themselves through this newsletter.

HOMEOPATHIC TIMES

The next issue of the Homeopathic Times is in the pipeline and should be in your postbox soon after Easter. There will be articles on a new proving (the San Pedro cactus), understanding addictions, medicating mental distress, a report from Kolkata, a case of Swan and information on the remedy, as well as Mary Aspinwall writing on 'Occupy Healthcare' (and even more).

Pauline O'Reilly, who has provided cover art and many inside illustrations for the Society for over fourteen years, is ending her involvement with the HT. Thank you Pauline for your prolific contribution and for adding colour to our lives. You are missed from the team. *Rhóda Uí Chonaire, Editor*

SECRETARY'S UPDATE

We as a Society of Homeopaths need to engage with the social media and internet. We do have an active Facebook profile that is attracting more and more attention. We need to bring in the other forums; we need to modernise our website, create some YouTube videos and we need to start tweeting more.

To be able to get us where we should be, a lot of hard work is required. There is no point in having workshops on forums and twitter and other topics if our website does not really fully support it. So our first plan of attack is to re-vamp our current website. If you feel you can contribute then please join us in a working group and let's shape our future.

For information contact: karmen.kegl@gmail.com from the team.

ABBAS'S STORIES

ABBAS'S STORY ABOUT UNITY AMONGST HOMEOPATHS

By Abbas Ghadimi, Treasurer

Once upon a time in Persia (my country) there was a father who became old and near to passing to the next world. He called all his children and asked them to come around his bed. He said, 'I will be dead soon, so I wish before I die to give you my last word of advice'. He told them to fetch one stick each, and asked them each to try break the stick. All the children followed his word and broke the stick very easily. Then he brought more sticks and he counted his children (there were many children, as it was in old time in Ireland). He allocated one stick per child and tied them all together and asked them to try break the bundle of the sticks now. To their surprise no-one could break the bundle of the sticks.

Then he said, 'You must always remember that it is very easy to break you when you are on your own, but when you all STICK together it is SO HARD for anybody to break you.'

'So my dear children promise me that you will stay together and have a very strong bond.'

UPCOMING WORKSHOPS

~ DUBLIN ~

Fergus Morrison: Tissue Salts,
28th April

~ GALWAY ~

Kelly Johnson: Treating Autism and
the CEASE Method, 12th May

RENEWING THE SPIRIT OF HOMEOPATHY

I want to take this opportunity to bring you up to date with "Renewing the Spirit of Homeopathy". As those who attended the AGM found out, we are moving forward with this program. As I explained, having spoken to a lot of homeopaths since taking on the role of Chair, it was clear that some homeopathic practices aren't doing too well. There are feelings of fear and frustration. Aside from the various external factors affecting our practices, I felt there was also the sense that homeopathy itself was not as vibrant as it could be, in fact, I felt it was sick. Having arrived at this conclusion the next step was to find a way to treat it. Looking at the overall picture it is as if there is an epidemic within homeopathy in Ireland. And the protocol we have to deal with epidemics is to identify the Genus Epidemicus and treat it with the Remedy Epidemicus.

The first step is to "take the case", and that will involve getting homeopaths to fill out a survey around the beliefs they have about themselves and their practices. To this end, you will receive an email with an invitation to spend ten minutes in filling out an online survey. This will provide us with the crucial information needed to find a remedy that will bring homeopathy and our homeopathic practices back to their full potential.

So when you receive this email from the office, please spend that ten minutes and fill out the survey as accurately and truthfully as you can. It will be your input into turning homeopathy around for the benefit of our patients, our practices and ourselves.

Follow this link to read about the huge success in modern day homeopathic epidemic control.

(<http://www.sott.net/articles/show/237971-Cuba-prevents-annual-epidemic-among-2-5m-people-using-homeopathy>)

Thanking you in advance for your input.

Fergus Morrison, Chairperson

CONFERENCE NEWS

We have just confirmed our final speaker for the Conference. Taryn Jacobs will be speaking on women's issues including contraception. It is shaping up to be an exciting week-end and hopefully this year we might be able to have a bit of a disco so bring your dancing shoes.

We have a Facebook page.... If you are willing to accomodate somebody travel-wise or share a room, please post it in the Facebook page.

You have already received booking forms by email and they will also be out in the post in the near future so try to book as early as possible to avail of the early bird price.

FOR MORE INFORMATION:

email: ishconference@gmail.com; Telephone the conference

team: Sarah Jane Hewitt 087 6619526;

Breda O'Connor 086 8639247; Carolina Pollak 087 7507557

Meet the new committee members

Marina's Introduction _____

My name is Marina Lynch. My initial introduction to the world of homeopathy was in 1998 after I had my second child and was very unwell. A friend of mine advised me to go to a homeopath for treatment so along I went desperately hoping for help. I was initially treated acutely and was very impressed with the rapid results and the gentle, yet powerful way that the remedies worked. For someone who had come from a very conventional background this "new" method of treatment really caught my attention. I decided to keep with homeopathy and went on to have constitutional treatment. I felt very well in myself for the first time in a long time and I also noticed that I was becoming a stronger person, both mentally and physically. I was able to better cope with stressful situations in my life. My husband and children also had homeopathic treatment as time went on and they too responded very well to it and I could see the benefits of it first-hand.

I trained as a homeopath, starting in 2000 and was in the first class of graduates from Retrieve College of Classical Homeopathy in 2004. I currently practice homeopathy in Virginia, Co Cavan and Kilmessan, Co Meath. I became a registered member of the Irish Society of Homeopaths in 2007. Since 2008 I have been a mentor and a reader for the Society. On 3/3/12 I was elected to the position of Registrar on the ISH committee and I look forward to working in this capacity.

In my spare time I'm a member of Kells Musical Society. I also enjoy walking in the fabulous forest in Virginia that skirts around Loch Ramor and you will often find me climbing 'Sliabh na Caillí' (Hill of the Wise Woman – need I say anymore....) at the sacred site of Loughcrew near Oldcastle which I am lucky to have near my home.

My contact details are:

Phone: 049 8549938 / 087 2715588

Email: registrar@irishhomeopathy.ie

Meet the new committee members

Helen's Introduction

My name is Helen Healy. I will be forever grateful to my two beautiful girls who led me to this wonderful system of medicine we call Homeopathy. Having experienced years of conventional treatment myself, I wanted something which I felt was safer, more gentle and natural for them. To date, this is the only system of medicine they have used.

With the usual plethora of childhood illnesses that form part of a child's development, I found I was taking more of an active interest in homeopathy, buying books, surfing the net and so on. This culminated in my signing up initially for the short six month course at the Irish School of Homeopathy in Jan 2007, going on to enrol in the 4 year part time professional training course at the same school in September of that year.

I graduated from the Irish School of Homeopathy last year (2011) and the learning continues (may it never end for as long as I have the ability to pursue it!). I am passionate about my work. It is a privilege to work with people in this capacity as a homeopath and to witness a person's transformation from illness to health. I am continually fascinated at the scope and capacity of homeopathy in facilitating this process. In addition, I am grateful for the fact that I can utilise the skills I acquired during my years as a teacher and counsellor to children and families in working with my clients.

I have joined the working committee of the society this year as I feel a strong urge to assist the process of promoting homeopathy and bringing it more into the public domain. It is my intention to serve this role in whatever way I can.

Outside of Homeopathy and family commitments my main passions in life include dancing (5Rhythms), Connemara (whenever time permits), meditation, cooking, music and just having time alone.

My contact details are:

Telephone: 086 8185403

e-mail: helenhealy@eircom.net

NEW PROVING

Dear Fellow Homeopaths. Would anyone like to join me on an exciting journey into the exploration of a Homeopathic remedy proving? Last year when Melissa Assilem was visiting me at my home in County Wicklow I asked her about making up a remedy that I had been thinking about bringing into a proving. She immediately got excited and when she went to the UK to await her first grandchild, she spent her time triturating the remedy for me. She then sent it to Helios where it was made into 30c potency. (I had been with Melissa on two occasions in Lesbos, Greece where we did provings of Amniotic Fluid and Venus and it was incredibly exciting and wonderful to experience the magic of Homeopathy in such beautiful settings). While I can't offer the gorgeous Greek sunshine I would like any interested volunteers who wish to join me to please feel free to make contact:

Diane Stauder c/o Arklow Natural Healing Centre

Tel: 0402 33933 / 086 3700796 email: dianestauder@gmail.com

**WORLD HOMEOPATHY AWARENESS WEEK**

World Homeopathy Awareness Week (WHAW) kicks off this year on 10th April and runs until the 16th. The purpose of this week is to promote homeopathy awareness amongst members of the public. Homeopaths and supporters of homeopathy will join forces across the globe to make this happen.

Could you be part of this exciting challenge? We have received some requests from people willing to take up the challenge who are not quite sure how to help. Have you a budding idea to help promote homeopathy that you are willing to share? Do you feel you could give a talk in your community or be part of a team promoting homeopathy in your area? Have you something planned already? If so, we would love to hear your stories and suggestions. Furthermore, we would welcome ideas as to how you feel the ISH can support you.

This year's central theme is "HOMEOPATHY AND INFERTILITY – Helping Fertility for Men and Women". Our Irish Champion for the WHAW, Jean Blake, has already circulated promotional and factual information around this year's theme. If you have not received this, please contact Jean directly by email or by phone. For further information, check out the link www.worldhomeopathy.org

Jean and I look forward to hearing from you. Together we can make this happen.

Contact us on:

Helen: email helenhealy@eircom.net

Tel: 086 8185403

Jean: email jeanblake@eircom.net

Tel: 086 3779974

WHAT'S THE REMEDY?

By Breda O'Connor

Can't sit still, must move around.
Buildings too high, they might fall down.
Can't go up high, I might jump off.
Even singing high notes makes me cough.

Meet the new committee members

Diane's Introduction

My name is Diane Stauder. My story so far:

I have been using Homeopathic remedies ever since I was an au pair for a family in Gorey, Co Wexford in 1974. The husband was studying to be a doctor at the Royal College of Surgeons and was in a Homeopathic Study Group with Brian Kennedy (now a Homeopathic doctor) and others. I was using homeopathic remedies for the children in my care. And a few years later when I became pregnant with my first child I found Dr. Elizabeth Ogden (also a Homeopathic doctor) and she became my 'family doctor'. My children were never vaccinated, grew up with Homeopathy as their main source of medical care, and still use remedies to this day. In 1994 I found out there was a new college in Dublin offering Homeopathy for people not trained as medical doctors and signed up. This was a major turning point in my life and I met many wonderful like-minded people who I still count as my closest friends. I qualified in 1998 and we continue our study group whenever we can fit in the time. I started the Arklow Natural Healing Centre then, where I still work 14 years later. As an addition to my life I met Alastair Yarrow at The Irish Homeopathic Conference in Galway in 1999 .

We married in 2001 and we share the practice in Arklow.

I have taught at the Irish School of Homeopathy, The Complementary Naturopathic Medicine College and the Belfast Health Initiative. At the Arklow Natural Healing Centre I run classes in "Homeopathy For First Aid & Home Use" and "Mindfulness Meditation for Beginners". In my spare time I enjoy gardening, meditation and hillwalking with my husband and our dog Daisy.

My contact details are:

email: dianestauder@gmail.com

Tel. 086 3700796

TESTING OUT NEW WEB APPLICATION

We are the company that has developed vitoulkascompass.com, the newest online expert system designed to effectively support practitioners of classical homeopathy.

VC is a web-based application which is currently undergoing beta-testing phase which means that you can apply for a beta account and use the service free of charge.

Please get in touch with us directly if you would be interested in taking part.

For information contact:

*George Konstantinidis , Customer Relations Director
57B Ethnikis Antistaseos Ave., Chalandri 152 31,
Athens, Greece*

info@vitoulkascompass.com Tel: +30 212 222 8800.

FROM THE OFFICE

~ FULL COLOUR LEAFLETS ~
60, for €18 including p&p

Meet the new committee members

Carolina's Introduction

My name is Carolina Pollak, I am a homeopath practising in Tullamore, Co Offaly, where I live with my husband and two sons.

I was born in Chile, where I studied Fine Art, became a professional painter and worked as an art teacher. In 1994 I was awarded a scholarship to further my studies in painting at the Academy of Fine Arts in Prague. I lived for 2 years in Prague in the Czech Republic, the country my grandparents emigrated to Chile from, meeting there a wonderful Irish man who I married. I have been living in Ireland since 1997, working as a graphic designer in the publishing industry until I graduated from the Irish School of Homoeopathy in 2008.

I am extremely grateful to my very first homeopath, who introduced me to (and convinced me to study) homeopathy. Among the wonderful things she told me, was that homeopaths were the nicest people: How right she was, I feel very fortunate to have met and to have the most like-minded friends among my fellow homeopaths.

My passion for homeopathy drives me to continually investigate its possibilities and to develop professionally, witnessing and taking part in the interesting changes homeopathy is going through in modern times. As a homeopath, just as I was as a painter, I am in constant exploration mode, which is reflected in the way I practice.

My contact details are:

Phone: 087 7507557

Email: carola@irishhomeopaths.com

How many lycopodiums would it take to change a lightbulb?

None, they would get someone else to do it and then point out their mistakes.