

# Local Trituration Homeopathic Provings

## Mission

Facilitating trituration proving to teach families how to heal in an ever-polluting environment

## Program Overview

This program empowers families to explore natural healing through homeopathic proving. Participants will learn how to prepare homeopathic remedies and conduct homeopathic provings at home, fostering a deeper understanding of individualized remedies. Designed to promote self-reliance and resilience, the program emphasizes safe, eco-friendly practices that can be used to strengthen against increasingly polluted environments.

By integrating traditional homeopathic principles with practical skills, families can discover natural pathways to support health, vitality, and harmony within themselves and their surroundings.



## Understanding the process

Participants will be taking part in making a remedy and proving it over a 30-day period. On Saturday, May 31, you will learn how to make a remedy and experience the different proving symptoms the remedy has to offer.

For those who are doing this for the first time, it is highly recommended to listen to the episodes (narratives) of the homeopathic podcast,

[Homeopathic Narratives: How Nature Heals](#) to get a better sense of what a proving is.

**Provings can also be accessed in written forms on [Materia+](#), an online platform publishing news, opinions and research about natural health and medicine.**

Below are some podcast episodes that relate to provings.

- [Narrative 4: Proving Natural Codes](#)
- [Narrative 74: Potentized Medicine](#)
- [Narrative 111: The Responsibility of a Prover](#)

In proving medicines to ascertain their effects on the healthy body, it must be borne in mind that the strong, heroic substances, as they are termed, are liable even in small doses to produce changes in the health even of robust persons.

## A trituration proving

Proving is a word that originally comes from the German word meaning testing. The definition of the word trituration is the process of grinding an inert raw material with a neutral, diluting substance so as to release the medicinal capacity of a non-soluble substance.

This method is a dry way of potentizing a substance by grinding it with a mortar and pestle until the substance has been combined with the milk sugar in such a way as to make the medicinal substance diluted while progressively increasing the rate of motion of said particles until the substance is potentized without using temperature changes or liquid for dilution and energy release.





## A potentized proving

It is when the proving is done once the remedy has already been made into a potentized substance, and the provers take part in a trial where the potentized homeopathic remedy, that has no molecular substance remaining, is taken repeatedly over a couple of hours until the prover begins to develop symptoms that do not conform to their personal symptomology.

They thus begin to ‘prove’ the remedy, and they are referred to as ‘provers’.





# Questions & Answers

## How long is the whole process?

The proving will require 4 to 5 hours of your time on the day of the trituration, after which all participants will be proving the remedy for a duration of 30 days. All the participants and the supervisor(s) will reconvene after the 30-day proving period is over for a final conclusion to the proving.



## How will the provings be published?

**Provings will be published on Materia+ ([materiaplus.com](https://materiaplus.com))**

The findings of homeopathic provings are published anonymously following the rules of confidentiality. No names of people, places of residence, work or affiliations are mentioned at any time. In addition, no possible direct or indirect information regarding any aspect of any prover's information is released unless requested in writing by the prover or provers themselves. No information regarding the prover's medical, personal or professional life is ever mentioned or hinted at in any published format. These provings are done for homeopathic medical research to improve the understanding of remedies. Both those involved in a proving as well as those learning from its published format will be provided with a rich experience of how nature releases substances through trituration or potentization.

More information on the provings is also available in audio on the podcast Homeopathic Narratives: How Nature Heals



## Ways to contact the clinic

1

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2

Phone:  
(416) 994-2751

3

Client Portal/Website:  
Under construction

# Program Facilitators



**Natasha A. Lewis**  
**Hom, D.H.M.S, M.Ed.**

Natasha Lewis is a registered homeopath running her private practice in southern Ontario, Canada. She holds a Bachelor in Literature and Linguistics, a Master in Education and a three year Diploma of Homeopathic Medicine and Health Sciences with designations of OCT and HOM. Natasha's passion is healing patients as a practicing Homeopath, and with 15 years of case-taking experience, Natasha has had the privilege of educating and healing families with homeopathy around the world.

In health always

