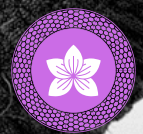


# React to viruses and bacteria in a healthy way

Homeopathy teaches us that reacting to  
viruses and bacteria is key to a healthy  
immune system.



Natasha Lewis is registered  
with the college of homeopaths

**IHH**  
*Homeopathic Clinic*



# Homeopathic Acutes for first-aid, flu, and other onsets of symptoms: Q&A

---

## PART 1: APPOINTMENTS & CONSULTATIONS

### When do you need to make an appointment for an acute consultation or acutes?

Life is about living and jumping into amazing and surprising moments and jumping out of them - with no fear. **Unfortunately, the body needs to adapt to stressors on Earth, man-made or natural, and as a result we have to ‘play games’ with Earth substances such as viruses and bacteria.** It is like ‘jumping into’ a viral experience and ‘jumping out’ of it with your body stronger than before. Our bodies are made of these elements - which we know very little of as to their true use for humankind – I hypothesize that we need these very viruses for our cells and body systems to continue learning and growing in strength as we grow up and as we age on Earth. At the right moment in our lives, they also help us separate as electrical versus physical beings when we finally die. Homeopathic remedies are vibrational codes on nano-particle levels that provide our immune system, the automatic part of the body that is controlling our health, with information to understand how to interpret and integrate information from stimulus around us. The information needed by this innate healing system is provided for from Earth bound substances that come into us through orifices and natural permeation of the skin.

An example of this interaction is seen in the information for food recognition, digestion and excretion. In food digestion, it is enzymes among others that help this process; while the immunological responses to active substances such as live viruses and bacteria are an interaction between the information provided from these organisms or strands and the white blood cells among others.

This integration of Earth-provided cells and our innate knowledge of how to understand them is what we need to adapt to our environment and develop as an Earth-bound species. Sometimes our immune system/automatic brain even misunderstands a stimulus, even in the case of a food substance as basic as a peanut. This may happen, for example, when the coded information of a peanut is combined with that of the pesticides that have contaminated the peanut. So, the body reads peanut + pesticide residue = danger = death, and the information of the peanut gets stored incorrectly, ending up with an allergy related such as anaphylaxis. There are probably a multiple of reasons for these misunderstandings, but they are usually just that, contaminated information. First aid acutes are for these sudden experiences that need to be addressed as chronic continual responses, or as sudden onslaughts that cannot invoke an adequate healing response. Here homeopathic acute remedies work excellently.

Homeopathy is a method of healing that can find a code in nature that can correct these misunderstandings that have happened in our automatic brain since the day we were born. Our misunderstandings are not logical or linear in nature and as such the answer to them is not in the concentrated world of the rational mind. The logical neo cortex is such a small part of our brain, and it is important to our capability of thinking, but not very important to the health systems of the body. The corrupted circuit in the anaphylactic response to peanuts given above is not one that we are aware of in our thinking brain, but rather it lies in the part of the brain, known as our automatic brain (unconscious brain) that runs the trillions of processes in our body and our electro-magnetic 'gravitational system' around our physical form. **We may call it the unconscious because we are unconscious of it, but it is very much the conscious part of our bodies, keeping us both alive and well through codes and non-linear processes.**

How these substances enter our bodies is also of paramount importance. When they enter through formal openings in the body, they have mechanisms to detect them, deal with them, learn from them, use them and discard the waste as explained previously. However, when they are injected into the body with an invasive ‘backdoor’ entry they are not detected in an efficient way and the response to them by the immune system becomes confused. The impact of this ‘backdoor’ entry of substances into the body can cause powerful acute responses such as Guillain Barre Syndrome and Hashimoto, which are auto-immune responses the body initiates to find ‘culprits’ that are not being detected correctly. In the case of GBS, the body attacks its own nervous system because it knows that something entered into the body but it did not detect the substance well enough to read and understand it. These auto-immune responses cause chronic disease if not attended to immediately. Substances that enter through an unknown entrance preventing an appropriate immune response will continue jumping around in the body or attaching themselves to organs and causing harm. This will continue until you can help the system recognize and get rid of these unwanted, unrecognized substances. A quick response to the damage caused by these unwanted stray substances will help restore health. Acute responses increase the chance for a successful outcome, although chronic cases do very well with homeopathy depending on the duration and substances involved.

**When we can keep reacting in a healthy way to viruses and bacteria and other substances successfully, we continue to exhibit strong immunological responses.** Our symptoms are our health, not disease. Symptoms are created in response to the codes these entities share with us, but when the system is unable to read these codes correctly, we need a remedy. We realize this need when our body creates strong symptoms, and yet seems unable to fix the problem despite the symptoms, and the symptoms linger or worsen.

A constitutional remedy (similimum) is needed if these are your usual chronic symptoms that fall under the totality of symptoms of your homeopathic similimum and the remedy becomes your constitutional remedy. In addition to having a constitutional remedy, acute remedies help our healing mechanisms in our body recognize and respond to sudden exposure to agents, bacteria, viruses or others. Chronic symptoms are continually being produced by the immune response but sometimes start making a very ‘loud’ noise.’ This ‘loud noise’ is usually an increase

in pain or level of comfort that is unacceptable to you. **Acute remedies will reduce and eliminate pain, while at the same time helping your body read what needs to be done. An acute is prescribed when we need a remedy that can produce the same symptoms and that will subsequently teach us to understand and eliminate a symptom that is endangering our bodies.** When we need an acute remedy for an acute situation, we make an appointment for an Acute Consultation.

The acute consultation is for patients who have a health emergency that is not life-threatening (in case of a life-threatening emergency, go to your closest Emergency Response Center [ER]). If the homeopath is your only choice in a life-threatening situation, you can contact your homeopath for a first aid remedy for a life-threatening situation – you may even have the remedy in your homeopathic first-aid kit. We do have remedies that will help the body overcome certain life-threatening situations; sometimes, they are also helpful to take on the way to seeking our emergency conventional medicine. These remedies can save your life while you find your way to your closest emergency center. An example would be stings and snake venom.

Other needs for acute consultations include among others: accidents, stings, injections, sharp objects, burns, cuts and scrapes, broken bones (once they have been set properly by a professional), torn ligaments, flu, colds, sore throats and so on. In many cases, homeopathic remedies are able to help the body overcome symptoms such as strep and sciatica despite conventional medicine declaring otherwise.

**Ultimately, in an emergency you need to make use of all and any systems of medicine you feel are the most helpful to regaining your health and wellness.**

If it is a sudden onset and you need immediate homeopathic care, call me on my cell number and if I do not pick it up in a timely fashion, please make your way to your closest emergency center. Receiving a diagnosis will help you determine the severity of the illness at hand, and whether you can wait to determine alternative healthier medicines to heal the diagnosis in question.

When you become ill with a new dis-ease or illness you go from being healthy to suddenly feeling sick with something new; this is why it is called an acute illness that requires an acute consultation. Before making the appointment consider whether you have given your body enough time to fight it by itself. This is not always needed though; in fact, in the case of muscle strain like potential whiplash, the sooner you start a homeopathic remedy the better. If pain and discomfort is **lingering and you**

would like to get a homeopathic remedy to overcome your symptoms, make an acute consultation.

## Why do you make an appointment for an acute consultation?

At any point during an acute dis-ease when you feel you are not getting over your symptoms, you will need to book an acute consultation. During the acute consultation you and your homeopath will assess how well your body is fighting, and whether the constitutional remedy will be enough for your immune system to respond appropriately to this new substance/situation. The substance or situation that you are responding to could be introduced into the body through nature i.e. toxins from the ground, weather, seasonal adaptations, adaptations to vibrational/gravitational changes, and/or through other means i.e. medications, injections, social pressures, and even social issues such as inhumanities towards woman, among other. **When the body is not able to understand and address the issue at hand, it cannot lessen the symptoms. These symptoms if allowed to continue could have a negative impact on different organs in the system. To address the substance causing the discomfort in the body's natural state, there is a need for an acute remedy.** When immune-compromised, these same symptoms that come out to tell us there is a 'game to play' can, if not given some sort of external help, eventually lead to an organ failure and/or our death. Some people have a slow-moving pace of illness whereas others have a faster pace and need to respond faster to anything threatening the body.

**If you are already a patient with me, you will not need to complete a new intake form for an acute consultation** because you have already given your personal and family history of symptoms. This information is kept confidential in your file, and referenced even during an acute case of dis-ease. If you are a new patient, welcome! It is your decision whether to start your journey with homeopathy with an acute remedy or a constitutional remedy. After reading the booklets you can decide

whether you should start with the New-Patient Initial Consultation or a New-Patient Acute Consultation. Please pay attention to the length of time you feel it will take to ‘tell your story’ - in relation to the problem at hand. If you think it will take a while, then chances are this is just a sudden intensity of symptoms you have had in the past. That means it is not acute, but rather a sudden exacerbation of your chronic problems. In that case a regular new patient intake of 2 hours is needed and an Initial Intake is thus suggested. If you feel that your decline in health has been sudden, or if it is obvious as you were involved in an accident, like a sting that is progressively swelling up, choose the New- Patient Acute option. **Remember, due to the time limit we will only be able to address the specific symptoms you are experiencing at the moment. It is highly recommended to make an appointment at a later date for a full Initial Consultation.** Your acute symptoms will also be addressed in the Initial Consultation, but your chronic symptoms are not always addressed in the Acute Consultation because of time limitations. If you believe that your symptoms are not acute, but rather chronic, then make an Initial Consultation. Feel free to email me if you need more guidance.

## What is the difference between an acute and a follow-up?

Acute consultations are made when symptoms you are experiencing are new to you. You will need an acute consultation, for example, in the case of flaking skin after a recent vacation abroad where you know you have never had these symptoms before, and something tells you it had to do with the place you went to. You need your homeopath to look at these symptoms and what the problem is that they are highlighting.

**An acute consultation is also needed in first-aid and accidents.** High fevers that may go over the allotted temperature and cause a seizure will need an acute consultation because you need a quick fix. **In general, fevers are left alone as they are the best indication that the body is fighting something successfully!** Homeopathy can bring down a fever within minutes, and although a fever is extremely advantageous to the body, a very high one can be dangerous if it lasts too



long or is too high as it can trigger convulsions. Children, seniors and immune compromised individuals are most at risk. Due to the emergency nature of this acute, you may need to call your homeopath and make an immediate appointment, or if your homeopath is not available, make use of any other system of medicine that can provide you with a timely response. Usually, my patients are given acute remedies during their Initial Intake. Building your first-aid kit is a primary aim throughout the consultations. These kits will allow you to have immediate response remedies on hand to take whether you call me or not. Over time, repeated injuries will teach you which remedies are needed. You can also take part in seminars and discussions, lectures and information consultations to improve your ability to help heal your family and surroundings. It is always preferred in strong cases of dis-ease to take an appropriate remedy recommended by a homeopath. Such instances include, but are not limited to, sudden acute fevers over a certain temperature, excruciating pain, and sudden onset of bacterial dis-ease.

On the other hand, **a follow-up** is a meeting to discuss the remedy a patient is taking to address chronic illnesses and dis-ease. Over the course of a follow-up, an attempt to confirm the remedy they are on is continued. A follow-up can happen only after an initial consultation. In fact, the first follow-up is included in the price of the initial consultation. The follow-up is for patients who have already had an Initial Consultation which originally lasted between 2 to 3 hours.

**So, after a specified length of time following the initial consultation, or whenever the patient would like to discuss their progress, the patient needs to make a follow-up appointment.** The follow-up appointment has primarily two functions: confirms that the remedy is in fact well indicated and working well, and secondly, is an opportunity to explain the process of healing and how the remedy is working in the individual's case. Follow-ups that happen because more information is needed to understand how to proceed with the remedy dispensed, should be complementary information appointments – these happen within the 4 weeks following an Initial Intake or a follow-up. **If after a month or more a follow-up is needed, please make a Follow-up Consultation appointment.** Some follow-ups occur months after a re-dose, or even years. The follow-up is to help the patient navigate through the homeopathic journey as the remedies reverse dis-ease and heal the body continuously and for as long as you are on a remedy. Healing never stops as long as you continue re-dosing your remedy.



**A follow-up can be made as many times as you need until you are happy with the progress of the remedy and you understand and feel comfortable with how the process works.** A follow-up is not needed if you need a remedy refill. For remedy refills, please make a Remedy Refill Appointment.

## **What is the difference between a first-time consultation for an acute and an initial consultation?**

Patients make an Initial Consultation when they first come and see me, as new patients. This allows me to do a thorough consultation with a focus on understanding the individual's health needs and providing a constitutional remedy, and/or any additional remedies needed. The consultation includes all symptoms the patient has ever experienced, past (P) and present (V). Completing the intake form in advance of the consultation really speeds up the process and helps the case taking. This information includes all acutes the patient has experienced throughout their lives which will later help me to determine acute remedies in case of emergencies. As a result, patients who have already been to see me do not book first-time consultations for acutes; instead, **they make an appointment for an Acute Consultation of up to an hour.**

**A first-time consultation for an acute injury/illness means you have never come to see me as a homeopath before , and this is the first time.** (New-Patient Acute Consultation) It also means you are not interested for now to address your chronic illnesses or symptoms and would like to address only the present and pressing need that has to be taken care of immediately. A good example would be if you had an accident and heard that Homeopathy can help you with *whiplash*. So, you make a first-time consultation for an acute because you may be in such pain that you need a remedy to reduce pain symptoms as soon as possible. In this case, book a first-time consultation for an acute and complete the form provided under New Patient Acute Consultation. It may also be the case that I am booked up for the next few weeks with no option of an initial consultation, and you would like to come see me for your acute ailment ASAP. If you do feel that your need is immediate, but

need an Initial Consultation of a longer duration, please contact me to open extra time slots to the schedule to accommodate your special needs/emergency, or you can just book a New-Patient Acute Consultation for now, and book your initial consultation for later at the earliest possible time slot. New patients are always welcome, and appreciated!

## PART 2: UNDERSTANDING ACUTE TREATMENTS & REMEDIES

### What does an acute consultation look like?

When you come down with something that is an acute case of dis-ease, make an acute consultation appointment and if this is the first time you have come to see me, fill out the Acute Consultation form.

The consultation is usually much shorter than an initial case or follow up because it is about finding a remedy for your sudden new illness, and you are not looking for the underlying causes of your chronic dis-ease. **An hour is allocated to the case taking, and we are looking for the nature of the dis-ease and your symptoms are the indications to a good remedy choice.** The case can be taken in person in the clinic, at home if you need a home visit, on the phone, or on an online video format like on zoom (the clinic uses zoom pro to give patients the most privacy protection). When the case-taking is completed, a remedy will be prescribed and you can either pick it up at the clinic, have it dispensed in the clinic during the consultation, have it mailed, or buy the remedy from your closest health store. Many of the first-aid and acute remedies are sold over the counter in health stores around Ontario. The most extensive are in Homeopathic Pharmacies around Ontario.

If you are a youth, young adult or adult your case is taken with you while you are in a private closed area without any disruptions or distractions; online or in-person. The case taking process happens faster and is more accurate when the patient does not have any observers. A caregiver can always provide extra pertinent information at the beginning or ending of the consultation. Once you get over your acute case of illness

you may want to book an *Initial Consultation* to address any chronic issues you may have.

## What is the difference between chronic and acute?

A chronic issue is different to an acute. When you have symptoms that cause discomfort, pain or disability in your life, you may need a deeper constitutional remedy. This remedy is called the similimum and it works best when it covers a larger ‘totality of symptoms.’ The constitutional remedy is a remedy that will help your entire body keep itself healthy when there are no acute interruptions to your immune system. Chronic disease for your body can be compared to the impact of trojans, viruses and other malware attacking a laptop. Despite your best attempts, the laptop does not work as fast or as smooth as usual and with time the attacks may slow it down and parts of code are not read by the computer correctly. Giving your computer an antivirus scan can certainly help, but there are those hidden malware that cause the most problems over time. With age, disease, injected substances, environmental toxins and so forth, the immune system becomes compromised. It is over an extended period of time that these ‘corrupted’ circuits cause us to respond out of proportion to the reality around us. An acute case of a disease may look like the chronic one you have, but there may be a sudden onset of symptoms new to your experience. This could be an acute ‘exacerbation’ of your chronic state – either way you will benefit from a remedy. **For chronic illness, please make an *Initial Consultation Appointment*, and for acute cases, make an *Acute Consultation appointment or an Acute Consultation (New Patient) appointment*.**

## Why do only new patients complete an intake form for acute consultations?

First-time consultations for acute illnesses are booked for patients who have never come to see me before; a new patient. It may also mean that you are interested to address only the ‘totality of symptoms’ expressed in your acute illness/injury. At a later date, you may want to address your chronic illnesses and its symptoms, but at present you would like to address a present and pressing need that has to be taken care of immediately. Injuries, accidents and sudden illness like the flu are examples of wanting to get better quickly without having to spend too much time in an Initial Intake of over 2 hours. Possibly, you had an accident and heard homeopathy can take away sprain pain quite quickly while speeding up recovery time. So, you make a first-time consultation for an acute because you do not want to spend a lot of time due to the pain and would like a remedy to reduce pain symptoms as soon as possible. In this case, book a first- time consultation for an acute and complete the form provided under New Patient Acute Consultation. **This form is much shorter than the regular initial intake, but it too is extensive enough to find a good remedy. When an initial intake form later is booked, you will need to complete the intake form as well, as there are parts of your medical history that may have been missed during the acute intake.**





## How do homeopathic remedies work for acutes? How do we know a remedy?

In homeopathy we have remedies and we do *provings* on these remedies, that is how we know what certain remedies can do. The code in the remedy impacts the person who has taken it and we can guess by looking at adverse reactions of a person who has ingested concentrations of the same substance. Sometimes we learn about certain remedies from how they impact us when we take them in their concentrated form - when people are poisoned or overdosed while taking concentrated substances as medicines, drugs or otherwise. Some homeopaths use concentrated substances, but usually a remedy works with the code and not in its concentrated state.

*Calendula* is a great remedy for skin, but it is also great as a *mother tincture* (a concentrated state of the substance that is used to dilute and finally turn into a homeopathic remedy). Typically homeopathic remedies are diluted and succussed and do not have much if any molecular material left in them. Homeopathic remedies that I administer are not *mother tincture remedies* that have substance in them. There is no substance in a remedy, but there is a very clear vibrational code created through succussion, trituration, and dilution. Make no mistake, homeopathic remedies work, but they work homeopathically!

A proving is administering a homeopathic remedy as a part of a personal proving, double or triple-blind study. The symptoms experienced by the person who has taken the remedy are written down as they are the symptoms the remedy can create. They are recorded over hundreds of years in *Materia Medica*: a compilation of each substance and the symptoms the patient may experience in different systems of their body. The creation of the symptoms is on a vibrational level, **which means you see the body read the code and create the symptoms, but once you antidote the proving remedy with your own constitutional the symptoms go away.** Now, when you have an acute dis-ease, your body comes into contact with an experience or substance that creates symptoms that are new and sudden. An example is when you work out too hard and may tear a muscle so badly that you need to take a few days

off from gym. The remedy for muscle pain is often Arnica or Aconite, but not limited to these - remedies must always be chosen depending on the symptoms you are expressing and experiencing. When we do a proving of these two similar remedies: aconite and arnica, we can have muscle pain that is similar to muscle ache caused by over using the muscles. **Because the substance made into a remedy and taken by an individual can cause the symptoms in said healthy individual, that same remedy is able to take those same symptoms away when the individual comes into the clinic with the same symptoms. This a fundamental law of homeopathy.** Remedies work the same for acutes and chronic states, but a constitutional is needed to antidote any extra symptoms the acute remedies may leave lingering. So, if you do use homeopathic remedies for acutes, please make sure you are coming to see me to find the deepest and most appropriate remedy for your immune system to address the totality of your experience.

Acute remedies are often polychrests – remedies that may have a few symptoms humanity often experiences together as ‘totalities of symptoms.’ An example, is the remedy *Nux Vomica* (otherwise called *Colubrina*). This remedy is great for the following ‘totality of symptoms’:

- ...just ate rich food and have a tummy ache.
- ...just drank too much and have a headache and I am throwing up.
- ...my head is so sore, its too bright in here, close the curtains.
- ...I have cramps in my stomach.
- ...I am a workaholic.
- ...I drink coffee to wake up and wine to go to sleep.
- ...I run my own business, I never get a day off!

Many of us sometimes go into this state - you may recognize this state as something you have experienced yourself. We may be working for someone who is like this and we end up living a similar lifestyle, or this is us! Most people who experience the above symptoms will do well with a dose of the homeopathically prepared remedy, *Nux Vomica*. If one dose is not enough, you take a few doses until the mind has

picked up on the code and you feel a slight to marked improvement. At this time, you stop the remedy. You can repeat the remedy with intervals, depending on your nature. You can check every 15 minutes, or take another dose every 30 minutes until the improvement has begun. If you continue taking a remedy after there is a marked improvement you may begin proving the remedy instead of having it address only the specific symptoms you need addressed. Don't touch it with your hands, and don't take any more doses once there is a move towards even the slightest improvement. **Remember one of the laws of homeopathy: a remedy can create the symptom it alleviates, and it can alleviate a symptom the remedy can create!**

### What is the difference between your constitutional remedy and an acute remedy you need to take?

The main difference between a constitutional remedy and an acute remedy is that **a constitutional remedy is a remedy that covers a larger 'totality of symptoms' and should address your chronic symptoms as well.** There are times you believe you have an acute case of an illness, when actually your chronic symptoms are just 'flaring up.' The remedy for an acute, new injury or illness, is usually a remedy that is easily accessible because it covers symptoms that many people share in an acute situation. For example, we respond to a sudden accident in two main ways: Aconite is indicated when you have an injury or accident and suddenly believe you may die, even though you just got a bad bruise or broke a bone; **Arnica** is indicated when you have an injury that may even be severe, but you don't want anyone touching you, and tell everyone to 'back off.' If you are neither, you may need a different remedy, or you may not need a remedy at all. **Remember that the remedies are codes and not substances.** So, if your brain is reading a code you won't have much pain. However, if it isn't, you may need a remedy to remind your body what it needs to work on. Your body heals itself, the remedies, acute or constitutional, just remind the automatic brain (that is at least 95% of your system) which codes are needed. The

remedies make the mind more aware of what the problem is that it is facing. Homeopathic remedies are unlike modern pharmaceuticals whose main aim is to make the mind forget or believe it has no problems; as a result, many of them are blockers. **A homeopathic remedy taken reminds the healing mechanism of the body what the problem is it is confronting.**

Like Homeopathic Remedies, Viruses and Bacteria may also be code providers, but that is a different story!

*i* If at any time you feel overwhelmed, and need to discuss which options are better suited to you, or if you need to discuss whether homeopathy is a good choice for your health, choose the complementary information consultation. I will be happy to help you on your journey towards sustainable health. Looking forward to hearing from you!

---

## Access our other clinic resources:

Our clinic offers numerous resources containing information about policies, procedures and our homeopathic treatments. To access these resources simply enter the clinic's [client portal](#) and scroll to the bottom to find our **Resources** section. To view all the resources click "*View all.*"

## Listen to our informative health podcast!

Join people around the world who are looking to learn about medicines provided by nature to remedy the human condition. Become aware of what true healing is about, and rethink mistaken concepts of health, disease and vitality. Know that the body can heal with codes from nature. Listen to homeopathic narratives as we discover, together, how nature heals.

[Listen here](#)

[Link: hownatureheals.podbean.com](https://hownatureheals.podbean.com)



In health always.

