

Understanding Medicines

A three part webinar: overview of choices

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Introduction (by Dr Ballentine):

As a physician who practiced holistic medicine for over 50 years, I have had the occasion to ponder the relationships between health and the various systems of medicine that have been available to my contemporaries over the last three quarters of a century. Gradually I have come to be troubled by the prevailing confusion on the part of the public when comes to choosing a medicine for the health challenges they face.

To wit: one is faced with so many possibilities – their appropriateness and their safety and efficacy, must somehow be deduced by the images that are offered by advertising. Of course, what one sees on the media, the slickness of its production values, the effectiveness of its wording and presentation are actually a result of their advertising budget – not an indication of how safe or effective they are.....

Meanwhile, we do still treasure our right to make our own choices....A truly *informed consent* is widely considered a “human right.” Since unfortunately, most advertising offers title adequate, reliable information, there can be no real *informed* choice.

In this series, we will identify and delve into five major “systems of medicine” with the intent of enabling attendees to more fully grasp the pros and cons of each and to some extent to judge which will be their best choice for a given situation.

Here are the categories of medicinals, as I have grouped them:

1 Herbal Remedies (including “Adaptogens”)

2 Flower essences

3 Ayurveda medicines

4 Mainstream pharmacological medicines (patent medicines)

5 Homeopathic remedies and cell salts

also as time allows: 6 Misc: Supplements, Cleansing Agents, Chinese medicines

Session 1

**plant medicines
aka herbal medicinals
and Adaptogens**

**Major back up reading: Radical Healing, Introduction pp 1-16
and Section One pp 17-122**

My choice for more detailed info on herbs:

**The Earthwise Herbal, A Complete Guide to Old World Medicinal
Plants, Matthew Wood**

**The Earthwise Herbal, A Complete Guide to New World Medicinal
Plants**

**I like Matthew Woods' ambitious, wide perspective, but you could study any
favorite herbal in conjunction with this discussion.**

**Of course, Chinese and Ayurvedic traditions use myriad plant medicines though
they each base the preparation and administration of them on their unique systems
of thought.**

**Flower Essences: These are certainly plant medicines, though prepared in a unique
way and prescribed in a unique way**

Main reading, is also in Radical Healing, pp107-121

**best other resource: The Flower Essence Repertory, Patricia Kaminskz and
Richard Katz, where the remedies can also be had. (The Flower Essence Society,
Nevada City, California)**

Session 2

Homeopathic Remedies and Cell Salts

Major back up reading: Radical Healing, pp 53-107

There are now a near infinite number of books and guides on Homeopathy.

Masie Panos (one of my preceptors) did a simple book on home use of Homeopathy

**Three of my students did another simple guide titled, rather unimaginately,
Homeopathic Remedies....(Dennis Chernin, David Anderson and another)**

**which book you choose should be coordinated with which remedies you have on
hand (in your “home kit?”) So, I suggest, get the book, then buy the remedies....
What? You don't want a kit?!!!! You probably will, as you learn more.....what can
be done inexpensively at home – and safely and effectively – with homeopathy is
astounding.....**

**Quantum Physics – finally an explanation of how homeopathy works?
Living RainbowH20, by Mae-Wan Ho, Chapter 8, esp pp72-78**