

Giving birth to a new medicine.

For over 200 years homeopaths have been using themselves as guinea pigs... This is what happened when I took my turn!

A testing time

In 1995 I was doing a post-graduate training course at Jeremy Sherr's Dynamis School for Advanced Homeopathic Studies in London. Part of the course involved taking part in a proving (or testing) of a mystery substance on the group. There were forty of us. Half would take the mystery pills and the other half would monitor us on a daily basis to make sure none of our symptoms, including dreams, thoughts and feelings were missed.

Homeopathy is based on the ancient idea of "Like cures like". In other words, substances that can produce symptoms in a healthy person can cure those symptoms in an unhealthy person. For over 200 years homeopaths have been using themselves (and sometimes their friends and family!) as guinea pigs, to find out what symptoms substances are capable of producing and carefully recording all the data so it can be used to treat people.

Initially only substances that were known to produce symptoms such as poisons and toxins were tested. Early homeopathic provings were of Belladonna, Arsenic, Hemlock, Lead, Mercury and so on. However, over time, it was realised that every single substance will produce its own distinct set of symptoms. At that point homeopaths began to try to test as many substances as possible from the animal, mineral and vegetable kingdoms.

Less is more

The great advantage of Homeopathy is that only a tiny amount of the mother tincture (the original undiluted substance) is needed to make thousands and thousands of doses, which means the impact of Homeopathy on the environment is minimal. In fact many medicines are sourced from animal milks, so the animal is not harmed.

Another great advantage is that the preparation of homeopathic medicines involves succussions (a fancy word for shaking and bashing) and very frequent dilutions. So although the medicines produce a host of symptoms in the provers, once the medicines are discontinued the symptoms stop and there are no lasting ill effects. Once all the data is collated the medicines can then be used to treat people.

The Fear Factor

Nevertheless, as you can imagine, it was a bit daunting to be taking a substance with no idea of what it was or how it might affect all of us. We were all trying to guess what it could be.

Animal, Vegetable or Mineral?

Just for fun, I will tell you some of the symptoms and phenomena surrounding the proving and see if you can guess what it was we took:

12 of the provers moved house or moved countries, either to return “home” or to a place that they felt more at home in.

Others dreamed of journeys and the sea, or longed to go swimming or to head for the mountains. One sat on a rooftop.

Some sat for hours in cool baths, but the bath had to be scrupulously cleaned first.

Many felt they couldn't get enough oxygen and sought out fresh air.

People got lost and literally went around in circles, or moved their hand around in circles.

Many of the group conceived or fathered children including a grandfather, a woman aged 45 and a couple who had been infertile for 12 years and had had previous failed IVF attempts.

Many provers spoke of the need to find their “soul mate” and felt strong desires to conceive, many dreamt of pregnancy and babies.

Others felt totally cut off from the world, terribly isolated and alone.

At least 3 provers had major floods in their homes, many more had dreams of flooding. My house, my car and the house of a friend I was visiting flooded.

People dreamt of places they had lived years before.

People used the language of struggle and battling against things.

Since then the medicine has been prescribed and it has been shown to be clinically effective in cases of infertility; endometriosis; ovarian cysts; fibroids; goiter; head lice infestation and slow labours.

Have you managed to guess what substance in Nature could produce these effects?

The medicine was made from the egg, semen and a blood sample from *Onchorynchus tshawytscha*, the largest and rarest of the five species of Pacific Salmon, also known as the Chinook or King Salmon. They travel up to 1,500 miles returning to their “home” estuary to spawn often having to overcome enormous obstacles in their struggle to get there. They are very sensitive to oxygen levels and need clean water in order to thrive, in less than optimal conditions they are prone to parasite infestation.

Salmon is just one of many homeopathic medicines that have helped previously infertile couples to conceive. In order for a homeopathic medicine to work effectively it has to match your individual symptom picture as closely as possible.

If you would like to discuss how Homeopathy can help you with infertility or any other health issue please write to Mary Aspinwall via the contact page.

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