



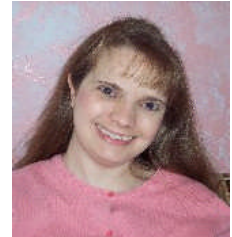
## Healing with Homeopathy Newsletter

Sponsored by The Homeopathic Centers of America  
*Healing the world one person at a time*  
www.HomeopathicCentersofAmerica.org

August 1, 2010

### *Personal Message from Dr. Ronda Behnke*

**What fun computers are!** Yes, that is sarcasm. For those who have been following my recent internet mess-ups, you probably know what a mess it has been to fix (and I'm still working on it!). For those who are learning of it with this newsletter, I'll just say that I have lost my personal website ([www.DoctorRonda.com](http://www.DoctorRonda.com)) and all its emails—[info@DoctorRonda.com](mailto:info@DoctorRonda.com) was the email that was on ALL my advertising, articles, books, etc. It's been FUN fixing everything.



So I am converting everything to the HCA website and email; please update your records too as I cannot access the former email further. I had intended to use the HCA website as my primary website next year; guess the Universe or Karma wanted me to start sooner. Unfortunately, my computer skills are somewhat limited and my patience with things that don't work right is rather short.

It's a wonderful time for transitions at any rate. Lots of changes occurring in many peoples' lives right now. I hope your changes and transitions go smoothly, or at least you can laugh about them as they are happening.

### *Feature*

### *“A Man Who Knows A Lot about Himself Can Heal A man who knows a lot about his disease has lost his identity”*

**Who are YOU? Are you John or are you a diabetic? Are you Janice or are you an asthmatic? Who are YOU REALLY?**

In society today, people often forget who they are. A famous singer once sang about the many hats she wears: she's a singer, lover, mother, wife, etc. But she didn't know who she actually was because she had to be so many different people for so many different people. In the end, she decided to learn who she actually was and discovered a wonderful person who was able to touch people's hearts—she never knew the impact of her music until she took the time to see who she was and stopped looking at her titles.



*Feature continued:*

What “hats” do you wear every day? Who are you underneath it all? Do you add the added title of a disease or two?

### **A Man Who Knows a Lot about His Disease Has Lost His Identity**

Taking on the identity of a disease is too common in the United States. Many people feel they have no identity and look for one—unfortunately they grab onto a disease name as their identity.

When a person chooses their identity as that of a disease, they have difficulty healing because then they will lose their identity. They talk to others about their disease because they have something to talk about now.

No one likes to feel unimportant or like they have an empty life. Everyone wants a name and a title. If a person doesn't have an identification of some kind, they feel empty, incomplete. The most socially-accepted title is that of a disease.

I am a diabetic.

I am an asthmatic.

And what follows is that the person cannot heal until he/she finds another identity.

Once a person accepts his or her disease as an identity, he/she makes changes in his/her life to accommodate that disease, just as if a new pet is now staying at the house and things have to change to accommodate the presence of that pet. People alter their diet, alter their lifestyle, etc. Instead of looking at the disease as a temporary condition, they accept it. Once it is accepted, the search for cure ends.

Don't look at yourself as a disease. Look at yourself as a person whose health is challenged by a health condition. It may seem like a subtle difference, but in the grand scheme of

healing, it's a HUGE difference.

### **A Man Who Knows a Lot About Himself Can Heal**

Classical Homeopathy is individualized medicine. It does not look at a disease and treat the disease—it looks at the person and treats the person.

For example, five people might have eczema. The physical characteristics of the eczema is the same in all 5 people. Non-Classical Homeopaths would tell all 5 people to take *Sulphur*, *Phosphorus*, *Calendula* and *Natrum muriaticum*, as most people with eczema respond favorably to that combination.

But as the individual characteristics of each person weren't taken into account, the eczema will return in 99% of the cases and be worse than before. Or worse, the cause of the eczema will be driven deeper within, thus causing a worse disease such as asthma.

When looking at HEALING, one must take into account the individual characteristics of each PERSON, not their disease. All 5 people with eczema would probably require a different remedy based on their:

- **thought patterns and mental processes:** What do you think about yourself? How do you react to stress? What makes you angry or jealous? Etc.
- **reactions to their environment:** At what time of day do you feel your best, worst? Are you sensitive to heat, cold, drafts, humidity? How do you feel when it rains or snows? If you are stung by a bee, how do you react? Etc.
- **food cravings and aversions:** Are there foods you hate? Foods you crave? What foods disagree with you? What foods do you eat often? Etc.

- **peculiar symptoms that are not associated with common characteristics of a given disease:** for example, eczema is usually itchy with flaking and raised bumps. What is unique to the person's eczema? Do they scratch often but scratching makes it feel worse instead of better? Does the rash appear only in the morning then fades by afternoon? Did the rash start on the legs then move to the stomach? Etc.
- **recurrent dreams or nightmares:** what do you dream about at night? What are the common themes or images? How do you react after waking from a dream or nightmare? Etc.

A Classical Homeopath looks at the PERSON—not the disease.

### **Your Genetic Code is Not to Blame for Your Health Challenges**

I thought I'd add this little part because so many people believe it's their genetic make-up that determines the diseases they will have and that they have no control over it.

**THIS IS NOT TRUE.**

Ever since the big "genetic movement" in the scientific field, the scare of pending diseases has sent millions flocking to the doctor's office looking for preventative drugs and/or surgeries. With it comes the belief that there is nothing that can be done to prevent a disease—"it's in my genes".

Every person on the planet has the genetic predisposition to every disease—it's a given. It's how a person deals with small illnesses that determines if a bigger disease will show itself. And it's how the person deals with those initial signs of that big disease that determines if the condition will stay a little while or a long while.

No disease is meant to become a chronic, life-long condition. All symptoms of a disease will remain so long as the imbalance within the body remains. Once that imbalance is healed, the body will heal the disease.

Unfortunately, our society teaches that the symptoms of a disease are bad and they need to be removed either by drugs, surgery or ignoring. When symptoms are suppressed, organ degeneration occurs, leaving the person with a chronic condition that can no longer be healed (past a certain point of degeneration).

So never ignore ANY change in your thought patterns, dreams, emotions, or physical body. **IF IT IS A CHANGE, IT IS A SIGN** that something isn't right. **DON'T SUPPRESS IT**, listen to it and assist your body with healing. How you deal with those new symptoms will determine if healing will occur or if a disease will take hold.

**YOU OWE IT TO YOURSELF TO LISTEN.**

This information is for educational purposes only. It is important that you seek medical care for diagnosis and treatment of any health concerns. Never stop taking your prescription drugs without first discussing it with the prescribing physician.

## Announcements

- **Health Care Packages:** my health care packages are a hit!! Not only do they allow you to have more frequent communications with me; they also save you some \$\$ too! A special thanks to everyone who jumped on one of these deals last month; I look forward to working with you more closely along your healing path.
- **New Phone Number AND Email:** the new phone number is **920-558-9806**. The new email is [info@HomeopathicCentersofAmerica.org](mailto:info@HomeopathicCentersofAmerica.org) OR [endpain@hotmail.com](mailto:endpain@hotmail.com). Both will come to me and we can communicate quite effectively—and there's no chance that the HCA website will disappear and Hotmail is very common too.
- **A Little Plug for MagicJack:** no, I am not a salesperson for MagicJack, just a person who has been using it for a couple of months now and LOVE it! MagicJack is a little device you hook to your computer. If you have DSL internet or such (like Road Runner Cable), then this device lets you call and receive calls from anywhere for just \$20 per year. NO hidden fees, no long distance charges, no limitations on minutes, etc. So long as your computer is hooked to the internet and running, you can send and receive calls. You even get caller ID, voicemail and call forwarding (which has helped me immensely). Just my little plug for this great calling device.

## Mark Your Calendars

- **August 14<sup>th</sup> & September 11<sup>th</sup>:** the upcoming Saturday consultations for anyone looking for a Saturday consultation.
- **December 31, 2010:** the deadline for entries for the *Awareness of Health Writing Contest*. See the HCA website for more details. If you don't have access to the internet, send me a note and I'll send you the information via the postal system.

## Specials and Other Offers

- **AUGUST PRODUCT SPECIAL:** Buy two Get one FREE *Ronda's Remedies* Healing Lotions (same as last month as my website was down for a while for this special).
- **AUGUST CONSULTING SPECIAL:** Celebrating You! At each consultation (new and current clients), a prize will be drawn out of a "hat" and that's the prize you will win. You can get a watch set with multiple bands, stuffed animals, journals, etc. Fun stuff!

## In the News...

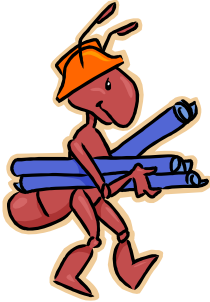
### *In this issue, no news*

Sorry. Haven't had access to my health newsletters so I don't yet know what's new in the news.

## *Animal Companions and Nature Tales*

### *Got Ants?*

#### *Here's a Nice Barrier for the Ants—Keeps them out of the house*



After accidentally poisoning/killing a group of ants (see previous issue), we think we upset the ants and they let us know they weren't happy... they came into the house and could be found just about everywhere at any given time.

After a few days of this, I told the ants they had to leave or we would be forced to kill them. We usually don't kill insects and what-not as we respect all life, but finding them in the water glass, climbing the clean plates, and generally under foot everywhere, we had to draw the line.

I decided to pose the problem to a Native Healer and he gave me a "recipe" that was guaranteed to send the ants scurrying. I thought I'd pass it on to you — for those who

don't want to kill the little buggers when they prefer your home over theirs.

1 cup Black Pepper, ground

1 gallon Water

½ cup Vinegar (any kind)

2 Tbsp Hot Pepper Sauce

Mix together and put around the house. Spray base of entrances (doors) weekly.

It worked! No more ants. Even the ones in the house left while we were preparing the mix. We haven't seen a single ant in the house since! My Native Healer Advisor said it can also work for spiders and other crawly insects but we still have spiders in the house so I'm not sure if the spiders were here to begin with or if they came in after the spraying.

If you use this formula, please let me know how it has helped; I'd be curious to know.

## *Healing the World One Person at a Time*

### *The Tale of Carrie and Marlo*



It is not uncommon for people to see their pets as their kids or as members of their family. For Carrie, now 35, her cat Marlo was her son.

Carrie had rescued Marlo when he was just a kitten; he had been tossed from a moving car when he was so young that his eyes hadn't even opened yet. Carrie took him home, cared for him and kept him.

But as Carrie aged, so did Marlo. After a car accident, Carrie developed hip pain that disabled her, forcing her to stay home every day and watch the clock to see when to take the next dose

of pain medication could be taken.

And right by her side was Marlo.

Until the day he started limping too. He was taken to the vet and given similar pain drugs as Carrie was taking. But neither Marlo nor Carrie seemed to feel better taking the drugs.

On a hope, Carrie took Marlo to see a Homeopath in her town. Carrie knew there was nothing that could be done for herself; but to see her companion suffer was too much—he needed to be free from the pain, and she could not have him put to sleep as he was her reason for going on.

The Homeopath knew that both were suffering and that their pain was linked. Marlo had no physical injury to cause his pain; his x-rays showed no degeneration or cause for his suffering.

Remembering an old Chinese saying: “When treating the child, always treat the parent as well or neither shall heal.”

The Homeopath found the remedy for Carrie’s situation and pain (as her pain was

from the physical cause), and gave the same remedy to Marlo. Although Marlo’s pain was not caused by the same thing as Carrie’s, the results were the same—pain and suffering as well as emotional turmoil because of that pain.

The remedy diminished Carrie’s pain, and with it, Marlo’s pain. As Carrie saw her companion’s pain leaving, her emotions improved as well, thus also alleviating some pain.

After finding the best homeopathic combination for Carrie and Marlo, both became pain-free except on really humid days in the summer Carrie has some discomfort; Marlo is pain-free.

Carrie was able to return to work, and she adopted another cat to be a companion for Marlo.

**Thank you for sharing in the joy of healing with homeopathy. Stories such as these are the rule, not the exception. Stories like these happen everyday wherever Classical Homeopathy is practiced.**

## *A Little Giggle or Profound Wisdom*

### *Reset Your Goals and Try Again*

“Failure is just a learning experience. No problem, try again.”

I’ve always liked the true story of a clergyman, then in his fifties, who gave up and quit without reaching one of his major goals. He had written a manuscript and sent it to a host of publishers without success. With his stack of rejection notices piled high, he threw the manuscript into the wastebasket in frustration. As his wife reached in to salvage it, he told her sternly, “We’ve wasted enough time on it. I forbid you to take it from the wastebasket!”

The following day she made the decision to try another publisher. When she arrived, the publisher noticed that her parcel looked odd, unlike any book he’d ever seen. It was too big, bulky, and the wrong shape to be a manuscript. When he unwrapped the clumsy package

wrapped in brown paper, the publisher discovered a wastebasket containing a manuscript that we have come to know as *The Power of Positive Thinking* by Dr. Norman Vincent Peale. Had his wife, Ruth, not dared to reset his goal and try again, we probably would never have seen Dr. Peale’s book, which has sold more than 30 million copies to date.

Persistence means giving full concentration and effort to whatever you’re doing right now. It means being happy with your work, but hungry for more knowledge, feedback, and progress. It means making more calls, going more miles, getting an earlier start in your day, and always being on the lookout for a better way of doing what you’re doing. Persistence is success through trial and error, resetting your goals and moving towards your target.

*The Double Win: Success is a 2-way street* by Denis Waitley

**Ronda Behnke ND, CHomP**

716 Jaster Street  
Green Bay, WI 54302  
(920) 558-9806

[info@HomeopathicCentersofAmerica.org](mailto:info@HomeopathicCentersofAmerica.org)  
[www.HomeopathicCentersofAmerica.org](http://www.HomeopathicCentersofAmerica.org)

Classical Homeopath  
Naturopathic Doctor  
Healer

**Dr. Ronda Behnke** is distinguished Healer specializing in Classical Homeopathy and Naturopathic Medicine. She works with people locally and abroad to help them release their optimal healing potential.  
When you are ready to heal, ask for Dr. Ronda...I will help you!