



Healing with Homeopathy Newsletter

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Personal Message from Dr. Ronda Behnke

I hope everyone was able to open or find the last issue?? For quite a while you've been receiving your newsletter one way then....bam....it changed to a new format and everything! Change is tough for a lot of people. A few subscribers weren't happy with the last issue's format; others loved it. The way it'll be presented for this issue will be the same as last time as I still do not have Microsoft Outlook working for me.



I think fall is approaching a little early this year, not just from the sudden cooler spurt, but from the signs in the sky and on the land. Flocks of Canadian Geese are already migrating south and it's only the middle of the summer. Plants that produce fruits and vegetables in the fall are producing them now. Look around in your area. Are you seeing these signs too? Let me know.

Feature

Yes, I was Out of My Mind!

There come a few times in each person's life when they look at themselves and ask "Are you out of your mind?"

One of those times occurred very recently at a wonderful seminar on the use of natural medicines in an orthodox setting (i.e. medical hospital).

When I was first hired, I thought it would be great to bridge the gap between medical and natural, to show how homeopathy could assist with healing, pain management and trauma. I had all my notes, my facts for rebuttals, and the strength of knowing that what I was saying was valid and proven. I felt like a knight in his armor ready to trod his horse to the front lines.

I sat in the front row, listened to the other speakers prattle on about the new drugs for heart disease, the best procedure for blood clots, and even bit my tongue during the infected wound displays.

But no one talked about natural medicines.



It was drugs, surgery and debriding. I definitely had no interest in lunch after that one.

So I went over my notes in a little corner table during the lunch break. I was ON as soon as everyone's tummies were content. I looked at the audience as they ate and suddenly realized that no one in the audience was like me—"into" natural medicine.

I dug out the brochure and information packet from when I was hired for the presentation.

Feature continued:

“Half of the attendees work at the hospital; the others are from other health care areas in the community...” and went on talking about continuing education credits.

When I had worked as a nurse, I went to different seminars to get my CE credits; there had been no doctors at those—only nurses, respiratory care personnel and the like.

What I saw sitting around the buffet table were medical doctors. At least ninety percent of my audience was medical doctors!

Uh-oh!

In a half-hour I was going to be telling these wonderful doctors that their drugs killed people, that surgery was not likely to be in the best interest of the patient, and that cure was only possible if a person didn't step foot into the doctor's office in the first place.

Okay....no, my talk wasn't going to say that directly, but in essence, that was the general theme.

A dozen different thoughts crept into my mind: I could fake illness (of course *that* would be wise in a room full of MDs); I could say I had a family emergency; I could skip out and disappear.....but in the end, it came down to one thing: I'm an idiot.

Actually, it was that I was in a great position to educate 352 physicians about the wonderful healing benefits of homeopathy.

So, as 2:00 approached, I took a few tablets of *Aconite* and a few *Nux vomica* (for the nausea) and stepped on stage with my head held high like I had nothing to fear.

It wasn't a good sign when there were only a few applause.

Remembering my debate training in high school and college, I took a deep breath and

viewed the audience as “hostile”. Look them in the eye and show no fear.

Leaving the PowerPoint presentation off, I smiled and began my presentation: “Say no to drugs”.

Okay, probably not the best first line given my audience, but it kind of popped out. How the @#** did that line even find its way into my talk—it wasn't even in my notes!

Still smiling, I did a quick appraisal of the EXIT signs just in case someone threw a book at me.

Taking a deep breath, I knew I had some serious recovering to do now. But at least my audience was now had a mix of looks: confused, surprised, hatred, and laughter.

“When you see that line on a billboard, what comes to mind?”....silence..... “I am sure everyone here has seen that line or heard it. I've even seen it in the clinic.” Still silence.

Flicking on the PowerPoint projector, I decided to continue. None of my audience left, so it was a good sign.

I proceeded to give my presentation as planned, with a little twist as I needed to somehow discuss the “drug” angle seeing as I started off discussing it.

A few people took notes (hopefully not just my name and state to report me). A couple of people left, and a few had their arms crossed from minute one through the end.

I felt the presentation went very well, partly because I hadn't been “boo-d” off the stage. But I also felt like I was connecting with a few people. Homeopathic medicines had been the drugs of choice by medical doctors for centuries, and even today. Just because doctors in the United States opt to use other drugs doesn't mean that homeopathy still doesn't have value in other

countries.

As I made my way out of the conference hall in great haste, a doctor stopped me and thanked me for the material that I presented. When he initially had seen the program schedule, he had been insulted that the committee would even bring into such a noble affair someone to talk about alternative medicines. He had thought about skipping that part.

But then he saw who the speaker was (i.e. Me) and realized that there had to be something of benefit to what I was discussing because a young woman would not stand in front of a bunch of medical doctors who hate homeopathy and proceed to tell them about homeopathy while, in essence, criticizing their work.

Anyone who would do that HAD to have great faith in their healing work.

And because I knew so in-depth what I was saying, the doctor felt there was merit and he would look into it further.

I truly doubt all the members of the audience will look at what I presented as another viable option for their patients. But had I not spoken that day, it is possible some people would not be helped with homeopathy down the road.

If you have the opportunity to tell others about the healing benefits of homeopathy, I encourage you to do so. Your words might not help someone today, but they could help someone tomorrow.

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 OR 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 LOVES 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

- **September 1 – 5:** Dr. Ronda will be out of the office for a two-fold celebration: Paul Ronda's wedding anniversary and Ronda's Birthday (which is actually on the 18th but we're putting it with our other celebration).
- **September 11th & October 9th:** upcoming Saturdays 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...

The Most Medicated States

According to the nonprofit Henry J. Kaiser Family Foundation, the number of prescriptions dispensed from 1999 to 2009 rose 39% (from 2.8 billion to 3.9 billion), where the population of the United States only rose 9% over the same time period.

So who is taking all those drugs? Of all the states, West Virginia ranks the highest, with each citizen of that state taking an average of 18.4 prescriptions daily! The national average is 11.6 prescriptions per individual.

Do you take 11 prescription drugs daily? If you do not, then someone else is taking more than the average 11.6.

The second-most medicated state was Tennessee, followed by Alabama, Kentucky and Arkansas.

For the complete article, visit www.forbes.com. The article was released on August 16, 2010.

Animal Companions and Nature Tales

Got Stress?

Hit the road and get some nature-time



The call to nature is in each of us. Some would never live in a city whereas others can't think of living in a rural area. But each of us at some point yearns to go "home".

I always found it fascinating to listen to people talk about "going to the cabin" on the weekends when the months are warmer. Others have to do cross-country skiing or ice fishing (or non-ice fishing).

A Native Healer friend once told me that "no one can truly be healthy if they live in a city". I began to understand this statement more fully when I moved to Green Bay; I had grown up surrounded by trees, with the nearest "town" being at least a good 30 minute drive.

Many of my friends from school lived in the country as well and remark today about how they missed the country (they live in the city now too).

But nothing heals quite like nature-time. When I'm distressed or having a really rough time, I head out of town and find some trees to sit near, or a trail to walk, or a beach even. The quietness of the environment is peaceful; but there's more to being in nature than just the quiet—it's like going home, a reconnection to "Mother Earth"—mother-like nurturing.

I often recommend to my clients to get some nature time when they are struggling to heal. For one man, that alone was my recommendation. He was skeptical but called a month later and stated he was pain-free and feeling great!

So when things are piling up and stresses are wearing you down, return to nature for healing. Go home and let Mother Nature soothe you.

Healing the World One Person at a Time

High Blood Pressure, High Cholesterol and Enlarged Prostate

What do these have in common?



There was nothing wrong with Sam (not his name) when he went in for his annual physical at the age of 60. He had put off seeing a doctor for many years because he

did not like doctors. But his new wife pushed him to get checked to ensure that he was healthy—she believed anyone who was 60 HAD to be told by a medical doctor that they were okay.

So Sam went for the physical. The MD could find nothing wrong with Sam's health, but then he found a lump in Sam's throat, biopsied it and told Sam that he had cancer. A regimen of radiation treatments were set up.

Sam almost cried when he told the story of the radiation treatments. “I almost died,” he stated bitterly. “There were only 20 treatments but after the third one I couldn’t do them any more. But they pushed and pushed, and she [his wife] pushed and pushed. I literally had to crawl to the car to go for that damned treatment. I knew it was the end of me every time I went. But that doctor told me I had to complete every treatment.”

Sam did survive his radiation treatments, but for the next 6 months, he was unable to walk, feed himself or care for his personal hygiene. When I asked him how long until he felt better, he said it took at least 10 years. But he had to change his diet, quit his job, and just “lived” for a while.

During the 2-year follow-up after the cancer treatments ended, the MD stated Sam now had high blood pressure, high cholesterol and an enlarged prostate—three conditions that had not been present prior to the radiation treatments. The MD said the cancer treatments had nothing to do with the now present diseases. The recommended course of action was medical drugs: two for the blood pressure, 1 for the cholesterol and 1 for the prostate (although surgery would’ve been the MD’s choice). Aside from frequent urination during the night, Sam had no signs of high blood pressure (just a little high at 146/92 at the office), high cholesterol (his reading was 142), or enlarged prostate.

So Sam took his 5 pills daily, altered his diet to be low in salt and cholesterol, and limited his sexual activity as the MD stated it would make things worse for the prostate.

But the side effects of the drugs impacted Sam’s life so severely that he was virtually unable to function. He presented his concerns to the MD who stated the side effects would pass as Sam’s body got used to them; and that “at Sam’s age”, he didn’t need a sex life anyway.

But Sam thought otherwise. He began to read about natural remedies for blood pressure,

high cholesterol and enlarged prostate. In his studies, he discovered homeopathy and made an appointment with a Classical Homeopath.

“I know you can’t do anything for the cholesterol or the blood pressure,” he began at his first appointment. “But I’d like to sleep through the night. I wake up five, six times each night to pee.”

As being tired all day due to his inability to sleep throughout the night, we worked on that first. The first homeopathic remedy allowed him more sleep time, waking only 2-3 times to urinate at night. After the second remedy, he was waking now only once or twice each night. He was ecstatic! He also stopped the drug for the enlarged prostate and was again able to have sexual intercourse without difficulty.

“I doubt you can do anything about the blood pressure, but the drugs aren’t lowering it and I need to get it lowered.” His initial blood pressure was 200/125 even with taking the two different medical drugs. Oddly enough, he never had a problem with his blood pressure before he had radiation treatments; therefore it was probably the cause of his elevated blood pressure.

Using two different homeopathic remedies, I targeted the thyroid gland; this combination of remedies worked great but his blood pressure lowered only to 140s/80s. Still, he told his MD he was going to stop the high blood pressure pills and see if he could continue to heal. As an added “incentive”, Sam also stopped the drug for high blood pressure. His MD was shocked and told Sam that “at your age, you need these drugs to live.”

Using a core healing remedy (which heals a little slower than most), Sam’s blood pressure dropped to a consistent average of 114/76.

Yes, Sam may be (now) 74 years old—it doesn’t mean that he HAS to have a disease and be on a dozen different drugs. Sam felt so vibrant and healthy that he returned to work when he was 67 because he felt “alive” and wanted to enjoy life (he saw work as a sign of living because he had quit his job when he thought he was dying).

Sam is drug-free and has no further interest in anything medical. “Why should I go get a physical when there will be nothing wrong but the doctor will tell me everything is wrong just to get me on drugs? If anything happens, I’ll just see you [Dr. Ronda].”

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

Hmmmm

“The first health hazard in smoking a pipe is the high blood pressure caused by trying to keep the thing lit.”

“There are a lot of folks in the world who spend so much time watching their health that they haven’t time to enjoy it.”

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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!