

A Homeopath Gets a Dose Of Her Own Medicine

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Sometimes we need a little reminder to renew our faith in our own capacity to know deep inside what we need and how to accomplish it. And sometimes those reminders need to be close to home for us to slow down, sit up and listen. For me, I was running around doing, doing, doing in my busy life and suddenly got hit with a neon sign that made me stop and remember how quickly and effectively homeopathy can heal.

This reminder came at my own expense; rushing out the door to get groceries out of the car, not paying attention and thinking about 5 different things at the same time, I mis-stepped and landed on my face. My ankle was contorted in a way I knew to be physically impossible, and I knew the pop I had heard on the way down could mean only one of 2 things – it was broken or the ligaments were torn. Unfortunately, after a 3 hour trip to the hospital, it turned out to be the latter. I had torn all the ligaments on the outside of my right ankle (of course it had to be my driving foot!) and I needed a cast immediately.

Now my beliefs, and homeopathy, would be put to the test. The orthopedist said I would be in a cast for 8 to 12 weeks, in physical therapy for several weeks after that, and even after all that there was still a 50/50 chance I would need surgery. On top of that, he warned me that it was unlikely I would ever be able to ride my horse again. Whoa, wait a minute. Anyone who knows me knows that my horse, Whisper, is an integral part of my life. Life without him? That just wasn't an option in my mind.

Don't get me wrong; I knew the doctor was right about the severity of my injury, for he confirmed what I knew the minute it happened. I just knew inside that I could heal much more quickly than that, and that I could heal completely. I had homeopathy, herbs, supplements, healers and loving family and friends who would help me heal fast. The doctor didn't know any of that – how could he?

So I asked for, and was given, a walking cast and crutches for 1 week. If I had healed sufficiently in that week, my doctor would allow me to keep the walking cast, rather than an itchy hot plaster cast for the rest of the summer. OK, I know homeopathy works, but in 1

week? My inner knowing told me that I could be out of that cast completely in a week, and off the crutches in 3 weeks. My medical mind told me otherwise, and as a homeopath I certainly would not have given such hope to any of my clients. But I knew I had to try, and try I did!

No matter what anyone told me - and believe me, there were many loving people who didn't want my hopes dashed who often reminded me of the near impossibility of what I was suggesting - I held to my positive mindset and trusted my own innate healing ability and the homeopathy that I knew and used every day. I started with good old homeopathic Arnica; later on I used Ruta, Rhus Tox, and Strontium Carb. From day one I massaged with Arnica oil and Wheat Germ oil, took Manganese, Glucosamine & Chondroitin and Vitamin C and did creative visualizations to 'see' the ligaments healing. I am also gifted in my life to have friends who are powerful healers, all of whom did hands on healing work with my ankle.

A week later the orthopedist removed the cast and found dramatic healing. So dramatic, in fact, that he removed the cast completely, put me in an air cast and sent me for physical therapy. He was amazed; I wasn't. I still had my crutches, but I knew it would only be a few more weeks before they were gone too. Two weeks later, 3 weeks after the original injury and after only 1 physical therapy session, the crutches and air cast were gone and I was allowed to drive again. Miraculous? No. But I did need to trust myself and the remedies I have used for so long to help others.

After this experience, I will never again mistrust my own instincts. Nor will I be complacent about the deeply curative healing powers of the therapies I use, homeopathy most of all. I can promise you that I know many people who use the supplements I used, hands on healing and topical Arnica for similar injuries; none have healed as quickly as I did by using homeopathic remedies.

In sharing this story with you, I hope I have awakened your own inner healer. And I hope I have convinced you to trust homeopathy and use it for yourself. Doctors are there for a reason, but so are we. They are part of the healing process, but we are a greater part. The doctors don't heal us; we heal ourselves with their help. Take charge of your healing, and make homeopathy an integral part of it!