



Homeopath Angelica Lemke ND talks to New Homeopath Editor, Helen, about the role of intuition in homeopathy. The intuition of the practitioner and the intuition in the patient, whose role is very much one of partner in the healing process. She shares her experience of treating complex children's cases presenting with ASD, PANDAS/PANS, LYME, ADHD and other challenging conditions.



Angelica Lemke, ND

Angelica qualified as a Naturopathic Doctor from Bastyr University, Seattle, USA. She also trained with Paul Herscu and Amy Rothenberg's New England School of Homeopathy. She runs a busy online practice from Ashland, Oregon as well as a professional dispensary for homeopaths called Source Homeopathy together with her husband. Her practice website is www.intuitivehomeopathy.com. The website for her book is www.homeopathyforcomplexchildren.com.



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Please say more about Intuitive Homeopathy, why intuitive?

Angelica: For me it's about seeing your patient as your equal, not taking credit for the healing that's happening, really being a teacher in the healing process. If a patient is intuitive I say, "Yes! Great! Let's go with your intuition and I'll just mirror that." The medicine is within you. Intuition is this larger, all-encompassing knowing, that all homeopaths have, that everybody has, and intuition really has the power to tap into what is needed in today's complex cases.

Can you say more about the relationship between you and the parent of an ill child?

Angelica: It has to be collaborative. I want to hand over the healing process to the parent over time. The cases are too complex for me to fully manage because they can need daily acute support, which can be exhausting! So once parents see results with homeopathy, they say, "I want to take classes, I want to be a homeopath!" and I am happy to support them in that.

How long have you been teaching your patients homeopathy?

Angelica: When I was pregnant with my daughter, who is now five, a group of 20 women who had all healed their kids with homeopathy

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asked, if I would teach them homeopathy. So I started an in-depth two and a half year course. Six or eight of them went on to become homeopaths, and completed some classical homeopathy training as well.

They knew of so many kids in their communities who were unwell and when you have parents who know a diagnosis so well from personal experience, whether it's autism or an auto-immune disorder like PANDAS, they know that picture so well, they're really capable of working with those families. Western medicine doctors don't always have that experience or they have no answers, so parents hit a brick wall there. That's when they go to a homeopath and may again hit a brick wall! But, if I can teach those parents who have been there how to be homeopaths for those families, that's really my ideal right now.

I am currently teaching a group of 50, mainly mothers, and perhaps 10 or 20 of them want to become homeopaths. So it's about trying to really create more homeopaths who understand this population of children. They're fuelled by their compassion.

It sounds like your practice is growing very organically, with parents being experts from their own experience in the field and being in touch with and attracting other families with similar problems?

Angelica: Exactly, because the only way they helped their own families was by networking online. So, they have all of these networks established and once they found out that homeopathy helps their kid, they have all these other families in their networks that could use homeopathy too.

I met you and some of these women in Ashland and Mount Shasta in 2019. As you say, they've lived it, experienced it and their knowledge is not just book learning, it's very internal, spiritual, somatic and

from their heart. This is what they've learned from you, to connect with their heart, which is natural for a parent to do. What led you to initially work with this population?

Angelica: After I qualified as an N.D. I started working with Pierre Fontaine, a homeopath in NYC who had an established practice. But on a deeper level I believe you attract clients that you have some



About the author

Helen Tye Talkin, PhD, RSHom graduated from the College of Homeopathy in 1992 following a career in the City of London as a Eurobond salesperson. She then completed Jeremy Sherr's Dynamis School course in 1993, practising in London until 1998 when she moved to California. Her studies continued, and she completed a PhD in Somatic Depth Psychology at Pacifica Graduate Institute. Her homeopathic practice integrates somatic depth psychology and homeopathy.

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resonance with. I believe the reason we resonate with groups is deep within our own need for healing, our own ancestry. So, for me, I grew up with an older brother who was immunocompromised. I was a young kid who was always a comfort to my mother as she struggled with trying to heal her child. So, I think having that archetype already: I'm helping my mother heal her sick child; when mothers came to me needing help healing their sick children I was really affected by it, because that was so imprinted on me.

Second to that, my grandmother died of rheumatic heart disease, an autoimmune disease, in childbirth, and then I was named after her. I believe the whole autoimmune piece was a piece I needed to heal myself, in my own ancestry.

So, I think it kind of happened because it was meant to. If you are seeking to be of service, ask yourself, “What breaks your heart about the world?” That's where your service is.

I would sit with those moms in the first appointment and I'd often be crying. It's really having your heart broken open that leads your compassion to work on these hard cases and try to find solutions. I was meeting those moms where they were at, and trying to find solutions.

It's very deep psychologically, spiritually and even theologically: this idea of serving from a place of broken-heartedness.

Angelica: Yes! Most of these moms, the first remedy they need is *Ignatia*. What happens to them when their children regress?

They wall up their hearts, and they research everything. They become very mental and start to separate themselves from their children, it's a form of protection in a way and yet it kind of prevents the healing from progressing because children need their mothers to be emotionally connected with them. Healthy emotional expression is part of healthy immunity, so if a mother is not in a healthy emotional expression her immunity will not be strong, her child's immunity will not be strong. It's important to treat mothers when you are treating children.

When we are totally mental about it and we are not connecting at a soul level and I feel we're missing the boat. Homeopathy can easily be

overly cerebral. What I like to really teach homeopaths is how much the therapeutic relationship is affected by whether you can meet soul to soul in an intuitive place, how much that connection carries the healing.

Intuition is a wonderful way to find the resonance of the remedy. If I'm sitting with a patient and feeling “Gosh I really feel like *Dioscorea* could help and my higher self is asking, ‘Is this the right remedy?’ and that person's higher self is listening and the person immediately says, ‘By the way, I'm better when I'm twisting backwards,’ and you're like ‘Wow!

You said the keynote! That was a form of agreement from our higher selves. That remedy is going to help.”

You say that, as parents, we must connect with our children emotionally, in a heart centered way, yet parents are often told to also be clear about the separation between me and my child.

Angelica: It's true there needs to be appropriate boundaries.

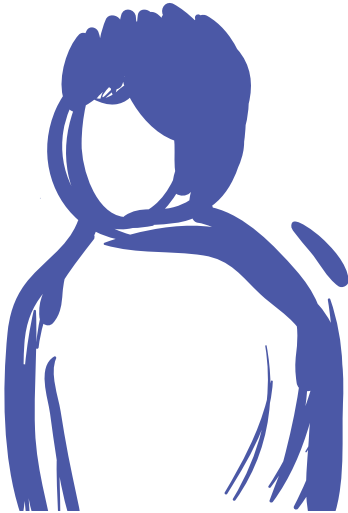
However, so much of healing is integrating the parts we have become disconnected from and knowing how to interpret what's going on in this beautiful body. I'm wary of technologies for deciding remedies because we have this amazing device called the human body if we can only learn to read it and we can read it by closing our eyes and feeling inward.

There's a very practical reason for tuning in to this connection. Many children are non-verbal. There's no way a non-verbal child can tell us what's going on unless we can connect. Take that boundary down and be empathic, what it is like to be this kid?

What is their experience like and how can I help them? So that connection is vital for non-verbal kids and for super-sensitive kids, who react to everything. You can't necessarily run a protocol on them because their bodies can react in all sorts of ways. You need to be super sensitive to what they need.

Do complex children require complex homeopathy?

Angelica: The truth of homeopathy is every case is different, we know this. Some cases do well with one remedy. For example, *Natrum muriaticum* may be all a child with autism needs.



I remember a case from early on in my practice. The child's mother put him in a swim class where they just drop them in the water and they have to sink or swim!

The child had so much fear that he shut down completely. He regressed and was diagnosed with autism. It all started with this swim class. He was no longer connecting with his mother. We gave *Natrum muriaticum* and, bam, he connected again.

One simple etiology and he didn't have any other issues. But that's not the standard case these days. It's whole families with auto immunity issues, cancer, medications...it's so multi-layered. Those cases absolutely need complex homeopathy and these cases can present quite differently and it may be hard to recognise the remedy. We don't have good materia medica that explains these complex pictures and so in my book I basically attempt to create a materia medica.

I wrote this book for parents and homeopaths, so they have a guidebook in front of them when presented with a complex child.

Can you say more about how you use nosodes in your practice and are you seeing new miasms?

Angelica: A lot of these kids are so unwell that what they're really showing in their behaviours is the expression of a pathogen, so a nosode is going to help. These kids have "stimming" behaviours, maybe shaking their hands in the air, lining things up, whatever it is you have to recognise what that behaviour is saying. If you look at pathogens through a microscope, you can often see the behaviors!

Things flapping, things lining up! The kids are embodying the disease so we have to be able to recognise that if a kid is spinning and laughing uncontrollably, that's what yeast looks like. Hitting and aggressive behaviour and picking their nose is what parasites look like.

So when giving constitutional remedies you may all of a sudden run

into a block where all these behaviours are coming up. It's the body trying to move through that pathogen and classically we can give a nosode to unblock it. We have great miasmatic remedies, I give *Carcinosin* and *Tuberculinum* and *Medorrhinum* all the time. But there are also other nosodes that we can use just as regularly, especially in these cases. I try my best to describe the picture of these nosodes in children in the book.

I am also seeing as a very strong streptococcus miasm because of how many antibiotics have we taken over generations for strep infections now. It's a huge important miasm to treat.

Is clinical experience very important in your prescription decisions?

Angelica: Actually lab test results can be useful. A test can tell you: "This kid's *Klebsiella* is out of control!" Then you give *Klebsiella* nosode, and you start to see what the clinical picture of that pathogen is.

In my opinion these complex kids are showing us what the pandemic is! It's this huge wave of children whose immune systems are not functioning for them to be healthy, adaptable adults. Yes, complex homeopathy is somewhat overwhelming for classical homeopaths.

For example, with tautopathy/isopathy you can be left wondering: "Do I have to give a remedy for every medication?" That's where I feel intuition comes in to play. Trust what your body tells you. You don't have to clear every medication ever taken with the tautopathic remedy. Some will be helpful if your intuition tells you so, some will be a waste of time.

Is it still a case of treating what's uppermost in the case? For example, pain.

Angelica: There are a lot of children in physical pain, uncomfortable in their bodies, or don't want to be incarnated. A child may not be able to use words to describe it. Ask the parent: "Close your eyes. ▶

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INTUITION IN HOMEOPATHY

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Imagine what it's like to be your child in pain. Feel what they feel.” The parent, if connected will be amazed that this is how they're feeling.

Finding that unique remedy to unlock that pain, those can be the most powerful prescriptions. I had a mom with autoimmune Lupus come and see me with pain that felt like the muscles were being ripped away from the bones. Her child had this sensation too, just this incredible pain in their body.

We came to *Daphne indica* based on Jan Scholten's description of the plant family, Thymelaeaceae. That child was clutching on to things in pain his whole life, and for the first time in his life he let go of his toys. He was able to be happy.

How has Covid affected your practice?

Angelica: It hasn't really impacted my practice. Most families I work with have a different understanding of the immune system. They understand how important it is to get infections to prime immunity. They are more fearful of forced health initiatives and prize freedom of choice, having worked so hard for their childrens' health. If anything it's accelerated getting the word out about homeopathy, having more classes, having this information available to the wider public. Our society believes responsibility for health lies with an institution over and above them. I say, “No, that's not the case. You have tools and homeopathy is the best tool.” It's a grass roots revolution I'm seeing. ●

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