

Sequential Treatment

The goal of Sequential treatment is to address the blockages caused by physical, mental and emotional shocks, to liberate your life force and assist it in its journey to a healthy balanced state. We remove the blockages in reverse order of their appearance, so that the first shock we remove is the most recent. We go all the way back and deal with birth and gestation as well. We then address the inherited pre-dispositions, or miasms, which are commonly divide into five main dis-eases. Individually and collectively, these are the source of many chronic ailments, whether physical or emotional in nature.

A time line is necessary to map out the course of your treatment. Please make a list of ALL physical, mental and emotional shocks you can remember. Begin with today and go back all the way to birth and gestation. Please see the attached page for a list of physical and emotional shocks to guide you in establishing a chronological time-line. If in doubt, list the event and we can discuss its relevancy. Don't be too concerned if you feel you may be missing something as real true trauma is repressed anyways and will manifest symptoms that we will be able to bring to 'light' as you are ready to deal with it.

It is useful for you to keep a copy of your time line so that you can follow along and to help you relate to your healing cycles. Some people find it useful to keep a note book in which they write down their symptoms and healing reactions. This allows them to give a more complete picture to their heilkunstler at each follow up.

Typically, we address a new shock/trauma every four weeks or so, depending on your individual life force and level of conscious participation. As well, anywhere from 10 to 14 days after taking the remedies to deal with this event, you will experience a healing cycle. This may involve a worsening of your overall condition and/or the return of old symptoms. The healing cycle may last up to 3 days, after which you will experience an improved state of health.

If you have any concerns or questions, feel free to call and discuss these with me. The information you supply and your participation are an essential part of your healing.

GUIDE TO DEVELOPING A TIME LINE

Please place all shocks in chronological order starting from conception/birth. Physical and emotional shocks should **not** be separated from each other. The following types of events should be considered as possible shocks or traumas. Some emotional traumas can involve a combination of emotions. You will need to discuss the various traumas with your homeopath to determine which ones require treatment. Do not be too concerned about establishing the exact sequence of events, as this will be refined in your consultation. This is not psychotherapy, but part of a homeopathic treatment and cure. The details of the emotional traumas can remain private; rather it is the emotions involved in each trauma and their intensity, which need to be identified.

PHYSICAL

- **Pre-birth:** Any drugs, alcohol, smoking or severe illness in mother (particularly of a viral nature); also consider any emotional shocks to the mother during pregnancy or in the mother/father at time of conception (see sections on emotional traumas below); ultrasound or other invasive testing.
- **Vaccinations:** Dates, if possible of first vaccination of each kind received (ignore booster shots)
- **Accidents:** car accidents, falls, blows to head concussions, broken bones, animal bites
- **Surgical interventions:** removal of tonsils, appendix, adenoids; dental, abdominal (including Caesarean sections); circumcision, vasectomy, hysterectomy
- **Drug use:** antibiotics, anti-depressants, recreational drugs, and long-term medication use.
- **Hormones:** birth control pill, hormone replacement therapy, IVF etc.
- **Severe infection:** e.g. Lyme disease, Mononucleosis, Epstein-Barr, Measles, Chickenpox, Mumps, TB, Pneumonia, Polio etc.
- **Electrical shock:** accidental and medical treatment

MENTAL/EMOTIONAL

- Events involving loss, abandonment, grief, betrayal (e.g., death, loss of trust, relationship break-ups, loss of independence, job loss)
- Situations involving great fear /anxiety. Stress
- Traumas involving anger and indignation/Humiliation (particularly when the emotion was suppressed or “swallowed”) guilt (mostly that someone tries to put on you)
- Feelings of envy or jealousy or guilt that you put on yourself, self blame, shame
- Traumas involving abuse, whether mental, emotional or sexual

TIME LINE EXAMPLE

Pre- birth - Mother was in car accident, fear/ anxiety

1965 - born, long labor, forceps delivery, mother had medications, born blue

1965 - first vaccinations, MMR, DPTP

1967 grandfather died suddenly, mother shocked–grief

Please bring a copy of your timeline (retain one for your own records), as well as any other relevant health information you feel is important, such as past family health history.

All supplements you are currently taking as well as all medications.

Also, if you know your blood type - A, B, O, AB, please bring that information with you.

All of this will help to make the Main Consultation as beneficial as possible.