PEGASUS
HOMEOPATHICS

Etymology

- Homeopathy - comes from the Greek words "Homoios" - means 'like' and 'pathos' - means illness
  - Remedies that cause symptoms like the illness itself
- Allopathy (conventional medicine)
  - Greek - 'allos' - other - drugs that work against the disease - e.g. antipyretic, antibiotic, antihistamine
  - Therefore, Hahnemann was one of the first early experimenters - conducted blind provings, scientific trials applying his hypotheses of similars and dilutions
  - Today we conduct double blind studies (simplexes and complexes)

Hahnemann's Research

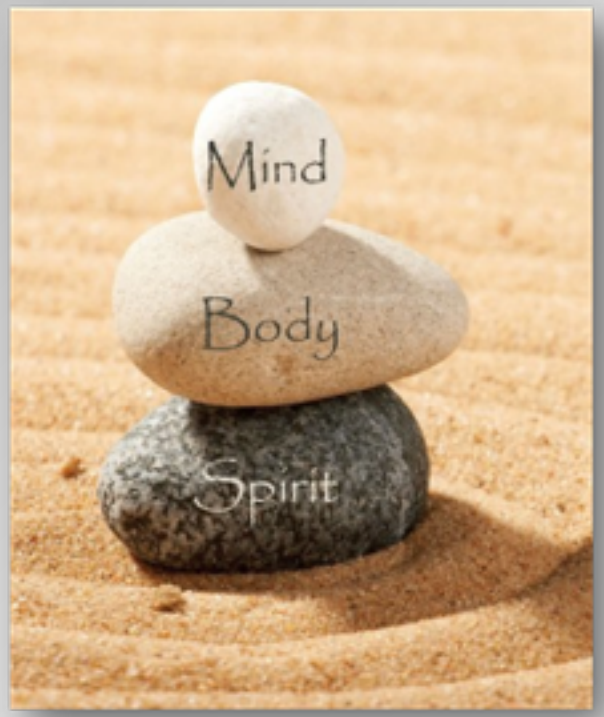
- Hahnemann dosed healthy individuals with crude substances and observed symptoms - physical, mental and emotional
- Compiled - Materia Medica Organon (consisted of over 2000 remedies)
- Each remedy has a 'persona' - e.g. Nux Vom - typical A type personality, business stress
  - Become irritable, insomnia
  - Another e.g. {Pulsatilia - wind flower - mood changes, love butter, hair down the knape of the neck
  - Another e.g. silica - dark hair and complexion, feel the cold, abject fear of sharp object

Fascinating Facts

- Dr Hahnemann – successfully treated Napoleonic soldiers, withdrawing from Prussia, of Cholera using homeopathic Veratrum and Cuprum Met – resulting in a mortality of 3 – 21% of those treated, while the allopathic practitioners lose more than 50% of their patients
- Constantine Hering – practitioner of the day was quite vociferous against the principle of homeopathy and on reading 'Hahnemann's Hypothesis of Homeopathy' took up the challenge.
- 'The doctrine appeals solely to the verdict of experience, repeat the experiments carefully and accurately and you will find the doctrine confirmed at every step – judge by the result'
- Herring then repeated the Cinchona study and was converted!
- He then went on to write a medical work entitled 'The Medicine of the Future'
- Constantine later treated the gangrenous cut forefinger of a physician working on a cadaver – a death sentence in the day – and the physician was cured with Arsenicum Alb (arsenic)
- Orthodox medicine was threatened. Homeopathy offered an integrated, coherent, systematic basis for its therapeutic practice

WHY
HOMEOPATHY
EASY • SAFE • EFFECTIVE

Why Homeopathy?



- Gentle system of healing
- Stimulates the body's innate ability to heal
- Works with the body – activates 'Vital Force'

Broad Application

E.g. ***Sting 30C*** *– stings, burns, water scald*

Safe with allopathic medicines

E.g. Anti-hypertensives, anti-epileptics, anti-depressants

Complementary modality

- Safe in pregnancy & while breastfeeding
- Morning sickness, indigestion, water retention
- **All** pregnant Mum's ailments
  - *E.g. Hay fever, headaches, sinus, colds & flu, diarrhea etc*
  - *High potency remedies – no 'measurable' molecular mass of substance but 'holographic picture' of starting substance*

Treats the whole family's ailments…

From baby's colic and Dad's sinus to Granddad's gout!

Further Advantages of Homeopathy:

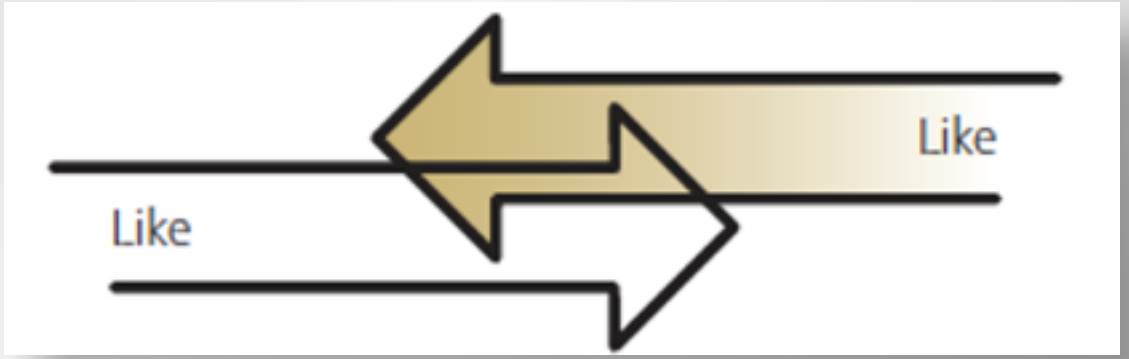
- No diagnosis necessary – needn't actually know the aetiology
- Strives always to treat cause not only symptom – 'Constitutional Healing'
- No danger of overdose (Energetic Medicine) Each dose a message to the body (not a drug)
- 'Non-toxic' – eg: no anti-biotic spillover
- Cost-effective – doesn't expire

- Safe for babies & infants from birth
- Can’t overdose – child can swallow entire bottle

INTRODUCING
HOMEOPATHY
EASY • SAFE • EFFECTIVE

‘Like cures like’

E.g. arnica, allium cepa



‘Like cures like’

- Serial dilution
- *- (C = centesimal 1in 100, D = decimal 1in10)*
- Low potencies more physiological action
- *- E.g.* ***Hay fever 6C***
- Higher potencies more mental action
- *- E.g.* ***T.R.S. 200C*** *(trauma, rescue, shock)*
- *Avogadro’s Number –*10^{-23} *(the 12th potency beyond which no measurable molecular mass was discernible, however, even that is now Old Science… Quantum Physics, nanotechnology, Quarks, subatomic atoms… leading to an enhancement of the energetic fields of medicine)*
- *- So just as when the atom is split the power doubles, similarly with homeopathy, the more you ‘dilute’/ Potentise – so the remedy becomes more powerful*
- Hahnemann’s 3rd law of homeopathy – Succussion - awakens the intrinsic ‘Vital Force’ – energetic medicine

The Pegasus Range

- Simplexes (one ingredient)
- Complexes (combination remedy)
- This is why we created the Pegasus range
- Easy to use
- Name of remedy matches condition. *E.g.* ***Injury 6C***Higher potencies ➢ quick response
- Acute condition uses remedy up quickly
- Fast pace of life ➢ higher resonance
- Treats symptoms & cause

DOSING
GUIDELINES
EASY • SAFE • EFFECTIVE

- One dose is 3 - 5 pillules
- Dose into cap ~ not into hand
- Pillules to be sucked
- Absorption takes place in mouth not stomach
- Suck in a clean mouth
  - E.g. Wait 15-20 mins before dosing
- Frequency of dosing is vital
- Each dose is a message to the body to initiate healing, rather than an amount of medication

Acute and General Dosing

- Acute dosing e.g. *panic attack, sting*
  - *Dose every 15 mins x3, then ½ hourly x3,*
  - *then 2 hourly x3, then 4 hourly*

- General dosing e.g. *Cold & flu*
  - *Dose hourly x3, then 2 hourly x3,*
  - *then 4 hourly until well*

- Stop dosing when symptoms resolve
- No more than 3 remedies at a time, preferable to take only 2
- More than one remedy
  - *Alternate dosing between the remedies (2-3 hourly)*

Dosing infants

- Crush 3-5 pillules between 2 **plastic** spoons, add a little water and spoon into mouth OR if dosing often,
- Dissolve 10 pillules in half a glass of clean water. Spoon 5ml into infant's mouth per dose. Discard solution after 12 hours

Dosing diabetics

- Limit dose to 3 pillules or make solution as above

Animals

- Animals
- Thunder storms, fireworks, transportation

PEGASUS
RANGE
EASY • SAFE • EFFECTIVE

pegasus
homeopathics

Homeopathy in maternity care

Ian Wheeler
B Pharm.(Rhodes)
Homeopathic Pharmacist

Medicalisation of Pregnancy

- Promotes the idea that pregnant & birthing women *will* need intervention or medication of some kind
- Over-supplementation, progesterone, antibiotics, antifungals, painkillers
- 'Fear-induced' oxytocin induction
- Medical labour pain relief, anti-emetics, postnatal anti-depressants

The role of homeopathy

- To empower and educate women
- To encourage & support women's innate ability to give birth naturally
- Best achieved when guided by expert midwives, doulas and postnatal nursing sisters
- Allopathic treatment reserved for complications & emergencies
- Pharmaceuticals & holistic healers both have a role to play if balanced wisely

Introducing...

PEGASUS MATERNITY/LABOUR KIT

- The maternity kit has been carefully designed for ease of use by both practitioner and patient
- covers common conditions and symptoms encountered during pregnancy, leading up to birth, during labour and postpartum
- Remedies deal with physical, emotional and mental aspects in both mom and baby

The Pregnancy Remedy 12C

- Taken from the 30th week of pregnancy – indicated for induction, dystocia(difficult or 'obstructed' labour, dis-coordinated contractions and 'breach' babies.)
- **Caulophyllum(Blue Cohosh)** – tones muscles of the cervix/womb, enabling os to dilate easily
- **Gelsemium** – anticipatory anxiety; performance, fear of letting go, being observed/ watched. Abdominal & leg cramps during pregnancy. False labour pains.
- **Pulsatilla** – Changeability – emotional patient, weepy & mildly irritable, wanting sympathy. May complain baby movements are painful. Will aid turning a breach baby. Will improve weak contractions and help along cervical dilation.

Birthing Remedy

- Taken in last 2 weeks of pregnancy for induction, where emotional or other issues causing dystocia(difficult birth caused by awkwardly positioned babies, or failure of the uterus & cervix to contract and expand and uncoordinated contractions)
- **Act. Rac(Cimicifuga**) – 'ripens' the cervix, tones the cervical muscles. Relieves agitation & excitability with pain in ovarian region. Where lack of rhythm, strong contractions but little dilation. Patient says 'I can't go on'…gloomy, worse for noise. Actions uterus rendering easier labour.
- **Caulophyllum –** enables os to dilate more easily. Establishes strong productive contractions in 1st stage labour. Useful where patient is exhausted and the pushing urge is deficient. Contractions are short & irregular, feeble or feel sharp in lower pelvic region/groin – shaking, trembling and/or irritable.

Birthing Remedy cont.

- **Gelsemium –** performance anxiety – fear of moving forward in labour – doubt can go on(exhausted, with trembling pains in joints & muscles). Nervous chills in 1st stage labour. Feel as if uterus is squeezed – like a wave from uterus to throat, ending with a choking sensation which seems to impede labour. Uterine inertia. Threatened abortion from sudden depressive emotions. Inefficient labour pains or none at all. Contractions hurt back – pains as if baby ascending rather than descending. As if tight band around cervix – holding back.
- **Nat Mur –** Holding back emotions, feel 'stuck', self- conscious & vulnerable. Patient often has headaches, craves fresh air & gulps water. This remedy often 'flicks the switch' and labour progresses rhythmically. Helps balance the amniotic fluid & water balance.
- **Pulsatilla –** Changeability(emotionally & physically) – 'stop/start labour with weak contractions – spaced out contractions, that are too long/intense with little dilation. No expulsive energy. Patient is irritable, with an 'irritable uterus'. Patient is often weepy, clingy, needy and wants sympathy. Used to 'kickstart' labour.

The Postnatal Remedy 6C

- Ideal post-birth; acts upon bruising, bleeding, swelling and inflammation, as a result of the birthing process in both natural birth and C-Section.(nerve rich area been cut. Episiotomy, peri-urethral tears, lingering pain from epidural placement and/or urinary catheter insertion.
- **Apis Mel** – severe ovarian & uterine pains, of a stinging nature. Uterine haemorrhage. Helps avoid sepsis.
- **Arnica Montana** – Bleeding tissue trauma – abdominal & uterine bruising. Haematoma. Bruised soreness of overstrained tissue/muscles and shock.
- **Bellis Perennis** – injury to deep tissue, esp. post- surgical work. Muscle soreness and nerve injury. Cervical lacerations, peri-urethral /perineal tears. Suspected uterine rupture(especially with VBAC - post-surgical/forceps birth.
- **Hypericum** – the 'arnica of the nerves' – shooting nerve pain from epidural or C-Sectn. Specific for Coccyx injury – extremities and spinal column.
- **Staphysagria** – Sharp shooting pains in ovaries. Spasm in vulva/vagina. Prolapses and sinking in the abdomen. Helps avoid UTI's post catheter insertion. Urinary difficulties after severe labour.

The Postnatal Blues Remedy 200C

- Incorporated, in alternation with the Birthing Remedy, during an 'emotional' birth. Excellent post-birth, where depression and symptoms of post-natal stress disorders, including disassociation occur.
- **Aconite –** exhaustion, distress/feotal distress, shock of any aetiology, dis-association, stupor, retained urine related to fear.
- **Causticum –** Depression(looks on the 'dark' side of everything), anxious, foreboding, weepy, persistent silence, sad, hopeless and oversensitivity to crying children.
- **Hypericum –** Anxiety and nervous depression. Eases irritability and restores 'frayed' nerves. Ideal to aid post-natal depression.
- **Ignatia –** Separation anxiety and grief(unresolved, slow to progress with possible history of previous stillbirth or loss.
- **Passiflora –** Calming – quietens the nervous system; useful in emotional upset and even hysteria.

pegasus homeopathics

Haematonic 30C

- General **Blood tonic** – works on liver, spleen, pancreas, haemoglobin, nervous system, lungs and general metabolism
- Aids in assimilation of **Iron** into the system
- Excellent in recuperative situations – lifts a low **Vital Force,** as in exhaustion post a prolonged and /or difficult birth

Lactation 6C

- Homeopathic remedy to aid in the stimulation of breast milk production, enhance quality thereof and uncomfortable symptoms possibly experienced, while breast feeding. E.g. cracked, ulcerated , even blistered nipples. Breasts tender & painful upon touch, when nursing, with hot swelling & stitching pains.
- **Alfalfa –** Where deficient lactation, it increases both quantity and quality of the milk in nursing mothers. Favourably influences nutrition.
- **Calc Carb –** Improves impaired nutrition, where milk is unsatisfactory to the child.
- **Silica –** Hard lumps in breasts – threatened abscess of breasts.

Mastitis

- aids in the various symptoms associated with mastitis, inflammation, pain, engorgement and general discomfort in both breasts & nipples.
- **Belladonna –** Fever, hot, red faced, chest red and breasts with throbbing mastitis.
- **Bryonia –** Milk fever – breasts hot and painful.
- **Conium –** Needle like stitches in nipples(often inverted). Too much milk
- **Hepar Sulph –** Abscesses, suppuration, inflammation & cracking of skin/nipples with possible breast infection.
- **Phytolacca –** Mammae hard and very sensitive. Specific to blocked milk ducts – lumpy hard knots/nodules.
- **Silica –** Nipples very sore – ulcerate easily. Clogged ducts. Fistulous ulcers of breasts. Cracked bleeding nipples.

The renewal Oil

- For topical application
- Combines pure tissue oil with natural herbal extracts, thereby toning, rehydrating and feeding the skin, promoting skin elasticity and healing 'damaged' tissue, post-labour. Minimizes scarring post birth and surgical procedure. Useful in minimizing stretch marks.
- **Tissue Oil infused** with mother tinctures of **Arnica** (anti-inflammatory & stimulating peripheral circulation)
- **Calendula –** healing, soothing and disinfecting
- **Lavender & Rosemary –** improves circulation, enhancing healing
- **Massage** gently into the perineum before and post birth (**Not to broken skin – apply only once scabbing has completed)**

Business Opportunity

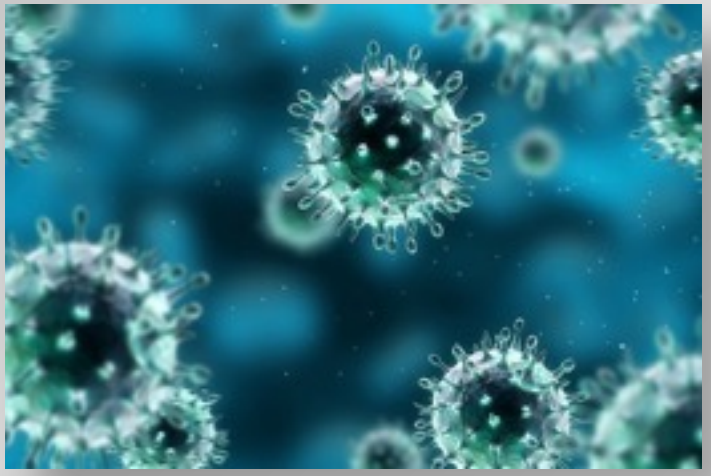
- Both Maternity/Labour Kits & Blue Boxes, available directly via the Pegasus office, at wholesale prices, for onward sales to your clients – come and talk to me or my reps at our table

Your ideal travel companion – all in one! The Blue Box

Anti-spasm 200c

- Baby colic
- Stomach cramps
- Leg cramps
- Menstrual cramps
- Restless legs

Anti-virabac 200c



- Homeopathic antibiotic
- Best implemented at early stage
- Safe if allergic to penicillin

Cystitis 30c

- Bladder infection
- Burning urine
- Frequency of urination

Gastric Plus 30c

- Acid reflux, indigestion
- Bloating, flatulence
- Spastic colon (anti-spasm)
- Adjunct to conventional ulcer treatment meds

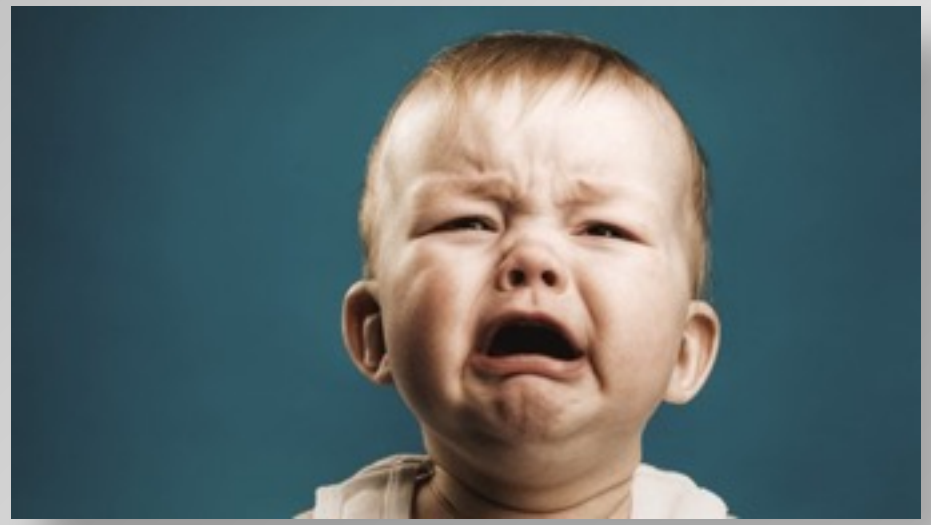
Muco Drainol 30c

- Drains mucus
- Blocked ear / snotty nose syndrome
- Phlegmy chest
- Add sinus 30c for blocked ears & sinus congestion

Sleep 30c

- Settles overactive mind, restores sleep pattern
- Good for babies, children
- Optimize mineral intake

Teething, pain & fever 30c



- Teething in children
- Dental pain
- Fever (childhood viral diseases)

the bluebox

homeopathic treatment kit

‘every home should have one’

Thank you!

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