



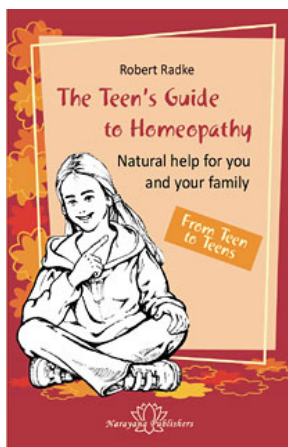
Robert Radke The Teen's Guide to Homeopathy

Extrait du livre

[The Teen's Guide to Homeopathy](#)

de [Robert Radke](#)

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Foreword - Especially for parents

It is a great pleasure for me to be invited to write a few words introducing Robert's book. When he first showed me his manuscript, I was immediately impressed by his grasp of homeopathy. From his writing it was immediately clear to me how familiar he is with this art of healing. It certainly helps that Robert is one of five children of a homeopathic doctor, so that he himself was able, from an early age, to experience the healing power of the little white globules. This access to homeopathy as a child is something we try, wherever possible, to hand on to all those people close to us, whether in our practice or in patient seminars and so on, but it rarely succeeds so well as with this fourteen-year-old boy. His straightforward language speaks directly to his fellow teenagers. The descriptions of the individual remedies are so clearly plucked from everyday life that it is easy to imagine ourselves in the grip of the illness, being helped by the corresponding remedy. I hope that Robert's book will become an essential guidebook to all his readers, especially those pupils and friends of his own age group.

Remedies as guidebook and counsel – many readers will find this a strange idea. Nowadays we are more inclined to seek other kinds of help, often of questionable benefit and leading us into a state of dependency on both the therapist and the medicine. This book seeks to help us become more independent once again and – where our situation permits – to heal ourselves.

And this is where I see the greatest strength of Robert's work. Here we have a young person writing in an exemplary way about how help can be sought independently, what that help might consist of and where it can be found. Robert's book gives us all the gift of greater independence.

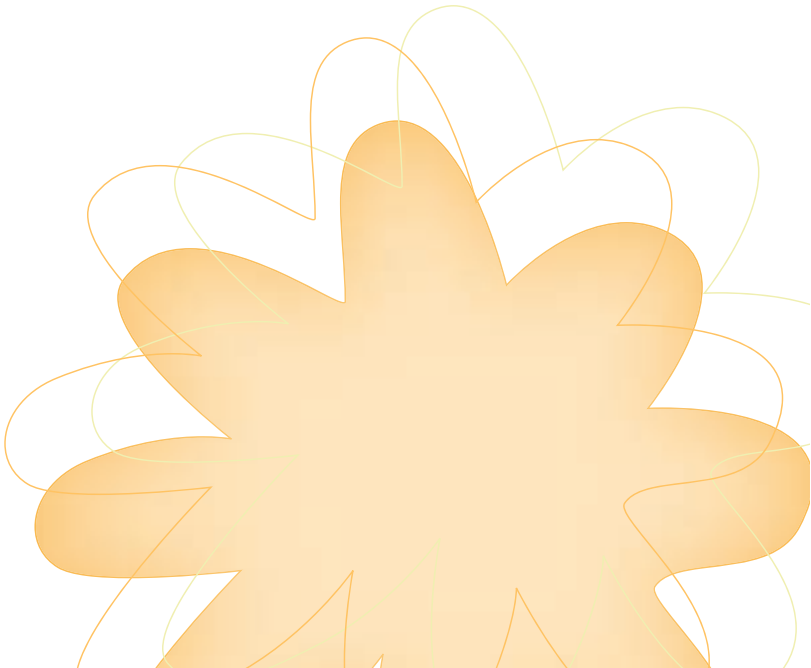
Illness, accidents and our constitution all determine our path in life: they are often indispensable for us to take the steps needed for learning in our lives. Homeopathy can guide these steps in the



best possible direction. In this spirit may Robert's book be a help and inspiration to all his readers.

For me personally, his book gives me enthusiasm and comfort in the everyday bustle of homeopathic practice because it reminds me how easily our approach can be adopted and put to good use, particularly by young people.

Dr Irma Fehr-Knüppel (homeopath)





Preface

I have often experienced how helpful homeopathic remedies can be in dealing with the various little aches and pains when I am at home or on trips with my friends, in my school class or by myself. I can clearly remember how good I felt when I treated my own homesickness, travel sickness or stomach ache. This gave me a sense of security and improved my self-confidence, which is why I decided to share my experience in using these remedies with my friends.

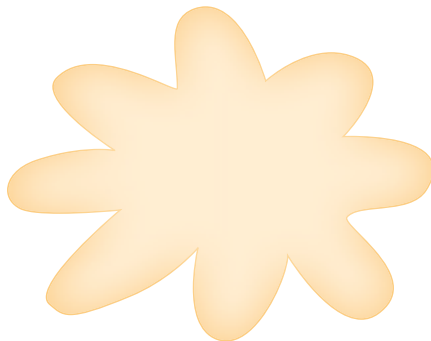
When I was in the eighth grade of the Waldorf School, every pupil had the opportunity of closely studying a selected topic for a full year and presenting the results to the school. So I came up with the idea of writing this little book about homeopathy and its approach to treatment.

On our most recent family trip, I once again had the chance to talk with my mother – Dr Dagmar Radke, who is a homeopathic doctor – about using various remedies for acute treatment. This allowed me to gather valuable information presented here, for which I am very grateful to my mother.

I would like to especially thank my father for his patience and help in reviewing the manuscript.

In addition I would like to thank the friends and family members who helped me through discussions, corrections and technical assistance. This book would not have been possible without them!

Robert Radke

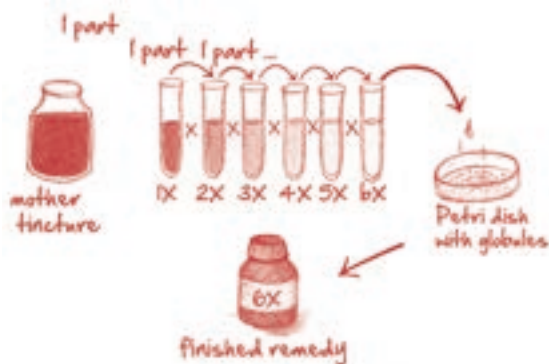


The Preparation of Homeopathic Remedies

To illustrate how the preparation of homeopathic remedies works let me turn to the example of the chamomile plant (*Chamomilla*). The plant is squeezed and its juice mixed with the same amount of pure alcohol (75%). This mixture is the so-called mother tincture. In the next steps, the *Chamomilla* mother tincture is diluted.

In a test tube, one part of *Chamomilla* mother tincture is added to nine parts of alcohol. Now, using a given number of strikes against an elastic body, the mixture is shaken vigorously. This process, called “succussion”, not only has the positive effect of causing the alcohol and mother tincture to mix perfectly, it also activates the healing power of the particular substance, a “dynamisation” of the remedy. Therefore, we can say that the matter is dissolved, “solubilised” and “spiritualised”.

Now let's get back to our example. The result of the process I have just described is the remedy *Chamomilla* 1X - this denotes the first potency in the decimal scale dilution. If a higher potency of *Chamomilla* is required, the process is repeated as often as needed. One part of *Chamomilla* 1X added to nine parts of alcohol results in *Chamomilla* 2X; one part of *Chamomilla* 2X added to nine parts of alcohol results in *Chamomilla* 3X, and so on.



In our example, we stop repeating the process when we have *Chamomilla* 6X. As a next step, we take a Petri dish (a flat dish made of glass) and fill the Petri dish with globules (small white sugar pellets). It is important that there are not too many globules in the Petri dish, for they should have enough space to be covered evenly by the dilution. We now add our *Chamomilla* 6X dilution to the globules in the Petri dish. Then we have to wait a little until the globules dry off. Now we can put them into a vial and label it "*Chamomilla* 6X". We have successfully prepared a homeopathic remedy which can work effectively for over 100 years, if stored carefully in its brown vial in a dark storage room.

And what is our remedy *Chamomilla* used for?

Chamomilla is a great remedy if you are in really terrible pain. If you do not know how to distract yourself from your pain, for instance when you have a really bad stomach ache, earache, or toothache, a dose of *Chamomilla* will quickly alleviate your pain. Besides, *Chamomilla* not only relieves physical pain, it is also very useful when it comes to emotional strain, for example when you are moody, angry or furious.

Quite often, small children in particular are beset with these discomforts: they do not know what they want, they dislike themselves in these situations, are grumpy and whiny and vent their frustration on their social environment. It is almost impossible to please them. They want to be carried around permanently and may hit you all of a sudden, when they feel bothered. Carrying these children around and rocking them will do them good. This might be the reason why rocking horses can be found in so many nurseries! Rocking helps!

When he was a little child, we used to treat my little brother Johannes with this remedy. This really helped him to become calmer and more even-tempered. Maybe sometimes your brothers and sisters need a dose of *Chamomilla* too!

Concentration Problems

(Yawn!)

He is tired, nervous, and a little testy. It is easy to distract him and to fool around with him for a while. He is trying to work on his paper, bites his lips and cannot concentrate. Sometimes I find myself in this situation! I am just not ready for work. I want to do so many other things. In this case I usually take

Agaricus 30C

and I start doing my homework. That's why the *fly agaric* is called "Homeopathic brain food for students".

There is another remedy for a tired mind and a weak person:

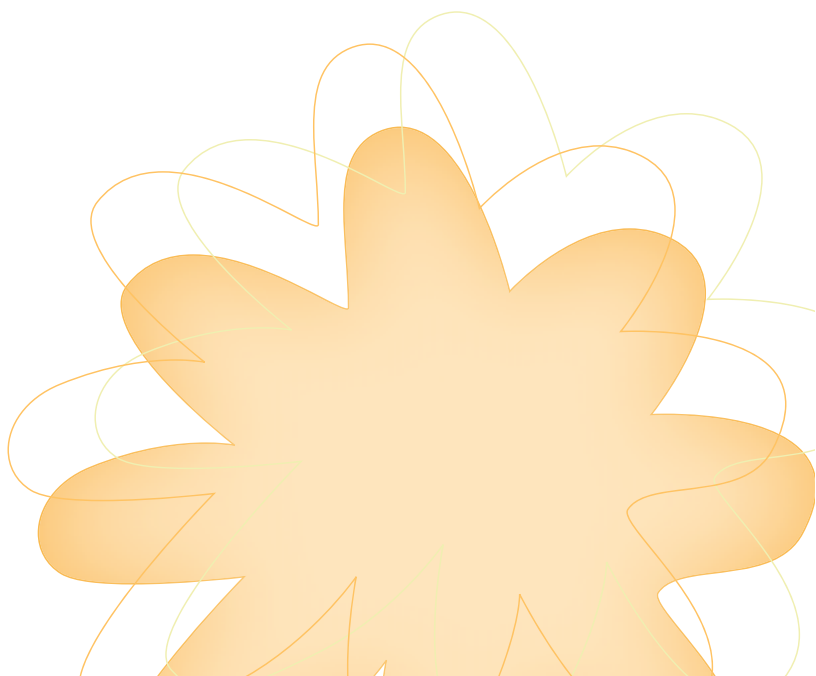
Phosphorus 200C

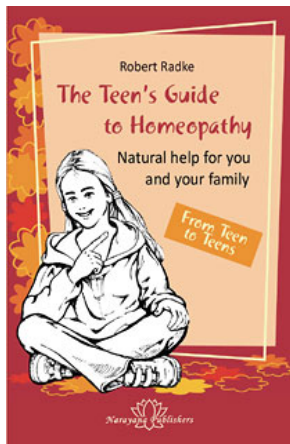
Phosphorus, to light a match. *Phosphorus*, to illuminate the brain.

When we learn maths in school, it usually takes some time until most of us have fully understood how to deal with these arithmetic problems. Also at home, we try to figure out how to solve the problem and ransack our brains over it. For those whose weakness lies in mathematics, there is a helpful remedy. If you can't deal with mathematical problems you can take

Syphilinum 200C

once in a while, for instance every six months. After a time you'll find that mathematical problems can be solved after all.





Robert Radke

[The Teen's Guide to Homeopathy](#)

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