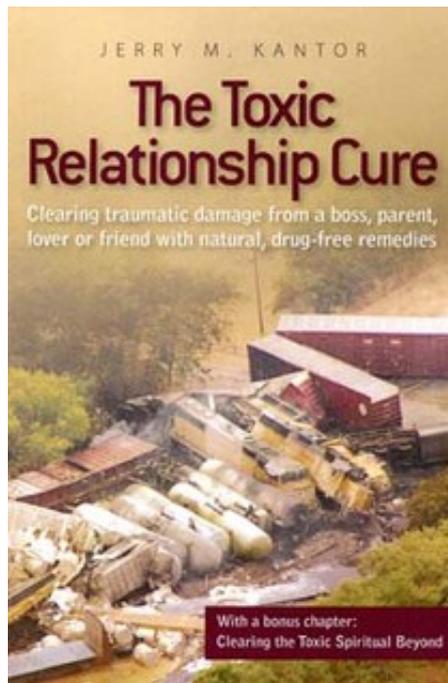


Jerry M. Kantor

The Toxic Relationship Cure

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[The Toxic Relationship Cure](#)
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INTRODUCTION

NATURAL MEDICINE FOR TOXIC RELATIONSHIPS

A toxic relationship is injurious because it erodes an individual's dignity, undermines his confidence, and warps his personality. Whether incurred instantaneously or incrementally, its resulting distress can fester throughout a lifetime. When the wound of psychic trauma inflames, what can one do? Psychotherapy, counseling, or psychiatric drugs are the well-travelled paths in our society.

In addressing relationship trauma in my health care practice of over three decades, what I have found to be the most effective and transformative method is a form of natural medicine called homeopathy. Part of the national health care system in many countries, homeopathy is the second most widely practiced form of health care in the world according to the World Health Organization. In the US it is recognized by the FDA as a form of medicine on a par with conventional drugs, albeit not as well known. This book aims to remedy that gap, at least when it comes to homeopathy's power to heal emotional and spiritual suffering.

The Toxic Relationship Cure provides insights into homeopathy's method of resolving trauma from toxic relationships, illustrated with vivid stories of fictional characters based on my clients who have been healed with homeopathic medicines. A bonus chapter, *Clearing the Toxic Beyond*, illuminates homeopathy's effectiveness in treating spiritual crises,¹ a source of suffering for which conventional medicine offers no cure.

HOW HOMEOPATHY HEALS BOTH ABUSER AND ABUSED

When declaring, "Whoever fights monsters should see to it that in the process he does not become a monster," the nineteenth century philosopher Friedrich

1 Situations generally issuing from overwhelming grief. As a result, one individual feels himself rejected by God; another, abandoned by God. Via psychotic breakdown yet another individual hears voices or encounters specters.

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The Toxic Relationship Cure

Nietzsche was prescient. He had recognized the common human tendency to identify with the oppressor in which someone who is repeatedly abused defends himself emotionally by an implosive phenomenon now known as "Stockholm syndrome"² or traumatic bonding.

In the pages that follow, variations on Stockholm syndrome occasionally appear. We discover how the denigrating or accusatory perspective of a boss, family member, lover or friend can worm its way into the mind of its target. Newly adopted as one's own, this venomous mindset timeshares with its opposite number: a guilt-based mindset more conventionally associated with victimization. This includes reactions such as depression, anxiety, poor self-esteem, and even fatigue, because the tension between these opposite mindsets drains the person's energy. Continuous tension between a polarity's opposite tendencies of bully and chicken fuel not only emotional distress, but physical and mental ailments as well.

ANTIDOTING RELATIONSHIP VENOM WITH HOMEOPATHIC "ANTIVENOM"

In this book we will use the metaphor of toxic relationship trauma as "venom", and homeopathic medicines as "antivenom" comparable to that used to protect against snakebites. Here, the venom of a poisonous snake is collected and injected into a large mammal, such as a horse, in a nonlethal amount. To combat the venom's toxicity, the horse's immune system produces antibodies. These are harvested from the horse's blood serum in order to produce the antivenom administered to a human bitten by the same snake.

Homeopathy bypasses the middleman, in this case the middle horse. Homeopathic medicines can be prepared from a dilution of the same snake venom and directly administered to an individual suffering from symptoms closely akin to those caused by the snakebite.³ This method can be applied literally (in the case of an actual poisoning or toxic reaction): for example, the homeopathic medicine

² Stockholm syndrome is named after a hostage situation in Stockholm in 1973, in which four bank employees bonded with their captors, sided with them against police, and defended them later in court. Psychologists believe that this tendency to identify with someone who is actually abusive, threatening or dangerous is a coping mechanism in a situation when the victim cannot escape.

³ Notice that we have said "akin to," and not "identical to." This is because the practice of homeopathy requires *similarity* as opposed to *duplication*. When the principle relies on "identity" rather than "similarity" such as in treatment of an actual snakebite with the same snake's toxin, such treatment goes by another name, *tautopathy*.

Introduction

Rhus Tox, which works so quickly and effectively to quell the itching of poison ivy, is made from a homeopathic dilution of the poison ivy plant.

The dilution process makes the medicines safe. They are diluted to such an extent that according to the laws of conventional chemistry, there should be no molecules of the starting substance in the dilution; cutting-edge research in the realm of ultra-dilution physics has demonstrated that in fact there are molecules even in highly diluted homeopathic remedies.

So how can they possibly be effective if they are so dilute? Information from the medicinal substance is stored in the water by creating formations like ice crystals or snowflakes, the shape of each one determined by the starting substance. The resulting formations store medicinal information, somewhat like the new nanotechnology computer chips that store information in tiny compounds only one molecule wide.⁴

While antivenom for snake bites only works when made from the specific venom, homeopathic medicines have a much broader sphere of action. A homeopathic medicine can be used for any condition similar to one that the full-strength starting substance could create. This is called the Law of Similars and so long as homeopathic medicines are prescribed following this law, the Food and Drug Administration considers them drugs with greater official standing than nutritional supplements and herbs.

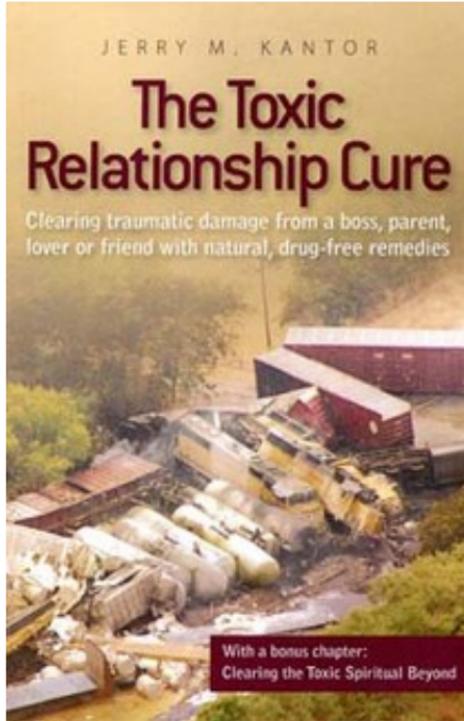
"Use like to cure like," the famous Law of Similars, may be restated:

In the appropriate situation, illness or disease symptoms are effectively addressed by a substance whose normal toxic effect is to produce equivalent similar symptoms.

The Law of Similars does not belong exclusively to homeopaths. Vaccines capitalize on the idea of using one pathogen to provoke host immunity to another similar pathogen. Inoculation differs from homeopathy in that vaccines contain a greater amount of the original pathogenic substance. Also, as opposed to homeopathy's customized method, vaccines use a one-size-fits-all approach.

Pediatricians invoke an untoward version of the Law of Similars when treating hyperactive children with the amphetamine-like drug Ritalin or methylphenidate. At least in the short run, Ritalin's stimulant action produces the paradoxical effect of moderating hyperactive behavior. This is due to the drug's being an agonist, a biochemical enabling agent. Ritalin's binding to opiate receptors allows

⁴ The original research in chemistry and physics documenting this phenomenon is difficult for the layperson to follow, however it is well summarized by Dana Ullman in his Huffington Post articles on research about homeopathy. New studies are coming out almost monthly and Ullman's posts stay current with the latest ones.



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[The Toxic Relationship Cure](#)

Clearing traumatic damage from a boss, parent, lover or friend with natural, drug-free remedies

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