Louis Klein

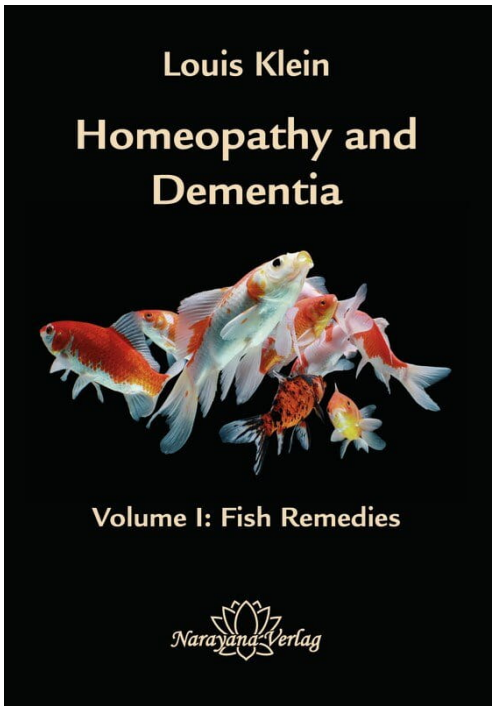
Homeopathy and Dementia

Leseprobe

Homeopathy and Dementia

von Louis Klein

Herausgeber: Narayana Verlag



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CONTENTS

PREFACE AND ACKNOWLEDGEMENTS VIII

Section 1 Introduction 1

The Homeopathic Approach to Alzheimer's Disease and Dementia 2
Fish Homeopathy Remedies 7
Fish Symbolism 36

Section 2 Fish Materia Medica 43

Acipenser transmontanus, White sturgeon 45
Acipenser sturio ex oviis, Sturgeon caviar 57
Amphiprion percula, Blackfinned clownfish 61
Arripis trutta, New Zealand Kahawai 72
Barbae cyprinae ova (also known as Barbus barbus), Roe of river barbel 80
Carassius auratus, Red cap veiltail goldfish 85
Carcharodon carcharias, Great white shark 104
Chelmon rostratus, Copperband butterflyfish 113
Clupea harengus, Atlantic herring 117
Cyprinus carpio, Carp 131
Danio rerio, Zebrafish 144
Electrophorus electricus, Electric Eel 152
Erythrinus, Red wolf fish 159
Esox lucius, Pike 170

GADUS – The Atlantic Cod Remedies,
Both Gadus morhua and Oleum jecoris 176
Oleum jecoris aselli 178
Gadus morhua 192
Galeocerdo cuvier hepar, Tiger shark liver 200
Hippocampus kuda, Spotted seahorse 212
Hirundichthys rondeletii, Blackwing flying fish 235
Ictalurus punctatus, Channel catfish 242
Lepomis gibbosus, Pumpkinseed sunfish 246
Muraena melanotis, Honeycomb moray eel 273
Oncorhynchus tshawytscha, Pacific salmon 284
Oreochromis niloticus, Nile tilapia 303
Ostracion cubicus, Yellow boxfish 310
Paracanthurus hepatus, Blue tang 338
Pleuronectes platessa, European plaice 357
Poecilia reticulata, Guppy 368
Pterophyllum scalare, Freshwater angelfish 379
Pyrarara (Phractocephalus hemioliopterus), Redtail catfish 385
Salmo trutta fario, Brown trout 394
Sarpa salpa, Salema porgy 401
Scorpaena scrofa, Scorpionfish 404
Sebastes norvegicus, Rosefish 414
Serum anguillae (Ichthyotoxinum), Serum from common/freshwater eel 421
Silurus glanis, Wels catfish 430
Sphyraena barracuda, Great barracuda 438
Synanceia horrida, Estuarine stonefish 442
Synanceia verrucosa, Reef stonefish 444
Thunnus albacares, Yellowfin tuna 446
Trachinus (Trachinus draco and Trachinus vipera),
Greater and lesser weever fish 487
Urolophus (Urobatis) halleri, Haller's round ray 498

Section 3 Grouping the Fish Remedies 511

Indications from Scientific Classification 512
Carp Group 515
Catfish Group 518
Salmon Group 520
Scorpionfish Group 522
Shark Group 523
Sturgeon Group 526
Grouping Based on the Fish and Their Habitat 528

Section 4 Overview of Dementia and Alzheimer's Disease 533

INDEX 566

Remedy Index 566
Subject Index 571
Appendix 581

About the Author 584
List of Illustrations 585

The Homeopathic Approach to Alzheimer's Disease and Dementia

Towards the latter part of my homeopathic practice, I started to see an alarming increase in the number of new patients with brain pathology and cognitive decline. As well, many patients feared the fate of ending up like their relatives with Alzheimer's disease with no effective conventional treatment.

This prompted a project on the homeopathic treatment of patients with cognitive problems, Alzheimer's and dementia, even though the books I have previously written have always been through the perspective of homeopathic classifications and not disease categories. It has, therefore, been a challenge for me to write a book based on a diagnostic category. However, each case is prescribed on its individual features and certainly the treatment of someone with Alzheimer's disease or dementia still requires careful individualization. The book strongly imparts that.

Here, in Volume 1, I talk about my discovery of connections between fish homeopathic remedies and Alzheimer's disease as well as all the other clinical information on remedies in other kingdoms. I also incorporate the subsequent research I have done, both conventional and homeopathic, so it may be used by homeopathic clinicians.

Homeopaths developed not only a wondrous method of utilizing a general universal principle of 'similar cures similar', but also a method of actually understanding and perceiving if a patient is getting better in an overall fashion. The question we ask in every case is "Are we contributing to the long term health of a patient or not?" This question is not really asked very much in allopathic methods, which treat pathology without regard to the impact the treatment has on the whole body except for immediate and gross 'side effects' (which are really 'effects') of the treatment or medication.

In fact, homeopathy developed 'laws of cure' first elucidated by Constantine Hering (1800–1880). Hahnemann's writings in *The Chronic Diseases, their Peculiar Nature and their Homeopathic Cure* is the basis for Hering's Laws of Cure:

1. Improvement in pain takes place from above downwards.
2. Improvement in disease takes place from within outwards.
3. The most important organs being first relieved.
4. The affection passes off in the order in which the organs had been affected.

More intricate determinations and research have been proposed by Vithoulkas, Vijayakar and other modern homeopaths.

But one thing is certain, the brain is the most vital of all organs and, as such, the fact that we are seeing such widespread brain pathologies like dementias is saying that the general state of health of the human race has declined dramatically. I feel some urgency in addressing this.

Kent describes how the mind is innermost and closest to the energetic level: 'simple substances' he calls it or the 'vital force', on which homeopathy is postulated to work. A homeopathic interview and analysis will include details of the physical diagnosis of the patient, but, most importantly, the individual mind and disposition. This is through much questioning and perception about the patient's state of mind. Finding their individual mind symptoms and characteristics means unravelling the unconscious or instinctual responses. There are a number of applied techniques or approaches used to do this in modern homeopathic case taking methods.

We know that the remedy has sparked a change when there is a significant shift in the most interior part of the body – the mind. Hahnemann and then James Tyler Kent, in his book, *Lectures on Homeopathic Philosophy* always emphasized this:

> Another general remark needs to be made, namely, that we should know by the symptoms if the changes occurring are sufficiently interior. If the changes that are occurring are exterior, the physician must be acquainted with the meaning of them, so that he will know by that whether the disease is being healed from the innermost or whether the symptoms have merely changed according to their superficial nature.

All well and good. But in the case of a patient with the later stages of dementia, like Stage 6 or 7 Alzheimer's (outlined in subsequent chapters), these types of changes are not apparent since the patient does not even seem capable of relating their mind state effectively. So what to do? How do you clinically maneuver this state to bring about changes and track the change? It is even more difficult because in some cases the manifest mental symptoms of the patient are caused by a severe scarring organic pathology, which I will describe subsequently.

Importantly, clinical patience in the later stages is needed with a target of significant positive change. And this is difficult in the climate of allopathic medicine and general social promotion where something medical is considered to work only when there is a dramatic instantaneous chemical change. This goes back to the underlying philosophy of allopathy, which is to instigate specific bodily change without addressing the real underlying causative factors or the whole person.

In homeopathy, we attempt something different. We also recognize, even in the case of severe physical pathology, that the underlying nature of the disease is still energetic.

In this book, I will give some guidance in the area of case management and follow-up even in this difficult and complex situation. The goal is always the restoration of health and of course, more brain resiliency.

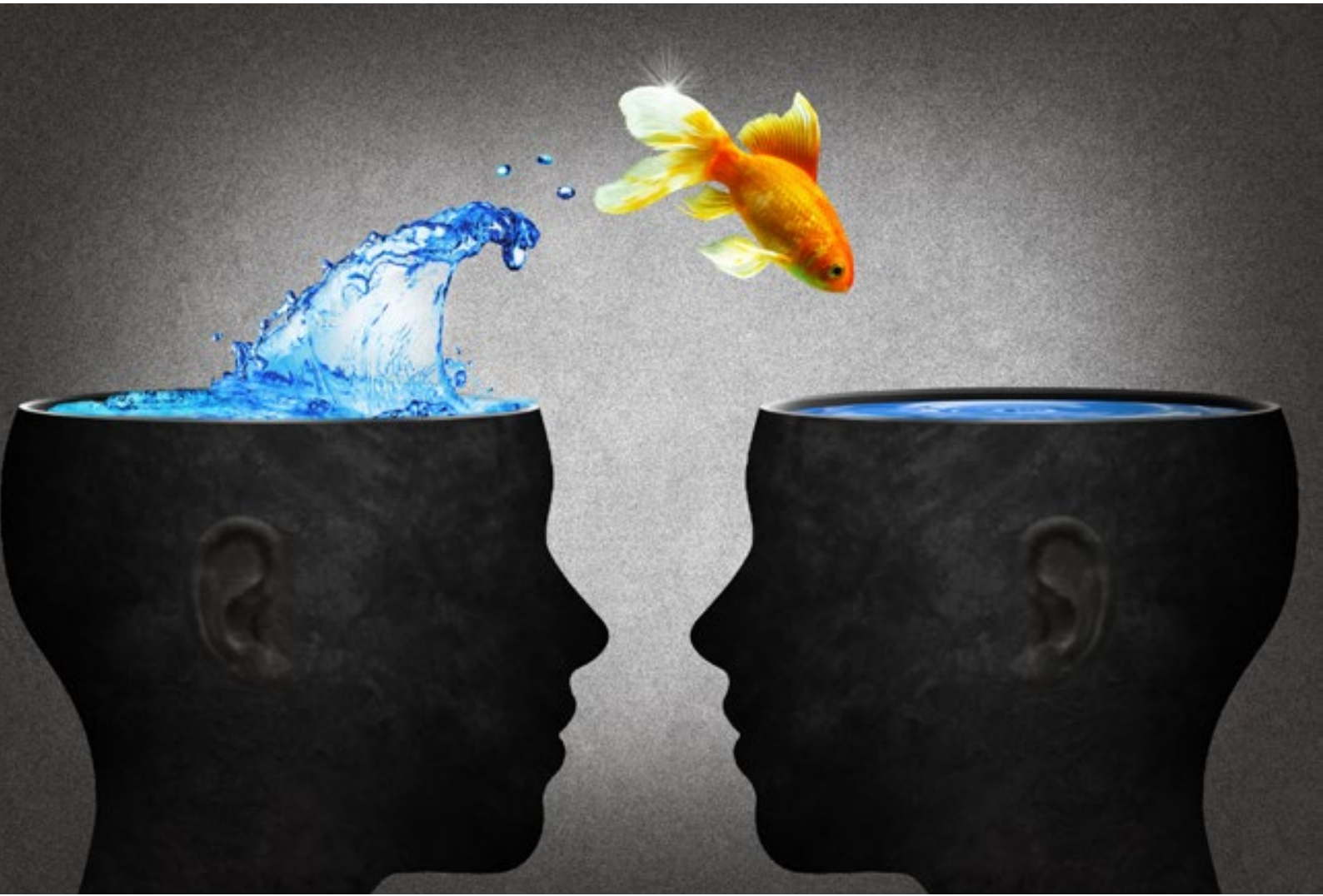
Intrinsic versus immediate causative factors

Intrinsic and immediate causative factors can determine the type of homeopathic remedy and treatment to choose.

What I mean by intrinsic is that the onset can be traced back many years. The development and symptoms of the pathology is slow, long term, and you can see by the history that there were indications of the remedy even *many* years prior to the more recent change of state and pathological manifestations. But there can also be a trigger that prompts an even faster decline.

Immediate causative factors

There is also a situation where there is clearly an emotional or physical trauma leading to an almost immediate decline (within days to a few weeks). This emotional trauma can be simply a significant social change. So for example, an elderly patient who is put into a care home and feels isolated may have a very profound reaction. This issue of isolating the elderly has increased with the 'lock down' strategy towards care facilities and isolation of those considered at high risk for contracting viruses and other infectious diseases. In Volume 2 of this series of books, I'll discuss remedies for these factors that create an immediate change of state.



Volume 1

This volume is primarily a materia medica of homeopathic fish remedies. It also gives an introduction to conditions of cognitive decline and both the homeopathic and conventional perspectives of Alzheimer's disease, dementias, and other deep brain/neurological conditions involving cognitive decline.

With fish remedies, there is an underlying *intrinsic* long term development of the pathology and remedy state. Even in the early phases of the provings of fish remedies and in healthier patients needing a fish remedy, there is a 'dementia quality' to the early symptoms. Some provers of fish remedies even said that they felt as if they had Alzheimer's.

In fish remedies, the nervous system and the brain, including mental understanding and expression, is affected in the beginning and slowly gains more pathological relevance and limitation. This will become clearer when I discuss the general themes and symptoms of fish remedies as well as each specific fish remedy. In the following chapters, I give the reasoning behind using this group of remedies for patients with Alzheimer's disease and dementia as well as the clinical indications.

Although there is much causative and situational information in the commentaries, they are part of this extended process of the development of the remedy state. It is part of a longer continuum. The patient's intrinsic character contributes much to the picture for homeopathic prescribing. The lifetime of the patient and the history has to be taken into careful consideration. This history is gathered from family, caregivers and, in the earlier stages, the patient themselves. In later stages, it is only the family that can provide the information.

Volume 2

In Volume 2 of this series, other remedies for Alzheimer's and dementia from all the kingdoms, besides fish remedies, will be explored. There are homeopathic remedies from the Plant kingdom, Fungi kingdom, Mineral kingdom, Animal kingdom (other than fish), as well as Imponderable remedies that are known to have a good impact with patients who have severe cognitive problems.

I have taught, and have much clinical experience to conclude, that plant remedies are good for 'wounds', not only physical but also mental and emotional. These wounds create a more immediate change of state.

I will give an example here. We know that, even in general herbal usage, *Ginkgo biloba* is a good remedy for memory issues. There have been two homeopathic provings of this remedy – in 1987 and 2000:

> Schadde A, *Ginkgo biloba, die homoopatische Prüfung*, Muller & Steinicke (Muenchen), 2000.
>
> Swoboda F, *Proving of Ginkgo biloba*, 1987.

In the homeopathic provings of *Ginkgo*, the poor memory and concentration issues, confusion, and even stupefaction were temporarily very extreme, thus this is an important

aspect. There are a tremendous number of symptoms and rubrics of mental weakness, mistakes in talking and writing, confusion, vanishing of thoughts, and memory loss garnered from the proving and confirmed in clinical experience.

Yet, homeopathy is much broader than just a limited number of indications when it comes to developing understanding and thereby individualizing and matching a remedy to the patient. In the proving, there is an additional important aspect that fits with the trauma faced by an elderly patient who is put into a full care facility, thus isolated and alone. Remarkably, for *Ginkgo*, there were many symptom rubrics in the proving that were predictive of the decline seen from this type of trauma:

Delusion he or she is neglected
Delusion separated from the world
Dependent, at the mercy of others
Sadness with weariness
Morose, morning on rising

Thereby, *Ginkgo biloba* has proven to be an important remedy for patients who were clear minded and happy, but when put in this isolating situation suffer sudden dementia with memory loss, confusion, weakness, moroseness, and depression. Clinically, I have seen homeopathic *Ginkgo biloba* trigger a wonderful return to health – their joy for life returns and their memory and concentration is restored.

This is more of a representation of an immediate causative situation. Therefore, this plant and others are good for circumstantial immediate 'wounds' like this one. I will be discussing this remedy and other plant remedies at length in Volume 2.

Also in Volume 2, I will be exploring many of the environmental factors for cognitive decline. In the modus of 'similar curing similar', I discuss remedy solutions, such as homeopathic remedies energetically potentized from toxic metals such as aluminum, mercury, and other environmental toxic elements. Homeopathic preparations of pharmaceuticals and anaesthetics made from inert gases indicated for mental decline following surgery will also be discussed.

I enthusiastically start, though, in Volume 1, with an introduction to the homeopathic treatment of various brain problems, especially Alzheimer's disease, with solutions based on fish remedies.

Fish Homeopathy Remedies

Discovery of Fish Remedies in General

This book's materia medica focus is fish homeopathic remedies. I am going to discuss both how I discovered their importance including their relationship to dementia and also their standing as a unique class of remedies in our materia medica. This chapter goes through my historical discovery of their use and an overview of materia medica fish themes. Individual fish remedies, including how to distinguish their individual homeopathic indications is discussed in further chapters.

There are now quite a few sea remedies in homeopathy. Interestingly, the only animal kingdom remedy that Hahnemann proved was sepia ink, coincidentally a sea remedy. But there is a difference between fish remedies and remedies made from sea mollusca like *Sepia* or *Murex* in our historic materia medica. Notwithstanding, there were a few fish remedies in the classical homeopathic texts.

I first published a chapter about fish in 2003 (19 years ago) where I discussed my clinical experience with *Oleum jecoris* (oil of cod) in the book *Clinical Focus Guide to Homeopathic Remedies*. This discussion came on the heels of a proving of salmon (*Oncorhynchus tshawytscha*) by Jeremy Sherr. I had utilized *Oleum jecoris* for various clinical problems such as coughs or even obstructive pulmonary disease where there is abundant mucus with a thick rattling cough and also fibromyalgia where the disposition agreed. With successful prescriptions and observation of the disposition, general and mental state beyond the few repertory rubrics, I came to an insight into this remedy and also an early insight into fish remedies in general.

In *Oleum jecoris* there is an additional fish remedy aspect having to do with the fact that it was rendered into an oil (oleum). I have divided the chapter on cod into *Oleum jecoris*, made from cod liver oil, and *Gadus morhua*, made from bone of cod. In general, many fish are oily and fish oil is commonly used as a supplement and therapeutic agent and the oil aspect can also be seen in fish remedies in general.

Describing the dispositional state of *Oleum jecoris*, I wrote in the book:

> The main characteristic of this patient is that they, in spite of being full of light and virtue, invite in unwanted influences and then suffer, particularly materially, as a result of this. In spite of this, these individuals are usually hard-working and creative (the tubercular quality). Like other fish remedies there is a quite ambitious quality and even high sexuality.

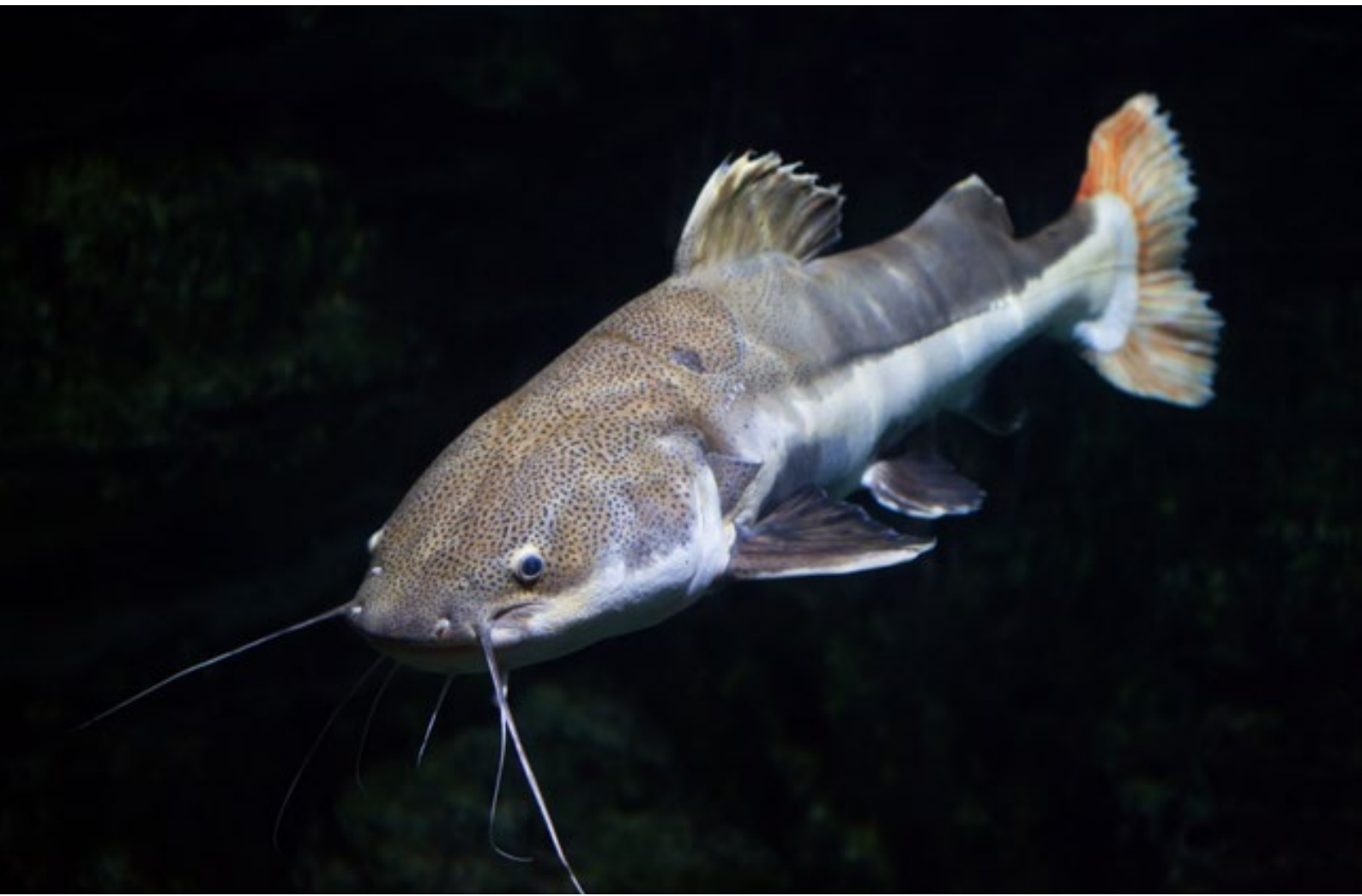
They are pathologically affable and generous in the right circumstance. They attract individuals who have strong personalities, even with criminal tendencies, either as a business partner or as an intimate partner or spouse. They perceive themselves as small.

I put this remedy in a broad category of what I called soft-sided remedies. Meaning that they experienced a kind of vulnerability and could easily feel exposed.

Oleum jecoris patients are altruistic and have a great desire for a partnership or other people around them to function in a safe and effective manner. This vulnerability makes them feel quite sensitive to any kind of insult or attack. At the same time, a patient who needs a fish remedy can feel easily ripped off and intensely resentful which can be hard to express to the individual who has taken advantage of them.

As time went on I became clinically more familiar with many different fish remedies. There are some general themes similar to many of the themes of *Oleum jecoris* as well as differences between the fish remedies. These differences are usually a reflection of how the fish function and socialize in their environment.

For example, the Atlantic cod (from which the remedy *Oleum jecoris* is made) are "a shoaling species and move in large, size-structured aggregations" [Wikipedia]. *Oleum jecoris* is also in the rubric "Affable" which means 'easy to talk to'. But the word affable also has another connotation which describes someone who is pleasant and easy to get along with. After some time, I discovered many of these tendencies are found in fish remedies generally.



Over the years I've prescribed quite a few different fish remedies and come to a substantial understanding which corroborated the original understanding I had of the disposition seen in *Oleum jecoris* patients. *Oleum jecoris* has a strong focus on business, yet not all fish remedies have this focus. In *Oleum jecoris* there is a combination of both materialism and altruism. And you may hear a version of this story: At one time they had a thriving business but then the partner they invited in took it away from them. In other fish remedies the focus is not so much on business but we do see the themes of losing something valuable, or losing out, with affability as well as loss of personal identity.

There are some similarities with the remedy made from salmon (in the Salmonidae) and *Gadus morhua*, the codfish, and *Oleum jecoris*, the oil from its liver. But the big difference in the natural history of these fish is that salmon are anadromous which means they are born in fresh water, migrate to the salt water in the ocean and then return to spawn in fresh water. They go upstream to the place they were born. This is reflected in the homeopathic proving symptoms and my clinical experience. Many of the symptoms are about going home, going back to childhood and mother – going back in utero. I find that *Oncorhynchus tshawytscha* is a very good remedy for someone embroiled for years in therapy, trying to find the source of their problems within their recollections of the group or family. The concepts of circling back and circles is quite strong for *Oncorhynchus tshawytscha* and this can also be a general theme of fish remedies.

As time went on, a number of other fish were proven and with my interest in fish remedies I made more connections and used a varied assortment of fish remedies. For example, the remedy *Erythrinus* (the red wolf fish) was proven by Joy Lucas in 2008 even though it was already in the classical homeopathic literature. The proving of herring, *Clupea harengus*, was done by the British School of Homeopathy. They are both very comprehensive provings of fish remedies and provide an enormous amount of clinical information.

More recently, I personally did provings and encouraged my students and colleagues to do more provings of fish remedies. *Paracanthurus hepatus* (blue tang), *Lepomis gibbosus* (sunfish), and *Thunnus albacares* (yellowfin tuna) were proven by myself along with others, and some separately, by graduates of the Homeopathic Master Clinician Course and Great Lakes Proving Group. In the sunfish proving one of the provers discussed teamwork as an important aspect and, like the expansion of all bodies of knowledge, including homeopathy, teamwork is an essential part. As time went on, I was able to get other proving information from Doug Brown, Olga Fatula, Heike Dahl and Paul Theriault and more. Much appreciation is extended to all who led and participated in provings and provided such good information.

[Adapted from an article by Louis Klein in the New Homeopath, journal of the UK Society of Homeopaths]

INDEX

Remedy Index

A

Abrotanum 318
Absinthium 359
Acanthus genus remedies 350
Acipenseridae 294
Acipenser sturio ex oviis 50, 53, 57-60, 84, 350, 513, 526, 530
Acipenser transmontanus 15, 22, 45-56, 59-60, 350, 513, 526, 530
Acne 79
Acridotheres tristis 225
Actinide remedies 161, 166, 548
Actinide (Uranium series) remedies 49, 77
Agaricus 150, 428
Ailanthus 428
Alcoholus 112, 557
Algae 102
Algae remedies 143, 420
Alligator Mississippiensis 175
Alumina 11
Americium nitricum 53, 161, 166
Ammonium phosphoricum 308
Ammoniums 116
Amniotic fluid 21
Amphiprion 402
Amphiprion ocellaris 513
Amphiprion percula 61-71, 529
Anacardium orientale 209
Androctonus 405, 408, 413
Angustura vera 50
Anthopleura xanthogrammica 66
Antimonium arsenicosum 399
Antimonium tartaricum 225
Apocynum cannabinum 428
Aqua marina 16, 216
Arripis trutta 72-79, 513, 520, 529
Arsenicum 139, 162
Arsenicum album 116, 420, 428
Asafoetida 392
Asarum europaeum 225
Aurum metallicum 112, 209

B

Bacillinum 160, 178, 182, 184-185, 189, 355
Barbae cyprinae ova 80-84, 513, 531
Barbus barbus. *See* Barbae cyprinae ova
Baryta carbonica 225, 365
Baryta carbonicum 67, 71
Baryta muriaticum 16
Barytas 189
Baryta salts 546
Belladonna 209, 493
Beryllium 365
Beryllium muriaticum 71
Boron 79
Borrelia burgdorferi 126
Borrelia burgdorferi Nosode 276, 279
Bothrops atrox 277
Botulinum 408, 413
Brain sarcodes 102
Brassicaceae 116
Bromium 16, 134, 150, 181
Bromiums 189
Bromium salts 134
Brucellosis 53
Bryophyta 102
Bryophyta (moss) remedies 59
Bufo 434

Buthus Australis 413
Butterflies 116
Butterfly remedies 68

C

Cadmium carbonicum 102
Calcarea carbonica 399
Calcarea carbonicum 25, 71, 189, 365
Calcarea fluorica 491
Calcarea phosphoricum 66, 381
Californium nitricum 548
Candida albicans 99, 143
Carassius auratus 15, 20, 85-103, 122, 126, 133-134, 148, 513, 515, 529
Carbo fullerenum 507
Carbonicum remedies 25
Carcharodon carcharias 104-112, 205, 209, 513, 523-524, 529
Carcinosin 67, 71, 90, 96, 102, 122, 140, 143
Causticum 116
Cerium 241
Cerium metallicum 238, 451
Chelmon rostratus 113-116, 513, 529
China 318
Chlamydia Nosode 366
Chlamydia trachomatis 294, 360, 365
Chocolate 294
Cholera nosode 84
Cicuta virosa 143
Ciguatera toxin 350
Cladoselache 112, 209
Clupea harengus 9, 117-130, 513, 530
Coccus cacti 399
Codeinum phosphoricum 245
Coriandrum sativum 448
Crataegus oxyacantha 428
Culex 399
Cuprum aceticum 189
Cuprum metallicum 116, 136, 175, 552
Curium nitricum 112
Cygnus (swan) remedies 294
Cyprinidae family 84
Cyprinus carpio 102, 131-143, 154, 305, 308, 513, 515, 531, 552

D

Danio rerio 144-151, 513, 515, 529
Dendroaspis 389
Dendroaspis polylepis 175
Digitalis 428

E

Electricitas 112, 154, 158
Electrophorus electricus 152-158, 513, 529
Erbium 507
Erbium carbonicum 507
Erbium muriaticum 507
Erythrinus 9, 14, 159-169, 513, 530
Esox lucius 170-175, 513, 529
Europium 53
Europium metallicum 47-48

F

Ferrum series remedies 552
Filariasis 426
Flavus 137, 139, 143
Fluoric acid 365
Fluoricum acidum 375
Fluorine salts 375
Folliculinum 60
Fucus vesiculosus 308
Fungi 71
Fungi remedies 88, 150

G

Gadus (Atlantic cod) 176-199
Gadus morhua 7, 9, 134, 176-181, 183-199, 308, 514, 530
Galeocerdo cuvier 529
Galeocerdo cuvier hepar 13, 47, 90, 108, 112, 175, 200-211, 428, 513, 523-525
Gallium metallicum 365
Gelsemium 182
Germanium 175, 294
Ginkgo biloba 5-6, 203
Gold series remedies 552
Graphites 79, 143, 189, 318, 384, 413
Gymnura natalensis 507, 531

H

Helicobacter pylori 139, 143, 552
Helleborus niger 258
Helodrilus caliginosus 449
Hemipristis serra 112, 209
Hepar sulphur 463
Herpes 78
Herpes nosodes 79, 241
Hippocampus kuda 212-234, 514, 529
Hirundichthys rondeletii 235-241, 450, 514, 529
Hydrocyanicum acidum 418, 420, 428

Hydrogen 294, 417
Hyoscyamus 158, 365, 398-399

I

Ictalurus punctatus 242-245, 433, 436, 514, 518, 530
Ignatia 294
Ignis 112
Ignis alcoholis 557
Imponderable remedies 154, 158, 239
Insect remedies 143
Iodium 16, 181
Iodiums 189
Iodium salts 209

J

Johneinum 146-147, 150, 350, 365
Johneinum nosode 169

K

Kali bichromium 413
Kali bromatum 147, 150
Kalmia latifolia 126
Krypton 258

L

Lac caprinum 166
Lac delphinum 350
Lac equinum 294
Lac felinum 370, 375
Lac leoninum 112
Lac lupinum 48, 112, 166
Lacticum acidum 102
Lacticum remedies 102
Lamphrohiza splendidula 158
Lanthanides 158
Lanthanum carbonicum 225
Lathyrus sativus 150
Lecithin 189
Lepomis 102
Lepomis gibbosus 9, 65, 246-272, 371, 402, 514, 530
Leprominium 390
Leprominium Nosode 520
Leprosy nosode 245
Leptospirosis 384
Leptospirosis interrogans 116
Lilium tigrinum 384
Lithium salts 158
Loxosceles reclusa 449
Lyssin 417, 493, 496

M

Magnesium carbonicum 181
Malaria nosode 318, 350
Malaria Nosode 319
Manganum 552
Manganums 79
Matridonal remedies 60, 318
Medorrhinum 112, 189, 209, 225, 294, 372-373, 507
Medusa 504, 507
Meningococcinum 276, 279
Mercuries 112, 209
Mercurius 162
Mercurius praecipitatus albus 84
Mercurius salts 166
Migraines 275
Mollusca 60
Morbillinum 454
Morphinum 492
Muraena melanotis 273-283, 514, 531
Murex 7
Muriaticum 15-16, 181, 219
Muriaticums 189
Mycobacteriaceae 143
Mycobacteriaceae Nosodes 143
Mycoplasma pneumoniae 287, 294

N

Najas 209
Natrum muriaticum 33, 102, 189, 424, 504, 507
Natrum sulphuricum 308
Neon 116, 294, 420
Neptunium 31, 139
Neptunium muriaticum 79, 161, 166, 384
Nitrogen 139
Nitrogen remedies 143
Noble gases 350
Nux vomica 14, 241, 294

O

Oleum animale 139, 517
Oleum animalis 189
Oleum jecoris 7-9, 50, 53, 134, 139, 176-199, 291, 294, 308, 345, 359, 362, 397, 453-454, 495, 514, 517, 530, 552
Oleum jecoris aselli. *See* Oleum jecoris
Oncorhynchus 77
Oncorhynchus tshawytscha 7, 9, 47, 53, 175, 181, 189, 284-302, 396-397, 424, 514, 520, 529
Oophorinum 60

Opium 375
Orchid remedies 82, 98, 147, 375
Orcinus orca 47
Oreochromis niloticus 303-309, 514, 530
Ostracion cubicus 310-327, 329-331, 333, 335-337, 514, 530
Ovi gallinae pellicula 60
Oxygenium 436, 519
Oxygen remedies 245
Oxytocin 53, 60

P

Palladium 346
Palladium metallicum 350
Panthera 112
Paracanthurus 102
Paracanthurus hepatus 9, 11, 53, 84, 258, 316, 338-340, 342-345, 347-349, 351-354, 356, 514, 530
Parkinson's remedies 552
Petroleum 139, 189
Phosphorus 71, 126, 189
Pinus sylvestris 143
Pistachio 552
Pistachio remedies 143
Pituitaria glandula 50
Pituitarium anterior 50, 53
Pituitary anterior 382
Pituitary posterior 382
Platina 241, 313
Pleuronectes platessa 357-367, 514, 531
Plumbum 143
Poaceae 116
Poecilia reticulata 368-378, 514, 530
Polio nosode 175
Psorinum 188, 413
Pterophyllum scalare 379-384, 514, 530
Pulsatilla 392
Pulsatilla niger 71
Pyrarara 244, 385-393, 433-434, 436, 514, 518-519, 530

R

Radon 112
Ringworm nosode 189, 225
Ruta graveolens 100

S

Salmo trutta fario 394-400, 514, 520, 529
Sarpa salpa 401-403, 514, 529
Scopolamine 407
Scorpaena scrofa 404-413, 420, 443, 445, 514, 522, 530
Sea anemones 71
Sebastes norvegicus 414-420, 514, 522, 529
Selenium 390, 436
Sepia 7, 25, 33, 215, 225, 502, 504, 507
Serum anguillae 275, 277, 279, 421-429, 514, 529
Shark remedies 523
Silica 71, 181, 189
Silurus glanis 244, 430-437, 514, 518, 530
Smart meter 239
Snake venoms 279
Sol 225
Solanaceae 209, 496
Solanaceae remedies 493
Sphyraena barracuda 438-441, 514, 529
Stage 3 remedies 11
Stage 7 remedies 79
Stage 8 remedies 413
Stage 10 remedies 279
Stage 12 remedies 102, 548
Stage 14 remedies 175, 507
Stage 16 remedies 390
Stage 17 remedies 279
Stage 18 remedies 20
Stannum 507
Stannum carbonicum 507
Staphysagria 406
Sting Ray. *See* Urolophus halleri
Stramonium 209
Streptococcinum 166
Sulphur 153, 389-390, 436, 519
Sulphur salts 245
Sycotic compound 275, 279
Sycotic remedies 308
Synanceia horrida 442-443, 514, 530
Synanceia verrucosa 413, 444-445, 514, 522, 530
Syphilinum 166, 169, 276, 279, 390

T

Tabacum 121, 126
Tantalum 454
Tarentula hispanica 388
Technetium 79
Tela aranea 71
Tellurium 217, 390, 436
Tellurium salts 225
Tetanus nosode 413
Thallium metallicum 366
Thorium 454

Thuja 123, 307-308, 383-384
Thunnus albacares 9, 239, 241, 446-486, 514, 529
Trachinus 402, 413, 514, 530
  Trachinus draco 487-497
  Trachinus viper 490-491
  Trachinus vipera 488-489, 493-497
Trachinus draco. *See* Trachinus
Trachinus vipera. *See* Trachinus
Tubercular nosodes 143
Tubercular remedies 150
Tuberculinum 189, 294
Tuberculinum marmorek 189
Tungsten 462

U

Umbilical cord 53
Umbilicus humanus 318
Uranium series 209
Uranium series remedies 49, 77, 112
Urobatis halleri. *See* Urolophus halleri
Urolophus halleri 372, 498-508, 513, 531
Ursus bears 112, 209
Uterus 21

V

Vanilla planifolia 102, 372, 448
Veratrum album 384
Veratrums 496
Veratrum viride 492
Vipera 370-371, 375, 423, 426, 429, 495
Vipera aspis 375
Viral nosodes 71
Viscum album 406

X

Xenon 420
Xiphophorus maculatus 375

Y

Yeasts remedies 143

Z

Zincum metallicum 548
Zincum salts 548
Zingiber officinale 428
Zirconium 238, 241, 454

Subject Index

A

Abscesses 175, 185, 188, 190, 347, 495
dental 349, 399, 410, 412
gum 188
Absence seizures 412
Accident prone 257
Acne 32, 53, 70, 111, 183, 186, 188
cystic 185, 188
rosacea 188
Acne rosacea 60, 84
Acromegaly 50, 52, 175
Actinide remedies 416
Acute miasm 205
Acute Viral Miasm 417
Adar 36
Adhesions 293
Age of Aquarius 37
Age of Pisces 37
AIDS 556
Albuminuria 427, 429
Alcohol addiction 495
Algae 137, 140
Allergic rhinitis 375
Allergies 32, 188, 194, 197, 305, 308, 473
food 188
Allergy 469
shellfish 410
Alopecia 225, 279, 412
Aluminum toxicity 11
Alzheimer, Dr. Alois 535, 564
Alzheimer's disease 21, 47, 58, 63, 82, 95, 106, 114, 118, 133, 154, 160, 172-173, 180, 192, 194, 196, 214, 237, 248, 286, 312, 340, 358, 370, 381, 395, 415, 423, 426, 432, 448, 489, 501, 535-541, 545-546
end stages 58, 63, 74, 82
stages 558
stages 1-4 86
Amenorrhea 101, 274, 279
Amniotic fluid 28
Ampullae of Lorenzini 18
Amyloid miasm 365
Amyloid plaques 535, 549, 564
Amyotrophic lateral sclerosis (ALS) 149, 547
Anaphylaxis 197, 308
Androctonus 409
Anemia 101, 188, 365
Angelfish. *See in Remedy Index* Pterophyllum scalare
Angioedema 305, 308
Angostura bitters 50
Anikeev, Leonid 107
Ankylosis 495
Anorexia 319, 500, 506
Anorexia nervosa 10
Anuria 422, 425, 427, 429
Anxiety 27, 29, 31, 34, 47, 51-52, 64, 67, 69, 81, 83, 99, 118-120, 123, 134, 138-141, 157, 161-162, 164, 182-183, 185, 187, 197-198, 204, 207, 221, 253, 291, 295-297, 305-306, 313, 315, 317, 319-321, 328, 335, 350, 405, 411, 416, 418, 450-453, 457, 469, 493, 499, 503, 506-507, 553, 560, 564
Aphasia 358
Arteriosclerosis 142, 427
Arthritis 202
Artificial insemination 251, 257
Ascites 433
ASD. *See* Autism spectrum disorder (ASD)
Asperger 20, 27, 140, 192, 371, 374, 415-416, 418
Aspergillosis 399
Aspiration pneumonia 350
Astaxanthin 20, 137
Asthma 32, 52, 67, 70, 157, 182, 185, 188, 202, 418-419, 454, 459, 495
Asystole 427, 429
Atherosclerosis 133
Atlantic cod. *See in Remedy Index* Gadus
Atresia 418-419
Atrial fibrillation 148, 158, 196, 279, 412
Attention Deficit Disorder (ADD) 27, 65, 68, 173-174
Attention Deficit Hyperactivity Disorder (ADHD) 65, 68, 173-174
Autism 192-193, 371, 374
Autism spectrum disorder (ASD) 83, 192, 415-416, 418
Autoimmune conditions 157, 412
Autoimmune disorders 155

B

Bacterial infections 225
Barbel cholera 82

Barracuda. *See in Remedy Index* Sphyraena barracuda
Begin, Marty 312, 316, 319
Behavioral variant frontotemporal dementia (bvFTD) 546
Bell's palsy 308
Blackie, Margery 504, 507
Blackwing flying fish. *See in Remedy Index* Hirundichthys rondeletii
Bleeding 53, 59, 195
  brain 549
  ear, from 350
  easy 110, 382, 384
  fever, with 494
  gums 79
  heavy 111
  heavy, menstrual 79, 175, 504
  pregnancy, during 494
  profuse 499, 506
  rectal 111
Blepharitis 158
Blepharospasm 158
Blood poisoning 490
Blue tang. *See* Paracanthurus hepatus; *See in Remedy Index* Paracanthurus hepatus
Boils 32, 53, 126, 166, 455
Bovine encephalitis. *See* Mad cow disease
Bradycardia 499, 506
Bradykinesia 142
Brain tumor 28, 100
British School of Homeopathy 9
Bronchiectasis 32, 183, 188
Bronchitis 32, 460
Brown, Doug 9, 34, 47, 49, 53, 371, 375
Brown trout. *See in Remedy Index* Salmo trutta fario
Bubonic plague 49
Buddha 38
Buddhism Fish Symbols 38
Bulimia 100
Burnett, James Compton 160
Burnout 100, 495

C

Cancer 87, 106, 108, 116, 122, 140, 146, 150, 157, 202, 292, 460, 517, 542, 556
  breast 118, 121, 123, 125
  lung 157
  oropharyngeal 70
Cancer miasm 86, 88-90, 95, 98, 122
Candida 101, 141-142
Candidiasis 88
Cannibalism 10-11, 28, 99, 171, 196, 284, 379-380, 394-395, 542
Capgras syndrome 201, 204
Carbon Series 30, 65, 132-135, 516
Cardiac murmur 427
Cardiac uremia 427
Carp. *See* Cyprinus carpio
Cataracts 435-436
Catholicism 37
Caviar 50, 53, 57
Cavities
  dental 387, 399, 410
Celiac disease 257, 334
Cell phone radiation 100
Cellulitis 32, 188, 193, 197
Celtic Mythology 40
Cerebrovascular accident 361, 371, 412
Cerebrovascular accident (stroke) 276, 364
Cesarean 50
Channel catfish. *See in Remedy Index* Ictalurus punctatus
Charcot-Marie-Tooth disease 147
Chemical sensitivities 189
Chhabra, Divya 34
Chilblains 126
Childbirth 50, 52-53, 111, 183, 349
Chinese mythology 38
Chlamydia miasm 358, 360, 362, 365-367
Chloasma 390
Cholera 82, 198
Cholera miasm 193, 197-199
Chopra, Deepak 564
Christianity 37
Chronic fatigue 101, 293, 389, 496
Chronic fatigue syndrome 100, 155, 157
Chronic obstructive pulmonary disease (COPD) 32, 182, 188, 418-419
Chronic pain 286
Ciguatera 31, 316, 438
Cirrhosis 294, 432-433
Claustrophobia 110
Clostridium perfringens miasm 318
Clownfish. *See in Remedy Index* Amphiprion ocellaris
Cod. *See* Atlantic cod
Codependency 98
Cod liver oil 7, 178-181, 191, 530
Cognitive resilience 536
Cold sores 455
Colitis 32, 340, 342-343, 347, 349
Complex partial seizures 412

Congenital heart valve disease 418-419
Congestive heart failure 364, 427
Conjunctivitis 158, 364
Conn's disease 149
Constipation 95, 138, 175, 205, 209, 294, 491, 545
Convulsions 443, 445, 490
Copperband butterflyfish. *See in Remedy Index* Chelmon rostratus
Cough 125, 184, 190-191, 294
  chronic 188
COVID-19 77, 215, 381, 406, 501, 564
Cramp; cramping. *See* cramps
Cramping
  abdominal 347
Cramps 101, 116, 126, 136, 156, 197, 349, 408, 412, 504
  abdominal 32, 101, 293, 335, 349, 488
  jaw 408, 410, 412
  menstrual 257, 270
  muscle 500
  muscular 282
  neck 125
  stomach 317, 323, 334
Creutzfeldt-Jakob Disease (CJD) 21, 63, 74, 87, 106, 118, 172, 192, 196, 202, 214, 237, 240, 286, 358, 366, 395, 398-399, 405, 448, 541-543
Crohn's disease 148, 150, 324, 335, 347, 349
Cryptosporidium infection 224
Cushing's syndrome 149
CVA. *See* Cerebrovascular accident
Cyclothymia 306
Cystitis 165, 504, 506
Cysts 171, 347
  dental 79, 347, 349
  ovarian 175, 293
  uterine 419

D

Dahl, Heike 9, 64, 237, 433
Dandruff 101
Dearborn, Dr. Frederick 387
Delirium 150, 395, 398, 493, 500, 557
Dementia 207
  early onset 192
  types of 534
Dental
  caries 112
  neuralgia 112
Depression 6, 28, 47, 51, 83, 99, 160-161, 164, 187, 216-217, 222, 287-288, 314, 316-318, 329, 350, 405, 411, 463, 540, 543, 553
DHA. *See* Omega-3 fatty acids
Diabetes 192-193, 198-199, 245, 412
Diabetic neuropathy 412
Diarrhea 32, 82, 84, 102, 125, 142, 150, 189-190, 197, 279, 315, 317, 323, 334-335, 347, 349, 410, 412, 491, 499-500
Dislocations 293
Diverticulitis 342, 347, 349
Dizziness 65, 68, 70, 208, 252, 257, 268-269, 406, 422, 464, 490, 495-496, 499, 501
Doidge, Norman 551-552, 564
Down's syndrome 58, 63, 66, 82, 114, 118, 149, 172, 192, 347, 358, 381, 546
  dementia in 248
Down's syndrome and Alzheimer's disease 114, 118, 172, 358, 381, 415, 432
Down's syndrome and Alzheimer's disease 58
Down's syndrome and Alzheimer's disease 63, 82
Drug addiction 373, 451, 453, 489, 495
Drug-induced dementia 448
Duchenne muscular dystrophy 147
Dysgraphia 60, 98, 141, 173-174, 207, 410, 419
Dyslexia 27, 60, 124, 173-174, 245, 292, 348
Dysmenorrhea 101, 111, 224, 257
Dyspnea 418-419, 427
Dyspraxia 27

E

Earache 224
Eczema 125, 148, 195, 398-399
Edema 15, 101, 142, 279, 384, 399, 410, 412, 424-425, 428-429, 434, 443, 445
Eel serum. *See in Remedy Index* Serum anguillae
Electric eel. *See in Remedy Index* Electrophorus electricus
Electric shock 150
Electrolocation 18, 153
Electromagnetic frequencies (EMF) 157
Electromagnetic radiation 88, 150
Elephantiasis 426, 428
Emaciation 190
Emphysema 32
Encephalitis 371
Endometriosis 59, 293
EPA. *See* Omega-3 fatty acids
Epilepsy 158, 407, 412
Epileptic fits 69
Epistaxis 224, 384
Esophageal spasm 52
Essential tremor 412
Estuarine stonefish. *See in Remedy Index* Synanceia horrida

European plaice. *See in Remedy Index* Pleuronectes platessa
Exophthalmic goitre 158
Exophthalmos 91, 362, 364
Exostoses 412

F

Fainting. *See* faintness
Faintness 64, 66, 68-69, 83, 293, 315, 318, 334, 405-406, 410, 500-501, 504, 507
Fatal familial insomnia 541
Fatty liver 111
Fatula, Olga 9, 11, 107, 172, 275, 280, 397
Female circumcision 423-424, 426
Fever 31, 70, 100, 175, 181, 188, 190-191, 281, 433, 493-494, 500
Fibroids 84, 293
Fibromyalgia 7, 32, 142, 186, 188, 199, 205, 236, 240-241, 399, 419, 433, 436, 473, 504, 506, 517
Filariasis 426, 428
Fish Remedy Themes 27
Fish scale disease. *See* ichthyosis vulgaris
Food poisoning 412
Fractures 208
Freshwater angelfish. *See in Remedy Index* Pterophyllum scalare
Freshwater eel serum. *See in Remedy Index* Serum anguillae
Frontal lobe atrophy 489, 495
Frontotemporal Dementia 47, 63, 74, 87, 114, 172, 192, 202, 237, 239, 358, 501, 546-547
Fungal infections 53, 87, 101, 527
Fungi remedies 150, 218

G

Gallstones 257
Gangosa 389-390
Gangrene 490, 494-495
Genital herpes 491
Gerstmann Sträussler Scheinker syndrome 541
Giardia lamblia 116
Glaucoma 108-109, 111, 384, 435-436
Glial and neuronal tumors 87
Glioma 100
Goiter 294, 308
Goldfish. *See in Remedy Index* Carassius auratus
Gout 111, 126, 308, 342, 350, 384, 491
Graves disease 308, 365, 384
Great barracuda. *See in Remedy Index* Sphyraena barracuda
Great Lakes Proving Group 9, 249, 258
Great white shark. *See in Remedy Index* Carcharodon carcharias
Greek Mythology 39
Grimes, Melanie 13, 202, 205, 210
Guillain Barré syndrome 175
Guppy. *See in Remedy Index* Poecilia reticulata

H

Haematomas 491
Haemoptysis 190
Hahnemann, Samuel 2-3, 7, 24, 183, 464, 564-565
Hair, Angela 74
Halitosis 317
Haller's round ray. *See in Remedy Index* Urolophus halleri
Hallucinations 136, 141, 202, 407, 410-411, 493, 543, 545, 550, 553
Hardy, Jonathan 34, 194, 206
Hay fever 188, 308, 349
Headache 70, 84, 100, 125, 130, 182, 195, 206, 208, 217, 224, 252, 257, 265, 267-269, 278, 293, 308, 333, 335, 350, 409, 427, 435-436, 455-457, 488, 494, 500, 504, 506-507, 555
Heart attack (myocardial infarction) 419
Heartburn 52, 142, 224, 257, 315, 317, 322, 334, 436
Heart disease 429
Hebrew calendar 36
Helicobacter pylori 139
Helicobacter pylori miasm 552
Hematuria 427, 429
Hemoglobinuria 425, 427
Hemorrhage. *See* Bleeding
Hemorrhagic fever 494
Hemorrhoids 111, 347, 349, 390
Hepatitis 293-294
  alcohol-related 111
  viral 111
Hering, Constantine 2, 185, 541
Hering's Laws of Cure 2
Herniated discs 449
Herpes 32, 73, 141-142, 241, 294, 315
  genital 183
Herpes miasm 76
Herpes zoster 53, 527
Herpes zoster nosode 78
Herring. *See* Clupea harengus
High blood pressure 52, 106, 108-110, 150, 202, 204, 207, 209, 340, 342, 350, 382, 384, 425, 427-429, 524, 554. *See also* Hypertension

Hindu Fish Symbology 39
Hippocampus 39
Hives 53, 126
Homeopathic Master Clinician Course 9, 350
Homesickness 278
Honeycomb moray eel. *See in Remedy Index* Muraena melanotis
Hot flushes 84, 205, 209
Huntington's chorea 524
Huntington's dementia 156
Huntington's disease 82, 87, 114, 146, 154, 157, 202, 548
Hydrocephalus 365
Hydrophobia miasm 493
Hyoscyamus 395
Hyperglycemia 407, 412
Hyperlipidemia 142
Hyperreflexia 433
Hypertension. *See* High blood pressure
Hypochondriasis 64
Hypoglycemia 407, 412
Hypotension 418, 445, 499-500, 506. *See* Low blood pressure
Hypothyroidism 365
Hysterectomy 59-60, 424, 426

I

Iatrogenic Creutzfeldt-Jakob disease 542
Ichthus 37
Ichthyosis vulgaris 19
Idiopathic membranous nephropathy 156, 158
Idiopathic pulmonary fibrosis 155, 157
Impotence 110-111
Incontinence
  bowel 436
  urinary 436
Infertility 100, 111, 125, 288, 293
Inflammatory bowel disease 150
Injuries 208
  blast 276
  brain 257
  cartilage 208
  cuts 409
  dementia after 30
  digestive organs 188
  easy 252, 399
  extremities 100, 205
  falling 91, 100
  frequent 411
  head 252, 549
  lingering 137
  mobility problems 208
  non-healing 188
  nose 141
  physical trauma 524
  psychological wounds 426
  self-injury 411
  spine 293
  tendency 205, 396
  tendency to 30
  vascular, to brain 554
Injury
  delayed reactions to 188
Insomnia 320. *See also* sleeplessness; *See also* Sleeplessness
Interstitial lung disease 412
In-vitro fertilization 417
Involuntary stool 224
Involuntary urination 158
Irritable bowel syndrome 150, 347, 349
Ischemic 110

J

Japanese temples 38
Jaundice 433
Jesus 37
Johne's Disease 168
Jones, Carol 341, 350
Judaism 36

K

Kabbalah 36
Kahawai. *See in Remedy Index* Arripis trutta
Kent, James Tyler 3
Kidney stones 84
Kittler, Monika 91
Koi carp 137
Korsakoff syndrome 107, 172, 237, 243, 359, 364, 423, 426, 432, 440, 556-557
Kuru 10, 196, 541
Kushner, Sonam 214-215

L

Lacrimal duct stricture 158
Lanthanide 134
Lanthanide remedies 76
Laryngeal stenosis 116
Late syphilis dementia 387
Leprosy 389, 519
Leprosy miasm 163, 244-245, 388, 390, 432, 434-435, 519
Leptospirosis 116

Leptospirosis miasm 318
Leucorrhea 165, 209
Leukemia 110
Lewis lung carcinoma 140, 142
Lewy body dementia 47, 58, 74, 82, 87, 106, 114, 118, 154, 172, 192, 202, 214, 274, 276, 358, 381, 396, 405, 408, 411, 448, 501, 544-546, 548
Libido (sexual desire)
  decreased 111
  high 110-111, 204
  increased 372, 374, 377, 505
  low 505
  reduced 503
Lisfranc fracture 495
Lockjaw 408
Lou Gehrig's disease. *See* Amyotrophic lateral sclerosis
Low blood pressure 406, 412, 443, 500-501, 545. *See also* Hypotension
Lucas, Joy 9, 160, 162-163, 167
Lyme disease 118, 123, 126, 350
Lyme neuroborreliosis 119
Lymphadenopathy 410
Lymphedema 33, 111, 425, 428, 491

M

Macular degeneration 290
Mad cow disease 10, 366, 542
Maher, Patricia 249
Malaria miasm 315, 317-318
Malnutrition 181, 187
Malocclusion 111, 173, 175, 308
Mangialavori, Massimo 178, 193-194
Maori 74
Mapleson, Judith 341, 350
Measles 454
Measles miasm 238
Meningiomas 87
Meningitis 276
Mercy, Martine 112
Microsporidia infection 225
Migraine 224, 278, 293, 365, 494-495, 506
  headache 100
Miscarriage 141, 251, 494
Mitral insufficiency 427, 429
Mixed dementia 58, 63, 82, 87, 107, 114, 119, 172, 180, 192, 202, 237, 248, 358, 370, 381, 396, 405, 423, 432, 501, 548
Mixed gliomas 87
Mollusca 25
Moray eel. *See in Remedy Index* Muraena melanotis
Motion sickness 252
Motor neurone disease. *See* Amyotrophic lateral sclerosis
Müller, Karl-Josef 11, 91
Multifocal motor neuropathy 156-157
Multiple sclerosis 100, 102, 133, 147, 149, 156-157, 175, 293, 347, 350
Multiple sclerosis dementia 87, 340
Muscle wasting 156
Muscular dystrophy 147, 149
Myalgia 364
Myalgic encephalitis 112
Myasthenia gravis 156-157, 412
Mycobacterium Paratuberculosis 168
Mycobacterium paratuberculosis miasm 146
Mycoplasma Miasm 54
Myelodysplastic syndromes 412
Myeloid leukemia 82, 84
Myocardial infarction 158, 412
Myopia 362, 364

N

Narcolepsy 206
Nausea 100, 125, 165, 224, 257, 315, 317, 322, 334-335, 342, 412, 464, 488, 494, 500
Nephritis 427, 429
Neurofibrillary tangles. *See* Tau tangles
Neuroma 419
Neuropathy 236, 257
Neuroplastic 551
Neuroplasticity 536
New Testament 37
New Zealand salmon. *See in Remedy Index* Arripis trutta
Nile tilapia. *See in Remedy Index* Oreochromis niloticus
Normal pressure hydrocephalus 82, 87, 107, 154, 202, 276, 358, 396, 405, 440, 549
North American First Nations 40

O

Obesity 70, 111, 173, 245, 294, 308, 399, 427, 432-434, 436
  morbid 245
Obsessive compulsive disorder 524
Obsessive-compulsive personality disorder (OCPD) 171, 173-174
Obstacles to cure 564-565
Oculopharyngeal muscular dystrophy 156, 158
Oleum jecoris 24
Oligodendrogliomas 87

Oliguria 425, 427, 429
Omega-3 fatty acids 179
Opiate addiction 370, 373
Opioid addiction 374
Orchid remedies 372
Orthodontic problems 111
Orthostatic hypotension 293
Osteitis deformans 365
Osteomalacia 181
Osteomyelitis 499, 504, 506

P

Pacific salmon. *See in Remedy Index* Oncorhynchus tshawytscha
Paget's disease 365
Palpitations 158, 209, 252, 412, 427, 491, 494, 500, 504, 508
Panic attacks 81, 83, 95, 99, 149, 187, 317, 416-418, 493, 495
Paracanthurus hepatus 249
Paralysis 32, 102, 134, 157, 364, 408, 412, 489-490, 500, 555
  facial 308
  voice 157
Parkinson's disease 100, 136-139, 142, 412, 517
Parkinson's disease dementia 47, 64, 87, 114, 133, 141, 146, 154, 156, 160, 202, 214, 305, 312, 370, 396, 407, 440, 489, 501, 545, 550-553
Peisker, Boris 359
Perfectionism 90, 98, 112
Petit mal 66
Pheochromocytoma 108, 149
Phillips, Pascal 312
Phillips, Pascaline 319
Phlebitis 427
Pike. *See in Remedy Index* Esox Lucius
Pimples 53, 111, 209
Pisces 37
Pituitary dysfunction 52
Pituitary gland 50
Pituitary problems 527
Pityriasis 166
Pityriasis lichenoides 166
Pityriasis rubra 166
Plaice. *See in Remedy Index* Pleuronectes platessa
Plantar fasciitis 52
Plastic surgery 67
Platelet aggregation 202
Pneumonia 183-184, 188
Pneumonitis 184, 188
Poaceae plant family 115
Poliomyelitis 496
Polyarthritis 68
Polycythemia vera 110
Polyps 308
Poseidon 39
Posterior cortical atrophy 74, 82, 119, 146, 248, 275, 370, 549-550
Post influenzal 59, 82, 114, 119, 154, 172, 214, 248, 359, 557
Post influenzal and viral dementia 74, 381, 396, 406, 501
Post injection dementia 146
Postpartum 51
Post-poliomyelitis syndrome 489
Post polio syndrome 175
Post-surgical dementia 489
Pregnancy 30, 78-79, 141, 183, 212, 292, 343, 351, 353, 355, 364, 494
  ectopic 60, 289
  late 111
Premature birth 251, 257
Premenstrual tension 111, 175, 209
Primary progressive aphasia (PPA) 546
Prion disease 10-11, 69, 100, 240, 358, 541, 543, 557
Prion disease miasm 10
Prion miasm 88, 365
Progressive supranuclear palsy (PSP) 87, 547
Prostate hypertrophy 257
Psoriasis 79, 101, 202, 209, 365, 398-399
Psoric miasm 186, 205
Psychosis 118, 207, 494-495
Psychotherapy 287
Puberty
  late 111
Pulmonary edema 412
Pulmonary fibrosis 184, 188, 412
Pumpkinseed sunfish. *See in Remedy Index* Lepomis gibbosus

R

Rabies miasm 493, 495-496, 524
Rape 343, 348, 424
  dreams of 343, 349, 505
Rash 70, 126, 160, 167, 232, 294, 333, 336, 387, 471
Raynaud's phenomenon 496
Red cap veiltail goldfish. *See in Remedy Index* Carassius auratus
Red tail catfish. *See in Remedy Index* Pyrarara
Red wolf fish. *See* Erythrinus; *See in Remedy Index* Erythrinus
Reef stonefish. *See in Remedy Index* Synanceia verrucosa

REM sleep 545-546, 553
Renal disease 425, 427
Restless leg syndrome 70
Retinopathy 108, 111, 277-278
Rheumatism 186, 308
Rheumatoid arthritis 83-84, 208
Rickets 181, 190
Ringworm 188, 190, 294
Ringworm miasm 186, 188, 216-217, 222
Roe of river barbel. *See in Remedy Index* Barbae cyprinae ova
Rose fish. *See in Remedy Index* Sebastes norvegicus

S

Salema porgy. *See in Remedy Index* Sarpa salpa
Salmon. *See* Oncorhynchus tshawytscha
Sankaran, Rajan 34
Sanzo, Graziella 359
Scar tissue 293
Schadde, Anne 5
Schizophrenia 207, 495
Scholten, Jan 20, 24, 49, 55, 137, 169, 319, 366, 517, 520
Sciatica 225
Scleroderma 155, 390
Scorpionfish. *See in Remedy Index* Scorpaena scrofa
Scrapie 10, 542
Scrofula 182
Seahorse. *See in Remedy Index* Hippocampus kuda
Seizures 406-407, 412, 500, 524
Seminoma 84
Senile dementia 194
Sexual desire. *See* libido
Sexuality 7, 25, 68, 83, 135, 150, 162, 181, 204, 207, 277, 343-345, 351, 358-359, 363, 367, 370-371, 373-374, 422-423, 426, 434, 505
Sexual predation 163-164
Sherr, Jeremy 287-289, 408
Sherzai, Drs. Dean and Ayesha 564
Shingles 78
Shukla, Chetna 90-92, 214, 220
Silica series 517
Silver Series 25, 30, 90, 99, 133, 136, 205, 217, 221, 223, 517
Sinus indections 32
Sinus infections 136, 451
Sinusitis 188, 279, 294
Sjögren's syndrome 142, 375
Sleep apnea 427
Sleep disorders 545
Sleeplessness 65, 69, 157, 165, 197, 206, 208, 225, 252, 257, 274, 276, 278, 287, 294, 313, 317, 321, 336, 350, 427, 451, 453, 496, 503, 506
Snake venoms 277
Solanaceae 135
Solanales remedies 121
Sonz, Susan 214-215
Spinal fusions 293
Spinal stenosis 365
Spongiform encephalopathy 196
Spotted seahorse. *See in Remedy Index* Hippocampus kuda
Sprains 188, 225
Squalene 206
Stage 1 205, 415, 417, 524
Stage 3 222, 238, 451
Stage 4 238-240, 365-366, 448-451, 453
Stage 5 312, 315, 317-319
Stage 7 31, 73, 76, 78, 519
Stage 8 168, 408
Stage 9 46, 49-50, 52, 54-55
Stage 10 49, 54, 222, 239, 373, 417
Stage 11 133, 135-136, 141, 173, 198
Stage 12 88-89
Stage 13 238, 240, 358, 361-362, 364-366, 450-451
Stage 14 171, 173, 318, 507, 519
Stage 15 133, 139, 141, 143, 198
Stage 16 141, 143, 163, 388, 432, 435, 519
Stage 17 162, 168, 519
Stage 18 54
Stasis dermatitis 389-390
Stomach ulcers 142
Stonefish. *See in Remedy Index* Synanceia horrida; *See in Remedy Index* Synanceia verrucosa
Streptococcal infections 166
Stridor 116
Stroke 87, 102, 110, 407, 433. *See* cerebrovascular accident
Sturgeon. *See in Remedy Index* Acipenser transmontanus
Sturgeon caviar. *See in Remedy Index* Acipenser sturio ex oviis
Sundown syndrome 74, 86, 160, 214, 248, 286, 387
Sunfish. *See* Lepomis gibbosus
Sunstroke 253
Super Brain 564
Swoboda, Franz 5
Sycotic miasm 186, 222, 224, 295, 307, 373, 417, 435
Sydenham's chorea 158

Synchronicity 141
Syncope 158. *See* Faintness
Syphilis 160, 390
Syphilitic miasm 162, 165, 168

T

Tabes mesenterica 185, 190
Tachycardia 158, 196, 252, 427
Tau tangles 546, 564
Temporomandibular jaw problems 412
Temporomandibular joint (TMJ) 50, 52-53, 112
Tetanus (Clostridiales) miasm 405
Tetanus miasm 407-408, 410-412
The Alzheimer's Solution 564
The Brain's Way of Healing 564
Theriault, Paul 9, 12, 112, 305, 308
Thoracic outlet syndrome 491
Thrombosis 133, 142
Tiger shark liver. *See* Galeocerdo cuvier hepar; *See in Remedy Index* Galeocerdo cuvier hepar
Tilapia. *See in Remedy Index* Oreochromis niloticus
Tinnitus 53, 125, 184, 196-197, 208, 224, 454, 469, 473, 478, 504
Tonsillitis 165, 454
Toothache 454
Torah 36
Tourette's syndrome 158, 524
Traditional Chinese Medicine (TCM) 205
Transient Ischemic Attacks (TIAs) 110
Traumatic brain injury 274, 276, 371
Tremors 142, 184, 406-407, 488, 500
Trichiasis 158
Trisomy 21. *See* Down`s syndrome
Trout. *See in Remedy Index* Salmo trutta fario
Tubercular miasm 139, 180, 184, 186, 198-199, 295, 397
Tuberculosis 139, 182, 185, 188, 190, 198
  military 185
Tuberculous mesenteric lymphadenitis 185
Tumor 84, 86, 108, 110, 140, 149, 158, 308, 365, 524
  adrenal 110
  brain 86-87, 140, 142
  cancerous 133, 142, 308
  cystic 110
  Eye 364
  large 110
  malignant 110
  metastasized 142
  pituitary 384

U

Ulcerative colitis 347
Ulcers
  fistulous 191
Uraemia 429
Uranium series 55, 150
Urination
  involuntary 142
Urticaria 53
Uterine fibroids 419

V

Vaccination 209
Vaccine damage 68
Vaccines 68
Varicose veins 111, 364, 389
Vascular Dementia 47, 64, 82, 87, 107, 133, 142, 154, 172, 180, 192, 202, 214, 237, 243, 248, 275-276, 340, 350, 358, 364, 370, 381, 396, 406, 415, 423, 432, 440, 448, 554-555
Venus 37
Vertigo 65, 70, 125, 165, 252, 257, 268, 293, 333, 422, 427, 454, 495, 504
Vervarcke, Anne 66
Vijayakar, Prafull 3
Viral dementia 59, 82, 114, 119, 154, 172, 214, 248, 359, 557
Vishnu 39
Vitamin A 179, 181
  deficiency 188
  poisoning 188
Vitamin B12 deficiency 188, 340
Vitamin D 179, 181
Vitamin deficiencies 32
Vitamin E 179
Vithoulkas, George 3, 417
Vitiligo 155, 387, 390
Vomiting 82, 100, 224, 342, 410, 412, 488, 500

W

Weeverfish. *See in Remedy Index* Trachinus
Wels catfish. *See in Remedy Index* Silurus glanis
Wernicke encephalitis 557
Wernicke encephalopathy 556-557
Wernicke-Korsakoff syndrome 556
White sturgeon. *See in Remedy Index* Acipenser transmontanus
Williams, Sally 249, 342

Y

Yaws 389-390
Yeast infections 141-142
Yellow boxfish. *See in Remedy Index* Ostracion cubicus
Yellowfin tuna. *See* Thunnus albacares; *See in Remedy Index* Thunnus albacares
Yersinia Miasm 49, 52, 54

Z

Zebrafish. *See in Remedy Index* Danio rerio
Zimmermann, Anke 92

Louis Klein

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Volume 1: Fish Remedies

590 Seiten, geb.
erscheint 2023

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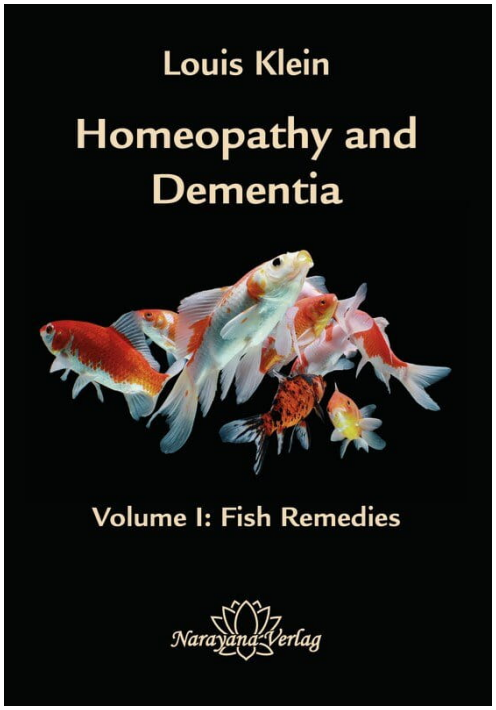

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