



ARHF

Amma Resonance Healing Foundation

Amma4Trauma Manual

Basic Guide to Treating Trauma

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PC Resonances for Effective, Safe and Low-Cost Treatment

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Important notice: Medicine, like every other science, is subject to continuous development. Research and clinical experience broaden our knowledge, particularly as far as treatment and medical therapy are concerned. Whenever there are dosages or applications mentioned in this manual, the reader may rest assured that the authors have taken great care to ensure that the information given represents best practice at the time of completion of this manual.

However, ARHF cannot assume responsibility as far as the information on dosage and form of application of the resonances is concerned. Each user of this manual is asked to please check, by carefully studying the patient information data and where necessary consulting a specialist, whether the indicated recommendation for dosage or possible contraindications in this manual harmonise with the information given in the patient information data or by the specialist.

Every dosage or application is made at the user's own risk. The authors and ARHF appeal to each user to please pass on possible inaccuracies that come to his or her notice.

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1 Introduction

Homeopathy has proven highly effective in treating trauma and has a great track record in treating epidemic diseases that often follow massive collective trauma. This manual is designed to provide knowledge on how to treat trauma and its consequences using tailor-made designed PC Resonances, a new advance in homeopathy, in an effective, rapid and mild way, without side-effects and with the lowest possible costs. It provides the information and tools necessary to treat the trauma inflicted by natural catastrophes and man-made disasters like war, rape and genocide and to prevent and treat the infectious diseases that often emerge after a large-scale catastrophe.

The content of this manual is based on vast experience involving the treatment of thousands of people in a dozen countries – e.g. 10.000 victims of the 2010 Haiti earthquake and 5.000 refugees from DR Congo.

2 PC Resonances

The possibility of treating trauma and infectious diseases with a designed PC Resonance combines the advantages of homeopathy (high effectiveness/no side effects) and pharmacology (disease-specific treatment) and thus in trauma and epidemics few case-taking skills are needed to prescribe and follow up. To make a PC Resonance special technology is used called PC Technology. The information about the condition is based on the main psychological and physical information (the totality of the symptoms) and synthesized and crystallised into one pattern totality. This is imprinted into water from which granule copies are made along homeopathic lines. It works on an informational and energetic level only. There is no physical component to the pattern imprinted into the water. The PC resonances discussed in this manual can be used where conventional treatment is not available or ineffective and can complement conventional medical treatment.

3 Amma Resonance Healing Foundation

The Amma Resonance Healing Foundation promotes the development of healing through resonance. Amma is a universal name expressing compassion, care and giving. With slight differences in pronunciation and spelling it is found around the globe. Healing by resonance is based on the universal law that information similar to the nature of a disease or trauma and its totality of symptoms can induce a self-healing response in the diseased or traumatised individual.

ARHF offers training and treatment in Africa and other low-income countries to effectively treat epidemic diseases, inflicted trauma (Post Traumatic Stress Disorder) and chronic diseases.

The PC Resonances used to treat these conditions are based on a new development within homeopathy – they are effective, completely safe, low cost and only a short training is required to reliably use them.

4 How to Prepare a PC Resonance

PC Resonances are being made available as granules. After natural catastrophes, nuclear disasters or during war, many people may need treatment, so it is important to work effectively and efficiently. It is therefore recommended to prepare PC Master Bottles from granules as instructed below. In that way you can provide treatment to about 750 people with each bottle of granules. A simple and effective way to reach and treat even thousands more is by preparing PC Dispenser Bottles (see below). You can instruct local people in how to give a dose to the people in the area. Don't worry about diluting the remedy. PC Resonances contain healing information and just like with the news, spreading information does not reduce the amount of it in any way. The process of dynamization (banging – see below) ensures that each dose is as powerful as was the granule from which it originally derived.

In the last chapter you will find information on how to order the PC Resonances you have selected. Besides the ones discussed in this concise manual you will find a complete list of available PC Resonances at www.vitalremedies.com. These can be delivered as granules. It is advisable to prepare Master Bottles from these granules. As medicinal alcohol by itself cannot be safely taken onboard an airplane we advise to use some strong liquor as a preservative if this will be needed. It is also possible to order PC Resonances in dropper bottles from the pharmacies that dispense them.

5 Preparation of a PC Master Bottle

- Fill a 10-50 ml dropper bottle with clean mineral water and at least 20% ethanol [Use a local strong liquor (50% mixed with 50% water)]
- Add 2 granules of the PC Resonance you wish to prepare
- Close the bottle and let it stand for 15 minutes
- Label the bottle with the name of the PC Resonance
- Bang the bottle 5 times on a wooden surface and it is ready to be used

Precautions

The contents of a bottle must remain crystal clear. Never put any liquid back into the bottle; don't touch the opening and always close it properly. If the contents are not clear, it is contaminated and you need a fresh bottle.

If a master bottle is empty only prepare the same remedy in it in the same way as described above.

Keep the remedy out of the sun and extreme heat.

6 Preparation of a PC Dispenser Bottle

- Either take a dropper bottle (10-50 ml or more) and fill it with still mineral water or take a 250-500 ml plastic bottle of still mineral water, or fill a clean bottle with clean water that has been boiled and then cooled down
- As this bottle will only be used for a short time there is no need to add ethanol
- Bang the PC Master Bottle 5 times on a wooden surface and put 5 drops into the bottle for the patient
- Label the bottle with the name of the PC Resonance
- Then bang the bottle 5 times and the PC Dispenser Bottle is prepared for use

Precautions

If a master bottle is empty only prepare the same remedy in it in the same way as described above.

Keep the remedy out of the sun and extreme heat.

7 How to Dose a PC Resonance

The repetition of a dose depends on the indication and the person. In general the following rules may be followed:

- In very acute states of trauma or infectious diseases the appropriate PC Resonance can initially be given every 10-30 minutes. As soon as the person starts to respond and his/her condition improves the time between doses can be increased.
- For the chronic effects of a passed traumatic event, one single dose can be given, and, if indicated and possible, repeated on a daily basis until well.

For dropper bottles - 555 (5 bangs, 5 drops, 5 seconds)

Before giving a dose bang the bottle on a book or a wooden surface 5 times to activate and then immediately put 5 drops into the mouth (make sure the dropper does not touch the mouth).

Keep the drops in the mouth, under the tongue, for at least 5 seconds before swallowing.

Before giving a dose bang the bottle on a book or a wooden surface 5 times to activate and then immediately give 1 spoonful (or lid) directly into the mouth (make sure the spoon or lid does not touch the mouth). Keep in the mouth, under the tongue, for at least 5 seconds before swallowing.

In both the above:

- Do not contaminate the bottle by putting any liquid back. If more comes out than intended just give it all. To overdose is not possible.
- Never touch the opening of the bottle with the fingers or mouth or by drinking directly from the bottle and always close it properly. If the water is not clear it is contaminated, no longer active, and a fresh bottle must be made.

PC Resonances are safe for pregnant women, babies, small children, older people and those using other medication.

8 Who to give a PC Resonance for Trauma to

PC Resonances for trauma are first of all indicated for helping a traumatised person to no longer live in the past, but to be in the here and now and build a better future. The sooner the remedy is given after the trauma the better, but they also work fine years after the event or in those that have inherited trauma from their ancestors.

The PC Resonances for man-made trauma are intended for the victims of these atrocities but also for those that traumatize others – soldiers, rebels, rapists, torturers etc. It takes a traumatised person to hurt another human being and to not only treat the effects of man-made trauma but to actually stop and prevent it, both victims and those inflicting trauma need treatment.

It is specially also indicated for all emergency care workers, relief of suffering workers, emergency ward workers/professionals, firemen, ambulance drivers, Red Cross/Red Crescent workers, all people involved in the care of PTSD victims. They are also for all children in the womb of parents who experienced PTSD during the pregnancy, for all children conceived after such PTSD and all subsequent generations conceived and born after such PTSD unless it is fully resolved. Also, those with a family history of PTSD may benefit. They may still recite the stories or have fears, phobias or panic attacks that make sense in the context of the trauma, as if it had happened to them.

9 PC Resonances indicated for trauma

Trauma

Natural catastrophe (PC307b)
War & Genocide (PC304x)
Shock (PC11c)
Adoption (orphan) (PC309g)
Long-term grief (PC434n)
Unburied relatives (PC315k)
Rape / Sexual abuse (PC435p)
Torture (PC311f)
Radiation (PC283u)

Injuries

Injury, general (PC201j)
Spinal cord injury (PC405e)
Burns (PC10b)

Infections

Acute Respiratory Infections (PC2292e)
Cholera (PC2141q)
Diarrhoea in infants (PC152f)
Hepatitis (PC191i)
Typhoid (PC302v)
Typhus (PC313h)
Malaria (PC240m)
Food poisoning (PC404d)
HIV/AIDS (PC1AF & PC1AM)
Gonorrhoea (PC180g)
Syphilis (PC293v)

Depending on the nature of the collective trauma and the local situation other PC Resonances may be indicated. For a full list of available PC Resonances see www.vitalremedies.com or write to info@arhf.nl

10 Where to Start

Sometimes a person may be suffering from two or more conditions simultaneously. Often the symptoms of one condition will dominate and the symptoms of the other conditions will be less obvious.

A general rule is to start treating the most prominent condition, that which is staring you in the face or that which is endangering/limiting life.

If needed it is possible to combine two PC Resonances, either by giving one in the morning and the other in the evening or by mixing both in a bottle prepared for the person. E.g. to a baby with diarrhoea following a tsunami you give both PC Natural Catastrophe and PC Diarrhoea in infants.

A skilled homeopath can also combine a PC Resonance with another homeopathic remedy. For a clear picture of the effects of each, starting with only one is the best option but in situations after a disaster often not realistic or best practice as you may never see the person again.

11 Natural Catastrophe Trauma (PC305z)

This resonance is for the Post Traumatic Stress Disorder effects of all Natural Catastrophes. Primarily it is for:

- The acute state of shock and grief
- The trauma of losing loved ones, the home, the land, crops and animals, everything you had
- The nightmares and constant replays of the PTSD event, the flashbacks
- The terrible memories, fears and phobias that started then and continue to the present and prevent sleeping properly and stop effective thinking.

Situations where it will apply:

In flash floods, tsunamis, earthquakes, hurricanes, volcanic eruptions etc.

Often a single dose of PC305z will be enough. This means that with one bottle many people can be treated. Where needed, the resonance can be repeated daily until the person is well. A practical way to continue the treatment while moving on to a next location is by leaving a PC Dispenser Bottle behind and to instruct local people on how to dispense the remedy.

12 Trauma: War & Genocide (PC304x)

The PC Resonance for trauma was prepared in Rwanda to help the survivors of war and genocide. Ever since this resonance has been used with very good results in refugee camps and several other countries with a history of war. Follow the instructions for dosage under 7.

13 Trauma: Shock (PC11c)

This is for any shock that is overwhelming. It's also for the shock of something terrible that happens to somebody else. For example the shock of your parents or child being killed suddenly, where the shock is sudden, overwhelming and does not resolve. In shock causing PTSD there will be flashbacks which recur and which you cannot erase from your memory. It's also for a history of shock in the family. Besides natural catastrophes this might be a mining accident, a car accident, or similar event in the family history. If an accident caused shock but also physical injury then use the injury resonance PC201j.

14 Trauma: Adoption (PC309g)

There may be many causes by which children lose their parents, or why they are given away for adoption while their parents are still alive. This PC Resonance is designed to help children overcome the trauma this situation is very likely to cause them.

If a child has lost its parents due to war the first option is to prescribe PC304x for the trauma of war and genocide. If that is not sufficient you can give PC309d as a next resonance.

15 Trauma: Long-term Grief (PC434n)

If the traumatic event has happened years ago and grief is the main expression of it, this remedy is indicated. Also, in the case when a loved one is missing and it is not known whether the person is still alive or not PC434n can be used to relieve the pain.

16 Trauma: Unburied Relatives (PC315k)

Losing a loved one is a trauma by itself and can cause great grief. When the loved one is missing and the relatives are unable to bury the body according to their customs and beliefs, this can be an extra cause of suffering. This PC Resonance is intended to release that aspect of the trauma. It can be used to complement PC305z for the trauma of natural catastrophe (PC305z), or other PC Remedies for other types of trauma.

17 Trauma: Rape / Sexual abuse (PC435p)

Rape and sexual abuse is found in all societies, the main victims being women or even very young girls. Less frequently men can be the victims of rape, more often they are the rapists. This PC Resonance is to free all victims of the fears, flashbacks, ruined sexual life and other consequences of rape and sexual abuse. If a society really wishes to deal with rape trauma treating the victims of rape will not be sufficient and prevention is also required. Therefore also men that tend to rape women need to be treated for their uncontrolled desires and their lack of compassion and empathy. It is therefore advised to use PC435p also to release rapists of their tendency to traumatise others through sexual violence.

The required dosage depends on whether the rape was very recent or happened a long time ago (see 7).

Rape and Sexual Transmittable Diseases

If a person has been raped there is the possibility that he or she is infected with an STD. For information on the PC Resonances for HIV/AIDS, gonorrhoea and syphilis see 32-34.

18 Trauma: Torture (PC311f)

This PC Resonance is for the effects of torture. This can be torture as used in wars, by political regimes or terrorists, or within a relationship or family. To reach optimal results and depending on the situation PC311f can follow or be followed by another PC Resonance for trauma, like those for war trauma or rape.

19 Trauma: Radiation (PC283u)

This is for the effects of radiation from nuclear disasters like nuclear power plant leakages and meltdowns. The remedy can also be used to treat the side-effects of radiation therapy. Recommended dosage depends on the level of exposure. In cases of very acute and severe exposure repeat a dose of 5 drops every 2-3 hours, in more moderate cases 2-3 times daily and when the exposure is longer ago and less severe one dose daily is sufficient.

To heal radiation damage this remedy can still be used for the survivors and offspring of the bombs that were thrown on Hiroshima and Nagasaki – once daily 5 drops. First treat the trauma as under 20 and then the radiation effects.

20 Injuries: Injury, general (PC201j)

Although this PC Resonance can help one to recover more quickly and completely from an injury it doesn't replace medical care (for example to clean the wounds, set the bones, bandages and casts). Depending on how acute the trauma is the remedy is to be repeated every 15-30 minutes (very acute) to once daily. This resonance is intended for all types of injury and is useful in the first stage of any injury. It includes the shock that goes with injury. If the injury is caused by a natural catastrophe start with PC201j, to be followed a few hours later by the corresponding PC305z. This is very useful to use as a routine after any injury (accidents, birth, surgery etc) as it then allows the normal procedures of recovery to take place and speeds the healing.

21 Injuries: Spinal cord (PC405e)

If the main injury involves the spinal cord use PC405e. In the acute phase a dose can be given every 1-2 hours to gradually decrease to once daily.

22 Injuries: Burns (PC10b)

Burns can be superficial or very serious. In any case of a serious burn a doctor needs to be consulted. Immediately following the burn the patient can already be helped by giving PC10b in repeated doses – every 15-20 minutes until improvement sets in and intervals can be reduced to ultimately once daily. For patients with a history of a serious burn one or a few more daily doses of the PC Resonance can be given, as there will be a mental scar/trauma that needs to be resolved.

23 Prevention of infectious diseases

After each and every natural catastrophe there is danger of outbreak of infectious diseases. Depending on the nature of the disaster, location, time of the year and weather conditions, the type of epidemic that may emerge varies. If any of the diseases below is already endemic a rise may be expected and it is recommended that preventive measures be taken immediately. In other cases, as soon as one of the below infections has been reported in the area and the danger of an epidemic arises, the corresponding PC Resonance can be prescribed to every individual, including rescue and trauma relief workers. Besides the usual preventive measures for the specific diseases, using the following prevention protocol is recommended:

- Once daily one dose (see 7) for one week.
- Once weekly for the subsequent weeks until the epidemic has subsided.

24 Infections: Acute Respiratory Infections (ARI) (PC2292e)

Acute Respiratory Infections are the most common infections arising after a catastrophe. The overwhelming majority of ARI deaths and severe illness episodes are due to Acute Lower Respiratory Infections (ALRIs), consisting mainly of pneumonia. Nearly all severe ALRI episodes occur in children under 5 years old and the elderly. In community-acquired pneumonias, the most common bacterial agent is *Streptococcus pneumoniae*. Therefore PC2292e for ARIs caused by these bacteria is advised. Dosage depends on the severity of the infection, varying from every 15-30 minutes to 3-4 times per day.

25 Infections: Cholera (PC2141q)

Cholera is an infection of the small intestine caused by a bacterium that is transmitted primarily by drinking water or eating food that has been contaminated by the faeces of an infected person. The main symptoms are watery diarrhoea and vomiting. The severity of the diarrhoea and vomiting can lead to rapid dehydration and electrolyte imbalance, and death in some cases. The primary treatment is oral rehydration therapy, typically with oral rehydration solution, to replace water and electrolytes. Alongside hygienic measures PC2141q can be used to prevent cholera. Alongside rehydration and antibiotics it can also be used to treat cholera. Dosage depends on the severity of the infection, varying from every 15-30 minutes to 3-4 times per day.

26 Infections: Diarrhoea in infants (PC152f)

For any form of diarrhoea in infants that is not diagnosed as one of the other infectious diseases discussed here, PC152f for diarrhoea in infants can be used. As with cholera rehydration is essential as well. Dosage depends on the severity of the diarrhoea, varying from 2-12 times per day.

27 Infections: Typhoid (PC302v)

Typhoid fever, also known as typhoid, is a common worldwide illness, transmitted by the ingestion of food or water contaminated with the urine or faeces of an infected person, which contain the bacterium *Salmonella enterica enterica* (*Salmonella typhi*). Typhoid should not be confused with *Salmonella enterica*, the cause of *Salmonella* food poisoning. The primary target of the disease is the intestine. The infected tissue becomes inflamed and the intestine begins to lose function, leading to diarrhoea or constipation. There may be bleeding of the intestine leading to bloody stools. In severe cases, the disease may punch holes in the intestine leading to peritonitis (infection of the abdominal cavity) and death. Dosage depending on the severity of the infection, varying from every 15-30 minutes to 3-4 times per day.

28 Infections: Typhus (PC313h)

The causative organism of typhus, *Rickettsia* is a parasite bacterium that cannot survive for long outside living cells and is transmitted through lice. Typhus should not be confused with typhoid fever, which is caused by the bacterium *Salmonella typhi*, is a completely different disease from typhus.

Epidemic typhus is characterized by chills, bad cough, delirium, high fever, joint pain, low blood pressure, rashes, boiling blood, photophobia, severe headaches, severe muscle pain and back pain.

Without treatment, death may occur in 10-60 percent of patients with epidemic typhus, with patients over age 60 having the highest risk of death. Prompt treatment with antibiotics cures most patients. PC313h can be used to prevent typhus, to complement treatment with antibiotics or to replace them if not available or indicated. Dosage depends on the severity of the infection, varying from every 15-30 minutes to 3-4 times per day.

29 Infections: Hepatitis (PC191i)

Especially hepatitis A and E have been observed to increase by means of contaminated water and food. One single PC Resonance for hepatitis has proved to effectively cover all types of infective hepatitis, which makes treatment easy and less dependent on (not always available) proper diagnostics. The symptoms of hepatitis A may include fatigue, nausea, vomiting, fever, decreased appetite, diarrhoea, light-coloured stools, dark-yellow urine and jaundice. Hepatitis E can cause similar symptoms but usually runs a mild course.

Depending on the severity of the infection, PC191i can be dosed 2-3 times per day.

30 Infections: Malaria (PC240m)

Malaria in humans is caused by one of four protozoon species of the Genus *Plasmodium*: *P. falciparum*, *P. vivax*, *P. ovale*, or *P. malariae*.

Initial manifestations of the disease—common to all malaria species—are similar to 'flu-like symptoms. The presentation may include headache, fever, shivering, joint pain, vomiting, jaundice, retinal damage and convulsions.

The classic symptom of malaria is paroxysm—a cyclical occurrence of sudden coldness followed by shivering and then fever and sweating, occurring depending on the type every two to four days.

Severe malaria is usually caused by *P. falciparum* and may arise 9–30 days after infection. Individuals with cerebral malaria frequently exhibit neurological symptoms, including coma.

As following catastrophes diagnostic equipment will usually be scarce and different types of malaria may occur depending on the location of the catastrophe, PC240m for all types of malaria is recommended. This remedy has been used in Africa extensively, as prevention and in acute or chronic malaria. Therapy resistance for the regular anti-malaria drugs is huge, which is another reason to add this remedy to your kit.

For prevention see 18. For acute malaria start giving the patient one dose every 15-30 minutes and increase the intervals as the patient improves. For patients with chronic malaria one dose daily for 2 weeks is usually sufficient.

31 Infections: Food poisoning (PC404d)

Salmonella *enterica* infection (food poisoning) is usually caused by eating raw or undercooked meat, poultry, eggs or egg products. The incubation period ranges from several hours to two days. Most salmonella infections can be classified as gastroenteritis. As after Natural catastrophes the availability of fresh and safe food is often insufficient; food poisoning and its symptoms are one of the infectious diseases victims of a disaster can be faced with.

Possible signs and symptoms include: nausea, vomiting, abdominal pain, diarrhoea, fever, chills, headache, muscle pains and blood in the stool. Depending on the severity of the symptoms rehydration may be needed and PC404d can be dosed 3-6 times per day.

32 Infections: HIV/AIDS (PC1AM & PC1AF)

If a person has been raped, it is not possible to get an accurate test result for HIV in the first six weeks after the event. To be on the safe side precautions should be taken. The patient should see a doctor immediately to decide whether a course of ARVs is indicated for prophylaxis. PC1 for HIV/AIDS should be given also as soon as possible. PC1AF is for females, PC1AM for males.

The initial main shock to the person is the trauma from rape. Start with PC435p for Rape Trauma, every one hour 5 drops or one teaspoon. As soon as the shock of rape trauma starts to subside increase the intervals until taking only once a day, and stop completely when the trauma has been overcome. Tell the patient that if needed she can always start taking it again.

Within half an hour of starting PC435p begin taking PC1 for HIV/AIDS and repeat every three hours during three days, and from then on once daily until the status can be determined. If test result is negative stop, if it is positive continue with PC1 once daily. For more information on long-term treatment see www.arhf.nl

33 Infections: Gonorrhoea (PC180g)

PC180g is included here for the same reasons as PC1. It does not replace antibiotics for gonorrhoea. In the absence of antibiotics, give 3 times per day 5 drops. Especially in cases of recurrent vaginitis or cystitis ever since rape, continuing despite the use of antibiotics for gonorrhoea, PC180g can be used as a complement to PC Rape Trauma – 5 drops once daily.

34 Infections: Syphilis (PC293v)

PC293v is included here for the same reasons as PC1 and PC180g. It does not replace antibiotics for syphilis. In the absence of antibiotics, give 3 times per day 5 drops. Especially in cases of symptoms continuing or returning despite the use of antibiotics, PC1293v can be used as a complement to PC Rape Trauma –5 drops once daily.

35 Not by Medical Treatment Alone

Besides prescribing a Resonance for a disease or trauma it is important to optimise all conditions for healing.

- It is important to know your own limitations. In serious conditions or in case of doubt call in the help of a doctor or refer the patient to a hospital.
- Feeling loved and receiving loving care is probably the most powerful healing force in the universe. Unconditional love comes from a divine source that can never deplete you or the patient's caregivers. If you allow it to flow it will go exactly where the patient needs it.
- If possible a patient should not be exposed to the causal agents or situation or the disease-inducing situation must be improved to the extent that the patient no longer suffers from it. These include loving relationships, proper housing, hygiene, safe sex, clean drinking water, safe living conditions etc.
- Proper nutrition is essential for all patients. Many patients perhaps eat enough to fill their bellies, but often the diet is so limited that essential nutrients are missing from it.

36 How to Order PC Resonances

The PC Resonances you select to be included in your Amma4NaturalCatastrophe Kit can be ordered by contacting ARHF. Depending on the conditions in the area where you intend to work, there are other PC Resonances you may wish to add to your kit besides the ones discussed in this manual. Go to www.vitalremedies.com for a complete list. Only if indeed intended for trauma relief after a natural catastrophe, ARHF can make the selected remedies available at cost price, and if you wish you may also add empty dropper bottles for preparing Master Bottles to your order. If the above applies to you, please contact the address below to make your order. It is also possible to order ready to use dropper bottles at one of the pharmacies mentioned on www.vitalremedies.com and use these as Master Bottles.

37 More to Read and Study

At www.arhf.nl more information, videos and newsletters can be found.

The book '*Homeopathy for Diseases*' gives the full theory and practice of using PC Resonances for epidemic diseases, trauma, intoxication and chronic diseases. It can be ordered at www.homeolinks.nl or amazon.com

Peter Chappell & Harry van der Zee, *Homeopathy for Diseases – Vital Remedies for Epidemics, Trauma and Chronic Diseases*; Homeolinks Publishers, Haren (Netherlands) 2012; ISBN/EAN 978-94-90453-07-7

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