

## *Classical Homeopathic Counseling*

*Ellen fowler Bench D. Hom, H.M.C. Homeopathic Practitioner Since 1993*  
*Business Office: (406) 777-5875 Missoula Office: (406) 721-5808*  
*651 Treece Gulch, Stevensville, MT 59870*

### **Did You Know?**

- All Homeopathic remedies are included in the U.S. Pharmacopeia.
- There has never been a report of a side effect or recall of a proven Homeopathic remedy.
- Current scientific tolls continue to validate, not discount, Homeopathic validity.
- Homeopathy is practiced throughout the world. In Britain, Homeopathy is practiced by physicians and accepted by the National Health Service. In France, there are more than 800 Homeopathic pharmacies with locations in most neighborhoods. In India, there are 124 Homeopathic medical colleges. There are three Homeopathic medical schools in Mexico. In the United States there are many accredited schools and Homeopathy is being added to Naturopathic training as the application of Homeopathy continues to be effective. In Canada, Homeopathy is used by the National Health Care system. Homeopathy is practiced in South Africa and South America. Homeopathic remedies are commonly found in stores throughout the world.
- The American Institute of Homeopathy (Homeopathic Medical Association) was established in 1844, two years before the founding of the AMA, and still exists.
- The Homeopathic approach has withstood the "Test of Time" and has been used most successfully for 200 years. Homeopaths were much more successful in the 1830 Cholera epidemic and the 1917 Influenza epidemic than allopathic physicians.
- There are two Homeopathic competency boards in the U.S. which award diploma status: The National Board of Homeopathy is dentistry for dentists and the American Board of Homeotherapeutics is for physicians.
- Homeopathic remedies can be more effective than analgesics (pain killers) and antibiotics and often are more specific and faster acting.

# *The Top 10 Questions Answered About Homeopathic Remedies.*

**(1) How do remedies work?** Homeopathic remedies are considered energy medicine. The original natural substance has been so diluted that the only remains of the original substance is its energy, (which can be seen in an MRI). This energy is seen by the body as a stimulant or message to encourage the body to take action to heal, repair itself and balance. The further out of balance, the more complaints. The remedy's job is to move you toward balance.

**(2) I tried a remedy in the past and didn't get results, why?** Most common is that the remedy is the wrong one for you and your overall condition. The remedies are specific to you and the way your body expresses itself (mentally and physically). You need to communicate honestly with your Homeopath to facilitate the correct remedy selection. Also, make the best use of your remedies, as illustrated in the following:

If you are over tired, take a teaspoon of diluted remedy, not three big cups of coffee. If your remedy is the right one, you will feel stimulated and energized. If you are stressed and want to smoke marijuana to mellow out or drink cham tea to sleep, you are artificially creating relaxation! Instead, take a teaspoon of the diluted remedy. You should be calmed by the remedy, provoking balance and allowing you to rest. Learn to use the dilution in the first few weeks following your initial dose and experience how many "medications" you can eliminate.

**(3) When may I repeat my remedy?**

Natural occurrences like stress (a letter from the IRS) move you out of balance. The stress of that letter = loss of sleep = over-tired = reduced immunity = relapses which

move you away from balance. That's the time to repeat the remedy and message the body to move back toward balance.

Please call and schedule a follow-up appointment so that I may help you manage this process. It is important to follow up at least two or three times to insure your remedy is moving you in the correct direction and progress is resulting.

**(4) What is 'antidote'?**

Should you "antidote" the remedy, you are stopping the progress toward balance. Please abstain from camphor, menthol, eucalyptus and tea tree oil (which is camphorated). Products like Ben Gay, Vicks, Carmax, Altoids, etc.... are medicines which penetrate. These are the only substances which should be avoided. If you can taste mint from your toothpaste, don't take the remedy.

If you have antidoted your remedy, you may retake your remedy when the taste, smell or effect of the antidoting product is no longer active.

**(5) What is an aggravation and what do you mean, 'I might experience the return of old symptoms?'**

Disease energy weakens our body, mind and spirit. If the body heals completely it is returned to full energy and vitality. If it 'stores' disease, this diminishes vitality and leaves impaired function in the disordered parts. If you are not well since strep throat and the energy has settled in your kidney: to heal the kidney the strep will return and the kidney will heal. We can dilute the remedy during the aggravation (return the sore throat) and move it out as well. The result is the undoing of the progressive disease process.

Not all symptoms return (or no one would

be doing homeopathy!). Only the ones 'stored', which need to be removed, will return. You do not have to be miserable because we can dilute the remedy or use the appropriate acute remedy for the 'stored' symptom when and if it resurfaces.

The benefit of returning old symptoms is the spectacular return of vitality and the liberty of not medicating your body's expression of pain and misery!

**(6) What is a dilution?** Diluting your remedy in water softens the message to balance. Its effect is gentle and easy to use.

Take a bottle (the ones with sipper lids are the easiest) and drop in one pellet. Dissolve the pellet and shake the bottle well. Label the bottle with the remedy name. You may use this watered down remedy for any irritation or unwanted symptoms in the first week to ten days. Take approximately one teaspoon of this water, swish it in your mouth and hold it for about ten seconds before swallowing.

For intense aggravation you may take one teaspoon every five minutes for three times. If the symptom is not resolved, journal it and report it in your follow-up which should be within two weeks of your initial appointment.

**(7) I had heard not to touch the remedies?** Because we are only using one pellet and we want nothing to contaminate the subtle remedy, we pour them into the lid to get just one. You can return the extra uncontaminated ones back into the container to maintain purity.

**(8) What about diet?** The remedies will work despite your dietary habits, but they may not last as long. If your main complaint was acid stomach which is aggravated by eating salsa, then salsa should be avoided until the body is balanced and

the 'hyper' sensitivity to it is reduced. Then you may not be 'irritated' by it later. If you have liver disorder, drinking alcohol is aggravating your condition. The right remedy will reduce your desire by focusing on your addiction or self-destructive tendencies. After homeopathy you should have the desire and willpower to adhere to better dietary standards (which vary from patient to patient), helping you maintain improved health and vitality.

**(9) Where do I put my remedies?** Please store the remedies in a clothing drawer away from the odor and chemicals in your kitchen or bathroom. Also temperatures above 140 degrees may be deactivating. So....do not leave them in a hot vehicle in the summer.

**(10) Are these remedies regulated somehow?** All homeopathic remedies are considered 'drugs' within the meaning of the United States Food, Drug and Cosmetic Act and therefore are subject to the applicable USFDA regulations for labeling. Homeopathy has its own official reference books which guide the preparation of homeopathic medicines. One of the most widely accepted is the Homeopathic Pharmacopoeia of the United States, often abbreviated HPUS. It establishes standard procedures for the handling and preparation of the many, varied substances used to make the remedies.



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## Decoding Those Labels

Homeopathic remedies come in a bewildering array of forms, formulas and packages from many different manufacturers. If you have been trying to unscramble the meaning of the various labels, read on!! Some of our most frequently asked questions are discussed here.

### **“Are these remedies regulated somehow?”**

All Homeopathic remedies are drugs within the meaning of the United States of America, Drug and Cosmetic Act and therefore are subject to the applicable USFDA regulations for labeling. The homeopathic world has its own official reference book (s) which guide the preparation of homeopathic medicines. One of the most widely accepted is the Homeopathic Pharmacopoeia of the United States, often abbreviated HPUS. (Some companies add “HPUS” after the remedy name on their labels, indicating that it was prepared according to HPUS guidelines.) It establishes standard procedures for the handling and preparation of the many, varied substances used to make the remedies.

### **“I can’t pronounce it so I’ll spell it for you.”**

Most Homeopathic remedies are known by their scientific or Latin names. This ensures not only a worldwide standard but also a constant source of embarrassment to anyone who tries to be sure of the name of the remedy that you want. A majority of the remedies have 2 words in the name i.e.: Arnica Montana. If you were to ask for Calcarea, no one would know which remedy to give you since there are 15 different kinds! If your physician has written the remedy he wants you to get, be sure you can read what he has written and that the complete name of the remedy was given.

### **“What does the “X” or “C” mean?”**

Single remedies are labeled with the remedy name, followed by a number and a letter, i.e.: Arnica Montana 30C or Arnica Montana 12X. The number indicates how many times the original preparation of the substance has been diluted. The letter refers to the scale of dilution. The “X” or decimal scale (X standing for the Roman numeral 10) remedies have been diluted one part in ten.

The potentization of remedies begins with a 1X or 1C preparation. For Arnica 12X, one part of the original preparation was first diluted with nine parts of alcohol and successed (vigorously thumped against a firm surface), then this process was repeated 11 more times. The “C” or centesimal scale (C representing the Roman numeral 100) indicates a dilution of one part in one hundred. Therefore, your Arnica 30C is one part of the original preparation diluted with 99 parts alcohol and shaken 30 times. The number/letter combinations are the potency or strength. Paradoxically, the more the remedy is shaken, the more potent it becomes.

### **“Can I interchange X and C scale remedies? I have a 30C but I want a 30X.”**

Considering dilution only, the 30C potency is equal to a 60X. The 12C would be equal to a 24X. The 6C would be equal to the 12X. However, it is very important to understand that both dilution AND succussion are important in producing a given potency. Although the 30C and 30X have the same number of succussions they do not have the

same dilution. The 30C is more dilute, therefore stronger. Conversely, comparing remedies of equal dilution the 30C and 60X, we find that the 60X is a higher potency because it has had 6000 succussions, compared to only 3000 given to the 30C. If a doctor has prescribed a certain potency it is wise to consult with him before changing to a different one. Choice of potency is a matter of study, experience and preference.

**Potency Comparison Chart**

X Potency	Dilution	C Potency
1X	1:10	
2X	1:100	1C
3X	1:1,000	
4X	1:10,000	2C
5X	1:100,000	
6X	1,000,000	3C
7X	10,000,000	
8X	100,000,000	4C
9X	1,000,000,000	
10X	10,000,000,000	5C

**“But my bottle says 1M! What does that mean?”**

The “M” stands for the Roman numeral 1,000. The “M” is not a different scale but is a shortened way of expressing the “C” scale. A 1M potency means a 1000C; a 100M potency might be labeled “CM” replacing the number 100 with the Roman numeral “C”. These are all high potencies.

Generally, if there is no “X” or “C” or “M” after the number, it is the “C” scale that is referred to.

**What the potency designations do NOT mean...**

If your remedy name has a 30C after it, the “C” does NOT mean 30cc’s. Cc is the abbreviation for cubic centimeter, a metric unit of volume. A remedy name followed by a 1M or 10M does NOT mean 1 milligram or 10 milligrams. Milligram (mg) is a metric unit of weight (mass).

**“How many milligrams of Ferrum Phos (Iron Phosphate) are in a 6X dose?”**

Although Ferrum Phos 6X may help your system assimilate an iron supplement it does not contain a supplemental quantity. All 6X remedies have been diluted and shaken six times. The quantity of Ferrum Phos in the finished remedy is much less than a milligram. In fact, beyond the 12C potency there is no molecule of the original substance left. Yet the remedies are highly effective. This is one of the mysteries of homeopathy.

**“My vial of Hypericum Perfoliatum 200C is labeled for “toe & finger pain” but my doctor prescribed it for my depression! Do I have the wrong remedy?”**

Back to those labeling requirements! The FDA states that the label must contain “a statement of the conditions, purposes or symptoms and/or indications for which the drug is intended.” A glance into your Materia Medica will show that it takes almost five pages to describe all the things

Hypericum is good for. How can the manufacturers condense this all into 2 or 3 words that will fit on a label? They can’t! They must pick and choose. Don’t let the label worry you...study your Materia Medica.

**“The expiration date on my vial of remedy is 02/06. What does that mean? Has it expired?”**

Some companies put only the month and year of expiration. In this example the expiration would be February 2006. Some companies have no expiration date at all. It is considered that Homeopathic remedies, handled properly, can be effective indefinitely.

**“Should I take 3 pills, 3 times a day like the bottle says?” ...**

***...Watch for Homeobits #2, where we dare to tackle the dose question!!***

Bibliography:  
Homeopathic Pharmacopoeia of the United States (1996)  
Vitoulkas, G., *The Science of Homeopathy*, (1980)

## The Process of Cure

- **Increased Well-Being**  
Energy, Spirit, Activity, Social Interaction,  
Mood, Alertness
- **Signs of Physiological Resistance to Disease**  
Fever, Vomiting, Diarrhea, Inflammatory Response,  
Discharges
- **Homeopathic Aggravation**  
3-5 days after the remedy, an increase in one symptom or  
symptom-complex.
- **Disappearance or Reduction of Symptoms of the Illness**
- **Return of Normal Behavior**  
Grooming, interaction, habits, personality characteristics
- **Return of “Old” Symptoms**  
Usually ones that were suppressed by prior allopathic  
treatment
- **An Episode of “Crisis”**  
Usually a repeat of a previously suppressed pattern
- **Brief Return of Symptoms**  
3-4 weeks after remedy administered

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## *What Does Diet Have to Do With It?*

*Diet, a dreaded subject for sure!! We all know our bad habits and we don't want to hear any preaching, BUT.....let's do the best we can with the following information to contribute to our own well being.*

*All alternative therapies want to achieve balance. At balance, our energy is good, we sleep well, have a good stool daily, and a pleasant nature. Chiropractors, acupuncturists, naturopaths, homeopaths and healers of many varieties all want to achieve balance.*

*By our nature and in our current environment, a perfect diet is almost impossible to achieve, so the necessity of combining alternative therapies and good diet is essential to maintain good health. If we look at foods from a balance point of view, we see that food can be laid out on a scale as follows.*

<u>YIN</u>	<u>OPTIMUM BALANCE</u>	<u>YANG</u>
Sugars	Veggies & Grains	Meat

*The contrast I'd like to use is known as Yin or Yang. Left or Right, if you please for simplicity.*

*Foods very Yang include meat and animal products. Foods very Yin contain a high amount of sugars. When you consume meat products (very Yang) you crave deserts (very Yin). It is with difficulty that we pass up a cup of coffee (Yang) or a glass of milk (animal) to wash down the (very Yin) chocolate cake. Our body generally craves the opposite to achieve balance: in vacillating between right and left, we never achieve it.*

*We need to eat foods toward the center of the scale by eating more whole grains, vegetables and less meat. When less meat is consumed, less sugar is consumed simply because the sugar cravings diminish as we eat less meat.*

*A vegetarian diet is a big step and many of you may be willing to try it. So the first BIG step is to work toward a better diet. Use these guidelines to get started:*

- 1) Eliminate or avoid processed flour (white) and processed sugars (white)*
- 2) Eliminate fried foods*
- 3) Eat fresh foods, fruit and vegetables (not canned, creamed or frozen)*
- 4) Reduce the quantity of meat eaten (meat is: red, white and fish!)*
- 5) Increase the quality of what you eat!!!*

***French fries and vegetarian pizza are not a healthy (although) meatless diet!***

*We must respect our bodies, and give our body quality fuel to nourish our cells, organs, and mind. Love yourself, nourish yourself and avoid just satisfying your hunger.*

*I will be teaching a cooking class to demonstrate an easier transition from boxed or prepared foods to good wholesome (and with planning even quick) meals that taste as good and even better than the unhealthy food many of us are used to eating. A special note for all of you "fat free" food buyers: sugar is the substitute for fat, so although fat free, these foods are not necessarily healthier for you!!*

*Please call me for more information on the cooking class, or moving your diet towards balance.*

*Affectionately and in true concern for your well being,*

*Ellen fowler Bench*

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*The following classes are the most popular offerings. Self-help, reference books and kits available.*

*A larger selection of courses and specialized subjects is also available.*

## *Introduction To Homeopathy For You and Your Family* 6 hour course

*Covers emergency prescribing and the top 48 remedies used in the family kit.*

## *Homeopathy for Your Pets* 3 hour course

*A specialized class re: natural options for your pet including worming, emergency care, vaccines, and specific behavioral challenges.*

## *Children's Behavioral Problems and Constitutional Identification* 16 hour course

*Includes how to avoid reoccurring illness and treating every day problems children encounter: the stress of potty training; going to a new baby sitter or school; bed wetting; ADD; nightmares; and developmental obstacles.*

## *Eight Weeks of Homeopathic Theory with certificate* 50 hours (meeting 2x monthly)

*Includes 2 texts. This class includes the principles necessary to understand potency, vital force, miasms and how to make remedy selections. This is an intermediate level course. Pre-requisite is the class is Intro to Homeopathy for You and Your Family.*

## *Homeopathic Study Group*

*Theory class is a prerequisite for this class. This class is for discussing actual case studies and problem solving. This class can be ongoing for studying special subjects (such as diabetes, PMS, insomnia, etc.).*

## *Homeopathy and Massage* 8 hour course

*This class is for using homeopathic remedies to enhance massages. Includes suggestions to diminish contamination of skin ailments, reducing pain and facilitating ease of moving through emotional crisis during protocols such as Cranial-Sacral therapy.*

## *Womens Complaints (Including Menopause and PMS)* 3 hour course

*Hot flashes, discharges, heavy bleeding, lack of sex drive, painful menses, and more.*

## *Chronic Pain Relief and Sleep Disorders* 3 hour course

*Back pain, old injuries, slow healing, bone spurs, bunions, aching joints, Sleep complaints including snoring, mind too busy, interrupted sleep, etc.*

## *Infectious Disease Threats and Homeopathic Protection* 3 hour course

*Disease threats today not only include flu, strep, herpes, but also biological warfare.*

*Get Prepared with the World's Most Effective Prevention and Treatment with Homeopathic Vaccine Kits, Family Kits, Vet Kits, and Travel Kits.*

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*To My Clients and Friends,*

*Homeopathy is unique to most of you, and I would like to take this opportunity to clarify my role as a Classical Homeopath. There are so many things to accomplish in a 2-hour session that I have written this correspondence to address my concerns and to enable a better understanding of our relationship to increase its success.*

*When your body is in balance, you are happy, sleeping well, waking refreshed, and have adequate energy to accomplish your goals. When "dis-ease" appears, your body develops symptoms to get your attention. Symptoms are evidence of disorders. These symptoms can be acute, like the pain of slamming your finger in a door, or a cold from getting caught in the rain. The key to an acute ailment is that if you leave it untreated, it will go away by itself. If a homeopathic remedy is used to diminish the pain or to stop a runny nose, it motivates the body to "hurry up", but it will heal itself! When a complaint is chronic, it is systemic or coming from an internal weakness or imbalance, such as: an injury which never heals; reoccurring aches or infections; sluggish reactions of organs; fears; depression; unrefreshed or interrupted sleep; poor temperament; ailments since a birth, surgery or a divorce. The accumulations of these symptoms are the manifestations of "dis-ease". The goal is to use the remedies to motivate the body back to balance and the results of reducing these complaints is the evidence that the remedy is working.*

*All of our bodies are at different levels of "dis-ease" and require many different motivations. The frequency and potency vary from person to person. The results also vary due to the causes of the "dis-ease". The time it takes for relief may be immediate to a week. The "cure" may take 3 months to a year. This is why we need to work together and communicate these symptoms and the results.*

*My goal is to collect the information and make a remedy and potency selection to eliminate the symptoms' cause. Your responsibility is to maintain the status of the remedy by noting the improvement or progression of complaints. You also must avoid remedy antidotes and comply with any specific recommendations given at the consultation to contribute to the remedy's success.*

*Your first follow-up appointment is included in your Initial Consultation fee. I want to ensure the remedy is acting in the correct and anticipated way. Please call and schedule your follow-up appointment if we did not schedule one during your office visit.*

## *Let's Examine a Few Examples of Remedy Repetition and Its Results.*

### **Example 1**

"Bud" has chronic gastric disturbance (heartburn occurs day and night). This condition inhibits him from eating or drinking any seasoned foods. He can't sleep through the night without gastric pain, and despite the multiple hundreds of dollars spent on medical prescriptions for 3+ years, the problem persists.

I gave "Bud" one remedy for 3 days. Then a dilution of the same remedy to be taken in place of the multiple antacids he was consuming. **(MOST PRESCRIBED MEDICATIONS SHOULD NOT BE DISCONTINUED WITHOUT A MD'S SUPERVISION.)** In one week he was able to enjoy a normal diet, without the discomfort and expense of the medication. No further remedies will be necessary at this time. When and if new symptoms or complaints occur, "Bud" will need to make contact, to take him to the next level of "cure". The perfect "cure" was possible because the reason, not the symptom, was addressed. The weakness and imbalance was corrected. (Not all cases are as simple as "Bud's").

### **Example 2**

"Alice" complains of bleeding, painful hemorrhoids. I counted 20 symptoms in addition to the hemorrhoids, which include chest symptoms and numbness of limbs. Do I "treat" only the hemorrhoids or the cause, which was a weak cardio-vascular system, that has manifested to leaking through the rectum? The remedy is needed to strengthen from within: as it does, the evidence of weakness (the hemorrhaging hemorrhoid) will heal as a result. Now 8 out of the 21 symptoms have diminished, which leaves 13. A case reassessment is now required to determine if the remedy is continuing its action, which will address the remaining symptoms. Other protocols include: whether repeating the remedy is indicated or a different remedy is appropriate at this time.

*Remember, to accomplish this progression, communication is necessary. Record your status and check in. Wonderful results can be obtained and maintained as we work together. A special note about "dis-ease". Symptoms start at the surface and progress inward (with suppression or mistreatment): from the least most important organ to the next most important, whereas the "cure" takes place in the reverse order. As the remedy motivates the "dis-ease" toward the surface, an aggravation sometimes occurs. These aggravations are signs that the remedy is acting. Misery or making symptoms worse before we are better are exaggerations and are not necessary in the extreme. Instructions for softening any old symptoms are provided with compassion while using homeopathic remedies. Homeopathic remedies enable wonderful relief of Mental, Spiritual and Physical complaints. Please feel free to ask about the totality of relief a remedy is capable of facilitating. Communication is required for a smooth transition towards our goal of balance. Please feel free to discuss your questions, your status or obtain client referrals.*

*I also want to take this opportunity to present my current policies:*

- ◆ *Initial Consultations are \$295.00*
- ◆ *Your one week Follow-up Appointment is FREE OF CHARGE*
- ◆ *Status Reports are FREE OF CHARGE*
- ◆ *Additional case analysis and reassessments are \$75.00 plus any additional remedies*
- ◆ *Payment is due at the time of the consultation*
- ◆ *For **Emergencies** please call anytime, emergency cell # (406) 369-3001.*

- ◆ *For check-ins and status reports or to schedule an appointment, please call the office. Please explain details of current symptoms, progress, concerns, etc. Messages are confidential.*
- ◆ *Regular office hours for consultations are by appointment Tuesday in the Missoula office and Monday and Thursday in the Stevensville office. I am also available for house calls on a case-by-case basis.*
- ◆ *Classes of many kinds are available to you, your family and clubs, organizations or groups. A class list is available upon request.*

*A Special Note: Please use my voice mail to avoid missing calls, to help keep costs down, and to avoid interrupting a consultation.*

*I thank you for your understanding and welcome all communication!*

*In sincerity and affection,*

*Ellen fowler Bench*

*Ellen fowler Bench, D. Hom, H.M.C.  
Homeopathic Master Clinician  
In Practice Since 1993*

*I have read and understand this letter.*

*Date: \_\_\_\_\_*

*Signature: \_\_\_\_\_*

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## CLIENT REFERRALS

John talked better from day 1 with Ellen. He began to think, respond and act like the man I knew. Since this time, John has redeveloped his capacity for living almost as fully as before the stroke. *BJ Crowley*

The drug given me by the doctor was a known entity with carcinogens. I tolerated the drug for several days and then it quit working. My symptoms returned. Ellen (remedied) and the symptoms stopped. *BJ Crowley*

I would like to tell you how much you have affected my life. Homeopathy goes where nothing else can seem to go. I had never really known wellness. It was amazing how my mental and emotional state changed as well as the health of my physical body. *L Peterson*

My son saw Ellen because he suffered from excessive anxiety, worry, deep & sorrowful sadness, depression, inability to relax his mind & body, difficulty concentrating & focusing, and suicidal ideation. Within only 2 months time, the sequence of remedies he has taken from Ellen have alleviated every problem. My child now feels like a child. *Karin*

With the objective precision of the disciplined scientist and the metaphorical sensitivity of a poet, Ellen is beautifully suited for her work. She is knowledgeable, patient, persistent, compassionate, generous, and professional. We are fortunate to enjoy her level of skill and caring here in the Valley and are grateful for her Classical Homeopathic Counseling. *SAKG*

When I first took the first group of pills, I wasn't at all sure I had made the right decision but after 24 hours I was not prepared and did not realize that these treatments would work on all the things that had been wrong with me for many years. *NW*

My son got involved in drugs, alcohol, etc..... due to a stressful job situation and a move. He was about to be sent to a mental institution to be evaluated. Ellen was able to bring him back to balance in mind and body . . . without drugs and their terrible, damaging side effects. *Sally J*

My grandson was bitten by a neighborhood domesticated cat. His mother did everything she knew to do to draw out poison. When he awoke the next morning his hand was swollen twice the normal size, it was hurting very badly and there were red streaks running up his arm. As the remedies were being administered, his Dad said he could actually see the red streaks moving before his very eyes. *DL*

My son came home from a fishing trip with tick fever. He was so sick he could not get out of bed. He had many terrible symptoms that were very horrible. . . . within a 24 hour period he was totally well.

*Luci S*

He took (his remedy) for 10 days. He said the seizures are better. He doesn't have them everyday now. They are less intense and shorter in length. *Kathy*

A neurologist was practically yelling at me that I MUST put my child on Ritalin, I had no choice. (I researched it thoroughly, and it cemented my decision that Ritalin was the wrong answer.) I feel Ellen's homeopathic approach has truly released him from the layers of fear and anxiety that were covering up the happy little person I knew from his early years. *NL*

I went to Ellen with some serious female troubles. I knew if I had gone to a DR that they would want to cut things out of my body. I had never been incapacitated like this in my life! She convinced me not to give up (on the remedy) and it worked and I've never had the trouble since. *Cheryl*

After many years of seeing Ellen do so much for other people homeopathically, my husband finally gave in and went to her for counseling. He came home telling me he knew himself better than he ever had in his life. She was able to remedy stomach trouble he was having, feet problems and many emotional issues in his life. *Cheryl*

I feel freer and happier than I have in a long time. My constant stomach aches went away almost instantly. The big thing was the PMS. I felt small tremors two mornings, but I took the remedy and by noon, the feelings of PMS had gone away.

For the first time, I truly feel content, balanced and whole... at least in retrospect it's the first time. I feel very good about myself, and I don't feel the need for as much approval as before. *Sarah*

I used homeopathy for endometriosis and infertility. After 10 years of traditional treatment, I got pregnant 60 days following my first homeopathic remedy. *EF*

. . . I have seen a big improvement in my face. It has made my face much softer and prettier. I've had numerous compliments. They all attribute it to different things, but I know it's the remedy. *Peggy*

Homeopathy is  
fabulous!

## Did You Know?...

All homeopathic remedies are included in the U.S. Pharmacopeia.

There has NEVER been a report of side effects or recall of a proven homeopathic remedy.

Homeopathic books, which were published in the 19<sup>th</sup> century and early 20<sup>th</sup> century, are still in effective use today because symptoms were reported in patient language, NOT doctor language.

Homeopathy is practiced throughout the world: 500 million people worldwide receive homeopathic treatment. Over 3,000 MDs and healthcare providers use homeopathic remedies in the U.S. Homeopathy is even more prolific in European countries.

The American Institute of Homeopathy (Homeopathic Medical Association) was established in 1844, two years BEFORE the founding of the AMA, and still exists. The first medical colleges in the U.S. were homeopathic.

The Homeopathic approach has withstood the "Test of Time" and has been used successfully for 200 years. In epidemics of Cholera (in 1830) and Influenza (in 1917), Homeopathics were much more effective than allopathic physician treatments.

Homeopathic remedies are ALL NATURAL and, therefore, Un-Patentable. This has largely eliminated the promotion, research and development that are commonly afforded to allopathic medicines - despite the success rate of Homeopathics.

No misuse of any natural resources occurs in the production of any homeopathic remedies.



# Classical Homeopathic Counseling



*Ellen Fowler Bench, D.Hom., H.M.C.*

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SB287

**Classical Homeopathy** is a natural healing therapy that is more than 200 years old and is accepted around the world. Homeopathy is supported in France, Germany, England, Scotland, India, Canada, Mexico and many other countries. The Physician to her Majesty, Queen Elizabeth II, is a Homeopath. Homeopathy in England is protected by an act of Parliament and they are privileged to have Homeopathic hospitals.

In our country, Homeopathy is growing. Awareness of its success is becoming more and more widespread nationally through syndicated radio and TV ads for over the counter remedies. People are becoming increasingly aware of homeopathy for acute illnesses with a rapid rise in availability of these remedies at discount chains like K-Mart, as well as local grocery stores and most health food stores.

Many famous people have included homeopathy in their lives including Tina Turner, The Queen of England, Magic Johnson, Jane Fonda, Mariel Hemingway, Kareem Abdul-Jabbar, Mel Gibson, Martin Sheen, Angela Lansbury, Dizzy Gillespie, George Bernard Shaw, Mark Twain and Daniel Webster, to name just a few.

### Remedies

Homeopathic remedies are made from natural sources and can be animal, vegetable or mineral, etc.

The uniqueness is that they are highly diluted. They have no side effects, nor addictive or dependent qualities.

Homeopathy is safe, sweet tasting and easy to take for infants, children, adults and animals!

Homeopathic remedies are available for first aid, sport injuries, acute illness and chronic conditions.

### My Training

My degree is from the British Institute of Homeopathy, attended at the California campus. I am a member of the BC Society of Homeopaths. My studies continue with worldwide leaders in Homeopathic practices and research. Homeopathic patients are all unique and challenging.

New strains of disease continue to infiltrate our environment, our food, and our bodies - necessitating constant research and case studies. Please feel free to ask for references and to discuss Homeopathy with others.

Office Consultations and House Calls by Appointment

Please call (406) 777-5875

### Fees

Initial 2-Hour Office Consultation.....	\$295
Initial 2-Hour Telephone Consultation .....	\$295
Extended Visits per Hour.....	\$125
Case Reassessment, 30 Minutes.....	\$75
General 30-Minute Office Visit.....	\$75
(For acute complaints or emergencies)	

A variety of classes are available for individuals, groups or clubs. Please request information according to your interests.

### Product Prices

Remedies 6c - 200c .....	\$10 each
Remedies 1m - 50m.....	\$15 each
Custom Combo Remedies.....	\$15 each
Custom Creams.....	\$15 and up
Herbal Tinctures.....	\$15 and up
Assorted Homeopathic Kits are Available.	