

## Workshop Design

### Welcome Everyone!

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Educator



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## Our Agenda

- Getting started with YOUR workshop
- Planning for optimal learning
- Identifying participants
- Selecting a Venue
- Packing List
- Teaching for engagement
- Following-up



## Workshop Agenda

- Length of workshop
- What to expect
- Restrooms
- Refreshments
- Resources



*People remember how you made them feel.*

## Where do I start?

Motivation and goals:

1. Building a practice
2. Educating and inspiring the community
3. Offering unique talents and gifts
4. Serving the great good
5. Empowering people



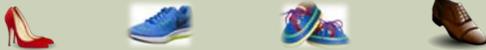
Bring your whole self to the "table." Connect head and heart to inspire!

## Relevant, Timely, and Compelling

**Relevant:** Who is my audience? What are their needs?  
*Get into their shoes.*

**Timely:** What is happening in my community? What is happening in the news? What's going on in social media?  
*Listen. Observe. Ask. Follow the energy.*

**Compelling:** Which needs are going unmet? Which needs can homeopathy address **effectively AND simply**?  
*Identify a need. Offer a solution. Inspire confidence.*



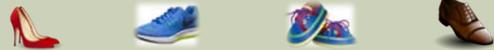
## Right Fit



- What Inspires you?
- What are your professional/personal goals?
- What is your developing expertise?
- *Where is the match?*



**Gentle Reminder:** Avoid "pet-interests," highly controversial topics, talking over people's heads, and being weird or esoteric.



## Whole Person Engagement

- Visual: spatial
- Aural: auditory - musical/story
- Verbal: linguistic - spoke & written
- Physical: kinesthetic - touch
- Logical: reasoning and systems
- Social: interpersonal
- Solitary: self-study



## VENUE



## Packing List

- Handouts, *Homeopathy Today*, Sign-up Sheets, Business Cards
- Blank Paper & Signs & Your Notes
- Markers: Odorless, Whiteboard, Permanent
- Tape: Masking & Office Tape, Duct tape to tape down cords or hang signs.
- Extension Cords, Computer, Screen, Projector
- Send your presentation ahead of time to the organizer. Have a copy on your computer and on a USB Drive.
- Remedies: Cell salts, Bioron Tubes, Kits. Resource Books.
- Arrive early enough to hang signs, manage the unexpected, set-up the room, greet people
- Drinks, snacks (Connection)
- Designate Helper



*Within ourselves,  
we carry the seed of  
healing.*

Tanya Renner, CCH, RSHom(NA) is a certified homeopathic consultant, Life Coach, and educator with a private practice in New Hampshire. Tanya has served as a Core Faculty Member and Co-Administrator of Teleosis Homeopathic Collaborative, LLC. She is a professor at New Hampshire State College. Tanya has a particular interest in helping people discover how to strengthen their healing capacity by accessing simple, effective wellness strategies.

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## Quick Benchmark



- 0 = Never heard of homeopathy
- 1 = Familiar with the concepts
- 2 = Have used
- 3 = Have recommended
- 4 = A fair amount of experience
- 5 = Move over...let me give the talk

## Homecare Conditions

**Homecare: self-diagnosis, self-treat, and self-manage**

Welcome to with the NCH Homeopathy Academy of Moms program!

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## Preserve Intellectual Diversity Complementary, but different.

### Reductionistic

- Parts
- Quantities (pulse test)
- Mechanistic
- Causality: (action & reaction)

### Holistic

- Whole
- Qualities (TCM: pulse test)
- Systemic
- Influence: (adaptive)



## Have you ever noticed...



## forests and meadows need no gardener



## tides need no push or pull



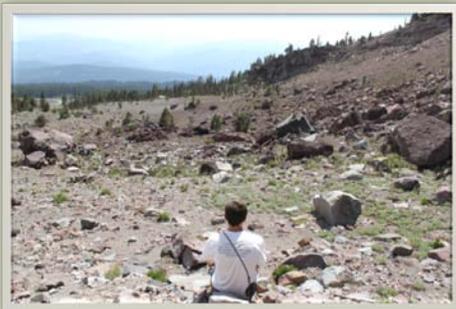
leaves simply change color each fall?



Although nature is infinitely complex



it is also amazingly simple.



~just like homeopathy~



Homeopathy recognizes how simply  
the body heals itself.



It stimulates balance in complex  
dynamic systems.



We are part of nature...



everything we need is already here.



Homeopathic minerals are for all seasons of life.



Simplify healing...follow nature.



**DR. WILHELM SCHÜSSLER**  
1821 – 1898, GERMANY

Medical Doctor  
&  
Pathologist

**Pioneer of the  
Biochemic System  
of Medicine**

## CELLULAR PATHOLOGY

**Dr. Schuessler:**

**“The inorganic substances in the blood and tissues are sufficient to heal all diseases which are curable .... by supplying to the cells the cell-salts needed for a normal condition to exist, thereby destroys the breeding place for the fungi, germs, or bacilli.”**

## EXPLORING HOMEOSTASIS



## Macro-minerals: 3x-12x

- Calc flour
- Calc sulph
- Kali mur
- Kali sulph
- Nat mur
- Nat sulph
- Ferrum phos
- Calc phos
- Kali phos
- Mag phos
- Nat phos
- Silica

## SIGNS & SYMPTOMS

Observe the signs and symptoms of the body's natural healing process.

- 1) Change in sensation?
- 2) Change in natural rhythm or balance?

## Change In Sensation: *What is the feeling?*



Burning, Sharp, Cramping, Throbbing, Tingling, Cold, Stitching, Shooting, ...

*What makes it better or worse?*

### Change In Natural Balance:

What's the body doing? What's speeding up?  
What's slowing down?



Drying, Cracking, Bruising, Bleeding,  
Oozing, Erupting, Blistering, Weeping,  
Discharging, ....

- 1) What's the sensation?
- 2) What's the body doing?



Case: My throat feels dry and my lips are cracked. Funny thing is my nose is running like a faucet.

Select the cell salt(s) that cover the changes in the body.

Case: My throat feels dry and my lips are cracked.  
Funny thing is my nose is running like a faucet.

Mini-repertory:

Dryness: nat mur, Cracked: nat mur and Discharge watery: nat mur

Mini-materia medica: Nat mur is a water distributor

### The Body's Defense System

Minerals used in the initial response to insult with pain characterized by heat, redness, swelling and pain:

*Ferrum phos, Nat mur, Kall Mur*

Minerals used in deep cleaning, re-balancing and re-building:

*Kall mur, Kall sulph, Calc sulph, Silicea, Nat sulph*

You've been warned! Close your eyes, if you have a weak stomach.



Egg-white Mucous With Yellow Streaks:  
Nat Mur, Kali Sulph



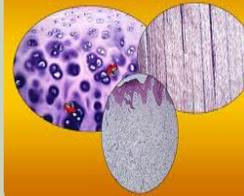
### NERVE NUTRIENTS

Ferrum phos, Nat phos, Kali phos,  
Mag phos, Calc phos



### STRUCTURAL SUPPORT: Calc phos, Calc fluor, Silicea

#### Connective Tissue



- Muscles
- Tendons
- Ligaments
- Bones
- Teeth
- Veins

## ELIMINATION

### Bladder

- Mag phos - spasm
- Calc phos - spasm
- Natrum phos - acidity
- Natrum sulph - broad application

### Gastrointestinal

- Nat phos - acidity
- Nat sulph - broad application
- Nat mur - over dry

## Off on a "True Life Adventure"



## EXPLORING BALANCE



## HOMEOPATHIC MINERALS FOR TODAY



**FOR OUR FAMILIES**



**Chick Born With Crooked Toes And Unable To Rest On Feet.**



**Homeopathic silica was given and the chicks, toes straightened. Laurie D-M**

Alison's toes straightening



Alison grown-up & healthy



**ON OUR FARMS**



## True Life Adventure: Coco



## Coco recovered well.

Kim Kalina, RSHom(NA)



## IN OUR GARDENS



## True Life Adventure with Veronica B.

Heat Stressed Plant: Hot days and chilly nights. Dry and Stormy.

Recovered well with Nat mur 6x in water



**AND AT HOME**



**True Life Adventure with Sabra D-A**



**IN TIMES OF ILLNESS**



**AND IN TIMES OF STRENGTH**



True Life Adventure:  
Bike Touring with the Renner Family



*HOMEOPATHY FOR LIFE*



HOMEOPATHIC EDUCATION  
FOR EVERYONE...



National Center For Homeopathy

CELL SALTS: best friends

- **Homeopathic Cell Salt Remedies** by Nigey Lennon & Lionel Rolfe. Ideal for home use.
- "Nurture Your Inner Athlete with Homeopathic Cell Salts", Tanya Renner, Homeopathy Today, Summer, 2015
- "Gentle Little Souls-All about the Cell Salts" by Miranda Castro, Homeopathy Today, July/August 2008 and [www.mirandacastro.com/articles/CellSalts.html](http://www.mirandacastro.com/articles/CellSalts.html)
- Cell Salt Teleconference, Kim Kalina: [www.uheal.net/teaching.htm](http://www.uheal.net/teaching.htm)

## RESOURCES

- **Homeopathic Research Institute:** [www.hri-research.org](http://www.hri-research.org)
- **National Center for Homeopathy (NCH):**  
[www.homeopathycenter.org](http://www.homeopathycenter.org)
- **NCH (free-webinars)**  
[www.homeopathycenter.org/homeopathy-academy-moms](http://www.homeopathycenter.org/homeopathy-academy-moms)

## We can help, if you get stuck.

Contact your health care provider or a professional homeopath

National Center for Homeopathy Practitioner Directory  
[www.homeopathycenter.org/find-homeopath](http://www.homeopathycenter.org/find-homeopath)

North American Society of Homeopaths  
[www.homeopathy.org](http://www.homeopathy.org)

Council for Homeopathic Certification  
[www.homeopathicdirectory.com](http://www.homeopathicdirectory.com)



*Always consult a qualified health care provider if you are dealing with health care issue.*



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A legacy of health

## Follow-up and Exceed Expectations!!!

Give them a reason to reconnect with you!

Sign-up Sheets.

Invite them to contact you.



## THINK LIKE A HOMEOPATH: QUESTION BANK

- What caused the problem?
- What were you doing right before the problem developed?
- What makes the problem better or worse?
- Is there anything that makes you feel better or worse overall?
- Does the pain make you want to move or hold still?
- Is there anything specific that intensifies the pain?
- Is it a constant pain? How long does the pain last?



## WHAT ABOUT POTENCY?

(Always use 3x-12x potencies for homeopathic cell salts.)

More sensitive 30x or 12c  
You...

- Require less medication than the average person
- Avoid certain foods
- Are sensitive to changes in environment
- Have difficulty with confrontation
- Identify yourself as "sensitive"

More Robust 30C  
You...

- Tolerate medications easily
- Can eat "anything"
- Express a wide range of emotions and are not effected by other people's emotions
- Enjoy a stable mood and high energy throughout most days

## WHAT ABOUT FREQUENCY?

**Potency:** 30x or 12c (sensitive) or 30c (robust)

**Potency-Cell Salts:** Always in 3x-12x, decrease number of pellets and frequency for the sensitive individual.

**Dosing:** follow the instructions or 1-3 pellets per dose

**Frequency:**

- Every 15 minutes for very recent strong clear symptoms.
- Every couple of hours for strong symptoms.
- A couple doses a day for milder symptoms.

**When to stop?**

- Stop as soon as symptoms start to improve. Re-start if the same symptoms return.
- If there is no improvement after 3 doses, stop and try a different remedy.
- If there is no improvement after trying 3 different remedies, stop and contact your health care provider or a professional homeopath.

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## Arnica: don't leave without it

- Trauma in its many forms
- Shock: physical, mental or emotional
- Overuse, bruised, strains injuries
- Falls, blows, contusion
- Head injury
- Tinnitus from loud air shows, music, etc.
- Great prostration—jet lag
- Altitude sickness
- Fright or big surprise



Interestingly, the plant contains ferrum phos

- Restlessness looking for a place of ease
- Mood irritable
- "Sends help away."

## Nux vom

Nat sulph 6x

Tense like a tightly coiled spring

- Impatient & Snappish
- Driven & Demanding
- Angered by contradiction
- Sensitivity to stimulation



Nux vom states develop when the "type-A" person over does it, but the state can develop in any of us when our nerves are overtaxed and we are over-indulging in too much rich foods, sweets, alcohol, coffee and spicy foods.

Everything backs-up, constipation develops and the body cannot effectively cleanse. The person may feel like they have a "hangover" even when they haven't been drinking.

Exposure to poor quality air, water or food adds to already toxic state.

## Q&A-1 from webinar

Q: What potencies do you use when traveling?

A: The same potencies you are comfortable using at home.

Q: Does the radiation from scanners reduce the effectiveness of the remedies?

A: Most homeopaths have not noticed a difference and do put their remedies through the scanner. You can have the remedies hand checked if you like. Leave extra time for a hand check.

Q: Can cell salts be taken daily or more frequently than other types of remedies?

A: Use the cell salts like you use other remedies. Please see the slide titled "What About Frequency?" Also see the resources on cell salts to learn how to use them. Practice using them at home before you use them for travel. Most people do take the cell salts more frequently, but not everyone should. Nobody should use the homeopathic cell salt remedies as a replacement mineral supplement. Use all homeopathic remedies when well indicated by symptoms.