

fectious disease can eventually lead to a stronger immune system and thereby an improvement of health. We also read about the functioning of the immune system and how to keep it healthy, by focusing on the function of the gut, the importance of fever and on our social and personal development.

Homeoprophylaxis is then introduced as an alternative to vaccination by the work of Dr. Isaac Golden who has applied this method for many years. Clearly written, the book gives answers to most of the questions parents might worry about in starting homeoprophylaxis instead of vaccination, while offering a thorough explanation of the disadvantages and risks of vaccination, concerning the healthy development of the child.

The question of whether Homeoprophylaxis is able to *produce measurable antibodies* remains unanswered, but viewed from the holistic medicine perspective, this is not important. The antibody theory is probably already an outdated theory anyway, referenced by the immunologist Dr. Tetyana Obukhanych in her preface to this book.

In the last part the authors give a brief description of the infectious diseases from the vaccination programme, the symptoms, the risks, and the homeopathic remedies by which they can be treated. Each description ends with the useful and legitimate addition for further professional care.

With the increase of childhood vaccinations, there will be more and more people who wonder about the risk of such an extensive vaccination programme. We as homeopaths will be confronted with their questions, and their search for alternatives. This book is a perfect guide for the parents, and it contains all the information the practitioner should know.

## Helium

### Including an Introduction to the Noble Gases

Jeremy Sherr

Saltire Books, Glasgow, 2013, Hardback, 220 pages, £ 34.99, ISBN 9781908127037

Reviewed by Francis Treuherz, United Kingdom

This book is a masterpiece of conscientious research, clinical work, and deep thought, which displays the results of a full proving according to the principles of Hahnemann. The evidence from the proving is set in both the scientific background of the periodic table and symbolic interpretations from a variety of cosmologies. The book is dedicated to members of Jeremy's family, including his grandfather who was a rabbi in Bulawayo. This explains so much about the book, as the contents reflect the synchronicity of the prophetic style of the writing, the religious themes of the remedy, and the ethical reasons why Jeremy has been out there in Africa since 2008, giving back his best work to the continent which gave his family shelter from the pogroms of Eastern Europe at the end of the nineteenth century. The book itself is a thing of beauty, with the subtle use of colour and typography to enhance the text, all in a secure fine binding.

The story begins with 25 pages about the noble gases, which is well worth reading as a good and scientific introduction. The proving itself is summarised with themes that develop from the Swedenborgian potency scale, as it leaves the material plane at 12C, through detailed discussions of each, the 30C, 200C, 1M, 10M, 50M, CM to a final chapter on MM. I was expecting the by now familiar style of a complete Dy-

namic proving report; I worried about what had happened to it when I saw a brief chapter on a meditative "mini" proving. I found another short report at [www.interhomeopathy.org/a-proving-of-helium](http://www.interhomeopathy.org/a-proving-of-helium) by Hélène Renoux. It did not take me long to realise that the full proving is out there as a PDF file for £ 5 at <http://www.dynamis.edu/index.php/catalog/articles/homoeopathic-proving-helium/>.<sup>1</sup> Honour is satisfied.

There are nine cases from the author and colleagues, which are interesting to read and very useful to illustrate the themes and the uses of this spiritual remedy. A male religious studies student in a wheelchair (who was given the 6C), and a woman recovering from cancer who appears to be "as if in a cocoon", illustrate that *Helium* bridges the physical, mental and spiritual. How provers so quickly find so many cases of their remedies is a marvel and a miracle.

I was intrigued by the way Jeremy relates the Biblical story of creation, the Tetragrammaton<sup>2</sup> and the story of Moses – to the remedies. Moses ascends Mount Sinai where he talks directly to God, which is *Hydrogen*; he receives two stone tablets, which is *Helium*; this moves from *Helium* – two – to the Ten Commandments – *Neon* is ten. Later on we meet the golden calf, which is of course ground up into water and given to the disgruntled Children of Israel to drink – *Aurum*. There is yin and yang, poetry, theosophy, a range of periodic tables and much more; this is one of the richest contents of a 220 page homeopathy book which you could buy, so go and buy it.

<sup>1</sup> The PDF will print and then you can have it spiral bound as a reference source for the main book.

<sup>2</sup> The four letter Hebrew name of God.

## Dr. Bhawisha & Dr. Shachindra Joshi present

### Quick Book of Minerals & Animals

- ♦ A revolutionary concept on animal remedies
- ♦ Comparing animals and minerals
- ♦ Easy, reference - table format

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