

Torgau International Homeopathic College

Peter Alex

The Homeopathic Treatment of Lyme Disease

with contributions from: Bill Gray
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Frans Vermeulen
and others

English Edition
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Publisher's Note:

We are very pleased to present the English translation of Peter Alex's book on the homeopathic treatment of Lyme Disease, first published in German in 2005. The importance of this work cannot be overstated. In addition to the clarity of the author's presentation on the usefulness of Homeopathy in the treatment of Lyme disease, we also are gifted with his insight into the nature of epidemic disease, our positive interrelationship with bacteria and the trouble that may result whenever we disregard nature's laws. Written for the homeopath as well as the lay person interested in getting to the cause of illness, this booklet contains a wealth of philosophical information as well as cogent practical advice for the treatment of Lyme disease.

The internet is a good resource for finding a homeopath near you. In the US and Canada, contact the National Center for Homeopathy: <http://nationalcenterforhomeopathy.org>.

Other homeopathic practitioner directories can be found at: www.homeopathicdirectory.com and www.wholehealthnow.com

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Translator's Preface

I first met Peter Alex in 2002, during the International Homeopathic Seminar, convened by Alize Timmerman in The Hague, Netherlands. We both had taken rooms at a hotel bordering Scheveningen beach, and at the end of a long day we had the opportunity to talk while watching the sun set on the ocean. Right away, I was impressed by Peter's sharp mind, his dedication to homeopathy, and also by his sense of fun.

Some months later Peter mailed me a copy of his just-published book on Lyme disease. At that point I recognized that if I were to comprehend a problem that greatly troubles people in northern Europe, I would have to blow the dust off my German dictionary, last thumbed years ago while delving into Faust as a student at the University of Toronto.

And it was well worth the effort. Peter, along with a phalanx of colleagues, has stepped into Samuel Hahnemann's big shoes, striving to stem an epidemic condition that threatens the well-being of their communities. Each year 250,000 people in Germany become infected with Lyme disease, while the number of undiagnosed cases cannot even be estimated. Employing homeopathic methods, Peter, together with his colleagues, has hit upon promising means both to cure the affliction, and also to prevent it from occurring in the first place. Obviously there are lessons here to learn for those across the pond, worried as they are about West Nile Virus and all the other beasts that may be slouching towards them.

Realizing that his book might fail to please anyone by attempting too much, Peter nevertheless risked addressing his *Heilung Borreliosekranker mit Homoeopathie* as much to the layperson as to the practitioner. But his gambit has succeeded wonderfully. Now in its second edition, there are more than 3,000 copies in circulation, making *Heilung* a homeopathic best-seller in Germany.

Centuries before Hahnemann, the Saxon people were defending their fertile land from foes large and small, from barbarians as well as bacteria. In doing so they accumulated a deep pool of sustaining knowledge. Today, in the midst of a Lyme epidemic, Peter seeks the source of the affliction in the trans-generational collective body, the place where miasms, or mass miseries, are stored. From this deep stratum pathology emanates. In this dark arena gentle homeopaths unsheathe their swords.

Peter identifies *Aurum arsenicosum* as the mineral substance which, in Saxony, best replicates the Lyme misery. Its bald mimicry can make the bully implode. In itself this represents a significant contribution to homeopathy. But Peter pursues the matter further, by proposing that Lyme disease has settled in as a miasm in his part of the world. No doubt Peter will be queried by his colleagues as to whether the Lyme complex actually warrants such a status. The term embodies a geopolitical dimension, to which not every rag-tag ailment can aspire. Sensing parallels with the life of Hahnemann, some critics may sniff that miasm-making is but a well-worn ploy on the part of a talented homeopath aspiring to an elite practice in Paris. It should be kept in mind, however, that a disease need only circulate in a population for several generations to entrench itself as a miasm. The critical variable is neither time nor space, but the degree of fit between the disease manifestation and the collective character of the population it besets.

Since our first meeting in The Hague, I have had several opportunities to visit Peter at his home in Saxony. He resides with his family only a few miles to the south of Torgau, where Samuel Hahnemann lived until 1811, one year after completing the first version of his *Organon*. After some archival research it was determined that Hahnemann's house still stands in sound condition in the centre of town. Currently it is undergoing extensive renovations. The loft has already been completely re-timbered. But the ground floor requires more exacting, tender care, since there are extensive Romanesque frescoes concealed beneath the drab plaster. We can imagine Hahnemann relaxing in his parlour, encircled by Attic deities bearing platters of viands and amphoras of wine. The *Internationales Homoeopathiekolleg Torgau*, which Peter chairs, is now housed on these venerable premises.

Though Peter has patiently proofed this text, I readily acknowledge any remaining errors as solely my own.

May each one of us in this brief lifetime encounter our mirror-like simillimum.

Douglas Smith, PhD, HD
Minden, Ontario, Canada

Acknowledgments

Nowadays, there is scarcely any technical publication, no matter how slim, that can claim sole authorship. There are always people who diligently gather material, sparing the author exhaustive labours, or who provide contributions, give helpful advice, and in the end correct the proofs. Since for various reasons not everyone is cited on the cover, the most important should be mentioned here with thanks — first of all, of course, to our patients, who time and again provide us with the chance to experience the potentials of our homeopathic method. Understandably their names will not be given here.

Thanks go to all the teachers of homeopathy, from whom I was able to learn and continue to learn. To name but a few: Ravi Roy, Manfred Tauscher, Dr. Rajan Sankaran and Dr. Jan Scholten.

Thanks are due my colleagues, with whom I maintain regular exchanges in order to examine my own work on a critical basis — and especially to those colleagues who contributed to the contents of this work: Alize Timmerman, Frans Vermeulen, Bill Gray, Matthias Richter, Rocco Kirch and Jens Kichner. Thanks also to my colleagues Drs. Amy Rothenberg and Paul Herscu, who permitted several cases to be cited from their *New England Journal of Homeopathic Medicine*.

For their thoughtful contributions to our discussion on the nature of matter, I especially wish to thank my colleagues Frans Vermeulen and Dr. Burghard Junghans.

Thanks are owed my collaborators Dr. Kostja Lazovsky, Antje Gredig and Susanne Koehn for the often tedious tasks that they took from my shoulders.

While reading this book you will enjoy the work of that most dedicated and skilled translator, the Canadian homeopath and astrologer, Douglas Smith, Ph.D., ND. It was a great pleasure to see him not only translate, but also re-structure the book and shape it according to the English reader's convenience. I am grateful for having been blessed with his help.

Thanks to Anneke Hogeland, the publisher of the English edition, who very spontaneously offered the service of her publishing house. Together with Judy Schriebman, they cared for the ends being tied together.

Last but not least my thanks goes to my family, who showed much understanding, when on account of various exigencies (as, for example, publications) our precious time together was cut short.

Recycled Paper

My activities for change in East Germany began in the late 1980's as a member of a group of environmentalists and later as a supporter of Greenpeace International. Seeing the forests in Europe dying due to acid rain profoundly shifted my consciousness. Travelling afterwards to Washington state in 1990 and seeing the huge clear cut areas there gave me a physical feeling of a red line having been crossed. This red line I feel is the limit for what mother earth can tolerate without being forced to throw us all off for the sake of maintenance of life on the planet. Since then, I see a big tree appearing behind every piece of virgin paper. Big trees deserve our awe and our listening to their thousands of years of history, instead of blowing our noses or wiping our behinds with them. So it goes without saying that I only use recycled paper everywhere, both in my household and in my office. And when I started writing articles for magazines or for books, I urged the editors and publishers to use recycled paper for the printing. It does not cost more than virgin paper in most countries, and it is a simple way of getting the message of the trees through to the readers, a message that otherwise is still too often overlooked.

—Peter Alex

Introduction

A part from my veterinary studies, where Lyme disease played a minor role, I started getting interested in this phenomenon only in the late 1990's. Having since taken up treating humans, I found more and more clients reporting that they had tested positive for *borrelia*. I simply noted the first cases without making too much of it.

But soon enough, those who visited my office began pressing me with questions about tick bites and Lyme disease. Since it was tedious to answer the same questions hundreds of times over, I put together some leaflets addressing the questions most frequently asked. These I provided to anyone interested. Because of the great interest expressed, I sent one of these leaflets to the popular journal *Nature & Healing*. There I mentioned that I had begun collecting material towards eventual publication. I had in mind a period of several years, for I wanted to gather further observations and experiences in the treatment of a wide range of patients. Yet I didn't count on the strong response to my article. Within a few weeks I received more than 300 orders for my "publications." Many sufferers, but also medical doctors and naturopaths, requested that I send them my progress report. Fortunately, in 2003 I had colleagues who were prepared to place their cured cases at my disposal for publication, and my associate, Dr. Egon Krannich, published the resulting German volume. So we were able to satisfy these requests in that very same year.

Since the interest kept up unabated, this limited printing was eventually exhausted. Requests were made for a new edition. Thanks to the lively exchange, which the appearance of the "collation" unleashed, I was spurred on to further research. A number of cured cases emerged, which two years previous could not have been described as such. Also, we dedicated ourselves to the proving of new homeopathic remedies.

It was not by accident that I met Frans Vermeulen in June of 2004. He is one of the most knowledgeable scholars in the field of homeopathic *Materia Medica*. Nor was it by accident that his lecture topic was "Bacteria in General and Spirochetes in Particular." On this subject the two of us held a lively discussion. The fruits of this discussion have influenced this new edition every bit as much as further material from the literature.

As ever, to the standard question, “What do you advise, if I am diagnosed with Lyme disease?” I would give a standard reply: “As soon as possible seek out an experienced homeopath and begin treatment.” To the next question, “Where can such be found in my area?” I have to reply with a pat answer. I live in the Saxon countryside and have little contact with colleagues from other regions, at least not so much that I can judge their competence. However, the address of various institutes that credentials homeopaths can be found via the internet.

I realize that I am walking a tightrope in linking homeopathic technicalities together with a discussion that has general appeal in one and the same book. One or the other discussion could prove either too superficial or too demanding. However, for myself the strategy makes sense on the whole. In addition it underscores my daily experience with patients, which is that some lay-persons are more knowledgeable concerning a subject that specially interests them than the doctors or naturopaths by whom they were advised in the course of treatment.

All that is needed for understanding is openness and a lack of bias. May all my readers possess these qualities today and for the rest of their lives.

Wildschütz, Autumn 2005
Peter Alex

Part 1: Theory & Practice

Infectious Disease

Counted among the principles of holistic theory and practice is the fact that phenomena must first be discriminated, if the meaning behind them is to be discerned. That the prevention of epidemics must include physical measures of hygiene is commonly known. From time immemorial epidemics only occur where very difficult social relations prevail; where there is hunger, privation and misery, most often accompanying or consequent to war. Thus the epidemic situation in Germany, as in Europe, eased considerably, owing simply to the subsequent improvement in living conditions. (Mistakenly, the leading producers of vaccines were held responsible for this decline, though this is supported neither by morbidity statistics nor by contemporary epidemic reports. Infectious diseases that have not been vaccinated against recede at the same rate or even quicker.)

Since bacteria and viruses are carriers of genetic information, and since this information is closely linked to the sickness of the infected person, a key can be found here to understand the phenomenon of an epidemic, or rather an infectious disease. Within a population there is always information circulating, which can make the susceptible person sick. As such, this is information with which we must to a greater or lesser extent concern ourselves.

In the tradition of Wilhelm Reich and Alexander Lowen, the German author and psychosomatic physician, Dr. Ruediger Dahlke, published several books on the topic of “the meaning of diseases and symptoms.” For many common complaints Dr. Dahlke provided a lucid explanation as to what was to be learned on the mental plane from certain symptoms. Worth noting, however, is the fact that his books failed to provide any such explanation for collective problems, and thus for epidemics. Those explanations given in his reference work for scarlet fever or leprosy might occasionally accord with the individual level, but they don’t account for the epidemic’s appearance, and thus with the *collective* meaning of these infectious diseases.

We must, however, guard against the possibility that speculations on this level might turn into harmful stereotypes. In her seminal work

Disease as Metaphor, Susan Sontag points out that in the 19th century, “the notion that the disease fits the patients’ character, as the punishment fits the sinner, was replaced by the notion that it expresses character.” Noting that such notions are akin to blaming the victim, Sontag asserts that theories about the mental origin of disease are always an index of how much is not understood about its physical terrain. “Nothing,” she writes, “is more punitive than to give a disease a meaning — that meaning being invariably a moralistic one.” Any important disease whose causality is murky, and for which treatment is ineffectual, tends to be imbued with an excess of significance. For those who are concerned with the social aspect of Lyme disease, it would be useful to note the kinds of metaphors that currently clump around it. Within our own field of discourse we might begin with the Jungian homeopath Edward Whitmont, who speculated that Lyme disease arose from human-induced disturbances in the balance of Nature. As provocative as this insight may be, from there it is not such a big step to label individual sufferers as crass violators of the culture/nature boundary.

From these background considerations two questions come into focus:

- What role do bacteria play for life in general and for our human existence in particular?
- Why do the same bacteria cause grievous illness among some humans (and groups), while among others they have no effect at all?

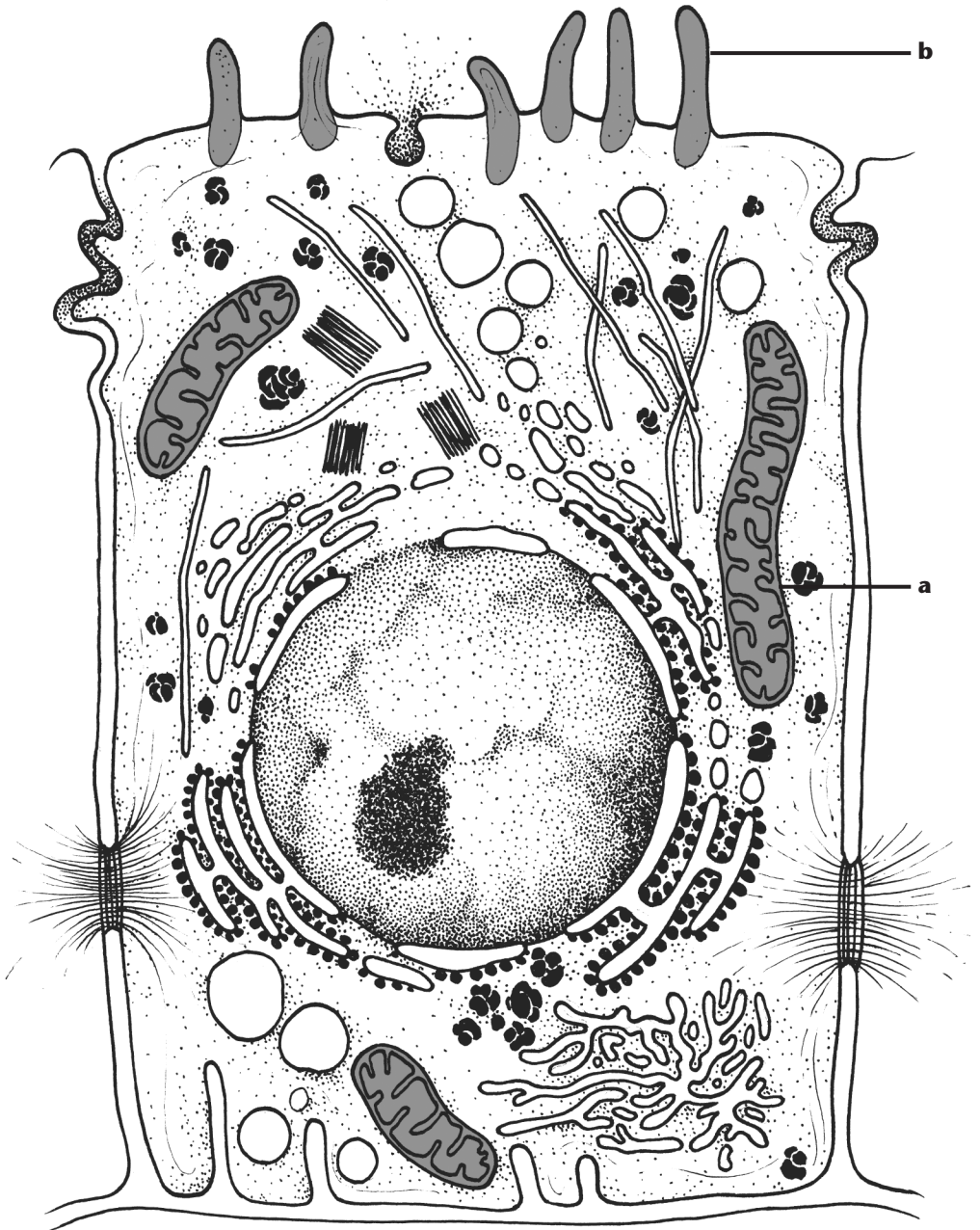
Recommended reading for an understanding of evolution in general and also of our connection with bacteria is the recent book, *Microcosm*, by Lynn Margulis and Dorion Sagan. The authors note that, according to observed cell-counts, a human being consists of 91% bacteria cells and 9% animal cells.

Even this 9% of animal cells contains a multitude of organelles, which actually are bacteria like the mitochondria, that live within us on a symbiotic basis. Although it has been known since 1928 that these bacteria are essential for all animals as energy conduits, the molecular-genetic confirmation for this constitutes recent data. Mitochondria even have their own distinctive DNA, and they undergo division independent of host cell mitosis.

Bacterial cells 91%
Animal cells 9%



Much further developed is our symbiosis with previously flagellated bacteria capable of independent movement. These “bestowed” the microtubuli on us. The latter are small, motile organelles, which compose our ciliated epithelium. They are found for example in the bronchi and the fallopian tubes. They also provide locomotion for the sperm as bearers of the male hereditary code. The structure of these microtubuli has remained unchanged from the first bacteria that appeared more than two billion years ago down to the present time.



Schematic drawing of an animal (specifically human) cell. The mitochondria (a) and the microtubules (b) are parts of the cell where bacteria became symbiotically incorporated.