

# **Finding Your Way Through the Forest of Symptoms**

HOMEOPATHIC INSIGHT INTO PLANT AND TREE REMEDIES

With hundreds of plant remedies grouped in their families  
Showing how they can complete a treatment in Homeopathic Detox Therapy

**Ton Jansen**

## FOREWORD

This is a remarkable materia medica aimed at homeopaths rather than as a self-help manual for patients. It has been compiled by a present-day homeopath of long and varied experience. Ton Jansen has used current thinking about plant kingdom groupings and families, but has applied this to a wide range of remedies that are familiar to him in his daily practice. Some of those we all know well, but even if they are 'polychrests' he has given us new insights. Some are probably not so familiar, and others are probably unknown to many of us!

This book will make it easier for us to prescribe an indicated plant or tree remedy, as the descriptions are concise and clear. Ton's remedy pictures are based on experience and the assessment of successful cases, so they are reliable and ready to apply in our own practice. There is also a lot of therapeutic advice and clinical guidance. Most symptoms described are keynotes. The index will help us find a reference to a disease or organ system, to check a remedy quickly and judge if it fits the patient.

No potencies are given in this book, nor exact details of the dosage schedules. The book shows what greater success is within our reach. For the details of how to practise Homeopathic Detox Therapy, you could read Ton's book 'Fighting Fire with Fire'. We can also strongly recommend attending his Masterclasses in the method. There we can have the eye-opening experience of witnessing Ton take a live case and discuss the reasons for his prescriptions. These classes provide a training in how to find the key symptoms in the patient, especially in complex cases, and to be able to match those with remedies that really fit the case. Hence the title – Finding Your Way Through The Forest Of Symptoms. If the patient needs detoxing, the classes provide the training in how to do that. But it is also interesting to note that, once the detoxing has been done, many of the prescriptions mentioned in this book are in fact single remedies in infrequent doses – the 'classical method' – because after the detoxing is complete the obstacles to cure are removed and the remedy picture is even clearer.

This English version book is the result of working from the original Dutch text, from various English Masterclasses taught by Ton and frequent discussion with the author. It has enriched the remedy awareness of us, the editors, so we trust it will do the same for you.

We have made the text as accurate as we can, but if you eagle-eyed readers find any points we have missed please do let us know so we can amend them in the next edition!

From the outcome of the cases given in the book we can see the author has indeed shown us the way through the forest.

Roger Savage  
Lous Wijnkoop  
November 2018

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## INTRODUCTION

In this book I describe more than 65 plant families, consisting of 107 trees and bushes and almost 250 flowering plants. These remedies I use frequently in my practice, with great results. I see plants as an expression of the cosmic powers that make growth possible. Their individual plant chemistry gives each a unique ability to heal specific organs or organ systems in the human organism. By observing and researching their phenomenology, as well as provings and in daily practice, it is possible to get a clear picture of the homeopathic core theme and the keynote we need to find in these remedies in our daily clinical work.

I have found that each plant or tree family has a family theme. For example, a patient will express the theme need of attention and support. This and the symptoms of the case may lead you to Pulsatilla after repertorisation. For me this was not enough. Even if the results after a prescription of Pulsatilla were reasonably good, I still felt I had not touched the core of the case. So I started looking for other members in this family, because all the members of the family have this same theme: they need attention. And I found there are indeed other plants of this family that described my patient better than Pulsatilla, so I changed my prescription accordingly with amazing results. When I found this out I felt that it was a gift, so I decided to share my insights with my homeopathic colleagues.

I have come to realise that there are no 'small' remedies. We can use the healing power of every member of a given family because the overall theme we have already found in the family picture. I use all the diversity found in nature. There we can discover amazing plants which we find very rarely in the repertory. In fact they may even not be in the repertory at all yet. But they are the similimum. I have written this book so that others can share my insights and hopefully get even better treatment results.

As a plantsman I already had considerable knowledge of the plants and the family they belong to. I combined this with the Materia Medica I used and the results of the treatment of my patients over the last 35 years. From all of this I extracted the keynotes from many plant remedies that share the same theme and belong to the same family as well.

I hope this book will be of real help to you. I shall welcome feedback and, I hope, reports of your successes!

**Ton Jansen**  
**Den Hoorn, November 2018**

# Aceraceae

## Acer family



### Family theme

Gracious, takes his place despite the oppression of others

## Acer campestre Field maple



### Description of the tree

*Acer campestre*, field maple, is native to North Africa, Southwest Asia and Europe. It can grow up to about 15 m (50 ft) high and has palmate five-lobed leaves up to 8 cm (3 in) long and 10 cm (4 in) wide with a dark green top, a light green hairy back which turn yellow in autumn. Blooms in spring: has small greenish flowers in racemes. The fruits are 2-3 cm (0.7-1.1 in) long, initially red, in hanging racemes. There's latex in the stem. *Acer campestre* grows on calcareous soil.

### Tree theme

Keywords: Sugar – Tin – Wise – Orange.

*Acer campestre* are graceful and take up their own space; even when oppressed, given the chance. Think of diabetes after vaccination or antibiotics. Wisdom and ambition. Orange is the color of progress and renewal. Jupiter-plant. *Acer* has great need for sweets, which leads to candida and skin fungus. This craving for sugars often emerges at a young age by pleasing behavior and a cry for attention. Nowadays we are seeing an increase in the incidence of diabetes. The cause of juvenile diabetes often lies in vaccinations and antibiotics.

Works on pancreas, skin.

### DD

Other Aceraceae, Antibiotics, Insulin, Mercurius, Proinsulin, Saccharum album, Saccharum officinale, Stannum, poly Vaccinations

### Case

A woman of 37, a head teacher at a primary school, came to my practice. After a trip to some tropical countries, for which she had tropical vaccinations, she had returned home feeling very tired. She had little energy and lost her gentle manner while dealing with the many people around her. It was very difficult for her to do this demanding job. Her level of glucose was very high and, advised by her GP, she had started on metformin. This made her feel even worse. She had a husband and 3 children. She always had a great desire for sweets, liked colourful clothes and especially orange. In her job, she was very friendly but also quite authoritarian. I sent her for blood tests. Based on the outcome I advised her to take a course of Poly tropical vaccines together with *Acer campestre*. And because of the very high glucose level I advised her to proceed with the allopathic medication. After 8 weeks she came back feeling much better, and she was able to stop the allopathic treatment. With a low carbohydrate diet she continues to be healthy.

## Acer saccharum Sugar maple



### Description of the tree

*Acer saccharum*, sugar maple, native to North America, is about 36 m (120 ft) high and has hand-shaped leaves up to 15 cm (6 in) long, dark green and reddish in the fall. The fruits are 2-3 cm (0.8-1.2 in) long, initially red, in hanging racemes. From the juice of the tree maple syrup is made in Canada.

### Tree theme

Keywords: Diabetes – Freedom – Liver – Graceful.

*Acer saccharum* are graceful and take up their own space; they even flourish when oppressed. They shelter others. Free development of mankind. Canada, for instance, is distinctive in the fact that the English and French speaking populations live together in harmony. The maple leaf on the Canadian flag is the symbol of freedom. The liver is the mediator between the mental, emotional and physical levels (think, feel, want).

Works on pancreas, liver, obesity.

### DD

Aceticum acidum, Insulin, Phosphorus, Phosphoricum acidum, Proinsulin, Saccharum album, poly Sugars, Sulphur, Uranium nitricum

### Case

A little child of four had an acute infection of the gut, which resulted in severe diarrhoea. She was treated in hospital for this with antibiotics. After three months of this treatment she developed acute diabetes. This was caused by the pancreas fungi which occurred in the disturbed environment of the pancreas, a side-effect of the antibiotics. It made her crave sugar and sweet things. This child needed love and attention, but the parents gave her sweets instead (surrogate love). She was treated with the constitutional remedy *Acer Saccharum*, a Pancreas fungi course, an Antibiotics course, a Pro insulin course and a low carb diet. Within six months she was free of insulin and healthy again. (2018: she is 6 now, still without insulin if she sticks to a low carbohydrate diet.)

# Amaryllidaceae family

**Narcissus**

**Daffodil**



## Description

Narcissus, daffodil, is a perennial bulbous plant, native to the mountains of Spain and North Portugal. The yellow or white flowers have a trumpet-shaped corona. Narcissi produce a number of different alkaloids and may be poisonous if accidentally ingested.

## Theme

Narcissus is a symbol of freedom. A remedy for very egocentric but polite people. They don't express their feelings in a rude way. Inside they are easily irritated, when they feel people don't listen them. Great need of respect from others. Jealousy. Gossiping, from a desire to be important. They often have back complaints with a feeling as if it is broken at one point. Hernia of the back. Very sensitive to snow and wind.

## DD

Aurum, Bambusa vulgaris, Cortisol, Nitricum acidum, Platina, Pulsatilla, Snake remedies

## Case

A man of 42 owned a company that made wooden toys. He told me that he felt the manager of his factory thought that he was better than his boss. He, the patient, didn't express it. Another thing was his back pain, which occurred every spring. He would be sad to see spring flowers damaged during bad weather. This would also trigger his back pain, with a feeling as if broken in one place. Every spring for many years already he would take diazepam and NSAIDs for the pain. He was given Nitricum acidum, without result. Then he took a course of Diazepam, of NSAID, Bambusa as an opening remedy, and Rhus toxicodendron weekly. He was much better. Next he was given Narcissus with beautiful results: his back pain disappeared and he stopped interfering with his manager because, he said: "The man does a great job."

# Anacardiaceae

## Cashew family

### Family theme

Designated by emotional repression, but also in poisoning reactions to skin, lungs, intestines, kidneys and liver. All Anacardiaceae have an impact on the histamine response of the body, such as itching, swelling and pain.

### Anacardium orientale Marking nut



### Description of the tree

*Anacardium orientale*, marking nut, is native to North America and West Indies and has spread to all tropical climates. The tree is about 12 meters (40 ft) high and has leaves up to 20 cm (8 in) long and 10 cm (4 in) wide. The flowers are yellowish-pink. The fruits are thick, pear-shaped and red or yellow when ripe. The fruit carries the kidney-shaped seeds on the outside.

### Tree theme

Keywords: Hide – Compensate – Not free - Obligation

*Anacardium orientale* suffer when emotionally oppressed. They feel they have an inner duality. It often suits children that have been raised in a very severe, strict environment, without any freedom for self-realization. They live, so to speak, with an angel on one shoulder and a devil on the other. They are black or white, not in between. They do not show you who they are. Forgetful, from severely suppressed emotions. This well-known remedy is often a basic remedy in all kinds of skin complaints, wet or dry, with vesicles or swelling, but often feeling better for hot bathing (DD *Rhus tox* – poison ivy). It has strong detoxifying qualities (DD *Camphora*, *Dioscorea villosa*).

Works on immune system, skin, cartilage, muscles.

### DD

Amniotic fluid, other Anacardiaceae, Histamine, Placenta, Snakes, Umbilical cord, Vernix

## Comocladia dentata Maidenplum



### Description of the tree

*Comocladia dentata*, Maidenplum, resembles *Rhus toxicodendron*. It is a tropical tree. It does not grow in Northern Europe, because it cannot tolerate frost.

### Tree theme

Keywords: Light – Motion – Glaucoma – Skin

*Comocladia dentata* suffer when emotionally oppressed. Spheres of action: eyes, skin (skin infections and oedema) and joints. This remedy resembles *Rhus-t*, which improves from continued motion, whereas *Comocladia* improves with each motion. Warmth makes *Rhus-t* feel better, whilst it makes *Comocladia* feel worse. Important remedy for fibromyalgia, rheumatic pains with changing location.

Works on eyes, skin (inflammation and oedema) and joints.

### DD

Amniotic fluid, other Anacardiaceae, Histamine, Placenta, Snakes, Umbilical cord, Vernix

### Case

A man of 49 came to my practice with rheumatic pains in his joints which changed location. He worked on oil platforms in the North sea, and during these weeks he never had any complaints, even though it cold and windy. There he got respect from his colleagues. He worked for six weeks, then was six weeks off. At home his wife was always complaining that he did not show her his love. He didn't share his time off with her, but was busy doing his own things. He got worse with warmth: warm weather, warm showers etc. He was given *Comocladia dentata* weekly. When he came back after 12 weeks, he said: "Maybe I was wrong to get a divorce", but all his complaints were gone. He had no allopathic mediations or vaccinations before he came to see me. This happened years ago and he is still fine.

## Mangifera indica Mango tree



### Description of the tree

Mangifera indica, Mango tree, is native to India and Southeast Asia and is about 24 meters (80 ft.) high. The small green-colored flowers grow on small flowering stems. The fruits have a smooth skin, orange or red. The fruit is edible; the pit often has downy hair and a bitter taste. White latex from the bark is poisonous, irritating to mucous membranes. It causes aphthae or ulcers in the mouth.

### Tree theme

Keywords: Sweet – Orange – Tender – Vulnerable

Mangifera indica suffer when emotionally oppressed. Despite being oppressed, they can be tender, warm, affectionate and vulnerable. This affectionate, vulnerable side doesn't show: they seem to be hard. Ulcers on abdomen, cheeks and nates, with hard disks. Aphthae in the mouth. Bleedings from uterus, colon, lungs and gastrointestinal tract caused by mucosal inflammation. Ulcerative colitis, Crohn's disease, coeliac disease. Often used with great success for children who obliterate themselves and get vague abdominal pains that do not respond to the obvious remedies.

Works on blood circulation (varicose veins), mucous membrane of the stomach/intestinal tract, respiratory tract, uterus. All complaints come from an overall leaky tissue situation.

### DD

Other Anacardiaceae, Antibiotics, Aurum, Crohn's disease nosode, Hamamelis, Natrum muriaticum, Placenta, Snakes, Syphilinum, Vaccinations, Ulcerative colitis nosode



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