



Creating a Timeline for Healing

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Why Is the Timeline Important?

The "sequence" of events in your (your child's) personal history is the basis of "Sequential Homeopathy." Your timeline lays that out for us, becoming the roadmap for the healing process. Illness is a product of "layers" of past physical or emotional traumas, toxins, drugs, vaccines, past illnesses and suppression by drugs. Beneath that is the foundation of your/your child's genetic makeup - which may include tendencies when ill, strengths and weaknesses from parents, as well as inherited toxins, vaccines or even drugs taken by the parents.

Because the body heals in reverse chronological order, the past traumas, medical procedures and tests, drugs, illnesses, vaccines, etc., all will be "peeled away" one event or group of events at a time. For us to know what those events are, we ask that you give us a timeline, listing the events in chronological order. The timeline helps us choose the remedies that address each aspect of those events.

While you may not remember every detail, if you can start with the most memorable events, including vaccines, it will give us a starting point. Then, as we move back through your timeline with remedies, other things may surface, and we can flesh out the timeline as we go.

What does my homeopath need to know?

Your homeopath will be looking for events in the history that may have led up to, immediately triggered, or added to the ailments. That way, we can be certain to target all of the physiological and emotional aspects of each layer for "clearing" or "detoxification."

When your homeopath looks through your timeline, she is looking for when you/your child might have had illnesses, treatments, procedures, drugs, vaccines, or physical or emotional traumatic events. Often this can guide your homeopath to what happened that might have pushed you/your child "over the edge" into illness.

Following are some more detailed guidelines to developing a good timeline for our purpose - which is to HELP YOU HEAL at all levels, through your entire history, one event at a time.

Physical Health History

The following suggestions are organized categorically. However, when the body heals, it does so generally in reverse chronological order.

Please organize your timeline chronologically according to the sample format at the end of this document. Some find that an excel spreadsheet or word processing document works nicely, as it can be easily edited as new things are recalled or items fleshed out during consultations.

Physical

Pre-birth and Birth: Any drugs, alcohol, smoking, vaccines, injuries, accidents or illnesses during pregnancy of the mother; amniocentesis, ultrasound, difficult labor. Any emotional shocks to the mother during pregnancy

Vaccinations: Dates, if possible of each vaccination (please provide a legible copy of the original vaccine record or records, as well); include flu shots, travel or military vaccines - include any given to parents in the Pre-birth segment.

Accidents: Auto accidents, falls, blows (indicate any to the head) or concussions; broken bones, sprains, strains, extreme frights.

Surgical or Dental Interventions: Include any surgeries, even minor, dental interventions such as root canals, extractions, and whether under general or local anesthesia was used. Include any drugs given during or after surgery, including pain meds.

Drug Use: List as closely as possible the name or type of all Rx drugs, (including those used for medical or diagnostic procedures), over-the-counter drugs used repetitively or over a long period, or recreational drugs. Also list any drug adverse reactions, memorable side-effects, or allergies.

Illnesses or Infections: Chronic infections (i.e. sinus, ear, urinary tract, etc.), diseases such as Mononucleosis, Meningitis, Epstein-Barr, TB, pneumonia, STDs, food-borne illness, parasitic infestations, etc., and any drugs taken for them.

Electrical Shocks, Poisonings, Radiation or Toxic Exposure: Xrays, Chemical exposures, heavy metal exposures, chemotherapy, food poisoning, etc.

Next: Emotional Trauma History Guidelines

Mental & Emotional Trauma History

Traumas involving: Loss, abandonment, grief, betrayal (i.e. death of persons or pets, loss of trust, relationship difficulties or breakups, parental or other abuse, loss of independence, job loss, etc.)

Fears

Anxiety

Indignation

Abuse, Humiliation, Bullying: emotional, mental, physical, spiritual, sexual

Traumas involving **Guilt**

NOTE: Homeopathy is *not psychotherapy*, though it can and will address emotional trauma, symptoms and behaviors through the healing process. Without emotional healing, there can be blockages to physical healing and vice versa. The emotions and response to a trauma, and their intensity are what we seek to identify, not necessarily all the details. Then they can be released and healed.

Natural emotional processing may happen in many different ways: through dreams, journals, talk or other psychotherapeutic intervention (with a licensed, qualified therapist, which we are not), or simply mentally working through them and releasing them, on both an unconscious and conscious level. The homeopathic remedies merely facilitate release of those "trapped" memories that the body needs in order to heal. Homeopathy can indeed elicit emotions, sometimes fairly strong ones, while this process goes on. Just as chemical detoxification happens through physical elimination symptoms, so emotional "detoxification" happens through emotional means. With homeopathy this may happen quite quickly, then the client is ready to move on.

Sample Timeline

PRE-BIRTH: Mother and dad were smokers. Mother drank alcohol during pregnancy. Minor auto accident during pregnancy. DTaP vaccine during pregnancy.

BIRTH: C-section with epidural. Child was breach. Labor for almost 20 hours before C-section was done. Morphine pain meds following delivery for Mom. Breast-fed. Hep B and circumcision within few hours of birth.

2 MONTHS: Well-child visit: VACCINES: Hep B, DTaP, HiB, Polio, Rotavirus, PCV13. Strong reaction: redness at site, very swollen and angry; screaming all night, lethargic for 2 days.

2.5 MONTHS: Earache - Pediatrician Rxed Amoxil, also gave Tylenol drops

4 MONTHS: Vaccines: DTaP, Hep B, OPV, HiB, PCV13. Earache - given Amoxil

2 weeks later: Earache: antibiotics (Augmentin). Developed horrid diarrhea, yellow, runny. Pedi Rx'ed Immodium

6 MONTHS: DTaP, OPV, HIB. Developed fever, diaper rash, thrush - given Diflucan and ointment for rash and thrush, Motrin.

Feb after birthday party: Fell off bed, hit head, ER visit - CT scan, 2 stitches, no concussion.

1 Year: MMR, PCV, Varicella

August: ear infection. Augmentin

November: ear infection. Augmentin

Sample Timeline (Continued)

2nd Birthday: Ear infections, constantly on Amox, Augmentin.

Age 2.5: Ear tube surgery: Antibiotics, General anesthesia, Tylenol for pain

Dad lost job, family stress, moved

Ages 2.5-4:

Speech slow to develop. Early speech intervention.

Age 5: Started Kindergarten - Chicken pox vaccine, Hep A vaccine

Age 6 Fell from tree, broken arm, no complications, Motrin

Age 7 Another move - difficult adjustment. Bullying started

Age 10 - School stressful. Still bullying happening.

Age 15 - Car accident - stitches in leg and forehead.

Age 18 - Started college - homesick, stressful. Got MMR, DTaP, Meningitis vaccine. Midyear started getting migraines - Excedrin headache formula.

Age 20 - Migraines continued - Imitrex prescribed

...ETC.

This is only a "composite" example. You may have more detail, may be filling it out for a very young child, etc. But this is a general idea of how to give us your or your child's timeline.

Finally...some encouragement:

We understand that this can seem like a sizeable, if not daunting, task. PLEASE do not let it become overwhelming. If you cannot recall details of all events at the start, we can and will expand upon it as we move through the process. If you can just get us a basic timeline to begin with, your body and mind will bring important events to the surface. They may come up as memories and odd recollections, physical symptoms that you've not experienced in some time (in a very mild, shadow form), or emotions that "feel familiar, like the time that..." etc. Old symptoms, thoughts of events or people you've not thought of in some time, emotions, etc., are important to keep track of and tell your practitioner about at each subsequent consultation. They can help your practitioner each month to keep track of where your body is leading, or what its priorities for healing are. So please do make note of them from month to month, or note things you remember to add to the timeline so your practitioner can update it at your next consultation.

If you have any questions, or need further clarification, please call us at 713-366-8700. And when you have your timeline (at least the first run) ready for us, please either fax it to: 713-366-8710, or mail it to us. If you choose to email it to us, you might wish to password protect it, and then call us with the password, as normal email is not secure, and not meant for transmission of healthcare information.

We want to welcome you to our practice, and look forward to helping you (or your child) down the road of healing and health! THANK YOU!

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THANK YOU FOR YOUR TRUST!