



**ARHF**

Amma Resonance Healing Foundation

## **Amma4Africa Manual**

# **Basic Guide to Treat Infectious Diseases and Trauma**

PC Resonances for Effective, Safe and Low-Cost Treatment in Developing Countries

Amma4Africa Manual  
How to Treat Infectious Diseases and Trauma

PC Resonances for Effective, Safe and Low-Cost  
Treatment in Developing Countries

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## Introduction

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Homeopathy has a great track record of treating epidemic diseases and has proven highly effective in treating trauma. This curriculum is designed to provide knowledge on how to treat epidemic diseases and trauma in Africa and other developing countries using tailor made designed PC Resonances, a new advance in homeopathy, in an effective, rapid and mild way, without side-effects and with the lowest possible costs.

**This curriculum can be used in two ways:**

1 - It can be used by homeopaths who have already been trained in the treatment of acute and chronic diseases by means of an individual approach. Here we discuss a method and specially designed remedies which make the treatment of acute and chronic effects of epidemics and trauma easy and effective and which widen our possibilities in the treatment of chronic diseases.

2 - This curriculum can also be used as an introduction to homeopathy. It provides the information and tools necessary to treat many of the conditions prevalent in

Africa: epidemic diseases, e.g. malaria, HIV/AIDS and TB, and also individual or collective trauma such as the acute and long-term effects of injuries, rape and genocide. This curriculum can also be used as a foundation for those who would like further training in classical homeopathy and to learn how to treat individual acute and chronic diseases.

Fully trained medical doctors can use this curriculum and the PC Resonances discussed to extend their potential in treating their patients. Nurses and health care workers can also use it, but they need to be aware they should never recommend that a patient stop conventional medicines without consulting the doctor that prescribed them, nor should they ever advise their patients to stop seeing the doctors who treat them.

The PC Resonances discussed in this manual do not replace effective conventional medical treatment if it is available, however, they can be used as complements to conventional treatment and at times where conventional treatment is lacking or ineffective.

## **The Law of Similars**

The very basis of homeopathy is the Law of Similars, also known as *like cures like* or *Resonance*. This principle of *like cures like* was first documented over two-thousand years ago by the famous Greek doctor Hippocrates who declared *homeopathy* to be superior to that of *allopathy* i.e., to treat with opposites, the principle on which today's conventional medicine is based. Later the founder of homeopathy, Dr Samuel Hahnemann (1755-1843), called this principle of resonance, *Similia Similibus Curantur*, and developed it into the first principle of homeopathy, The Law of Similars. This describes how a substance which could cause certain symptoms in a healthy person could also be used to cure a sick person suffering from these same symptoms. For instance, an onion which causes symptoms such as irritation and tears from the eyes can be used to prepare a remedy for hay-fever. Given in a very dilute form this onion based remedy (*Allium cepa*) will induce a healing response in the hay fever sufferer who has streaming eyes and nose etc.

## **Provings**

In order to discover what kind of symptoms a substance can produce in a healthy person the homeopath can utilise a number of sources. For example, if a substance is very toxic many of the symptoms induced are familiar because of the number of people or animals who have fallen ill from it. Homeopaths can also tap into the study of traditional medicine as a rich source of information on many substances. Finally, in order to discover the curative properties of certain substances, Dr Hahnemann introduced a method of testing called 'proving'. In a proving healthy individuals, the provers, take a small dose of a substance and by very carefully observing themselves document any symptoms which are at odds with their normal state. By this method symptoms connected to the substance are discovered.

## **The Smallest Possible Dose**

To create a remedy that based on the Law of Similars can induce health in a patient without causing unwanted side-effects Hahnemann designed a process that he called Potentisation. Potentisation involves subsequent

steps of diluting and shaking (dynamisation). So starting with a mother tincture (a first dilution of the substance in water and medical alcohol), the medicine is further diluted and shaken in steps. Using this process a homeopathic pharmacy can produce a wide variety of potencies of a remedy. Fundamentally, through the potentisation process, the chemical substances which could cause side-effects are diluted further out with each step. Furthermore, water has the ability to 'remember' what substances have been dissolved in it. (This has been proven by modern day leading material scientists.) By shaking the fluid after each dilution the healing information of the substance is imprinted onto the water. Through this potentisation process a homeopathic remedy is produced. That is, a substance which could induce certain symptoms in a healthy person is processed in such a way that it can then produce a curative response in a sick person suffering from those same symptoms. It can induce this healing response in the diseased individual without causing side-effects, and thus, homeopathic remedies, applied in the correct way, can be safely used for everyone, including small babies and pregnant women.

### **Individualising for Each Person**

When we see individuals suffering from the 'same complaint' we can easily observe many differences in the way that illness affects each individual. In migraines, for instance, the location of the pain can differ, as can the time and circumstances, the possible causes, the things that make the pains worse or better (modalities), etc. As well as all these signs and symptoms of the main complaint a homeopath will also take other things into account; for example, other complaints, the history of the patient and that of the family; mental, emotional and physical characteristics; dreams; sleeping habits; dietary habits etc. No two patients are the same and to apply the Law of Similars with the best results a homeopath needs to find a remedy which best matches the totality of the symptoms in the patient. Here, those symptoms which stand out because they are strange, rare or peculiar are the most important. In these the individuality of the patient, that which makes him or her different from other people, is most visible. Those symptoms which are very general, in that most people have them, are the least important.

### **As If One Person**

There is an exception to the rule to individualise for each patient, and that is in all collective conditions, like epidemic diseases or collective trauma. In these diseases the personal history and traits are not important because they have little or nothing to do with the disease. We could also say that these diseases do not come from within the person, but come from within the group or society the individual belongs to. In the case of these collective diseases we now do not need to individualise on the level of each patient but on that of the disease as expressed in the group. The role and purpose of an epidemic disease is on the level of the collective and is expressed in individuals who belong to that collective. So here we need to collect all the symptoms which are typical of the disease and make it different from other diseases. Again anything strange, rare or peculiar for a specific disease is of the utmost importance in finding a remedy which matches the totality of the symptoms of the disease. To find this remedy homeopaths bring the symptoms of a group of patients suffering from the same disease together as if they were one person. All symp-

toms typical for individual persons are excluded, and all symptoms typical for the disease included. So if, for instance, a person always worries about money matters and during the epidemic illness even does more so because now he cannot work this is not typical of the disease and can be ignored. But, if a person is always very thirsty and during the illness refuses to drink at all, this symptom, thirstlessness, is typical for the disease and is to be included into the analysis. Once all the symptoms of the disease have been gathered in this way, a remedy can be selected that best matches the totality of the disease, and this remedy can be given to all those who suffer from the same condition.

### **History of Homeopathy and Epidemics**

Through the 19<sup>th</sup> century and early 20<sup>th</sup> century homeopaths in Europe and the USA were very active in treating epidemic diseases. Below are some quotes which illustrate the efficacy of homeopathic medicine, historically, in the treatment of several epidemic diseases:



- In epidemics the mortality per 100 patients is 1/2 to 1/8 in homeopathic hospitals compared to regular hospitals (Dr. Thomas L. Bradford's in 'The Logic of Figures', 1900)
- When in the year 1854 cholera came to Palermo 1513 soldiers fell ill ... Of these 902 were treated with regular medicine of which 386 died, a bit more than 42%; 611 were treated with homeopathy, of which only 25, so almost 4%, died. (Gebhardt 1929)
- 3% of the cholera patients under homeopathic treatment died (Cincinnati 1849). The mortality rate of cholera patients under regular treatment was 40-70%.
- Homeopathy had become very popular in North America during its early years due to its amazing successes obtained by the old masters during the epidemics - epidemics of diphtheria, scarlet fever, cholera, malaria, yellow fever - especially yellow fever; the death rate for that was 55% when regular treatment was used, but less than 5% in cases with homeopathic treatment; and it was the same for cholera. It is here with the old masters that homeopathy obtained its golden letters. ('From its Roots Upwards', Interview with André Saine, N.D., D.H.A.N.P., Vienna January 1994.)
- The most severe epidemic of all time was the Great Influenza Pandemic of 1918. Twenty percent of the entire world population was infected and 20-40 million people died. The epidemic was so devastating that the average lifespan in the United States was decreased by ten years. During this epidemic homeopathic medicines were used widely both for treatment and as prophylaxis. The average mortality under standard treatment ran from 2.5-10%, while 1% or fewer patients died under homeopathic treatment. (Homeoprophylaxis Fact or Fiction - Todd Hoover MD)

## **Homeopathy and Epidemics Today**

In the 20<sup>th</sup> century conventional medicine developed enormously and, due to the discovery of penicillin, saw a dramatic improvement in its treatment of epidemics. As a result the potential of homeopathy in the treatment of epidemics became neglected and homeopaths instead devoted themselves primarily to the treatment of individual chronic diseases. Due to increased levels in general health and sanitation in Europe and America outbreaks of epidemic diseases decreased in these areas. Whereas in Africa and other developing countries, where with the exception of India, until recently homeopathy was unknown, epidemics like malaria and TB take millions of lives each year.

Despite millions of dollars spent on the development of medicines for epidemic diseases and on strengthening the health systems in developing countries these epidemics rule as never before. Despite many advances, the idea that conventional modern medicine would soon put an end to all diseases has proved to be based on false hope. This realisation opens the minds of many to search for

other ways of dealing with health and disease, to revive traditional medicine, to look at it with renewed respect, and to consider complementary medicine including homeopathy in the search for answers to many health issues. Instead of looking at the different systems of healing as competing adversaries it is time to see where they can complement each other for the benefit of humanity.

Besides infectious diseases in many parts of the world collective trauma determines the state of health of millions of people. Conditions such as natural catastrophes or war and genocide, can be treated in the same way as epidemics, because here too, a group shares similar suffering, although rather than a micro-organism as a causative agent, a collective trauma is the trigger. This means that also for collective trauma the 'as-if-one-person' rule can be applied to design a PC Resonance.

## **AIDS in Africa**

In the 80's the first AIDS patients were diagnosed in the West. Soon it was discovered that the Acquired Immune

Deficiency Syndrome was caused by a virus called HIV. Initially, homosexual men and injecting drug addicts were especially affected by the illness. With the immune system destroyed by the HIV infection these patients lost their ability to fight other infectious diseases, and ultimately died.

Many researchers devoted their time and energy to start understanding the disease and to find a cure for it. The first Anti-Retro-Viral drugs (ARVs) were still very expensive and had severe side-effects. However, in the course of time new remedies were developed, and currently in the West most HIV-positive people do not die from AIDS but can instead expect a normal life span. AIDS therefore was dropped as a major topic in the Western media until it became obvious that there was an AIDS-epidemic unfolding in Africa which was causing millions of deaths. In Africa the disease spreads among men and women alike through sexual contact, but it is now also suspected that in earlier years the disease was rapidly spread through African populations by using the same needle for many patients in vaccination programs.

There are many reasons why AIDS is affecting African people so strongly: certain aspects of African sexual practice contribute to the spread of HIV/AIDS in the heterosexual population. For example, some Africans have regular sex with more than one person; men are often away from home for long periods of time and prostitutes provide for their sexual needs; many are still ignorant about the disease and the need for safe sex; rape is a serious problem in many African societies etc.

ARVs were too expensive for Africa so initially only a minority of infected people were able to obtain them. Millions of victims did not receive any treatment at all, and death was their certain fate. In recent years the price of ARVs has come down, and many institutions and governments now provide ARVs for free. With an assumed death rate of 2 million per year, the AIDS epidemic is nevertheless still taking many lives in Africa. Despite the fact that ARVs have saved and will save many lives, 15 million more AIDS deaths are predicted in sub-Saharan Africa between 2007 and 2022.

In 2001 Peter Chappell, an English homeopathic practitioner, followed a heartfelt desire to go to Africa to see what homeopathy could do for the millions of AIDS-patients receiving no treatment. While in Ethiopia he soon realised he had to treat all patients according the 'as if one person' principle and, after having taken some 70 cases of AIDS-patients, looked which homeopathic remedy would match the totality of the symptoms of AIDS. To his great disappointment such a remedy appeared not to be known in homeopathy.

Peter Chappell then investigated the possibilities of making such a remedy himself. In 2002 he found a way and designed a remedy for HIV/AIDS that he later called PC1. To his great joy he found that all patients who took the remedy responded very well to it. Their energy levels and appetites quickly returned to normal and their pains and lung problems subsided. They could soon return to their jobs, take care of their children, in other words, resume a normal, active life.

Since 2002 PC1 has been used in several African countries, mainly by visiting homeopathic doctors who work as volunteers in health clinics. Their reported results are very similar to those reported by Peter Chappell. A small study was done in Malawi in 2004 followed by another one in the Central African Republic in 2006. In these studies the clinical observations were confirmed, namely that AIDS-patients on PC1 recover from their AIDS-related symptoms rapidly and that the significant decrease of opportunistic infections indicates a restoration of their immune system.

### **PC Resonances**

In homeopathy the process of medicine preparation usually starts with a primary substance derived from an animal, plant or mineral source. This substance is diluted in alcohol then goes through a technique known as 'potentisation', a progressive process of dilution and succussion (shaking with impact) during which any toxic elements are eliminated and the curative potential amplified. The water stores and 'remembers' the information from the crude substance at a subtle level and in higher

potencies does not retain a single molecule of the original substance, rather it holds an 'energetic imprint'. The end product is a medicine which, through homeopathic resonance, has the potential to stimulate the health and immune system

The technology for making PC1 has evolved from the way homeopathic medicines are usually made. Using the same technology other disease specific PC Resonances have been prepared for a variety of other epidemic diseases, again based on an analysis of the totality of the symptoms which belong to each of those diseases.

The possibility of treating a disease with a designed PC Resonance that matches the disease totality is a further development in homeopathy and combines the advantages of homeopathy (high safety/no side effects) and pharmacology (disease specific treatment) and thus in epidemics few case-taking skills are needed to prescribe and follow up. Using disease specific remedies in chronic diseases is also possible but requires greater homeopathic skill, since treating for the disease can usually only be done successfully when complemented with constitutional treatment, that is, treatment which has been indi-

vidualised for the patient. (See the chapter on chronic diseases.)

In this new technology putting information directly into water creates the homeopathic resonance and no substance is ever involved. This means that similarly to high homeopathic potencies, the resonances created using this new approach do not contain a molecule of substance in contrast to conventional pharmacology.

To make a PC Resonance a special non-physical thought form device is used to synthesise the information about the disease based on the core essence and psychological and physical information (the totality or essence) that crystallises this into one pattern totality. This is imprinted onto water. It works on an informational and energetic level only. There is no physical component to the information imprinted onto the water.

The obvious advantage of this new process is that instead of having to look for a substance in nature which, after provings and clinical use, appears to be a

simillimum for treating the genus epidemicus of an epidemic disease (in practice such a match is rare, so a group of remedies are normally utilised), this new technique makes it possible to produce the simillimum for a known disease totality. Also clinical experience with PC Resonances for infectious diseases in Africa indicates that these seem to have a wider range of action than disease nosodes (commonly used homeopathic remedies made from disease products such as pus). A further benefit of PC Resonances is that, unlike nosodes, they contain no trace of disease products so are not subject to the same legislation which governs the importation of nosodes into many countries due to health concerns regarding their source.

With this new technology the specification of the information concerning the disease carried within water which the patient receives is based upon the information needed to stimulate an immune response exactly appropriate to the disease. This as we have seen, is the principle of resonance, i.e. *like cures like*, The Law of Similars, which is the basis of homeopathic medicine.

Resonance here is intended to mean that the information needed to induce a self-healing response is similar in quality and frequency to that of the diseased state.

The symptoms of a disease are in fact the immune system response to the disease. A fever, for example, is an intelligent immune system defensive action. With resonance the pattern of the immune response is reinforced by providing information in water that contains the same pattern as the typical immune response to a specific disease, so that the immune system multiplies its efforts.

In conventional medicine the basic idea is to reduce the virus, bacteria or parasites by attacking drugs to reduce their numbers so the immune system can do its work. With this new technology, as in homeopathic medicine in general, we work in the opposite way by stimulating the immune system to strengthen its response by inducing an artificial disease, as homeopaths call it, which resonates with the patient's disease. Both these ideas work, but the effect of suppression through killing

microbes in the long run can induce chronic diseases and more virulent strains of the specific agent producing the disease. If used with care both approaches can also be used complementarily to good effect, as is our experience with the use of both ARVs and PC1 as a combined treatment in advanced stages of AIDS. If more experience with more infectious diseases were available to sustain this observation a sliding scale could be envisioned where, depending on the severity of a disease, the appropriate PC Resonance could be used alone or in combination with the indicated allopathic drug.

This could lead to a more fruitful cooperation between conventional and homeopathic medicine than that which is currently experienced and would ultimately be of much greater benefit to the patient.

In general one could say that the more beneficial effect homeopathic treatment has, the less the patient will need and depend on conventional medicine, and that by reducing these where possible the organism has more opportunity to respond to homeopathic treatment and regain control over its own health.

With PC Resonances there is no obvious mechanism for side effects and the authors have not witnessed any in several hundred carefully monitored cases. Nor have any other observers reported any.

### **Amma Resonance Healing Foundation**

Peter Chappell has donated the rights concerning PC1 and other PC Resonances essential for Africa and other developing countries to the Amma Resonance Healing Foundation, a not-for-profit organisation.

The ARHF provides PC1 and other PC Resonances to individuals and clinics in Africa and other developing countries, depending on the situation, for free or at cost price.

The ARHF does research as to the efficacy of the treatment of AIDS and other epidemics with PC Resonances, and aims to present and publish the results.

The ARHF can do this work thanks to donations it receives.

## **How to Prepare a PC Resonance for a Patient**

PC Resonances are being made available as granules. These granules can be provided in envelopes containing 5 sachets for preparing 5 bottles, or as tubes containing granules for preparing 17-20 bottles. In the last chapter you find information on how to order granules.

If available prepare the PC Resonance in a dropper bottles, if not, use a sealed bottle of mineral water.

### *30-50 ml dropper bottles*

Put 2 granules into a clean 30-50 ml dropper bottle. Add to it mineral water or purified water (boiled and cooled down). If properly stored and used this gives at least 3 months shelf life. If available and no problem for the patient use 80-90% water and 10-20% medical alcohol or vodka to increase shelf life. Leave the bottle standing for a couple of minutes until the granules start to fall apart. Then bang the bottle on a wooden surface or a book five times and that's then prepared for use.

### *250-330-500 ml mineral water bottles*

Use a sealed 250 or 330 to 500 ml plastic or (preferably) glass bottle of still mineral water. Open it and pour out 10-20% of the content. Put 2 granules into the bottle. If properly stored and used this gives at least 3 months shelf life. If available and no problem for the patient add 10-20% medical alcohol or vodka to increase shelf life. Leave the bottle standing for a couple of minutes until the granules start to fall apart. Then bang the bottle on a wooden surface or a book five times and that's then prepared for use.

Label the bottle with the PC Code and add the patient's name. If it's a mineral water bottle first tear off the original label.



## **How to Use a PC Resonance**

*For dropper bottles - 555 (5 bangs, 5 drops, 5 seconds)*

Before taking a dose bang the bottle on a book or a wooden surface 5 times to activate and then immediately put 5 drops into a teaspoon, then into the mouth. Keep into the mouth, under the tongue, for at least 5 seconds before swallowing.

*For water bottles - 515 (5 bangs, 1 spoon, 5 seconds)*

Before taking a dose bang the bottle on a book or a wooden surface 5 times to activate and then immediately take 1 spoonful directly into the mouth. Keep into the mouth, under the tongue, for at least 5 seconds before swallowing.

*In both the above*

- The mouth must be relatively clean when taking the Resonance. Do not eat or drink just before or after taking it for 15 minutes. Also do not brush your teeth or smoke just before or after taking it.
- The water must remain crystal clear. Never contaminate it by putting any liquid back in the bottle.

If more than 5 drops come out just take them all. To overdose is not possible. Never touch the opening of the bottle with the fingers or mouth or by drinking directly from the bottle and always close it properly. If the water is not clear it is contaminated, no longer active, and a fresh bottle must be made.

- Keep the bottle in a cool place out of the extreme heat and direct sunlight.
- If you need to take one dose daily the time of day is not important.
- PC Resonances are safe for pregnant women, babies, small children, older people and those using other medication.

## **Dosage in Acute Infectious & Epidemic Diseases**

In an acute condition a diseasing micro-organism is having such an impact on the human organism that all its time and energy is used to overcome it. To support the immune system and to stimulate the self-healing response a dose of the appropriate PC Resonance may have to be repeated regularly.

The repetition schedule while taking the PC Resonance depends on how acute and how serious the condition is. In acute states like malaria the resonance can initially be given every 30-60 minutes, five drops after banging the bottle five times, and keeping them at least for five seconds in the mouth before swallowing them. As soon as the patient starts to respond to the PC Resonance and his/her condition improves the time between doses can be prolonged. This pattern is similar to that used in prescribing other homeopathic remedies for acute diseases.

### **Dosage in Chronic Infectious & Epidemic Diseases**

In chronic infectious diseases the immune system has not been able to fully overcome the infection in the acute phase. In an acute infection the organism is investing all its energy and resources in trying to overcome the disease. In the chronic phase the immune system has reached certain equilibrium. Slowly though it will lose more and more ground and the disease will have an increasingly negative effect on the state of health. The symptoms the organism produces are a sign of the vital

force fighting the disease. A PC Resonance that matches the symptoms helps the immune system to tip the balance and gain more control over the micro-organism involved or even fully overcome the disease. The patient will improve considerably (like in HIV/AIDS where the patient can be freed from the symptoms of AIDS but remains HIV-positive) or can fully heal (like in malaria). In chronic infectious diseases like AIDS or chronic viral hepatitis or in after effects of acute diseases, e.g. recurrent cystitis ever since gonorrhoea, a regular dose - five drops after banging the bottle five times kept in the mouth for at least five seconds - can be given on a daily basis. Normally one dose a day is enough, but in cases where a patient seems to respond to a dose for less than a day the dose can be increased to twice daily.

### **Where to Start**

Sometimes a patient may be suffering from two or more conditions simultaneously. Often the symptoms of one condition will dominate and the symptoms of the other conditions will be less obvious.

It is not advised to use two PC Resonances simultaneously because it may become difficult for you to properly evaluate the effects.

A general rule is to start treating the most prominent condition, that which is staring you into the face. E.g. in a girl who is HIV-positive and who has also been raped and is predominantly suffering from rape trauma, you would begin by treating the trauma and as soon as those symptoms have cleared you would change the medication and start to treat HIV/AIDS.

A second rule is that if two conditions are connected you give the PC Resonance for the underlying one unless the subsequent condition is very prominent. E.g. a patient has AIDS and TB, and the TB symptoms are not very prominent. You prescribe PC1 for AIDS, because the immune system is not able to fight TB properly due to AIDS. PC1 is likely to be enough to treat both conditions.

Another rule is that if a patient suffers from two conditions you start treating the most recent one and then

continue with the older one. E.g. a 16-year-old patient has been adopted as a baby and still suffers from this; besides that she suffers from recurrent cystitis since she had gonorrhoea 1 year ago. You start treating the effects of gonorrhoea and once that has been cured you treat the more long-standing problem of adoption trauma.

If needed it is possible to combine two PC Resonances, by giving one in the morning and the other in the evening. However, for a clear picture of the effects of each, beginning with one is preferable.

A PC Resonance can also be combined with another homeopathic remedy but again for a clear picture of the effects of each starting with only one is the best option.

### **How to Treat HIV/AIDS**

AIDS is one of the most serious diseases in Africa and certainly the one that in this time and age gets most of the attention. Treating AIDS with ARVs is the norm in all African countries. When a patient is advised to begin taking ARVs depends on the state of their immune sys-

tem, which is measured mainly by the number of white blood cells available to fight HIV and other infections, the so-called CD4 count. A healthy person has a CD4 count of around 1000 units or higher. In an HIV-positive person the CD4 count drops on average with some 50 units per year after an already considerable drop in the acute stage, when after being infected a flu-like state is experienced. After some eleven years the immune system with a CD4 count dropping below 200 units is no longer able to defend the body from infections, and all kinds of viruses and bacteria can freely infect the body. This stadium is called AIDS, Acquired Immune Deficiency Syndrome. Treatment with ARVs is started as soon as the CD4 count drops below a certain level, in many countries 200 units.

PC1 is designed to boost the immune system in HIV-positive patients and can be prescribed in all phases because it is safe and has no side-effects.

A different version of PC1 is designed for men and women. The reason for this is that in the totality of the

symptoms of HIV/AIDS the socio-economic position and the mental and emotional state of the patient are included, and these differ based on gender. PC1AF is for women, where PC1AM is for men.

### *Acute infection*

If a patient has possibly very recently become infected perhaps through unsafe sex, rape or an accident with infected needle, it is not possible to get an accurate test result until at least six weeks after the event. To be on the safe side precautions should be taken. The patient should see a doctor immediately to decide whether a course of ARVs is indicated for prophylaxis. PC1 should be given also as soon as possible. Since it is possibly an acute state let PC1 be repeated every three hours except from the sleeping period for three days and continue with one dose daily (5 drops or 1 teaspoon) until an HIV-test can be done. If that is positive continue with PC1 once daily.

If there is a flu-like condition possibly due to a recent infection with HIV give PC1 every hour until the symptoms subside. These intervals should increase gradually

until it is given once daily and continue until an HIV-test can be done. If that is positive continue with PC1 once daily.

#### *Pre-AIDS stage*

Since PC1 is absolutely safe it could also, even preferably, be prescribed in the early stages, before AIDS sets in. Although a patient may not yet have any symptoms PC1 can be used to restore the already compromised immune system. It is very important to stress to the patient that PC1 does not cure HIV but only boosts the immune system to prevent the stage of AIDS from developing. PC1 does not prevent a person becoming infected nor is it safe to have unprotected sex with a HIV-positive person using PC1. Safe sex is essential at all stages for the patient and his or her partners. Besides this proper nutrition and a healthy life-style also help to support the body. In the early stages the CD4 count can be used as an indicator of the state of the patient and their immune system. Continuous treatment using PC1 is not necessary in many cases and therapy resistance due to a break in the treatment, such as we see in the

use of ARVs, is not a consideration so PC1 can be given at intervals depending on the level of CD4 and providing there is safe sex only. It is advisable to repeat a CD4 test every three months and to start using a bottle of PC1 again as soon as symptoms arise or the CD4 count drops. Under normal conditions one bottle of PC1, lasting for 2-3 months, every six months should be sufficient.

#### *AIDS*

If patients can receive ARVs and their CD4 count indicates they need it they should be advised to take these. ARVs bring the Viral Load (the amount of viruses in the blood) down rapidly, but they do not boost the immune system and due to toxicity even harm the immune system. The immune system only slowly restores naturally when using ARVs on their own. It is therefore advised to complement ARV treatment with PC1. PC1 will restore the immune system more rapidly and as a result other infections will disappear much more quickly. Besides that patients suffering from side-effects due to ARVs often see these reduced if also using PC1 because their

body is in a better state of health and is therefore more capable of coping with toxins. If despite PC1 a patient still has serious side-effects from ARVs PC-HAART (PC501a) for the side-effects of ARVs (HAART = Highly Active Anti Retroviral Treatment) can be prescribed alongside ARVs and PC1. It is advisable to use PC1 and PC-HAART at different times of the day. If patients improve on ARVs and PC1 they should not stop taking ARVs even if they feel very well, because this can induce therapy resistance, meaning that the patient will no longer respond to the same ARVs should these again be necessary at some point in the future. Other so-called second line ARVs are much more expensive and not always available. Once the CD4 count has been restored to normal it is safe to stop taking PC1 for periods of time. It is advised to take one bottle lasting for 2-3 months every six months or to start directly if the condition of the patients worsens or the CD4 count drops. PC1 or ARVs will not make the patient HIV-negative or remove the virus from the body totally. The fact that a patient although well still tests HIV-positive means that the immune system remembers the virus and has learned

to live with it. The information of many viruses and bacteria is present in the human body in a similar way, and this, as such, is not a bad thing but a part of human existence.

### *End stage of AIDS*

If begun at the end stage of AIDS ARVs are often not able to save a person's life. The same holds true for PC1, but it is believed that by combining PC1 with ARVs there is an increased chance of recovery. When a patient is very far gone and death from AIDS is inevitable the use of PC1 at this stage can still offer some symptomatic relief and better quality of life until the end.

### *AIDS and TB*

Many AIDS-patients also have TB. ARVs cannot be prescribed together with tuberculostatics (antibiotics for treating TB). The conventional treatment of TB usually takes six months, but even then in many cases TB has not been cured because new forms of TB have emerged in recent years which are resistant to conventional treatment.

Using PC1 for HIV/AIDS and PC300t for tuberculosis together does not create problems. If an AIDS-patient is already on tuberculostatics it is advisable to start with PC Tuberculosis (PC300t) to assist the tuberculostatics (dosage of PC300t: once daily in the morning bang the bottle 5 times - take 5 drops in case of a dropper bottle or a teaspoon - keep in mouth for at least 5 seconds). At the same time that PC300t is started PC1 can be taken in the evenings on a daily basis as well. As soon as the symptoms of TB have subsided PC300t can be discontinued. Usually this is within 4-8 weeks. By also giving PC1 while the patient is still on tuberculostatics and PC300t the body can restore the immune system so it can also better fight TB.

#### *AIDS and Malaria*

If an AIDS-patient has an acute infection of malaria start with PC240m for Malaria. Dosage: start with the 5 drops or 1 teaspoon every 30 minutes then increasing the intervals as soon as the patient improves. For each dose bang the bottle 5 times. As soon as the acute attack has been overcome (8 hours to a few days, depending on

how far advanced AIDS is) the patient can start on PC1, once daily 555-regime.

#### *AIDS and Rape*

If a person has been raped very recently and was HIV-negative and the status of the rapist was HIV-positive or unknown, consult a doctor immediately. The initial main shock to the person is the trauma from rape. Start with PC435p for Rape Trauma, every one hour 5 drops or one teaspoon. As soon as the shock of rape trauma starts to subside increase the intervals until taking only once a day, and stop completely when the trauma has been overcome. Tell the patient that if needed she can always start taking it again. Within half an hour of starting PC435p begin taking PC1 and repeat every three hours during three days, and from then on daily until the status can be determined. If test result is negative stop, if it is positive continue as described under *pre-AIDS stage*.

#### *AIDS and Orphans*

Losing loved ones and the grief it causes is part of the totality of symptoms connected to HIV/AIDS. Especially

for little children who have lost both parents this is very traumatic and more than anything else it is love and care that they need. If an AIDS-orphan comes to you this means that at least someone is taking care of it or that it has been adopted. Within the available PC Resonances you have two options. Children in orphanages or those who have been adopted can be prescribed PC309d for Adoption Trauma, one dose daily. If you have other homeopathic remedies available a single dose of Ignatia or Natrum muriaticum in whatever potency available can also help.

Other co-infections in a HIV-positive patient, like hepatitis or herpes, can be treated in the same way as discussed for TB and Malaria. The golden rule is, 'always start with what is staring you into the face', or stated differently, whatever, at that moment, is causing most suffering to the patient, whether this is TB or shock from rape trauma or anything else.

## The Big Five for Infectious Diseases

AIDS in women / men	PC1AF/AM
Gonorrhoea	PC180g
Hepatitis (all types, acute or chronic)	PC191i
Malaria	PC240m
Tuberculosis	PC300t

For those who have become experienced in using them or can combine them with classical homeopathy or other healing skills there are more PC Resonances available for infectious diseases (see list at end of this manual).

## Ailments Since

Infectious diseases can sometimes mark the onset of chronic or recurring problems. In these cases the problems can often be treated by prescribing the PC Resonance appropriate for the disease that has seemingly caused them. Here are some examples:



- Recurrent bladder infections or infertility ever since gonorrhoea can be treated with PC180g.
- Chronic fatigue ever since malaria can be treated with PC240m.
- Chronic cough or allergy ever since tuberculosis can be treated with PC300t.

To find these connections it is important to carefully discuss with the patient when the problems started and what went on prior to that.

### **First Aid - Treating Acute Trauma with PC Resonances**

How often a dose of the appropriate PC Resonance must be given depends on how acute and how serious the condition is. In acute states like a severe accident or a serious burn the resonance can initially be given every 10-30 minutes. As soon as the patient starts to respond and his/her condition improves the time between doses can be prolonged. This pattern is similar to that of other homeopathic remedies given in acute diseases.

### **Treating Post Traumatic Stress Disorder with PC Resonances**

In the chronic effects of trauma, like the long term effects of an injury, rape or war, a regular dose - five drops after banging the bottle five times kept in the mouth for at least five seconds - can be given on a daily basis.

The key thing about Post Traumatic Stress Disorder due psychological trauma is the mental flashbacks, like seeing the goal scored again and again and again, and you can't stop it. The appropriate PC Resonance can resolve these flashbacks rapidly. As soon as there is no more improvement the patient can stop taking the PC Resonance.

### **The Big Five for Trauma**

Adoption Trauma	PC309g
Burns	PC10b
Genocide / War trauma	PC304x
Injury	PC201j
Rape / Sexual abuse trauma	PC435p

For more available PC Resonances for other forms of trauma see the list at the end of this manual.

## **Complementing Individualised Homeopathic Treatment with PC Resonances**

As discussed before in many cases - acute or chronic infections and acute trauma and its chronic effects - treatment with a PC Resonance that matches the disease/trauma will be sufficient.

Using the PC Resonance that matches the causative infection/trauma can also often cure chronic or recurring complaints that started after an infection/trauma. These complaints could be on any level - physical and/or psychological. Also, a psychological trauma may later express itself in physical complaints (e.g. recurrent bladder infections ever since rape, or recurrent throat infections ever since a deep grief), and psychological or behavioural problems may result from an earlier infection (e.g. hyperactivity and a restless desire for change since tuberculosis or anxiety disorder since almost deadly cholera).

Many infectious diseases and traumas can indeed have a lasting effect on the human organism, and the more time

has passed by since the impact took place the more the expression of it can take on different forms. At some point the PC Resonance for the causative factor alone may no longer be sufficient to overcome the impact of the original infection/trauma. It is then that individualised homeopathy is needed.

A well-trained homeopath can after taking the full case start treatment with the simillimum for the patient (the remedy fitting the totality of the signs and symptoms typical for the patient). If the influence of the original causative infection or trauma can not be fully overcome by applying the simillimum the appropriate PC Resonance can be introduced to complement it. Sometimes the impact of the disease so much determines the signs and symptoms present in the patient that the individual simillimum cannot be detected. In those cases it is advisable to start with a PC Resonance matching the signs and symptoms of the disease that so fully dominates the patient.

As said before, to be able to treat these non-infectious chronic diseases with success one needs to be a fully

trained homeopath. If one started by giving a PC Resonance for the disease without proper knowledge of homeopathy one would not be able to understand and respond to the changes in symptoms that call for a next individual prescription.

There are a few chronic conditions which are exceptions to this because these are so common in Africa that one could consider them as slow moving non-infectious epidemics due to age and dietary habits (diabetes from overweight) or genetic traits (high blood pressure) or a combination of these as is often the case (arthrosis, diabetes and high blood pressure in an overweight elderly person). To improve health in all these conditions loss of weight by a change of diet (E.g. less sugars and cornmeal) and more exercise are more important than medical treatment. PC Resonances for these conditions do not reduce the need for weight loss nor for proper medical follow-ups by a doctor.

Infertility is difficult for any woman and probably even more so for the women of Africa. Gonorrhoea is fre-

quent in Africa and often insufficiently treated. The resulting chronic inflammation can cause infertility in women and failing erections in men. If gonorrhoea is present in the history a treatment with PC180g - once daily 5 drops for 4 weeks - can help to solve the problem.

### **The Big Three for (Epidemic) Chronic Conditions**

Diabetes	PC158n
High blood pressure	PC423z
Infertility	PC180g

(There are many more PC Resonances available for chronic conditions but these can only be used by skilled homeopaths to complement individual homeopathic treatment. See [www.vitalremedies.com](http://www.vitalremedies.com) for the complete list.)

### **Not by Medical Treatment Alone**

Besides prescribing a Resonance for a disease or trauma it is important to optimise all conditions for healing.

- It is important to know your own limitations. In serious conditions or in case of doubt call in the help of a doctor or refer the patient to a hospital.
- Feeling loved and receiving loving care is probably the most powerful healing force in the universe. Unconditional love comes from a divine source that can never deplete you or the patient's caregivers. If you allow it to flow it will go exactly where the patient needs it.
- If possible a patient should not be exposed to the causal agents or situation or the disease-inducing situation must be improved to the extent that the patient no longer suffers from it. These include loving relationships, proper housing, hygiene, safe sex, clean drinking water, safe living conditions etc.
- Proper nutrition is essential for all patients. Many patients perhaps eat enough to fill their bellies, but often the diet is so limited that essential nutrients are missing from it. Patients who are severely ill often can not eat normal food and need special food to be prepared until they have recovered enough to eat normally again.
- Drinking enough fluids, especially water, is of great importance. Especially patients that have lost fluids due to diarrhoea, vomiting, perspiration and fever can easily become dehydrated. Dehydration is a serious complication. If you pinch a piece of skin between two fingers and after letting go of it remains standing up there is dehydration for sure. Since the patient will also have lost salts and lacks blood sugars these need to be supplemented as well. By stirring one spoonful of salt and two spoonfuls of sugar in one litre of water a balanced drink can be made that helps to improve the patient's condition. Use clean water only, and if necessary boil the water first. If for some reason this cannot be prepared and Coca Cola is available then give that to the patient. Especially small children get dehydrated very easily. More so if besides diarrhoea there is also fever and vomiting or if the weather is very hot. A child should if possible be seen by a doctor if is loosing many fluids through diarrhoea (and vomiting) and is in a bad condition. It should not be given milk or porridge but can be allowed to be breastfed as much as it wants. Besides that only give

boiled and cooled-down or bottled water with salt and sugar as described above.

- In infectious diseases a patient can infect others easily. All cups, plates etc that s/he uses should not be used by others and be cleaned separately with boiling water.
- In acute infectious diseases a fever is functional. By raising the temperature the body intelligently fights the disease, because viruses and bacteria cannot stand the increased temperature well. A fever therefore generally speaking does not need to be suppressed. Be aware though that due to the fever the patient is losing more bodily fluids that need to be replaced by drinking more. If a fever rises above 40 degrees Celsius it can become dangerous. A sign indicating the fever is possibly rising too high is if also the feet feel hot. Cooling down the feet by putting on wet socks and sponging the body regularly helps to bring the fever down.
- Desires and aversions during an acute or chronic disease can point to foods and drinks the body needs to improve its condition. Unless it is clear these would harm allow the patient to take them as much as they want.

### **Case Record Forms**

Two different Case Record Forms can be found in the appendix or included in the kit. One form is specially designed for HIV/AIDS patients. The second more general form can be used to note down all the important data and symptoms in all other kinds of patients.

### **How to Order PC Resonances**

PC Resonances for Africa and other developing countries can be ordered by contacting the ARHF. Based on the local situation any combination of the list below can be selected.

### **Amma Resonance Healing Foundation**

P.O.Box 68 - 9750 AB Haren - Netherlands -  
info@ARHF.nl - www.ARHF.nl

## More to Read and Study

The following books can be ordered at  
[www.homeolinks.nl](http://www.homeolinks.nl)

Peter Chappell.

*The Second Simillimum* - A Disease-Specific  
Complement to Individual Treatment,  
Homeolinks Publishers, Haren (Netherlands) 2005

Harry van der Zee & Peter Chappell.

*Homeopathy for Africa* (provisional title).  
Homeolinks Publishers, Haren (Netherlands) expected  
autumn 2008

## Available PC Resonances for developing countries

### Infectious diseases

AIDS in men	PC1AM*
AIDS in women	PC1AF*
Bilharzia	PC132d
Bubonic plague	PC131c
Chagas disease	PC148k
Cholera	PC2141p
Dengue fever	PC153g
Diarrhoea in infants	PC152f
Gonorrhoea	PC180g*
Hepatitis A	PC198n
Hepatitis B	PC199p
Hepatitis C	PC2190q
Hepatitis all types	PC191i*
Herpestype 1 & 2	PC192j
Leprosy	PC230l
Malaria	PC240m*
Rabies	PC282t
River blindness	PC253r

Salmonella enteritis	PC184k	Sexual abuse trauma	PC435p*
Scabies	PC290s	Shock trauma	PC11c
Sleeping sickness	PC321g	Snake bite	PC295x
Syphilis	PC293v	Torture trauma	PC311f
Tuberculosis	PC300t*	Unburied relatives trauma	PC315k
Typhoid fever	PC302v	Vaccination & PVS	PC320v
Yellow fever	PC350y	Wounds from bites	PC282t

#### Trauma

Abscess, septic wound	PC401a
Adoption Trauma	PC309g*
Birth trauma	PC308c
Burns	PC10b*
Caesarean birth trauma	PC314h
Food poisoning	PC404d
Genocide / War trauma	PC304x*
Grief trauma, long lasting	PC434n
HAART for side-effects	PC501a
Injury	PC201j*
Kwashiorkor (Marasmus)	PC220k
Natural catastrophe trauma	PC305z
Rape trauma	PC435p*

#### Chronic diseases

Diabetes	PC158n*
High blood pressure	PC423z*
Infertility	PC180g*

\* Included in the Amma4Africa Basic Kit

Other PC Resonances can be ordered by contacting

info@ARHF.nl

or ordered directly at [www.helios.co.uk](http://www.helios.co.uk)

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info@ARHF.nl - [www.ARHF.nl](http://www.ARHF.nl)

