

The Patient, Not the Condition Understanding Homeopathic Medicine

by Julek Meissner, N.D.



INTRODUCTION

Homeopathic medicine, the least understood of the "alternative" medical therapies, is a fascinating, subtle, and sophisticated method of holistic health care. Controversial in its use of highly diluted medicines, it is a safe and effective way of helping people develop resistance to their health problems, with no harmful side effects!

In an ideal world, barring treatment for injuries, we would not need medical intervention. In an ideal world, our planet, the food we eat, and the air we breathe would not be polluted. Also, in an ideal world, people would take responsibility for ensuring their health remains vital, through exercise and proper nutrition, as well as relaxation and Spiritual discipline.

Unfortunately, our planet is becoming increasingly polluted, and our far too often sedentary and hurried life style has "blessed" our species with all kinds of health problems. For those enjoying a healthy constitution, you may find this article irrelevant to your needs. For the rest of us who experience illness, who sooner or later may require medical intervention, homeopathic medicine may be helpful in restoring health, and preventing further disease.

The following article is meant for the reader who wishes to learn more about homeopathic medicine, how it works, when it can and cannot help, and how it differs from other methods of both natural and pharmaceutical medicine. By informing yourself about the principles on which it is based, you will be able to make an informed choice about whether this wholistic health care approach is for you. Reading this paper may also assist you in choosing a qualified homeopathic physician, should your health or the health of your loved ones ever require health care.

"WHAT" CAN WE TREAT, vs "WHO" CAN WE TREAT?

One of the questions I am most often asked in my practice is, "Can homeopathic medicine treat (for example) allergies? Or depression? Or arthritis? Asthma? Fatigue? Colds/flu? Ear infections? Insomnia? Migraines? Eczema...etc.?" When I answer, "Homeopathic medicine treats the whole person, not the condition!" my intention is to clarify a common bias in our modern health care approach, namely the treatment of diagnostic entities. Such an approach leaves no room for individuality, the cornerstone of wholistic medicine. Everyone is lumped into categories, and sent to specialists who treat the conditions they specialize in.

The question is, what to do with what we have been diagnosed with? Diagnosis, in and of itself, is a helpful tool. It serves to make some sense out of the infinite variety of disease manifestations or symptoms we humans, and other life forms, suffer from. When we use diagnosis as a means to an end, a treatment method, rather than an organizational tool, individualization tends to get overlooked. In our current medical



model, each condition deserves its very own specialist, and its own set of medications, designed to treat the condition. Every one who suffers a particular condition gets more or less the same treatment, designed to attack the symptoms. In such a treatment model, the whole becomes less important than the parts.

In homeopathic understanding, symptoms are not the disease, but a reaction that our body produces to an internal or external stress. By merely opposing the symptoms associated with for example a bacterial infection (or asthma, or depression, or a fever, etc.), instead of strengthening the person as a whole, we are bypassing the body's own defenses!! This is akin to disconnecting the wire when the oil light comes on in our car! By doing so, and driving off into the sunset, we are ignoring the alarm, the call for help that the signal/ symptom is giving us!

"CURE", vs. "PALLIATION", vs. "SUPPRESSION"

We've all heard of antibiotic-resistant bacteria. Medical wisdom has finally acknowledged the valuable roll a fever can play in helping the body fight off a bacterial or viral infection. Until recently, however, children were routinely prescribed antibiotics and other prescription drugs to lower even the most minor fevers. Antibiotic-resistant bacteria are the result of having a population with years of overexposure to antibiotics. This exemplifies the concept of suppression, the "curing of a disease, at the expense of the patient", resulting in ever more serious conditions.

While decongestants, antidepressants, painkillers, relaxants such as Ritalin, antibiotics, stomach medications such as Prepulsid, etc. may oppose the immediate crisis, they do nothing to stimulate our immune system. For example, when a child is treated with cortisone for a severe case of eczema, relief is often quick, albeit temporary. "Palliation" is defined as a temporary improvement, followed by a relapse to the original condition. With time, the eczema may disappear, but the child develops asthma. Conventional medicine views this simply as a new condition, entirely separate from the original condition, requiring another specialist. Inhalers are then prescribed, to help the child cope with the "new" disease. In this case, a condition involving a superficial organ, namely the skin, has degenerated into one involving a deeper, more vital organ, namely the lungs. Homeopathic medicine views this as "suppression", i.e. a temporary or permanent improvement of a more superficial condition, at the expense of a deeper, more life-threatening one. Such an approach, while dealing with the localized suffering, ignores or even harms the host.

HIERARCHY, AND THE DIRECTION OF CURE

The above model of cure versus suppression assumes that there is a hierarchy of organs and symptoms. Some organs are more critical for the overall well being of the



person than others. A scar on the skin is less critical than a scar in your lungs, which is less critical than one in your heart, which in turn may be less critical than one in your brain. If a medicinal treatment suppresses a condition, symptoms cease to manifest in more superficial organs, at the expense of deeper ones. With curative treatment, direction of symptom expression is toward more superficial organs. Deeper and more critical organs become symptom-free.

DIFFERENT STROKES FOR DIFFERENT FOLKS

Why is individualization so important? Because it assumes that behind each person's unique experience of disease is the key to his or her health. The story of how a person experiences their suffering, how their suffering affects them as a whole, and what happened in their life that led them to become the way they are, gives us insight into their coping style, their unique method of self defense. From this perspective, symptoms are not the disease. Symptoms are a reaction our body/mind/spirit produces to an external or internal stress. As such, symptoms can guide us to an understanding of how a person defends themselves from physical, emotional, and mental stress.

As a homeopathic physician, my goal is to harness a person's defense mechanism, to help them develop resistance to their predispositions. Our defense mechanism can help us overcome our health problems. The assumption is that as long as the problem has not been allowed to progress beyond the point of repair, with a little help our body can heal itself!

TAILORED TO YOU!

It is important to understand that in order for homeopathic medicine to be effective, the treatment must be tailored to the individual, and not merely to the condition. Each person's coping style is as unique as his or her personality.

As mentioned earlier, infectious childhood fever was until recently routinely treated with children's aspirin, or other antifebrile pharmaceuticals. The idea being that fever is bad, and that it must be opposed at all cost. In the homeopathic approach in contrast, to help a child with fever, the homeopathic physician needs to know what makes one child's experience of the fever differ from another. How does the fever affect the child, both physically, and in personality? Is the fever accompanied by pain? What kind of pain; sharp, dull, shooting, throbbing, etc.? Is there a side of the body that is more affected? How does the fever affect appetite, thirst, sleep, energy, outlook on life, etc? Is the child more irritable, or whiny, or anxious, or restless? Were there any unusual circumstances that might have led to the illness in the first place... exposure to difficult weather conditions, stress, a fright or accident, family dynamics, etc.?



In conventional medicine, reliance is mostly on physical and laboratory diagnosis. Homeopathic medicine, in contrast, relies mostly on the person's experience of their problem. Crucial to the homeopath is how well the patient or their loved ones can describe the way their suffering affects them. The patient's description of their suffering, *in their own words*, can be paramount in guiding the homeopathic physician to an understanding of the person's unique method of self-defense, and what they might need to assist in their recovery. Finding out what makes you different from other people diagnosed with the same condition helps the homeopathic physician determine which medicine may be homeopathic to you.

HOMEOPATHY vs. NATUROPATHY vs. HERBALISM

People often mistake homeopathic medicine with herbal medicine, naturopathic medicine, and other methods of natural health care. While it is true that homeopathy relies on a variety of natural substances, such as plant remedies, it also uses minerals, and animal substances to treat people. After they have been prepared homeopathically these substances have quite different actions from herbal, or mineral, or glandular supplements.

Naturopathic medicine is a regulated profession in various Provinces and States, including the Province of Ontario. Naturopathic medicine integrates various methods of natural health care. Unlike homeopathy, which is a particular approach with a specific method of testing and prescribing, unique unto itself, naturopathic medicine is **an umbrella profession**, offering many choices of natural health care. These include homeopathic medicine, acupuncture and Chinese herbs, clinical nutrition, botanical medicine, hydrotherapy, holistic lifestyle counseling, and others. Naturopathic education also includes an overview of conventional medical science, including anatomy, physiology, pathology, physical and differential and lab diagnosis, etc.

In total, a naturopathic education requires **seven years** to complete! Only upon completion of provincial board exams is one licensed to practice naturopathic medicine. The only medical knowledge we have little or no training in is in the use of conventional pharmaceuticals.

Not every naturopathic physician practices the same way. Some are eclectic, akin to general practitioners, practicing various modalities. Others specialize in one or more methods. Nor is every homeopathic physician a naturopathic physician. There are homeopathic doctors who have no other medical training, beyond homeopathic medicine. Other homeopaths are also MD's, or pharmacists, or veterinarians, nurse practitioners, councilors, etc. While most naturopathic physicians practice homeopathic medicine to a lesser or greater extent, some like myself specialize in it. This involves spending years in continuing education, often training with teachers who have greater experience and knowledge than one's own.



HOMEOPATHY vs. PSYCHOTHERAPY

In my articles on the homeopathic approach to head aches, to stress, and to children, you will notice how much emphasis homeopathic medicine places on the patient's personality, and how they became the way they are. Given how much emphasis is placed on the mental/ emotional makeup of a person, their attitude or outlook on life, and the family of origin from which much of our behavior is determined, people often ask me the difference between homeopathy and psychotherapy. It is true that both attempt to acquaint themselves with the psyche of a person, ones' emotional makeup and outlook on life. It is also true that in both, narrative is highly emphasized, as is context. The person's story in their own words, and their place and role in their family of origin are crucial factors that help us understand the nature of a person's problems.

Unlike psychotherapy, in homeopathy physical and general symptoms (a person's food cravings, their sleep position, whether they wake at certain times of the night, whether they tend to be a hot or a chilly person, the quality of the pain, etc.) are also essential in helping us distinguish between one homeopathic treatment plan and another.

Moreover, the goal of the homeopathic approach goes beyond helping the person get in touch with their emotions. Remember, the purpose of the homeopathic treatment is to find a way to trigger the patient's defense mechanism, to help them develop resistance to physical, as well as emotional and mental predispositions. A patient's emotional makeup is an essential, though not the only guide to acquiring insight into that patient's method of self-defense.

This is not to say that either treatment is exclusive of the other. On the contrary, psychotherapy and homeopathy **compliment** one another. Often, those who have experience in psychotherapy make excellent homeopathic patients, and vice-versa. Having explored their emotional makeup with their therapist, they are well versed at describing themselves. In the final analysis, homeopathic medicine can **speed up the rate of recovery** in conjunction with whatever treatment the person is undergoing.

"CLASSICAL" HOMEOPATHY vs "COMPLEX" HOMEOPATHY

There are several ways homeopathic medicine has been practiced. The "Classical" method, which I favor, uses only one medicinal substance at a time, and uses that substance as infrequently as possible. It is based on a sophisticated understanding of the whole (see section below entitled "holistic; the mystery within"), according to the law of Similars.

In contrast, the "complex" approach may use several different medicines at once, to treat several symptoms, organ systems, or etiologies, viewing each symptom as a disease in itself, needing its very own prescription.



Various means have been used by different homeopathic therapists to arrive at the prescription; Vega and other mechanical testing methods, applied kinesiology, the use of the pendulum, pulse diagnosis, etc. For the Classical homeopath, however, successful prescribing rests most of all on a thorough understanding of the person, the totality of their symptoms, their attitude in life, their family of origin, the most significant experiences in their life, and how they reacted to them... in short, an approach that can help the homeopathic physician develop an understanding of the person as a whole, how they got to be the way they are, and how they differ from others with the "same" condition.

HOMEOPATHY DEFINED

How does a Classical homeopathic doctor arrive at a prescription? To answer this question, we need to understand the principle on which homeopathy is based.

The word 'homeopathy' comes from the Greek words "homeo", meaning 'similar', and "pathy", meaning "suffering," or "disease". It was coined two centuries ago, by a German physician, Samuel Hahnemann, to describe the law of similars. Hahnemann observed that substances which produce symptoms in healthy people cure similar symptoms in the sick.

EXAMPLES OF THE "LAW OF SIMILARS"

The following examples may help you understand what Hahnemann meant by the 'Law Of Similars'. Consider what happens to you when you slice an **onion**; burning in the eyes, a runny nose, and sneezing. Someone suffering from hay fever, manifesting with burning eyes, a watery nasal discharge, and sneezing, will often experience relief by taking a dose of *Allium cepa*, a homeopathic preparation of red onion.

Ipecac is used in hospitals as an emetic to induce vomiting in some cases of poisoning. Applied homeopathically it can help in cases of severe vomiting.

A person who drinks too much coffee may at first experience insomnia; the mind races, preventing sleep, the person becomes edgy, with heart palpitations, nervousness, and anxiety. If this persists, and they lose too much sleep, they may end up feeling lethargic, exhausted, confused.

According to the homeopathic approach, one of the best antidotes to coffee poisoning is a homeopathically prepared dose of *Coffea*. Indeed, *coffea* is one among many homeopathic remedies that may help someone suffering with insomnia. Only one drop may be needed, but only if it has been prepared according to exact homeopathic instructions.



The use of Ritalin, the most popular drug in the treatment against ADD (Attention Deficit Disorder) can be viewed as an application of the law of similars. Ritalin is an amphetamine, a stimulant. On the streets, it's called "speed". ADD is a condition of hyperactivity, distractedness, and impulsiveness. Here we are, giving stimulants to our over stimulated kids!

According to the excellent book "Ritalin Free Kids", by the year 2000, over 8 million children in the U.S. were medicated with Ritalin to treat ADD!! Talk about a legal way of making addicts out of our children!! A legal crime, especially considering that our children don't have access to so effective yet gentle a method of health care as homeopathic medicine!!

WHAT MAKES A MEDICINE HOMEOPATHIC?

While it is true that, to minimize any toxic side effects, homeopathic medicines are developed using a method of dilution, this is not what makes a medicine homeopathic. A substance is homeopathic only if it is capable of producing, in healthy volunteers, side effects similar to the patient's symptoms.

HOMEOPATHIC RESEARCH

How do homeopathic physicians know what effects a substance might have on the healthy? This is where homeopathic research, called "provings" comes into the picture. **PROVINGS** are experiments conducted by homeopathic physicians on **healthy volunteers** (always human. No animal experimentation has ever been done in homeopathic history, though plenty of homeopathic treatments of animals have been successfully performed!). These experiments record the side-effects volunteers experience, physically, emotionally, and mentally, when exposed to whatever substance is being proven. The compilation of such a proving gives us insight into the therapeutic indications for that substance, what type of person, with what type of problems the substance may prove indicated for.

HAHNEMANN, AND THE BEGINNINGS OF HOMEOPATHY

The history of provings dates to the beginnings of homeopathy over two hundred years ago, when Hahnemann first discovered the principle of nature on which homeopathy is based. While translating a medical treatise on Cinchona, or Peruvian bark, from which Quinine is derived to treat Malaria, Hahnemann had difficulty accepting the arguments given to explain the therapeutic efficacy of this plant. He decided to take some Peruvian bark himself, a healthy man who had never before suffered from Malaria. Within hours of ingestion, Hahnemann developed a fever, with chills, sweats, fatigue, and a splitting



head ache... symptoms similar to Malaria! His illness lasted a short time, passing within 24 hours. He couldn't help but wonder whether this was coincidental, or whether his symptoms might have anything to do with his having taken some Peruvian bark. He repeated the experiment on himself, and had a recurrence of the condition! These symptoms lasted 2-3 hours every time, and recurred only if he repeated the dose. On discontinuing the medicine, Hahnemann's health resumed.

For the first time in the history of Western medicine, Hahnemann recorded the effects of a medicine administered to a **healthy** person. This proving of the drug was the critical beginning of his new method of medical treatment, the method of "similars".

THE VALUE OF SYMPTOMS

Why, you might ask, would you want to take something known to produce side-effects similar to your suffering? Wouldn't that just make your condition worse?

The answer to this question lies in understanding the role of symptoms. In our culture, symptoms, whether headaches, fever, sinusitis, depression, eczema, arthritis, etc., are commonly viewed as something bad, a nuisance at best, which must be eliminated as quickly as possible, and at all costs. Thus, to the headaches are applied painkillers, to the fever anti-febriles such as aspirin, the sinusitis is treated with antibiotics and decongestants, the depression with antidepressants, the eczema and the arthritis with anti-inflammatories such as cortisone...

In contrast, homeopathic practitioners view symptoms as a guide, offering us insight into the patient's defense mechanism. As already emphasized, symptoms are seen as a reaction our organism produces to internal or external stresses. Homeopathic medicine is designed to encourage that reaction. This is akin to **vaccination**, where a patient is inoculated with a small amount of a bacteria associated with a condition to enhance resistance to that condition. (However, unlike vaccinations, which are prescribed to everyone indiscriminately, homeopathic prescribing is individualized, recognizing that everyone is unique! Not everyone needs the same thing, as not everyone suffers the "same" condition in exactly the same way. Moreover the homeopathic treatment is not administered through injections, nor does it use crude toxins.)

A homeopathic medicine is designed to encourage our defense mechanism, by its very ability to reproduce, in healthy volunteers, symptoms similar to our unique dis-ease. By taking something, which has been proven to mimic our coping style, a homeopathic medicine awakens our otherwise dormant inner healing potential. This stimulates our body to develop RESISTANCE to our inherited or acquired predispositions. The greater our resistance, the more our health is assured!!



“HOLISTIC”; THE MYSTERY WITHIN

I believe the word “holistic” is poorly understood in our culture. As my colleague Robin Logan so aptly puts it, “holistic medicine should mean more than ‘treating everything’. It does not simply infer the application of a separate therapy, or in the case of homeopathy a different remedy, for every individual complaint. Nor is it sufficient to define holism as an approach that addresses the mind, body, and spirit of the person. In its deepest sense...we recognize the need to heal mind, body, and spirit and pay attention to all the patient’s symptoms, but additionally perceive the inter-relatedness of all aspects of the person and seek to make connections between seemingly disparate signs and symptoms. Good homeopathy takes into consideration the inner world of the patient, attempting to make sense of their emotional make-up and its often-important part in the disease process. (From 'The Homeopathic Approach to Eczema')."

MICRODOSES, SUCCUSSION, and POTENTIZATION

To minimize harmful side effects, Hahnemann developed a method of preparing homeopathic medicines by diluting them. Realizing that therapeutic effectiveness of the medicinal substance was weakened with each dilution, and eliminated beyond a certain dilution, Hahnemann did something else never before tried in the history of medicine. With each series of dilutions, he forcibly shook the dilute, striking it against a hard surface a specific number of times. This he called succussion, an essential procedure in enhancing or developing the therapeutic properties of a homeopathic medicine.

Hahnemann noticed that with each series of dilutions and succussions a medicine, instead of having a weaker effect, had a stronger one! While succussion, or dilution, in and of itself does nothing to enhance the healing properties of a medicine, the combination of the two is crucial in transforming even a neutral substance like salt into a powerful medicinal substance. Hahnemann called a diluted and succussed medicine a potentized medicine.

PLACEBO, OR ENERGY MEDICINE?

A placebo is a dummy medicine, an impostor disguised as the real thing, and often used in double-blind studies. Many people have reported improvement in their condition from using a placebo while thinking it was a real medicine. Because homeopathy uses substances that are often diluted beyond molecular doses, it has been accused of being a placebo!

To be a placebo, the person using the 'medicine' must believe in its efficacy. ***Why then does homeopathic medicine work on babies, animals, or unconscious people?***

Though the mechanism responsible for the effect a homeopathic medicine has on sick



people is not known, it is clear from the clinical results of the last 200 years that there is far more than the power of suggestion at work here. It has been postulated that because homeopathic medicines are diluted to the point where no molecule of the original crude substance remains, they cannot work on a biochemical level. The assumption is that homeopathic medicines must react energetically, influencing the body's subtle energies, or what Chinese medicine calls "chi".

On a final note, it should be mentioned that the pharmacology of most drugs is not completely understood, which hasn't ever kept doctors from prescribing them, despite all their harmful side effects!

WHEN IS HOMEOPATHY INEFFECTIVE?

It may be that if a disease is allowed to progress to where structural damage is evident, not even our own defense mechanism will be able to reverse the condition. The saying "***an ounce of prevention is worth a ton of cure***" can never be overemphasized! Cut off an arm, and homeopathy won't grow it back! Remember, however, that no matter how advanced your condition may be, as long as you are alive, you still have a defense mechanism. Stimulating your defenses may at least help prevent any further deterioration.

While many neurological problems, such as Parkinson's, Alzheimer's, and Amyotrophic Lateral Sclerosis have, to my knowledge, not been helped using homeopathic medicine, homeopathy does have a good track record in helping those suffering from Multiple Sclerosis, preventing further deterioration, and at times reversing the damage done!

Insulin-dependent diabetes is also difficult. Nevertheless, the overall health of people with this condition can improve considerably using homeopathic medicine, in that peripheral infections can be minimized if their defense mechanism is stimulated. Non-insulin dependent diabetics, in contrast, can often be helped using homeopathy in conjunction with an appropriate diet.

Homeopathic medicine cannot reverse congenital anomalies. Still, good results can be obtained in, for example, helping children with Down syndrome. These children often suffer from frequent colds and coughs. Homeopathic medicine can help them develop resistance to their predisposition.

Cancer is difficult, not only because it is so complex and multifaceted, but because of the legal climate. Homeopathy is useful preventively. If you have a family medical history of cancer, considering the homeopathic approach would be wise, as a precautionary measure. Though there is no research conducted on its preventive value, attempting to stimulate ones defense mechanism to raise resistance to one's inherited predispositions can do no harm.



If you have cancer, homeopathic medicine can be helpful in combination with whatever other therapies you might be using. It is often dramatically helpful in diminishing the side effects of chemotherapy and radiation.

Fractures should of course be set and cast by an orthopedic surgeon. However, the appropriate homeopathic remedy can dramatically relieve both the swelling and pain. Likewise with third degree burns, concussions, hypothermia, food poisoning and other trauma-induced conditions. While these may need hospital intervention, homeopathic medicine by stimulating ones defense mechanism can assist in pain relief, in speeding up the rate of recovery, and in minimizing future complications.

WHEN CAN HOMEOPATHY HELP?

Some people, after having experienced the benefits of homeopathic medicine, have said, "It's too good to be true!" Especially after having tried every other method of health care, people will often tell me, "if only I had known about this method of health care earlier...!" This is *the unfortunate consequence of having one health care model monopolizing over all others*, as we have in our country.

The reason homeopathic medicine can be helpful is because it relies on our body's natural ability to heal itself. We're all born with that ability, but we're also born with certain predispositions we inherit from our ancestors. It is these predispositions which homeopathic medicine is best equipped to address, however they may manifest. Whenever symptoms arise in a person, especially if those symptoms keep recurring, it is a message our organism expresses, a request for attention and help. Heed that request in the proper way, and your body will help you heal yourself!

Homeopathic medicine is also helpful in treating people suffering from acute conditions such as a cold or flue, or an injury. (In contrast to a chronic condition, an acute illness is short lasting. Unless it is an acute exacerbation of a chronic condition, it rarely repeats itself.), Childhood diseases, such as Measles, Mumps, or Chicken Pox exemplify acute conditions, all of which can be helped homeopathically. Not every child suffering from them will manifest in exactly the same way. As long as the homeopathic physician individualizes the case, a well-chosen remedy can be found to help the child develop resistance and therefore recover more quickly, with no complications.

Finally, as mentioned in the previous section, homeopathic medicine can be helpful in injuries, whether fractures, bruises, wounds, concussions, or burns. In fact, using Arnica (the most frequently indicated homeopathic injury medicine) is often the way many people get introduced to homeopathy.



WHAT TO EXPECT FROM YOUR HOMEOPATHIC TREATMENT

Many people who seek homeopathic treatment do so as a last resort. Often, their condition is already highly advanced. Most people seeking this approach have very little knowledge about it, and therefore don't know what to expect. Some have heard about it from someone who suffered from a similar condition to theirs, and was helped. They therefore come to the homeopathic physician hoping to get the same results. They often do not understand how much soul-searching is involved in arriving at an accurate understanding of what makes them differ from another person with the same diagnosis, and of what truly ails them.

Remember, effectiveness of homeopathic medicine depends on how well the physician has understood you. This requires teamwork at its best. If you want to get better, and you seek assistance from a homeopathic physician, you must help them help you, by telling them as much as you possibly can about yourself! So, be prepared to talk about yourself. Your life story is important to the homeopathic physician.

In our culture of quick fixes, we are not used to talking about ourselves. Nor are we used to having a physician listen. Be prepared to spend ***one or more hours*** with your homeopathic doctor, especially in your initial visit!

Remember also that **it has taken you a long time to get to be the way you are**. Your condition may have taken years to develop. It therefore may not get better overnight. Don't expect too much from homeopathy! A vague, general rule is that ***for every year you have had a problem, it may take about a month for it to heal.***

