

# Sea Remedies: Evolution of the Senses

Jo Evans

Edited by Jenni Tree, Emryss Publishers, The Netherlands, hardback, 657 pages, full colour illustrated, Price: EUR 66,-, ISBN/EAN: 978-90-76189-23-9

Reviewed by Franz Swoboda, Austria

**Contains:** *Materia medica of twenty-four marine invertebrate remedies.*

**Plus:** *An exploration of the evolution of the senses, beginning with the sensory systems of marine invertebrates. Taste, smell, vision, hearing and touch are explored in individual chapters. Each chapter ends with an appendix of the relevant sensory symptoms for the corresponding homeopathic remedies.*

## It seems so long ago, Sepia was alone ...

How many sea remedies did we know, 25 years ago? How much about them? Leonard Cohen's sad song\* could have been sung about our knowledge of sea remedies before homeopaths decided to swarm out exploring the universe of the oceans. Some of the presented remedies you may not have heard of so far.

So – is this one of the new age books published prematurely where you cannot decide between fact and fiction, between information and speculation?

Glad to say: No, it isn't.

Jo Evans, a London practitioner, makes clear where we are. We are guided, not misled. More than 100 pages introduce us to the senses of these beings, after which it is hard to call them just "remedies." Look at the squid on page 617 This thorough investigation is of relevance to the homeopathic prescriber: the sensual abilities of the beings express themselves through the symptoms of the remedies.

## A bunch of lonesome symptoms?

The next 500 pages are filled with 24 remedies: A lot of new remedies which I will hardly ever use, because I see just a bunch

\* Thanks to musical poet Leonard Cohen for the headings of this review: "Seems so long ago, Nancy; A bunch of lonesome heroes; Diamonds in the mine; Teachers; Hey, that's no way to say Goodbye"

of symptoms, cured and proven ones, and I am not able to see the differences?

Glad to say: No, it isn't. Jo Evans provides us with symptoms, provings and cases, all solid information. The author is clear about the remedies. She compares them, subtly and carefully. Remarks on differentiation run through the book. The closer you get the easier you are able to see the differences.

## Diamonds in the mine

Will I ever need *Limulus*, *Acanthaster* or *Toxopneustes*, *Chironex* and *Cypraea*? Maybe not. Maybe tomorrow. They are jewels, anyway. Once you look at the pictures, you will not end a chapter before you know more about this creature.

## Teachers

This book is a work of years, dedicated to collect, to evaluate, to write. It is not a work of a single genius, but a beautiful example of networking. Networking is one of the lessons we homeopaths have to learn before we call ourselves scientists. Future homeopathic books will be measured against this one.

## Hey, that's no way to say goodbye

We look forward to reading your next book, Jo.

For more information, pictures and downloads look at: <http://www.likecureslike.org/>

Reviewed by Kaare Troelsen, Denmark

## A True Pearl

This book is a true pearl, a welcome pleasure in the heap of poorly researched books on homeopathy that are published. The language is beautiful, the layout and images are exquisite and the way the subject is explored, analysed and presented is truly inspiring and insightful. The timeliness of its publication can't be accidental. The sea remedies have received a lot of attention lately from various writers like *Sankaran*, *Schadde* and *Massimo*, but this book is in a league by itself and so far the most comprehensive book on the subject. It is a wonder that this missing link between minerals and animals has not been explored previously in this detail. We have the huge old remedies like *Sepia*, *Calc carb*, *Spongia tosta*, *Ambra grisea* and it must have required a blind spot, to have ignored the profound-

ness of healing potential in this group of remedies, that resonate with many of the fundamental human issues. Many of our patients that seem to require mineral poly-chrests but do not get the relief we expect, will benefit from our knowledge of sea remedies.

## A Labour of Love

*Jo Evans* takes us on a real tour de force, using a wide range of knowledge from many different sources like evolution, biology, physiology, biochemistry, neuroscience, philosophy, poetry, literature, mythology, signature, cultural context, traditional use, history, medicine, psychology, *Organon*, materia medica, provings, toxicology, cases, clinical experience etc. And she does manage to synthesize all these faceted facts into an image of the remedies and groups that the reader can use in the clinic. A feat that shows that she really knows what she is writing about. This is not just a quick amassment of disparate facts made to construct a book, it is actually a real treasure trove of cohesive knowledge that can be understood and used on many different levels. A labour of love.

*Sea Remedies* has three main parts, the first part explores the evolution of the senses of taste, smell, vision, touch and hearing through the evolution from primitive sea sponges to more complex animals like lobster or squid. This evolution from passive microorganisms to assertive and complex hunters necessitated complex senses. She

employs the biological knowledge about the way the different animals sense, function and experience to explain symptoms that arise in proving and through clinical experience. The reason for this is that our understanding of remedies/patients is based on feelings, sensations and experience. They are found through the tension between sensation and language (phenomenology).

The second part of the book explores the various groups of sea animals Porifera, Cnidarians, Echinoderms, Marine Arthropods, Gastropods, Bivalves, Cephalopods. As strange and exotic as these names appear to readers not familiar with sea remedies, as interesting and enchanting is this world to explore through *Jo Evans'* book. She looks at the animals/remedies from all sides through the eyes of all the above-mentioned angles.

It could, in the hands of some, easily become messy, overwhelming and disorganized or meaningless, but *Jo Evans* makes it clear and useful without it ever becoming too factual and dry only or too ungrounded and speculative. The whole book is a product of a renaissance-like mind that without fear unfolds various fields of knowledge and relates them to reveal new and surprising knowledge.

The third part that spirals you upward and downward deals with the multiple ways the spiral as a symbol can be understood in biology, alchemy, human development, sea remedies etc. This part is incredible interesting and almost dizzying in its multiple references bridging gaps between traditionally unrelated areas, that would otherwise require a leap of faith.

The last part is a quick reference repertory of sea remedy affinities, keynotes and themes.

## A New Standard

*Sea Remedies* is a new classic that will continue to inspire those who want a deep understanding of this 'new' group of ancient remedies as well as expand their way of perceiving remedies in general. It has set a standard.

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