

# Vaccine free Prevention and Treatment of Infectious Contagious Disease with Homeopathy

*A Manual for Practitioners and consumers*



**Kate Birch, RS Hom(NA), CCH, CMT**

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*by*

**Kate Birch, RS Hom (NA), CCH, CMT**

ISBN: 978-81-319-0392-6



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USA – Europe – India



# Publisher's Note

Vaccination has always been a debatable topic in the world of homeopathy. Some homeopaths disagree to the method of vaccination and some say we do not have enough substantial evidence in homeopathy to refute it. There are a large number of people who do not want to be vaccinated because they can see the side-effects they cause but they do not have knowledge of other alternatives. The dread of infectious diseases leaves them with no choice but to be vaccinated.

Kate Birch did extensive research on the subject and presented her work to the community, shedding light on many of the unanswered questions related to vaccinations and their side-effects. This book contains significant information on vaccination and the findings of her research. Here, Kate talks in detail about the effects of vaccination on the body systems with an explanation of the mechanisms at play in vaccine injury and gives examples illustrating the effects.

The book covers almost all infectious contagious diseases with a brief on symptomatology, the conventional vaccination procedures and treatment and the suggested homeopathic prevention and treatment. All of the information presented is based on the author's extensive study and research in the homeopathic archives. We hope that this book will contribute to the science of homeopathy in helping achieve a better level of health for all the patients and users of homeopathy.

**Kuldeep Jain**

CEO, B. Jain Publishers

# Acknowledgements

I would like to first thank my children for the patience they have shown me and homeopathy. Without their support in my life`s quest, none of this would have been possible. I would like to thank Rachel Gagliardi for all of her wisdom and diligence in editing this enormous piece of work. Thanks to Beth Knudtsen-Spears for her initial editing support and final review process. Special thanks to Deb Lester for her expedience in the final review process. Thank you to Kathilyn Solomon, Jeff Forester, and Marylu Miller for their comments and assistance in the final proof.

Thank you to all my patients who have willingly walked the way of homeopathy. Your courage has shown me the truth in this healing art. Thank you to my teachers who have been an inspiration to much of the material presented in this book. Most especially Eric Sommermann (may he rest in peace), for introducing me to homeopathy; Rajan Sankaran, for his insight into the miasms; and Jeremy Sherr, for his work on the study of epidemics and expounding on the philosophy of our master Samuel Hahnemann.

Thank you for the benevolence of the Great Spirit in offering the system of homeopathy to humanity. Without this offering, none of this would be possible.

# Preface

The philosophy and practical applications of homeopathy described in this book offer the world alternative or conjunctive paths to the use of vaccination for the treatment and prevention of infectious contagious diseases. As with all attempts to alter someone's health or assist in the treatment of a particular disease, the practitioner assumes the inherent risk and responsibility of the treatment methodology and tools utilized.

The information herein acts as a guide and is in no way to be construed as medical advice, nor are any particular results guaranteed. The readers of this book assume the responsibility of their utilization of the information presented and in no way shall I, Kate Birch, the author of this book, be responsible for any outcomes regarding an individual's health because of the use of the information provided.

With that said this book is full of useful information and advocates for the effective treatment of infectious contagious disease with homeopathy. Considering the current state of affairs in world health, in which more than half of the human race lives in poverty, without clean water and adequate food supplies, the annihilation of infectious contagious disease with any healing modality is very difficult. Homeopathy offers an inexpensive and effective treatment plan to more radically improve the status of health on this planet for its human inhabitants than any other system of medicine so far.

To get the best use of this book, it is important to familiarize oneself with the overall layout. I would suggest starting with the philosophical chapters and then referencing those chapters you have particular concern about to familiarize yourself with the understanding, application of homeopathy before a crisis comes, and you need to find a remedy for a sick person. As you become more familiar with the layout, I suggest taking up deeper study of the work. Not only is the information herein useful for the treatment of infectious contagious diseases, it also lays a foundation for deeper study into chronic disease. Accordingly, the richness in each chapter is augmented by the information presented in every other chapter. The cumulative effect of this is a deepening of understanding into health and disease in humans, how one disease transforms into another, and the interconnectedness of humanity and the world in which we live.

Several factors were considered when deciding where to place each chapter in relationship to the next.

- Historical significance of the disease
- Degree of severity of diseases, mild to severe, common to uncommon, or mildly destructive to most destructive
- Commonly vaccinated against diseases are grouped together as best as possible given the above criteria
- Diseases affecting the nervous system
- Exanthematic diseases or eruptive diseases: those that develop a rash or eruption during its expression
- Diseases that are secondary complications of another disease or are a result of a weak state of health
- Miasmatically related diseases, (i.e. most sycotic disease are clumped together, venereal disease are listed together)
- Ascending miasmatic complexity and gravity

- Diseases affecting the liver
- Tropical diseases

My preferred position for the chapter on **AIDS/HIV** would have been at the end of the book as I feel that AIDS represents the accumulation of every disease known to man. A summary or conclusion of sorts to the study of infectious contagious diseases is presented in that chapter. However, I placed it prior to **Hepatitis** and the tropical diseases, some of which also affect the liver, as it seems more related to the venereal disease chapters it follows.

The relationship of diseases is not detailed in each chapter nor is it described in the materia medica sections relating to each disease, but is mentioned here so that those with a keen eye for the interconnectivity of this material can infer their own understanding as to why other disease chapters are listed in the order they are and why particular remedies are listed in multiple chapters. The patterns of relationship between these diseases and the remedies that treat them are not linear. Therefore, it is not possible to order all of this information in a way that will satisfy every relationship. However, if one is able to view the information with a holographic mind, then the information becomes a multidimensional matrix upon which the principles of homeopathy rest as situations and circumstances change. Such is life and the nature of this human existence.

## Other Considerations

- Any homeopathic terms not defined within the text are in **Appendix E: Glossary**.
- Some medical terminology is also in the glossary unless it is defined at its point of use. I refer you to a medical dictionary for more complete definition of the terms used.
- The remedies are listed by their standard abbreviations.
- Grading of remedies is as follows: normally plain, *italic*, and **bold** grading denote the frequency a symptom is produced in a given remedy-proving or toxicological study. The remedy lists I have compiled for the specific diseases come from repertories, materia medica sources, and clinical practice. The grading presented here differs from standard repertory grading. Grading of the remedies listed are as follows:
  - Plain text is the lowest grade indicating that this remedy is used less often for this condition.
  - *Lower case italic* is given for remedies that are more often used for the condition.
  - **UPPER CASE BOLD** is used for the most commonly indicated remedies.
- Refer to **Appendix C: Quick Reference Guide for Preventative Remedies**, for at a glance remedy considerations.
- Common names and sources of the remedies are listed in **Appendix D: Remedy List**.
- These remedies are indexed in the **Remedy Index**.
- Most medical and homeopathic terminologies are defined in the **Glossary**.

The Materia Medica sections are written in shorthand and are not intended to be complete pictures of the remedies. I have tried to capture the symptoms most characteristic to the remedy and the disease at hand so that a feeling for the state comes through both the physical symptoms, as well as the mental and emotional symptoms. Italic print in the materia medica text indicates the more characteristic symptoms of the remedy. Some descriptions are shorter while others are more in depth. Many remedies listed in the remedy rubric are not detailed. This does not mean that they are not important to consider. The remedy descriptions listed are for ideas and pointers. Reference to a more complete materia medica may be necessary.

**Kate Birch**

# Foreword

An ever increasing percentage of parents are choosing not to vaccinate their children. Faced with an avalanche newly developed and relatively untested vaccines, parents have become wary. The sheer number of vaccines in the recommended schedule is confusing and suspiciously overwhelming. This combined with reports of autism, asthma, and autoimmune disease as a consequence of vaccination worries parents. There are now many books and websites those provide volumes of information to make truly informed decisions about vaccination choices.

Practitioners of holistic medicine, including holistic pediatricians, homeopaths, naturopaths, pediatric acupuncturists, and chiropractors, have taken on the task of educating parents about the potential risks and adverse effects of vaccines. Holistic practitioners recognize the role of vaccines in the increasing incidence of immune dysfunction and chronic disease. Often these practitioners caution parents about the risks of vaccines, and encourage them to avoid vaccinations. Part of their confidence in taking this position is due to the effectiveness of holistic methods in the treatment of childhood infectious disease. Where conventional (allopathic) medicine has no treatment for most of the infectious disease that vaccines seek to prevent, the sciences of homeopathy and herbal medicine provide treatment and preventive approaches that have proven effective in clinical practice over hundreds of years.

This book presents the position of homeopathy in relation to these infectious diseases for the first time in a thorough, systematic, and practical volume. It is bound to give both parents and practitioners confidence in the ability of homeopathy to prevent and treat these diseases. The promotion of vaccination is based on fear of infectious disease. If doctors have no treatment for a disease that is capable of causing complications (such as measles or mumps) then they will be inclined to recommend a vaccine to prevent those complications, despite the risks. The fear of the disease in conventional medical practice is greater than the fear of the adverse effect of the vaccine. However, our increasing knowledge of the chronic diseases produced by vaccines is changing that equation. If we have an alternative approach to disease prevention and treatment, then we may not need these potentially toxic vaccines at all. Homeopathy does provide adequate disease treatment, and with the knowledge of homeopathic methods, health care practitioners can manage these diseases. Furthermore, with a holistic approach such as homeopathy, practitioners can prevent the complications of these diseases with appropriate and effective treatment of the active disease.

A holistic medical approach that also includes adequate nutrition and breastfeeding, constitutional treatment, and avoidance of toxins will create a healthy, resilient child who is much less likely to develop serious infectious disease or complications of simple childhood illness. Commonly encountered bacteria like *Hemophilus influenzae* will not invade and infect the nervous system causing meningitis. Common childhood diseases like flu and chickenpox will not progress into secondary infections, such as pneumonia. Homeopaths and others now have a welcome and definitive guide to the treatment of these infectious diseases.

With this book, practitioners now have the tools to both prevent diseases during epidemic exposure and to treat infectious diseases if they occur. For these reasons it is an invaluable pediatric resource. Ms. Birch has accumulated a complete reference to both common and unusual illnesses, gleaned information from many sources over the long history of homeopathy's encounters with these diseases. Practitioners in the West may never encounter yellow fever or typhoid or diphtheria, but homeopathy has been extremely effective in treating these illnesses. Homeopathy's fame and popularity in the United States during the late nineteenth and early twentieth centuries was due in large measure to its extraordinary success with these epidemic diseases. Measles, mumps, and polio are also now rare conditions in the West, but when these occur this book will guide us to the treatments that have proven themselves effective during the era when these diseases were prevalent. Whooping cough is commonly encountered by holistic pediatric practitioners whose patients avoid the pertussis vaccine or when the vaccine fails. And homeopathy again has very effective treatment for whooping cough. Armed with this text, practitioners can feel confident that these diseases are manageable and their corresponding vaccines unnecessary.

The unique and remarkable contribution of this book, however, is the thorough presentation of the homeopathic understanding of vaccine reactions and their management. Ms. Birch does an admirable job of explaining and defining the classical homeopathic view of vaccine reactions. Armed with this knowledge, practitioners can then follow the guidelines and remedy suggestions she outlines to treat the resulting symptom picture. The understanding of how vaccines can undermine the health of children can also help parents in making the important and difficult decisions about infectious disease prevention for their families. This unique addition to the homeopathic literature will prove invaluable to practitioners who treat these children and to parents who can rely on the science of homeopathy for their children's health and safety.

### **Randall Neustaedter OMD, LAc, CCH**

*Dr. Neustaedter has practiced homeopathy and Chinese medicine for over 25 years and specializes in child health care. An accomplished and well-recognized author, he has written *The Vaccine Guide: Risks and Benefits for Children and Adults* (North Atlantic Books, 2002), a book that helps consumers make informed choices about vaccination. His new book, *Child Health Guide: Holistic Pediatrics for Parents* (North Atlantic Books, 2005), represents a state of the art guide to raising children with natural medical care.*



# Introduction

Why write a book about homeopathic treatment and prevention of infectious contagious diseases when vaccines and antibiotics are readily available? The answer is simple. Allopathic medicine is unable to offer any alternatives in the treatment of these potentially dangerous diseases whereas homeopathy does. Furthermore, mounting evidence against the use of vaccines is forcing practitioners, parents, and lawmakers to search for alternatives.

Concerned parents have asked me, “What do I do if I do not want to vaccinate my child? Are there any alternatives if my child gets sick?” I say, “Yes, there is!”

The system of homeopathy offers a different perspective and a different set of tools for the treatment of infectious contagious diseases. Homeopathy is a complete system of medicine that was developed in Germany during the nineteenth century. Homeopathic principles are based on an energetic view of the mind and body. Homeopathic remedies are made from naturally occurring substances such as plants, minerals, and animals, which are used to stimulate the innate healing potential of the individual rather than to kill the offending germs. Homeopathy was developed before the identification of viruses or germs, when vaccinations or antibiotics were not available. Yet, without this understanding, homeopathy proved itself successful in the treatment of infectious contagious diseases.

The decision not to vaccinate, for many parents, is a difficult one. It often starts with the mother having an intuitive feeling that vaccination is just not right. Mothers do not want to inject something into their babies. Their babies are so small and fragile, how can it be good to load their systems with multiple injected doses of pathogenic material? Pressure from husbands, doctors, parents, and in-laws can make these women feel unsubstantiated in their gut feelings. Sometimes the decision to vaccinate is postponed. Yet, there remains the fear that their children will not be able to go to school without state required shots.

Despite cultural pressures, many parents are opting not to vaccinate their children due to the mounting clinical evidence of harm from vaccinations. Various states have established a “freedom of choice” law whereby it is the parent’s right to choose which, if any, vaccinations are to be given. Schools now have waivers of exemption parents can sign. Several states have gone as far as introducing laws that ban the mercury preservatives in the vaccine, as studies have indicated that these preservatives are responsible for most vaccine injuries.

The problem with the choice of not vaccinating is there is not a system of medicine established in the public health sector in the event that the viral diseases that the vaccines are supposed to prevent become more prevalent. Without vaccinations, allopathic medicine does not have effective tools necessary to treat these viral diseases. At best, allopathic medicine recommends bed-rest and drinking fluids. At worst, they rely on antibiotics in case of secondary infections, immunosuppressive antiviral drugs, and steroids to manage, control, and suppress immune responses. As more parents decide not to vaccinate their children, there is the risk of these epidemics returning. Fortunately, there is the alternative

of homeopathy, a system of medicine that has survived the last 200 years worldwide because of its effectiveness not only for the treatment of infectious contagious disease, but also for chronic disease.

I believe that the theories in existence today about infectious contagious diseases, epidemiology, and the reactions of the immune system are incomplete and are based on theories developed over one hundred years ago. The application of antibiotics and vaccinations in accordance with these outdated theories offers nothing to understanding the human in health, the passage of disease through cultures in time, and only superficially explains the mechanisms of immune reaction. There is mounting evidence that vaccinations actually harm the immune system; not only the levels of toxins in the vaccines, but also because the attenuated vaccine matter injected directly into the bloodstream imprints a disease state on the individual and only initiates a partial immune response to remove it.<sup>3,8</sup> Treating the side-effects of the vaccines with repetitive antibiotics only furthers the problem. With the increase in autism, childhood behavioral disorders, and chronic disease, one has to question further the appropriateness of this practice.

Homeopathy has been misunderstood and is underutilized in the area of public health due to ideological shortsightedness, preconceived judgments, and/or reductionistic views of disease and health. Political obstacles such as licensing laws that do not allow for the practice of homeopathy make it inaccessible and out of general practice. This book is an offering to change that paradigm by bringing deeper understanding into the use and applications of homeopathy.

This book is a gift to the health of humanity, to practitioners, and families alike, who are searching for a reliable and cost-effective alternative to vaccinations and antibiotics for infectious contagious disease. My hope is for homeopathy to move into the forefront of public health systems worldwide. It is in my vision that the World Health Organization (WHO) adopt homeopathy for public health measures and that the information presented herein provides a tangible tool that can be disseminated to local communities through WHO initiatives. Inspired individuals will then set up clinics in some of the poorest countries and, with this book and a remedy kit, be able to treat infectious contagious diseases in the local populations. Moreover, as homeopathy offers a much safer approach to prevention with no side-effects, it is becoming unconscionable to continue to use vaccination in the context of mounting evidence of adverse effects.

The information presented here is based on the experience of my practice and the clinical practices of homeopaths past and present. This book is not intended to be research oriented, nor exhaustive, but rather a practical guide into homeopathic thought and practice. It is a reliable reference book for practitioners and the public to use homeopathy for infectious contagious disease. Each section describes a disease, the use of vaccination for that disease, homeopathic prevention, precautions in treatment, and an outline of a sample of symptoms from the more commonly indicated homeopathic remedies for that condition. The information presented may be sufficient to find the appropriate remedy or can merely provide the practitioner with a guide to remedies for deeper study in more complete materia medica volumes.

The book can be used as a quick reference guide for the treatment of a particular disease but can also be a tool for in-depth study into homeopathy, health, and humankind. I personally would recommend reading the **Smallpox, Gonorrhea, Syphilis, Tuberculosis, and AIDS** chapters whether or not you have the need to treat these diseases. These chapters, while they discuss their respective disease, shed light on the development of all chronic disease and are of particular significance to the health and psychological makeup of humanity. In addition, I recommend **Chapters 4 and 5** to catch a glimpse into the breadth of the work in homeopathy. Each time you study the material presented in this book, the inter-connectiveness of this science and spectrum of possibilities in homeopathy in the world at large will be revealed.

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# Haemophilus influenzae

*Haemophilus influenzae* type b (Hib) is a gram-negative polysaccharide-encapsulated bacterium that causes a variety of invasive syndromes particularly severe in infants. *Haemophilus influenzae*, also spelled *Haemophylus*, is a normal bacterial resident of the mucous membranes of humans. There are up to six differing forms of the bacteria labeled respectively type a, type b, ... type f. Multiple strains of the bacteria are implicated in a large number of sinus, throat, and ear infections. Type b is implicated in 95% of cases of more invasive disease. The most common types of invasive disease caused by *Haemophilus influenzae* are meningitis, epiglottitis, pneumonia, arthritis, and cellulitis.

*Haemophilus influenzae* was first isolated in 1889 from the sputum of a patient who died of influenza, and the isolated organism (then called the Pfeiffer bacillus) was assumed to have caused the patient's illness. *Haemophilus influenzae* received its name in 1920, to acknowledge its historical association with influenza even though it is not directly related to influenza.

Hib is the leading cause of bacterial meningitis and other invasive bacterial diseases among children younger than five years of age. Older children and adults are not susceptible to these bacteria. Breast-feeding and passive immunity from the mother protects the infant in the early months leaving the period of six to twelve months as the most vulnerable time, with immunity slowly developing by the age of five. The longer the mother breast-feeds the less susceptible the child will be to Hib infection. Native American and Eskimo children have a higher susceptibility to Hib meningitis. However, they do not seem to be affected by Hib epiglottitis.

The bacteria normally reside in the nasopharynx. It is unknown how these bacteria become pathogenic or how they spread to others but it is assumed to be through respiratory droplet. As it survives in anaerobic conditions, it can remain active without the development of any symptoms in the carrier. Hib can be isolated in the nasopharynx and lungs of 1/2-3% of all infants and young children. The contagious period of the disease is limited. However, those in close contact may become infected or pass along the germ to others in similar contact (i.e. through daycare centers or to other members of the family).

In some persons the bacteria causes an invasive infection in the blood stream. Common presentations of invasive disease are as follows:

- Meningitis is an infection of the membranes covering the brain and is the most common clinical manifestation of the disease accounting for 50%-65% of cases. Symptoms include high fever, headache, nausea and vomiting, tiredness, and irritability. This is followed by a change in alertness, decreased mental status, a stiff neck, and seizures. The fatality rate is 3-8%. Hearing impairment and other neurological sequelae occur in 15-30% of resolved cases.

- Epiglottitis is an infection and swelling of the epiglottis, the tissue in the throat that covers and protects the larynx. It usually begins with swelling between the base of the tongue and the epiglottis accompanied by a high fever. Sometimes the epiglottis swells to deformation from the development of a pustular abscess in the surrounding tissue. The swelling of the epiglottis results in a dry croaking voice, difficulty with inspiration or expiration, and blockage of the airways resulting in suffocation. It can result in death if not treated quickly.
- Septic arthritis (infection in the joints), cellulitis (a rapidly progressing potentially life-threatening skin infection that usually involves the face, head or neck), or pneumonia (which can be mild or severe) are all common manifestations of invasive disease.

Osteomyelitis (bone infection) and pericarditis (infection of the membrane covering the heart) are less common forms.

- Some of the strains of *Haemophilus influenzae* can cause otitis media and acute bronchitis.

## Vaccination and Treatment

There have been several vaccines developed over the years with differing levels of immunity generated. The first vaccine was a polysaccharide vaccine (HbPV) licensed in 1985. It was determined to be non-effective in children younger than eighteen months of age and so it missed the most susceptible period. Repetitive doses did not raise immunity.

Polysaccharide-protein conjugate vaccines seem to have greater effectiveness. These types of vaccines are made by combining the Hib antigen with a protein marker from the membrane of a different disease antigen.

The first Hib conjugate vaccine (PRP-D, ProHIBIT) was licensed in 1987, but again failed to produce immune activity in children younger than eighteen months of age. This vaccine is no longer available in the United States.

Currently there are three conjugate Hib vaccines available. HbOC (HibTITER) is made from a mutant diphtheria protein, PRP-T (ActHIB) is made from the tetanus toxin, and PRP-OMP (PedavxHIB) is made from meningococcal group B outer membrane protein. These vaccines, when used in combination or singly effect an increase in antibody production against Hib. It is recommended that these vaccines be given beginning at two months of age in a series of two or three doses. Efficacy of the vaccines varies and there is debate as to whether the decline in incidence in Hib is due to the vaccines or was a part of the natural decline of the disease.<sup>3</sup>

It is difficult to separate out the adverse effects of the Hib vaccine because in most cases it is given in combination with DPT vaccines. Muscle weakness, anaphylaxis, demyelination of the nervous system, seizures, and death have been reported as adverse effects from the combination of these vaccines.<sup>3</sup> The most commonly reported side-effect of the Hib conjugate vaccines has been the increase in Hib disease following the vaccine.<sup>3</sup> Studies found a 2-6% increase in incidence after the vaccine.<sup>3</sup> Other adverse effects of the Hib vaccines include Guillain-Barre syndrome (progressive weakness of the legs and feet with inability to walk), transverse myelitis (paralyzing disease of the spinal cord), other neurological deficiency symptoms, thrombocytopenia, and diabetes.<sup>3</sup>

Conventional treatment requires hospitalization and antibiotic therapy administered intravenously. Some strains of the bacteria are becoming resistant to the common antibiotics, so a combination of antibiotics is often needed.

## Homeopathic Treatment and Prevention

The study of *Haemophilus influenzae* type b (Hib) provides an opportunity for many points of interesting study:

- This is a situation where the bacteria that normally reside in us become lethal.
- Susceptibility decreases with age as the immune system develops the ability to create the particular antibodies necessary to fight the disease.
- Many of the presentations of Hib look like some of the other diseases described in this book.
- The incidence of the disease was on the rise from 1948 to 1985, which parallels the period between the introduction of the DPT vaccine, and the development of the Hib conjugate vaccines.
- Conjugate vaccines that generate immunity to Hib are made with markers from diseases that have similar presentations to Hib: tetanus, diphtheria and meningitis.

All of the factors listed above are important to consider. The first point has to do with susceptibility. If the bacteria that normally reside within us make us sick, then something about our health triggers the onset of the diseases. These situations require constitutional homeopathic treatment to lower one's susceptibility to becoming sick from our own bacteria.

The second point demonstrates that the immune system does, in fact, develop in stages and that the infant's immune system cannot develop specific antibodies to all diseases. Specific antibody production towards Hib does not occur until between the ages of two and five. The argument for prolonged nursing of infants to increase resistance is supported here.

The last three points of discussion have an interesting correlation. The various presentations of Hib have similarities to tetanus, whooping cough, diphtheria, or meningitis. Rises in the incidence of Hib came after the introduction of the DPT vaccine and conjugate vaccines are developed with proteins derived from those diseases. In **Chapter 5**, the possibilities of incomplete disease expression is explored. We must question if the expressions of Hib are directly related to the diseases in the conjugate vaccines. These concepts, the implications of suppression of disease with vaccinations, the chronic effect of vaccinations on the population at large, and the evolution of disease incidence are discussed in **Chapter 4** in the section on **Epidemics and Collective Susceptibilities** and in **Chapter 3**, in the sections **Infant's Immune System Response to Vaccinations** and **Working with the Immune System Rather Than Against it**.

Regardless of the pathological relationship between Hib and diphtheria, whooping cough, meningitis, and tetanus, the possible homeopathic remedies applicable to the various expressions of Hib disease are the same as those used to treat the other diseases. Descriptions of some of these remedies are expounded on below.

As the different manifestations of Hib are potentially life-threatening, if the homeopathic remedy you have selected is not available or if you cannot differentiate one, expedient admittance to the nearest hospital is necessary.

Preventative treatment starts with constitutional care. Beyond that, following are some remedies that have an affinity to the worse presentations. **Apis** correlates with meningitis, swelling of the air passages, joint inflammation, and cellulitis. After exposure to Hib in an infant, **Apis 30C** can be taken once a day for several days to prevent the development of the disease. **Aconite** is indicated for any inflammatory condition after exposure to cold air and corresponds to sudden



suffocative attacks and fevers that may progress towards meningitis. **Belladonna** is related to the meningitis symptoms: febrile congestion of the head, stiff neck, and altered mental function. **Bryonia** is indicated in conditions involving inflammation in serous membranous linings such as the meninges, the pericardium surrounding the heart, and the joint capsules. Other remedies such as **Bromium**, **Chlorum**, **Mephitis**, **Sambucus**, or **Spongia**, are more indicated in cases going toward epiglottitis. The various remedies made from gases, **Ammonium**, **Bromium**, **Chlorum**, or **Iodium** all have symptoms of suffocation or spasm of the epiglottis. Salts of these minerals will have similar symptoms. **Haemophylus** is a nosode of Hib and may be used preventatively for Hib or in the treatment of it. **Haemophylus** is a prescription remedy.

In the odd case where inflammation of the bones or pericardium occurs, **Aurum** or **Capsicum** are options.

For the secondary conditions of otitis media and pneumonia, refer to the pertinent chapters. If none of the remedies listed here seems to be indicated, look to **Tetanus**, **Diphtheria**, or **Whooping cough** for more ideas.

Curative action includes a general relaxation and initial easing of the most limiting symptoms. This will demonstrate itself in ease of breathing, softening of the voice in cases of epiglottitis, and freer movement of the neck in cases going towards meningitis. The fever may continue while the child sleeps, but soon it will be broken by a sweat. Expect a near immediate response to the remedy depending on the potency given. 30C may need to be repeated every ten to twenty minutes, two or three times, to hold the effect. If you need to repeat a 200C more than twice in an hour, look for a different remedy. If you are not sure, take your remedy kit to the hospital with you while you wait for the remedy to make a curative response.

**Remedies:** achy., **acon.**, adon., am-br., am-c., am-caust., ant-ar., **APIS**, apisin., **apoc.**, **arn.**, **ars.**, **ars-i.**, ars-s-f., **asc-t.**, **aur.**, aur-i., aur-m., bar-c., bell., brom., **bry.**, **cact.**, calc., calc-f., calc-p., calc-s., **camph.**, cann-s., **canth.**, **caps.**, **carb-an.**, carb-v., **carbn-s.**, caust., cham., chin., **chlol.**, **chlor.**, cob-n., coc-c., **colch.**, colchin., **con.**, cop., cor-r., crat., crot-c., crot-h., cupr., **daph.**, **dig.**, eberth., euph-pi., ferr., ferr-p., fil., **Fl-ac.**, flav., franc., gels., **glon.**, graph., hecla., **hell.**, **hep.**, hippoz., hist., hoit., hydr., **hydr-ac.**, hydrog., hyos., iber., **iod.**, indo., kali-ar., **kali-c.**, kali-chl., **kali-i.**, kali-m., **kalm.**, **LACH.**, lact., lat-m., laur., led., lycps., lyss., mag-mur., magn-gr., **mang.**, mangi., med., **merc.**, **merc-c.**, meph., **MEZ.**, naja, nat-m., nat-n., **nit-ac.**, nux-v., **op.**, ox-ac., paro-i., **PH-AC.**, phase., **phos.**, phyt., plat., prot., **Psor.**, **puls.**, raja-s., **rhod.**, rhus-t., **ruta**, **samb.**, sang., saroth., sars., sec., **sil.**, **sin-n.**, **SPIG.**, **spong.**, squil., **staph.**, **staphycoc.**, still., **stram.**, stroph., stry., sul-h., **SULPH.**, tab., ter., tere-ch., thuj., toxo., upa., valer., **verat.**, **verat-v.**, vip., x-ray, zinc.

**Achyranthes:** Similar to **Aconite** in fevers. Acute congestive states, feverish with sluggishness and indifference towards the environment. *Congestive, throbbing headache.* Dryness and burning of the mucous membranes and of the skin. *Torpor with sudden starting from sleep to return again to a state of torpor.* Severe congestive frontal headache. Prickling in the throat after a cold drink. Hoarseness, difficulty in speaking in cold weather.

**Aconite:** Serous membranes and muscular tissues affected markedly. *Fevers from exposure to dry, cold weather.* Acute, sudden and violent illness with high fever. Stiffness in nape of neck. Anxious expression, face red, flushed, and swollen. Pulse fast, full, hard, tense, and bounding. *Hoarse, dry, croupy cough, loud, labored breathing.* Child grasps at throat every time he coughs. Very sensitive to inspired air. Red, dry, constricted. Sensation of contraction in the throat. Inability to swallow, with hoarseness.

**Ammonium bromatum:** *Sudden strangling, suffocating, cough.* Suffocating sensation before epilepsy. A sudden desire to cough, so sudden it causes strangling. Must walk about for fear of suffocation.

**Ammonium causticum:** Great swelling of mucous membrane of mouth and throat, *stertorous breathing, voice muffled*