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Thorny Problem on a Camping Trip

national center for homeopathy

NCH Recognizes Three Service Award Winners

Recipients: Robin Murphy • Wanda Smith-Schick • Clare Relton

The National Center for Homeopathy (NCH) recently recognized three outstanding individuals from the homeopathy community during the Joint American Homeopathic Conference (JAHC) 2022 in Reston, Virginia. Each year, NCH acknowledges the time, effort, and commitment invested in homeopathy and the profession by individuals such as these. Lauri Grossman, President of the NCH Board of Directors, virtually presented the awards prior to the conference, and JAHC attendees enjoyed watching the pre-recorded presentations during this year's conference recognition ceremony.

These annual awards allow the NCH to highlight the extraordinary time, effort, and devotion the three honorees have offered our thriving profession.

Every day, people in our global homeopathy community go above and beyond in their passion for spreading the word about homeopathy, teaching homeopathy, healing with homeopathy, researching homeopathy, serving the homeopathy community, and more. The annual NCH Service Awards provide an opportunity to focus on great works and to express sincere gratitude for amazing contributions to the homeopathy community and beyond. And now...the award winners!

View the virtual award acceptance videos here.

Henry N. Williams Professional Service Award



Robin Murphy, ND

The Henry N. Williams Professional Service Award honors a homeopathy professional who has demonstrated service, leadership, and dedication to the homeopathy community in the form of clinical work, education, research, organizational leadership, or in the political arena. Dr. Henry N. Williams (1915-2002) demonstrated these qualities with wisdom and a quiet presence, and he left an indelible mark on homeopathy in this country. Dr. Williams was one of the incorporators of the National Center for Homeopathy in 1974 and a founder of the Council on Homeopathic Education (now ACHENA, the Accreditation Commission for Homeopathic Education in North America). He was active in the American Institute of Homeopathy and served on the Homeopathic Pharmacopoeia Convention of the U.S. After 52 years of active practice in Lancaster, Pennsylvania, Dr. Williams retired in 1993.

This year's recipient, Robin Murphy, ND (1950-2021), exemplified the qualities this award honors. He went out of his way to serve the homeopathy community, especially in the realm of education and organizational leadership. Dr. Murphy was a naturopathic physician who taught and practiced Homeopathy, Oriental Medicine, Tai Chi, and Qigong for over 30 years. He was an internationally recognized author and researcher on Homeopathy and Medical Qigong. He first encountered homeopathy while studying pre-med at Michigan State University, where he discovered a dusty trove of homeopathy journals in the library.

Dr. Murphy brought homeopathy to life in seminars he taught throughout North America, and he trained homeopaths worldwide. He often said, "Homeopathy is for the people—for the children, for the families. It has the ability to change lives. My goal is to get it into every household." Two of his most popular books, *Homeopathic Medical Repertory* and *Lotus Materia Medica*, and others have been translated into many languages. A comment from one of his nominations perfectly describes why Dr. Murphy received this honor: "Robin Murphy immersed himself in homeopathy. It wasn't a job for him, it was his life. The contributions he has made to the profession are lasting. Homeopaths and students worldwide will be using his books for the next 200 years, and he will be remembered then, as we remember Hahnemann and Kent now." *Thank you, Robin!*

Martha Oelman Community Service Award



Wanda Smith-Schick, CCH

The Martha Oelman Community Service Award honors a person or organization that has demonstrated unusual devotion to the practice and promotion of homeopathic treatment.

The award honors the memory of Martha Oelman (1949-1997), a dedicated and skillful advocate for homeopathy through the promotion of accurate public information, her work with printed and spoken media, and the example she set for active and clear communication of the merits of homeopathy. She was a model for commitment to the interests of the homeopathy community as a whole.

Wanda Smith-Schick, CCH, is the 2022 recipient, and she goes above and beyond in volunteering and serving the greater homeopathy community, especially in service to those in need, such as under-served populations. Wanda became interested in homeopathy when she worked as an assistant in a hospital emergency room while completing pre-medical school coursework. "My heart went out to the 'regulars'—those with alcohol abuse issues, suicidal attempts, and other chronic conditions—and I felt like there had to be a better way to help their suffering. I decided on homeopathic medical school because homeopathy looks at the totality of the person, helping them reach their full potential. That spoke to my heart, and I knew that homeopathy was the direction for me."

Wanda is president and co-founder of the Homeopathic Institute of the Pacific, a non-profit dedicated to supporting the physical, cognitive, and emotional health of veterans and the underserved in California's San Francisco Bay area, through free and low-cost volunteer-run community clinics. More recently, Wanda is leading an initiative to bring homeopathy to racially traumatized communities. (See article on page 30). A comment from one of Wanda's nominations nicely sums up what led to her award: "Wanda has the most positive, can-do attitude of any homeopath that I know, and she has improved the health and lives of some of the most vulnerable and de-humanized people in our society, treating each with great dignity and care." *Thank you, Wanda!*

Peter Fisher Memorial Award



Clare Relton, FSHom, BA(Hons), MSc, PhD

This award honors a person or organization that has substantially contributed to homeopathy in the field of research. It was created in memory of Dr. Peter Fisher (1950-2018), one of the world leaders in homeopathy research. He was Director of Research at the Royal London Hospital for Integrated Medicine, Europe's largest center for integrative medicine. Physician to Her Majesty Queen Elizabeth II, Dr. Fisher was also Honorary Consultant Rheumatologist at King's College Hospital. A graduate of Cambridge University and a Fellow of the Royal College of Physicians and the Faculty of Homeopathy, Dr. Fisher was a widely published expert in rheumatology and complementary and alternative medicine. Dr. Fisher chaired the World Health Organization's working group on homeopathy and was a member of WHO's Expert Advisory Panel on Traditional and Complementary Medicine. He was awarded the Albert Schweitzer Gold Medal of the Polish Academy of Medicine in 2007. Dr. Fisher was committed to holistic and compassionate care for his patients.

This year's recipient, Dr. Clare Relton, has a background in Philosophy and Complementary and Alternative Medicine. Currently, she is Honorary Senior Research Fellow in the School of Health and Related Research at the University of Sheffield in South Yorkshire, England. Dr. Relton specializes in efficient and practical design of randomized, controlled research trials that generate real world evidence. She also supervises PhD students and teaches courses about research trial design.

Dr. Relton designs and leads intervention research trials in public health nutrition and integrative medicine, including homeopathy. In 2017, she designed and co-authored a homeopathy randomized controlled trial with approximately 225 participants with self-reported depression. The trial tested the effectiveness of adjunctive treatment by homeopaths compared to usual care alone. The homeopathy care group reported a 1.4-point lower mean depression score. Dr. Relton also tests practical benefit interventions to help support healthy lifestyles and empower people and their communities.

A nomination comment encapsulates Dr. Relton's dedication to research and to homeopathy: "Dr. Clare Relton is one of the UK's foremost homeopathic clinical researchers. She has co-created an innovative, ground-breaking new trial design, Trials within Cohorts, which was first used to assess treatment by a homeopath for menopausal hot flushes. Clare's homeopathy and methodological research activities have significantly raised the profile of homeopathy research internationally." *Thank you, Clare!*



Homeopathy Institute of the Pacific (HIP) supports the physical, cognitive, and emotional health of veterans and the underserved in California's San Francisco Bay area, through free and low-cost volunteer-run community clinics.

From left: Zelda Johnson, Astra Rugless, Wanda Smith-Schick (Homeopathy Institute of the Pacific President and Cofounder), and Jamilah Peters-Muhammad (ASHÉ Cultural Arts Center community volunteer) meet before the homeopathy clinic day begins.

HOMEOPATHY INSTITUTE OF THE PACIFIC

Brings Hope

to racially traumatized communities

Homeopathy Today **spoke with Wanda Smith-Schick, CCH, president and cofounder of Homeopathy Institute of the Pacific, to learn about her recent trip south where she shared homeopathy with New Orleans' underserved—many of whom are still "waiting for help" after Hurricane Katrina (2005), and who were further traumatized by Hurricane Ida (2021). Wanda's fellow travelers, Astra Rugless, MS, QASP-S, DHom, of Los Angeles, and Zelda Johnson, DNMc, MSPH, MAHAS, of Delaware, joined the conversation.**

Wanda, how did you start working with the underserved?

While completing my medical school prerequisite courses, I worked as a secretary in a local hospital emergency room. I noticed that many "repeat" patients never seemed to get better. The doctors patched them up, but nothing ever addressed the cause. This led me to investigate alternative health modalities, and I chose to study homeopathy because it works on the mental, emotional, and physical levels. After homeopathy school, I volunteered at homeless clinics and witnessed the transformative power of homeopathy and how it changed lives for the better.

How do you use homeopathy in a clinic for people experiencing homelessness?

First, homeopaths who serve in a homeless clinic must leave prejudice at the door and remain open-hearted and open-minded. Working in a homeless clinic, you engage with people you may never see again. As homeopaths, we may see and perceive a whole list that needs to be "cured." However, it is important to ask what the person wants help with, and to carefully listen to the answer. Often, the person's response leads to a remedy that brings real relief. Another helpful question to ask is, "Where is your pain?" If we can alleviate pain, whether physical or emotional, there is a higher likelihood that the person will return for follow-up and continuing care. Also, looking at what is going on in the community is helpful—homelessness and chronic pain may be masked by drug and/or alcohol use.

The appointments in a homeless clinic are short, so we have to home in on the "case" very quickly. After hearing what the person wants and needs, we look for strange, rare, and peculiar symptoms and listen and repertorize for the uppermost state that the client is currently in. We give the remedy right there in the clinic, and the person often begins to feel better before they leave. Tip: Stock your remedy kit with groups of remedies that you know address particular ailments you expect to see in the clinic such as pain, trauma, grief, and oppression.

What prompted HIP's new venture?

The death of George Floyd and the ensuing violent protests over racial injustice devastated me. I felt the pain of my

people, and I wanted to help with traumas in the Black community. They needed to see our faces—people who look like them who are willing to help and who they could trust.

I knew homeopathy could help, as I had previously witnessed in family members who live in the South. For them, I chose remedies that addressed generational oppression, which allowed space for healing of more current issues.

Also, during California's Covid-19 shelter-in-place mandate from March 2020 through November 2021, HIP conducted 1,264 phone appointments; prior to this, we had always conducted in-person clinics. This experience boosted my confidence in our ability to follow-up virtually with people at a distance, after first seeing them in-person in their communities.

Astra and Zelda, what led you to join Wanda on this trip to New Orleans?

Astra: There are so many individuals who are currently grieving, especially in communities with people of color. I want to use homeopathy to help them. During the weekend in New Orleans, I learned how to quickly get to the core of a homeopathy case because we did not have a lot of time with each person. We live in a world that heavily relies on expensive allopathic pharmaceuticals with potentially dangerous side effects. We want to introduce natural, affordable remedies that have no side effects. I mainly made this trip to share homeopathy and provide a bridge to more affordable health care for the New Orleans community we served.

Zelda: I heard about Wanda's idea, and I wanted to help those so affected by racial and other traumas. Individuals experiencing mental health issues from trauma need to see that there are alternatives, by using something that heals.

What steps did you take to get this project off the ground?

HIP worked with Dr. Kimberley Richards, a Core Trainer at the People's Institute for Survival and Beyond (PISB). Headquartered in New Orleans, PISB is a national, multiracial, anti-racist collective of organizers and educators, dedicated to building a movement for social transformation. We met PISB via Zoom ten days before our scheduled arrival in New Orleans, and we explained what homeopathy is. Dr. Richards connected us with

They needed to see our faces—people who look like them who are willing to help.

Jamilah Peters-Muhammad, a registered nurse and community health volunteer, who rallied her ASHÉ Cultural Arts Center community around the idea of scheduling appointments. This was a tremendous help in organizing the clinic!

During the four-day clinic, Astra, Zelda, and I saw 67 people. We gave remedies during the appointments, and people were shocked that they felt better. We weren't shocked because we know the power of homeopathy. Those who received a remedy went home, and the next day they sent their husbands, kids, and other family members to also find help for their ailments.

Can you share a few of your successes?

Wanda: A grandmother came in for her appointment. She had to bring her two-year-old grandson because he was sick and could not go to daycare. She had arthritis and couldn't move her fingers, which was a problem because she was a hairdresser. I gave a remedy, and while she was still there, she said, "I feel better within myself, and my hands and fingers aren't stiff!"

She then asked if I could help her grandson, who could not poop and required enemas every two days. The next day, the entire community was so happy that "the baby had pooped on his own!"

Then, the grandson's mom came to see me. She was stressed to the max and very frantic as she dealt with her son. I had a couple of remedies in mind, and then I asked if there was anything else she would like to share. She also said her tongue was always white. "I do everything I can, but it is still white." I repertorized and found a remedy for her anxiety that also addressed her white tongue symptom. Within minutes after giving her the remedy, she relaxed and felt like she could breathe. And when her son demanded her attention, she calmly said, "I'll be with you in a minute."

Astra: I consulted with a woman who had severe arthritis, since childhood. Every movement of her limbs was excruciatingly painful. I gave her a homeopathic remedy, and while she was waiting for her friend, who was also having a consultation, I noticed that she began to regain some range of motion. Her phone rang, and she suddenly rose from her chair to answer it. Her friend who was watching the scene remarked that she had never seen her move with such fluidity. I have always believed in the power of homeopathy, but I am still amazed by its regenerative attributes.

Zelda: I saw a woman who was wearing a cast boot, and who could barely walk. She was taking a prescription medication for nerve pain. We talked for a few minutes, and I gave her a remedy. In just a few minutes, she was able to move around more easily. Two days later I saw her, and she was no longer wearing the cast boot because she was pain free. I wanted to cry tears of happiness for her! She sent several more people to see me after her experience.

Our biggest success, however, is reflected in our clinic schedules going forward. Every person we saw in New Orleans made follow-up appointments with us. This is the outcome we sought, as we did not want to be the next "Band-Aid" this community encountered. With this initiative, it is important for all of us to "be all in."

Where is your next destination?

We plan to go to Minneapolis, to help survivors in communities that were and still are traumatized by the racial injustices that prevail, and to Detroit, another city that has a long history of racial injustices and generational trauma. We are looking at a possible partnership with PISB and the work they do with Native American Tribes, which could lead to future trips throughout the country.

How can others get involved?

Find somewhere in your own community and try our "model" out. Follow your heart in selecting those you serve, focusing on the disenfranchised, marginalized, and traumatized. If this is not the right time for you to serve, emotionally or financially support someone who can serve at this time. HIP welcomes your support. Learn more about us at homeopathyip.org.