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New England School of Homeopathy

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NESH Homeopathic Remedies Presented in the Audio File Link:

The remedies presented are a middle ground list, combining remedies that may be on the NPLEX plus several (highlighted in Green) that were requested for discussion since they appeared in various versions during NESH courses at NUNM, Bastyr, BINM, and UB (though they probably won't be on the test). For those who have studied with NESH, please note that a more complete list was sent to you during the first half of the NESH course. In a pinch, study only the remedies that are not highlighted. Please see the note at the bottom that helps put the study of these remedies into the broader context of homeopathy.

To be specific, the goal of this exercise is to efficiently and effectively prepare you to pass the homeopathy portion of the NPLEX, which is traditionally the most frequently failed section. There is a large divide between what one learns to pass the test and what one needs to actually practice homeopathy. We are not attempting to bridge that gap here, but simply helping you pass the test and obtain your license. Since 1990 NESH has been offering in-depth programs of study to a diverse student population, including close to a thousand ND students. To our knowledge during that time, only three ND students who enrolled in NESH have failed their boards on the first attempt.

Good luck to you, and Onward!!!

Amy Rothenberg ND, DHANP and Paul Herscu ND, MPH, DHANP

RESPIRATORY IN SOME SENSE

Aconitum napellus: Acon

Allium cepa: All-c

Antimonium tartaricum: Ant-t

Apis: Apis

Arsenicum album: Ars

Baptisia: Bapt

Baryta carbonica: Bar-c

Belladonna: Bell

Bryonia: Bry

Causticum: Caust

Chamomilla: Cham

Drosera: Dros

Eupatorium perfoliatum: Eup-per

Euphrasia: Euphr

Ferrum; Ferr

Ferrum phosphoricum: Ferr-p

Gelsemium: Gels

Hepar sulphuris: Hep

Kali bichromicum: Kali-b

Kali carbonicum: Kali-c

Rumex crispus: Rumx

Sabadilla: Sabad

Sanguinaria: Sang

Spongia tosta: Spong

Tuberculinum: Tub

DIGESTIVE IN SOME SENSE

Aesculus: Aesc

Aethusa cynapium: Aeth

Aloe: Aloe

Alumina: Alum

Anacardium: Anac

Antimonium crudum: Ant-c

Hamamelis: Ham

Veratrum album: Verat

THE REST ALPHABETICAL

Agaricus muscarius: Agar

Argentum nitricum: Arg-n

Arnica: Arn

Aurum metallicum: Aur

Berberis: Berb

Borax: Bor

Cactus: Cact

Calcarea carbonica: Calc

Calcarea phosphorica: Calc-p

Calendula: Calend

Cantharis: Canth

Carbo vegetabilis: Carb-v

Carcinosin: Carc

Caulophyllum: Caul

Cinchona (China): Chin

Cina: Cina

Cocculus: Cocc

Colocynthis: Coloc

Conium: Con

Cuprum: Cupr

Dioscorea: Dios

Dulcamara: Dulc

Equisetum: Equis

Glonine: Glon

Graphites: Graph

Hyoscyamus: Hyos

Hypericum: Hyper

Ignatia amara: Ign

Iodum: Iod

Ipecacuanha: Ip

Kreosotum: Kreos

Lachesis: Lach

Ledum: Led

Lycopodium: Lyc

Magnesia phosphorica: Mag-p

Medorrhinum: Med

Mercurius vivus: Merc

Natrum muriaticum: Nat-m

Natrum phosphoricum: Nat-ph

Natrum sulphuricum: Nat-s

Nitricum acidum: Nit-c

Nux moschata: Nux-m

Nux vomica: Nux

Opium: Op

Petroleum: Petr

Phosphoricum acidum: Ph-ac

Phosphorus: Phos

Phytolacca: Phyt

Platina: Plat

Plumbum: Plb

Podophyllum: Podo

Psorinum: Psor

Pulsatilla: Puls

Pyrogenium: Pyrog

Rhus toxicodendron: Rhus-t

Ruta graveolens: Ruta

Sarsaparilla: Sars

Sepia: Sep

Silica: Sil

Spigelia: Spig

Stannum: Stann

Staphysagria: Staph

Stramonium: Stram

Sulphur: Sul

Symphytum: Symp

Syphilinum: Syph

Tabacum: tab

Tarentula hispanica: Tarent

Thuja occidentalis: Thuj

Urtica urens: Urt-u

Note from Dr. Paul Herscu ND, MPH, DHANP as sent to NESH students when studying the Keynotes of these remedies as part of the NESH Two-Year Course:

What we care about most is the whole patient, perceiving the whole of a patient, perceiving the whole of each remedy we study, and wishing for us to clearly articulate this whole in the clinic and in writing. Towards that end, the *materia medica* we present in NESH courses feels complete in its description.

Nevertheless, it is important for us to understand the processes of how to teach homeopathy. Part of that process is to create 'room,' if you will, in the mind of the homeopath. To say it differently, I care more about who you are than what you know. I care about how you think and how you approach a case rather than the knowledge that you may have. I know too many homeopaths who can spout *materia medica* but cannot help their patients.

Anyway, there is an important step that is often missing in the education of a homeopath. That is the one that I introduce early in the education and a step that I find very valuable: describing 150-200 remedies in 2-3 days with only a few notes attached to any one remedy. The goal here is very specific. While I want you to learn these points, that is the above board, visible work. The under the board, invisible work is that it helps create a large lattice or matrix within your brain that gives room and, as importantly, perspective to the full *materia medica*.

Yes, I wish you to study these keynotes as a way to learn remedies and to further create a homeopathic matrix in your mind. This lattice will be filled in over the years as your knowledge and experience widen, but it is important to have some framework for these important remedies. Do try to set aside some time over the next few months for reviewing these remedies and committing them to memory. Whenever I look over this list, I think, "Hmm, it's like a little visit with old friends." That's how I want you to feel about remedies!

To help create this lattice, I ideally teach them verbally, so that you listen, write them down, and later make different cards or any sort of visual aids that might work. The key here is to work with these remedies to learn the symptoms, to get at least a thumbnail sketch of each. For many of you who are beginning homeopaths, this will be a very important step. For those of you who are seasoned homeopaths, a quick review will show you what you need to fill in and what are crucial aspects of the remedies—points that you know for the most part, but points that need to be accentuated.