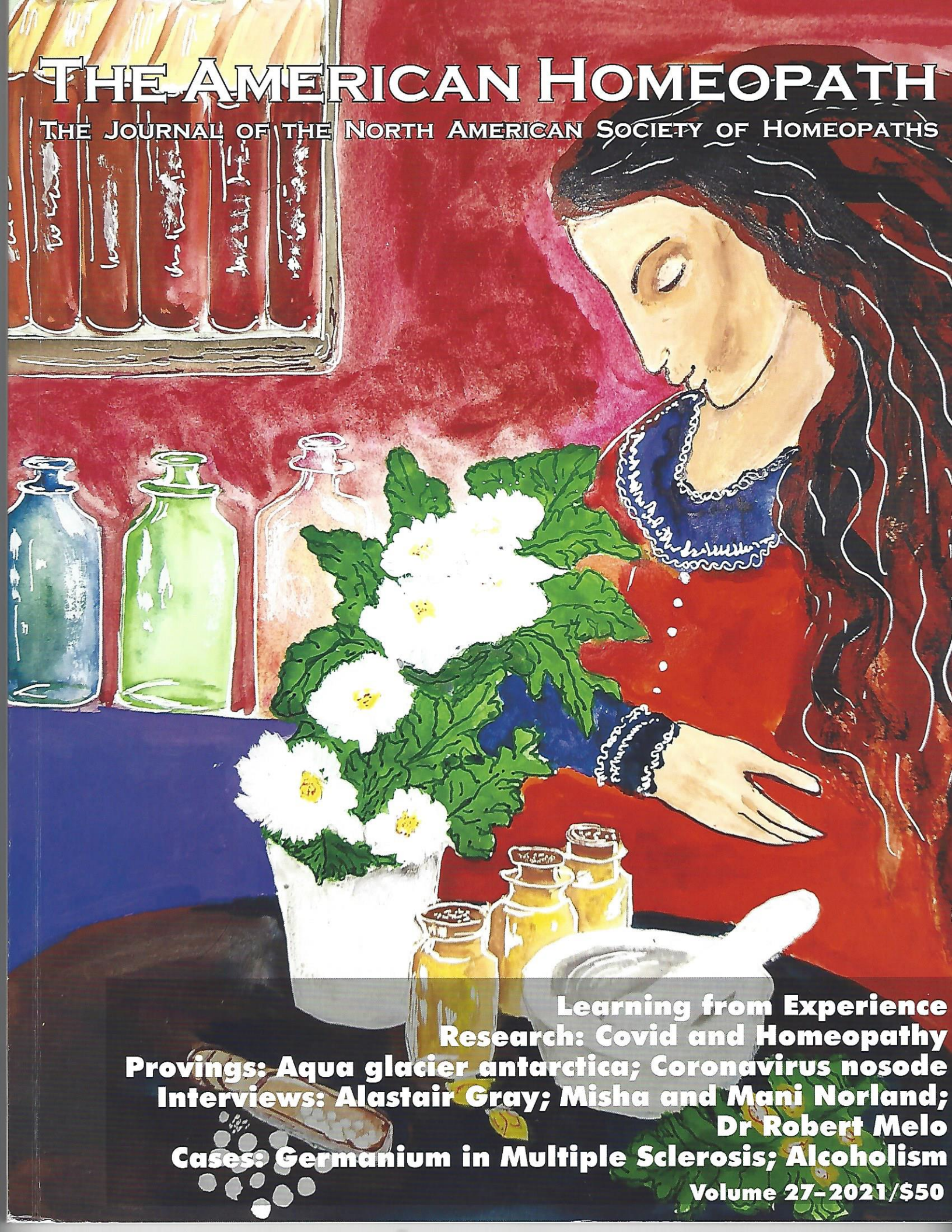


THE AMERICAN HOMEOPATH

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**Learning from Experience
Research: Covid and Homeopathy
Provings: Aqua glacier antarctica; Coronavirus nosode
Interviews: Alastair Gray; Misha and Mani Norland;
Dr Robert Melo
Cases: Germanium in Multiple Sclerosis; Alcoholism**

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The Shattered Mirror

Synthesis of Induced and Cured Symptoms of Coronavirus Nosode, *Novus-CV*, in Homeopathic Dilution in Humans

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Introduction

The human immunological response to severe acute respiratory syndrome SARS CoV-2 viral infection can range from mild activation and resolution to severe symptoms leading to complete system collapse and death, or prolonged post viral conditions.¹ Homeopathy and homeoprophylaxis (HP) both offer an opportunity to use the infectious disease agent nosode in an epidemic. This can be applied, according to the Law of Similars, to cure active cases if you have a *Materia Medica* of the substance to compare to. In the form of HP, the disease specific nosode can prevent disease.² A *genus epidemicus* remedy (GE) can also be applied if you have an accurate symptoms picture of the epidemic symptom totality. Both HP and GE methods require a rapid-cell delivery system to be effective.^{3,4}

Undertaking a homeopathic proving,* may be either a curative experience (Law of Similars), or a dissimilar disease process.⁵ In some individuals, a proving of a disease-specific nosode can also be considered a homeopathic remedy if it cures underlying susceptibility to the disease. In others this process is a dissimilar disease, whereby the strength of a medicinal agent of the nosode is stronger than the original disease, and will act out in the individual and resolve, leaving the original health of the individual unchanged.⁶

**Proving: a process by which a group of individuals take a remedy and document the kinds of symptoms produced and/*

or resolved in the days, weeks, and/or months that follow: The basis of determining a symptom profile upon which to apply the homeopathic principle of the Law of Similars to treat active clinical cases.⁷ The proving process is an opportunity for participants to resolve those aspects of themselves that threaten their survivability and, in this instance, if delivered on a large enough scale, an opportunity to shift the consciousness of the morphogenetic field of an epidemic.⁸

According to the philosophy of HP, a nosode of the infectious agent and/or human discharge produced in response to that infectious agent can be implemented to stimulate immunity to that disease by eliciting the discharging immunological response in the recipient.⁹ In so doing, susceptibility to the disease is reduced and the normal elimination pathways of that disease expression are opened to facilitate resolution if contracted. The philosophical underpinnings for the mode of action of nosodes in provings are important in order to understand our work with *Novus-CV* (Coronavirus nosode), homeopathic treatment, and HP (see source below).

The proving symptoms collated and summarized below were captured in real time, real application, as the epidemic unfolded. Through our process of collating and summarizing this experience, we accessed a greater field of consciousness which ultimately transformed each one of us.

Source:

Coronavirus was first identified in Wuhan, China, in December 2019. After circulation in the public the virus mutated. The samples from which the remedy was made were from nasopharyngeal swabs, alveolar lavage fluid, and sputum of active human cases of Covid-19 in January 2020. This is a nosode made from the viral strands circulating in the local population in Wuhan that had been passed from human to human, and not only has the viral particles but also the human immunological cellular responses to the virus. At that time 13 samples were shipped to a third-party lab in the US for authentication. The remedy, *Novus-CV*, was made from the samples that passed authentication. The remedy was potentiated in the traditional way of trituration, dilution, and succussion.¹⁰

Novus-CV is a nosode.

Nosodes are defined by the Food and Drug Administration's (FDA) Homoeopathic Pharmacopoeia of the United States (HPUS) as homoeopathic "attenuations" of pathological organs and/or tissues, causative agents, or disease products from infected individuals, such as discharges, excretions, and secretions.¹¹

Homeopathic (similar) diseases

In *The Organon of Medicine*,¹² Hahnemann demonstrates that not only is it possible that a contagion with a specific disease expression can set up a state of chronic ill-health, or miasm, but that these same diseases can also be homeopathic (similar in symptoms expression) and therefore curative to an existing latent miasm of the child or person.¹³ A latent miasm is a preexisting condition set up from incomplete resolution of a previously contracted disease process, passed down from generation to generation, that when sufficiently stimulated by adverse conditions, may be activated to develop chronic disease in the offspring. The immune system processes generated by childhood infectious disease are intended to release the child from the burden of a latent miasm and inherited weaknesses.

The Law of Similars is a universal law. Any agent that has the ability to produce an effect (e.g. a symptom pattern) has the same ability to ameliorate that effect. Correspondingly, it is possible that an infectious disease agent actually has the potential to be curative to a similar underlying susceptibility to contract a specific disease.

James Compton Burnett postulated further that rather than exposing oneself to the crude disease to obtain immunity, it is better to administer a homeopathic preparation of the disease to engender immunity: that the dynamized version of lymph or pus would be better used as prophylaxis than the crude dose.¹⁴

Dissimilar diseases

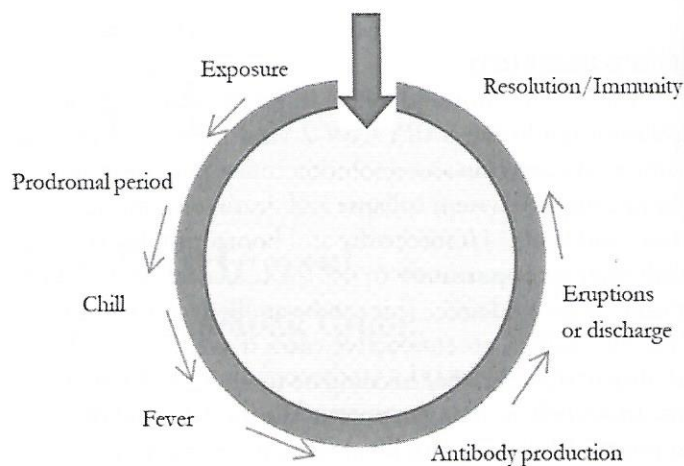
In *The Organon of Medicine*, in paragraphs 34-40, Hahnemann describes the principles of dissimilar disease as opposed to similar diseases to which the rest of the *Organon* is devoted.¹⁵ These aphorisms propose that the body has three possible responses:

Aphorism 36: if the strength of the existing state of health is stronger than the new disease, the new disease is not therefore contracted and thus *repelled*.¹⁶

Aphorism 38: if the strength of the new disease is stronger than that of the pre-existing disease of the individual, the original state of health is suspended while the immune system processes and resolves the new disease.¹⁷

Aphorism 40: if the strength of the original state of health is neither weaker nor stronger than the new disease, the vital force can neither repel nor resolve the disease. The result is a *complex disease* whereby the new disease settles into its organ of affinity and renders the individual in a state of never well since which will carry on in its trajectory unless treated by medicine.¹⁸

Healthy immune response



In order to have a healthy immune system, the immune system must know how to develop a fever and resolve that fever. Immunity develops through a subtle interaction between disease agents and the innate intelligence of the body.

The system of homeopathy has both remedies and nosodes that facilitate this process. These are selected homeopathically by their symptom specificity to the symptoms presenting in the patient. An HP nosode will activate the immune system elimination process of that acute disease. Nosodes can be used before, during, and after contraction and expression of infectious disease.

- When a nosode is used *before* exposure to disease this is homeoprophylaxis. When given before exposure and

symptoms develop, this immune system process mimics the natural disease process and relinquishes the need of the disease to do the same.¹⁹

- When used *during* active disease, this action supports the immune process intended to resolve the disease and will provide the stimulus to move the individual through that process.
- When used *after* an active acute disease, in cases of sequelae since infectious disease, a nosode can act curatively: according to the Law of Similars.

The immune system expression generated after a dose of the nosode is not only a proving-like experience but is also the activation of the appropriate elimination and discharge processes.

This circle diagrams this process. In order to reach resolution and immunity, a fever is necessary. Any remedy that can activate a mild fever in relation to an infectious agent activates the healing response. It follows that a nosode of an infective agent would do the same.

Research structure of the proving

The research was designed to evaluate safety and efficacy, and to capture the effects (immunological or otherwise) of the nosode. The record of activated mild, disease specific, short-lived immune responses developed are captured as with the protocol of a homeopathic proving: effects before, during, and after.

The mild, short-lived immune and wide-ranging responses generated are considered an important step in developing immunity. The collated symptom expression of activated and/or resolved symptoms serves as the homeopathic reference guide to the clinical indications for using the nosode for active cases and to reduce susceptibility to contraction. The following *Materia Medica* is of clinically cured and activated symptoms from the participants in this study. The complete study of *Novus-CV*, as to safety and efficacy and rates of resolution and prevention, are covered in a different article.²⁰

Rapid-cell delivery system for Homeoprophylaxis:

In order to be effective in any epidemic one needs an efficient delivery system. In 2011, Free and Healthy Children International (FHCi) was established to primarily oversee administration of a childhood immunization program. The infrastructure previously established enabled us in early 2020 to set up a single disease delivery system to reach our membership.^{21,22} At this time, FHCi had over 80 certified practicing HP Supervisors throughout North America and some in Europe. As of February 2020, we had over 1200 HP Family Members versed in homeoprophylaxis who were eager to try the homeopathic nosode for coronavirus.

From February 24-April 25, 2020, FHCi registered participants into research for an HP immunization program for coronavirus with Novus-CV 1M potency: a total of 1169 HP Supervisors, HP Member Families and relatives registered.

Registration:

HP Supervisors were instructed to register interested HP families through our online research portal. Each participant signed an agreement to participate, a waiver, and passed the inclusion/exclusion criteria. All Personal Health Information (PHI) was held in confidence. Detailed health histories and current medical status were documented in the Intake. The remedy *Novus-CV 1M* was mailed to participants with instructions. No placebo was given. At two weeks, after dosing, participants were to complete the two-week follow-up form. This form documented their active symptoms upon registration, and any cured or activated symptoms after dosing. Three months after dosing, participants completed the three-month follow-up form. The last form received was on October 1, 2020. The responses noted in the two-week follow-up were collated in the *materia medica* presented below.

Dosing instructions for the research:

- Single dose of *Novus-CV 1M* on Saturday (three pellets).

Followed by:

- Triple dose of *Novus-CV 1M* the next Saturday (three pellets: am, noon, pm).
- Repeat triple dose if exposed.
- Dilute dose in water and sip over that day and the next if symptoms are intense or linger.

Participants:

Table 1 shows the number of registrants who completed the intake, two-week, and three-month follow-ups. There were 1169 registrants, which comprised 348 families. Members of 251 families completed the two-week follow-up while members of 159 families completed the three-month. Not all members of each family responded. There were 434 total respondents of the three-month follow-up, of which 22 stated they did not take the nosode; *52 (4.82%) is the extrapolated number of registrants who did not take the nosode. No Response means the total number/percentage of registrants per follow-up form that were lost to follow-up; 27.87% of the total number of families did not submit the two-week form, 45.69% did not submit the three-month. Even though only 456 respondents completed the three-month follow-up the relative percentage of family to total of 34.87% families of registrants indicates that we had responses from a higher percentage of families in the three-month than the two-week,

	Intake		2-week		3-month	
	Total	Families	Totals	Families	Totals	Families
846 responded	1169	348	803	251	456	159
% of total	100%	100%	68.69%	72.13%	39.01%	45.69%
Families % of Registrants		29.77%		31.26%		34.87%
No Response	323	72	366	97	713	189
No Response %	27.63%	20.69%	31.31%	27.87%	60.99%	54.31%
Did not take	*56	4.82%	7	0.87%	22	4.82%

Table 1. Number of registrants in Intake and respondents in Two-week and Three-month follow-ups

though not all family members and HP supervisors responded.

Age range of participants:

Charts 1.1-1.3. Registrants consisted of HP family members with their young children and their extended families. Relative ratios of each age group were maintained through the program. 222 registrants were in the 40-49 age group while

189 were in the 30-39 group. There were ten pregnant women who registered, of which five had completed the two-week follow-up. Of these, four completed their three-month follow-up. Phone calls were made to all these pregnant women, including those we did not hear from online. The same five of those we called did not respond. Of the women who responded, their health and their neonate's health were fine.

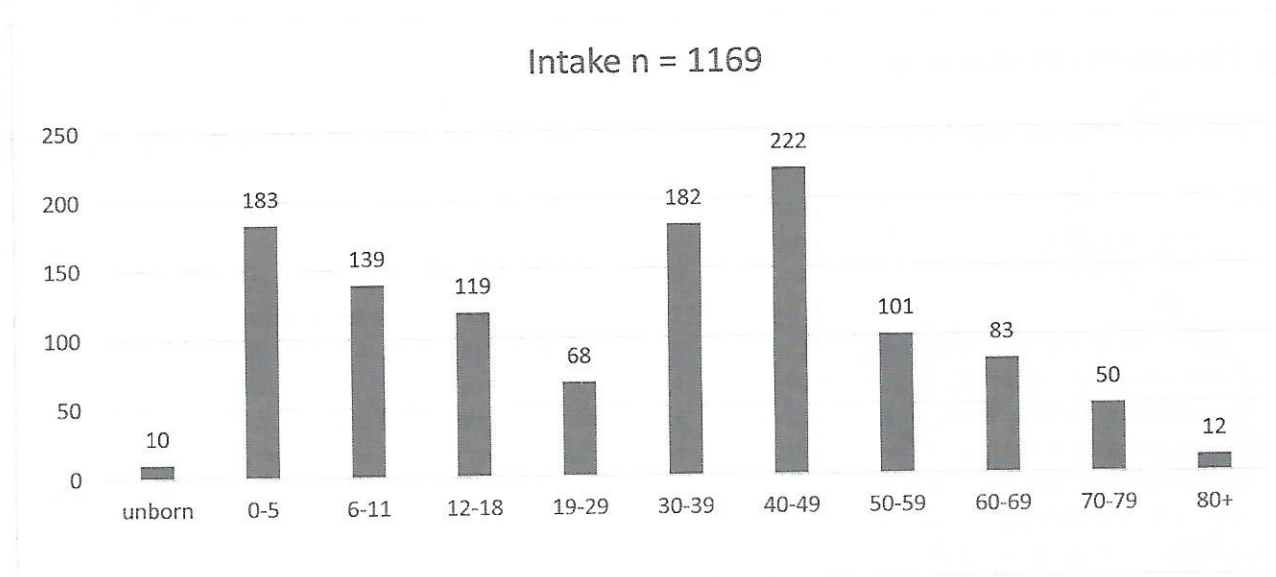


Chart 1.1. Number of registrants in age ranges at Intake.

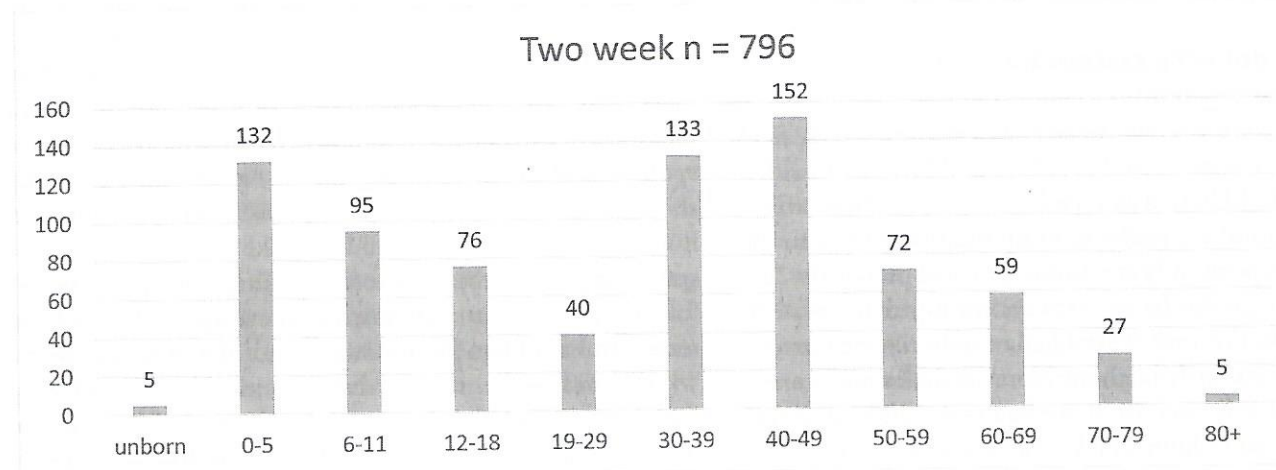


Chart 1.2. Number of registrants in age ranges at Two-week follow-up.

Three-month follow-up, n = 434

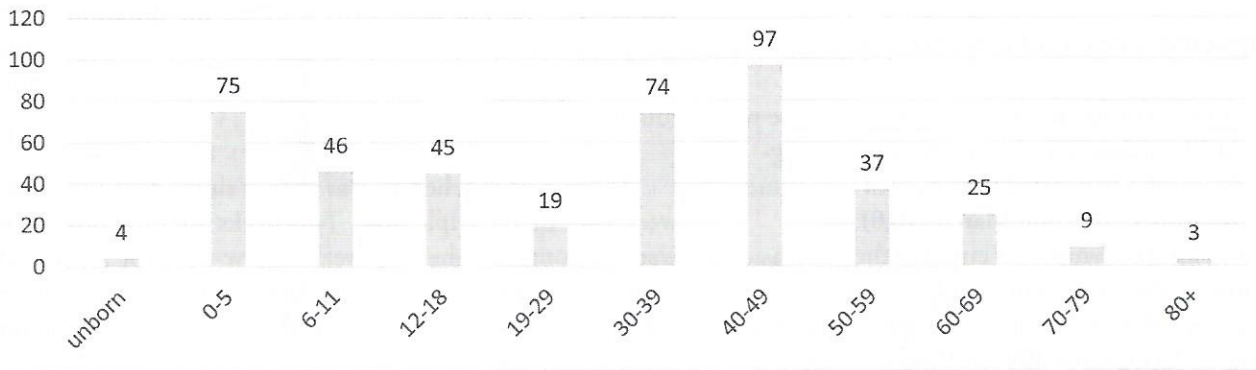


Chart 1.3. Number of registrants in age ranges at Three-month follow-up.

The mothers also administered the nosode to their newborns. No responses were noted in the infants.

influenza immunization program was pushed in the United State.

Chart 2. This chart compares dosing dates with *Novus-CV* to active Covid-19 cases and reported deaths in 2020. Death rates are compared to the legend on the left and active cases to the legend on the right.²³ The first single dose was administered on February 24, 2020. The week of March 25-31 was the peak dosing period for the single dose. 201 doses were taken during that week. 198 triple doses were taken the week April 1-7. The last doses recorded were on June 24. We recommended all HP supervisors and family members to repeat either the 1M triple dose or take a 10M triple dose on October 16. During the week of October 29, the mass annual

Clinical presentation of Covid-19 and immunological symptoms

The clinical presentation of Covid-19 includes fever and/or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting and diarrhea, in that order of prevalence.²⁴

Upon registration to the research program, 63 people presented with active symptoms within the above symptom profile. During the dosing period, after the single dose, 314 respondents indicated the appearance or disappearance one

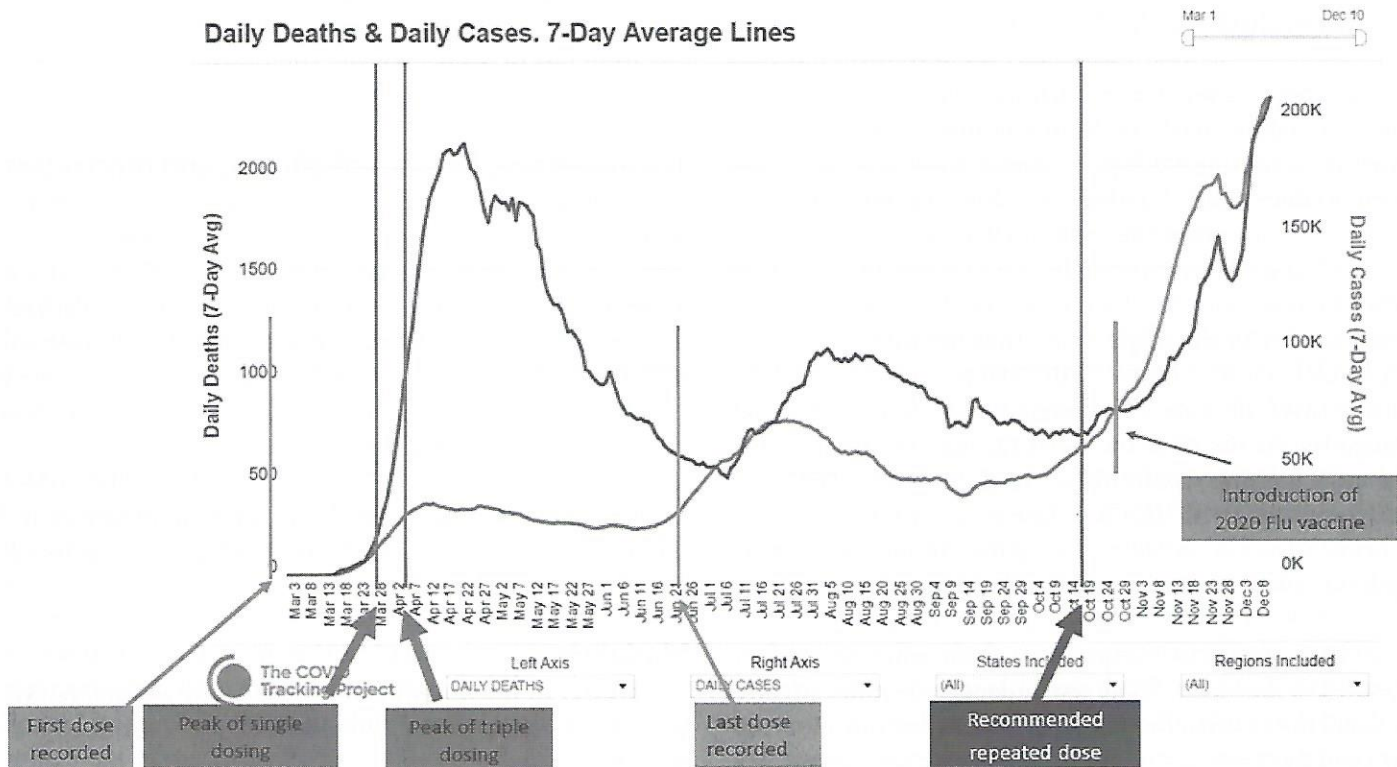


Chart 2. Peak dosing dates

or more symptoms, After the triple dose, 218 respondents indicated one or more.

These symptoms were collated and tabulated by:

- Number and kind of symptoms relapsed from those who had a Covid-like sickness in the months prior to registration (those who had stated they were ill sometime between November 2019 and March 2020).
- Number and kind of symptoms cured in those with active symptoms upon registration.
- Number and kind of symptoms that were reported as appeared and/or disappeared after the single dose and the triple dose of *Novus-CV*.

Acute immunological symptom tallies:

Chart 3. Identifies the number of symptoms in their relative categories for active symptoms upon registration, after the single dose, and after the triple dose. Within each column there are three series identified.*

- **Series 1** identifies the number of symptoms that were active at registration or symptoms that became active after dosing that did not go away.
- **Series 2** identifies the number of symptoms that were activated after dosing that went away within the week after the single dose and within the two weeks after the triple dose before completing the form.
- **Series 3**** are either those symptoms that were active upon registration that were cured after one or other of the doses or are the unresolved single dose symptoms that resolved with the triple dose.

Symptoms came on and disappeared within minutes or days after taking the doses. Most symptoms were mild, intermittent, or fleeting.*** E.g., of the 63 active cases upon registration there were 26 active fever/chill symptoms, 33 active lung symptoms, 43 active coughs, 19 active body aches, and so on. Of the 57 (43+14) coughs that came on after the single dose, 43 went away; 39 of the active coughs upon registration were cured with the single dose. After the triple dose, 17 of the initially active and/or activated symptoms were cured. We see the trend of resolution through the doses in all symptom categories. As the fever increased through the dosing series the more limiting aspects of the cough, sinus, headache, and body aches resolved. This is in line with the circle of disease process: a fever is needed to resolve the immune response set up by an infectious agent.

*The number of symptoms is from what respondents checked in the forms. Some respondents were more attentive to detail than others. Respondents were to describe the symptom and duration. Some checked that symptoms appeared in a particular category but did not identify what the symptom

was. These generic symptoms are tallied in their category. The cured and went away categories may not be accurate as the respondent did not necessarily indicate the duration of the symptom. Resolution of symptoms were verified according to their final comments in the two-week and three-month follow-ups.

**The dosing schedule was to be a single dose followed a week later by the triple dose. Two weeks after the doses they were to complete the two-week follow-up. Not all participants took the doses on schedule nor completed the forms on time. Nonetheless, their symptoms are more-or-less tallied according to this schema.

***Not a single adverse event was reported: Adverse events as defined by the National Institute of Health guidelines for research on human subject are a death, life-threatening adverse drug or device experience, inpatient hospitalization or prolongation of existing hospitalization, a persistent disability/incapacity, or a congenital anomaly/birth defect.²⁵

Novus-CV proving symptoms

The subjective reports of symptoms were used to evaluate the collective symptom presentation.

1. The symptoms presented here are in six categories.
2. Monogram, regions of affinity, and modalities
3. The acute manifestation in the areas of specificity to Covid-19
4. General and mental/emotional symptoms.
5. Symptoms of the rest of the body.
6. Individual processes to disease resolution.
7. Examples of the mental and emotional transformative process

I. Monogram, Regions of affinity, and modalities

Monogram: pyretic, glandular, neuralgic, rheumatic, purgative, exudative, soporific, irritant. Glass like, scratchy. Reactive, immediate, sudden, intermittent, changing, transforming, resolving. Weakness, fatigue, lethargy. Polarized. Dry or wet. Exonerative discharges. Contraction and expansion. Blocked and runny. Lifeforce verses exhaustion. Anxiety and restless versus calm and centered. Isolated and separation versus community and integration.

Regions: Immune system, lungs, head, sinus, throat and glands, stomach, and rectum. Nerves. Left and right sides, alternating sides, or both sides.

Modalities:

Worse: In the morning, on waking, late afternoon, evening, night, with exercise, from motion and continued motion, getting wet.

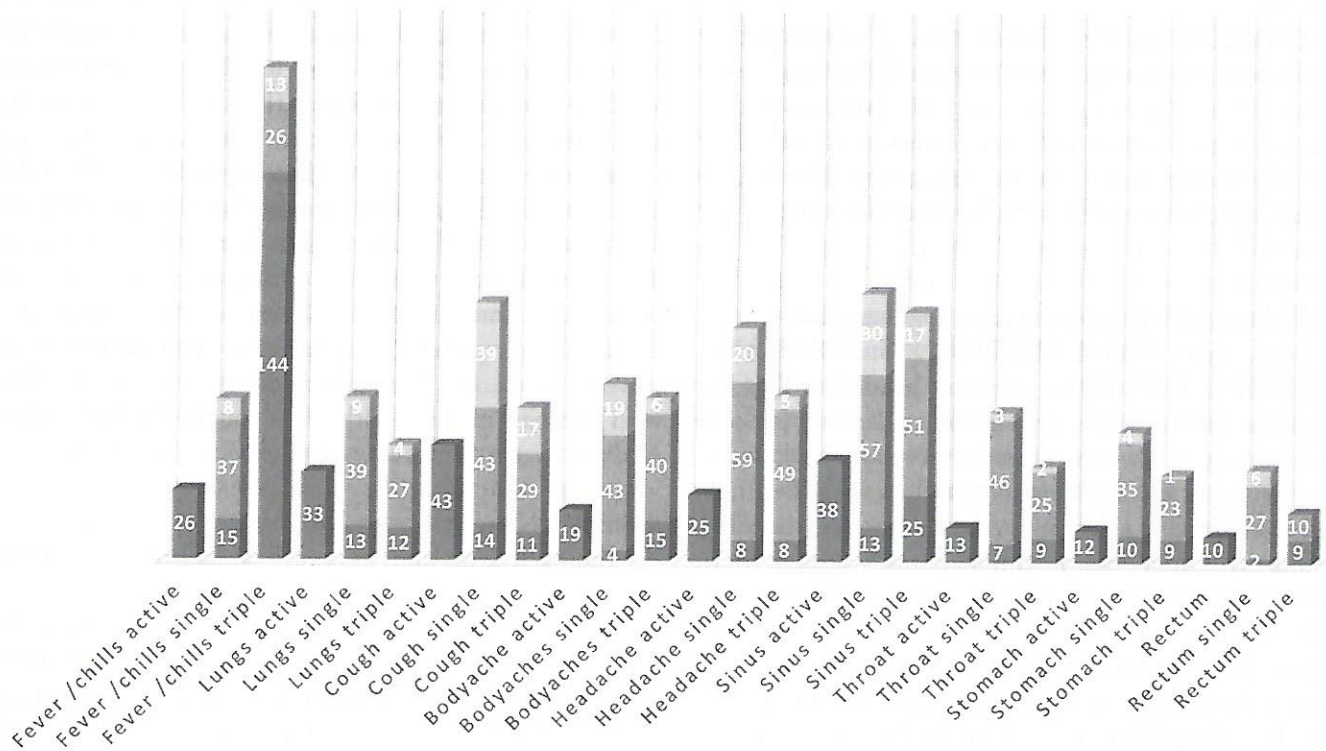


Chart 3. Acute immunological symptom tallies: active, appeared, and disappeared symptoms after the single or triple doses.

Better: From massage, initial motion, laying, intermittent fasting.

2. Acute symptom profile

Temperature:

Chills, slightly lower body temp, with fatigue and body aches, desire to be covered. Cold feeling, not feverish, worse motion.

Fever, feeling warm, warm to touch, flushed, running hotter, sensation as of hot flash, clammy forehead.

SLIGHT, MILD, LOW GRADE FEVERS OF SHORT DURATION, warm red cheeks, *sensation as if fever, feeling feverish, warm to touch,* hot. Few moderate to high fevers. Intermittent. Sweats. Flushed. *Sweat and heat without fever.* Cold sweat during sleep, in evening, warm sweat. Clammy feet. Worse at night. Night sweats.

Lung/respiration:

TIGHTNESS IN CHEST. Sensations are irritation stitching, tickling, scratching, dry constricted, squeezing, with no difficulty breathing. Intermittent and on and off. Chest pressure and pain, in the center of the upper chest, of lungs. Chest and lungs felt **heavy, heaviness in,** like an elephant, and restricted, hard to breath. Chest hurt upon breathing. Felt like it was dry but felt like there was a lot of congestion in upper lungs. Severe and occasional *burning* in the chest, chest on fire, worse in cold air. Needle pain at the bottom of lungs, right side. Tightness and glass-like feeling.

Ache in the lower lobes of both lungs. With chest pressure, in the center of the upper chest. Intermittent clearing of lungs. **Shortness of breath,** with heart racing, with mild pain, difficulty taking deep breaths. Labored and inefficient breathing, out of breath, winded, occasional, cannot take full breath, on exertion, in public. Mild breathlessness and *wheezing* on inhalation, trouble breathing, winded. Out of breath with little exertion, I had to sit up. With heart flutters. Asthmatic. Suffocation on inspiration. Sensation of ability to take more air into the lungs. Bronchial congestion. Like a cold. Felt like there was a dust-corn on the lungs. Green mucus. Spitting up lots of mucus from lungs. Chest felt full of mucus, a wet sensation in the lungs. Increased expectoration.

Cough:

DRY, mild, itching, tickling, **slight,** scratchy, croupy, and reactive. Worse breathing. **INTERMITTENT COUGH, occasional,** short, immediate, shallow, sporadic, inconsistent, changing, paroxysmal, fits, prolonged cough, chronic cough, persistent, very deep cough, *unproductive,* semi-productive, productive. From post-nasal discharge, with sneezing. *Wet cough, phlegm.* Wet to dry to wet again. Wet unproductive cough. Phlegm towards the end of cough, wet in the morning, and dry in afternoon. With lethargy. *Wet cough* when trying to clear lungs. Cough worse *at night,* better in the day. Worse outside, laying down, reclining, EMF exposure. No change with talking. Pain in the throat when coughing. Clear to yellow sputum. Green colored. Upper respiratory dry cough. Cough with exercise. Suffocating cough woke up, lasting 5 minutes or less.

Body aches:

BODY ACHY and tired, *fatigue*, lethargy, achy as if coming down with something. *Upper body ache*. Stiff and achy, hurt. *Aches all over*. Chest tight and achy. Hip pain, leg cramps ascending stairs, sensations running down legs. Shoulder pain. Aching hands, knee joint. Bruised feeling. Sharp, stabbing. Dull ache, heaviness in arms. Terrible bone pain.

Head:

Scalp hurt, with heat but no fever. Light-headed. Spacey. Fuzzy head, foggy brained. **HEADACHES. COME AND GO QUICKLY. CHRONIC, constant headaches that last a long time. Intermittent, off and on**, recurring, periodic headaches, daily, for twenty minutes every day. Headache on waking. Worse in the late afternoon and evening. Left side, right side, alternating sides. Severe headaches, bad, horrible, moderate, slight, mild, minor, minimal, small, light, or short. **Catarrhal** [sinus] headache. **MILD, slight**, dull headaches. Dry painful headache. *Sharp* but brief headache. Severe head pain. Pain in **FOREHEAD**, between the eyebrows, behind the eyes, at the **temples**, wrapping around the forehead, from side to side, at the back of the head/occiput, at the vertex. Headache starting at the back of the neck. Headaches ranging from dull and all over, to sharp and mostly on the left side. Daily migraine. Related to previous concussion. Dry painful headache. Like a vice. Sense of rawness. Wandering soreness, without real pain. Dull, foggy brained, *dizzy, drowsy*, as if drunk, as if sleep deprived. Ameliorated in bed. Better massaging. **Pressure** in the sinuses, in the brain, with difficulty concentrating. Head feels hot and gross. Headaches with eyes that feel tight and painful. With vertigo. With fatigue, drowsiness and lethargy. With stomach upset, ringing in the ears, fear. Head flushed, without fever.

Nose/sinus:

Breathing clearer. Initially disappeared then came back. **CLEAR DRIPPING RUNNY NOSE, chronic**, a long time, a week, for a few days, intermittently. **RUNNY NOSE WITH SNEEZING**, all day, during the night, repeatedly, watery discharge. With sore, fiery, itchy with itchy throat. With throat clearing. **NASAL CONGESTION** and blockage, severe, in the nasal passages, with *sinus pressure*. **STUFFED NOSE**, and ear, worse at *night*, plugged left side. **POST-NASAL DISCHARGE, constant, chronic**, with clear copious nasal discharge. Like a faucet, with a tickle in the throat, **throat clearing**, at night. Coldness in the nose, inflamed passages. With flu-like symptoms. Like a stubborn severe, *cold or flu*. Cold sore eruptions in the nose and on outside of the nose. *Loss of taste and smell*. Thick, green shoelace snot. Loud snoring. Bloody nose at night.

Throat:

SORE, SCRATCHY, dry, hoarse, raspy, slight, sensitive, constriction, clearing, tingling, itchy, itching, irritated, and rubbing like a feather. Like there was something in the

throat, fiery, ache, heat and burning, sore, aching, tender, closed. Hurts to swallow. Raspy throat, hoarse voice. Itchy eye, ears, and throat. Clearing of the throat. Post-nasal drip. Sticky, with lots of mucus stuck in the throat, not able to clear, mucus like a plug, stringy mucus, congestion in the throat. Constriction in the throat. Globus hystericus. Tickle and the tiniest bit of fullness sensation in the back of my palate and throat. Immediate fullness of throat, ears, back of nose and mid neck. Throat pain is *mild*, on and off, intermittent, sporadic, severe, intense, horrific, constant, woke up with. *Swollen glands*, right gland, glands sensitive, slight tenderness, sensitive to touch. Felt like strep throat symptoms. Sore throat with tightness in chest, with slight cough. Pulling in ears on swallowing, pain on swallowing. Left side. Both sides

Stomach:

Stomach symptoms mimic food poisoning or accompany flu-like symptoms. Increased salivation like about to vomit. Sick to the stomach. **NAUSEA**, slight, lasting a short time, severe. Immediate vomiting, on and off. **VOMITING**, with diarrhea, with *burning in the stomach*. Feeling of a pit in the stomach, with anxiety, burning. Dry retching. **Upset stomach**, queasy, with pain, *stomachache*, intense **aching**, and abdominal cramping, **OF SHORT DURATION. NAUSEA** ranges from **mild** or **slight**, to intermittent, to severe and violent, and may be accompanied by noisy, bubbling, eructation, **GAS, FLATULENCE**, and bloating. Nausea without vomiting, from vertigo, in the morning. Gas with cramping. Belching after eating. Tension in the stomach. Nausea is worse on waking and improves from lying down, with intermittent fasting. **Changes of appetite**. Appetite increased or **decreased** appetite. Reduced interest in food. Craving for warm or hot foods and drinks when he usually prefers cold or cool food and drinks. Craving for chocolate. Increased salivation, thirst, and hunger. Heartburn and acid reflux irritate the throat, worse in the morning. Chronic indigestion. Anxiety, tension, and deep exhaustion is felt in the stomach and solar plexus, as if it were *constantly burning*.

Rectum:

DIARRHEA with abdominal pain and cramping, with shortness of breath and cough, with nausea, from stress. *Like a stomach flu*, may be accompanied by vomiting, fever, catarrh, or cough. **Flatulence. Loose stools**, with gas, **pungent smell**, urgent call for stool. Loose stools in the morning. **INCREASED BOWEL MOVEMENTS**, extremely voluminous movements, frequent, with several bouts of diarrhea a day that **resolve quickly** and give relief, as if clearing out toxins. **Intermittent constipation, increased constipation**, hard stools, followed by loose stools. Sigmoid colon pain, diverticulitis. **Increased bloating and gas**, with hemorrhoids. Pain in the rectum from internal hemorrhoids.

3. Generals, mental/emotional symptoms, and dreams.

Generalities:

Feeling TIRED, FATIGUED, generally unwell, malaise, with *lethargy, exhaustion*, irritability, and BODY ACHE. Very fatigued, achy with desire to sleep. General weakness. Slight feeling of being winded during a walk. Symptoms come and go, of short duration. Body aches, chills, fever, headache, cough. Tired, fatigued with irritability, sleeping more. Flu like symptoms, with oppression of chest, cough, or gastrointestinal symptoms.

Mind and emotions:

Profound and extreme sensitivity, more vulnerable to reproach and reprimand. PANDAS symptoms flare up. Sensitivity, delusion of being unheard, excluded, ignored and out of touch. Feeling unhinged.

Weeping, sad, and emotional. Sadness, sadness with negative feelings, CRYING, weepy, or teary. Hyperventilating, weeping episodes. Crying from reprimands or reproach. Emotional, tired, depression. Sadness with fatigue. Extremely emotional and tired. Moaning. Anger moving to sadness. Moody, depressed, irritable, weepy. Intermittently emotional. Intense emotional symptoms during menses, with feelings of shame, disgust for self. Depression, extreme anger, hopelessness with suicidal thoughts. Anger, frustration, and stuck.

A lot of FEAR. Concern about the unknown, GENERALIZED ANXIETY, *anxiety with fear*, with panic, *with irritability*, with overwhelm, *with nervousness*. Anxiety with sleeplessness. Occasional panic, panic in public, panic attack, fear about hype, panic of others aggravates. Paranoia. Claustrophobia. Anxiety and fear about disease, death, family. Fear of dying. Vulnerable, frustrated, fear of disease. Cautious because of sinister virus thoughts. Anxiety with headache, shortness of breath. Anxiety with tightness or heaviness of chest, not able to breathe and heart palpitations.

There is PROFOUND IRRITABILITY, with tension, anger, crankiness, crabbiness, grumpiness, with an ornery temperament. Children become more whiny, hard to please, mopey, clingy, fussy, and needy. Throwing tantrums that they had not done in years. They want to be held and carried. Irritability with sadness, anxiety, lethargy, *fatigue*, and exhaustion. Tension, as of PMS and being cross and out of sorts with people around. Craving for chocolate with lack of motivation.

Concentration:

Unfocused, unable to work. Less alert, tired, fatigue. Brain fog. Forgetting words. Lack of motivation. Racing thoughts with a clear head. Exhaustion and depression. More clarity of mind, focus, and attention. More motivation, energy. Brain fog and depression lifted.

Dreams:

- Remembering a dream for the first time in years.
- Daydreams of a better world, with people more aligned with nature.
- Deep, clear, colorful, and full of messages.
- Vivid dreams.
- I dreamed I was in a house. A huge wave came. It was like a tsunami. It was going over the house. We were all freaked and trying to prepare for what was to come next, but nothing happened. It washed over or past us. Unexplainable and confusing. Also, a relief.
- Nightmares.
- Dreams of those who want to control others and who want to control the planet.
- Dreamt about my son masturbating in front of his family.
- Dreamt of the “OES — Office of Educational Services.” I saw that they were actually a sociopathic organization that kidnapped children, drugged and brainwashed them. I met one guy who escaped. Feelings of paranoia. Dream two days after: connection even with others who shamed us, blocked paths were cleared of dead trees. Maybe I can find a home?
- Very bad dreams of family, of trying to discipline a child who is “evil” whilst pretending that everything is normal and I’m in control of the situation, then escaping from an evil partner and trying to find people to help me get out of this fenced area — then, doing a big speech against patriarchy in an art school, then being in a mental institution waiting for treatment — then some poltergeist energy lifting up my clothes, and I was trying to turn around to combat with it.
- I had a strange dream about a circle. It was like concentric circles. As if there was a dot, a circle around the dot, and so on. The circles then expanded outward in a three-dimensional fashion like a tunnel. It got wider and then narrowed again. I had a few other dreams. In one I was driving a car up a hill, went too slow and got stuck, couldn’t get up any further. How to get out of this? I ended up turning around. It wasn’t the way I wanted to do it — it was scary, and the car moved fast, going downhill. In another dream I saw a monkey eating a bug from a rock. It looked gross, stringy, but I realized he liked it.
- Dream of being Patient #0 in our town.
- Dream of being annoyed by an autistic teenaged classmate while on the bus to England. He is so annoyed; he wakes up in the middle of the night and cannot go back to bed.
- I continued to have active dreams but did not do as good of a job recording them this second week. After the first dose and I think even into this second week I had a few dreams of doing cocaine. I know after the first dose I had a very clear dream that someone gave me cocaine. They presented me with six lines of cocaine, but the lines were very small and placed tightly together. This made

it difficult to snort them. The person gave me an incredibly short straw to use. It was literally like an inch long. I tried to snort the cocaine, I ended up snorting almost all of it. The thought was something like, "Oh well, I took it all. I couldn't help it." I felt it was the other person's fault for setting it up as they had and for giving me an unrealistic tool to use.

- Dreamt she expressed her aspiration to become a translator and wants to learn languages seriously. She recalls that this was her childhood dream, when she met her best friend who had just arrived in the U.S. in first grade. She couldn't help her because she couldn't speak the language.

4. Symptoms of the rest of the body.

Vertigo:

Intermittent, chronic, occasional light-headedness with dizziness that is *slight*, mild minor and **OF BRIEF DURATION**. *Return of previous vertigo*. Dizziness with foggy brain, nausea, with head pain. Feeling exhausted despite sleep. Feeling as if about to fall, as if syncope. Vertigo with burning eyes, with irritation.

Eyes:

Discharges are milk-white, clear, and crusty. Eyes look **glassy, injected, red and irritated**, as if feverish. Profuse lachrymation, while eyes feel hot and dry. Eyelids look puffy. Stye. Eyes feel painful, as from sand, as if something were under the eyelid. Burning, itching, heaviness in the eyes. Tightness behind the eyes. Itchiness of eyes, ears, and throat.

Vision:

Loss of vision, on fainting, on standing. Loss of visual clarity. Vision is blurry. Floating spots in the eyes.

Ears:

Earache, pain, burning, plugged, clogged, blocked. Right side, pressure, sore, and itchy. Tingling, tender. Sharp pains, intermittent, with pressure. High-pitched noises, ringing in the ears. Hard of hearing. Smelly discharge from ear piercing.

Face:

Flushed, without fever, with headaches and sinus issues. Red cheeks, warm, without fever. Pink, during fever. Rash on cheeks, skin not raised. Swollen face, yellow below mouth.

Mouth:

Felt weird, fuzzy, watery, bad taste, metallic taste, diminished taste. Dry. Itching, of the roof of mouth, tongue. Redness on tip of tongue, feels raw. Lower lip sensitive as if cold sore is erupting, herpetic eruptions in mouth, stomatitis on inner upper lip. Increased salivation, drooling. Jaw felt tight, back molar painful. Grinding teeth. Achiness in gums. Sinus pressure near tooth implant, tight and sore. Offensive breath.

Neck:

Pain, tight, stiffness, sore, aching, upper neck, left side, extending to shoulders, from headache. Injury. Tension on right side. Swollen glands, under jaw line, on right side, sensitive to touch.

Urinary organs:

Increased urination, great urgency to urinate, hard to control, enuresis.

Genitalia Male:

More erections. Testes felt bruised.

Female:

PMS, early menses, white pasty vaginal discharge, increased libido.

Back:

PAIN, *tight*, shoulders and back, *stiff, achy*, and sore. Intermittent pains. Achy lower back, under left scapula. Pinched nerve in neck and shoulders. Muscle spasms in back on coughing. Worse lying down.

Extremities:

Aching, weakness on exertion. Fleeting muscle pain, in arms and legs, deep pain, in shins and ankles, sharp pain. Pain in upper arms, difficulty of manipulation. *Nerve pain*, radiating in right arm and hand, stiff and numb. Swollen lymph under left armpit. Joint pain, soreness, aching and tight, in hands, arm, on right-side. Legs cramps, weakness in legs. Heaviness, **aching**. Exacerbation of gout: left knee swollen, hurts on exertion, laying down, better with initial movement, worse on continued motion. Nerve sensation running through.

Sleep:

SOUND SLEEP, deep sleep, **increased sleep**, *long sleep*, drowsy, **exhausted**, **sleepy**, lethargic. Rested. *Went to sleep early, naps*. Slept hard without snoring. **INSOMNIA**, *sleepless, difficulty falling asleep*, awake till midnight. **Restless**, not rested, hard to wake in the morning. Talking in sleep. Not relaxing, moving about, and crying.

Skin:

Flushed, Pale skin. Mottled like a septic reaction. *Dry, itchy*, seborrheic dermatitis. Skin infections, cuts. Pustules, acne. *Bumps*: small flesh colored, red, flat, raised, sensitive to pressure. Hives: small patches, flared on hands spread to forearm. **Rashes**: dry red **itchy**, bleeds and scabs, base of the neck, behind knees, shin. Worse getting wet. Tinea versicolor: itchy, red, and dry circles. Coin sized. Eczema: legs and arms, hands.

5. Case examples of the acute immune system transformational process

- 13-year-old boy: About two hours after dose, N had red cheeks, but I don't think he had a fever. He said he felt fine. He fell asleep around 5.00 p.m. that night, which was strange because he is usually up until 10 or 11. I tried to wake him up at 7:00 p.m., 8:00 p.m., and after 10:00 p.m., but he was too sleepy to stay up. He slept until 2 a.m. and was completely fine the next day.
- 46-year-old female: After the first dose there was a dense tightness and lurching with pains moving around the body as if adrenaline was released. Worsening by physical fatigue throughout day: very heavy feeling in body and emotions. Then three very good near-symptom-free days with amelioration of multiple pains and discomfort in the whole body, a sense of confidence and inner peace where before there'd been discomfort emotionally and psychologically. Freedom from a kind of burning in my whole system; nose, throat with mucus, and having to swallow a lot—this was all immediately relieved.
- 39-year-old male: Nausea and feeling tired without energy. These symptoms started one day after the first dose and lasted one day.
- 32-year-old female: Depressed, angry, hopeless, stuck, frustrated, and suicidal. Fatigue with lack of energy and motivation and suicidal thoughts, which all improved with the onset of a fever, a throat tickle and sore throat.
- 35-year-old female: two nights after the first dose I experienced one hour of severe nausea and stomach cramps that led to vomiting and diarrhea. This resolved after.
- 46-year-old mother and four-year-old: Both Z and I were very tired the evening of the 25th. We both went to bed an hour or more earlier than we normally do. The experience of fatigue that night was heavy to me. At 6 a.m. I woke up because of a wet sensation in my lungs. I had bronchitis in March and my first thought was that it was returning. I went into the bathroom and realized that I had the start of a sore throat and some nasal congestion and I started to panic that I was getting sick (we've been quarantined strictly since March 11, so I was racking my brain as to how we could have gotten exposed). Then I remembered that we're taking the nosode and thought maybe this was an immune response. I am extremely tired this morning (26th). I had to go back to sleep on the couch which is unusual. Z does not seem tired. The joints in my hands are also achy and tight, as are my shoulders and upper back. This is unusual. I ate conventional bread yesterday, but I don't usually get joint pain and stiffness like this. The fatigue borders on exhaustion. Symptoms lasted one to two days.

6. Examples of the mental and emotional transformative process:

- Either my eyes are better or the view of the world outside was so much brighter, the smells more intense, and fresh,

like in the past. It is the real scent of nature. I want to be outside as much as possible.

- All of the symptoms went away within 24 hours. Profound peace, bliss, awareness, and the ability to ground the collective emotions followed. I honestly feel like a different person. This nosode has changed me for the better.
- I have more of a sense of balance, secure that this thing wasn't going to get me.
- Paralyzing fear, and deep fear of the disease give way to feeling stable, grounded, and being relaxed and happy at home/cleaning home. A sense of **calm** and immediate, overwhelming **peace** appears. I am alert, curious and excited.
- My heaviness and suicidal thoughts lift, and are replaced by positive, pleasant feelings, happiness and cheerfulness. There is confidence in general, and confidence in the ability to cope and to handle challenges. There is a *surge of energy*, motivation, and a **sense of well-being**. She is clear about her purpose for the first time. Insight that the virus is here to help humanity transform and we need to learn some important lessons from it.
- I had surprising feelings of sweetness and sweet thoughts and connection with others, with others who want to do good. Feelings of elation and freedom, expansive energy, soaring.
- I had a healthy emotional outlet with my partner. Tears came, and he actually asked me if he could do something for me for the first time. I felt glad and had an emotional release around this.
- When my partner was around, I had the distinct feeling of having soul cramps. My whole energetic body was squeezing and releasing in discomfort in his presence and our incompatibility. It was like a birthing process. Strong bright red blood continued to flow throughout most of the day but slowed by the evening. All my symptoms were manageable once my partner left. Now it seems that we are finished for good. This has happened many times before, but now I have a stronger sense that our relationship is impossible, and it is unacceptable that he is simply not able to support me. My needs are simply not being met. It was a huge liberation for me to accept and take responsibility for this!
- I felt really good after the remedy. The fear of the virus completely went away. I felt optimistic and had a sense that the virus is here to help humanity transform. The fears were replaced by feelings of elation and freedom, expansive energy and soaring.
- I felt connected to others. I was feeling love for and connected to people, especially a deep love for and connection to other homeopaths. I felt pleasant, as if slightly altered.
- I felt like dancing, it felt so good! The first thing that came to mind is the Goddess Kali of destruction and

creation. I continued to feel much less stress about the situation.

- I felt a genuine sense of being invincible—healthy, well, vibrant. I felt that I may have conceived, and that’s why I’m feeling so good. My sleep is broken, as per usual. I wake up hallucinating that the walls are in some way coming apart. However, this time, I had a clear thought in my head of “I want there to be a disaster.” It was very significant to me to nail this thought. It seems to be behind all my symptoms.
- 53-year-old female:
 - Day 1: I felt heat in the throat area, as if a sore throat is coming on. General malaise and fogginess.
 - Day 2: There is increased restlessness and more muscle aches.
 - Day 3: I felt slight difficulty taking deep breaths. I cough when I try to inhale deeply. I am more constipated. The fogginess continues. There are muscle aches in the lower legs and upper back, between the shoulder blades. I want to stimulate acupuncture point GB 34.
 - Day 4: I worked a long day. The slight chest obstruction continues. I feel like coughing. Insomnia.
 - Day 5: There is no perceptible physical symptoms except the heaviness in the limbs. I feel unfocused and still have trouble sleeping.
 - Day 6: I am unfocused and tired with internal restlessness. The constipation continues.
 - Day 7: Bam! I get a constant headache—the area between my eyebrows feels zapped. I almost fell asleep at the T-Mobile store. I was barely able to open my eyes. I feel a dull ache in the vertex and occiput. My muscles are very achy, especially in the lower legs. I feel very restless internally. This is the day many practitioners intended to take the Novus remedy. I wonder if my symptoms are stronger as a result of the morphogenetic field effect. I decide to pass on the triple dose as I’m still in the middle of this proving.
 - Day 8: All my symptoms subside. Except the stomatitis on inner upper lip.
 - Day 15: Second dose of Novus 1M (single dose) Within minutes, I get a sense of rawness on my tongue. I look at the tongue in the mirror and notice deep cracks on the lower third, corresponding to the lung and heart meridians using TCM tongue chart diagnosis. On the left side of the tongue, there is a raised bud (liver/gallbladder). My stomatitis has not completely resolved after more than a week.
 - Day 16: I can finally start writing again. It comes through me, effortlessly. The third dose of Novus 1M brings on an increasing sense of release. After I write, the rawness on the tip of the tongue returns.
 - Day 17, 18: I have a very powerful feeling of clarity.
 - Day 19: Walking, I think of people, events in my past. It’s like stuff is being pulled out of my head and my scalp feels achy in different spots, like a wandering ache.
 - Day 20: Suddenly I feel very vulnerable. I want to be held. My husband tells me to go to bed. I look for my daughter and ask her to join me in bed, and we hide under the covers. It’s more of a primal vulnerability, inarticulate. I ask my daughter if she sometimes feels this way, and she says she gets often moody all of a sudden, for no reason.
 - Day 21: I wrote a short story—HP in allegorical form. It writes itself.
 - Day 22: On Saturday, I feel physically uncomfortable again. During the rest of the week I feel increasingly constipated. Insomnia—waking up in the middle of the night. I feel heavy and have to walk to get myself together.
 - Day 27: I feel very weird and isolated. Everything is unsettled, in transition. By this time, NY is the epicenter of the coronavirus. With over 40,000 cases, about half of the US total. It’s as if I am in between worlds, one dark, the other light.
 - Day 29: I develop achy muscles in my shoulder, neck and lower back. Some chills and fatigue. There is a red patch on the front of my neck, and a lump in my throat, without achiness. As if I’m coming down with the virus. It feels like Day 1 of the proving.
 - The HP group takes Novus 10M together on Saturday morning. The achiness lets up very quickly. I feel the burning/pain in the front of my thighs more. Later that afternoon, my constipation is relieved, and I get a good bowel movement—easy, quick, well-formed stools. A poem about the plight of the daily wage workers in a ghost town came to me and reminded me of *Bryonia*. I begin to see a bigger picture and understand homeopathy outside the books. It comes with feeling of tremendous clarity.
 - I experience a return of old symptoms, one after another:
 - i) Fear of persecution, fear of being caught by unknown forces. Deep grief, despair and guilt about not being able to use my homeopathy knowledge, not having enough remedy to help first responders. Not prepared. Self-blame. Generally, overly responsible.
 - ii) Chronic fatigue, with burning in the thighs. No desire or capacity to interact.
 - iii) My left eye is blood shot even though I had slept well the night before.
 - iv) Constipation.
 - v) Candida symptoms. In a conversation with a close friend, I would fart after every statement of my position.
 - vi) Thursday and Friday: I finally get an appetite in the morning. Easier bowel movements.

- vii) I acknowledge I am not responsible for this health crisis, and I am not in control. I find other ways to respond, by sharing information and reaching out to clients, one at a time. The path ahead is much clearer. I feel less helpless and despondent about not being able to respond to the sick as a triage health worker. Much less fearful. I start propagating plants and planting seeds.

Conclusions

The research team spent six months sorting and sifting through the coronavirus nosode data as the world as we know it was changing. We have been confronted with massive contradictions between how we thought we were living as humans on this planet, the realization of the damage we have done to ourselves from how we actually have been living. We have been operating under an illusion about who we are and the reality we thought we were living under. Broken illusions as the shattered mirror are the metaphor for *Novus-CV*.

The acute immunological response in most individuals is short, fast, sharp, and sometimes violent when it comes to discharges and the purgative processes of the stomach and rectum. However, *Novus-CV* can also treat sub-acute conditions that have been intermittent and long lasting. The remedy activated a fever and chill followed by the exonerative discharges necessary to lessen the metabolic burden of congestion driven by blocked elimination pathways. Old chronic discharges became freer, lungs breathed easier, and bowels moved more copiously. *Novus-CV* transmuted fear into wellbeing, and we believe it has contributed to transformation within the collective.

For these reasons we understand *Novus-CV* to be able to act curatively, preventatively, and in cases of never-been-well-since Covid-19.

Commentary from the research team

In the last days of this work this condensed message came to us from coronavirus. Many of the statements below come from, or are combinations of, the *exact words of the registrants* (in italics below) and we have woven them into an “as if one person” totality to shed light on the transformational process the disease and the nosode offers humanity. While this may be our subjective interpretation, we understand that, due to the complexity of evaluating a proving of a nosode for an epidemic in the middle of the epidemic, these lines may be blurred.

In an interconnected web there is failure in targeting one thing without understanding the whole. Non-functional socioeconomic systems and immune systems are collapsing because of the application of fragmented beliefs and medical systems. The societal and medical institutions that were once designed to support life are now threatening it.

In the emotional category, we look at *the children and babies who were more fussy than usual, with unprovoked weeping*. The *deep, deep, sadness* they are experiencing, from the perspective of being closer to the whole in their new lives comes from a memory of the source: that original oneness. Healthy children encountering the coronavirus nosode feel everything: the exodus, the collective pain we are feeling living on this planet the way we do.

Humans think they can go in with an mRNA vaccine and the disease will go away. This will change everything but not in the way nature intended. Our bodies come from our parents and ancestors. Our DNA is thousands of years old and has evolved in an interconnected way with nature and the environment we live in. It took eons for this web of life to develop. To think we can short circuit this evolutionary track with a vaccine without looking at why this disease came and what it is targeting is shortsighted. Forcing an immune response without undertaking the active immunological *purification process of a fever* and the need to appropriately discharge waste products does not recognize the huge metabolic imbalance humans have created within their own body. There is an analogy to the ecological imbalances we have created on the planet. *The weeping, runny noses, watery eyes, phlegm in the lungs and profuse vomiting and diarrhea* are a sacrifice: discharges the body must make to preserve the whole.²⁶ These are the acute exonerative discharges of chronic disease.

The pain comes from no longer recognizing ourselves. “the shattered mirror” first suggests itself to us through the symptom “*glassy eyes, bloodshot and irritated eyes, along with glassy feeling in the chest*” and mirrors the ground glass opacities detected in chest X-rays of Covid patients as the first diagnostic signs of Covid-19 in early 2020.

The outer dictates would have us mask to further cover up. I do not recognize you; I cannot see you. I believe this patriarchal mask identifies the problem as an external threat that can be controlled by covering up our noses and mouths, the orifices of oxygen exchange. However, the virus gives us the opportunity to look deeper, to undercover the underbelly and dark shadow of our lives and the systems we have invented *that keep us running in fear with palpating hearts*. With mandated vaccination of children, to the *absurd contradictions* in our thinking about what is health and disease we are strangling the very life force of humanity. Without understanding the role childhood infectious disease has in the healthy development of the immune system and individual in society, how can we unfold the individual into *healthy community* under these constructs?

There is shame, I do not want to look at it. I keep covering my eyes. I want to hide and not see. Stitching pain in the breast, a flood of light into the frontal area of the forehead. So much collective grief and the shame we suffer under. We are ingrained in the

reflection of the world we see. What have we done! Fear, I do not want to be wrong, I have a sense of compliance.

This virus has come to awaken us to self-realization of our infinite creativity and self-sovereignty over our lives. *The pressure in the head and not comprehending* is the pressure this virus is exerting on us to look and see and reclaim what we had abdicated.

Humans are susceptible to suggestion. *We want to live in community* and be responsive and responsible to the collective. *Where do we begin and where do we end? What is our individual responsibility to ourselves and the collective?* I believe we cannot abdicate our individualization for the collective through succumbing to a vaccine. *As I resolve this sickness in myself, I facilitate the resolution in the collective.* We get to choose other outcomes than those we are told we must follow.

Am I right or wrong? Am I in or out of the group? We are bound by the rigidity of societal structures, such as you must do this and conform to our rules and regulations or the mandates of the State.

We need to be warriors to put up walls and boundaries, me versus you, us versus them. We are collectively in a frozen state. A new birthing process must happen, through the syphilitic birth canal of life or death. So much danger and pressure. Get me out of here. Air is everywhere but not a single breath of my own to take is there. *I feel like coughing to clear this excess phlegm.* The surface membranes of the lung oxidation pathways are the intersect between the inside and outside. *The oxidation pathways are congested, we can't breathe. I am hyperventilating.*

Loss of taste and smell is a blockage. Not being able to taste, smell, hear, or see; this is the ultimate disconnect to the natural ecology of our lives. According to the web of life there are six degrees of separation. Yet we need six feet of separation. Craving for chocolate is there, a longing for connection past the veil of life, as in the Malvales family's themes of bonds of love versus isolation and separation.

The congestion of all cells, phlegm reaching the orifices. The brain fog is so thick that the life force cannot rise in us. We are intermittently, blocked, congested, plugged, inflamed, constricted and drowning. We are infested with fungus and rotting stool. Urination comes quickly. Once the heaviness of the legs has reached a point where we cannot move, we will be stuck there forever. After the release of discharges through the runny nose, vomiting and diarrhea, and discharge of the foul stool we will be liberated. The fever is welcomed to burn it all out. After the fever, all the fears and anxieties are liberated.

Then comes a release of the backlog, *stretching out the muscular cramps.* With it *the brain fog lifts, gross old discharges*

and debris clear. Once cleared, we have *clarity and vision* in our life *like after a rainstorm, tsunami, or tidal wave has washed away the debris. Anxiety and fear give way to peace, calm, and a serene sense of oneness.*

We are coming to an end of this way of thinking. Thank God for this moment in our lives where we can pause. There is a potential for accelerated healing. *There is an urgency to communicate this realization for humanity.*

We are experiencing a huge shift in paradigm. We need to return to the earth and breathe the air and release the excess carbon and nitrogen stored in our bodies. Releasing the carbon and replenishing this deficient oxygen indicates *Carbo vegetabilis, Carbo animalis, Carbon dioxide, Carbon monoxide, Carbo fullerianum, and Adamas.* Nitrogen gets stuck as ammonia and poisons our thoughts. It is released through excessive urination, gas, and belching. *Ammonium carbonicum, Ammonium muriaticum, Argentum nitricum,* for example can facilitate the release of excess nitrogen and metabolic disorders.

In the end the image-centered culture is pushed to an extreme. The mirror shatters. It is time to return to the earth, consume less food, live in community, intermingle, and share our biomes and our stories. *Each individual has his or her place.* Not collectivism but community based on equality. Not a gag order, but a conversation. Hegemony, the one who holds all power, is an empty hollow vessel. In the end each of us must grapple with our individual embodiment. Do I live or die? We have a body that lives in the environment and must survive within the innate operatives of its dictates. *The clarity of individual personal convictions and boundaries* demonstrates a reclaiming of an individual's autonomy. The aim is to release the individual's power and potential in the social context of community.

The mirror that is shattered will never come back. We cannot be our true human selves until we come back into community and dissolve the fragmentation of our perception or realize the interconnectedness of our bodies and nature. *There is a deep sense of calm, pleasant, and relaxed sensations. No more fear, feeling of love and compassion for human connection.* Here is how community activates the evolution of the individual. Between waking and sleeping we can see between the lines. We have choice. *The deep sleep* invoked by the remedy asks us to return to source, to ourselves.

We are shifting. Thank you.

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