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Foreword

Samuel Hahnemann, the father of classical homeopathy, opened up a whole new line of thought for me. 200 years ago, he wrote: “Heal as gently and safely as possible”. I take this motto to heart every day. And I am grateful that my teachers taught me to heal in this way. They triggered immense curiosity in me.

Treating people with classical homeopathy is something which fascinates me every day of my life. It seems logical to use this treatment method on plants, as plants are living entities – they are just as much a part of creation as we are. However, logic isn't always easy, and it took a while for me to understand that homeopathy can work just as well on plants as on people.

I'm a homeopath, but not a gardener – which is why I'm adding a word of encouragement for all future “homeopathic gardeners”. I have a private garden, and am neither a gardener nor a botanist. 35 years ago, I could barely tell the difference between a young kohlrabi plant and a rose. As you can see, no one is born a master of his art. However, over time all that changed. Gardening is a pleasure for most people (and does away with the need to traipse to the gym).

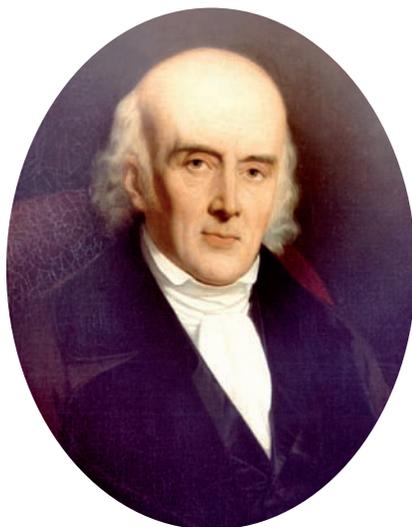


Fig. 1: Samuel Hahnemann
(1755-1843)

If you manage to heal your plants with the help of homeopathy, you will find it twice as enjoyable. You may not succeed overnight, but every time it will be a bit better – and it's so exciting!

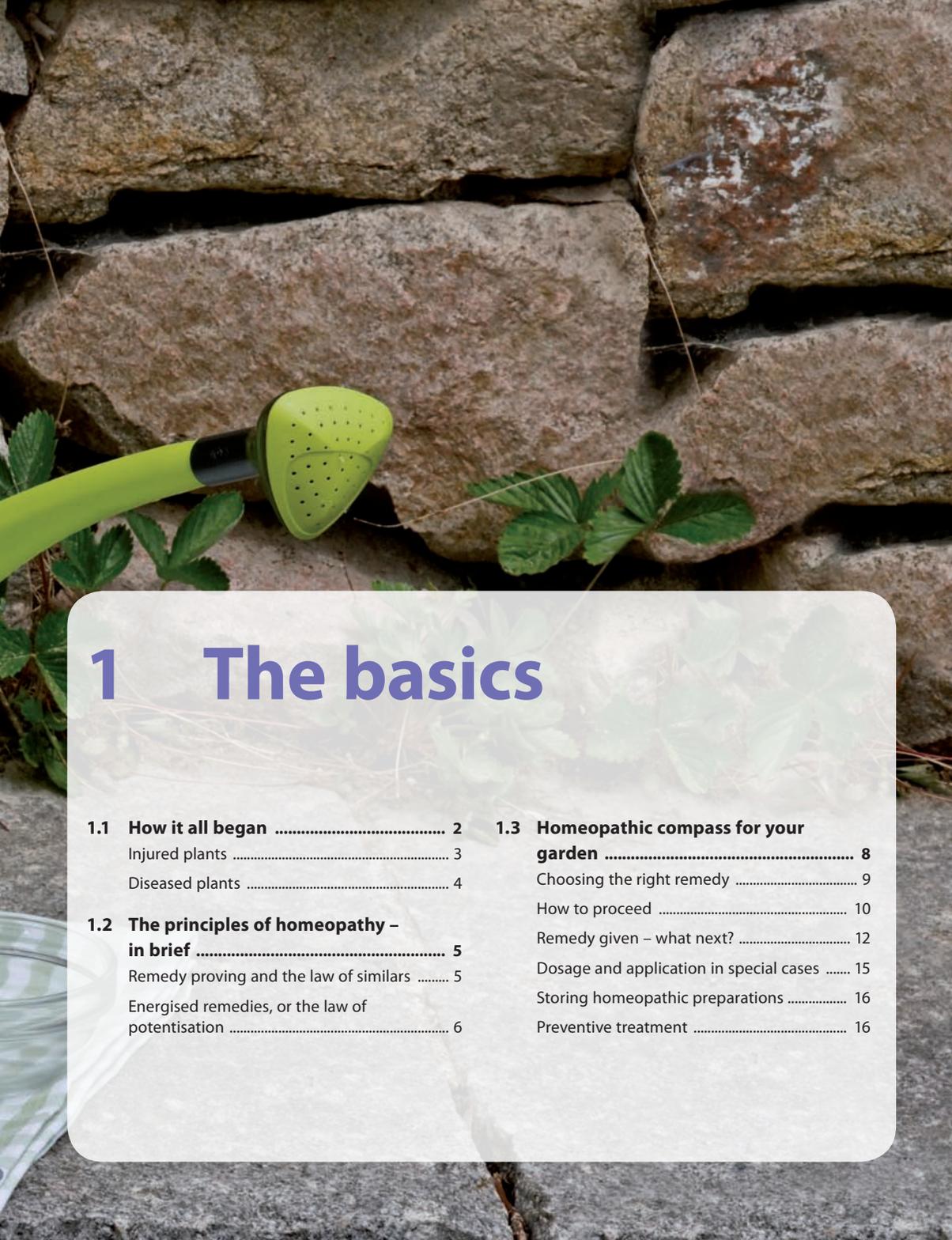
Another source of motivation for me is that homeopathic plant treatment clearly reduces the need for chemical pesticides and compounds – you may even be able to do away with them altogether. If we can put just a fraction of this into practice, we will be helping to protect our environment. The book you now have in your hands has been carefully compiled to the best of my

knowledge. As homeopathic plant treatment is still a brand-new field, I can't accept any liability for failures. However, it would be wonderful if lots of people would take part in our research and give us feedback. Failures are also important and take us a step further. Many thanks in advance.

I hope you will all have fun with "homeopathic gardening" and wish you the greenest of green fingers!

Friedrichshafen, Spring 2011

Christiane Maute



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■ Choosing the right remedy

I have put together a few tools in the appendix to help you choose the right remedy. Use the table of modalities (→ pp. 130-131) to narrow down what may be causing your plant's disease.

The modalities describe the circumstances in which a symptom gets better or worse. This book naturally only lists the factors which make the disease worse.

You should make several copies of the table of modalities before starting the treatment so that you can make entries as relevant. You will also need a coloured pencil or text marker to make the relevant marks. A ruler will stop your lines from running into one another. How to proceed:

- Inspect your diseased plant closely. Could its current condition be the result of frost, heat or hail? Is it a fungal or other disease? Is the plant infested with pests? Find out what the problem is.
- “Repertorisation”:
Determine the possible causes with the help of the list (→ pp. 130-131).
 - Use a coloured pencil to enter the relevant crosses.
 - With the help of your ruler, check (vertically) which remedy has the most coloured crosses. If you have entered two, three or even more crosses next to a certain remedy, this remedy is probably the most effective cure for your plant.

- Make a note of this remedy (or possibly remedies). Read up on each remedy in the descriptions (→ chpt. 5) and decide which corresponds most closely to your plant's problem. Homeopaths call this process repertorisation.

- In chapters 2 and 3, you will find that each plant disease can be cured with one of several remedies. Using the table of modalities (→ pp. 130-131) for repertorisation will help you choose the best remedy for your plant.
- The remedy descriptions (→ chpt. 5) will show how and when each remedy can be used. This section can be used as part of your own repertorisation process.



Fig. 8: Start by inspecting the diseased plant closely

How to proceed

- Only use a single remedy. Please do not mix several remedies together. Maybe in future I will in exceptional cases recommend the mixing of two remedies for large farms and nurseries to minimize the time and effort required for application. The simultaneous use of several remedies must be carefully considered and should only be undertaken by an experienced homeopath. The danger is that not all homeopathic remedies “agree” with one another and instead neutralise one another (= antidoting). So please do not conduct your own “experiments”.
- Use spoons and stirring instruments made from only plastic, porcelain or wood. Metal can disturb the action of the remedy. Plastic watering cans are therefore better than metal. After every application, clean the watering can by rinsing it thoroughly with fresh water.
- Simply watering with a watering can has proved more effective than spraying with a plant sprayer.

- Water the entire plant, including leaves and root area. For trees, apply to the trunk and the area of ground below the tree canopy.
- If possible apply the remedy on a bright, dry morning or towards evening. The leaves should be able to dry out quickly. During sunny and hot days, only water the roots since otherwise the leaves may be burnt by the sun.
- Avoid getting the remedy mixture on your skin; otherwise you might react with a remedy proving (see chpt. 1.2), which is not dangerous but nor is it especially pleasant. But don't worry if you were somewhat careless – the remedy proving is over in a short time. Therefore, keep children and pets away until the foliage has dried.



Note:

- You will find a list of the most frequently used homeopathic remedies for each disease.
- In other cases, use the table of modalities on pages 118-119 to help you choose a remedy which fits the symptoms.



Fig. 9a: Keeping track of infestations

Dosage and administration of C potencies

- There are various ways of preparing the remedy mixture:
 - Add 6-8 globules to 150ml of water (roughly the volume of an ordinary drinking glass) and crush them with a plastic, porcelain or wooden spoon. Wait until the globules have completely dissolved. Then stir vigorously.
 - You can simply wait until the globules have dissolved on their own. Then stir the mixture vigorously.
 - Add the globules to a screw-top bottle with about 150ml water and wait until the globules have completely dissolved. Then shake the bottle vigorously.
- For **houseplants**: Crush 4 globules of your chosen remedy in approx. 1 litre of water using a plastic or wooden spoon, allow to dissolve and stir thoroughly. Water the leaves and the root area with this mixture, preferably outside or in a tub. Please do not use in strong sunlight or in the evening.
- For your **garden**: Crush 6-8 globules in 150ml water (about 1 glass) using a plastic or wooden spoon. This mixture will be divided into 3 parts and used to make up 30l of “medicinal water” in all. By dividing it into three parts, you can make sure it is diluted properly. You can of course add the 150ml mixture to 30l of water all at once. However, because I don't like



Fig. 9b: Counting the globules



Fig. 9c: Crushing the globules



2 Pests and damage

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population 20

2.2 Insects 26

Ants 26

Aphids 28

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2.3 Slugs 40

Whitefly

Whitefly (→ fig. 28) is found in greenhouses, on house-plants and outdoors.

Signs of infestation: Whitefly settle underneath the leaves. Clouds of them fly up if you touch the leaves. They harm the plant by sucking the juices and excreting large quantities of honeydew. This honeydew is a breeding ground for sooty mould. This turns both leaves and fruits completely black.

Causes: Dry, warm conditions.

Treatment and prevention: Put your plant in a bright, cool place. Give it plenty of fresh air and water it regularly. Specialist dealers supply yellow trap plates to catch whitefly.

The homeopathic remedies *Psorinum* and *Sulphur* have proven themselves to be particularly useful in treating whitefly.



Fig. 28: Whitefly

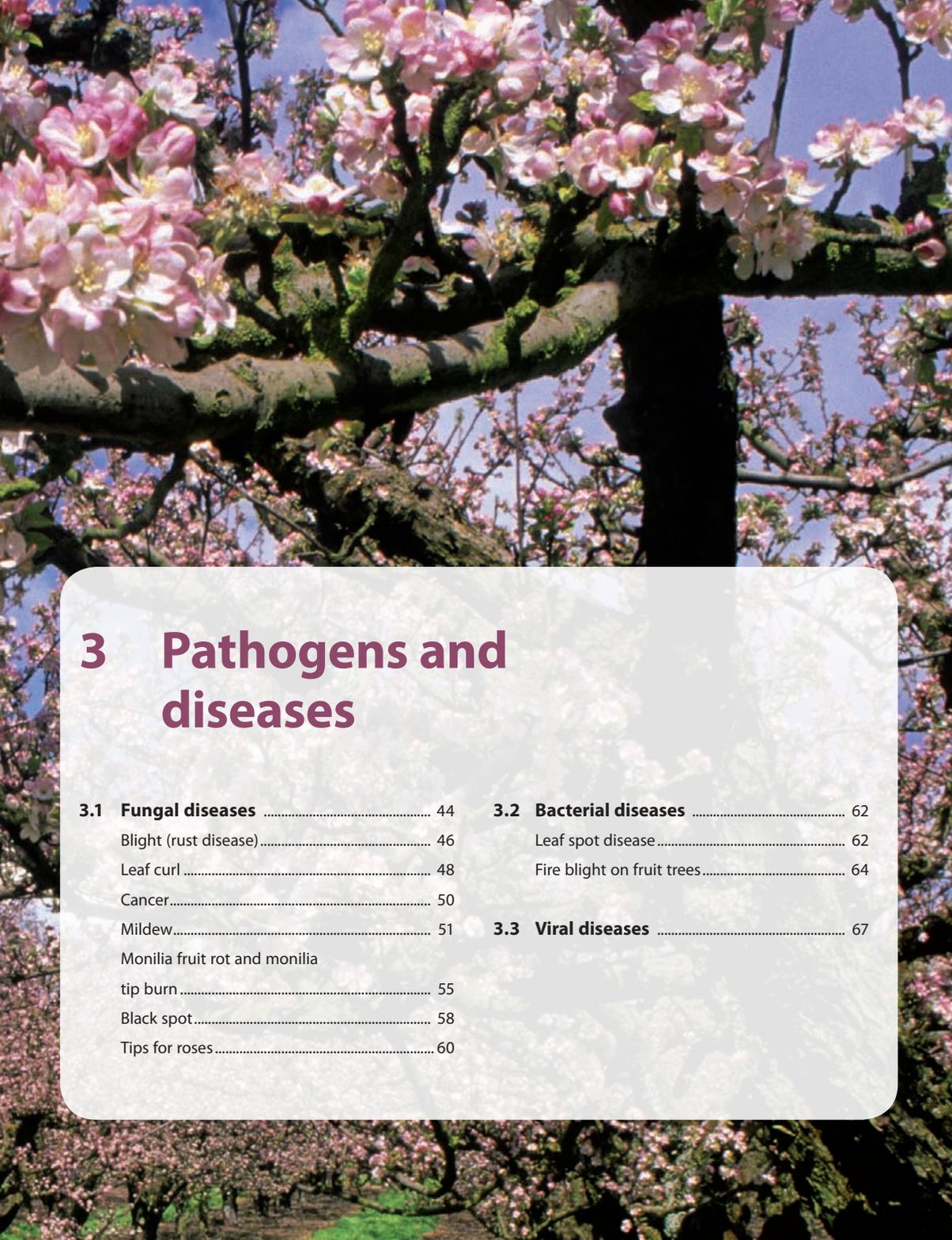
Main homeopathic remedies for whitefly infestation

Psorinum 200C

→ The edges of the leaves roll up. The sticky honeydew excretions attract sooty mould which then turns the leaves and fruits black. Sensitivity to cold and frost. Small, puny plants whose weakness makes them particularly vulnerable to pests.

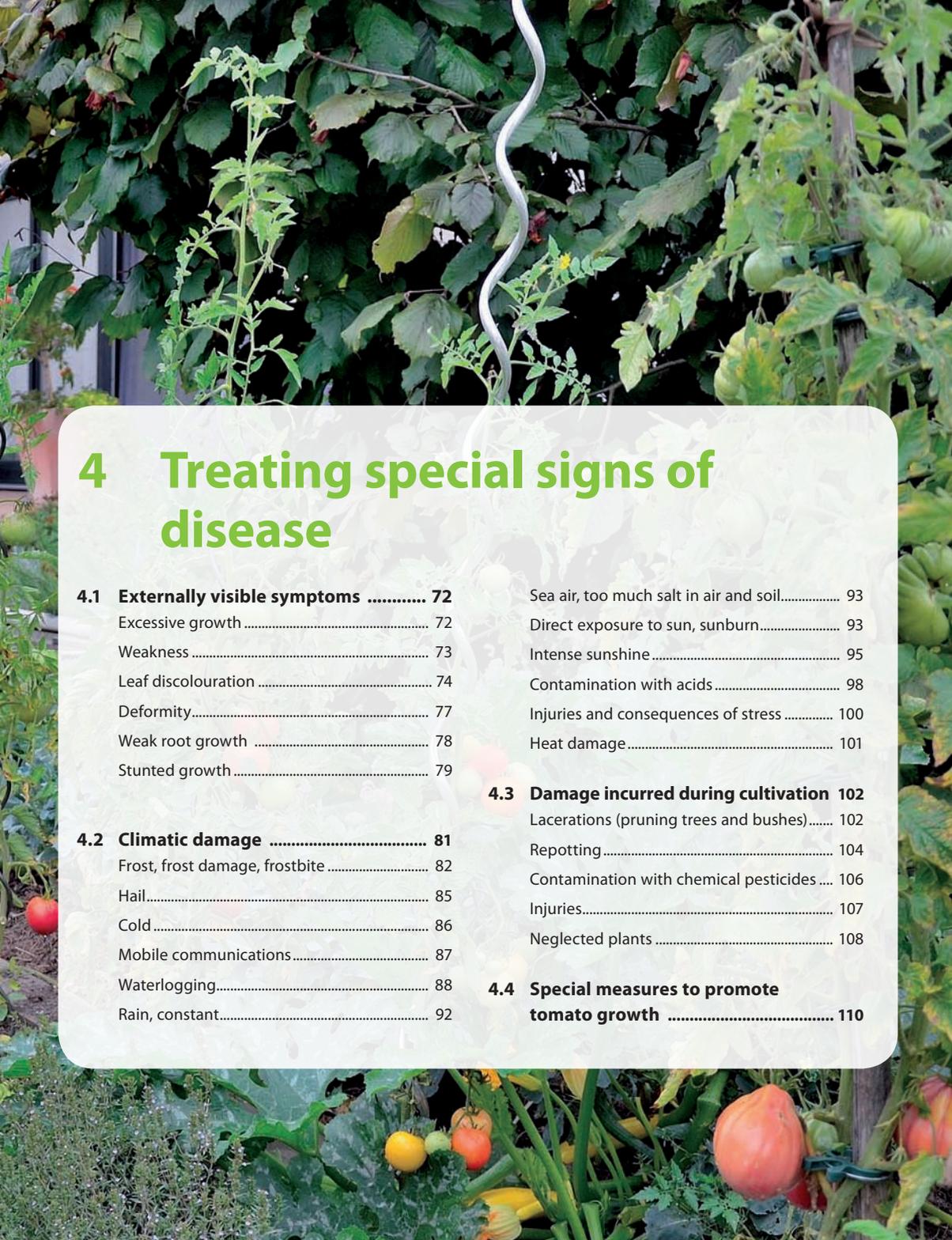
Sulphur 200C

→ The edges of the leaves roll up. The sticky honeydew secretions may lead to colonisation with sooty mould. This turns the leaves and fruit black. Thirsty plants unable to absorb water. Sensitivity to cold and frost.



3 Pathogens and diseases

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5.1 Homeopathic remedies for your garden

■ **Aconitum (Aconite, Monkshood)**

- **Characteristics:**
 - Sudden symptoms are typical of *Aconitum*. The plant reacts very suddenly, wilts extremely quickly and dries out
- **Weather damage:**
 - Result of cold, dry north wind
 - Result of sudden cold storm or wind
 - Result of hot days (intense sunshine) and very cold nights



■ **Anthraxinum (anthrax nosode)**

- **Characteristics:**
 - Plant appears burnt
 - Leaves turn dark or black, wither and rot; damage spreads rapidly, “like wildfire”
 - Bark turns brown, cracks or sinks; reddish-brown wood under the infected bark
 - Infectious orange-brown slime on the bark
 - Shoots curl up like a “shepherd’s crook”
- **Special diseases:**
 - May be helpful in cases of fire blight

■ **Arnica montana (Leopard’s Bane)**

- **General effect:**
 - Consequences of blows, impact, being dropped
 - Excellent tonic for all plants
 - Improves circulation in the plant’s capillary system; *Arnica* ensures that the plant is properly supplied right through to the tips
- **Damage caused by errors in cultivation:**
 - Injuries from pruning
 - Injuries from repotting or relocation
- **Weather damage:**
 - After plant injuries from hail, storm and wind (e.g. breakage)



■ **Arsenicum album (white arsenic oxide)**

- **General effect:**
 - Indicated when plant growth is weak
 - Weak plants
 - Plants stay small and look puny
 - Plants dry out quickly
- **Damage caused by errors in cultivation:**
 - Contamination, e.g. by chemical pesticides
- **Weather damage:**
 - Dry cracks in the soil
 - After lengthy periods of dry, warm weather

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- *Sulphur* is indicated for the consequences of warmth and heat damage, fungal diseases and powdery/downy mildew.

As *Sulphur* fulfils all the criteria, you decide to use *Sulphur* 200C.

II Examples: treatment in spring

■ Pruning and trimming trees and bushes

Healthy plant

- If your plant is healthy, give it a prophylactic treatment after **pruning** with 6-8 globules of **Arnica 200C** in 150ml water.
- Crush with a plastic, porcelain or wooden spoon. Stir thoroughly. Put about 1/3 of this mixture in a plastic 10l-watering can filled with water; stir well. Use to water the plants and soil.
- Follow the same procedure with the remaining 2/3 of the mixture. (I divide the remedy mixture into thirds to avoid having to carry heavy watering cans. However, you can of course put the whole 150ml of remedy mixture in 30l of water). Make sure you clean your watering cans thoroughly afterwards.

After pruning your plants and treating them with this mixture, allow it to work for one week.



Fig. 87: Roses receive Arnica as a prophylactic treatment after being pruned in spring.

30C (6-8 globules in 30l water) once a week. Treat the plant as with *Thuja 30C*.

- Change back to **Thuja 30C** after another 7 days, and back to **Carcinosinum 30C** another 7 days after that. Continue alternating between *Thuja 30C* and *Carcinosinum 30C* once a week. Duration: approx. 4-6 weeks.
- Once the wood has visibly recovered, round off the treatment with **Sulphur 200C**, 6-8 globules in 30l water.

IV Basic homeopathic remedy kits for your garden

The homeopathic remedies mentioned in this book are suitable for use on plants and soil. You can get them as sets of 30 or 48 or as individual remedies. Furthermore you can purchase special sets; e.g. for balcony and indoor plants or for the treatment of roses.

Supplier: Narayana Publishers, www.narayana-publishers.com (→ appendix chpt. VII).

The homeopathic remedies are listed with their respective potencies. If you would like to start treating your plants homeopathically, it's enough if you have the following 30 remedies to hand; these are used most frequently:



Fig. 91: Homeopathic remedy kit

Commonly used homeopathic remedies for plants and soil

- Aconitum 200C
- Arnica 200C
- Arsenicum album 200C
- Belladonna 200C

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