

Sea remedies: *Evolution of the Senses*

Jo Evans

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Reviewed by Kaare Troelsen, Denmark.

A True Pearl

This book is a true pearl, a welcome pleasure in the heap of poorly researched books on homeopathy that are published. The language is beautiful, the layout and images are exquisite and the way the subject is explored, analysed and presented is truly inspiring and insightful. The timeliness of its publication can't be accidental. The sea remedies have received a lot of attention lately from various writers like *Sankaran*, *Schadde* and *Massimo*, but this book is in a league by itself and so far the most comprehensive book on the subject. It is a wonder that this missing link between minerals and animals has not been explored previously in this detail. We have the huge old remedies like *Sepia*, *Calc carb*, *Spongia tosta*, *Ambra grisea* and it must have required a blind spot, to have ignored the profoundness of healing potential in this group of remedies, that resonate with many of the fundamental human issues. Many of our patients that seem to require mineral polychrests but do not get the relief we expect, will benefit from our knowledge of sea remedies.

A Labour of Love

Jo Evans takes us on a real tour de force, using a wide range of knowledge from many different sources like evolution, biology, physiology, biochemistry, neuroscience, philosophy, poetry, literature, mythology, signature, cultural context, traditional use, history, medicine, psychology, *Organon*, materia medica, provings, toxicology, cases, clinical experience etc. And she does manage to synthesize all these faceted facts into an image of the remedies and groups that the reader can use in the clinic. A feat that shows that she really knows what she is writing about. This not just a quick amassment of disparate facts made to construct a book, it is actually a real treasure-trove of cohesive knowledge that can be understood and used on many different levels. A labour of love.

Sea Remedies has three main parts, the first part explores the evolution of the senses of taste, smell, vision, touch and hearing through the evolution from primitive sea sponges to more complex animals like lobster or squid. This evolution from passive microorganisms to assertive and complex hunters necessitated complex senses. She employs the biological knowledge about the way the different animals sense, function and experience to explain symptoms that arise in proving and through clinical experience. The reason for this is that our understanding of remedies/ patients is based on feelings, sensations and experience. They are found through the tension between sensation and language (phenomenology).

The second part of the book explores the various groups of sea animals Porifera, Cnidarians, Echinoderms, Marine Arthropods, Gastropods, Bivalves, Cephalopods. As strange and exotic as these names appear to readers not familiar with sea remedies, as interesting and enchanting is this world to explore through Jo Evans' book. She looks at the animals/ remedies from all sides through the eyes of all the above-mentioned angles.

It could, in the hands of some, easily become messy, overwhelming and disorganized or meaningless, but Jo Evans makes it clear and useful without it ever becoming too factual and dry only or too ungrounded and speculative. The whole book is a product of a renaissance-like mind that without fear unfolds various fields of knowledge and relates them to reveal new and surprising knowledge.

The third part that spirals you upward and downward deals with the multiple ways the spiral as a symbol can be understood in biology, alchemy, human development, sea remedies etc. This part is incredible interesting and almost dizzying in its multiple references bridging gaps between traditionally unrelated areas, that would otherwise require a leap of faith.

The last part is a quick reference repertory of sea remedy affinities, keynotes and themes.

A new standard

Sea Remedies is a new classic that will continue to inspire those who want a deep understanding of this 'new' group of ancient remedies as well as expand their way of perceiving remedies in general. It has set a standard.