



# GHANA HOMEOPATHY PROJECT

Issue 13

## NEWSLETTER

WINTER 2016-17

**HAPPY NEW YEAR!! TO ALL OUR VOLUNTEERS,  
STUDENTS & SUPPORTERS**



### Creating a Future for Homeopathy in Ghana with KHS

What a wonderful graduation ceremony we shared on December 2nd, 2016, with our inspiring 'Certificate in Homeopathy' students.



Also present: those interested in doing the course next year; proud relatives; our advanced diploma students; and the chair and secretary of the Ghana Homeopathy Association.



Cont on pg4...



### \*\*\*AFEHYIA PA O\*\*\*

Happy festive greetings from all of us here at the Premier International School of Homeopathy & Alternative Medicine, as we give a summary of our year 2016 and look forward to lots more progress in the new year of 2017.

There's a warm settled feeling all round as we reflect on our achievements over the year from many aspects: the satisfaction in working with clients and observing their positive healing processes, the benefits emerging from the sheer guts and determination of remaining true to our vision and peace at being part of such a wonderful healing profession.



At this point in the year we take a moment to exhale in wonder at how far we have come and to give thanks.

Cont on Pg 2...



### Education & Clinic Progress at HHHC with the Hope Homeopathy Study Group!



GHP's commitment to training the next generation of homeopaths in Ghana continues to move forward. December 2016 saw Lyn Clark kick start the new First Aid Certificate course at Mafi Kumase in the Volta region.



With eleven HHSG students now enrolled, their very first well attended online webinar took place in mid January 2017.

Cont on Pg. 4



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**PISHAM** Continued from front page...

### Clinic

Our community clinic, which doubles as our student training clinic, is beginning to gather interest from the public with more innovative ways to support people to access homeopathic treatment including home visits, which I have taken on. Could end up anywhere across the country. Oh well, have homeopathic kit - will travel!

We do need to work harder though, at helping people to find our exact location. More signboards are much needed!

### Networking

Dr. Berdie and I have made contact with a range of organisations over this year and continue to build those relationships to promote homeopathy and offer specific groups homeopathic treatment.

### Students

A few of our students struggled with staying the course due to personal events in their lives. However, determined to finish their coursework, they have approached us to help them complete. So, in the spirit of homeopathic philosophy I designed individual programmes and extension plans tailored to individual students' needs. Quite a challenge, but the end result is that coursework has been completed with good results in formal assessments and exams. So, classroom and clinic should be a bit fuller in the new term, as those students return to the usual rhythm of our timetable. Phew! Well done us.



### Diploma Students

Our first, not one but two, students have completed their Diploma course... **Ayeeko!** A father and son duo: Phillip and Noble Kpogo, (pictured) will both receive their Diploma certificates from the **Contemporary College of Homeopathy in the UK**, in early 2017. We are all really pleased! So in that light, we feel the final word (or words) for 2016, should come from one of those graduating students.

Before we hand over to Noble; a huge thanks to Lyn Clark, Jacqueline Smith and Mathias Strelow for being part of our year, teaching our students and professionals in other health services. Your input has been invaluable.

Report by Grace Rhoomes



### MY HOMEOPATHY JOURNEY

By Lionel Noble Kpogo (PISHAM)

Before I entered into mainstream homeopathic training, my daddy (Phillip Kpogo) had always told me stories about homeopathy as a branch of medical science which is safer, effective and reliable in treating disease conditions without side effects. My daddy told me, even at his old age (71yrs), his vision of setting up a homeopathic medical college in Ghana which will hopefully soon be realised, so he is still willing to further his knowledge in homeopathy though he is already qualified.

He emphasised that homeopathy would be a more prudent program to pursue after my first degree from the university. He often gave me many reasons why homeopathy had to be my profession but I also equally gave him many reasons why I would prefer the popular conventional orthodox medical practice. This dialogue continued for years and occasionally my daddy would give me a homeopathy book to read and express my views on what I had read. There were interesting facts and events I could relate to from other disciplines. One of the books I read was by SANKARAN and gradually my interest and passion for homeopathic practice grew.

In August 2012, my daddy invited me to meet a group of enthusiastic homeopathic practitioners who were going to speak to individuals interested in pursuing a course in classical homeopathy. It was at this gathering that I met Ghanaian Dr. Berdie & Grace Rhoomes who had a British accent though she was a true African. They spoke one after the other giving us full details of what the course entailed and the prospects we could gain after successfully completing the four year Diploma program.

Surprisingly, Grace Rhoomes asked all participants present to pick up their pens to answer a few questions from her speech. The hall went 'wild' as all participants perceived a possible aptitude test. It was a hilarious scene to see, as we were noisy and laughing. I guess none of us were ready for such a test but gently she read out her questions and we answered. In that particular exercise I had the highest scores and was happy.

Cont...

## Noble Kpogo Cont from Pg.2...

One key word that dominated our minds as she read her questions was 'AMANSAMA TROTRO' being echoed in a British accent. Before we ended the session that day Madam Grace informed us to come in early the following morning to meet some foreign homeopathic practitioners & lecturers. That morning we met homeopaths Linda Shannon, Angelika Metzger and Ingrid Daniels who also taught us for two days.

The school has subsequently, over the years, seen lots of foreign homeopaths such as: Linda, Angelika, Ingrid, Yolande, Claire, Jacqueline, Sheila, Lyn, Michelle, and others I never met but who have also contributed immensely to the work of the Ghana Homeopathy Project and helped Dr. Berdie & Grace Rhoomes spread homeopathy in Ghana; organising outreach clinics in Kasoa, Ofaakor, within the Central region and also Mafi-Seva, Mepe, Adidome, Aseykpe and Mafi-Kumase in the Volta region of Ghana.

In one of our residential training trips to Mafi-Seva; Chris, Precious and myself were in the company of Grace and Jacqueline Smith (GHP UK Co-ordinator), where I was 'drilled' over a patient who presented with multiple conditions and her symptoms pointed to two remedies. But we needed to differentiate the symptoms and choose the single similimum remedy to help restore the patient back to health. In the process I erred in my understanding of one important step about receiving the patient's symptoms that felt as if Grace and Jacqueline bombarded me with multiple questions intermittently to state my reasons. Honestly, I felt so much under pressure that at one point I thought I needed a remedy too but couldn't ask because it was also funny. It was a really useful learning experience.



Later that evening after supper, fellow students Chris and Precious came with their guitar and blessed us with some soothing traditional songs.

In 2015, I had the opportunity to win the AN AWARD after completing project work in a village called OTWEKROM in the Central region of Ghana. The award took me to India. In all we were five in number: Ken, Emperor and I, with homeopaths Angelika Metzger from UK who organised the study trip and Rebecca Sturgeon from South Africa. On arrival we met Drs Kalyan, Dilip, & Khalishankar who taught us while there. It was a wonderful learning experience in all. At one point Ken and I needed extra money to buy books, so Madams Angelika and Linda made contact with the Homeopathy in Africa (GHP) board of trustees who helped us out.

Back in Ghana in 2016, I had the opportunity to travel north to Kumasi where another model of homeopathy school has been initiated by homeopath and GHP Ghana Co-ordinator Lyn Clark. It was amazing seeing another strong emerging group of students who are receiving training to become future homeopaths.

My final year project work, i.e. my supervised cases, was such a huge task since my location at the Otwekrom village was very far from the capital Accra and created lots of challenges for my first supervisor Grace Rhoomes (Course leader at P.I.S.H.A.M) and Dr. Berdie (Principal of P.I.S.H.A.M) to find ways to help me to stay engaged with the course. I say to you both:

*"I am humbled by your patience, support and encouragement all this while. The rewards of your labour will soon blossom to make you proud."*

To Madam Linda Shannon, who later became my supervisor after my initial challenges, I am most grateful for the several books offered to me, the extra learning points, the financial support and encouragement among all other things.

MAY THE CREATOR OF THE UNIVERSE BLESS EACH AND EVERY ONE THAT HELPED ME IN DIVERSE WAYS TO COMPLETE THIS CLASSICAL HOMEOPATHY DIPLOMA COURSE.

## CALL TO ACTION!

Please help us to keep doing what we do best with your help:  
by setting up a standing order or giving a donation  
using our form on pg. 9 and send it to us!

### KHSG Cont from Page 1...

Thanks go to the Kumasi Homeopathy Study Group Diploma students who delivered the teaching with mentoring. The Certificate Course will be taught by Diploma students every year and enable Certificate Course students to continue onto the Diploma Course if they so choose.



Our Diploma students are now in year three. The course is continuing to be delivered via webinars with international teachers; classrooms of self-directed learning where material is embedded from the previous webinar; and mentoring with each student having their own mentor using an apprenticeship-model type structure.



In the next few months we will be setting up a student clinic, as students start to take their own cases under supervision. This is a very exciting phase, as those of us can remember from our own homeopathic training - starting to take cases independently. However, we will be encouraging students to work in pairs at the start.

We will also be looking for permanent dedicated premises in which to create this new clinic and to house the library and the pharmacy. We will rent at first as we sustain each of our forward steps.

Mentoring some of the students to teach the Certificate Course has been a significant expansion of our vision. From this work emerged a realization that we can take homeopathy across other parts of Ghana, at this stage, at least at certificate level. As we create local teachers in Ghana, there is the potential for further expansion and graduates from all our branches, moving their vision forwards.

**Report by Lyn Clark**

### HHHC Cont from Pg 1...

As reported in the GHP Autumn 2016 Newsletter, we had work still to do on the Hope Homeopathy Health Clinic building and we move closer to its completion with carpets bought and the ever crucial ceiling fans and fencing round the building recently being fitted.

Construction also moves forward on the new patient & volunteer toilet with a generous donation from 2015 volunteer Julian Jonas.



And patients keep on coming to the new **Hope Homeopathy Health Clinic**, often queuing for treatment for both acute and chronic health issues, so training more homeopaths is crucial.



**Patient with head wound**

**The Bike Depot** now has fourteen bikes and two tricycles for hire to the women head traders for alleviation of the maintaining cause of carrying on their heads, heavy loads of goods or produce from home or farm to the market.



**You can still buy a copy of the insightful**



**'Volta Voices', to increase funds for helping continue this initiative at just £10 + postage, by contacting: [info@sheilaryan.co.uk](mailto:info@sheilaryan.co.uk)**

Read on to hear one of the HHSG student's experiences of studying homeopathy so far...

**Report by Emperor**



## **SO FAR, SO LOVELY; SO INTERESTING WITH HIGH FUTURE EXPECTATIONS**

**By George Akoetey- HHSG**

I joined Hope Homeopathy Study Group on 2<sup>nd</sup> November, 2016 after a brief introduction from my good friends Eli and Mensah who had already started the course. I remember that hot afternoon when I joined the study group for my first lecture and Lyn Clark introduced us to the remedies “RUTA” and “RHUS TOX”.

I was confused throughout the lecture because I was new and not having any knowledge about the fundamental principles of homeopathy. The encouragement I received from our lecturer (Lyn) and my study mates raised my confidence level to gather momentum for the course. I started reading materials from the course and I have realised that homeopathy is not just herbal, plant or traditional medicine, but rather homeopathy is a natural medicine based on principles and as such it is a scientific method of healing.

Examining the principles of homeopathy and the numerous **REMEDIES** we have studied so far, proved to me personally, that homeopathy as an alternative health provider has come to the African continent, particularly Ghana, to save lives. So far, in our studies of the remedies; taking into consideration the Generalities, Mentals, Physicals and Modalities, satisfies my curiosity about the genesis of some sicknesses and how they can be managed as a homeopathy practitioner.

The study of homeopathy also helps me to negate some superstitious beliefs we have about some sicknesses in Africa. For instance, we attribute spiritual backings such as “Juju”, “black magic” etc. to some ailments and have tagged them as incurable diseases.

In fact, the principles of homeopathy helped me in my daily activities as far as my own health is concerned. Just last week for instance, I was bathing and expectedly **water** entered my **left ear**. I tried all possible means to let it out but to no avail. Then the principle “**like cures like**” came to mind. I quickly dipped my index finger into a bowl of water and **dropped** the **water** inside my **left ear**, positioning my head well for about twenty seconds, then turned my **left ear** up-side down and to my surprise the water came out.

In fact, the many reported cases of sicknesses such headaches, stomach pains, swollen body parts etc. at the Hope Centre with Mr. Emperor at the helm, using the principles and the appropriate remedies to heal these patients, rekindled my spirit and love for the course. The only challenge so far is how to balance effectively my teaching job with the studies. It is my highest expectation that after my successful completion of the diploma course I will become a great homeopathy practitioner to help my people. I humbly ask that more exposure should be offered to us to learn more about the course. Thank you.

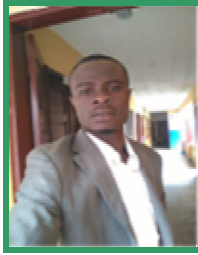
## **CALL TO ACTION!**

**JOIN** our GHP FACEBOOK GROUP AT:

<https://www.facebook.com/groups/GhanaHomeopathyProject/>

**VISIT** our Ghana Homeopathy WEBSITE at: <https://ghanahomeopathy.org>

**FOLLOW** us on Twitter: @Ghanahomeopathy



## **MY EXPERIENCE OF STUDYING HOMEOPATHY**

**By Opoku Agyeman Samuel - KHSO**

With only a few years of studying and practicing homeopathy, I can intuitively say that it is one of the most holistic systems of medicine the universe adheres to. It is a system which treats the body as a whole, not as a part of it. Therefore, I would like to share my minor experience in homeopathy.

Homeopathy has changed my way of thinking about healing. At first all I knew was to go for conventional medicines when feeling unwell just to let the pain go away; but with homeopathic studies I realise rather that it is not the medicine that takes away the pain, as I had always thought, but it is the body which heals itself when it is in the state of imbalance. In this state, all the body needs is something (a remedy) to remove the blockages.

The principles of homeopathy also inspired me. Basing my knowledge on the four main principles of homeopathy, I can entrust that they signify the true science of healing. 'Like cures Like' being the first principle gives me the understanding that any substance that causes certain illness in a healthy person can cure the similar illness symptoms in a sick person. The other principles i.e. 'Totality of the Case', 'Individuality' and the 'Minimum Dose', are all the true science of healing.

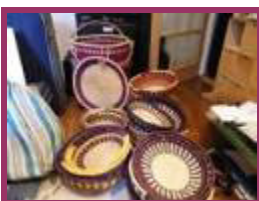
The art and skills acquired from lectures in case taking is also fantastic. Case taking, moreover, helps the homeopath to gather all information about the patient's health conditions and health history which the homeopath uses to base prescriptions of a remedy, similar to the symptoms presented through case analysis and other procedures.

Lastly, the 'Law of Cure' from Hering, is from my perspective, universally convincing. It is understandable that disease within a patient's body will move from a vital or more important organ to less vital or less important organ since for all of us; it is a healing process.

## **CALL TO ACTION!**



**SELL VOLTA VOICES** in your practice and community. Wonderful stories of the lives behind the case taking at the Hope Homeopathy Health Clinic. There are 10-15 in a pack which is the cost of two bikes! If you would like to buy some, Sheila's contact details are on Pg.4)



**BASKETS - BUY one of these!** They are beautiful, useful and imported from Ghana by Bonsu Boaten. Key-rings and handmade fans are available for those with smaller budgets. The woven baskets range upwards from £15 (Details from: [bboaten@hotmail.com](mailto:bboaten@hotmail.com))

# THE GIFT OF VOLUNTEERING

## A GIFT TO YOURSELF...AND TO THE PEOPLE OF GHANA!



### OUR IMMEDIATE NEEDS AT GHP ARE:

Active **TRUSTEES** to join the board of our charity - **Homeopathy in Africa**

Help to generate **VOLUNTEERS to go out to Ghana** — or go out yourself, of course :-))!!!

**THERE IS A REAL NEED HERE.....**It's amazing....and we'll support you in arranging your trip.

**WEBINAR TEACHING** - For the teachers out there, why not teach a webinar **from your own home**, with full support from us? - It's a truly inspiring experience!

### COMMENTS FROM PREVIOUS VOLUNTEERS



*The teaching was interesting. Students have a lot of experiences to offer...and they do like to give their opinion. Get the group to explain back to you what you have taught them to make sure they've understood you and your accent!... I found Mafi Seva to be a magical opportunity. Emperor, his extended family and work colleagues made us feel so welcome and comfortable. Emperor also tried to give us opportunities to see village life. **Mandy Larkin, Previous Volunteer in Ghana & now KHSG Webinar teacher***



*I have been twice to Ghana and intend to return. The experience is more than a mere description can convey, but it has impacted on me as a person and as a homeopath. This form of medicine is very new to Ghana as a whole, so being able to witness amazing improvements in people's acute conditions has been rewarding. **Ingrid Daniels, London, England***



*Unlike my own practice where many patients have chronic degenerative diseases etc... or mental states often complicated by medical and dental interventions as well as multiple prescriptions, the people I saw in the village presented with conditions and histories that were less involved...and overall responses to the remedies seemed to be more immediate. **Julian Jonas, Vermont, USA***

**We've had a re-shuffle in the GHP Management Team and it now looks like this:**



**Jacqueline Smith**

**GHP UK Co-ordinator**

[creativelifeconsultations@gmail.com](mailto:creativelifeconsultations@gmail.com)



**Lyn Clark**

**GHP Ghana Co-ordinator**

[lyntclark@icloud.com](mailto:lyntclark@icloud.com)

**We're still working closely with our Ghana Partners**

**Bonsu Boaten  
(KHSO)**



**Grace Rhoomes & Julius Berdie  
(PISHAM)**



**Emperor  
(HHHC)**



**And supported by our Founding Elders**

Linda Shannon



Angie Metzger



Sheila Ryan



### **Our thanks to ...**

Ainsworths Homeopathic Pharmacy; Dr. An Debyser; Barbara MacIntosh; Dr Julie Smith (Research Mentor) Angelina Moseley (Research statistics); Drs Kalyan and Kalishankar Bhattacharyea (Kolkata); Erroll Bowyer; Helios Homeopathic Pharmacy; Homeopathy Action Trust; Julian Jonas (2015 Volunteer); Pat McCrae; Homeopathy Research Institute; Homeopathic Humanitarian Organisation; Sheilagh Creasy; Sheila Ryan; Jane Parkin; Paul Potheary; Isabelle Mazille; Sarah Gilpin Francis Treuherz; Hans Willem Steensma; & The Tanner Trust; Gillian Chang; Linda Bernard; Mary Krizka; Dawn Price; Anne Loades; KHSO Mentors: Mandy Larkin-Jones; Glenis Paulette; Soroush Ebrahimi; Jacqueline Smith; Jo Morgan; Susan Brooke...and the many other supporters who have given funding, books, remedies and supplies

### **Our special thanks to:**

**Charles Wansbrough** for his continued generous support and to **Mike Bridger** of the **Contemporary College of Homeopathy (UK)** for his commitment to mentor and support the Project

### **The Trustees of Homeopathy in Africa**

Peter Jadinge: Chair (Temp.)  
Soroush Ebrahimi: Treasurer  
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Bonsu Boaten  
Mary Ellis  
Liz Angell





## DONATIONS & S.O's FOR GHANA HOMEOPATHY PROJECT

Homeopathy in Africa - UK Registered Charity No 1125981

Send all cheques and Standing Order/Gift Aid forms to: Ghana Homeopathy Project, c/o Linda Shannon, 45 Straits,

PORTLAND, Dorset DT5 1HG

Cheques to be made payable to: **Homeopathy in Africa**

### Standing Order Form

To the Manager of: (Full address of bank or building society) \_\_\_\_\_

\_\_\_\_\_

Please pay to CO-OPERATIVE BANK PLC

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SORT CODE 08-92-99 - ACCOUNT NUMBER 65318708

the sum of £ ..... on .....\* and thereafter £..... monthly/annually on .....

until further notice. (\*Please insert date of first payment)

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Signature \_\_\_\_\_ Date \_\_\_\_\_

### Gift Aid Declaration for charity *Homeopathy in Africa*

Your Details (Block letters please)

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I am a UK taxpayer and I would like tax to be reclaimed on this and future donations through the gift-aid scheme. I note that I must have paid an amount of tax that at least equals the tax reclaimed on this donation.

Please notify the charity if you:

1. Want to cancel this declaration
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3. No longer pay sufficient tax on your income and/or capital gains

If you pay income tax at the higher rate, you must include all your gift aid donations on your self assessment tax return if you want to receive the additional tax relief due to you.

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