

Right healing: Herings law of cure

Dr. Constantine Hering, a 17th century homeopath, made some observations about the nature of effective healing which we think have stood the test of time, and are generally applicable to all forms of natural healing (western or other) - *other than* instantaneous, spontaneous cures.

The core of his observations was that *symptoms re-surface as part of the healing process, which occurs in a specific order, thereby offering a symptom resolution hierarchy.*

Hering's Law of Cure postulates that in "right" healing, disease leaves the body: in the **R**everse order of appearance of symptoms; from **I**nside to outside; from the **G**reater organs to the lesser organs; from the **H**ead-space first, and from **T**op to bottom.

Use the acronym **RIGHT** to remember the principles.

Here are the principles explained in a little more detail.

Symptoms resolve:

- 'In **R**everse order that the symptoms appeared' meaning recent conditions leave first, earlier conditions leave (or are eliminated) later. For instance, it might take years for chronically diseased organs to revitalize to the point where the body can liquefy old, dried catarrh (mucus), and draw it out through the eliminative channels.
- 'From the **I**nside -out', meaning getting rid of toxic accumulations from the inside of the body to the outside, (ie. it is the internal toxins being eliminated in the skin, breath and colon).
- 'From the **G**reater organs to the lesser organs' meaning that symptoms heal from the deepest (most limiting) level to the most superficial. For instance, a general illustrative hierarchy of importance of organs is brain and heart, kidneys; lungs and liver; colon; skin. This also means symptoms improve from the central core of the body to the periphery (hands and feet).
- 'From the **H**ead- space first' meaning there is an attitudinal change. Chronic illness has a negative thinking aspect to it, whether obvious or subtle. The movement away from disease is accompanied by a shift in thinking, a movement towards cheerfulness, enjoyment of happy moments, fortitude, faith, hope and the like. As thoughts shift so do emotions, and so does the body.
- 'From the **T**op to bottom' meaning *symptoms* higher up the body resolve earlier than those lower down the body.

We think it is important for anyone undertaking holistic measures to improve the quality of their health to understand these principles because they make clear that:

If one uses a suppressive therapy (allopathic drugs for instance), **and** deeper disease symptoms (commonly referred to as 'complications') appear, it is indicative of further deterioration (ie the disease has progressed further). The treatment modality is therefore faulty. To prevent the disease going deeper it is necessary to

change the treatment course. One is not going to get better by doing more of what isn't working.

Conversely, when proper treatment is used, one may well re-visit symptom patterns from an earlier stage (of one's life- when the disease pathogenesis was being formed), to the extent that those symptoms were not resolved (ie healed) at the time, *or-* as is commonly the case- were suppressed by previous treatment protocols. This is the principle of *reverse progression of symptoms*, which (in an uninterrupted period of holistic healing measures) will continue until all the unresolved disease conditions are resolved, going back even to early childhood. *Herings law* provides a *symptom hierarchy- a way to assess the course chronic disease is taking, i.e. towards healing, or towards deeper manifestation of disease.*

This concept of the healing process related to chronic disease is an interesting, and insightful aspect of natural therapy. Of course, it runs contrary to the basis of allopathic medicine, so many in the medical community may reject it. The reality is that it will also not be accepted by many people because in comparison to the apparent quick-fix of pill -popping remedies, its time-consuming, and demands an active participation in measures to regain health and well being. It is a marathon, not a sprint. Not everyone will take up such an approach, but we do believe that everyone should know about it. It can be a life changing paradigm shift that applies the principle to their self-healing endeavors.

Lets illustrate the usage of the principles with examples.

A classic sequence of **disease formation**, would be the first imbalance showing up in the bowel, followed by the skin, followed by the lungs and finally reaching the head level, i.e. the disease is moving in an upward direction, and from lesser to more important organs.

And what about the movement back to genuine **healthfulness**? Take someone with asthma (or another lung imbalance). If the condition is regressing (ie genuinely getting better), then in the course of *reverse progression of symptoms* it's quite possible that a skin imbalance (such as eczema) or a bowel condition (such as IBS-like symptoms) may show up. At the same time, despite the recurrence of these symptoms, the general trend of the persons thinking and emotions is positive and hopeful. All of this is indicative of healing: the course of the disease is going from *inside -out* (egg internal toxicity expressed as eczema/ IBS-like symptoms) *greater to lesser organs* (lungs to skin), *from top to lower down* (chest to the abdomen); *in reverse order of symptoms formation* (bowel disorders typically precedes asthma type symptoms, but are often not recognized as a real problem at the time); *general improvement in the head-space* (positive thoughts, clarity of thinking, feeling alive, hopeful, better moods, glad to be alive, sense of resilience).

[This example illustrates a key point. That any and all discharges after a natural remedy or treatment, including skin conditions, show the body is throwing off toxins. That is a good sign. This is so even with allergies, which from a natural healing point

of view, is really another way the body is saying: "This (internal toxicity) is bad news, lets get it out by whatever means are available." Colonics can play an important part in reducing the burden on the eliminative channels, and even more so when supported by a good dietary regime, ideally with lots of juicing in place.]

On the other hand, how is one to know **the treatment protocol is wrong**? What if the person with asthma were to become chronically depressed after treatment, their thinking is dull, they feel everything is too much for them, they dwell in a brain fog?

It would be clear that the treatment protocol is wrong: the course of the disease is moving from lung to the head-space (*moving from a lower point in body to a higher point*), and moving from *a lesser organ to greater organ* (lungs to brain).