

Alize Timmerman



Homeopathic remedies and their use in old age

In our free introductory course, Alize Timmerman explains why the creation of this course was so important to her. In her interesting conversation about the aging process, she talks about the treatment of older people with homeopathic medicines based on the diverse and very touching experiences that shaped Alize's life.

Alize told touching stories from her life and that of her grandmother, which provided a deep insight into the healing power of homeopathy.

Her grandmother was born in 1878 and had to overcome great challenges at a young age. Although she lost her mother in childbirth and later lost everything during two world wars, she always remained healthy and happy. She developed an organic farm and learned which herbs and plants can nourish and heal people.

When her neighbors made fun of her, her grandmother remained calm. After her farm was also burned down, she wisely said:

"There is no problem. We are not losing anyone."

She firmly believed that the life energy within each person was stronger than external adversities.



At the age of 18, Alize's grandmother began to study homeopathy. From then on, she not only treated her 13 children and her sick family, but also visitors from all over the region with the healing herbal medicines. As Alize proudly reported, her grandmother reached the ripe old age of over 100 years - healed and supported exclusively with homeopathic medicine.

This selfless dedication to healing also inspired Alize.

Alize went to Africa and learned from the experienced healer Elvia. Together with her, they treated people of all ages in remote villages with great success. With only 35 homeopathic remedies, mainly Nux vomica and also in high potencies, the two healers achieved results of over 90%

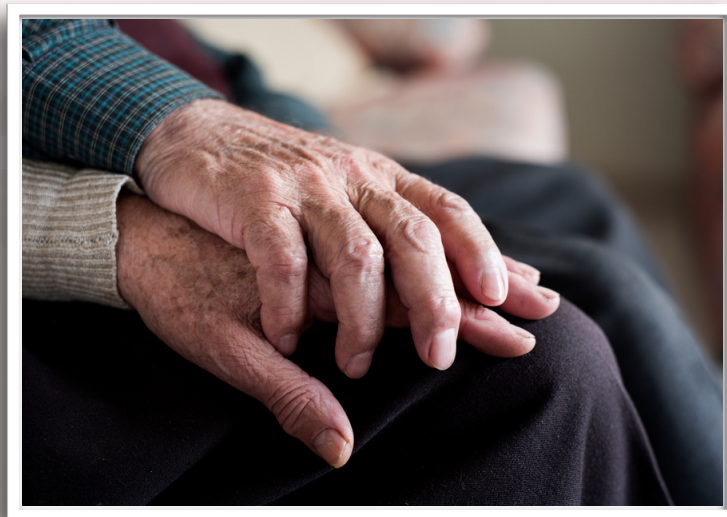
Together with Elvia, she taught the poor population in townships and villages the basics of homeopathy. Within a few days, students learned the most important medicines and were able to use them to treat diseases such as tuberculosis, AIDS and malaria very successfully. Often, C30 potencies were enough to have a health-promoting effect. Alize was deeply impressed that the people in Africa had so much faith in the power of the globules.



Alize's own family also remained healthy for decades by consistently receiving homeopathic treatment. Her parents even reached the age of 100. Alize felt called upon by Elvia to share this knowledge with others. She mainly wanted to enable older people to provide themselves and their relatives with homeopathic medicines again. This is because people in elderly homes often dispense a lot of medication, which can affect the personality and vitality of the residents.

Alize told Mathias about a frightening example: A family had to suffer for years from the aggressive and confused behavior of their mother, who was suffering from Alzheimer's. The father also suffered from severe heart problems and depression. He was drugged with many psychotropic drugs and heart medications every day. His emotional pain was so great that he was constantly lying in bed crying.

But then the daughter made a desperate attempt: she treated her mother homeopathically with Natrium muriaticum C30 because of her love-hunger and vindictive nature. She fed her father with Aurum metallicum C30 because of his fears for his health and death. The medication was slowly withdrawn and after a short time father and mother were full of love for each other again.



This touching story proves once again how much homeopathy can alleviate suffering and heal interpersonal relationships. Alize wants to pass on this knowledge in her course. She consciously sticks to the classics such as Natrium mur., Aurum Met. or Symphytum officinale C30 for fractures, as these remedies have proven their healing power in hundreds of cases. She wants to encourage younger people in particular to use the potency of medicinal plants for prevention for themselves and others.

Because if you listen to your own primal power and the power of nature with an open heart and trust, new happiness in life can blossom.

Alize and Mathias also talk about how the knowledge learned in Africa can be applied in Europe. Trust is an important prerequisite. Alize talked about successful treatments with just one homeopathic medicine:

Nux vomica C30 has proven effective for people who have become less inhibited and more irritable due to sleeping pills or alcohol. Even just a gentle dose can make the personality more harmonious again.



A particularly important topic for Alize is the treatment of older people. They often take a lot of medication every day, which dampens their vitality. Alize therefore wants to enable seniors to provide themselves and their families with homeopathy again.

She names five medicines that, in her experience, are very beneficial for age-related complaints:

- Arnica – Especially after falls or other minor injuries. Arnica can help quickly and relieve pain.
- Nux Vomica – As already mentioned, for people who take a lot of medication or drink alcohol. Nux Vomica helps to regain balance.
- Gelsemium – Often used by older people with anxiety or inner restlessness.
- Ignatia – For people who suffer from losses, such as the death of a partner. Ignatia can provide comfort here.
- Sulphur – Many older people benefit from this remedy after taking medication for a long time or when suffering from constipation.
- Rhus Tox – Good for tension or the typical stiffness after waking up.

Alize recognized the power of simple homeopathy, which is tailored to the individual. Older people in particular, who traditionally take a lot of chemicals, suffered from increasing irritability and inner restlessness. Homeopathy worked wonders here by gently awakening the body's self-healing powers.

That's why Alize wants to teach practical methods in her course. She focuses on the 35 remedies with which she and her teacher achieved the best results in Africa. With the help of Nux vomica, Arnica or Bryonia, for example, many ailments can be treated gently or even prevented.

But Alize also repeatedly emphasizes trust as the basis of every healing. Like her grandmother, she taught that only the strength of one's own heart can overcome external adversities. Her grandmother also gave courage to others by saying wisely:



**“No one can touch our
life force.”**

This sensitive, powerful message from Alize's grandmother should also be passed on to her students. May they support and heal people with the gentle but effective methods of homeopathy - just as generations before them did with deep wisdom and devotion.

The Mathias Berner Academy and Alize Timmerman warmly invite you to take part in this course. Alize wants to impart practical knowledge to you that will encourage you to use your own primal power and the power of plants for the health of yourself and others.

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