

# A Constipated Child

Nicholas Nossaman, MD, DHt

Keywords: constipation, separation anxiety, *Arsenicum album*

Amelia (born 25 April, 2007)

I had seen Amelia [not her real name] numerous times previously for recurrent otitis media. She presented on 10 April, 2009, with her mother describing her as holding her stool. She had always had the tendency to become constipated before the onset of acute illnesses, with normal return of bowel function afterwards. This time, after an episode of acute gastroenteritis, she had become constipated for two weeks, going four and five days without stool, despite increasing fiber in diet, prunes, fruit, etc. She would eventually pass a hard stool only after use of a glycerin suppository, then revert back to the pattern described as follows: she would obviously feel an urge, would cross her legs forcefully, grunt and become red in the face and resist the passage of stool; she would nurse frequently at night “all night,” her mother said. Her mother was working as a teacher and on her arrival home in the evening. Amelia would cry and become quite clingy, angry and demanding. She liked to put things away in her room spontaneously; she became instantly angry if her desires were frustrated.

She used her potty chair once for a bowel movement, before this started, took a look at the stool in the container and said, “Uh-oh-uh-oh,” emphatically and

refused to use it again.

My reasoning was as follows: she was a child who had strong separation anxiety, manifested by anger and demanding, coupled with what seemed like voluntary retention of stool, for some reason. Many children will retain stool if its passage is too painful, and this was definitely a consideration. The other thing that occurred to me was, with her somewhat fastidious nature and her reaction to seeing stool in her potty chair, that she may have been resisting making a (visible) “mess.” It was somewhat of a speculation, but based on some solid data about her. Because of this, and the great separation anxiety, manifested with anger and demanding, I prescribed *Arsenicum album* 200C.

Within a day, she began having three to four stools a day without resistance, and within a week she had become much less anxious and demanding with her mother.

*About the Author: Nick Nossaman, MD, DHt has been practicing homeopathy for 29 years in Denver, Colorado. He is past-President of the National Center for Homeopathy and the American Institute of Homeopathy.* AñH

# Calendar of Homeopathic Events

*This calendar is provided courtesy of Dr. Betty Wood*

## Scheduled Events

### NORTH AMERICAN EVENTS

OCTOBER 2-4, 2009

Frans Vermeulen and Linda Johnston, Toronto  
Inner Dynamics: A Remedy's Perspective  
Troublesome Twosomes:  
Parasitic Plants: Unequal Partners  
Aroids: Sex and Silence  
Malvaceae: The Chocolate Bond  
The Ontario College of Homeopathic Medicine  
info@ochm.ca; www.ochm.ca; (416) 535-5995

betsy@homeopathyschool.com  
www.homoopathyschool.com

OCTOBER 10-11, 2009

New York School of Homeopathy, NYC  
Anatomy & Physiology; Pathology & Disease (6)  
Susan Sonz, CCH, Director  
info@nyhomeopathy.com 646-796-3860  
http://www.nyhomeopathy.com

OCTOBER 3-4, 2009

New York School of Homeopathy, NYC  
Second weekend of the Clinic Class  
Susan Sonz, CCH, Director  
info@nyhomeopathy.com 646-796-3860  
http://www.nyhomeopathy.com

OCTOBER 10-11, 2009

Dr. A.U. Ramakrishnan, San Jose, CA  
Contact: Rina Valia on 408 835 7420  
email: seminars@pacifichomeopathy.com  
website: www.pacifichomeopathy.com/seminars

OCTOBER 5-11, 2009

Jo Daly and Janet Snowdon, Boulder, CO  
Weeklong Advanced Clinical workshop  
Contact: Betsy Levine, 207 589 3399  
betsy@homeopathyschool.com  
www.homoopathyschool.com

OCTOBER 16-21, 2009

Rajan Sankaran, Vancouver, BC  
His only 2009 North American seminar  
Contact: rajansankaraninvancouver@gmail.com  
Phone: 604 708-2222

OCTOBER 9 - 11, 2009

Vital Sensation 2.5-year Training Program, San Diego, CA  
California Center for Homeopathic Education  
with Rajan Sankaran, Bill Mann, Robert Gramlich,  
Cheryl Feng, Laurie Dack  
See website invitation from Dr. Sankaran  
http://www.cchomeopathic.com  
Contact Dr. Cheryl Feng at cchomeopathic@aol.com  
760-466-7581

OCTOBER 16-18, 2009

Janet Snowdon, Toronto, ON  
3-day seminar  
Contact: Christine Jambrosic (416)315-0748  
cjambrosic@hotmail.com  
www.homoopathyschool.com

OCTOBER 9-11, 2009

Janet Snowdon, Boulder, CO  
3-day seminar: Further into Sensation  
Contact: Betsy Levine, 207 589 3399

OCTOBER 17-23, 2009

Massimo Mangialavori, Harvard, MA  
The Language of the Body: Dualism, Ambivalence  
and Schism  
Study of Homeopathic Remedies and Families for this  
Issue  
Sponsored by New England Homeopathic Academy  
(NEHA)  
Contact: Betty Wood 978-635-0605  
mailto:bw@bettywoodmd.com for detailed course

description

OCTOBER 17-21, 2009

Rajan Sankaran, Vancouver  
Website: <http://www.vancouverhomeopath.cityslide.com/vancouverhomeopathy.html>

OCTOBER 17-18, 2009

New York School of Homeopathy  
First weekend of the Foundation Class  
Susan Sonz, CCH, Director  
[info@nyhomeopathy.com](mailto:info@nyhomeopathy.com) 646-796-3860  
<http://www.nyhomeopathy.com>

OCTOBER 23-25, 2009

Louis Klein FS Hom, Minneapolis  
Homeopathic Master Clinician Course  
Contact: Aryana Rayne at 604-947-0757  
[info@homeopathycourses.com](mailto:info@homeopathycourses.com)  
<http://www.homeopathycourses.com>

OCTOBER 23-25, 2009

New England School of Homeopathy, Amherst, MA  
Two year certificate course with Cycles and Segments  
Instructors: Drs. Paul Herscu ND and Amy Rothenberg ND  
mail to: [nesh@nesh.com](mailto:nesh@nesh.com)  
413-256-5949, fax 860-253-5041  
<<http://www.nesh.com>>

OCTOBER 24-25, 2009

New York School of Homeopathy  
Second weekend of the 2nd Year Class  
Susan Sonz, CCH, Director  
[info@nyhomeopathy.com](mailto:info@nyhomeopathy.com) 646-796-3860  
<http://www.nyhomeopathy.com>

OCTOBER 25, 2009

Barbara Osawa, CCH, San Francisco  
"Small Remedies and Small Remedy Relationships."  
Post Graduate Workshop by Sheilagh Creasy  
BAFA(Hons) BRCP  
Presented by Barbara Osawa CCH.  
For details; contact Barbara 707 257-6752, [yoga-home@sbcglobal.net](mailto:yoga-home@sbcglobal.net).

NOVEMBER 6 - 8, 2009

Vital Sensation 2.5-year Training Program, San Diego, CA  
California Center for Homeopathic Education  
with Rajan Sankaran, Bill Mann, Robert Gramlich,  
Cheryl Feng, Laurie Dack  
See website invitation from Dr. Sankaran  
<http://www.cchomeopathic.com>  
Contact Dr. Cheryl Feng at [cchomeopathic@aol.com](mailto:cchomeopathic@aol.com)  
760-466-7581

NOVEMBER 6-8, 2009

Louis Klein FSHom, Portland, Maine  
More on Miasms and Nosodes  
Contact: Aryana Rayne at 604-947-0757  
[info@homeopathycourses.com](mailto:info@homeopathycourses.com)  
[www.homeopathycourses.com](http://www.homeopathycourses.com)

NOVEMBER 7-8, 2009

New York School of Homeopathy  
Third weekend of the Clinic Class  
Susan Sonz, CCH, Director  
[info@nyhomeopathy.com](mailto:info@nyhomeopathy.com) 646-796-3860  
<http://www.nyhomeopathy.com>

NOVEMBER 13-15, 2009

Jo Daly, CCH, New York City  
"Rajan Sankaran's New Advanced Video Course"  
Session 4 of 4  
Including LIVE Skype discussion with Dr. Sankaran.  
Contact: 212-479-8441

NOVEMBER 13, 2009

HomeoNet Research Forum, Montréal, QC  
"Company ameliorates": The Emerging Community  
in Homeopathic Research  
Second annual HomeoNet Research Forum  
Keynote addressee: Menachem Oberbaum, MD  
Sponsored by: Homeopathic Research Network of  
Canada  
e-mail: [homeonet@incamresearch.ca](mailto:homeonet@incamresearch.ca)  
web: [www.homeonetresearch.ca](http://www.homeonetresearch.ca)

NOVEMBER 14-15, 2009

New York School of Homeopathy  
Third weekend of the 2nd Year Class  
Susan Sonz, CCH, Director  
[info@nyhomeopathy.com](mailto:info@nyhomeopathy.com) 646-796-3860  
<http://www.nyhomeopathy.com>

NOVEMBER 21-22, 2009

New York School of Homeopathy  
Second weekend of the Foundation Class  
Susan Sonz, CCH, Director  
[info@nyhomeopathy.com](mailto:info@nyhomeopathy.com) 646-796-3860  
<http://www.nyhomeopathy.com>

DECEMBER 4-6, 2009

Louis Klein FSHom,  
Vancouver, B.C.  
NEW Homeopathic Master Clinician Course  
Year One, Session One  
Contact: Luminos Homeopathic Courses Ltd.  
Aryana Rayne at 604-947-0757  
[info@homeopathycourses.com](mailto:info@homeopathycourses.com)  
<http://www.homeopathycourses.com>

**DECEMBER 4-6, 2009**

New England School of Homeopathy, Amherst, MA  
 Two year certificate course with Cycles and Segments  
 Instructors: Drs. Paul Herscu ND and Amy Rothenberg ND  
 mail to: nesh@nesh.com  
 413-256-5949, fax 860-253-5041  
 <<http://www.nesh.com>>

**DECEMBER 4 - 6, 2009**

Vital Sensation 2.5-year Training Program, San Diego, CA  
 California Center for Homeopathic Education  
 with Rajan Sankaran, Bill Mann, Robert Gramlich,  
 Cheryl Feng, Laurie Dack  
 See website invitation from Dr. Sankaran  
<http://www.cchomeopathic.com>  
 Contact Dr. Cheryl Feng at [cchomeopathic@aol.com](mailto:cchomeopathic@aol.com)  
 760-466-7581

**DECEMBER 5-6, 2009**

New York School of Homeopathy  
 Fourth Weekend of the Clinic Class  
 Susan Sonz, CCH, Director  
[info@nyhomeopathy.com](mailto:info@nyhomeopathy.com) 646-796-3860  
<http://www.nyhomeopathy.com>

**DECEMBER 12-13, 2009**

New York School of Homeopathy  
 Fourth Weekend of the 2nd Year Class  
 Susan Sonz, CCH, Director  
[info@nyhomeopathy.com](mailto:info@nyhomeopathy.com) 646-796-3860  
<http://www.nyhomeopathy.com>

**DECEMBER 19-20, 2009**

New York School of Homeopathy  
 Third weekend of the Foundation Class  
 Susan Sonz, CCH, Director  
[info@nyhomeopathy.com](mailto:info@nyhomeopathy.com) 646-796-3860  
<http://www.nyhomeopathy.com>

**JANUARY 9-10, 2010**

New York School of Homeopathy  
 Fourth weekend of the Foundation Class  
 Susan Sonz, CCH, Director  
[info@nyhomeopathy.com](mailto:info@nyhomeopathy.com) 646-796-3860  
<http://www.nyhomeopathy.com>

**JANUARY 22-24, 2010**

Foundation course, Seattle, WA  
 Drs. Paul Herscu ND and Amy Rothenberg ND  
 New England School of Homeopathy  
 mail to: nesh@nesh.com  
 413-256-5949, fax 860-253-5041  
[www.nesh.com](http://www.nesh.com) <<http://www.nesh.com>>

**JANUARY 23-24, 2010**

New York School of Homeopathy  
 Fifth Weekend Clinic Class/ Fifth weekend 2nd year  
 Susan Sonz, CCH, Director  
[info@nyhomeopathy.com](mailto:info@nyhomeopathy.com) 646-796-3860  
<http://www.nyhomeopathy.com>

**JANUARY 30-31, 2010**

New York School of Homeopathy  
 Fifth weekend of the Foundation Class  
 Susan Sonz, CCH, Director  
[info@nyhomeopathy.com](mailto:info@nyhomeopathy.com) 646-796-3860  
<http://www.nyhomeopathy.com>

**FEBRUARY 5-7, 2010**

Louis Klein FS Hom, Minneapolis  
 Homeopathic Master Clinician Course  
 Contact: Aryana Rayne at 604-947-0757  
[info@homeopathycourses.com](mailto:info@homeopathycourses.com)  
<http://www.homeopathycourses.com>

**FEBRUARY 5-8, 2010**

Divya Chhabra, Westford MA  
 Topic to be announced!  
 New England Homeopathic Academy  
 Sponsored by New England Homeopathic Academy  
 Contact: Betty Wood 978-635-0605  
[mailto:bw@bettywoodmd.com](mailto:mailto:bw@bettywoodmd.com) for detailed course  
 description

**FEBRUARY 6-7, 2010**

New York School of Homeopathy  
 Sixth weekend of the Clinic Class  
 Susan Sonz, CCH, Director  
[info@nyhomeopathy.com](mailto:info@nyhomeopathy.com) 646-796-3860  
<http://www.nyhomeopathy.com>

**FEBRUARY 27-28, 2010**

New York School of Homeopathy  
 Sixth Foundation / Sixth 2nd Year Class  
 Susan Sonz, CCH, Director  
[info@nyhomeopathy.com](mailto:info@nyhomeopathy.com) 646-796-3860  
<http://www.nyhomeopathy.com>

**MARCH 5-7, 2010**

Foundation course, Seattle, WA  
 Drs. Paul Herscu ND and Amy Rothenberg ND  
 New England School of Homeopathy  
 mail to: nesh@nesh.com  
 413-256-5949, fax 860-253-5041  
[www.nesh.com](http://www.nesh.com) <<http://www.nesh.com>>

**MARCH 6-7, 2010**

New York School of Homeopathy  
 Seventh weekend of the Clinic Class

Susan Sonz, CCH, Director  
info@nyhomeopathy.com 646-796-3860  
http://www.nyhomeopathy.com

**MARCH 11-12, 2010**

Autism: A Holistic Approach  
145th Annual Conference of the Homeopathic Medical Society of the State of Pennsylvania in conjunction with the Southern Homeopathic Medical Association  
Boyd Haley, PhD, Sally Fallon, Drs. Todd Hoover, Ioana Razi, Sandra M. Chase, Kayla Evan  
Harrisburg/Hershey Holiday Inn, Grantville, PA  
myohn@beyohndmail.com • 1-800-811-1266 • 703-273-5250 M-Th 9A-12:30P

**MARCH 13-14, 2010**

New York School of Homeopathy  
Seventh Clinic Class / Seventh 2nd Year Class  
Susan Sonz, CCH, Director  
info@nyhomeopathy.com 646-796-3860  
http://www.nyhomeopathy.com

**MARCH 20-21, 2010**

New York School of Homeopathy  
Seventh weekend of the Foundation Class  
Susan Sonz, CCH, Director  
info@nyhomeopathy.com 646-796-3860  
http://www.nyhomeopathy.com

**APRIL 9-11, 2010**

JOINT AMERICAN HOMEOPATHIC CONFERENCE,  
Alexandria, VA  
5TH ANNUAL  
Contact: office@homeopathic.org

**APRIL 9-11, 2010**

Louis Klein FSHom, Los Angeles, CA  
More on Miasms and Nosodes  
Contact: Aryana Rayne at 604-947-0757  
info@homeopathycourses.com  
www.homeopathycourses.com

**APRIL 10-11, 2010**

New York School of Homeopathy  
Eighth Clinic Class / Eighth 2nd Year Class  
Susan Sonz, CCH, Director  
info@nyhomeopathy.com 646-796-3860  
http://www.nyhomeopathy.com

**APRIL 16-18, 2010**

Louis Klein FSHom, Vancouver, B.C.  
Master Clinician Course, year one  
www.homeopathycourses.com  
info@homeopathycourses.com

**APRIL 17-18, 2010**

New York School of Homeopathy  
Eighth weekend of the Foundation Class  
Susan Sonz, CCH, Director  
info@nyhomeopathy.com 646-796-3860  
http://www.nyhomeopathy.com

**APRIL 24-30, 2010**

Massimo Mangialavori, Harvard, MA  
Primulaceae: Devotion and Service to Others  
Cured cases of Anagallis, Cyclamen, Lysimachia, Primula;  
Comparing this family to Carcinosis, the Rosaceae and others  
Sponsored by New England Homeopathic Academy (NEHA)  
Contact: Betty Wood 978-635-0605  
mailto:bw@bettywoodmd.com

**MAY 18-20, 2010**

LIGA congress: A Homeopathic Odyssey  
200th Anniversary of the Organon  
Los Angeles, California  
Contact: Richard Hiltner, MD, Liga VP for the USA  
RHiltner@SBCGlobal.net  
Liga Website: www.liga2010.org

**JUNE 4-6, 2010**

Louis Klein FS Hom, Minneapolis  
Homeopathic Master Clinician Course  
Contact: Aryana Rayne at 604-947-0757  
info@homeopathycourses.com  
http://www.homeopathycourses.com

**JUNE 5-6, 2010**

New York School of Homeopathy  
Tenth weekend of the Clinic Class  
Susan Sonz, CCH, Director  
info@nyhomeopathy.com 646-796-3860  
http://www.nyhomeopathy.com

**JUNE 11-13, 2010**

NASH Symposium, Toronto  
Strategies and Techniques in the Treatment of Difficult Cases  
Victoria College at University of Toronto, Ontario, Canada  
www.homeopathy.org / nashinfo@homeopathy.org

**JUNE 11-13, 2010**

Grant Bentley, Toronto, Canada  
Miasms, Soul and Human Condition  
Energetics, face analysis, using polycrests effectively  
Sponsored by Riverdale Homeopathic Resources  
Contact: Ananda More  
anandahomeopathics@gmail.com

JUNE 19-20, 2010  
 Grant Bentley, Philadelphia, PA  
 Miasms, Soul and Human Condition  
 Energetics, face analysis, using polycrystals effectively  
 Sponsored by Riverdale Homeopathic Resources  
 Contact: Ananda More  
 anandahomeopaths@gmail.com)

JUNE 25-27, 2010  
 Louis Klein FSHom, Vancouver, B.C.  
 Master Clinician Course, year one  
 www.homeopathycourses.com  
 info@homeopathycourses.com

\* \* \* \* \*

INTERNATIONAL SEMINARS

OCTOBER 9-11, 2009  
 Rajan Sankaran, Tokyo, Japan  
 Organizer: Natsu Watanabe  
 E-mail - wnatsu@skyblue.ocn.ne.jp

OCTOBER 9 - 11 2009  
 JEREMY SHERR, Cortona (Tuscany), Italy  
 XIV International Seminar of Homeopathic Medicine  
 – Alma s.r.l.  
 The philosophy and practice of epidemics with  
 emphasis on AIDS  
 Clinical confirmation of pathogenetic symptoms - New  
 Proving: Cryptococcus Neoformans  
 www.almaomeopatia.org  
 Contact: Giuseppe Spinelli mailto:g.spinelli@almao-  
 meopatia.org  
 Tel. +39 081 2482376 Fax +39 081 2482346

OCTOBER 23 - 25, 2009  
 Dr. Rajan Sankaran, Munich, Germany  
 Organiser: Juergen Hansel  
 E-mail: <mailto:dr.hansel@t-online.de>dr.hansel@  
 t-online.de  
 <http://www.homoeopathie-seminare.net/>www.  
 homoeopathie-seminare.net

OCTOBER 28-29, 2009  
 Rajan Sankaran, Derbyshire, UK  
 Live Case-Taking Masterclass  
 Aroga School of Homeopathy,  
 Contact: Dawn Price, Aroga School of Homeopathy  
 school@aroga.co.uk  
 Web: www.aroga.so.uk/events

OCTOBER 31-NOVEMBER 1, 2009  
 Dr Rajan Sankaran, London, UK  
 Sensation Refined and Re-defined: Homeopathy for

the Next Generation  
 Contact: Dawn Price, Aroga School of Homeopathy  
 school@aroga.co.uk  
 Web: www.aroga.so.uk/events

OCTOBER 31-NOVEMBER 4, 2009  
 Dr Dinesh Chauhan, Tokyo, Japan  
 'Journey from Symptom to system to pattern'  
 Contact: Masahiro Nagamatsu  
 Email: nagahahnemann@yahoo.co.jp

NOVEMBER 6-8, 2009  
 Paul Herscu, Geneva, Switzerland  
 New England School of Homeopathy (<http://www.nesh.com>)  
 Contact: Sandra Becket (sbecket@bluewin.ch)

NOVEMBER 7-8, 2009  
 Louis Klein, Kandern, Germany  
 Miasms and Nosodes, with focus on Viral remedies:  
 Polio, Herpes and Influenza in treatment of severe  
 pathology  
[http://narayana-publishers.eu/book\\_info.php/books\\_id/4885/search](http://narayana-publishers.eu/book_info.php/books_id/4885/search)

NOVEMBER 7-8 2009  
 Dr Dinesh Chauhan, Tokyo, Japan  
 'Journey from Symptom to system to pattern'  
 Contact: Masahiro Nagamatsu  
 Email: nagahahnemann@yahoo.co.jp

NOVEMBER 20-22 2009  
 Dr. Dinesh Chauhan, Cairo, Egypt  
 Contact: The Egyptian scientific society of homeopa-  
 thy  
 Email : egyptian.society.of.homeopathy@gmail.com  
 Website : <http://egyptssh.com/>

DECEMBER 6-19 2009  
 Dr. Dinesh Chauhan, Mumbai, India  
 'Clinical training in Case witnessing process'  
 Contact: Dr. Urvi Chauhan, Swasthya Homoeopathic  
 Healing  
 Email: drchauhan@vsnl.net, swasthyahealing@  
 yahoo.com  
 Website: www.homeohome.com

JANUARY 2-16, 2010  
 Intensive course in Standardized Homoeopathic  
 Practicum 2010  
 Dr. M.L. Dhawale Memorial Homoeopathic Institute  
 At the Homoeopathic Hospital in Palghar, India  
 (100kms north of Mumbai)  
 Contact: Dr Anand Kapse E mail: gama@sanchar-  
 net.in

**JANUARY 3-16, 2010**

Dr. Dinesh Chauhan, Mumbai, India  
'Clinical training in Case witnessing process'  
Contact: Dr. Urvi Chauhan, Swasthya Homoeopathic  
Healing  
Email: drchauhan@vsnl.net, swasthyahealing@  
yahoo.com  
Website: www.homeohome.com

**JANUARY 24 , 2010**

Rajan Sankaran , Mumbai, India  
Half day Seminar on Skype  
Organizer - clare , Ireland  
E mail - clinic@sankaransclinic.com

**APRIL 24 -25, 2010**

Rajan Sankaran , Badenweiler, Germany  
E mail - clinic@sankaransclinic.com

**MAY 18-20, 2010**

LIGA congress: A Homeopathic Odyssey  
200th Anniversary of the Organon  
Los Angeles, California  
Contact: Richard Hiltner, MD, Liga VP for the USA  
RHiltner@SBCGlobal.net  
Liga Website: www.liga2010.org

**SEPTEMBER 25 - 26 , 2010**

Louis Klein, Kandern, Germany  
Miasms and Nosodes, with focus on Viral remedies:  
Polio, Herpes and Influenza in treatment of severe  
pathology  
[http://narayana-publishers.eu/book\\_info.php/books\\_](http://narayana-publishers.eu/book_info.php/books_id/4885/search)  
[id/4885/search](http://narayana-publishers.eu/book_info.php/books_id/4885/search)

**SEPTEMBER 30 - OCTOBER 3, 2010**

Rajan Sankaran Sao Paolo, BRAZIL  
Organiser: Ariovaldo Filho along with  
APH (Homeopathic association of Sao paolo)  
E mail - aribeirof@terra.com.br This email address is  
being protected from spam bots, you need Javascript  
enabled to view it

**OCTOBER 8-9, 2010**

Rajan Sankaran , London, UK  
Organizer - Gurmej Virk  
E mail - clinic@sankaransclinic.com

**OCTOBER 15-17, 2010**

Rajan Sankaran Munich, Germany  
Organizer : Anne Schadde and Juergen Hansel  
E mail - clinic@sankaransclinic.com

**DECEMBER 4-6, 2010**

Rajan Sankaran , Egypt  
Organizer - Hana Shams  
E mail - hanashams@hotmail.com



## Summary of Technical Requirements

Follow all formatting requirements.

- \*Double space all parts of manuscripts.
- \*Illustrations, tables, unmounted prints, should be separate from the article and be no larger than 203 X 254 mm (8 X 10 inches).
- \*Include permission to reproduce previously published material or to use illustrations that may identify human subjects.
- \*Enclose transfer of copyright and other forms.
- \*Submit a paper copy and a floppy disk, CD or email version of the article.
- \*Keep copies of everything submitted.

### Preparation of Manuscript

Full-length articles, case reports, reviews, editorials, etc: Should be submitted on paper and either email or disk.

Requirements for paper format: Type or print out the manuscript on white bond paper, 216 X 279 mm (8.5 X 11 inches), or ISO A4 (212 X 297 mm), with margins of at least 25 mm (1 inch). Type or print on only one side of the paper. Use double spacing throughout, including for the title page, abstract, text, acknowledgments, references, individual tables, and legends. Number pages consecutively, beginning with the title page. Put the page number in the upper or lower right-hand corner of each page.

### Research papers

The text of observational and experimental articles is usually (but not necessarily) divided into sections with the headings Introduction, Methods, Results, and Discussion. Long articles may need subheadings within some sections (especially the Results and Discussion sections) to clarify their content.

### Manuscripts on Disks

Papers should be submitted in electronic form (email or disk) as well as on paper. The AJHM can accept a variety of word processing formats or text (ASCII or RTF) files.

When submitting disks or email, authors should:

1. be certain to include a print-out of the version of the article that is on the disk or sent by email (mail separately to editor);
2. put only the latest version of the manuscript on the disk or in the email;
3. name the file clearly;
4. label the disk with the format of the file and the file

name;

5. provide information on the hardware and software used.
6. be sure to include the author's name(s), address, and email address within the body of the text.

### General formatting requirements

Please pay special attention to these requirements as manuscripts submitted without the following formatting will be returned for revisions.

Please avoid the temptation to try to make your written work look like a published article. Once your article is edited, our journal's style and design will be applied to your disk or computer file before it is output to typeset pages, and these are applied most easily to an unstyled manuscript. (In other words, if you put in special features to enhanced the appearance of the manuscript, we will need to spend time taking them out of the file before we can get on with the business of publishing your article.) If you think any part of your manuscript might need to have a special appearance, please indicate this on the print-out only

An alternative to submitting a copy of your article on paper is to submit two copies of your paper on disk or via email. One copy should be without formatting, as described in the preceding paragraph, and one copy should be formatted to present the published appearance that you have in mind.

Instructions for typing the manuscript:

1. Margins. Before you start, set wide margins (approximately 1.5 inches).
2. Line spacing. Set line spacing to single space.
3. Justification. Please do not justify your text – allow it to run ragged on the right-hand margin.
4. Hyphenation. Turn off the hyphenation option. Only use hyphens when they are part of a word. Do not hyphenate words simply to make them fit into a line, since the change in line lengths during typesetting may result in these words being incorrectly hyphenated in the middle of the line.
5. Punctuation. When typing the manuscript, it is essential to be consistent, especially when punctuating. Only use two spaces following a period (full stop) – between sentences.
6. Accents and Special Characters. Many accents, symbols, and special characters are available as ASCII characters in a word processor and should be used. However, if they are not available, use the @ sign as a

substitute and mark the correct character in the margin of the print-out.

7. Carriage Return and Spacing. Never use the carriage return (enter) at the end of lines within a paragraph – allow the computer’s automatic wrap-around function to turn the text over to the next line. Use the carriage return only: a.) at the end of a paragraph, b.) after a heading, c.) at the end of each entry in a list. Do not put in extra space around headings.

8. Paragraphs. Do not indent paragraphs. Start each paragraph on a new line with one line of space between paragraphs. Do not format the document to add extra spacing between paragraphs; simply use the carriage return to add the line of space.

9. Headings. Use normal or bold type for headings. Capitalize the first letter of the first word only. Do not type headings in ALL CAPITALS or with the “Caps Lock” on. Do not underline headings. Do not type type a colon or period (full stop) after headings. You may also want to distinguish headings by using different font sizes. This must be done consistently. Headings should be ranged to the left-hand margin, not centered.

10. Use of Italic or Bold. Use italic sparingly (in the text only) for emphasis.

11. Dash (—) and hyphen (-). For a dash (e.g., to set off a phrase), type--(two hyphens, without spaces before, after, or between) or an em dash. Use a single hyphen to separate numbers in a range; e.g., 4-5 months, pp. 251-257 or use an en dash.

12. Units. Always insert a space between a number and a unit; e.g., 5 mm.

13. Quotes. Please use “double” quotation marks. Use ‘single’ quotation marks for quotes within quotes.

14. List. Bullets, numbers, alphabet characters, or dashes may be used but please use logically and consistently.

15. Footnotes and Endnote/references: Footnote and endnote/reference numbers should be placed in parentheses and not superscripted. Footnotes and endnote/references should be placed within the article as normal text and not placed in footers or otherwise separated from the main body of the article.

16. **Tables, illustrations, charts, photos.** Tables, illustrations, charts, photos, though they may be placed within the article, should also accompany the article as separate files (eg, graphics - tif - documents in the case of photos and illustrations, and as separate MS Word documents in the case of Tables, with page size adjusted to just accommodate the size of the Table).

### **Title Page**

The title page should carry 1) the title of the article, which should be concise but informative; 2) the name by which each author is known, with his or her highest academic degree(s) and institutional affiliation; 3) the name of the department(s) and institution(s) to which

the work should be attributed; 4) disclaimers, if any; 5) the name and address of the author responsible for correspondence about the manuscript; 6) source(s) of support in the form of grants, equipment, drugs, or all of these; and 7) a short running head or footline of no more than 40 characters (count letters and spaces) at the foot of the title page.

### **American Journal of Homeopathic Medicine Policy Statement for Authors**

*The American Journal of Homeopathic Medicine* is the official medical scientific publication of the American Institute of Homeopathy (AIH). Established in 1844, the AIH continues to the present as the oldest extant national medical professional association in the United States, representing currently, as Active Members, medical and osteopathic physicians and dentists and, as Associate Members, advance practice nurses and physician assistants, who use homeopathy in their practices. It is the express policy of the Board of Trustees of the American Institute of Homeopathy that authors who submit papers for consideration for publication in the AJHM which contain clinical material dealing with the treatment of the sick must be duly licensed or otherwise legally engaged in the practice of homeopathic medicine at the location of their practice.

### **Authorship**

All persons designated as authors should qualify for authorship, and all those who qualify should be listed. Note that the qualification of authors for manuscripts containing clinical material includes the prerequisite of appropriate licensure and/or legal practice of homeopathic medicine of said author(s). Each author should have participated sufficiently in the work to take public responsibility for appropriate portions of the content. One or more authors should take responsibility for the integrity of the work as a whole, from inception to published article.

### **Abstract and Key Words**

The second page should carry an abstract (of no more than 150 words for unstructured abstracts or 250 words for structured abstracts). The abstract should state the main points of the article or if a research study the purposes of the study or investigation, basic procedures (selection of study subjects or laboratory animals; observational and analytical methods), main findings (giving specific data and their statistical significance, if possible), and the principal conclusions. It should emphasize new and important aspects of the study or observations.

Below the abstract authors should provide, and identify as such, 3 to 10 key words or short phrases that will assist indexers in cross-indexing the article and may be

published with the abstract

## Acknowledgments

List all contributors who do not meet the criteria for authorship, such as a person who provided purely technical help, writing assistance, or a department chair who provided only general support. Financial and material support should also be acknowledged.

## References

References should be numbered consecutively in the order in which they are first mentioned in the text. Identify references in text, tables, and legends by Arabic numerals in parentheses. References cited only in tables or figure legends should be numbered in accordance with the sequence established by the first identification in the text of the particular table or figure.

Use the style of the examples below, which are based on the formats used by the NLM in Index Medicus. The titles of journals should be abbreviated according to the style used in Index Medicus. Consult the List of Journals Indexed in Index Medicus through the library's web site (<http://www.nlm.nih.gov>).

## Reference Formats

### Articles in Journals

#### 1. Standard journal article

List the first six authors followed by et al.

Vega KJ, Pina I, Krevsky B. Heart transplantation is associated with an increased risk for pancreatobiliary disease. *Ann Intern Med* 1996;124:980-3.

More than six authors:

Parkin DM, Clayton D, Black RJ, Masuyer E, Friedl HP, Ivanov E, et al. Childhood leukaemia in Europe after Chernobyl: 5 year follow-up. *Br J Cancer* 1996;73:1006-12.

#### 2. Organization as author

The Cardiac Society of Australia and New Zealand. Clinical exercise stress testing. Safety and performance guidelines. *Med J Aust* 1996; 164: 282-4.

#### 3. No author given

Cancer in South Africa [editorial]. *S Afr Med J* 1994;84:15.

#### 4. Article not in English

Ryder TE, Haukeland EA, Solhaug JH. Bilateral infrapatellar seneruptur hostidligere frisk kvinne. *Tidsskr Nor Laegeforen* 1996;116:41-2.

## Books and Other Monographs

#### 5. Personal author(s)

Ringsven MK, Bond D. Gerontology and leadership skills for nurses. 2nd ed. Albany (NY): Delmar Publishers; 1996.

#### 6. Editor(s), compiler(s) as author

Norman IJ, Redfern SJ, editors. Mental health care for elderly people. New York: Churchill Livingstone;

1996.

#### 7. Organization as author and publisher

Institute of Medicine (US). Looking at the future of the Medicaid program. Washington: The Institute; 1992.

#### 8. Chapter in a book

Phillips SJ, Whisnant JP. Hypertension and stroke. In: Laragh JH, Brenner BM, editors. Hypertension: pathophysiology, diagnosis, and management. 2nd ed. New York: Raven Press; 1995. p. 465-78.

#### 9. Conference proceedings

Kimura J, Shibasaki H, editors. Recent advances in clinical neurophysiology. Proceedings of the 10th International Congress of EMG and Clinical Neurophysiology; 1995 Oct 15-19; Kyoto, Japan. Amsterdam: Elsevier; 1996.

#### 10. Conference paper

Bengtsson S, Solheim BG. Enforcement of data protection, privacy and security in medical informatics. In: Lun KC, Degoulet P, Piemme TE, Rienhoff O, editors. MEDINFO 92. Proceedings of the 7th World Congress on Medical Informatics; 1992 Sep 6-10; Geneva, Switzerland. Amsterdam: North-Holland; 1992. p. 1561-5.

## Other Published Material

#### 11. Newspaper article

Lee G. Hospitalizations tied to ozone pollution: study estimates 50,000 admissions annually. *The Washington Post* 1996 Jun 21;Sect. A:3 (col. 5).

#### 12. Dictionary and similar references

Stedman's medical dictionary. 26th ed. Baltimore: Williams & Wilkins; 1995. Apraxia; p. 119-20.

## Unpublished Material

#### 13. In press

Leshner AI. Molecular mechanisms of cocaine addiction. *N Engl J Med*. In press 1996.

## Electronic Material

#### 14. Journal article in electronic format

Morse SS. Factors in the emergence of infectious diseases. *Emerg Infect Dis* [serial online] 1995 Jan-Mar [cited 1996 Jun 5];1(1):[24 screens]. Available from: URL: <http://www.cdc.gov/ncidod/EID/eid.htm>

## Tables

Type or print out each table with double spacing on a separate sheet of paper. Do not submit tables as photographs. Number tables consecutively in the order of their first citation in the text and supply a brief title for each. Give each column a short or abbreviated heading. Place explanatory matter in footnotes, not in the heading. Explain in footnotes all nonstandard abbreviations that are used in each table.

Identify statistical measures of variations, such as standard deviation and standard error of the mean. Do not use internal horizontal and vertical rules.

Be sure that each table is cited in the text. If you use data from another published or unpublished source, obtain permission and acknowledge them fully.

### **Illustrations (Figures)**

Figures should be professionally drawn and photographed; freehand or typewritten lettering is unacceptable. Instead of original drawings, x-ray films, and other material, send sharp, glossy, black-and-white photographic prints, usually 127 X 173 mm (5 X 7 inches) but no larger than 203 X 254 mm (8 X 10 inches). Letters, numbers, and symbols should be clear and even throughout and of sufficient size that when reduced for publication each item will still be legible. Titles and detailed explanations belong in the legends for illustrations not on the illustrations themselves.

Each figure should have a label pasted on its back indicating the number of the figure, author's name, and top of the figure. Do not write on the back of figures or scratch or mar them by using paper clips. Do not bend figures or mount them on cardboard.

### **Digital graphics**

Illustrations may be submitted in digital format. Each figure should be submitted separately. File-types PDF, EPS, PageMaker, or files created by FreeHand, Photoshop, or other high-resolution drawing program are acceptable (in TIFF or GIF format, not JPG). Graphics embedded in a Word document are not acceptable.

If photographs of people are used, either the subjects must not be identifiable or their pictures must be accompanied by written permission to use the photograph. High resolution digital black-and-white photographs (tif 300 dpi) are also acceptable.

Figures should be numbered consecutively according to the order in which they have been first cited in the text. If a figure has been published, acknowledge the original source and submit written permission from the copyright holder to reproduce the material. Permission is required irrespective of authorship or publisher except for documents in the public domain.

### **Legends for Illustrations**

Type or print out legends for illustrations using double spacing, starting on a separate page, with Arabic numerals corresponding to the illustrations. When symbols, arrows, numbers, or letters are used to identify parts of the illustrations, identify and explain each one clearly in the legend. Explain the internal scale and identify the method of staining in photomicrographs.

### **Abbreviations and Symbols**

Use only standard abbreviations. Avoid abbreviations in the title and abstract. The full term for which an abbreviation stands should precede its first use in the text unless it is a standard unit of measurement.

### **Sending the Manuscript to the Journal**

Send the hard copy of the manuscript and disk (unless email version is submitted, in which case often a hard copy is not required) in a heavy-paper envelope, enclosing the copies and figures in cardboard, if necessary, to prevent the photographs from being bent. Place photographs and transparencies in a separate heavy-paper envelope.

Manuscripts must be accompanied by a covering letter signed by all coauthors. This must include 1) information on prior or duplicate publication or submission elsewhere of any part of the work as defined earlier in this document; 2) a statement of financial or other relationships that might lead to a conflict of interest (see below); 3) a statement that the manuscript has been read and approved by all the authors, that the requirements for authorship as stated earlier in this document have been met, and that each author believes that the manuscript represents honest work; and 4) the name, address, email address, and telephone number of the corresponding author, who is responsible for communicating with the other authors about revisions and final approval of the proofs. The letter should give any additional information that may be helpful to the editor such as the type of article in the particular journal that the manuscript represents and whether the author(s) would be willing to meet the cost of reproducing color illustrations.

The manuscript must be accompanied by copies of any permissions to reproduce published material, to use illustrations or report information about identifiable people, or to name people for their contributions.

### **Copyright Transfer**

All accepted manuscripts become the permanent property of the American Institute of Homeopathy and may not be published elsewhere without written permission from the author and the AIH. If the author wishes to retain copyright (e.g., for articles that are intended to be part of a future publication), he/she should request permission via email or letter from the editor of the AJHM, which, in most cases will be happily provided. AIH