

Bowel Nosodes in Homeopathic Practice

By John Saxton

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Reviewed by George Guess, MD, DHT

Bowel Nosodes in Homeopathic Practice provides both a splendid introduction and an extensive education in all aspects of the bowel nosodes, and is of value for both homeopathic novices and experienced practitioners. Though Mr. Saxton is a veterinarian, this work is very relevant for both veterinarian and human medical practitioners.

The origins and further development of the bowel nosodes by, first, Dr. Edward Bach and, later, Dr. John Patterson and his wife are thoroughly described. The microbiology of these nosodes is, to the extent possible, discussed, along with theory regarding the mechanisms of their utility in alleviating disease. Saxton provides a vigorous defense of the bowel nosodes as both homeopathic remedies in their own right and as nosodes (although their properties differ from the true nosodes; that is, nosodes prepared from the products of disease, whereas the bowel nosodes, according to Saxton, are derived from the products of a healing reaction – as reflected in the increased fecal excretion of associated non-lactose-fermenting bacteria after the administration of the bowel nosode [as well as a correct traditional homeopathic remedy] that occurs in conjunction with favorable clinical response). He also describes how bowel nosode affiliations with their associated remedies were identified.

Much is discussed of the practical application of the bowel nosodes in the clinic. The author thoroughly recounts the varied tactical applications of these agents; namely, as remedies in their own right, to clear a symptom picture, when well-selected remedies fail to act or act but briefly, us-

age in conjunction with an indicated traditional homeopathic remedy, to overcome excessive sensitivity to a homeopathic remedy, or to alleviate a troubled convalescence after an acute illness. Dosage considerations are also covered.

The book then turns to a detailed accounting of the materia medica of each bowel nosode. The remedy descriptions, both mental-emotional and physical, are very thorough and readily comprehended. Illustrative case examples are provided, usually a few for each nosode. These I found especially helpful in grasping both the utility and prescribing methodology of bowels nosodes. An appendix includes an expanded listing of associated remedies.

Mr. Saxton is clearly an excellent homeopathic veterinarian, writer and educator. This book on the bowel nosodes I consider must reading for anyone wishing to learn more about them.

About the Reviewer: George Guess, MD, DHT, practices homeopathy in Crozet, Virginia. (Charlottesville area) He is outgoing Editor of the American Journal of Homeopathic Medicine and Vice-President of the American Board of Homeotherapeutics.



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