

Homeopathic approach to catastrophe and radiation problems

Report on the Great East Japan Earthquake

by Torako Yui JPHMA



Torako Yui has founded and is Chair of the Japanese Homeopathic Medical Association (JPHMA). She is also Principal of the College of Holistic Homeopathy (CHhom) in Japan and the Japan Royal Academy of Homeopathy (RAHUK) in Britain.

Torako used to suffer from ulcerative colitis and, after a life-changing visit to a homeopath in London, which led her to complete cure by homeopathic treatment, she signed up for a homeopathy college in London, completing the licentiate and post-graduate courses and becoming the first Japanese professional registered homeopath in the UK.

The Tohoku earthquake and tsunami occurred off the Sanriku coast of Japan at 14:46 JST on Friday 11 March 2011. This caused enormous devastation mainly in eastern Japan, earning the name the Great East Japan Earthquake. This article was written just one month after the catastrophe.

Statistics from the Japan Metropolitan Police Department on 8 April 2011:

Death toll	12,731
Missing	14,796
Injured	4,373 among 12 districts: Fukushima, Gunma, Igaraki, Tochigi, Miyagi, Yamagata, Niigata, Yamanashi, Nagano, Saitama, Tokyo and Chiba
Shelters	2,331 in 18 districts
Evacuees	155,873
Complete collapsed buildings	48,564 among 9 districts

The shock of this catastrophe is as vivid today as if it had happened yesterday.

Karin Mont, chair of ARH, and many other homeopathic colleagues around the world, sent warm and encouraging messages to JPHMA and me, and I would like to take this opportunity to express my gratitude to everyone again. Since the disaster, JPHMA and I have been working continuously to provide relief to anyone who seeks homeopathic treatment.

I wanted to go straight to the affected area on the day of the earthquake, but I had already been booked for lectures in western Japan, and there was no access to the east, or electricity in the zone.

So initially I could only offer remote support via text messages to mobile phones. JPHMA members in the affected areas had home kits of homeopathic remedies, so were able to distribute AAA 200 (*Aconite+Arnica+Arsenicum*) and so on, to their neighbours. Fortunately, they had given regular seminars to the general public about how to use the home kits – which contain 36 homeopathic remedies, many of which are indicated for the kind of trauma in mind and body caused by such a disaster.

However, another unexpected situation occurred, at the Fukushima 1 Nuclear Power Plant. In 1971, General Electric Mark I

nuclear reactors were introduced, and have been working for nearly 40 years. The earthquake and tsunami disabled the reactor cooling systems, leading to nuclear radiation leaks.

At the time of the earthquake there were 55 active nuclear power plants in Japan which would have totalled 77 by including inactive and newly planned ones. The idea that such a large number of nuclear power plants should be built in Japan, a nation of earthquakes, is like pouring gasoline on a fire!

Chernobyl disaster

From *Wikipedia*

The Chernobyl disaster was a nuclear accident that occurred on 26 April 1986 at the Chernobyl Nuclear Power Plant in the Ukrainian SSR (now Ukraine). An explosion and fire released large quantities of radioactive contamination into the atmosphere, which spread over much of Western Russia and Europe. It is considered the worst nuclear power plant accident in history, and is one of only two classified as a level 7 event on the International Nuclear Event Scale (the other being the Fukushima I nuclear incident). The battle to contain the contamination and avert a greater catastrophe ultimately involved over 500,000 workers and cost an estimated 18 billion rubles, crippling the Soviet economy.



Luckily there was not a complete meltdown, as in the Chernobyl nuclear accident on 26 April 1986 (see info box on page 20). In Chernobyl, the reactor exploded and melted, sending huge amounts of radioactive smoke fallout into the atmosphere. In Fukushima, the leakage is one tenth that of Chernobyl, and may only cause as much exposure to an individual as an 'average' acceptable amount of X-ray or CT scan per annum.

Nevertheless, international media has suggested that the whole reactor exploded, releasing an atomic cloud and making Japan an extremely dangerous place. The press used pictures of Hiroshima after the atomic bomb on 6 August 1945, next to pictures of land destroyed by the 11 March tsunami. These images implied, incorrectly, that the land was damaged by the nuclear power plant incident rather than by the tsunami. Products from Japan could not be exported and even Japanese people started to avoid products from Fukushima. When I visited Fukushima, where fruit and vegetables are grown and exported, people there were in deep depression. A farmer in Fukushima had committed suicide because he could not sell his cabbages, which were about to be shipped out.

Let us consider the Arndt-Schultz law, one of the major principles of homeopathy (see info box on this

From: *Homeopathy: a rational choice in medicine* by Mo Morrish

With regard to the effect of medicines on sick people, the Arndt-Schultz Law maintains that: small doses stimulate, medium doses paralyse and large doses kill. This echoes the homeopathic principle of the minimum dose yet was abandoned by orthodox pharmacy because 'small / medium / large' are imprecise terms (and because there is no money to be made from 'small doses?') They are by nature relative to one another and relate to the individuality of the patient. This is not regarded as important within mainstream medicine.

Torako purifying the soil in Iwate

Remedies and potencies used

AAA (*Aconite+Arnica+Arsenicum*) 200

RA (*Cadmium sulph+Sol+Plutonium+Kali iod+Radium brom+Uranium nit+Caesium hydr+Thyroid+Parathyroid gl*) 200

X-ray 200

Ignatia 30

page). According to this law, if we are exposed to a large amount of radiation, a small amount of the radiation can cure the exposure. If it is a tiny amount, our own healing power is stimulated to reverse the damage.

I have formulated a radiation remedy (RA) to eliminate radioactive substances. It is a combination of *Cadmium sulph+Sol+Plutonium+Kali iodatum+Radium bromide+Uranium nitricum+Caesium hydroxide+Thyroidinum+Parathyroid gland*, all in 200c).

Cesium 137 was carried to neighbouring European countries after the explosion in Chernobyl, but people not exposed to great density of radioactive rain seemed not to be affected. Consider the huge amount of radioactivity that has been spread by more than 2,000

Radioactivity is not the only dangerous pollutant we encounter

➤ nuclear experiments all over the world to date.

So our worry about radiation should not be out of proportion to the facts. On a daily basis, we should try to avoid any intake of harmful substances, and use a treatment like homeopathy to stimulate our own healing powers and push toxins out of our bodies. Radioactivity is not the only dangerous pollutant we encounter; substances in vaccines, drugs, pesticides and food additives are also harmful and I think this nuclear incident symbolises the necessity to replace nuclear energy, medicine, agriculture and foods with something derived from nature.

JPHMA disaster relief activities
From the time of the earthquake to my visit to the affected area

Immediately after the earthquake on 11 March, I contacted the Institute of Homoeopathy in Japan, and started to distribute my formulated remedies AAA and RA, free

of charge, informing people by website and email.

On 18 March, a JPHMA rescue team, in conjunction with Homoeopathy Japan Co, set off for Fukushima and Miyagi with these remedies and relief supplies. As the motorway was closed, it took 12 hours to get there and nine hours to come back, which is about three times longer than taking the usual route.

I had already planned to give a lecture in Sendai city in Miyagi on 2 April before the disaster occurred, so I added visits to Fukushima on 1 April and Iwate on 3 April where I provided AAA and RA remedies to our members and the general public free of charge.

I gave charity lectures to explain to people how to use homeopathic remedies to deal with disasters.

Here is a report of the events in chronological order.

We put the following announcement on our website:

Please have a homeopathy home

kit with you at all times. Whatever happens we, who are involved with homeopathy, shall remain strong and courageous and offer a helping hand to those who need support.

JPHMA, with support from the Institute of Homoeopathy and Homoeopathy Japan Co, offered the following two homeopathic remedies free of charge to victims of this disaster and those who feel anxiety and fear.

1. AAA (Aconite+Arnica+ Arsenicum) 200

Essential for this situation (fear, injuries and anxiety). Take as soon as possible to avoid PTSD (post traumatic stress disorder) from the shock of this disaster.

2. RA (Cadmium sulph+Sol+ Plutonium+Kali iodatum+Radium bromide+Uranium nitricum+ Caesium hydroxide+Thyroidinum+Parathyroid gland) 200

Suitable for problems arising from radiation.

Surviving disasters

Analysis and the use of homoeopathic remedies for radiation

Lecturer : Torako Yui

With simultaneous interpretation (Japanese to English)

Date : Sat 29 October 2011 (13:00 - 16:00)

Fees : £40 (early bird £30 / by the end of August)

Venue : The Japan Royal Academy of Homoeopathy in London

For details phone 020 7644 9265 or

Email : info@rah-uk.com





The following remedies from our homeopathic home kit are indicated for shock, trauma and emergency (see box below). They are also recommended for people who have suffered from PTSD in the past.

I wrote to the Minister of Health and Welfare on 14 March 2011

problems such as PTSD. I asked him to approve my plan to send relays of homeopaths to the affected areas.

From 11 March until my visit to Tohoku, I sent daily messages to our members, and received hundreds of messages back from them.

<i>Aconite</i>	Continued fear
<i>Opium</i>	Numbness from fear
<i>Argentum nitricum</i>	Fear, panic
<i>Stramonium</i>	Fear
<i>Arsenicum alb</i>	Anxiety, worry, diarrhoea
<i>Arnica</i> or <i>Hypericum</i>	Bruise, injury
<i>Cantharis</i> or <i>Arsenicum</i>	Burns
<i>Phosphorus</i>	Electric shock
<i>Nux vomica</i> or <i>Arsenicum</i> or <i>Carbo veg</i>	Contamination from harmful substances or rain

reminding him of my visit a year earlier, when I had spoken to him about homeopathy. I told him that homeopathy can be beneficial for sufferers of extreme trauma, such as caused by the earthquake and tsunami. Homeopathy could help victims of such events to talk about their experiences, which could also reduce the risk of long-term

It was heart-wrenching to read their reports of no gas or water, and lack of food in the very cold weather, but I realised that our members were confronting this disaster positively when I read some of their replies to my messages:

- I cried with gratitude when I read your message.
- I learnt a lot from this disaster.

Torako with people in Fukushima

- I had been so fearful and anxious, but your message encouraged me a lot. I will have the strength to face this devastating situation for Japan and myself.
- When I heard you are coming to Miyagi on 2 April, I could not stop crying. You gave me hope and courage.
- I cried when I read your message, in a dark place with no electricity, gas or water. Text message on mobile phone is the only way to receive your message. Your encouraging message gave me the will to carry on.

Visit to Fukushima, Miyagi, and Iwate on 1 – 3 April 2011

1 April 2011

Finally, the day came for me to visit and give charity seminars in the devastated areas. I left Tokyo at 6am on 1 April with six like-minded people in the JPHMA rescue team. We loaded lots of relief supplies and homeopathic remedies into our cars.

On reaching Fukushima, I experienced heavy and constricted feelings in my head and everything was shining too brightly. Our Geiger counter indicated 2 µsv/h, so I put RA in a bottle of water. As soon as I drank the water,



➤ I developed symptoms: my eyes became itchy, I had discharge from my nose, and coughing; however, the symptoms of constriction and dazzle were eased.

Soon we came to a 'Road blocked' sign, indicating we were 20km from the nuclear power plant. At the inspection point we explained that we were going to deliver relief supplies to relatives in a nearby village, at the head of a river, which runs between the damaged nuclear power plant in Fukushima and flows into the Pacific Ocean. The Geiger counter indicated 5 $\mu\text{sv/h}$ there (1 = substantial exposure, 10 = strong exposure), so I spread two litres of RA+X-ray 200 in liquid form, praying that it would get near the nuclear power plants.

Next, I visited a pear garden with the remedy *Active plant*, for improving the soil, to which I had added RA. By now I had difficulty talking, and I had copious amounts of phlegm. The Geiger counter indicated 2 $\mu\text{sv/h}$ in the air but, on the ground, it indicated 5 $\mu\text{sv/h}$. I repeated RA in a bottle of water for myself.

Then I visited Fukushima district government and donated 1 million Japanese yen (about £7400), which had been collected by the Japanese Homoeopathic Foundation and JPHMA, before heading to the seminar venue for an emotional meeting with the local JPHMA members who had organised the seminar.

The Geiger counter indicated 7 $\mu\text{sv/h}$ on the road near the seminar venue. Our rescue team kept repeating RA in water.

When I started the seminar *Dealing with radioactive contamination and mind care*, I felt disoriented and had difficulty speaking. Even though I was sitting, I felt my upper body swaying from side to side and I had to brace myself against a desk to stop collapsing.

I realised that I was reliving the earthquake and fear of the unknown which participants in the seminar in Fukushima had endured. In panic I took RA again. Fifteen minutes later, the symptoms disappeared, my head cleared, and I could talk about how to purify lands and bodies which had been contaminated by radioactive substances, drawing on experiences from Hiroshima,

Nagasaki and Chernobyl. I also lectured about therapeutic homeopathic remedies to avoid trauma from emotional damage from disasters.

When the seminar was nearly over, I was overwhelmed with sorrow and could not stop crying. I wondered why people in Fukushima had to face such a terrible situation and if they felt guilt. So I told them 'If pears in Fukushima are only contaminated with a very small amount of radioactivity, with no risk to human health, I will eat them, and I will ask people to do the same.' Maybe taking RA in water repeatedly had made me sensitive enough to relive their mental and physical experiences very clearly.

The Japan Royal Academy of Homoeopathy (RAH) had held

I realised that I was reliving the earthquake and fear of the unknown which participants in the seminar in Fukushima had endured

a graduation ceremony on 27 March, but three graduates from Fukushima had been unable to attend, so I held a surprise graduation ceremony for them on this occasion. I am certain that they will become good homeopaths, having experienced such hardships.

2 April 2011

We left Fukushima and drove to Sendai. The nearer we got to the area which had been completely destroyed by the tsunami, the more uneasy I became and the stronger my heart was beating. I took AAA 200, my palpitations disappeared and I felt calm.

When I got out of the car, unknown fear and grief welled up in me so I took AAA again

and *Ignatia* 30. The fear turned to silent grief. The land still contained many dead bodies beneath the mud.

I spread one bottle of remedies for purifying lands (see info box below), and I also prayed for many people to ascend to heaven, thus achieving one of my aims for this visit, which was the repose of souls.

Active plant is fermented liquid, which is made from 70 kinds of plants, vegetables and fruits. Mother tincture of *Alfalfa*, grown at an organic farm, and other mother tinctures are also added. On this occasion we added RA remedy for the radioactive contaminated soil.

I visited Misagi district government with another donation of 1 million Japanese yen, and headed to the seminar venue in Sendai.

This was another emotional meeting with local JPHMA members. There were nearly 200 people who welcomed me with generous applause. Everyone said: 'Thank you for coming in such a dangerous situation, and thank you for providing remedies and water free of charge'.

I spoke about how to survive this disaster and gave them encouragement.

After the seminar, the local JPHMA homeopaths provided free homeopathic consultations, and I held back from getting involved out of respect for their enthusiasm to save their local people by themselves.

3 April 2011

The next day we headed further north to Higashi-Matsushima.

The clock on the wall of the tourist office in Oku-Matsushima had stopped at the time of the earthquake: 14:46, 11 March. One second before this, the town had been experiencing normal daily life. Then the tsunami travelled nearly 20km along the large river to the town, which now looked like a battlefield. The sight of it made me feel numb, and I could not feel anything. I walked for about two hours among piles of rubble because I wanted to feel something, but it was just like watching a film.



After taking AAA and RA again, I could see that the civil defence forces were trying to clear up, people were attempting to find their relatives or tidy up their houses, and I returned to a reality from hell.

Despite such hardship, I could see people struggling to live again. On getting closer I could see a glimmer of hope, not despair, in their faces. I congratulate and respect these resolute fellow human beings. I donated another 1 million Japanese yen to the Iwate district government, and headed to the seminar venue.

Although we had only had a few days to publicise this seminar, nearly 100 people, old and young, men and women, had heard about it and turned up. Again, I wept with local JPHMA members as soon as we met, and we hugged each other.

We gave all participants at our seminars in Fukushima, Miyagi, and Iwate homeopathic remedies from Homoeopathy Japan Co Ltd, and guidebooks of homeopathic remedies from Homoeopathic Publishing Co Ltd. We also distributed dried vegetables, natural and hand-made miso, sunflower seeds, and water from an organic farm in Hokkaido from the Institute of Homoeopathy Co Ltd. I had now achieved all of my aims for this trip.

I had stood motionless in various affected places, and spread homeopathic remedies while praying,

from the bottom of my heart, for the repose of souls. I had confronted problems of radioactive substances in Fukushima, and given donations to people in affected areas. Over the three days I had met nearly 400 people.

I hope my homeopathy seminars enable people to survive with courage and increased love and energy, and that this will reach not only the places I managed to visit, but also all affected areas in the northeast part of Japan.

The effect of the AAA remedies and RA remedies

We are currently analysing responses to questionnaires after using these remedies. Some examples (most recent first) are:

10 April 2011

I gave one pillule of AAA to my toy poodle who came to me asking for more, so I repeated the remedy. During aftershocks he had barked in the direction of the shaking sound. However, now even during an aftershock of an intensity of more than 4.0, he does not react at all and sleeps very well.

10 April 2011

Since the earthquake my child has cried in the middle of the night. I gave him AAA when he cried, and he has started to sleep without anxiety. I also take it when I feel anxious after watching the news. This remedy helps us to keep calm.

Torako surveys the scene

2 April 2011

After taking the remedies, I was relieved and a smile came to me spontaneously. I only then realised how tense I had been. Thank you very much.

1 April 2011

After the disaster, my daughter and son couldn't go to the toilet by themselves. However after they took AAA, they began to do so. My daughter had also suffered from insomnia, but that improved too.

1 April 2011

Aftershocks caused palpitation, but AAA gave me a good night's rest.

1 April 2011

Before taking AAA, I had been in a foggy state and could only watch news all day. However after I started to take the remedy, I made up my mind to tidy up little by little.

1 April 2011

I had been so scared. However the more I repeated AAA the calmer I became. Now I'm feeling positive and can believe in a bright future. My children had also been fearful, but they are getting better now.

1 April 2011

About 10 days after I took AAA, I started to feel braver.

30 March 2011

We stayed in a shelter for a few days and our food began to run out, which was worrying until we could move to my parent's home.

Two days ago, I went to Nagoya to get the remedies. When my eldest son took AAA, he started to have fever and bad coughing, but he is getting better now. My second son had a dislocated elbow, but it recovered naturally. I am so relieved.

I started to take RA today. I have been encouraged by text messages from Ms Torako Yui. When I read them, I couldn't stop crying, but then I felt my energy emerged. Though I don't know what tomorrow will bring, I'm eagerly looking forward to seeing you sometime.

27 March 2011

I took RA and AAA.

I thought I had hay fever; it was so itchy around my eyes and mouth about 10 days ago. When I took the remedies the symptoms improved dramatically. I gave them to my friend who had terrible symptoms. ➤

➤ She was also surprised as her itchi-ness ceased 15 minutes after she took them.

My son who lives in the west took AAA, and he felt brighter. His girl-friend also commented the same. Although we think we do not feel fear, we feel it subconsciously.

24 March 2011

This was my experience at the JPHMA international symposium in Kyoto:

A crow flew into the grass near the ground-floor entrance. It was barely alive and couldn't get up. I thought that if it was left as it was, it might die.

As I had just been given AAA by JPHMA at the entrance, I held it out to the crow, which opened its beak, stuck out its tongue and lapped it. Blinking its eyes, it came alive again when, before, it couldn't even blink. I carried it to a flowerbed, and it stood up on its own, although it still could neither walk nor fly. About five minutes later, when I approached it quietly, it started

to walk and then flew off. Everyone was amazed and started clapping, and I was impressed by the ability of AAA to stimulate the self-power of healing. This phenomenon demonstrated once more the magnificence of homeopathy.

24 March 2011

This is my experience at Ms Yui's seminar in Kumamoto:

Just before the seminar started I gave AAA to a very nervous volunteer. A few minutes later her hands stopped sweating and she became calm. Surely, this remedy is needed by people in affected areas, to deal with their tense situation and anxiety.

21 March 2011

I calmed down after I took *Aconite*. However, the news still made me uneasy, so I took AAA and felt much better. I am also taking *RA* since hearing news reports about radioactive contamination of Tokyo water, and now I am feeling more secure.

21 March 2011

I took *RA* in a glass of water last Sunday, and since then I have slept so well. This surprised me, as for several years I have woken every night to go to the toilet.

20 March 2011

I took AAA and *RA*.

Although I still feel anxiety and heaviness in my heart, I felt some lightness after I took them. I still worry, but now I feel that our prayers will be answered. I will give these remedies to many people.

Thank you very much.

15 March 2011

I had suffered from insomnia since the earthquake, but I slept well after I took AAA and *RA*. I was surprised as I nearly overslept. I realised that I had been so anxious subconsciously, and was impressed at how quickly these remedies worked, because I had not slept well for fear of aftershocks.

Thank you very much.

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Effects of RA and AAA (statistical results)

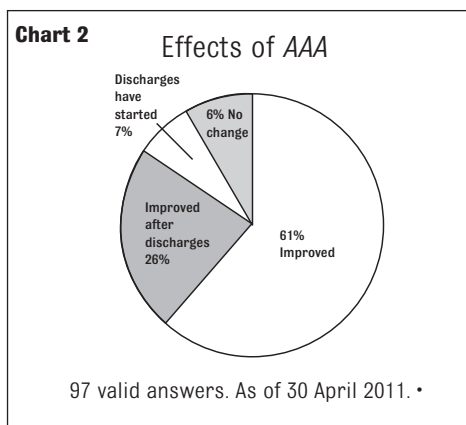
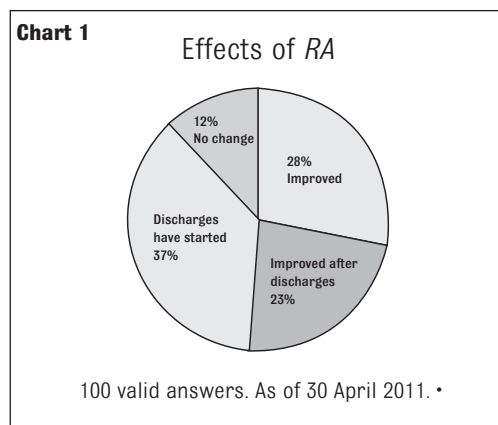


Chart 1 – Effects of RA (statistical results):

Remarks: 60% of people who were exposed to radiation reported some form of discharge of accumulated toxins.

Reaction (multiple answers were allowed):

Fever (13), Headache (17); Sleepiness and oppression (24); Runny nose and sneezing (27); Nose bleeds (7); Cough and phlegm (15); Return of old symptoms (15); Reaction in parts which were exposed to radiation (3); Others (7)

Extracts from feedback:

Hayfever (runny nose and itchy eyes), suffered in the past, returned.

My husband's hayfever got worse.

I had a headache and hot feeling behind the eyes, and pain.

I had a cough, runny nose and phlegm.

I had diarrhoea, vomiting and fever for three days.

Improvements (multiple answers were allowed):

Calmed down (36), Recovery in spirits (17), Emotional release (11), Regained sleep (10), Physical symptoms improved (16)

Chart 2 – Effects of AAA (statistical results):

Remarks: AAA showed quicker results than RA. 87% curative rate.

Improvements (multiple answers were allowed):

Calmed down (73); Recovery in spirits (30); Emotional release (18); Regained sleep (22); Physical symptoms improved (14)

* People who were exposed to radiation

Summary

- 1 I sent 'remedies' through the sentiments of my encouraging text messages: 'We are supporting you.' 'You are not alone.'
 - 2 We took action: JPHMA provided homeopathic remedies free of charge. The College of Holistic Homoeopathy provided free advice by telephone.
 - 3 JPHMA organised a rescue team which immediately delivered homeopathic remedies and relief supplies as tokens of support.
 - 4 JPHMA held charity seminars for dealing with disasters and emotional care, with cooperation from local JPHMA members.
 - 5 After the seminars, local JPHMA members provided free homeopathic consultations.
- We helped and encouraged each other, resulting in a strong bond and unity. JPHMA members seem

to be getting over this disaster more quickly than the general public because they have been taking homeopathic remedies on a daily basis.

Let's get together in Japan this October at the JPHMA International Charity Conference!

We helped and encouraged each other, resulting in a strong bond and unity

Samuel Hahnemann said:

A people like the Germans, who for centuries were gradually more and more degraded into will-less apathy and a subservient sense of slavery, first had to be still more deeply trodden into the dust by the conqueror from the West [Napoleon] until the situation became intolerable. Only in this way was their self-disparagement over-turned and lifted so that they felt their human dignity again and raised their heads, for the first time, as German men anew.

Japan is reaching a turning point, having lost its national pride and patriotic spirit from fear of the atomic bomb and the indoctrination of guilt since World War Two.

The ancient spirit and wisdom of Japan – living in harmony with nature – has been forgotten.

Most Japanese people now don't believe in natural healing power, and have been encouraged into an increasing dependence on unnatural nuclear power, medicines, vaccines and pesticides. Natural life is suffering, and now Japan is at risk of national ruin.

Japan can only recover if we regain our natural healing power and wisdom of living with nature, and get over the fear of radioactivity. We, the JPHMA, believe that the power of homeopathy will help us to get over this crisis, and we will do everything possible to facilitate this gradual process.

JPHMA Homoeopathy International Charity Conference, 8-10 October 2011.
Details and updated information from: <http://www.jphma.org/en/index.html>.

We would like to welcome you to witness the activities of Japanese homeopaths and support them by attending this conference. I and all JPHMA members look forward to meeting you in Japan!

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