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## BOOK REVIEW

### Title: Book Review: “Levels of Health: The Second Volume of “The Science of Homeopathy”

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**Book Title: Levels of Health: The Second Volume of "The Science of Homeopathy"****Book Author :** George Vithoukias and Erik van Woensel**Edition:** 1<sup>st</sup> Edition**Language :** English**Published by :** International Academy of Classical Homeopathy**Publication Date:** 2010**Pages :** 352**ISBN :** 978-960-87429-4-9

"Levels of Health" is an insightful extension of George Vithoukias's work "The science of Homeopathy". This book delves deeper into the principles and practical applications of homeopathy. This volume especially focuses on the concept of different levels of health, providing a detailed framework for understanding the progression of disease and recovery. Author has compiled three decades of observations into this book, which offers a comprehensive guide that links theoretical knowledge with practical application.

**AUTHORS BACKGROUND**

**GEORGE VITHOULKAS:** Born on July 25, 1932, in Athens, is a prominent figure in the field of homeopathy who has played a crucial role in reviving classical homeopathy. He has been honored with numerous awards for his contributions, including the Right Livelihood Award (Alternative Nobel Prize) in 1996 and the Gold Medal of the Hungarian Republic in 2000. These accolades recognize his outstanding contributions to homeopathy and his dedication to maintaining high standards in the training of homeopaths. Vithoukias currently imparts his knowledge at the International Academy of Classical Homeopathy in Alonissos, Greece.

**ERIK VAN WOENSEL:** An international teacher and homeopath renowned for his clinical

expertise and practical approach to homeopathic treatment. For the past eleven years, he has been actively advising and assisting the team responsible for developing the Synthesis repertory.

**CONTENT:**

Book is divided into several sections, each covering different aspects of the theory:

**INTRODUCTION:** The book begins with introduction to the concept of levels of health. This section explains the basic principles of homeopathy and the philosophy behind levels of health. It covers the vital force, the process of disease and homeopathic approach to treatment. This section of book serves as a comprehensive guide to the philosophical aspects of homeopathy.

**LEVELS OF HEALTH:** This chapter provides a comprehensive explanation of various levels of health. The authors divided these levels of health into four broad groups, with each group having 3 level separately. These levels provide a detailed framework for understanding the overall health of the patients, the progression and severity of pathology, and a more well-grounded prognosis for the case.

These levels also help in the evaluation of remedies, potency selection, and repetition of dose. The authors highlighted a correlation between health status and the type and severity of infections a person may experience based on susceptibility pattern, as well as suggested a method to estimate age based on levels of health. (Table 1)

The authors presented 22 observations of remedy reactions to evaluate the case progression, forming a detailed framework for assessing and managing patient health in the book. These observations emphasize the importance of understanding the body's defense mechanisms and the nature of symptoms in both acute and chronic diseases.

Table 1: Brief summary about categorization of level of health

Group	Levels	Description	Initial Potency Advice	Pathological Conditions	Immune System Reaction	Potential strength of immune system to react to different nosological entities causing high fever	Life expectancy based on levels of health
<b>Group A</b>	Level 1, Level 2, Level 3,	Highest levels of health. Good general condition and strongest defense mechanism.	Up to CM potency	Can develop acute diseases with high fever but respond well to treatment. Chronic diseases in this group are mild.	Strong immune response, high fever in infections.	<ul style="list-style-type: none"> <li>Staphylococcal and streptococcal infection, gonococcal infection and syphilis.</li> <li>All types of influenza virus.</li> <li>Virus and bacteria for epidemic disease.</li> </ul>	Level 1: Up to 90 years or more Level 2: Up to 80 years Level 3: Up to 75 years
<b>Group B</b>	Level 4, Level 5, Level 6,	Intermediate levels of health. Deeper chronic diseases start to manifest, and the immune system begins to weaken.	Up to 10 M for level 4. Up to 1M for level 5-6	Frequent attacks of acute disease. Recurrent chronic diseases, require careful management.	Moderate immune response, occasional high fever.	<ul style="list-style-type: none"> <li>Proteus</li> <li>Pseudomonas</li> <li>Gram-negative bacteria</li> </ul>	Level 4: Up to 70 years Level 5: Up to 65 years Level 6: Up to 55 years
<b>Group C</b>	Level 7, Level 8, Level 9,	Lower level of health. Compromised immune system, more severe chronic diseases, and significant health decline.	Up to 200C potency	Severe chronic diseases, difficult to treat.	Weak immune response, low-grade fever.	Compromised immune system unable to react to infective agents affecting levels 2-6 with high fever	Level 7: Up to 55 years Level 8: Up to 50 years Level 9: Up to 40 years
<b>Group D</b>	Level 10, Level 11, Level 12,	Lowest levels of health. Very weak defense mechanism and very poor prognosis, with chronic degenerative diseases.	Up to 30C potency	Chronic degenerative diseases are prevalent, very low response to treatment.	Very weak to almost no immune response, difficulty raising fever.	Level 10 and 11 have same reactions as group C. Level 12 has end stages of disease with appearance of fevers up to 38.5°C with infective agents like nosocomial infection or pneumocystis carinii; incurable by medical intervention.	Level 10: Up to 30 years Level 11: Up to 10 years Level 12: lowest life expectancy, not more than 5 years

**CASE STUDIES:** A core component of the book, this section presents detailed case studies demonstrating the application of the levels of health in clinical practice. Each case study includes the patient's history, symptoms, diagnosis, treatment plans and outcomes. The cases are analyzed to illustrate the practical use of homoeopathic principles and the levels of health framework.

- OBSTACLES TO CURE:** This section addresses common challenges encountered in homoeopathic practice. The authors discuss obstacles that can hinder treatment such as:
- Physical blockages like mechanical, chemical obstacles, obstacles due to previously used drugs, permanent organ damage and miasmatic obstacles.
  - Emotional blockages like husband syndrome, deep emotional insecurities, inescapable family situation, Sinful habits, emotional death.
  - Mental blockages like mental-spiritual obstacles, patients having fixed ideas,

intellectual patients, patients having fear of dependency and patients who have severe mental disorders.

The authors also mentioned that conflicts on physical, mental, and emotional planes can contribute to various diseases. The chapter also offers strategies to overcome these obstacles which enhance the effectiveness of treatment.

This structured overview aims to give a brief insight into each section. For precise details, specific terminology and in-depth content refer to the book directly.

## CONCLUSION

"Levels of Health: The Second Volume of 'The Science of Homeopathy'" is an invaluable resource for homeopathic practitioners and students. It offers a thorough exploration of health levels and their implications in treatment, supported by practical case studies. This book is a must read for those seeking to deepen their understanding of homoeopathy and enhance their clinical practice.

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