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# Reviews

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## **The Trituration Handbook – into the heart of homeopathy**

By Anneke Hogeland & Judy Schriebman

2008, HomeopathyWest, El Cerrito California, 182 pages, paperback, £26. ISBN 9780975476321

Reviewed by John Morgan

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For several years there has been a great interest in C4 potencies and this excellent book, born out of the authors' enthusiasm for what they describe as 'the trituration movement, tells us, in a very readable form, exactly what they are. The authors wish to excite and inspire readers to have a go and experience a trituration themselves. There is a foreword by Jonathan Shore and short interviews with Alize Timmerman and our own beloved Martin Miles.

The book acknowledges those who started and developed the C4 movement, namely Witold Ehrler, Jürgen Becker and Alize Timmerman. In 1993, Ehrler, a biologist and non-homeopath, was intrigued by remedies having personality profiles and triturated some *Calcarea carbonica* with the aid of an old German pharmacy handbook, achieving startling results. This particular edition specified four trituration steps as distinct from three, which Hahnemann described in the *Organon*. He continued quietly for many years triturating remedies before sharing his experiences with other homeopaths.

The first half of the book is a practical step-by-step section on how to do a four step C4 trituration and a comprehensive guide on how to conduct a proving whilst preparing a remedy. The second half shares some practical experiences of new remedy triturations, and the proving information received, including colourful artistic illustrations, whilst making *Persimmon*, *Tumbleweed* and *Kidney Stone*. They also made *Calendula* and *Carcinosin* revealing

some deeper insights into those well-known remedies. There are many other interesting testimonials and case studies, from homeopaths from around the world, who have had C4 remedy experience and seen a difference in their practice when using them.

If you have any interest in the C4 potencies then this is the book for you. It is well written in an engaging style, is practical in its approach and the authors have done a great job in unveiling the mystery of these remedies. I complement the authors on their work and generosity in making this information available in such a clear and practical way.

It is true that trituration is the most powerful way of potentiising a substance and the extra dimension of C4, and beyond, is an important development in the evolution of remedy preparation for the future. Remedy making provings are an intimate way to connect with a remedy and reveal its healing potential. Other innovations in remedy preparation will surely develop in time as homeopathy and humanity evolves, but for now *The Trituration Handbook* brings us up to date with the last 16 years and reveals in depth the fascinating phenomena of the C4 potencies.

Finally, if this book succeeds in its intention to inspire you to want to experience a trituration yourself, I offer my assistance in obtaining the required apparatus and materials needed to do so.