

About potencies - Margriet Plouvier-Suijs

Reviewer: Bart Lambert

After having heard Dr. Margriet Plouvier-Suijs on various occasions in the Netherlands, and having read her work on the Actinides (The Last Series - Actinium, Uranium, Plutonium and others), I was eager to know more about her findings on potencies. Even more so after having experimented myself with some of them, after her lecture on the Annual Congress of Homeopathic Doctors in the Netherlands, in September 2014. More about that at the end of this review.

From her frequent posts on SFO (a Dutch homeopathic forum, well run by Dr. Alex Leupen), I clearly understand the author has bright and original insights, and a profound knowledge of the teachers of our time, as well as the available literature.

She proves this in the *acknowledgement*, where she sums up her teachers and thanks her colleagues who were instrumental in the development of her book, and provided a number of cases.

In the *introduction* we read how her understanding grew. She started studying Hahnemann's observations, continued with the recommendations from Boericke, Köhler, Kent, and her theory took definitive shape thanks to the thoughts of contemporary authors like Fernand Debats, Marguerite Pelt, Frank Beijering, Rajan Sankaran, Gabriel Campuzano, Alize Timmerman, Chaim Rosenthal, and last but not least her own experiences in daily practice.

Next: a *2 page table of potencies* in relation to their characteristic words or language.

It serves as table of contents and will be taken up again at the end of the book.

This table is a handy tool to quickly find the information you're looking for when working with the book.

Before starting the chapters that each handle a potency, she gives her experience about the *frequency of the dose*.

The *main part of the book*: covers the different potencies, all the time with illustrative cases.

It starts with 3-4C (stimulating), 7C (adjusting) and 9C (inhibiting), thoughts that were familiar to me from organotherapy.

It continues with what were some very valuable ideas.

Chapters LM 1 (fact, standard), LM 2 or C6 (feel, undermine), LM 3 or C12 (body language, automatic conduct).

Chapter LM 6 or C30 (human nature, character, basic delusion): at this point the author differs from Sankaran who places the delusional level in the 1M potency.

LM 12 or C200 (familiar, habitual, common, parasympathetic): here Dr. Margriet Plouvier-Suijs adds the concept of dysfunction of systems.

LM 18 or 1M (flight-flight-freeze, emotion, control, orthosympathetic): with the concept of blocked or suppressed function of systems.

LM 24 or 10M: projection of emotion/symptoms onto someone else.

LM 30 or 50M: projection of emotion/symptoms to a little group.

CM, 500M: projection to a large group, to society.

Each dilution is explained with cases, mostly very short.

The cases and their explanations were so interesting that I sometimes wished she had elaborated further and elicited more her thinking process.

But that would have made the book considerably longer, whereas the main purpose surely is to increase our awareness that potencies really do matter. And quite a bit more than most of us may realise. In the cases presented in these chapters, we even see that the right remedy often does not work, when the chosen potency isn't accurate.

The last 20 pages contain cases where different potencies were administered. They show that each layer in a patient can be tackled with different potencies of the same remedy. An encouragement to all of us not to change a well chosen remedy too soon.

My own experience with Dr. Margriet Plouvier-Suijs' innovative ideas? I have used her thoughts on 10M and 50M in quite a few cases. As she describes, and to my pleasant surprise, these high potencies can have a healing effect on not only the patient, but also on one (10M) or more persons (50M) in his/her surroundings; people we might not even have a chance to heal otherwise, simply because they don't come to our practice for a consultation.

I will certainly use the information on the lower potencies, as described in her book, as well.

These 94 pages were an easy and agreeable read, and are an invaluable source of information. Good work Margriet, it gets my highest recommendation!

