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Sea Remedies - Evolution of the Senses

By Jo Evans

With 24 remedies in 653 pages and around 100 full-page colour illustrations, this book has quality and size. It is surprisingly slim, heavy, perfectly bound on high-grade paper with an elegant font and a great aesthetic; the central materia medica section has a shaded marker on the edge of the page so you can find it.

The first 125 pages set the tone with the sensual themes. Will we ever feel at home with these families? In this book I think so, it is an underwater adventure with correspondences, taste, smell, vision, touch, hearing all analysed, indexed and referenced in such an elegant and poetic fashion that I think the author has been writing prose all her life without knowing it. Each remedy is summarised before being described in detail, with some cases from our literature.

Porifera, cnidarians, echinoderms, arthropods, molluscs, gastropods, bivalves, cephalopods ... there is a new unfamiliar vocabulary to help define familiar remedies like *Calcareo carbonica* and *Sepia*, and new remedies like *Eledone cirrhosa* or *Pecten jacobaeus*. Then there is a spiral journey of homeopathic process, integrated with

spiral and shell remedies. There follow glossaries of the unfamiliar terms and a thematic repertory, bibliography and index, as part of these last 100 pages.

It looks good enough to eat – about the only information that seems to be missing is this: the sea creatures so lovingly, carefully and comprehensively described in this book are a forbidden food for observant Jews on a par with pig meat. Oh and there are no recipes. I look forward to the second volume that I hope will deal with real vertebrate fish with fins and scales. Desires fish (3).

This is a superlative book in every way, the sensual medium is the message, not only for look and feel but for quality and integration of the information about the medicines. I have never seen a materia medica with so many sources and so much integration of philosophy with useful material. I have a habit of reading an article from a journal or a remedy from materia medica in bed most nights. This one is taking me longer as it is so rich and I look forward to more early nights. Buy it for yourself or ask someone dear to you to give it for your next birthday.