

Note from Feature Editor, Gill Graham

Dr Molly Punzo and Denise Straiges from the US write here on a Comfort Care Program they have devised as part of Homeopathy Help Network (HHN). I can also see this being greatly appreciated in the UK, let us know your views.

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HHN Comfort Care: Homeopathy for Serious Illness and End of Life

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When serious illness changes the course of a life, it also reshapes the lives of those who love and care for that person. The Homeopathy Help Network's (HHN) Comfort Care program was created to walk alongside individuals and families during some of life's most difficult and sacred moments – offering skilled, gentle support that eases suffering and nurtures dignity until the very end.

A Gentle Medicine for a Profound Time

Homeopathy has always embraced the whole person – body, mind, and spirit. From the first cry of a newborn to the final exhale, it has the potential to relieve pain, calm fear, and bring a sense of peace when the body's strength is fading.

In homeopathic teaching, "palliation" carries a cautionary note – avoided in cases where cure was possible. But when illness has advanced beyond cure, relief becomes the greatest gift we can offer. In those moments, homeopathy's role shifts: not to cure the inevitable, but to soften its edges.

As George Vithoulkas so eloquently wrote: "The event of death is a crucial point of transition which can be as important to the conscious growth of an individual as any other crisis during life. Every person should be allowed to die with the minimum possible suffering and the maximum state of awareness."¹

For some, that awareness allows time for final conversations, for holding hands, for saying what matters most. For others, it is the gentle release of pain and

struggle. No two journeys are alike – each requires deep listening, compassion, and respect for what matters most to the individual.

The vision of HHN Comfort Care aligns closely with the Death Positivity Movement, which encourages honest, compassionate dialogue about death and dying – making space for love, closure, and even beauty in the face of loss.

How Comfort Care Took Root

The seeds of Comfort Care were planted in conversations between Denise Straiges, President and Clinical Director of the Academy of Homeopathy Education (AHE) and The Institute for the Advancement of Homeopathy (IAH),



and Caitlin Marino, Reiki master and founder of The Lori Project. Caitlin's dear friend, Lori Stevens, received homeopathic care in her final days – a gift that left a lasting impression. After Lori's passing, Denise and Caitlin envisioned a way to make that kind of care available to others facing similar journeys. From that shared commitment, the HHN Comfort Care program was born.

Building a Circle of Support

HHN Comfort Care is the first of its kind telehealth service to support palliative and end-of-life care with homeopathy. This project brings together experienced homeopaths, medical advisors, doulas, and caregivers in a coordinated network of care. Clients are matched with experienced providers who understand not only the realities of advanced illness but also the profound emotional and spiritual needs that accompany it.

The HHN Comfort Care program capitalizes on the AHE/IAH resources and infrastructure for education, communication, and support including bespoke webinars, resources, guides, and a comprehensive course on end-of-life care, taught by Straiges. Dr. Molly Punzo contributes in-depth medical insights into the pathophysiology of advanced disease. These resources ensure that every practitioner approaches care with skill, sensitivity, and respect. All practitioners are thoroughly vetted through a Practitioner Review Committee to ensure quality of care and experience for the patient and their loved ones.

In partnership with the HOHM Foundation's research office, outcomes will be tracked and studied – helping to raise awareness and bring homeopathy into broader community as well as faith, healthcare, hospice and palliative care settings.

Collaboration Beyond Borders

Recognising the value of shared wisdom, HHN Comfort Care is working with the

International Doula Life Movement. Doulas bring a deep knowledge of comfort, presence, and personal care; homeopaths offer gentle remedies that ease suffering. Together, they create a compassionate safety net for families and the people they love.

To ensure help is always within reach, we have developed a list and guide for the remedies most used and indicated during end-of-life challenges such as anxiety, restlessness, breathlessness, nausea, pain, confusion, delirium, and more. Care givers work with experienced practitioners to administer indicated remedies.

Care Tailored to the Moment

The program's tiered system meets people where they are:

Tier 1 – Ongoing support and homeopathic treatment for those with complex chronic illness or a diagnosis of a serious, life limited disease.

Tier 2 – Palliative/symptom relief for people undergoing treatment for serious conditions as well as those who have chosen to stop active treatment for their illness and begin de-escalation of care.

Tier 3 – Gentle, focused care in the final weeks or days of life, supporting both patient and family through the last transition.

A Vision of Wholeness

Comfort Care envisions a world where no one has to face the end of life without skilled, compassionate support. It's about presence, listening, and honouring the unique journey of every soul. Homeopathy provides relief as we work collaboratively alongside other healthcare professionals, social workers, counsellors, doulas, ministerial staff, etc. From our first breath to our last, this is care that remembers we are more than our illness, and that every moment still holds meaning.

Reference

1. Vithoulkas G. *The Science of Homeopathy*. Grove Press, 1980, p. 266.
<https://homeopathyhelpnow.com/>
<https://advancehomeopathy.org/>
<https://academyofhomeopathyeducation.com/>

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Healing can take
place right up to the
time of death.

BOOK REVIEW *The Conception Plan*

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The science-backed guide to fertility and becoming a parent

Dr Larisa Corda MBBS BSc MRCOG is a leading UK obstetrician, gynaecologist, and fertility expert, and is currently an

Associate of the Faculty. She qualified from Imperial College London and has trained in both the UK and Australia. She advocates a holistic approach to patient care, integrating Eastern, Western, traditional, and complementary techniques while considering lifestyle factors. An active women's rights ambassador, she has contributed to charities including UN Women and The Circle. She frequently appears in media as an expert on women's health, fertility, and pregnancy – serving as This Morning's fertility expert and presenting her programme, *The Conception Plan*. Her mission is to reshape women's health and empower individuals in fertility and wellness.

The Conception Plan, her first book, is a comprehensive 12-week guide for enhancing health and fertility. Combining Western medicine, epigenetics, and

alternative therapies, it offers a holistic approach to improve physical, emotional, and spiritual well-being. The plan features customisable options for those trying to conceive, considering assisted conception, preserving fertility, or preparing for future pregnancy.

Larisa's aim in the book is to help couples prepare both the mind and body for pregnancy; her holistic lifestyle program is designed to support this process. Throughout the book she refers to five pillars she sees as essential to success: nutrition, exercise, stress management, minimising toxin exposure, sex and relationships.

The book examines each of these 'five pillars' thoroughly. Her integrative, holistic approach stands out as current and effective, supported by case studies and patient outcomes. It presents a proven methodology for pregnancy that blends Western and Eastern principles.

The depth of the holistic content in the book is summed up for me in these powerful words in the miracle of life subsection on page 13: "But conception is the unification of the body, mind and soul of two beings. It starts with the

consciousness brought to the act of conceiving, leading to the fertilization of the sperm and egg, which then gives rise to a human being. It shouldn't come as a surprise that an approach involving the unification of science and spirituality is what's needed to cultivate a new understanding and awareness around conception."

What is clear throughout this pioneering book is that conception involves more than fertilisation; it is affected by the entire body, environment, spirituality, lifestyle and stress management. The content of the book is empowering and enables those trying to conceive to be guided by an expert in her field in an insightful way, strongly leaning on her vast experience, which does not rely purely on a medical model. It has been described as 'a breath of fresh air' by one couple who managed to conceive by following her recommendations. I strongly recommend *The Conception Plan* to couples beginning their reproductive journey, as an ideal first resource.

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