

NEWSLETTER

Promoting Professional Excellence in Homeopathy



MESSAGE FROM THE BOARD

Dear Members,

As our community continues to evolve, the Ontario Homeopathic Medical Association (OHMA) remains dedicated to fostering connection, professional growth, and shared learning among our members.

We are committed to supporting homeopaths throughout Ontario by promoting education, encouraging collaboration, and advocating for greater awareness and understanding of homeopathy within the broader healthcare landscape.

We encourage you to stay involved, contribute your perspectives, and take part in our ongoing initiatives as we work together to strengthen and elevate our profession.

Below, you'll find updates on recent developments and upcoming opportunities.

NEWS UPDATE

Homeopathy for Families and a Healthier Planet

An Ecohomme article highlights homeopathy as a natural, family-friendly approach to healthcare that is gentle, non-toxic, and environmentally sustainable, supporting both personal wellbeing and planetary health.

[More Info](#)



Contact Us

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<https://ohma.info/>

RECENT OHMA SESSIONS:

FEBRUARY AND MARCH WEBINARS

Webinar 1: Epigenetics & Homeopathy: How Life Shapes Biology – and How the Body Adapts to Heal

By: Paula Felicia

Webinar 2: Coping with aging or/and post-viral related fibrosis and osteoarthritis

By: Martine Jourde

On February 8, 2026, OHMA hosted two engaging live Zoom webinars led by Paula Felicia and Martine Jourde. Paula's session explored the connection between epigenetics and homeopathy, highlighting how life experiences and environmental factors influence gene expression and the body's capacity to adapt and heal. Martine's presentation focused on coping with aging and post-viral conditions, including fibrosis and osteoarthritis, offering insights into supportive homeopathic approaches.

Participants gained valuable perspectives on how the body responds to internal and external stressors, along with practical strategies for integrating these concepts into case analysis and individualized treatment planning.

Both sessions were well-received and provided meaningful learning opportunities for practitioners seeking to expand their clinical knowledge and enhance patient care.

Homeopathic Tissue Salts

OHMA's March 7, 2026 webinar featured Julie Henry, who presented on the use of Homeopathic Tissue Salts. The session introduced the foundational principles behind tissue salts and their role in supporting cellular function and restoring balance within the body.

Julie highlighted how these remedies can be applied in everyday practice to address common health concerns, offering practical insights into remedy selection and usage. Attendees also explored how tissue salts can complement broader homeopathic treatment plans.

The webinar provided a clear and accessible overview, making it especially valuable for practitioners looking to incorporate tissue salts into their clinical approach.



**ONTARIO HOMEOPATHIC
MEDICAL ASSOCIATION**

FREE LIVE WEBINAR

SATURDAY, MARCH 7TH, 2026 FROM
10 AM - 12 AM EST



TOPIC: HOMEOPATHIC TISSUE SALTS

Julie Henry is a homeopath with over 20 years of clinical experience and a strong foundation in classical homeopathic medicine. She holds a Bachelor of Health Science from the University of Waterloo and completed a four-year diploma in Homeopathic Medicine at the Homeopathic College of Canada in Toronto.

Since beginning her practice in 2000, Julie has pursued extensive post-graduate study with respected homeopathic teachers from around the world, including advanced training in India and Africa. Her work reflects a whole-person approach, using individualized, single-remedy prescriptions to support the body's innate capacity to heal.

Julie is deeply committed to education, mentorship, and accessibility within the homeopathic community. She taught and supervised clinics at the Ontario College of Homeopathic Medicine for over a decade and served as Head of the Homeopathy Department for two years. She also runs a monthly free online homeopathic clinic with colleagues to support individuals who might not otherwise have access to care, and leads a mentorship program for practising homeopaths focused on case-taking, repertorisation, and case analysis.

Julie remains continually inspired by the gentle yet powerful nature of homeopathy and brings clarity, experience, and compassion to both her clinical practice and teaching.

**SPEAKER: JULIE HENRY
(B.SC., D.H.M.S., HOM.)**



MODERATOR: PROF. BHUPINDER SHARMA ONT.HOM., MD (HOM.)
[HTTPS://US02WEB.ZOOM.US/J/8971554210?](https://us02web.zoom.us/j/8971554210?pwd=H0SFYQZyRTRARFXHYXODBGHIZF82.1)
 PWD=H0SFYQZyRTRARFXHYXODBGHIZF82.1
 PHONE NUMBER: 416-903-2593
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UPCOMING EVENT:

CELEBRATING WORLD HOMEOPATHY MONTH



CELEBRATING WORLD HOMEOPATHY MONTH

CELEBRATING HAHNEMANN'S BIRTHDAY

HONOURING SAMUEL HAHNEMANN

FOUNDER OF HOMEOPATHY | VISIONARY HEALER | PIONEER IN HOLISTIC MEDICINE

JOIN OHMA AS WE CELEBRATE HIS LEGACY AND THE ENDURING IMPACT OF HOMEOPATHIC PRINCIPLES WORLDWIDE.



BERNARDO A. MERIZALDE



HAROULA BATTISTA



KAVITA CHANDAK



ROBIN POLLOCK



APRIL 11, 2026
9:00 AM – 4:00 PM



PEARL BANQUET HALL
1638 AIMCO BLVD
MISSISSAUGA, ON L4W 1V1



OHMA MEMBERS – \$100
NON-MEMBERS – \$125



BREAKFAST, LUNCH & EVENING TEA INCLUDED

WE LOOK FORWARD TO CELEBRATING HAHNEMANN'S LEGACY WITH YOU.

UPCOMING EVENT:

CELEBRATING WORLD HOMEOPATHY MONTH



*Celebrating World
Homeopathy Month*

HONOURING THE LEGACY OF SAMUEL HAHNEMANN

THE ONTARIO HOMEOPATHIC MEDICAL ASSOCIATION
EXTENDS HEARTFELT THANKS TO OUR VALUED SPONSORS
FOR SUPPORTING OUR CELEBRATION OF WORLD
HOMEOPATHY MONTH AND HELPING ADVANCE THE
AWARENESS AND PRACTICE OF HOMEOPATHY.



**YOUR SUPPORT HELPS US CONTINUE PROMOTING
EDUCATION, COLLABORATION, AND EXCELLENCE IN
HOMEOPATHIC MEDICINE.**

THANK YOU FOR BEING PART OF THIS CELEBRATION OF
HEALING AND THE ENDURING LEGACY OF HOMEOPATHY.

UPCOMING SEMINAR: OUT OF THE BOX



OHMA Seminar: "Out of the Box"

JOIN THE ONTARIO HOMEOPATHIC MEDICAL ASSOCIATION FOR A TWO-DAY IMMERSIVE SEMINAR EXPLORING INNOVATIVE APPROACHES IN HOMEOPATHY.

EVENT DETAILS:

- **Date & Time:** Saturday, Aug 29 & Sunday, Aug 30, 2026, 9:00 AM – 5:00 PM EST each day
- **Organizer:** Ontario Homeopathic Medical Association (OHMA)
- **Location:** University of Toronto – Mississauga Campus
- **Registration / Tickets:** Purchase tickets at: <https://ohma.info/event/out-of-the-box-august/>

PRESENTER: DR. GAURANG GAIKWAD

WHY ATTEND:

- DIVE DEEP INTO "OUT-OF-THE-BOX" HOMEOPATHIC PRESCRIBING FOR COMPLEX CASES
- LEARN FROM REAL, FAILED CASES AND HOW TO ADJUST YOUR APPROACH
- NETWORK WITH FELLOW PRACTITIONERS + GAIN PRACTICAL INSIGHTS

TICKETS:

\$150 – \$375

SAVE THE DATE & REGISTER TODAY!
VISIT [HTTPS://OHMA.INFO/EVENT/OUT-OF-THE-BOX-AUGUST/](https://ohma.info/event/out-of-the-box-august/) TO SECURE YOUR SPOT.



FEATURED ARTICLES

What My Difficult Cases Taught Me That Books Didn't

Author: Smita Mahajan, Homeopath BHMS, PG FHPC

This article by Smita Mahajan reflects on the valuable lessons gained from managing difficult clinical cases, emphasizing how real-world practice often differs from textbook clarity. It explores the challenges of working with incomplete or complex symptom pictures, and the need for flexibility in case analysis and remedy selection.

The piece highlights key insights such as the role of etiology, the importance of observation, and the relevance of miasmatic understanding in chronic cases. Through practical examples, it illustrates how setbacks and non-linear progress can guide deeper clinical thinking.

Overall, the article offers a thoughtful perspective on how challenging cases refine a practitioner's skills, encouraging a more nuanced, patient-centered, and evolving approach to homeopathic care.

[Access the full article here](#)



Tinnitus: A Pathological Homeopathic Approach

Author: Nishant Babusenar, HOM, BHMS, MSc(Psy)

This article by Nishant Babusenar presents a structured homeopathic approach to managing tinnitus, a condition frequently encountered in clinical practice. It outlines the different types and causes of tinnitus, emphasizing the importance of identifying underlying factors and understanding individual patient presentations.

The author details a step-by-step method for case-taking, including evaluating the nature of the sound, associated symptoms, and contributing modalities, while building a comprehensive totality for accurate prescribing. Clinical case examples further demonstrate how individualized remedies can be selected based on characteristic symptoms and patient history.

Overall, the article offers practical guidance for practitioners, highlighting how a systematic and patient-centered approach can lead to effective outcomes in tinnitus management.

[Access the full article here](#)



PRESIDENT'S MESSAGE

Dear Members,

As we step into the vibrant month of April, I would like to take a moment to extend my heartfelt gratitude to each and every one of you for your continued dedication, passion, and commitment to the growth and integrity of our profession.

Your unwavering support has been instrumental in strengthening our association and advancing the practice of homeopathy in our community. Whether through your participation in events, contributions to professional dialogue, or your daily work serving patients with compassion and excellence, you are the true pillars of OHMA.



April also holds special significance for us as we celebrate Homeopathy Month and honor the legacy of Dr. Samuel Hahnemann. It is a time to reflect on our shared mission, renew our commitment to high standards of practice, and continue educating and inspiring those around us.

I would also like to sincerely thank all members who have supported and contributed to our recent initiatives and upcoming events. Your enthusiasm and collaboration make a meaningful difference and help us move forward with strength and unity.

Let us continue working together to promote awareness, uphold professionalism, and support one another in our journey.

With appreciation and warm regards,
Saroj Gandhi
President, OHMA

CALL FOR VOLUNTEERS



OHMA is looking for members who can assist with Public Relations (PR), Social Media Marketing, Public Awareness Campaigns to help spread knowledge about homeopathy across Ontario. If you're passionate about advocacy and outreach – we'd love to have you on board!

Contact us at: office@ohma.info

NOT A MEMBER YET OR NEED TO RENEW?

It's time to renew your OHMA membership! We're here to help – reach out to us via phone, email, or WhatsApp to renew your membership quickly and easily. Existing members can log in to their OHMA online portal to complete renewal. Not a member yet? No worries – just contact us, and we'll guide you through the process!

become
a member



Of Ontario Homeopathic
Medical Association

Join OHMA

Members Benefits

1. Attend webinars
2. Earn certificates of attendance
3. Get recognition on International platform
4. Special discounted price for students of Homeopathy and International homeopaths

Join Now ohma.info/join-the-ohma/

To make the process even easier, you can renew or join directly through our website. Professional homeopaths can register using the Annual Professional Membership option, while those interested in other membership categories can explore all available options on our “Join Us” page.

Join OHMA

Membership Rates

1. Class A \$150 per year
2. Class B (not reg with CHO) \$100 per year
3. Students of Homeopathy, naturopathy, \$25 per year
4. International Homeopaths \$100 per year

Join Now [Ohma.info/join-the-ohma/](https://ohma.info/join-the-ohma/)

For your convenience:

- Annual Professional Membership → <https://ohma.info/members-only/annual-professional-membership/>
- Explore all membership options → <https://ohma.info/join-the-ohma/>