

# Prescribing logically: The Fibonacci Series Potencies

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**Abstract:** The Kentian approach to prescription and potencies is one of the most debated aspect of Homeopathy. Several methods of potentisation or dynamisation exist: Centesimal, Decimal, Millesimal, Fifty Millesimal etc. It is often difficult if not impossible to determine which potency to use and especially why this potency specifically. The author presents a method of prescription that avoids guesswork, based on a Law of Nature represented by the Fibonacci Series, a mathematical concept that is found everywhere for subatomic particles to galaxies.

**Keywords:** Potency, Logical, Potentisation, Dynamisation, Homeopathy

## 1. Introduction

This system of prescription started out from utter frustration and a desire to simplify my life. From the very beginning of my practice, the question arose: how do you choose which potency to prescribe and why?

Here are some of the answers I received:

- start low, progress slowly to a higher potency
- give a single dose and wait
- give repeated doses
- give them dry
- give them wet
- give ascending potencies
- give descending potencies
- start with LM1
- start with LM5, LM18, ....
- repeat LM every day
- repeat LM only when needed

As teenagers say: whatever...It became even worse with the publication of Michele Shine's book "What about the potency?" (Food for Thought Publication, ISBN 095470338, 2005) in which many famous homeopaths were asked about their method of selecting potencies: each one of them had a different answer, and each one was obviously a successful practitioner. I had already spent a lot of time testing different methods, including the variations of the LM/Q prescription, and none of them was satisfying, none was able to have a common programme valid for all patients and all practitioners. I needed a technique with the following criteria:

- 1. Follow a law of nature, like gravity
- 2. Clear and obvious

- 3. Relatively simple to create and to use
- 4. Safe
- 5. Effective
- 6. Flexible and adaptable

## 2. Materials and Methods

A Law of the Nature.

We claim that the Law of Similars is a natural law. We use it to restore health to all forms of living being, plants, animals and humans. Mathematics is the universal language that permeates everything in the universe. I was never good at mathematics in school, so if I could find and understand a formula that describes the application of potencies in clinical work, then it would certainly be simple and understandable to everybody.

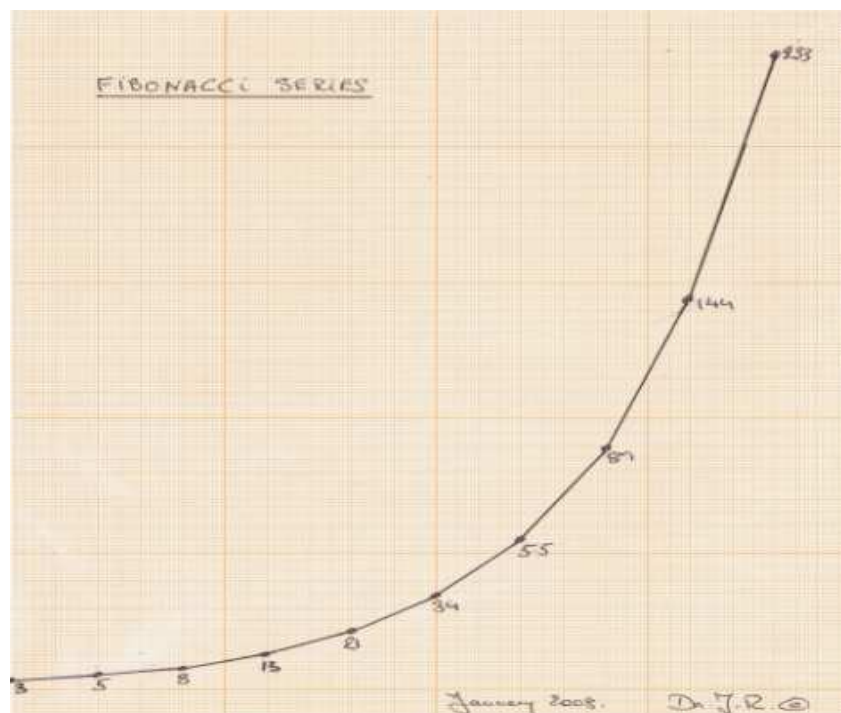
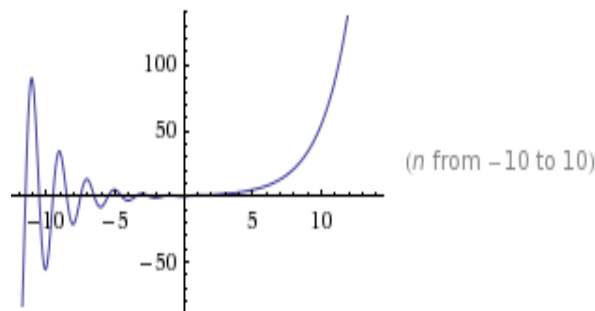


**Fig. 1.** Statue of Leonardo Fibonacci.

Leonardo Fibonacci (1170 – 1250) famous mathematician described a mathematical progression series known as the Fibonacci Series. Many people have encountered it during IQ or aptitude tests where the question is “fill the missing number”. This series, 0, 1, 1, 2, 3, 5, 8, 13, 21, 34, 55, 89, 144, 233, 377,.... is constructed by adding one number to the previous one, which forms the next in the series:  $0 + 1 = 1$ ,  $1 + 1 = 2$ ,  $2 + 1 = 3$ ,  $3 + 2 = 5$ ,  $5 + 3 = 8$ ,  $8 + 5 = 13$  and so on, giving the famous Fibonacci Spiral.



**Fig. 2.** Fibonacci Spiral.



**Fig. 3.** Graph of the Fibonacci Series.

When dividing one of the numbers by its predecessor, we obtain the old Golden Ratio,  $\Phi$ , Phi,  $1:1.61803398875...$  e.g.  $89:55 = 1.6181818...$  the higher the numbers, the closer to the more detailed number. It is an infinite number, like the better-known  $\pi$ , Pi.

The spiral and the golden ratio are present everywhere in the Universe, from the microscopic world to galaxies, from living beings to architecture, even in music and in the stock exchange. There is not a single aspect of the world around us and in us that does not have a direct or indirect relation with the Fibonacci Series. Hence the postulate: if Nature relies on it everywhere, then it could be used as a therapeutic tool.

Clear and obvious

When we create a graph of the Fibonacci Series, we obtain a strict and pure exponential one:

Converting it to logarithm leads us to a straight line, which in biology is the translation of a totally pure and correct phenomenon, the numbers being perfectly aligned. There is no interference, there is no guesswork. If we compare this with graphs that are created based on Kent's harmonics, 6, 12,

30, 200, 1M, not only is it not an exponential but the logarithm is erratic, not straight and without consistency. That is without even considering the illogical extreme jumps between potencies.

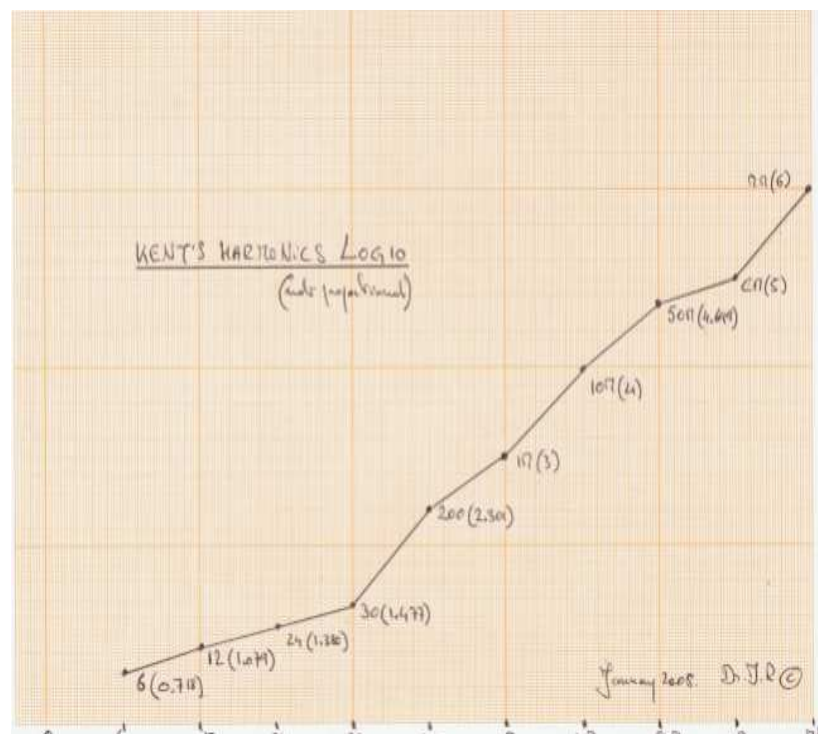
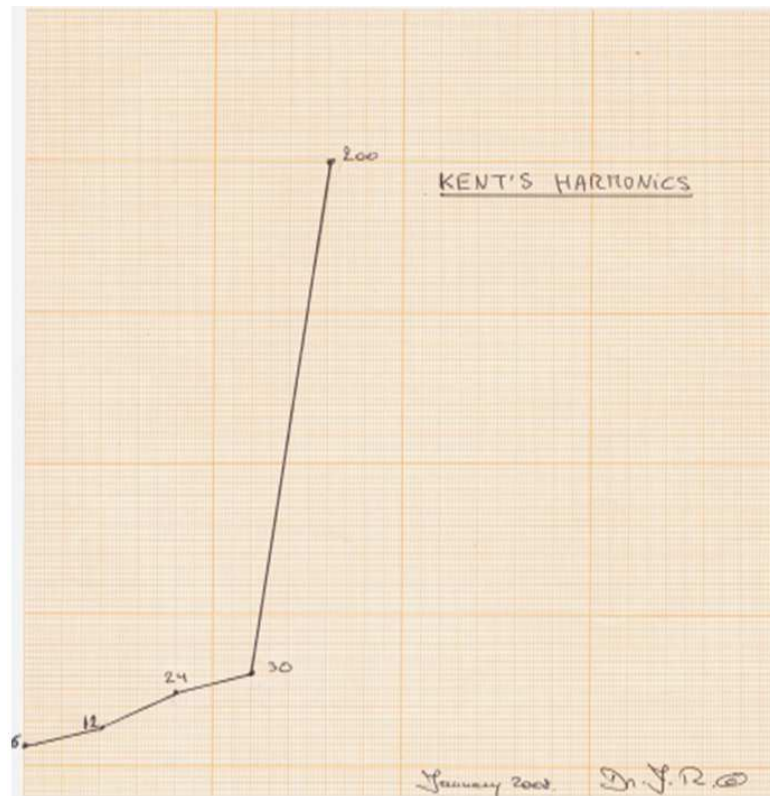
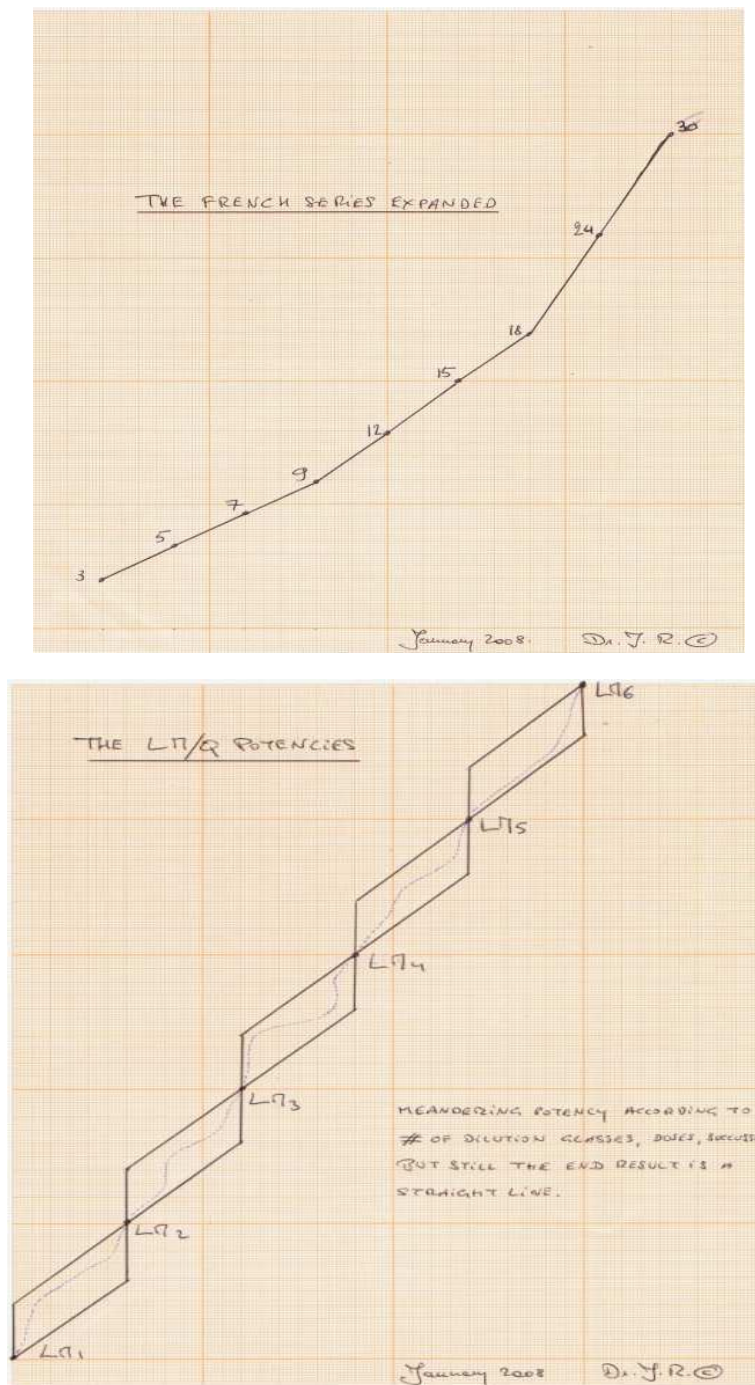


Fig. 4. Graph of the Fibonacci Series.

The same can be said for the French series of potencies: 3, 5, 7, 12, 15, 18, 24, 30C: although the image is closer to a pure exponential, there are still irregularities.



**Fig. 5.** Graph of the Fibonacci Series.

As for LMs/Q potencies, it is always a strict straight line, even when jumping potencies like using only the odd ones: there are no straight lines in Nature. I call it a “meandering potency” as it is possible to vary slightly the potency at each LM level, but in the end, the result is still a straight line. We also know from his casebooks that Hahnemann did combine LM and C potencies, this despite his affirmation in the Sixth Organon that this method was “his most perfect”. He

probably meant the best available at this time, but obviously he was not completely satisfied and was still searching.

Simple to create and to use

One essential aspect of the Fibonacci Potencies Series is, by definition, to respect the Golden Ratio, the proportionality between each potency. Therefore each remedy, each series has to be created from the beginning, using either Hahnemannian hand potentisation by the same technician for



every single series (same amount of energy at each stage of succussion) or the Korsakoff method strictly from the very first potency. We used ten succussions because this was the standard number used at the pharmacy that prepared the remedies (Simillimum, Wellington, New Zealand). Another number can be chosen, but the same amount of succussions and force applied must be used at each stage of dynamisation.

When looking at a Fibonacci spiral, especially in three dimensions as shown here, we realise that although it is constructed through an simple addition, the effect is in fact a multiplier (exponential) that can be compared to the launching of a space shuttle: the first level is ignited, gives the necessary boost for the second level, which in turn propels the third level, and so on. Not respecting the order leads to failure. Practically, it means that we need only a small number of potencies to reach extremely high levels of dynamisation, never obtained or used before.

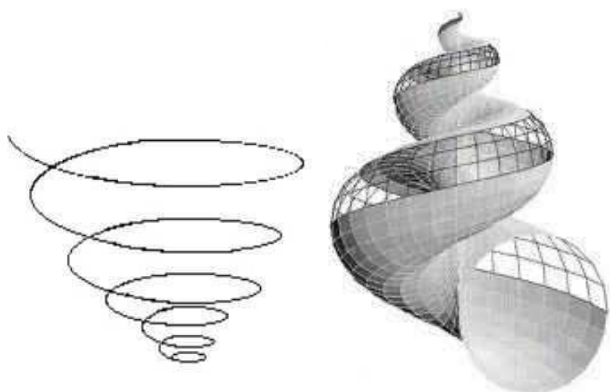


Fig. 6. Fibonacci spiral.

Using 3C as the first potency, we obtain this:

- $3 = 3$  3C
- $5 \times 3 = 15$  15C
- $8 \times 15 = 120$  120C
- $13 \times 120 = 1560$  1.5M
- $21 \times 1560 = 32760$  33M
- $34 \times 32760 = 1113840$  1MM
- $55 \times 1113840 = 61216299$  62MM
- $89 \times 61216299 = 5448241800$  5MMM
- $144 \times 5448241800 = 773546819200$  774MMM
- $233 \times 773546819200 = 18023641327160$  180MMMM = 180,000,000,000,000,000C

One hundred and eighty thousand trillions C...there is not enough water in the universe to reach that level of dynamisation, even with the Korsakoff method, through conventional potentisation.

With the 5C as first potency (poisons, venoms, toxic metals,...):

- $5 = 5$  5C
- $8 \times 5 = 40$  40C
- $13 \times 40 = 520$  520C
- $21 \times 520 = 10920$  11M
- $34 \times 10920 = 371280$  370M
- $55 \times 371280 = 20420400$  20MM

- $89 \times 20420400 = 1817415600$  2MMM
  - $144 \times 1817415600 = 261707846400$  262MMM
  - $233 \times 261707846400 = 60977928211200$  61MMMM
- And with 8C as first potency, when 5C was not available:
- $8 = 8$  8C
  - $13 \times 8 = 104$  104C
  - $21 \times 104 = 2184$  2M
  - $34 \times 2184 = 74256$  74M
  - $55 \times 74256 = 4084080$  4MM
  - $89 \times 4084080 = 363483120$  363MM
  - $144 \times 363483120 = 52341569280$  52MMM
  - $233 \times 52341569280 = 12195585642240$  12MMMM

Why bother with the whole series when there is a good or excellent result after the first few doses? The theory, which so far I cannot prove through lack of laboratory availability but has been consistently demonstrated clinically, is that by going through all the potencies in an orderly manner, the intermediate potencies are also created and are acting accordingly. This has led to the concept of the human being similar to a radio tuning dial:



Fig. 7. Radio Tuning Dial.

- Any station can have needed information
- Any station can be only white noise
- We do not know which information is where!
- Any potency/station can have no reaction or a different reaction, it cannot be foreseen and you do not want to miss anything

It was then not a very big leap of thought to realise that instead of giving multiple potencies of the same remedy, we were using a “single wide variable potency”: one remedy has multiple, different peaks of wavelength, each peak corresponds to a specific aspect of the remedy, as Banerjee and Pareek have described. Therefore, by going through all of those peaks, we can be thorough, not miss anything related to that remedy, leading to a total, radical cleansing. Let's compare this to eating a salad: you pick a piece of lettuce, then a tomato, a slice of cucumber, a few pieces of onion, eventually finishing the whole dish, not having gobbled the whole plate in one go; or eating a steak: each morsel is slightly different, some more cooked than others, more or less fat, more or less spices or mustard; you eat it piece by piece.

Living beings are seen as vibrational units, for lack of a better definition. Remedies are also vibrational units providing multiple quanta of information. They both are very complex quadri-dimensional equations and graphs. The classical method of single dose and single potency of a remedy addresses only a small part of that graph, whereas a Fibonacci series correlates both graphs as closely as possible, allowing for deeper and more complete action.

This also lead to the notion of “*Threshold potency*”: each Fibonacci potency (3C, 5C, 8C, etc,...) is the most appropriate and easy entry to the full action at that level. It is the most active in that “energetic continuum” (for lack of a better definition). This explains the need to change potencies in classical prescribing, when one does not act any more but also the lack of reaction with some fixed classical potencies despite the remedy being perfectly indicated and curative results with the same remedy, using the Fibonacci series. Any potency of the series can act at any level, physical, mental, emotional, psychological, spiritual, and there is no way to foresee which potency will have which action, hence the need to complete the series, as explained with the dial concept.

Another way to look at it is with the concept of light spectrum:

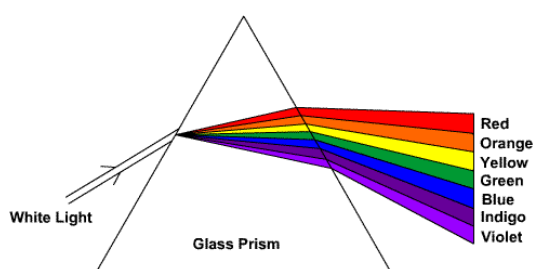


Fig. 8. Dispersion of white light.

How do you obtain a full spectrum white light if you use only a monochromatic light? In a natural rainbow, there are no dark lines of separation between the colors, yet you can see them distinctly.

Is it simple to use?

I use the very old method of single powders. That way, unless an adaptation of the technique is needed, the patient cannot repeat the doses unnecessarily, as often happens when they receive a bottle of globules.

There are a few different methods of administration, following the different editions of the Organon:

- Organon 4: dry dose, the lazy way, straight on a clean mouth, the one I used for myself.
- Organon 4.5: wet dose in a teaspoon of water; a slightly more elaborated dry dose, allowing better contact with the mucosa and a fuller absorption of the remedy; its main relevance is that it forces the patient to take some time for himself and consciously prepare his remedy, with a focus on healing, as compared with the automatic popping of a pill. If there is no reaction to that dose after 48 hours, the next potency is taken; if there is a reaction at any level, the patient waits until there is no change happening anymore; only then is the next potency taken.
- Organon 5: the powder is dissolved in a glass of water, a dose can then be a drop or a teaspoon depending on the sensitivity of the patient, and is repeated until there is no more reaction, at which stage the next potency is prepared.
- Organon 6: the same method a LM/Q potencies with

multiple dilution glasses, extremely useful for very sensitive patient or when there is severe pathology (asthma, angina pectoris, extensive eczema,...) where aggravations are to be avoided at all cost.

A frequently asked and argued about question is “Is this Hahnemaniann?”

There is a single remedy, it is hand-made or Korsakovian, which Hahnemann approved; single doses are administered and even more so when considering the single variable potency theory; and clearly the same potency is never repeated twice. One hundred percent Hahnemaniann!

Is this a purely theoretical construction of my mind or does it have some validity? At the time of sending this paper for publication, I have personally prescribed a Fibonacci Series 1054 (one thousand and fifty four) times. I think this qualifies for statistical significance. I have yet to receive a single negative report from colleagues who have adopted the method.

Is it safe?

Because of the multiple repetitions of the same remedy, there was some concern about the safety of the method.

Proving: the only real proving I can vouch for is my own one when I tested the method with Luesinum (Syphillinum). Other possible provings turned out to be only aggravations.

Grafting: not even one, even when the same remedy was repeating multiple times, further down in the evolution of the method.

Aggravations: Small and minor ones, like increased discharges, diarrheas, the equivalent of detoxification symptoms, not more than with any other administration method. However, there were some serious ones, as with other methods. Here is what a patient wrote about one of them:

“I took the Causticum as directed...Within half an hour I developed nausea and dull ache in the temples and back of the head...I woke with a vicious searing pain traveling from the left chest cavity to the sternum. It felt like a molten golf ball burning its way across my chest...the episode was very similar to my experience before being hospitalized with a suspected heart attack...I have felt totally exhausted with a number of other earlier symptoms rerunning: burning eyes, chest rash, dry niggling cough...headache remained constant and I’ve had little appetite...I also feel emotionally drained, constantly on the edge of tears.....Overall, believe it or not, thank you! Causticum just may well be the beginning of ridding this monster...I feel positive and confident about continuing the regime...”

This shows that despite the horrific symptoms described, the patient was aware that she was in no danger, that it was simply a replay of previous events that were now discarded. It is the difference between watching a horror movie while being safely tucked on the sofa with popcorn and a drink and being the real life victim of a sadistic attack: some physiological responses (heart rate, sweating,...) can be the same, nevertheless, the movie watcher feels safe and comfortable at all times.

When the wrong remedy was prescribed for whatever

reason, one that retrospectively was not indicated, nothing untoward happened...so far. At times, the remedy created a "false aggravation", revealing an underlying problem that needed addressing, like the patient whose sore throat eventually was an odd presentation of a cervical vertebrae misalignment that simply needed a soft adjustment. A timely reminder to be aware that our treatments can unravel other problems that are not amenable to homeopathic therapy: we do indeed have limitations!

### 3. Results

Is it effective, of rapid action and deep acting?

Why would we complicate our lives, even if this method were theoretically sound, if it does not give us better results? Here are a few summarized cases, based on patient's emails reports; the reader can decide for himself.

ADHD, Sulphur: After his first dose of Sulphur 3C, he says: "Cool, it went eeeee.....woosh, and the voices in my head stopped!" and after a repeat two years later: "Tell Dr. Joe his stuff is working. I just took the powder and Whoosh, my brain stopped making noise". Fast enough?

Bullied, betrayed, terrors, Ignatia: 3C, got diarrhoea, but felt happy, only for one day; goes to 5C, feels good, can stand her ground, confronts a male bully at work; 2 doses over 2 weeks time...

Multiple problems, Carcinisin: 8C, better sleep, all fibromyalgia symptoms gone; 21C, PMS gone, old memories of rape coming up and dealt with; 34C, singing in the car and laughing, didn't realize it, kids made it obvious; 89C, "I feel normal for the first time in years". Total time: 6 weeks...

A note regarding the speed of action: If the remedy is totally wrong, you do not waste time trying different potencies in a random manner and asking for help on the net. If it is not doing anything, and there are no obstacles, it is the wrong remedy! No ifs, no buts, no arguments, no discussion.

Molested, emotional blackmail, Nat Mur: 5C: old memories are coming back; 13C: urge to cry, old memories, feeling of healing; 21C: old backache returns; 34C: teenager's emotions and memories; 55C: back to 10-13 years old; 89C: back to 2-8 years old. She then wrote she did not need any other treatment, but a few months later, she brought a friend of hers to see me: she was not recognizable: she shed weight, her skin cleared, her walking was assured, I did not recognize her until she told me who she was!

Mix of haemolytic anemia, megaloblastic anemia and myelodysplastic anemia: The whole history and clinic does not make any sense until I get the notion of lead exposure. Plumbum Metallicum was prescribed. After 5C, 8C and 13C: increased haemoglobin, increased reticulocyte count, food allergies gone; continued to improve (other remedies were needed after 233C).

Hundreds of similar cases have repeatedly shown the same pattern of evolution: while going through the different potencies, present and past problems are addressed and solved in an apparent haphazard way. Contrary to what has been taught for generations, there was never a clear

correlation between the problems and the potencies of the indicated remedy: deep emotional and spiritual situations were cleared by low as well as high potencies, physical problems too. There is definitely no truth in the saying that physical symptoms need low potencies and mental symptoms need high potencies. Each phase of the treatment needs its own specific and individualized potency in the same way as each patient needs a specific and individualized remedy.

Is it flexible and adaptable?

As written earlier, we can use either single dry or semi-dry doses, liquid doses, or multiple dilutions glasses. With the single dose method, we wait and see; if there is no evolution, go to next potency; if there is any evolution, wait until the change is stable, only then move to the next potency.

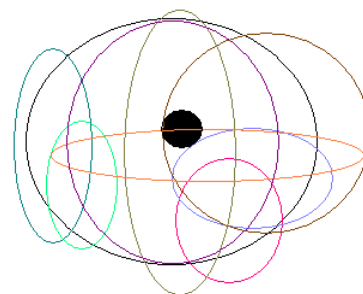
With the liquid dose method: if there is no evolution, repeat once; this might not be necessary but it is a safety measure; still nothing, go to the next potency; any evolution, wait until stable then repeat and proceed the same way again until nothing happens any more, then go to next potency. This allows exhausting the full potential of every threshold potency before moving to another level.

When using the multiple dilutions system, we proceed the same way as with the liquid doses, walking backwards in the dilution glasses; it is a much longer treatment, like with the LM technique, but safer when required.

Because this system acts very deeply and completely, ancient events and situations come back to the surface to be finally dealt with and discarded. We are all familiar with the onion layers analogy, where we peel one event after the other in a reverse chronological order. This is in fact rarely the case and those layers are often intricately into each other as I schematically represented here:



*Fig. 9. Allium layers.*



*Fig. 10. Layers of medicines*

Every time those layers cross, there exists the possibility that one layer will prevent the other from being completely dealt with; only some of the symptoms disappear, but others, linked to another layer, emerge. For example, dealing with a situation of deep sadness and depression using Natrum Muriaticum, suppressed anger at the cause of that depression emerges, with the picture of Nux Vomica. When that happens, we interrupt the Natrum Muriaticum series; prescribe the indicated Nux Vomica in a Fibonacci series, then resume the Natrum Muriaticum at the next potency available. In rare cases, during the treatment of the emerging pathology (in this example anger and Nux Vomica), yet another layer appears that has to be treated the same way: stop the Nux Vomica, give the indicated remedy, resume and finish the Nux Vomica then resume and finish the Natrum Muriaticum. Patients should be warned about that possibility so that they come back in due time and the treatment proceeds without accidents. I have named this the “Matryoshka concept”, after the Russian dolls: they are not really locking each other, but when you separate them for the first time, you never know what the doll that is about to appear will look like, it might be an extreme surprise; then the following one might be the same than a previous one.

There are some essential and vital fool guards when prescribing the Fibonacci series.

- The practitioner must be available to guide the patient, as this system can be slightly confusing at the beginning, especially for people used to “take a pill three times a day” and not used to analyze their symptoms and feelings
- I ask my patients to email me after each dose taken; many do not do it, but they know they have a safety system in place should they need it; and this allows me to recognize Matryoshkas situations and tell them they need to come back and adapt their treatment
- This is a support system, crutches that allow the patient

to walk a sometimes difficult and painful path to recovery, a safe way to recognize the emergence of other pathologies and to deal with them accordingly.

## 4. Conclusion

To summarize, the Fibonacci Potencies Series follows a universal natural law. The concept is simple and avoids unnecessary hesitations and self-questioning. It is safe, fast, effective, deep reaching. It is flexible and adaptable to every kind of patient and pathology.

Other concepts, complementary to the Fibonacci series, have appeared during the seven years of evolution since inception: Fibonacci plasma potencies (FPP), Fibonacci progressive plasma potencies (FPPP), Fibonacci plasma potency squared (FPP<sup>2</sup>) and others that are still under investigation. Those are detailed in the two reference books, “The Potency” and “Third Millennium Homeopathy”.

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