



Cornelia Maute

Interviewed by Katja Schütt

THE AUTHOR

Cornelia Maute, born in Tettwang on Lake Constance, in Germany, now lives with her family near Heidelberg. From childhood she grew up with nature and garden, but also with the healing method of homeopathy. Her mother's work as a natural health practitioner and her book project brought the topics of plants and homeopathy into her focus. Winegrowers, gardeners, farmers, soil scientists and other pioneers in this field have been valued companions from the very beginning and have accompanied her to this day. Her training as an alternative animal healer has expanded the understanding of the holistic view of living beings. Ongoing self-study and the exchange of experiences with experts and other enthusiasts advance the further development of "plant homeopathy". Cornelia runs the online advice service for plants and gives lectures and seminars in Germany and abroad (www.maute-pflanzenhomöopathie.de). Her new book „Naturgesunde Pflanzen durch Homöopathie“ (Naturally healthy plants with homeopathy) is currently being published by GU-Verlag.

KS: Welcome to Hpathy, Cornelia Maute! I look forward to introduce one of the pioneers of plant-homeopathy and her work to our readers.

Usually, homeopathy is used to treat humans and animals. And although Bönninghausen, who was a homeopath and botanist, has also treated plants, plant homeopathy has only developed rapidly in recent years. How did that happen?

CM: I don't know the hour of birth of plant-homeopathy exactly. In 2009 the German edition of the book "Homeopathy for farm and garden" by V. D. Kaviraj appeared. Unfortunately, the author passed away in 2013. He describes that he came to plant treatment rather by accident, and my mother Christiane tells a similar story. Many years ago, she successfully cured an injured, broken plant with homeopathy. This mishap piqued her curiosity, and further experiments were made.

One could say that since the publication of the Maute book "*Homeopathy for Plants*" in 2011, a rapid development has begun, as over 70,000 copies have been sold to date. Moreover, the idea of cultivating your own home garden without toxins has become more and more important to people. And in the agricultural sector, some people may have recognized that they get to the limits with regard to many problems, both with conventional and organic farming methods. This creates openness for new approaches. Here, homeopathy can show a new and sustainable way.

KS: What fascinates you about plant homeopathy and how did you come to make it your profession?

CM: While working as a speech therapist, in which I qualified first, I have learned over many years to carefully observe symptoms, recognize resources and take an individual approach. I love getting to the bottom of things and to look at them in a holistic way. When my mother Christiane's book appeared, I studied it intensively. Together with a handful of gardeners and winegrowers, a small learning group was formed that still meets regularly and exchanges ideas. After my own experiments on plants and feedback from users which made me curious, I was quickly fascinated.

KS: Many of your customers are from abroad, so that on-site consultation is rather rare, and you create treatment plans for hobby gardeners and professionals via your online consultation service. What are the biggest challenges for you, especially in case taking?

CM: As so often, it is the communication! Every homeopath will certainly confirm this, regardless of whether the patient is human or animal. It's the same with plants. Detailed information's and photos form the basis of my plant consultations. Ideally, I'm in constant communication with the customer when it comes to challenging problems. And that is exactly what is new or unusual for some: to look closely at their plants, to register changes and to give me feedback on them. But the users and customers quickly recognize what is important, so that we can work very well together even over a distance.

KS: So far, drug provings have only been carried out extensively on healthy people. However, in the course of your work, you have tested various homeopathic remedies in your garden to find out which remedies help with various plant diseases. Are there parallels between human and plant symptoms, and does the materia medica of human provings provide a sufficiently secure basis to prescribe based on existing parallels?

CM: I have not yet carried out a remedy proving on plants. The choice of the indicated remedy for the plant is based on parallels to human symptoms. For example, in the case of injuries as caused by hailstorms, abrasions or cuts, well-known "*remedies for injuries*" are used first. Plants are very sensitive to weather influences, so the respective modalities with regard to temperature, dryness, humidity or dampness are often used for prescription. Moreover, we have discovered that clinical signs can be considered for the choice of the remedy. For example, pale, light grey signs after frost damage are a typical symptom of *Aconitum*.



Basically, we ask ourselves whether body parts and their typical description of symptoms can be transferred to plants. For example, is human skin comparable to the surface of a leaf? Or are the roots of a plant, i.e., the anchorage, comparable to the lower human extremities, or rather to the mouth, because the main part of food and water intake also takes place in the roots?

I find these considerations very interesting, but so far they have not made any significant difference in the choice and effectiveness of the suitable homeopathic remedy. Therefore, these considerations do not play a significant role in detail - or we still have to learn this.

KS: When prescribing homoeopathically for humans and animals, the mental and emotional symptoms are of paramount importance. What role do they play in plants?

CM: They play a rather subordinate role. I think we still know too little about it. A few remedies, such as Ignatia or Natrum chloratum, are used on neglected, poorly maintained plants.

KS: Do the polychrests used in humans and animals have a similarly wide range of applications in plants?

CM: Yes, we see that with Silicea, Sulfur or Thuja, among others, which belong to the most important remedies for plant treatment.

KS: In your thirst for research, you have already prepared and tested new homeopathic remedies for treating plants. According to which criteria do you develop these?

CM: To date, there is only one homeopathically produced remedy for plants, which is called Maute Rundum®. It is registered with the Federal Office for Consumer Protection and Food Safety as a plant strengthener. My mother Christiane knows a very robust, evergreen plant that never suffers from pest infestation or plant diseases and which is also a real bee magnet. Christiane thought that these characteristics were

ideally suited to act as a tonic. This gave rise to the idea of using this plant as a starting substance for a homeopathic remedy.

KS: Have your experiments with *Chara intermedia* to reduce algae and pests shown positive results?

CM: Unfortunately, we have very little feedback on this, and it is not reliably positive either. I suspect that it is still undertested and too unknown.

KS: Winegrowers, farmers, fruit growers, golf course operators and many others value your expertise in homeopathic plant treatment. What contribution can homeopathy make to strengthening plants and soils and keeping them healthy, and where do you see the limits of homeopathy?

CM: Most plant culture farms are set up as monocultures. We see long rows of vines or fruit trees and extensive lawns that nature would not form naturally in this form. In such areas, homeopathy cannot show its full power as in a mixed culture system or in a colourful garden with small areas of fruit, vegetable and flower gardens. Natural mechanisms for decimating pests or curbing plant diseases cannot, or only to a very limited extent, work in monocultures. In addition, the one-sided use of soils claims a permanent and constant fertility from them. The whole business is designed for maximum performance.

Here we see the share of homeopathy at about a quarter, because other measures such as tillage, crop rotation or fertilizer concepts also play a major role. What sounds sobering at first has nevertheless already contributed to a general improvement of the entire system in many companies. Homeopathy also has a strengthening and balancing effect here.

We see the limits with the wrong location for a plant, with extreme weather conditions, with completely exhausted, impoverished soil without soil life or with the simultaneous and continuous use of chemical pesticides.

KS: You have already worked on fascinating projects in Monaco and Tehran. Please tell us something about these.

CM: Since the translation of the book into several languages and launching our website, we have received inquiries from many corners of the world. The Monegasques, well known for their environmentally conscious attitude, wanted advice on their famous rose garden of Princesses Grace Patricia de Monaco, „Princess Grace“. Christiane and I were very excited because, of course, we had never “repertorized” and treated 6000 rose bushes before. We were invited to assess the garden on site and to provide treatment plans. To our surprise, the gardeners had already familiarized themselves well with the subject of homeopathy with the help of the book. Our recommendations were put into practice quickly and with great motivation.

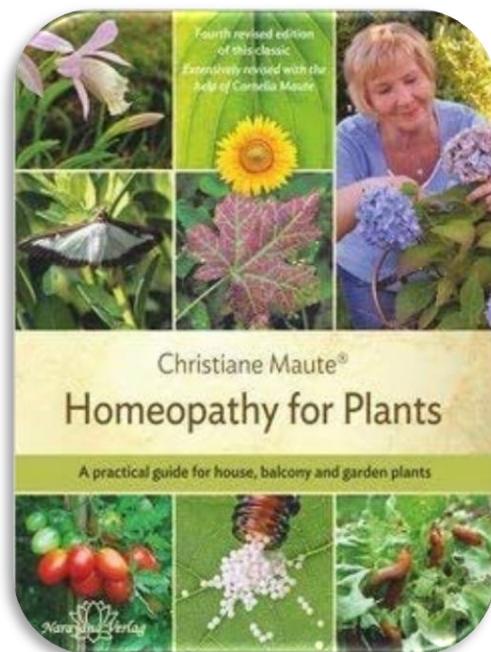
The inquiry from the capital Tehran came from a publishing and seminar house specialized in homeopathy, alternative medicine and personality development. Our book "*Homeopathy for Plants*" should be translated into Persian. Soon the discussion was also about offering lectures and seminars on plant homeopathy. The cooperation and communication with the Iranian were so friendly and welcoming that we agreed to visit Tehran in 2018 without much hesitation. Moreover, the University of Tehran has started a scientifically supported trial with homeopathy on rice plants with our support. The results were published in various specialist journals. In the subsequent years, online lectures and consultations were also held via video conference. To this day, we continue to have an open and appreciative contact to these hospitable people.



KS: You regularly give lectures and seminars in Germany and abroad. Who are the main interest groups in plant homeopathy and what is the response?

CM: Most of the inquiries come from organisations, associations and societies, namely from two directions: plants (viticulture, agriculture, horticulture) and homeopathy. The response is very good, because I now have a lot of image material, which shows very clearly what users can look out for and how easy it is to select the appropriate homeopathic remedy.

KS: The book *"Homeopathy for plants - A practical guide for house, balcony and garden plants"* written by yourself and your mother Christiane Maute was already published in its 15th edition, was translated into twelve languages and is a bestseller. In 2022 your new book *„Naturgesunde Pflanzen durch Homöopathie: Die Selbstheilungskräfte der Pflanzen wecken. Für alle Garten-, Balkon- und Zimmerpflanzen"* (Naturally healthy plants with homeopathy) will be published. What are the main areas of application of plant homeopathy?



CM: Both books are written for use in the home garden and thus for the hobby gardener. Homeopathy is used for weather damage, injuries, pests, plant diseases and growth disorders. It can be used preventively and in acute cases.

In the new book, I describe the 16 most important remedies, which is easy to understand for beginners. In addition, the finding of remedies is not based on a modality table, but demonstrated with simple signposts or "decision trees". The topics of soil health, species protection, climate change and sustainability are also included within the framework of a holistic perspective.

KS: Can you briefly present a remedy picture of a homeopathic plant from the Materia Medica?

CM: The remedy description for Belladonna, which we recommend in the potency 200 C, is as follows for the "green patient":

The plant will show sudden symptoms that appear as a result of exposure to cold weather or to sunlight, such as winter sun. Then you can see reddish-brown discolorations on the leaves or stems of the plant. Sunburn also causes these signs. Belladonna also has a strengthening effect after long periods of rain, when the leaves have been wet for a long time and then develop a fungal disease, for example. In the "human" Materia Medica, similar symptoms and modalities are described in fever patients.



KS: In what period of time can one expect treatment success with plants?

CM: Fast-growing species, such as vegetables or perennials, show after about 5-8 days whether the homeopathic remedy was able to work. This can be recognized by the fact that damaged plant parts quickly shed the dead material and healthy shoots grow back quickly. In the case of pest infestation or plant diseases, it can be observed that the severity of the infestation decreases significantly or that a complete recovery takes place. Slow-growing plant species or older trees often do not respond as quickly. With the plant seniors, you often only see in the following year how the strengthening has taken place.

KS: Have you had any success with serious pathologies such as cankers in trees?

CM: As far as we know today, such chronic, severely debilitating problems as plant cancer or fungal infestation in woody plants cannot be cured. We can surmise that with continued homeopathic treatment, lifespan can be lengthened.

KS: You have supervised various projects in viticulture in a homeopathic manner. What problems do winegrowers face?

CM: As mentioned above with regard to monocultures, viticulture is high-yield cultivation, which constitutes a permanent challenge for plants, soil and the vintner. Of course, crop rotation is not possible in viticulture. Like most crop plants, it is also heavily dependent on



the weather. Newly emerging pests such as the spotted drosophila can reduce yields enormously. Climate change also causes plant diseases to appear earlier or more severely.

KS: In 2015 you treated the rose bushes in the Principality of Monaco. You also worked successfully with the horticultural manager of the rose garden in Bad Wörishofen. In the rose town of Rapperswil in Switzerland, the rose gardener began using homeopathy on a test bed in 2020. What are your main experiences with the homeopathic treatment of roses?

CM: Roses and all shrubs and perennials in general respond very well to early treatment, just after the last frost in early spring. When knowing the causative factors for pest infestation or plant disease from the previous year, the indicated homeopathic remedy can be used preventively. Roses treated in this way start the season visibly stronger, and pests or diseases appear later or weaker or even stay away.



If rose beds, such as in city gardens, have been treated with chemical pesticides for years, the transition to homeopathy usually does not succeed within a year or two. This takes some time, and during the transition phase, a plant disease with visibly affected foliage can be poorly tolerated on public facilities since the demands on perfect optics are high there.

KS: Your mother Christiane Maute has already written a comprehensive homeopathic guide especially for roses by popular request. What awaits the rose lover in this book?

CM: Part of the book is dedicated to the portraits of roses, i.e., the diverse varieties, their appearance, requirements and suitability for certain locations. The new design of or rearrangement into a bed of roses is also shown. The homeopathic part deals with the most important diseases and pests' roses suffer from as well as weather damage and possible deficiency symptoms.



KS: On the market there are fertilizers specially tailored to the needs of rose plants available, which consist of important trace nutrients and a homeopathic complex agent. Is that still "*homeopathy*"?

CM: These homeopathic complex fertilizers with nutrients are not only available for roses, but also for many other fruit, vegetable and flower plants. In principle, one could discuss the same PRO's and CONTRA's here as with complex remedies offered for humans: there are proponents and opponents. Complex remedies spare investigation, thinking and reading and seem to be a suitable, quick relief at first glance. The opponents opine that the use of complex remedies takes place at the expense of individuality. I can't say anything about the effectiveness because I don't have any comparisons.

KS: Have prescriptions according to indications - so-called "drawer prescriptions", as you call them in your book - proven to be of value, and where do you see its limits?

CM: We recommend a few "drawer prescriptions" in the book, and they relate to recurring weather conditions or specific, typical causative agents for states of weakness. Our experience and the feedback with regard to them are very good. We see limits in the case of plant diseases that are difficult to treat or with stubborn pests. In these cases, a good repertorization is still recommended.

KS: As with humans and animals, new pathogens and epidemics also increasingly appear in the plant kingdom, such as the dying of elm or ash trees in Germany or eucalyptus trees in Australia. Are the problems similar across the planet?

CM: Without having looked into it in detail, I would say yes. Every region on earth has its own problems with such outbreaks. As a layman, I cannot say who or what is directly related to these outbreaks. I think that such problems must be considered multifactorially.

KS: Besides treating plants, you also have a homeopathic veterinary practice. Do you see similarities in the problems of animals, humans and plants?

CM: Rather little. The individual state of health and psyche play an important role in animals and humans. I can hardly take these aspects into account when treating plants. But as already mentioned, maybe there will be further insights into this in the future and we will be surprised.

KS: "The over-cultivated roses lose their fragrance, the over-civilized people lose their soul," said Zenta Maurina, a Latvian writer. Are plants and the environment victims of human civilization?

CM: That's a wonderful quote, which I'll note down in a moment!

To put it briefly: In my view, the most important points in the entire system are TIME and MASS. We are many and we are becoming more and more. These masses of people intervene radically and in a short time in nature: we need more space, more food, more goods, more transport, and all of this at ever greater speeds. Nature and plants are very adaptable, but not at the pace that we have been forcing our environment on for about 250 years, because adaptation, i.e., evolution, takes time. Nature has no answer to exploitation and destruction on a massive scale.

KS: The large number of copies of your books speaks for the great interest in ecological plant protection and the preservation of the environment and nature of the interested readers. Wherein do you see the contribution of plant homeopathy to a sustainable environmental protection and nature conservation?

CM: Anyone who abstains from using a harmful product because of getting an alternative idea for their plants is making a contribution to more environmental protection and nature conservation - even if it's just on their small city balcony! I am convinced that the appreciation for nature and the environment changes as soon as someone starts dealing with it. The connection becomes even more intense when a home-grown plant ends up on our plate as healthy food.

KS: “Are you looking for the Highest, the Greatest? The plant can teach you that,” opined Friedrich Schiller. Has homeopathy changed the way you think about plants?

CM: Yes, I can confirm that. In general, I admire how plants grow and the regenerative power they show. And maybe it's something of an occupational disease already that I look very closely wherever I see interesting plants with special symptoms.

KS: Do you have a vision or plans for the future?

CM: Homeopathy needs to be the subject of research more frequently and extensively in order to get away from the placebo status. What could be better suited than investigations on animals and plants?

I also wish that plants, soil and animals come into a holistic focus. This actually begins on the smallest balcony, because it is well known that such species-rich micro-islands can also make an important contribution to diversity and species protection. Politicians and farmers must broaden their horizons and bring the issues of species loss, water pollution, soil destruction and pesticides into a new direction and balance, and this must happen worldwide. I say: no living being lives on its own, and therefore in the long term the entire system has to be considered.

KS: Thank you for the fascinating interview! Ideas and plans are like plants - one day they will bear fruit. I hope that you can materialize your plans and that your vision becomes a reality. I am sure you'll inspire many of our readers with your work and the interview and wish you every success and joy in your future work. May plant homeopathy contribute to the recognition and spread of homeopathy as well as to the preservation of plant diversity and nature on our beautiful planet!

The interview was conducted by Katja Schütt (MBA, HP, CAM journalist), editor of *Homeopathy 4 Everyone* (Hpathy.com)

