

# Homeopathy, Healthy Medicine

Sharing news, views and information about homeopathy and health

December 2010

## Are you ready to party?



It is inevitable, with the festive season now upon us, that parties and social gatherings will occupy many

### Study shows that homeopathy can help to cure allergy sufferers

It is suggested, following research carried out by the Glasgow Homeopathic Hospital, that homeopathy is ten times more likely to cure allergy sufferers than placebo – a statement which seems obvious but yet is under constant scrutiny! The study which concluded this recruited fifty patients from general practitioners presenting with nasal allergies and the participants were given either a homeopathic remedy or a placebo. The sufferers measured their nasal air flow for thirty days and documented their symptoms, including anything from blocked, runny or itchy nose to sneezing and eye irritation.

The results showed that patients receiving homeopathy produced

evenings over the next couple of weeks. It is an opportunity for most of us to catch up with old friends and long-lost family, to meet new people or generally let our hair down with colleagues. However, nervousness when faced with social situations can be accompanied by extreme fear and anxiety, resulting in sweating, blushing, tremors, diarrhoea or stomach upset. These feelings are, fortunately, extreme but the reality is that many people suffer from low self-esteem and often lack confidence when meeting strangers or worry how colleagues perceive them out of the work environment.

For such situations, homeopathy can help to relieve some of the anxiety and enable sufferers to relax. So, to deal with the anticipation of the party season, we have detailed some homeopathic remedies which may help to combat the stress. These include:

a 28 per cent improvement in nasal air flow compared with 3 per cent among those in the placebo group. The investigation was, apparently, the fourth trial carried out by the Glasgow Homeopathic Hospital and, according to Dr David Reilly who led the study, all the tests reported similar results. There were also positive findings in 70 per cent of a further 180 clinical trials which had been undertaken.

The findings, published in the Daily Mail newspaper under the headline 'Homeopathy Works!' demonstrate that homeopathy is so much more than placebo.

To read the full article, please visit:  
[www.dailymail.co.uk/health/article-4040/Homeopathy-](http://www.dailymail.co.uk/health/article-4040/Homeopathy-)

**Aconite** – feel terror and fright, you “know” the party is going to be a disaster, use this remedy before and after the event if you cannot shake off the nightmare feeling

**Arg Nit** – feel anxious not terrified, you can't face the situation and feel almost paralysed into inactivity

**Gelsemium** – you experience anticipatory fears, muscles feel weak and tired and you get the shakes and trembles

**Phosphorus** – best if you are nervous and sensitive, you feel better in company, loud noises and shadows cause deep anxiety

**Rescue Remedy** – use to calm and relax

Please note, these remedies are only suggestions so it is advisable to consult your own homeopath for a more individualised treatment, or to find a practitioner in your area, please visit our website;

[www.a-r-h.org/FindMembers](http://www.a-r-h.org/FindMembers)



Stem and pollen

**To find your nearest homeopath:**

**Go to [www.a-r-h.org](http://www.a-r-h.org)**

click 'Find a Homeopath'

and search by town, county or postcode

## ARH How homeopathy can help with teething

There is nothing, as any parent will know, more exasperating and distressing than watching your young baby in pain because their teeth are beginning to grow through the gums. Parents feel helpless, the baby is helpless too, and because the child is loved, everyone feels the pain. Unfortunately, however, teething is a rite of passage and something we must all go through. Consequently, finding a solution to help ease this difficult time is a benefit for the child and parent alike. Homeopathy has a number of remedies which can help relieve the symptoms of teething. Here are some suggestions;

***Chamomilla 30c*** – this is the best option if your baby is crying hard, and is

***Pulsatilla 30c*** – choose this remedy if your baby is crying but instead of being bad-tempered, they are whingeing, pitiful, miserable and clingy and wants to be held and comforted all the time. In this situation, cool, fresh air often helps them

These remedies are only a guideline and there are other options too, so please consult your own homeopath for a more individualised therapy for your child. To find your local practitioner, please visit our website; [www.a-r-h.org/FindMembers/find.php](http://www.a-r-h.org/FindMembers/find.php).



All children suffer teething

### The pharmaceutical industry invests in eggs!

The United Kingdom is, according to the British Free Range Egg Producers Association, currently suffering from an egg-surplus. It is expected that the national flock will soon reach thirty-four million, which is four million above that which is actually required. The root-cause for the surplus is not known but there is an



ever-growing market in the pharmaceutical industry, where they are used for the cultivation of vaccines. The pharmaceutical company, Novartis, for example, uses 200 million eggs a year for this purpose alone!

(Country Life, September 2010)

### Don't be depressed – homeopathy is here to help

In November's issue, we tackled the topic of Seasonal Affective Disorder (SAD), where sufferers experience episodes of depression during the winter months. We are now concentrating, within this December newsletter, on classical depression which affects 4.5% of all European citizens.



It is the most common reason why employees take time of work and is believed to cost the European economy, annually, over 100 billion Euros. The World Health Organisation, (WHO), expects it to become the second most common form of ill-health by 2020. It is, therefore, with such credentials, not surprising that depression is one of the conditions most commonly treated by homeopaths. There are several clear differences between SAD and classical depression. SAD is usually experienced during autumn or early winter and often lifts in spring and, as you might expect, the sufferer's mood is directly influenced by daylight hours. SAD sufferers also have a tendency to sleep and eat more resulting in an increase in weight. There is, in contrast, no obvious seasonal pattern with classical de-

pression, with sufferers experiencing their symptoms throughout the year, irrespective of daylight. The victims of classical depression often have difficulty sleeping and loss of appetite and, as a consequence, weight remains the same or decreases. By contrast, other sufferers can experience an increase in appetite, which may result in severe weight gain.

A survey, conducted at a university hospital outpatient clinic, questioned 1,783 patients regarding their reasons for using homeopathy and depression was the most frequently treated condition. A significant improvement in health was experienced, through homeopathic treatment, by 63.6% of the depressed patients, while between 40-60% of depressed patients, using conventional treatment, relapsed.

## Homœopathy at Wellie Level

Teaching the responsible use of homœopathy on the farm

For more information, visit [www.hawl.co.uk](http://www.hawl.co.uk)







*Arnica montana* is a perennial herb which belongs to the family *compositae*. It can be found in many parts of the world, and favours mountain slopes, growing just below the snow level. Its flowers look a little bit like a yellow daisy, and they can grow to height of up to 30 centimetres (12 ins). The healing properties of this plant have been known for hundreds of years, earning it various nicknames such as 'fall herb', 'bruise wort' and 'leopard's bane'. In Northern Europe, people living and working in mountainous areas recognized *Arnica's* ability to soothe aching muscles, and used it in several different ways, such as chewing on the leaves, or making a compress to use externally, in order to relieve sprains and bruising. The homeopathic remedy is made from the whole plant when flowering, and includes the roots.

*Arnica* acts principally on soft tissue and surrounding blood vessels, helping to reduce bleeding and promote healing. It is the first remedy to think of using when someone has been involved in a fall or accident. It can help to minimize bruising, swelling and pain. *Arnica* can also be used after dental treatment, especially following a tooth extraction, when it will help to prevent excess bleeding, cut down on the risk of infection and speed up healing. It is also a very valuable remedy to use after childbirth, especially if tearing or bleeding has occurred during labour.

In farming, *Arnica* is routinely used by many farmers following a difficult calving/lambing in order to

help with the pain, and also to reduce the risk of infection setting in, which might otherwise have to be treated with antibiotics.

*Arnica* is also a very good remedy to consider using following concussion, either recent or from the past, especially if the patient has '*never been well*' since receiving a blow to the head. You can safely give *Arnica* for all accidents and injuries which involve falls, breaks, bruising, bleeding, shock and bruise-like pain. The 30C potency can be taken every half an hour for up to four doses, then reduce as symptoms improve. *Arnica* cream can be very soothing for aching muscles when applied topically, but should **never** be used on broken skin. In conclusion, *Arnica* is a wonderfully versatile remedy which no household should be without. It can safely be used by everyone.



Homeopathic remedies are sold in homeopathic pharmacies, most health food shops and in some chemists. They are readily available in the 6C or 30C potency.

### Surviving the big chill

The inevitable cold winter weather often causes dryness of the skin and chilblains and it is generally regarded that about 1 in 10 people in the United Kingdom will get chilblains at some stage in their life. The condition is pertinent during the colder season since blood vessels under the skin narrow when the skin becomes cold and therefore the blood supply to those areas becomes very slow. There is some leakage of fluid from the blood vessels into the tissue, when the skin reheats, which in turn causes areas of inflammation and swelling resulting in chilblains. These problems are difficult to completely prevent but there are certain measures which can be taken to limit their effects. These include::



- Make sure your hands, feet and ears are always warm when out in the cold weather by wearing gloves, socks and hats. There are a variety of specially heated gloves and socks on the market if you are particularly prone to chilblains
- Always keep as warm and dry as possible when in the cold. By

wearing several loose layers of clothing, your body heat is trapped

- Regularly moisturise your face and hands with cream and lotions
- Having been in the cold, slowly warm yourself up and avoid extreme changes in temperature. Do not heat up the skin too quickly by putting icy feet in hot water or using hot water bottles
- People with poor circulation or on drugs that narrow blood vessels are often more likely to getting chilblains and therefore make sure you tell a medical professional if you become prone to chilblains following the introduction of any new conventional medication.

<http://www.patient.co.uk/health/Chilblains.htm>

The Christmas season is promoted as the season to be jolly with the family the centre of all the festivities. It is, unfortunately, often a time when we feel most alone - and the loss of loved ones or the ending of a relationship often become significant in our lives.

These emotional symptoms are considered by homeopathy to be more important than physical ones since unresolved emotional issues can become 'locked up' in the body and cause physical problems at a later stage when they reappear in another guise. It is important to address these emotional feelings head-on and although homeopathy has no cure for grieving, (whether it be the death of a person or a rela-

tionship), there are a couple of remedies that may help to ease the pain. Please, however, note that serious problems arising from deep grief are best dealt with by a professional homeopath.

**Ignatia** – best for the initial stages of grief, particularly if you are very weepy, emotional and oversensitive, you may sigh a lot and can even be hysterical

**Nat Mur** – you are tearful and emotional but the grief is less open, you prefer to cry alone or you cannot cry at all, consolation may make things worse, it's

more suitable for long-term sadness when you feel you should be



### Unwanted in-laws and burnt turkeys – how homeopathy can help!



In spite of careful planning and preparation Christmas can be a very demanding time. The financial strains on a household together with in-laws, obligatory house-guests and over-excited children with unrealistic present

expectations, stress levels are bound to be at an annual high! It is reportedly suggested that the average family of four will spend £1,695 on the festive period and, in this current economic climate, the need to limit the costs, whilst maintaining the Christmas spirit, will amplify the pressure. On the day itself, trying to tidy the house sees most arguments erupt along with disagreements over what to watch on TV. This atmosphere, together with cooking duties and keeping all the family happy, whilst many of them are often under the influence of one-too-many sherry's, often causes great anxiety.

So, if you find yourself panicking over the burnt turkey or disgruntled in-laws, here are a few remedies which may take the edge off your stress levels.

**Lycopodium** - use for weak digestion with heartburn and flatulence craves sweets, lack self-confi-

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dence and are big worriers but cover it up by being domineering and dictatorial

**Nux Vomica** - use when you've overindulged in too much rich food and have consumed a lot of alcohol, often seen as a hangover cure

**Staphysagria** - use when you've suppressed feelings of anger and are suffering in silence but bubbling over inside, you have difficulty in saying "no" but after feel used, oversensitive and easily offended

**We recommend, as an alternative, that you find a quiet place, preferably by the log fire, and indulge in a glass of mulled wine and some chocolates from the tree!**

Homeopathy, Healthy Medicine would like to wish all our readers a very Happy Christmas and a prosperous New Year!

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