

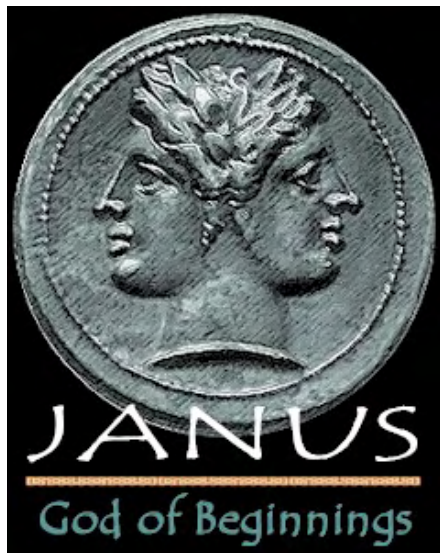
Homeopathy, Healthy Medicine

Sharing news, views and information about homeopathy and health

January 2011

New Year resolutions – why not go for a walk?

January heralds the start of a new year and is the opportune time to



reflect on the past and decide on any changes which you may wish to make for the future. The ritual of making New Year resolutions be-

gan circa 153 BC when Janus, a mythical king of early Rome, was placed at the head of the calendar. The Romans named the first month of the year after Janus the god of beginnings and the guardian of doors and entrances. He was always depicted with two faces, one on the front of his head and one on the back, thus he could look backward and forward at the same time. So, at midnight on 31 December, the Romans imagined Janus looking back at the old year and forward to the new, which led to the introduction of resolutions.

Nowadays, resolutions are synonymous with the New Year and the most common are those associated with health. These include losing weight and taming the festive bulge, quitting alcohol and/or smoking and generally getting fit.

An easy and completely inexpensive way of exercising, which in turn will help to trim the post-Christmas waistline, is to take up walking. An investigation into the walking habits of 299 volunteers over a four year period has shown that people who walk at least six miles a week have larger brains and a better memory capacity by the time they reach retirement age than their non-walking counterparts. The research, which was undertaken at the University of Pittsburgh, concluded, at the end of the four-year trial, that 40% of the volunteers had developed cognitive impairment of dementia but those who walked the most had cut their risk in half.

(WDDTY - December 2010 or www.goalsguy.com/events/n_facts.html)

Are you resisting antibiotics this winter?

Antibiotics can be life-savers and reduce illness and suffering but, as with most things, they are not without risk. There is, every winter, a seasonal increase in the number of antibiotics prescribed to the public. The widespread use of such medication has contributed, over the past few decades, to the emergence of anti-biotic resistant bacteria whereby short courses of antibiotics can leave normal gut bacteria harbouring drug-resistance genes for up to two years after treatment. It was previously believed that the impact of antibiotics was short-term and normal health would be restored several weeks after completing a course of antibiotics but Swedish scientists have now confirmed otherwise. The Swedish Institute for Infectious Disease Control states - "this could reduce the success of future antibi-

otic treatments and potentially lead to new strains of antibiotic-resistant bacteria". So, with this in mind, finding alternative ways to treat common ailments and illnesses will enable you to regain your health in a risk-free environment, whilst continuing to maintain a natural defence for any future illnesses. Homeopathy helps to stimulate the body's healing response instead of causing imbalances through the use of antibiotics - an artificial medicine unable to differentiate between friend and foe within the body.

To find out more about homeopathy and how it can help you, please visit our website at: www.a-r-h.org.

(www.ft.com/magazine)



Like St George and the Dragon, antibiotics are finding it considerably harder to "slay" bacteria as our use and subsequent resistance to them increases

To find your nearest homeopath:

Go to www.a-r-h.org

click 'Find a Homeopath'

and search by town, county or postcode

ARH And now to detox...

The Christmas baubles have been packed away in the loft for another year, the grandiose celebrations of the New Year have passed and many people are concentrating their time and energy on detoxing from fatty foods and alcohol, at the same time as attempting to return to the weight they were before the festive season began!

Our attention, however, should not only focus on reducing our body weight. We should also consider consuming foods which help prevent disease and maintain health. It has long been understood that a Mediterranean diet - rich in vegetables, fruit, fish and olive oil - is far better at combating heart disease, cancer and other chronic conditions than the processed food now occupying most of the Western shopping



market aisles. HHM, with this in mind, has looked at recent research into the foods we eat and the positive effects the consumption of same has upon our well-

being. You will find, listed below, certain conditions alongside foods which are helpful in the fight against these conditions and which you may consider adding to your diet.

- **Alzheimer's disease** - brussels sprouts, shellfish, apple juice, olive oil
- **Cancer** - brussels sprouts, broccoli, seaweed, rhubarb
- **Diabetes (type 2)** - grapefruit, pink grapefruit, black tea, blueberry juice
- **Heart problems** - watermelon, eggs, oily fish, beetroot juice, dark chocolate, grapes, almonds, flaxseed
- **High cholesterol** - eggs, almonds, faxseed
- **Hypertension (raised blood pressure)** - watermelon, beetroot juice, dark chocolate, grapes
- **Prostate cancer** - pomegranate juice
- **Stress** - walnuts, walnut oil, oily fish

If you would like to read a more detailed review of the findings and additional information about foods, please read the December 2010 issue of 'What the Doctors Don't Tell You'.

How homeopathy can help with nosebleeds

Although nosebleeds are idiopathic, meaning there is often no identifiable cause, one in seven people will develop a nosebleed at some time in their lives. These can occur at all ages, although they are customary within children between 2-10 years and adults aged 50 to 80 years.

Nosebleeds tend to occur more often during the winter months and in dry, cold climates. This is because children are more likely to have colds during this period, and the subsequent nose blowing can often trigger a bleed. Moreover, the drying effect of central heating can cause irritation of the delicate mucous membrane which lines the nose. This then becomes inflamed, crusted or cracked and is much more likely to bleed.

Nosebleeds are generally harmless and stop of their own accord. If anyone in your family suffers, you are advised to tip their head forward, ensuring it is held up well

above the level of the heart. Encourage the sufferer to breathe through their mouth while you pinch the soft parts of the nose just below the bony part, whilst pressing the nose firmly towards the face. This position should be kept for five minutes or until the bleeding stops. If the bleeding persists, try one of the following remedies:

Arnica – reabsorbs the blood of nosebleeds resulting from an injury

Phosphorous – an all-purpose haemorrhage remedy, particularly useful for persistent nosebleeds that pour without warning or reason

If the nosebleed continues for more than half an hour or so apply a cold pack of ice to the face continuing to pinch the nose whilst seeking medical advice. For more information on remedies, for winter

ailments which you and your family may be experiencing, please contact your local homeopath. To find your nearest practitioner, visit www.a-r-h.org/FindMembers/



(Homeopathy for Common Ailments by Robin Hayfield and http://www.bbc.co.uk/health/physical_health/conditions/nosebleeds2.shtml)

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ARH Are hospitals really serving the community 24 hours a day?

The slogan, 'Serving the Community 24 hours a day', is used to endorse many hospitals, including that of St Thomas' Hospital, London. It is, therefore a surprise to find that stroke victims are more likely to die if they are admitted to hospital on a Saturday or Sunday. A review of eleven stroke centres in Ontario, Canada found that patients who were admitted at the weekends had an 8.1% risk of dying rather than 7% of those admitted during the week. In addition, researchers claim the increased risk is also prevalent across most other conditions.

In the past, it was assumed that these findings were because only the most severe and serious cases were being admitted during the weekend period. The cause, research suggests, is in fact the reduced levels of hospital staffing and limited access to specialists and procedures during this time.



On 2nd December 2010, Sir Richard Thompson, the President of the Royal College of Physicians (RCP), called for an urgent meeting with the Secretary of State for Health to discuss this matter further. It is believed, according to a UK report, that many hospitals within the UK do not have enough senior doctors on duty to care for patients out of hours and at weekends - although this is not for the lack of working. The latest census for the RCP shows that consultant physicians work an average of fifty hours per week, which is four and a half hours more than their

contract requires. In addition, over half of those surveyed were working longer than the forty-eight hour limit set by the European Working Time Directive.

The RCP has recommended the introduction of new working patterns, ensuring that adequate rest is included in the revised job plans. They have suggested that any hospital admitting acutely ill patients should have a consultant physician on-site for at least twelve hours per day, seven days a week. Furthermore, all medical wards should be required to have a daily visit from a consultant.

Although individuals are unable to foresee when hospital treatment is required and we should never compromise our health if we do happen to fall ill during the night or at the weekend, perhaps we should consider all other options before heading to A & E out of working hours.



Aconitum napellus

Aconitum napellus – The remedy to take at the beginning of an illness

Aconite, commonly known as 'monk's hood', is a tall, **very poisonous** plant which has attractive, hood shaped, blue flowers. It belongs to the family *Ranunculaceae*, and grows in shady, mountainous areas across most of northern and central Europe. The remedy is made at the start of flowering from the whole plant, including its highly toxic root. It is believed that local people used to dip the tips of their arrows in a preparation of *Aconite* when hunting wolves, hence the plant's other name, *wolf's bane*.

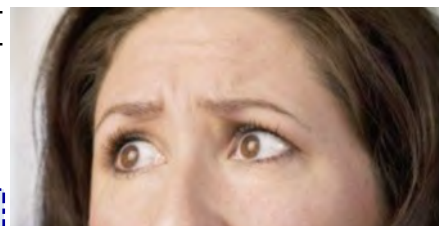
Consider *Aconite* as a remedy to take for the early stages of any illness, especially if the symptoms come on suddenly, or the patient has recently become chilled as a result of being exposed to cold, dry winds. The symptoms can include aches, pains, colds, coughs, sore throats, flu, chills and fever. An example of the rapid onset of symptoms could be that your child is playing quite happily one moment, and then suddenly becomes fractious and feverish just a few moments later. Great anxiety and restlessness often accompany a typical *Aconite* fever. The patient may feel very hot internally, but chilly externally, with dry skin except for covered areas, which become sweaty. They can also be extremely thirsty and drink large quantities of water, often observing that everything tastes bitter, except for water, which just tastes odd. The typical *Aconite* cold comes on suddenly, and is characterised by sneezing, a hoarse croupy cough, and a throat which is painful, red and swollen.

Aconite is especially helpful for people suffering from symptoms associated with sudden shock, fear, or fright. So if, for example you suddenly experience a painful, burning, bursting headache following a shock or trauma, *Aconite* may well be the

indicated remedy for your condition. The *Aconite* 'fear' expression is characterised by a staring, startled, glassy eyed look ('rabbit in the headlights' syndrome), and the patient is in obvious distress. The 30C potency can be taken every half hour for up to four doses, then reduce as symptoms improve.

Our thanks to Pauline Start for helping to compile this article. See Pauline's web site for more information: www.healthandhomeopathy.com

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.



Fear, shock and great anxiety

ARH Homeopathy can help to reduce frost damage in your garden

Frost and snow are prolific at this time of year, as are the sudden changes in temperature which can occur in the shortest of timeframes.



The snow, while acting as a warming blanket and protecting plants from the extremes of frost, also makes any garden have a fairytale quality. Frost, on the other hand, hinders plant growth and kills tender plants, which are unable to take up water and therefore die from lack of moisture. Frost also causes water in plant cells to freeze resulting in damage to the cell walls. These problems are often made worse when tender plants face the early morning sun and the heat which causes them to defrost too quickly, rupturing their cell walls still further.

Distinguishing which plants have been frost-damaged is relatively easy as their growth becomes limp, blackened and distorted. Evergreen plants often turn brown and the

leaves of tender plants appear translucent. Since prevention is always better than cure it is advisable to cover up susceptible plants with straw mats or cardboard on frosty nights. If, however, this is not possible, try watering your damaged plants with a homeopathic preparation of agricultural *Magnesia Carbonica* – *Mag Carb 6X* (available from www.homeopathyplus.com.au). Mix ten drops in one litre of water, shake vigorously for about a minute and then add a further twenty litres of water to the mix before spraying on your plants but please ensure this procedure is applied only once the frost has completely thawed.

(Homeopathy for Farm and Garden by Vaikunthanath Das Kaviraj http://www.bbc.co.uk/gardening/basics/weather_coldweather.shtml)

Burnt by the turkey? Homeopathy to the rescue

If you spent much of December in the kitchen, preparing all the food for friends and family over the festive period, then you may have been unfortunate enough to burn yourself as you wrestled the weighty turkey out of the oven or checked the mince pies.

Homeopathy can be very effective in treating minor burns or scalds by applying a variety of creams to the affected area. If the burn stings and is painful but has not blistered externally try rubbing *Urtica*, *Calendula* or *Hypercal* carefully onto the burnt skin immediately after the burn occurs. NB. Skin must be absolutely clean when using Calendula or Hypercal. If you only have the tincture of the above remedies: dilute one part tincture to ten parts water and apply frequently until the pain subsides. For more serious burns that have started to blister, take *Cantharis 30c* (in tablet form) hourly,

remembering to drink plenty of liquid as the loss of body fluids through burnt skin causes dehydration. **Please note, however, that if the burn covers an extensive area of the body (5% or more), SEEK MEDICAL ASSISTANCE AT ONCE**, but whilst waiting for extra help, take *Cantharis 30c* or *Causticum 30c* (tablet form) every 15 minutes.

The obvious physical ailment being treated is the burn but do not forget emotional shock can often play a large part in the event and, as a result, this may need to be addressed in addition to the burn.

There are two very effective homeopathic remedies for shock - *Arnica* and *Aconite* - which, if you are not sure which remedy is best indicated, can be taken in alternation with each other. Take one tablet of *Arnica 30c* in alternation with one tablet of *Aconite 30c*, every fifteen minutes for up to six doses. The Bach *Rescue Remedy* can also prove useful and this may be more readily accessible to you. Please note, if shock symptoms persist seek professional help without delay.

(Homeopathy for Common Ailments by Robin Hayfield)



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