

Homeopathy, Healthy Medicine

Sharing news, views and information about homeopathy and health

July 2010

Sporting glory or just sprains and strains!

If the recent football frenzy or Murray mania didn't totally take you over, maybe the extensive press coverage of the World Cup and Wimbledon will have inspired some of you to try your hand at a sporting activity. For those of you who are already heading to the nearest playing field or local tennis courts in anticipation of becoming the next Maradona or Federer, we have put together a basic list to help you to cope with any sprains and strains which you may encounter on your way to winning glory!



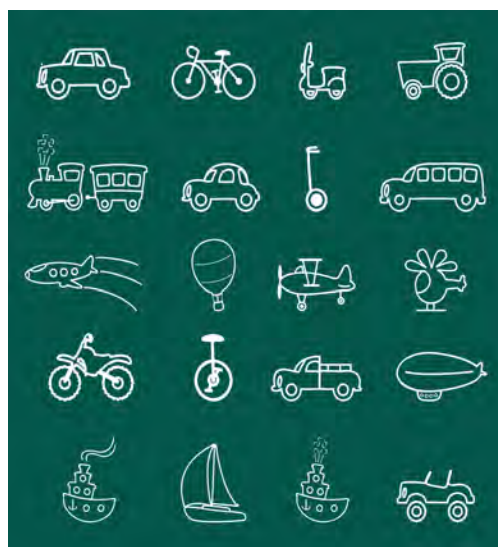
- *Arnica* – eases bruising and soreness
- *Bryonia* – useful for torn/damaged ligaments or tendons, especially if the least movement is excruciating
- *Ledum* – if injury is purple and feels cold to touch
- *Rhus tox* – helpful for muscle strain, worse on first movement, better for continued movement, better for warmth
- *Ruta* – particularly good for tennis elbow, use when bones feel bruised

In addition to the above remedies, the pain of sprains may either be eased by hot baths and applying warmth to the vulnerable area, or the opposite, by the application of an ice pack to reduce swelling. Resting the muscles and tendons may also prove helpful whilst firm bandaging can alleviate the pain of dislocation.

Are we nearly there yet?

With school holidays now underway, it is inevitable that many families will be taking to their vehicles for their annual 'car journey' to the seaside, grandparents or campsite over the coming months. Memories of previous trips may have you

reconsidering the length of your journey and, unfortunately, even homeopathy can't help with pacifying backseat drivers, occupying squealing impatient children with car games or dealing with that infamous line "are we nearly there yet?" However, we appreciate that travel sickness is a prominent problem among many families on



long-haul trips and hence hope that the remedies described here may alleviate at least one extra worry that your family will have to endure during the holiday season.

It is suspected that motion sickness, known as *kinetosis*, affects around one third of the population in mild circumstances, such as a boat in calm water, but about two thirds in more severe conditions. It is also generally more prevalent amongst children. The condition arises when there is a conflict between the visually perceived movement and the

- *Cocculus* – use when you want to lie down and when food or the thought of food brings on a feeling of nausea
- *Petroleum* – use if headache is overriding symptom but there's a feeling of hunger
- *Tabacum* – use when the slightest motion causes extreme nausea and you are pale, sweat a lot and feel better in cool, fresh air
- *Zingiber* – use when there's a sense of vertigo and limbs being heavy

In addition to the above, there are a number of over-the-counter therapies such as wrist bands, Kwells and other travel-sickness relief pills which may help ease the symptoms, although, we recommend that for a more individualised remedy, please consult a homeopathic Last

Your nearest homeopath is:

Or go to www.a-r-h.org

click 'Find a Homeopath'

and search by town, county or postcode

"You could wear a plastic bubble on your head and an oxygen tank on your back!" The general practitioner laughed as he spoke these words to me. I had suffered, for at least five years, with a chronic struggle to breathe. At the acute stage I would gasp for breath; my eyelids would redden, burn, swell and itch and I scratched until the skin bled.



I had consulted several general practitioners who agreed the symptoms were an allergic reaction. A patch test was performed: the application of various substances to the skin under adhesive tape and then left in place for forty-eight hours and examined for response - inflammation indicating an allergic reaction. The diagnosis: allergy to fragrances. I was advised: "stop wearing perfume and keep away from fragrances." I ceased wearing perfume but avoiding fragrances was impossi-

almost fragrance free but I became desensitised and fragrances in the outside world were more noticeable.

One day at work I collapsed. A hint of polish spray, in another room, had been sufficient to take my breath and affect my eyes. A colleague had recently read a newspaper article on homeopathy. I made an appointment with a homeopath and within days of beginning homeopathic treatment my breathing was easier. My symptoms disappeared without return. A cure - yes! I had been told: "nothing can be done" and "allergies are difficult to treat. Learn to accept and live with the symptoms."

Well, I didn't have to live with the symptoms or wear a plastic bubble on my head and an oxygen tank on my back - thanks to homeopathy!

The ARH would like to thank Anne Bagust for sharing her interesting story. If you would like to contribute an article for a future newsletter, please email us at hhm@a-r-h.org.

ble since many items in daily use have a fragrance: soap, shampoo, deodorant, washing powder, bleach - the list is endless. Our home was

How to protect yourself from the sun through homeopathy

With the strawberries and cream season now upon us and the school holidays in full swing, chances are you may be exposing yourself to the sun over the coming months. Naturally, in order to prevent any ill-effects which the sun and heat may cause, we suggest that you drink regularly to keep yourself hydrated, only expose yourself to the sun for short periods at a time and protect yourself with sun cream, re-applying frequently, especially after swimming.

Despite these preventative measures, if you do happen to find yourself unwell due to the heat and sun that you have experienced, below are a few remedies which may be able to help. Please note, however, that these are only a guideline and so consult with a homeopath for a more specific course of action. Alternatively, if you do not have any remedies to hand and are suffering from sunburn, try applying cold tea, cool whole milk or plain yoghurt to the affected areas.

To relieve a throbbing headache from excess sun exposure and sunstroke try:

- *Belladonna 30c*
- *Glonoinium 30c*

To ease sun burn, gently rub the following creams into the areas which have been exposed and are irritating:

- *Aloe Vera*
- *Calendula*
- *Hypercal*
- *Urtica*

The ARH would like to wish everyone a very happy holiday. Like many of you, we will be taking a summer break and therefore the next newsletter will be the September issue, which will be online at our website from late August onwards.

ARH New research on statins and their side-effects

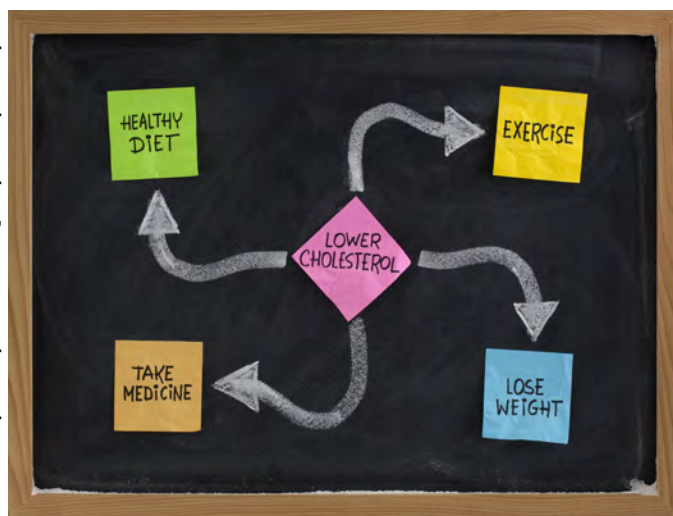
A new report, published in the British Medical Journal, researched the effects of statins for over two million users of the drug, including 225,000 patients who had recently started taking the medicine. Statins are prescribed to lower cholesterol levels and therefore prevent cardiac diseases in those who are most susceptible to heart attacks, strokes or peripheral artery disease. This is achieved by interfering with the liver's job of producing cholesterol, whilst helping the liver absorb more bad cholesterol from your blood. It is generally regarded that statins are a long-term solution to high-cholesterol issues and therefore most users of the drug are expected to be on it for life.

The study concluded that statins did reduce the chances of heart disease by 2.7% but unfortunately the

side-effects caused by the medication affected 4.4% of the participants. These ranged from liver damage to cataracts, acute kidney failure and extreme muscle weakness. To detail this further, they found for every 10,000 women on statins there were 271 fewer cases of heart disease but 74 cases of liver damage and 307 cases of cataracts.

Given the potentially serious side-effects which have been described in the report and the long-term use that is often attributed with statins, it may be worth considering talking through other options with your homeopath and addressing the underlying causes of your cholesterol problems before embarking on the statins route.

(http://www.bmi.com/cgi/content/full/340/may19_4/c2197m)



How homeopathy cured my ear infection: A reader's story

As a child I suffered from repeated middle ear infections that were very painful. I eventually had a burst ear drum from an infection at about the age of 11. Unfortunately I continued to suffer from painful ear infections at intervals throughout my young adult life, until I discovered homeopathy in my early thirties. By this time, any approaching ear infection frightened me so much, because of the pain I knew was coming, that I would always rush to the GP for antibiotics. Fortunately my homeopath was kind enough to understand this and treated me with homeopathy alongside antibiotics to begin with. I was treated constitutionally (an individualised therapy for my specific symptoms) in this dual fashion through 3 ear infections and I noticed straightaway that each subsequent infection was milder, shorter in duration and not as painful as the last.

Finally I decided to manage future ear infections with only homeopathic

treatment and paracetamol. This was the breakthrough and shows the wonder and effectiveness of homeopathy. After finally managing to deal with an ear infection using only homeopathic remedies, *I have not suffered a single ear infection since.* Because of the excruciating pain I used to endure this was a huge relief.

Naturally enough I became fascinated with homeopathy, took a short first aid course and then bought books and began to study the subject myself for use at home. My sister is now an experienced homeopath and after 20 years I am a pretty good amateur. With my sister's help, homeopathy is the first port of call for any condition in my family and we find it to be extremely effective. I have treated innumerable situations successfully with homeopathy - panic attacks in my autistic son, wasp stings, emotional stresses from be-

reavement, croup when my son was a baby, teething problems, sore throats, headaches, colic, eczema, asthma, to name just a few. I also used homeopathy throughout my pregnancy and for the birth of my son at home. I cannot praise homeopathy enough and I do not know what my family would do without it.

The ARH would like to thank Kim Quance from Sutton Coldfield for her enlightening and informative story.



Homeopathy at Wellie Level

Teaching the responsible use of homeopathy on the farm

For more information, visit www.hawl.co.uk



Do you have an interesting 'homeopathy story' that you would like to share with us? If you do, please contact us on hnm@a-r-h.org



Samuel Hahnemann by Mélanie d'Hervilly

Last month we learned how people discovered the healing potential of naturally occurring substances by a combination of 'trial and error'. By observing and recording the effect these substances had upon individuals, (including poisonings!), we were able to establish a database of knowledge that is still relevant today. In homeopathy, we go one step further. We learn about the finer details of our remedies by running what is called a 'proving'. A proving is where a group of healthy volunteers take a homeopathically prepared substance over a period of time. Not everyone will react but if a prover is sensitive to the substance, they will eventually exhibit symptoms. All the symptoms experienced, physical, emotional and mental, are gathered and recorded in detail. The 'provers' are not told anything about the substance they are taking, so they cannot be influenced by any pre knowledge. Also, the person supervising the proving does not know what substance is being tested. Finally, all the symptoms experienced by the 'reactive' provers are collated and organised systematically. This information forms the basis of our 'Materia Medica', a vast and rapidly expanding database which describes the curative properties of our remedies. Once a newly proved remedy starts to be used in clinical practice we can fine tune some of the prescribing details as we learn more about the substance's healing potential.

So, unlike conventional medicine, which is first tested on laboratory animals such as mice, rats and monkeys, homeopathic remedies are only trialled on healthy human volunteers. Because of the special way homeopathic remedies are prepared they are safe and non toxic, so, even if a prover experiences unpleasant symptoms whilst participating in a proving, they know the symptoms will pass once they stop taking the substance. The first proving was undertaken by the founder of homeopathy, a medical doctor called Samuel Hahnemann. He had been reading about the toxicological effects of Peruvian bark (*Cinchona*, known by homeopaths as *China*) and noted the poisoning symptoms sounded remarkably similar to the symptoms of malaria. So, by way of an experiment, he took some doses of crude *China*, and recorded his reactions. He describes his experience in great detail: 'My feet and finger ends at first became quite cold. I grew languid and drowsy, then my heart began to palpitate...intolerable anxiety, trembling, prostration throughout all my limbs, then pulsation in the head, redness of my cheeks, thirst, and in short, all these symptoms which are characteristic of intermittent fever.' All the symptoms ceased when he stopped taking the *China* but returned as soon as he took it again. Hahnemann had discovered that, when *China* was taken by a healthy person, it could produce a symptom picture very similar to that of malaria. He went on to use *China* to successfully treat thousands of cases of malaria. Hahnemann also undertook similar experiments with many other substances, thereby establishing the 'proving' as a basis upon which we can learn about the healing properties of different substances with great accuracy. In September's issue of HHM, we will consider how homeopathic remedies are made, and how even the most toxic of substances, can be used safely and effectively.



Cinchona officinalis is taken from the bark of the Quinaquina tree. As the name suggests this tree is also the only natural source of quinine which is used by conventional medicine in the treatment of malaria.

The ARH would like to say a big 'thank you' to Anne Bagust, who has very kindly volunteered her services as copy editor of HHM. Anne, you are a star!

Karin Mont

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