

Homeopathy, Healthy Medicine

Sharing news, views and information about homeopathy and health

July 2011

How best to cope with results day!

Sitting exams is never easy work but now that they are finally over and school's out for summer, the inevitable results day looms! Since 2011 is the last intake before university fees dramatically increase, there is an added pressure amongst students to perform well and gain a place into their chosen college or university this year. For GCSE students, the pressure is no less great. Obtaining the right grades can decide which A-Levels you take and consequently, your direction in life.

As a result, the anticipation and anxiety attributed with results day may

become more evident as it gets closer. There are a number of remedies available to ease your worries and fears and these include:

- **Aconite** – there is extreme terror, take aconite before and after receiving your results in order to get away from the nightmare feeling
- **Arg nit** – there is a feeling of anxiousness
- **Arsenicum** – you are restless and need reassurance that everything will be alright, you need to have company



Do you fear flying? How homeopathy may be able to help you

It is inevitable, with the summer holidays now upon us, many families will be taking to the skies in a bid to escape the British weather and catch some rays of sunshine abroad. An imminent holiday on the horizon can

sweating to panic attacks and palpitations.

It is definitely worth seeking professional help if your fear of flying is restricting your life and is beginning to overwhelm you but meanwhile there are a variety of homeopathic remedies which can be taken to help alleviate the symptoms. These include:

- **Aconite** – you have complete terror and panic and fear of death, you “know the plane will crash”, the fear can appear suddenly before or during the flight
- **Argentum-nitricum** – you become very anxious, restless, often with diarrhoea, the fear is more related to heights and or claustrophobia, you feel worse for heat and crowds and better for open air.
- **Arsenicum** – the sufferer cannot bear to be alone and needs constant reassurance that they will survive the flight, the main fear is of death, you feel constantly restless
- **Gelsemium** – you tremble with anxiety and panic and muscles feel weak and heavy and refuse to obey your will

- **Gelsemium** – you experience anticipatory fears and may get the shakes
- **Rescue Remedy** – use to alleviate the stress and reduce any shock that you may be experiencing

- **Nux Vomica** – you have excessive impatience and anger while kept waiting for your flight, stimulants such as coffee and alcohol makes the anxiety worse

For more information on how homeopathy can help, please contact your local homeopath. To find your nearest practitioner, visit:

<http://www.a-r-h.org/FindMembers/find.php>.



mean excitement levels may well be higher than normal in many households across the country, although for many travellers, the anticipation of taking a flight can often lead to dread and panic.

The fear of flying is a very common phobia, although the reasons for suffering from it and how it manifests, is different with every person. It is a complex phobia since it includes a variety of fears – the fear of closed spaces, heights, death, being out of control, motion sickness, turbulence, crowded places etc. A sufferer can experience anything from profuse



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ARH

How homeopathy helped Jazz, an event and dressage horse

Three-year old Jazz had been plagued by ill-health all her life. She had an extensive list of ailments which were difficult to treat and included:- arthritis; an allergic respiratory disease; the swelling of salivary glands and inflamed joints. She also suffered from viraemia, which occurs when viruses enter the bloodstream and gain access, through the blood, to the rest of the body.

It was apparent that all of these ailments were aggravated when the weather became colder, her shelter became damper and when she was standing still for longer but naturally these contributing factors were hard to control.



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She was, consequently, prescribed Rhus Tox 200c given twice daily. A week after begin-



glands and fetlock joints were less swollen and the wheezing reduced.

ning this treatment her demeanor was brighter; her salivary and Jazz's improvement plateaued although, fortunately, there was no deterioration. As a result, the homeopathic vet increased the potency of Rhus Tox to 1M and added Dulcamara 30c to her treatment. She has continued to improve and is able to hack out, do light work and even partake in some schooling – an activity that her owner thought would never be possible just a few months ago. She does, on occasions, suffer flare-ups of her glands and joints but, in these situations, the frequency of her treatment is increased or slightly altered depending on her symptoms and after that the suffering soon subsides.



(www.britishhomeopathic.org/hh_article_bank/animals/homeopathic_jazz_may2011.html)

Helping to maintain our bee population through homeopathy!

In recent years there have been dramatic losses in the number of bee colonies throughout the country. The main cause for this has been identified as the infestation by the varroa mite leaving the bees weakened and vulnerable to other viruses. Resistance to chemical solutions prescribed for this infestation has resulted in a devastating reduction in bee hives, which has not been helped by the severe weather changes we have been experiencing.

In the United Kingdom alone, economically, about a third of our food crops depend on pollination by bees and this has been calculated by DEFRA at £120-£200m per annum. In addition, honey production is worth around £10-£30m a year. There are, within

the UK, according to DEFRA, 44,000 beekeepers maintaining approximately 274,000 colonies of honeybees, although these numbers are on the decline due to infestation of the varroa mite.

As a result, a number of beekeepers have been applying homeopathic remedies to their hives in order to abate the invasion of this virus. The recommended remedies include *apium virus*, *bee virus* and *varroa*. Combined with good husbandry methods suggested by DEFRA, beekeepers have found positive effects on their bee colonies and subsequently homeopaths are encouraging local beekeepers to adopt some of these techniques and remedies in order to help maintain our vital bee population.



<http://www.a-r-h.org/Publications/Journal/sampleArts/Bees%20Kathryn%20Johnson.pdf>

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Do your bowels feel like gridlock?

We discussed diarrhoea, in last month's issue of HHM, so thought it only appropriate we tackle the

The causes of constipation include over-eating, an increase in alcohol intake and the consumption of carbonated drinks and fermentable foods. Hot climates and prolonged immobility in a seated position along with low aircraft humidity can also result in the abdomen becoming bloated and uncomfortable.



It is, therefore, essential to remain hydrated throughout your holiday and take plenty of refreshments out on day trips or take frequent stops to replenish. On long journeys move around as much as possible and always wear loose, comfortable clothing, so the abdomen is not restricted. As for diet, try and increase the amount of cooked vegetable dishes eaten and reduce the intake of cooked meats. Do not suddenly increase alcoholic intake over a short period of time, and do try to slowly increase the amount of exercise undertaken. If, however, you have done the above and still find yourself suffering, one of the following remedies may be

other side of the 'coin' – constipation and the possible causes. Constipation often comes about in response to many natural holiday activities and therefore we felt it imminently suitable to discuss this topic whilst everyone was getting ready to pack up their bags for their annual holiday.

of use:

- **Hydrastis** – constipation with aggravation of piles which are painful and may bleed
- **Nux vomica** – when you frequently have the desire to pass motion but it is ineffectual
- **Opium** – when there is no desire to go to the bathroom

(The World Travellers' Manual of Homeopathy by Dr Colin Lessell)

The Tree of Life

Thuja occidentalis or tree of life is a genus of coniferous tree in the cypress family. It is a thickly branched tree which originates from the swamps and wetlands of North America and Canada but was introduced to France from Canada during the reign of Francis I of France. It is famous for growing extremely slowly, taking over 150 years to reach its maximum height of 50 feet.

When used as a homeopathic remedy, it is prepared from the leaves and twigs of the *Thuja*, which are gathered when the tree is blossoming during May/June time. *Thuja* is often used in the treatment of warts, which can appear anywhere on the body – hands, face, feet etc. It is advisable to use the remedy cautiously, making sure that you do not take it for any longer than a week at a time. As a result, it is suggested that you take *Thuja* for one



week and then rest the body for one week. This routine can continue for up to a couple of months, however, if symptoms persist, seek medical help.

(The Complete Homeopathy Handbook; A guide to everyday health care by Miranda Castro and Lotus Materia Medica by Robin Murphy)

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