

Homeopathy, Healthy Medicine

Sharing news, views and information about homeopathy and health

May 2010



Newborn piglets

Are they telling porkies? Homeopathy helps piglets!

E-Coli diarrhoea amongst newborn piglets is a major problem within the agricultural industry. The antibiotic cure is often labour-intensive to administer to large numbers of sows, and subsequently costly. Therefore when research was undertaken to investigate the effect of homeopathic remedies on pigs in the last month of gestation, many farmers were eager to find out the results.

The study was conducted on a commercial farm in the Netherlands by The Biological Farming Systems Group at the Wageningen University. It included assigning fifty-two sows (none of which had been vaccinated against E.Coli) to either a placebo group, or homeopathic treatment group, for the investigation. The 525 piglets that were born from these sows were monitored for frequency and duration of diarrhoea.

The results published in the journal *Homeopathy* in January 2010, showed that the placebo group suffered over 6 times more diarrhoea than the homeopathic group. Moreover, within the homeopathic treatment group, the diarrhoea was less severe, there was less transmission and the duration appeared shorter.

Since a high use of antibiotics can cause problems within animal health, and, in the organic sector the amount of antibiotics given to livestock is restricted, this investigation provides farmers with a safer and less expensive alternative to conventional treatment.

'A pill for every ill'

'*A pill for every ill*' was a paper published in the March edition of the *Journal of Social Science and Medicine*. Written by Professor Joan Busfield from the University of Essex, it states that the NHS prescription bill has exploded in the past 20 years from £4 billion in the early 1990's to around £18 billion at the present time. This means that the number of prescribed medicines per head has risen from 8 per person to more than 16 per year in the past two decades. Prof Busfield cites the pharmaceutical industry as the main reason for why this escalation has come about. According to the author, the pharmaceutical industry has recognised that in order to maintain steady growth and profitability in the future, it needs to expand its markets. Therefore in addition to treating recognised illnesses, the industry is creating 'new disease' categories by prescribing normal, healthy individuals with drugs for naturally occurring problems such as sexual dysfunctions.

The report also suggests that the general public have lost their sense of stoicism, and have become more demanding in recent years. Michael Sumners, the vice-chairman of the Patients Association, believes people are generally reluctant to tolerate any discomfort, seeking a drug solution for even the slightest of ailments. Furthermore, it seems many people no longer accept what they are told by medical professionals, and use the internet to find solutions for their health problems. (*Journal of Social Science and Medicine*, March 2010; *Daily Telegraph*, March 2010; *The Observer*, 28 March 2010)



An increased appetite for pills

Your nearest homeopath is:

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

click 'Find a Homeopath'

and search by town, county or postcode

Homoeopathy at Wellie Level

Teaching the responsible use of homoeopathy on the farm

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



Whilst the eruption of *Eyjafjallajokull* volcano has expanded our knowledge on such geological matters, for Icelandic residents, there are potential health effects. These include eye and skin irritation, as well as increased respiratory problems for conditions like asthma or other lung conditions.

Volcanoes emit water (H₂O), and a variety of gases including carbon dioxide (CO₂), sulfur dioxide (SO₂), hydrogen chloride (HCl), ammonia (NH₃), hydrogen sulfide (H₂S) and hafnium (HF). These gases interact rapidly with the ash particles of a volcanic plume and especially atmospheric water to form acidic aerosols.

Volcanic ash may contain potentially harmful substances in the form of water-soluble materials, mostly acids and salts, which cling to the particles of glass and crystals. The most common are sulphate, chloride, sodium, calcium, potassium, magnesium and fluoride.

Since the UK is located over 900 miles from the volcano, it is unlikely that these health issues will affect us. However the stress, frustration and anxiety of being stranded abroad because your flight has been cancelled, can give rise to a whole range of emotions. If you find yourself in this or a similar situation, you may find the following remedies helpful:

Rescue Remedy - restores balance and calm during a stressful situation

Ignatia 30C - really worried, feels like bursting into tears, sighing a lot, mood swings, over-sensitive and on-edge, may become hysterical

Staphysagria 30C - irritable and very sensitive, takes offence easily, feels extremely frustrated, may try to suppress feelings but then explodes and can become very angry

Nux Vomica 30C - gets angry very easily, rather impatient, over reacts to situations, needs a stiff drink or a strong coffee to calm down



Eyjafjallajokull volcano

Please note the above remedies and their symptoms are a guideline only. For an individualised therapy, consult your homeopath or find a practitioner at <http://www.a-r-h.org/FindMembers/find.php>. The ARH would like to thank Myriam Shivadikar for her contribution towards this article.

What is homeopathy?

In last month's newsletter, virologist Dr. Gillian Bullock had asked us to briefly define 'homeopathy', and had quoted the following from the New Collins English Dictionary: Homeopathy is 'A method of treating disease by the use of small amounts of a drug that, in healthy persons, produces symptoms similar to those of the disease being treated'. We learned that homeopathic medicines are called '**remedies**', and are made from naturally occurring substances such as plants and minerals. Remedies are prepared in a special way to make them safe, non-addictive and free from toxic affects. Now we will explore the reference Collins Dictionary makes to 'similar' symptoms.

In conventional medicine, you are usually given something that has an **opposite** effect on your symptom. So, for example, if you find it difficult to sleep, you will be given a drug which will make you sleep. The trouble is that the sleeping pill only helps with the symptom (sleeplessness). It does not sort out the reason behind the sleeplessness. This means that after a while, you may find you have to use a more powerful sleeping

tablet in order to sleep, which could start to have an adverse affect on the way you feel during the day. With homeopathy, you will be given a remedy which is known to produce **similar** symptoms in a healthy person, to those you are currently experiencing. We know that drinking coffee can stimulate the nervous system, and that if you have a cup of coffee shortly before going to bed, you may find it difficult to fall asleep. *Coffea* (the Latin name for coffee), when given as a correctly prepared homeopathic remedy, may actually help some sufferers of insomnia to naturally overcome their sleeplessness.

This is known as the '**Law of Similars**'. Basically it means that a naturally occurring substance which can **cause** a particular set of symptoms in a healthy person, can be used to **treat** a similar set of symptoms experienced by a sick person. The closer the match between the patient's symptoms and the remedy's 'symptoms', the more effective the treatment. So, how do we know what symptoms the remedy can create? Pick up a copy of June's edition of **Homeopathy, Healthy Medicine** to find out!

Looking forward to dry, sunny days? Maybe not if you suffer from hay fever!

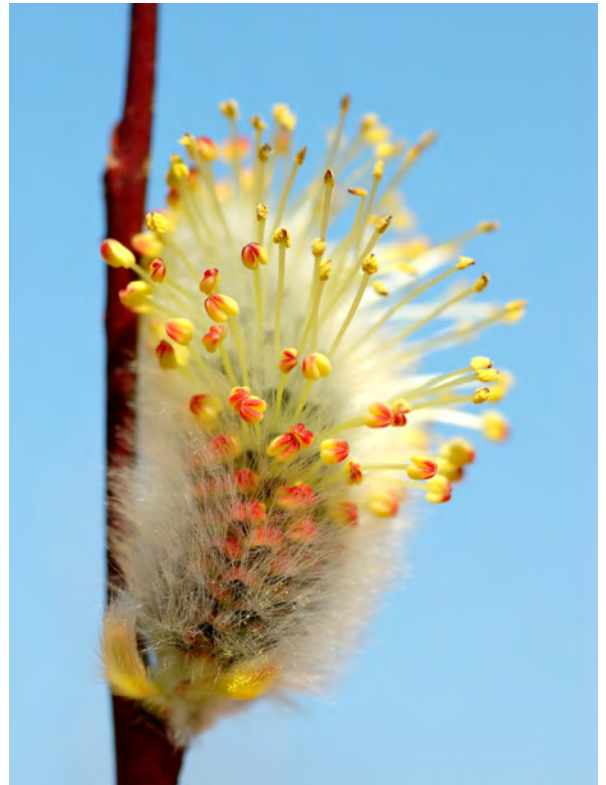
Millions of us look forward to basking in the sun, and enjoying a garden full of fragrant flowers as summer starts to weave its magic. However, for **hay fever** sufferers, summer heralds the start of a season of misery.

It is estimated that a fifth of the population dread this time of year because they suffer from hay fever or similar allergies. They can expect to experience a range of respiratory disorders, together with sneezing, itchiness and watery eyes.

Hay fever is an allergy where the immune system of sufferers overreacts to pollen and spores. It usually occurs throughout spring and summer, when pollen and spore counts from trees, plants, grasses, fungi and moulds are at their highest. When the body comes into contact with pollen, the lining of the nose, mouth and eyes release a chemical called *histamine* which causes an allergic reaction.

We asked our members to recommend some of the homeopathic remedies their patients most frequently found useful for the treatment of hay fever. Here is a brief list of remedies, which includes some of the key prescribing symptoms. Please note this is only intended as a guideline. It is recommended that you consult with a registered homeopath in order to receive an appropriately individualised prescription.

- *Allium Cepa* 30C – dripping nose with burning discharge, violent sneezing, stinging, watery eyes
- *Arsenicum Album* 30C – sneezes because of tickling feeling in nose, burning sensation in eyes, nose and throat, discharges may be acrid.
- *Euphrasia* 30C – eyes the biggest problem, with itchy and dry eyes, and burning discharge. Tickling cough, intense sneezing, runny nose with bland discharge.
- *Pulsatilla* 30C – bland watery nose and eyes, worse in the heat, eyes itch and feel gritty, and may produce yellow discharge. Lots of sneezing.
- *Sabadilla* 30C – constant, maddening tingling in nose, burning and redness of eyes, sneezing provokes tears. Eyes watery and burn



100 Million homeopathy patients in Europe

Loaded with pollen

The third EU Homeopathy Day saw a number of speakers take to the stage at the European Parliament in Brussels on 23 March 2010. The overriding aim of the event was to raise awareness of Homeopathy to politicians and decision makers in order to create a more integrated and holistic approach to health care in Europe. According to the European Commission, 75% of people within Europe know of homeopathy whilst 29% of the European population uses it as part of their health care. Additionally, 65% of Europeans report they use complementary and alternative medicine (World Health Organisation).

Legislation regarding homeopathy and complementary/alternative medicines (CAM) varies extensively throughout the continent. Whilst only medical doctors are allowed to practice homeopathy in many countries including Bulgaria, Italy and Greece, the national health insurance system covers the fees for homeopathic treatment in Belgium and Romania (<http://www.homeopathyeurope.org/regulatory-status>). It is the intention of the European Central Council of Homeopaths (ECCH), who contributed to the organisation of the EU Homeopathy Day, to encourage the highest standards of professional practice in homeopathy, whilst acting as an advisory body to governments and other policy making institutions.

For more information, please see www.homeopathy-ecch.org.

Homeopathy Heals

Introducing homeopathy to the general public
Visit: www.homeopathyheals.me.uk
for information about homeopathy

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

Throughout the recent general election campaign, the UK's national health service was one of the most important areas to influence the home affairs policies of each of the main political parties. Now the election is over, we've addressed a few of the issues that our new MP's will need to consider in the coming weeks:

- **Funding for health and social care**

The Patient Association (PA) plus other support groups and charities, have called upon Government to be more explicit about future funding for health and social care. The PA also wants assurance that patients and carers will be central to any future decision making process

- **New standards of transparency**

It is imperative that Government increases transparency throughout the health sector so that communities can actually see on a local level how nation wide policies are affecting them. Similarly, increasing transparency within the pharmaceutical industry is also essential. According to PatientView, in 2008, only 37% of patient groups around the world considered the pharmaceutical industry trustworthy.

- **Information for patients**

It is often believed that informed patients manage their condition far more successfully than those less knowledgeable about their situation. As a result, providing key information for patients about the support groups and organisations available to them, is imperative if overall patient care is to be improved.

- **Clinical negligence and staffing levels**

A report commissioned by ministers into the NHS showed that more than 45,000 NHS workers a day report sick, a rate which is 1.5 times higher than that in the private sector. Simultaneously, it is reported that NHS workers also have higher levels of obesity, smoking and poor mental health. Since the audit comes as the number of claims against the NHS for clinical negligence has risen by 11%, this is clearly an area that needs to be addressed. The final findings of this report are due in the autumn of 2010.

- **Managers vs Doctors**

Bureaucracy within the NHS has long been a point of debate and it has been suggested that political priorities, rather than clinical ones, are coming to the fore in what is often described as an 'over managed system'.

- **Patient involvement**

Providing ongoing communication and involvement with patients and carers throughout all aspects relating to health and social care, will lead to a tighter and more effective system. By developing strong links with patients, the NHS will be far more responsive and flexible to meeting their needs and in turn, providing a better service.



Plagued by snails ?

With the weather hotting up, it's time for you to enjoy your garden, though you may not be so keen to share it with the snails and slugs intent on consuming your plants! If this is a problem you're encountering, try watering your plants with a homeopathic preparation of agricultural *Helix Tosta 6X* (available from www.moodiebiz.com). Mix 10 drops in one litre of water, shake vigorously for about a minute, then add a further 20 litres of water to the mix before applying to your plants. Repeat the procedure when necessary.

Homeopathy, Healthy Medicine

Published by the Alliance of Registered Homeopaths, Millbrook, Millbrook Hill, Nutley, East Sussex, TN22 3PJ.

Tel/Fax: 01825 714 506

Email: hhm@a-r-h.org

Website: www.a-r-h.org.

Disclaimer

All material in this publication is provided for your information only, and should not be construed as medical advice or instruction. No action or inaction should be based solely on the contents of this information. Readers should always consult with an appropriately trained and qualified health practitioner on any matters relating to their health and wellbeing. While every care is taken in preparing this material, the publisher cannot accept any responsibility for harm or damage caused by any treatment, advice or information contained in this publication. Published material represents the views of the author, and does not necessarily reflect the opinions of *Homeopathy, Healthy Medicine*, or the Alliance of Registered Homeopaths. No part of this publication may be reproduced in whole or in part, in any form, without the written consent of the publishers, except for the purpose of reference or review, where small extracts may be used. These extracts shall include reference to both author and publisher.

© Alliance of Registered Homeopaths 2010