

Treating thyroid dysfunction

by Lee Pollack MARH



Lee Pollack has been practising homeopathy for over 15 years. She teaches at the Lakeland College. She also runs her own courses on the chakra system, meditation and astrology, as well as a healing retreat in Spain in September. A series of Lee's lectures on the chakra system and associated new remedies are available from: lizanne.christopher@talk21.com or www.leepollack.com.

There have been a number of messages on the ARH noticeboard recently about treating thyroid pathology homeopathically with cases of patients' thyroid levels returning to normal, completely eliminating the need for drug treatment. This is good news for something conventional medicine says needs to be controlled by drugs for the lifetime of the patient.

I wanted to write about a particular case to demonstrate not so much which remedies were used, although I will talk about the treatment, but the clinical interactions between homeopathy and allopathy, and the effect they had on the patient's emerging 'common sense knowledge' about her body and her health. I found an 'Alice in Wonderland' mindset as in the face of reducing one's overactive thyroid levels with homeopathy the patient was advised by her consultant to change the drug treatment regime to one for *hypothyroidism*. Thankfully common sense prevailed and the patient, Ms R, has for one year now maintained normal thyroid levels without allopathic drugs. However, she is now being urged to take a drug for her pituitary function which has been low but is steadily rising.

This raised another issue about expectations on recovery time. Allopathic drugs act quickly and the body is expected to respond. If it doesn't, more drugs are called for. But this case showed how if the timeframe for healing is extended, the body can respond unaided by drugs.

History of fibroids

I began treating Ms R three years ago. She was at that time 37 years old. She is a single parent with one daughter who is autistic. Ms R had had fibroids removed for the second time three months previously (first time two years before that)

and wanted to explore more natural alternatives to her health problems. She was starting to experience heavy bleeding again. She had no previous knowledge of homeopathy but I happened to meet her when she came into the clinic.

People familiar with the chakra system will already recognise an energetic link here. Fibroids are part of the sacral chakra, or lower creative centre. The throat chakra is also known as the higher creative centre and pathology often moves between the two. Think of how many of your patients have had gynaecological and throat symptoms, alternating or simultaneously. Working with the chakra system as a model of energy movement has helped me to understand why this is. Ms R's thyroid disturbance originated energetically with her fibroids and was now attempting to find another outlet. Creativity, or its lack of expression, is the link between the two. And given that Ms R was beginning to have heavy bleeding again only three months after her last operation, it is possible that without homeopathic treatment the fibroids would have grown back.

Ms R originally wanted help with her mood swings and energy levels. She was still bleeding a lot and was taking iron supplements which were aggravating her stomach. Over the next year I saw Ms R four times. Her symptoms were relieved with remedies including *Sepia*, *Lachesis*, *Folliculinum*

and uterine drainage (*Fraxinus americanus* 3x + *Hydrastis* 6x + *Thalspi bursa pastoris* 6x). She also took *Ferrum metallicum* in potency to help wean her off the iron supplements and heal her stomach.

An interesting and unexpected part of the healing was when Ms R broke her ankle. Have you ever noticed how if some people don't stop they are often forced to? During Ms R's period of enforced rest she realised that she had been keeping herself busy, 'creating crap' to waste time and avoid looking at her life. Now she said since she had been at home more she felt much more relaxed and her relationship with her daughter had improved significantly. The incident gave Ms R time to reflect on the direction she wanted her life to go in, as healing as any remedy.

Thyroid dysfunction

Six months later Ms R returned out of the blue with a diagnosis of overactive thyroid. She had symptoms of palpitations, feeling very hot, tired and with diarrhoea. Her eyes had also become more pronounced, bulging. However her periods were fine, normal bleeding, no mood swings. Her stomach symptoms had also disappeared. She was to return to the doctor the following week for medications. But she also wanted to see what homeopathy could offer having recognised how it had helped her previously. The picture was *Iodum* so I gave her this in a 30c to take twice weekly. I also gave her *Blue* 10MM to take twice daily. (I was taught that a 10MM potency is vibrationally similar to a flower essence. I have used it in this way to good effect. I make the remedies on a remedy machine.) *Blue*, the colour remedy, is an important

remedy for the throat chakra with its keynote issue of expression, or lack of it, and so also for thyroid pathology. It is interesting to note that this was how Ms R described the thyroid diagnosis, as coming out of the blue. (For information on *Blue* see *Meditative Provings* by Madeline Evans.)

I also began discussing with Ms R the energetic issues underlying her diagnosis, her creative energy, and how she was or wasn't using this in her life. She is an actress but has had to put her career 'on hold' while she looks after her daughter. I suggested if not acting at present, some kind of creative outlet would be beneficial for her. She had the idea of doing a dressmaking course as something that could fit in with her other responsibilities. She could also see the connections between her physical health and the lack of her creative expression.

One month later Ms R returned with a prescription for Carbimazole, 40mg daily (20mg twice a day), that she had been taking. She was also taking the homeopathic remedies. She was frightened to not take the allopathic treatment but hoped by taking the homeopathy it would mitigate the effects of the drug as well as helping her thyroid. I have seen that fear is a large part of thyroid pathology, part of the lack of expression. The longer a patient is on the thyroid drugs the more difficult it seems to shift the fear as the drug dependency has its energetic counterpart. The more the natural thyroid function is suppressed with the drug, the less energy available to break through the fear with expression.

How can we know the interaction of medical drugs with homeopathic remedies? I felt it better for Ms R to have some homeopathic stimulus. She had the idea of taking the *Iodum* daily to counterbalance the Carbimazole, one *Iodum* to one Carbimazole, effectively reducing the latter to half the prescribed dose. I agreed and gave her more *Blue* 10MM as well.

Another five months went by. Ms R reported her symptoms improved on 20mg Carbimazole and *Iodum* 30c daily. Sweats reduced, eyes less bulging, more energy. Her thyroid levels had reduced according to blood tests but still were not in the normal range. Her hair was coming out which she felt was due to the drug.

She was feeling very happy about her creativity

Everything else was fine and she was making more space for her creativity doing courses in dressmaking, fashion and drama. She felt positive and motivated and wanted to continue treatment with the aim of reducing the Carbimazole. She had noticeably less fear.

Px: *Iodum* 30c daily.



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A keynote issue of the throat chakra is lack of expression.

In another two months her thyroid was in normal range, seven months after the original diagnosis. Her consultant thought this was due to 40mg Carbimazole daily, but it was in fact due to half that amount plus *Iodum* 30c. She hadn't told him about the homeopathy. Then came the allopathic logic that strained my sensibilities: the consultant wanted to put her on thyroxine as well, a strategy he called 'suppression and replacement', in case her thyroid now became underactive on its downward movement.

We discussed this and Ms R also felt the consultant's suggestion did not make sense. She was trying to reduce her drug intake, not take

more drugs. She then expressed this (throat chakra) to the consultant and he agreed not to supplement the drug regime.

Ms R's symptom picture had changed. She no longer showed *Iodum* symptoms. She would reduce the Carbimazole to 10mg daily and stop the *Iodum* completely as it was not now indicated, although she had a supply in the event the overactive thyroid symptoms returned.

We then had a long conversation about her history of creativity and its suppression. She spoke about how she had been traumatised by her divorce, and further back, how she had not been mothered by her own mother. She feared success and put up obstacles to block herself. She had not had any *Blue* for some months. We discussed the creativity remedy. She said when she took it before so much creativity had come out that it scared her.

I decided to change the potency from 10MM to 6c daily. It seemed the 10MM was too powerful for her, at that time anyway. Perhaps she needed a more material dose.

I have developed a great respect for the 'humble' 6c, observing changes in people at very deep levels, contrary to my earlier assumptions about what I used to think of as 'wimp' potency. And as Ms R displayed some fear about her previous experience on the remedy I felt it important to show her that I was adjusting the potency. (Maybe she needed *Phosphorus*!) In retrospect it may have been appropriate to address the history of trauma then, but this came later.

Px: *Blue* 6c daily, *Iodum* 30c if required.

One month later Ms R telephoned to say that during the first week of the reduced Carbimazole she did experience a return of hyperthyroid symptoms; feeling hot, diarrhoea, palpitations, but she rode it out and they subsided after a week. She had not needed to take the *Iodum*.

I saw her again after two months. She had been off the Carbimazole for three weeks. She had initially reduced it to 5mg and then cut it out completely. For the first two weeks she experienced palpitations and hot flushes. The palpitations had subsided and she was left with feelings of heat mostly at night, sometimes during the day. She had also put on some

▷ weight, which she felt good about. She was feeling very happy about her creativity, had started acting again and was continuing with the dressmaking.

Px: *Iodum* 30c every other day and *Blue* 200c weekly, to address the slight return of the hyperthyroid symptoms, and to continue the stimulus to her creativity.

Three months later she is still off the Carbimazole. She reduced her *Iodum* from three times weekly to twice, then to once a week. But she found symptoms returning on once weekly (heat, palpitations, diarrhoea), so continues with twice. The *Iodum* is now balancing the hyperthyroid symptoms unaided by allopathic drugs. Perhaps this could have been the case from the outset had it not been for the patient's fear, supported (created?) by the consultant. The rest of her health is good. She continues with her creative work. She speaks about feeling she doesn't deserve to be successful; some of the fear surfaces.

Px: *Bay leaf* 10M, *Iodum* 30c, twice weekly.

It was the same picture after another two months. Thyroid levels are normal. She has been told that now her pituitary function is low, which can happen with an overactive thyroid. It should re-adjust in time as the thyroid has. Her periods also give no problems. She has been in a play and received a lot of positive feedback and recognition. She continues with the *Iodum* 30c twice a week. She has begun to talk about her last relationship, how her heart had been closed since then and how she would like to be in a relationship again.

Px: *Natrum muriaticum* 10M, *Iodum* 30c twice weekly.

Three months later, and the most recent information is that thyroid levels are still normal. She takes the *Iodum* twice a week. When she tries to reduce it to once a week the overactive symptoms of sweating and palpitations return. She would like to reduce it to once a week and we talk about this in the context of her creative expression. If the hyperthyroid symptoms are a message from her throat chakra to remind her to express her creativity, then making a creative space in her life will balance thyroid levels without the stimulus of the *Iodum*.

The keynote of *Bay leaf* is lack of self-worth. The bay laurel was used in Roman times to crown someone's achievements. When I give this remedy I imagine I am giving them the laurel wreath. For more information see *Meditative Provings*.



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Bay leaves.

Her consultant is still concerned that her pituitary levels remain low and urges her to go on medication. Ms R has the presence of mind to ask him what the previous readings were. It transpires that in fact although levels are still below what is considered normal they have increased considerably. This raises another issue about the interplay between homeopathy and allopathy, the time factor. Drugs act quickly and the body is expected to respond similarly.

Yet taking the longer-term point of view, there is every indication that in a few months time the pituitary levels, continuing their upward movement, will also be normal. I have observed the same problem with diabetes patients where blood sugar levels are dropping with homeopathic treatment, but not as fast as expected and pressure is exerted on people to increase medications. Had Ms R not asked for the previous figures she could well be on yet more medication. She has chosen to trust that her body will continue to move itself towards health, as it has done thus far, with homeopathic and other energetic stimuli.

A happy ending / beginning

As for the larger issues, Ms R is beginning to express herself more fully; she feels she deserves to be successful. She is pursuing a number of creative outlets. The rest of her health is fine. She is continuing with her life and her journey of self discovery from a

much stronger place than she was in three years ago. I feel the prognosis is good on the basis of the experience of how the case has evolved thus far. It may take longer than allopathy expects – however the combination of homeopathic remedies, lifestyle changes and personal awareness have in this case successfully treated pathology and put Ms R on a more healing path.

I am reminded of the allopathic suppression and replacement strategy and feel it is more appropriate to describe it as follows: suppression of Ms R's creative energy, its replacement by fear, subsequent development of pathology (fibroids and hyperthyroidism). Homeopathic treatment has reversed this process by addressing the underlying cause of the physical complaint.

REFERENCES

Evans M (2000) *Meditative Provings*. York, UK: Rose Press

Lee can be contacted at www.leepollack.com. □



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