

# Homeopathy, Healthy Medicine

Sharing news, views and information about homeopathy and health

April 2010

## Introduction

Welcome to the ARH's inaugural newsletter – *Homeopathy, Healthy Medicine*. This monthly publication is aimed at providing you with a range of facts about homeopathy and general health matters, which we feel are pertinent in our current daily lives. Our aim is to make this an interactive source of information, so please feel free to get in touch and voice your opinion regarding our articles, or to suggest future pieces.

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## So what is homeopathy?

Probably the most important thing to be aware of is that homeopathy is a **system of medicine**. It is often referred to as a **discrete** system of medicine, which means it is separate to, and distinct from, other systems of medicine. There will be occasions when homeopathy will be used alongside other medical interventions, but the principles upon which homeopathy is based are independent of other medical approaches.

A lot of people are confused about homeopathy. What is it, what does it do and how does it work?

We thought it would be helpful to explore some of the main questions asked about homeopathy. We'll do this over a period of months, looking at different aspects in different ways, so that you can gradually build up a picture of homeopathy and develop an understanding of this deeply complex system of medicine. We hope that you will send us your own questions to answer, but to start things off, we invited virologist Dr Gillian Bullock to tell us what she thought about homeopathy.

*Gillian* - 'Being somewhat cynical, I looked up the definition of homeopathy in the New Collins English Dictionary. It described homeopathy as "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." This rather rocked me back on my heels! What sort of material constitutes a drug?'



**Response** - In homeopathy, we don't call our medicines 'drugs'. A drug is usually a specially created chemical substance, which alters a normal bodily function when taken. Drugs can be addictive, cause unpleasant side effects, and sometimes even be dangerous.

In homeopathy, we refer to our medicines as '**remedies**'. They are made from naturally occurring substances, such as minerals, and plants. Remedies are **non addictive, safe** and because of the special process they go through during preparation, are **unlikely to produce unwanted effects**.

In the next issue of the newsletter, we will look at the second part of Collins' 'definition' of homeopathy, and see what is meant by 'similar' symptoms.

**Your nearest homeopath is:**

**Or go to [www.a-r-h.org](http://www.a-r-h.org)**

click 'Find a Homeopath'  
and search by town, county or postcode



## ***Can't get a Doctors appointment? You're not alone.***



*21% of people surveyed by National Friendly felt they were subject to long waiting queues when booking a Doctors appointment. This lead many to self-diagnosis via the internet.*

The health insurers, National Friendly, recently conducted a survey to investigate the public's attitude towards the NHS and the service they receive from their GPs. From the findings 21% of those surveyed felt they were unable to access Doctor's appointments within a suitable timeframe. This frequently meant that a vast proportion of those surveyed (83% in fact) admitted to researching their symptoms on the internet before even arriving at the Doctor's surgery.

Since it is commonly believed that the 10-minute allotted appointment time is not long enough and GPs are often deemed too dismissive when discussing their patient's health concerns, it comes as no surprise to find that 28% of the survey participants felt more comfortable listening to a diagnosis from a colleague or friend than actually visiting their GP. With British lifestyles becoming far more hectic over recent years, the emerging theme from the research suggests that the public are looking for faster and more informative ways of answering their health queries with 35% of those questioned feeling that the internet fulfills this requirement. But with the public placing so much emphasis on generic internet websites or untrained friends, surely this is the time for the NHS to actively inform the public about other therapies, including homeopathy, that are readily available to them.

*(National Friendly website; Stylist magazine)*

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## ***Exams!! It's that time of the year again!***

With Easter holidays drawing to a close, it can only mean one thing - the exam season is just around the corner! And with the dreaded assessments looming, many a student will be pre-occupied over the coming weeks with revision and practising old past papers. As a result, stress and anxiety levels are bound to be on a high and so while you or your loved ones are getting ready to hit the books, we asked some homeopaths what remedies they suggest to calm the nerves and make sure the exam season goes as smoothly as possible. Please note the following homeopathic remedies are only a guideline that you may find helpful. As you will see, each remedy is known by their Latin name and for ease, we have detailed key symptoms that you may be experiencing and for which the remedy may help to alleviate.

- *Aconite* – fear (rabbit in headlights!), panic, restlessness, very thirsty
- *Anacardium Orientale* – brain fag and exhaustion from studying
- *Arg Nit* – craves sweets, diarrhoea, thinks he/she will fail
- *Cocculus Indicus* – dizzy from too much studying in to the small hours, nausea
- *Gelsemium* – shakes like a jelly, butterflies in the stomach, feeling of a band around the head, feels better for urinating
- *Kali Phos* – worn out from too much studying, nervous, feels better having eaten
- *Lycopodium* – lacking in self esteem, feels dyslexic, irritable, domineering, indecisive
- *Phos Ac* – mental exhaustion through studying, homesick, indifferent



In addition, you may also find Rescue Remedy to be a useful source when trying to achieve a sense of calm and focus in any stressful situations from exams to interview nerves. Rescue Remedy is available in most health shops and some high street pharmacies.

### ***Other helpful tips to combat exam anxiety include:***

- Staying focused on the task in-hand; prepare clear revision plans and stick to them
- Remain positive throughout the exam season; an optimistic attitude will go a long way
- Keep things in perspective and don't bottle your feelings up
- Refrain from drinking too much caffeine, carbonated soft drinks or processed food with a high sugar content or preservatives. Instead indulge in fresh fruit and vegetables that is said to help reduce stress
- Continue to exercise during the revision period, preferably in the fresh air. Also make sure you maintain a regular and suitable sleeping pattern

## **NHS targets overshadow patients care**

A string of reports, commissioned by the former health minister Lord Darzi, showed that hospitals and NHS trusts spend more time worrying about meeting Governmental targets than actually treating patients with the compassion, dignity and respect they deserve. These studies identified how hospitals regularly ignore basic hygiene for in-patients in order to meet waiting-time targets and this has subsequently resulted in dirty wards, increased infection and more deaths. There is also growing scrutiny over the neglect of patients where "most targets and standards appear to be defined in professional, organisational and political terms, not in terms of patients' experience of care".

*(The Sunday Times, 07 March 2010)*

## **Cuban retreat**

Each year, during hurricane season, many people throughout the world face flooding, homelessness and often disease; and Cuba is no exception. When the hurricanes hit each Autumn, flooding can often contaminate drinking supplies and the bacteria found in the water can frequently lead to Weil's disease, otherwise known as Leptospirosis which regularly results in a variety of symptoms including fever, muscle aches, jaundice, headaches, abdominal pains, diarrhoea and sometimes even death.



Havana, Cuba

As Cuba is still subject to heavy embargoes from the United States, they have been economically restricted to sustain themselves on miniscule budgets throughout all areas including health. With an annual problem of Weil's disease and limited finance to provide all those potentially affected with allopathic vaccinations, the Ministry of Public Health, embarked on distributing homeopathic remedies to 2.4 million Cubans in the most affected regions of the country. This campaign comprised of administering two doses of a preventative treatment to these inhabitants.

From this mass research, it became apparent there were several key advantages to this method over conventional treatment. Firstly, the cost of the campaign was US\$200,000 - significantly lower than the customary vaccination of US\$3,000,000. Simultaneously, producing the homeopathic treatment was far quicker than that of a vaccine (the 5 million doses required for the project was manufactured within a week), whilst managing the distribution of the doses did not require medical assistance and hence it was more efficient when accessing affected areas.

Most importantly, however, was the success of the study in terms of recorded illnesses and deaths attributed to Weil's disease. According to reports, there was an 80% reduction in the prevalence of Weil's disease in the affected regions where the homeopathic remedies were distributed, with only 10 cases of the infection recorded, in comparison to the usual several thousand whilst no deaths were documented.

*(Homeopathy In Practice, Autumn 2009)*

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