

Homeopathy, Healthy Medicine

Sharing news, views and information about homeopathy and health

Welcome to this special compilation of articles featured in recent issues of our new monthly newsletter, **Homeopathy, Healthy Medicine**. Previous editions of the ARH newsletter are available as a **free** download from our website at www.a-r-h.org

NHS will continue to fund Homeopathy

It has recently been announced by the Department of Health that homeopathy will remain a healthcare option for patients on the NHS. This is despite a report that was published in February 2010 by the Science and Technology Committee of the House of Commons, arguing that funding of homeopathy on the NHS was a waste of money and should therefore be stopped.



Currently, there are 400 GP's within the UK that practice homeopathy and treat around 200,000 patients per year. In total, the funding for homeopathy within the NHS is annually around £4 million and there are four NHS homeopathic hospitals located in London, Bristol, Glasgow and Manchester.

Health minister Anne Milton said of the situation, 'we believe in patients being able to make informed choices about their treatment, and in a clinician being able to prescribe the treatment they feel most appropriate in particular circumstances, which includes complementary or alternative treatments such as homeopathy'.

Cuban retreat - Homeopathy provides a cost effective solution to a dangerous disease

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, this disease regularly results in a variety of symptoms including fever, muscle aches, jaundice, headaches, abdominal pains, diarrhoea and sometimes even death.

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 assist-

ance and hence it was more efficient when accessing affected areas.



Havana, Cuba

Most importantly 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. Only 10 cases of the infection were recorded, in comparison to the usual several thousand, **and no deaths were documented.**

(Homeopathy In Practice, Autumn 2009)

Your nearest homeopath is:

Go to www.a-r-h.org

click 'Find a Homeopath'

and search by town, county or postcode

ARH How to cope with fragrance allergies: A member's story

'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 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 impossible since many items in daily use have a fragrance: soap, shampoo, deodorant, washing powder, bleach - the list is endless.

Our home was 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 homoeopath and within days of beginning homoeopathic 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 hbm@a-r-h.org.



Homeopathy trials for ADHD sufferers

Attention Deficit Hyperactivity Disorder (ADHD) is the most commonly diagnosed psychiatric disorder in children, and it affects around one child in every school class. Sufferers of ADHD often display impulsive and disruptive characteristics and are frequently described as overactive, inattentive, aggressive and uncontrollable, with poor learning skills.



A succession of clinical trials surrounding the application of homeopathy to sufferers of ADHD have been researched and published. It took 263 children diagnosed with the disorder, and the results suggest there were considerable positive outcomes for those that were treated with homeopathic remedies - the children's moods were more stable and their short term memory was vastly improved. Simultaneously, the children themselves felt their condition to be far better. The trials also concluded that the beneficial effect experienced as a result of homeopathy, continued long after treatment had been completed.

Up to 64 % of parents of children with ADHD choose complementary and alternative medicine (CAM) to treat their offspring. No serious side-effects have been reported as a result of these homeopathic trials. By contrast, the US Food and Drug Administration have issued a warning

that conventional ADHD drugs may cause cardiovascular disease. This suggests that homeopathic remedies may well offer a safer form of treatment for ADHD than conventional drugs, a fact which could be one of the main contributing factors for parents choosing homeopathy for their children, rather than conventional interventions.

(www.homeopathy-ecch.org and www.healing-arts.org)

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

ARH 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.



Newborn piglets

Van Gogh's impression on homeopathy!



Mr Gachet painted by Van Gogh

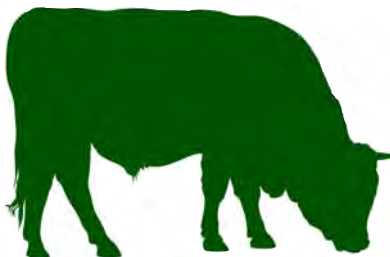
If you managed to visit the recent Van Gogh exhibition at the Royal Academy in London, you may well have seen "Still Life with a Plate of Onion"; the first painting by Van Gogh after the infamous mutilation of his ear. The picture depicts a coffee pot, an empty bottle of absinthe and **a handbook on homeopathy!** This serves to remind us of the difficulties and illness that had become such a prominent part of the artist's life. As was common in the late 19th century, Vincent van Gogh, along with many other impressionist painters such as Cezanne, Pissarro, Manet and Renoir, sought help and advice from a homeopathic practitioner. The impressionists physician of choice was Paul Ferdinand Gachet, who assisted in Renoir's recovery from pneumonia and helped alleviate Van Gogh's anxiety, following his discharge from a mental asylum in St Remy, France. It was during his time under the care of this homeopath, that Van Gogh painted 70 paintings in 70 days! As a consequence, art historians cite this period of Van Gogh's life, to be his most productive.

Homeopathy at Wellie Level (HAWL) nominated for prestigious award!

Homeopathy at Wellie Level (HAWL) is an organisation established in 2001, which teaches farmers how to effectively use homeopathy for their production animals via training courses. The ARH is delighted to be able to report that thanks to several former HAWL students nominating the organisation, it is now one of the three finalists for the Farmers Weekly 'Advisor of the Year' competition. Christine Lees, founder of HAWL, considers that for a homeopathy course to make it to the finals of this prestigious competition, provides us with an excellent opportunity to publicise and promote our profession, both for human and for animal health.

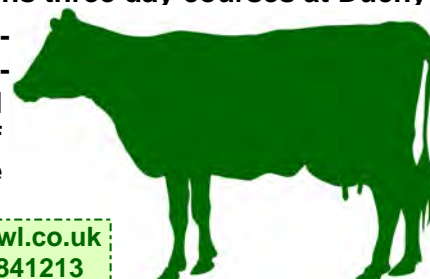
Christine has conducted a survey to try to assess the practical value of the course, and conclusions so far

suggest that farmers gain a greater awareness of the needs of their livestock following the course, so are therefore able to spot problems brewing earlier, and take evasive action. HAWL courses help farmers to develop a deeper understanding of the individual needs of the animals in their care. This more holistic approach to maintaining the health of our production animals will ultimately have a beneficial effect on overall animal welfare.



HAWL runs three day courses at Duchy

Home Farm, Tetbury, Gloucestershire, by kind permission of HRH the Prince of Wales



www.hawl.co.uk
01666 841213

ARH Nobel Laureate backs homeopathic principle

Speaking to 60 Nobel Prize winners and 700 scientists at the Lindau Nobel laureate meeting, Luc Montagnier, pictured, suggested that water could in fact preserve the “memory” of a substance that it had made contact with. The French virologist, who was awarded the Nobel Prize in 2008 after his 1980’s research confirmed the link between HIV and AIDS, told the conference participants that solutions containing the DNA of bacteria and viruses could emit low frequency radio waves to its surrounding water molecules. Even when the DNA had been diluted and virtually removed, the water surrounding the genetic material would still retain the “memory” of the substance and emit those similar radio waves, which could be used to detect disease.



Luc Montagnier

The speech, which presented this advancement as a new method for detecting viral infections, has been seen as highly provocative by medical professionals who viewed the investigation with great cynicism due to its similarity with homeopathy. Naturally, however, the disclosure of this research has been welcomed by homeopathic practitioners as it validates one of the main principles of homeopathy – a substance taken in extremely small, diluted amounts will cure the same symptoms that it would cause if taken in large quantities.

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 prepa-

ration of agricultural *Helix Tosta* 6X (available from www.homeopathyplus.com.au) 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.



100 Million homeopathy patients in Europe

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.

The European Central Council of Homeopaths (ECCH), who contributed to the organisation of the EU Homeopathy Day, is committed to encouraging the highest standards of professional practice in homeopathy. ECCH also acts as an advisory body to governments and other policy making institutions.

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



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