

# Homeopathy, Healthy Medicine

Sharing news, views and information about homeopathy and health

June 2010

## Van Gogh's impression on homeopathy!

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.



Mr Gachet painted by Van Gogh

## The grass is always greener without hay fever

Continuing the theme on hay fever from the May issue of our newsletter, this month we will be concentrating on grass pollens. It is believed that 95% of hay fever within the UK is caused by grass pollens. This type of hay fever generally starts at the beginning of June and peaks around mid-July,

although these times may vary, depending on weather conditions and other contingency factors. gathered 200 miles out to sea and even two miles high in the atmosphere). Because of the prominence of wind direction in the pollen count, it is regarded that the West coast of the UK has lower pollen counts than the East, whilst the Midlands and central England have some of the highest in the country.

For those of you who suffer from hay fever, the summer months can represent sheer misery. You may find homeopathy can help to ease some of the specific symptoms that you may be experiencing. Ideally you should consult with a registered homeopath for an individualised treatment programme, but you may find the following remedies help to bring some relief:

- **Gelsemium** - achey, flu-like symptoms
- **Mixed grass pollen** - can be used on its own or in alternation with an indicated remedy
- **Wyethia** - itchy upper palate, throat and ears



Pollen is believed to affect one in four

Plants release pollen twice a day (in the early morning and late afternoon) and depending on the strength of the wind, it can be known to travel many miles from its source (it has been

Pollen is vital in the reproduction of plants and trees etc and the wind is the carrier of the male DNA to the female. To ensure the pollen reaches its destination, plants release a much higher dose of pollen grains than are actually required for the process, so, along with wind direction, these are the two main factors that dictate the pollen count.

**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

## Homeopathy Heals

Introducing homeopathy to the general public

Visit: [www.homeopathyheals.me.uk](http://www.homeopathyheals.me.uk)

for information about homeopathy

## ARH 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](http://www.homeopathy-ecch.org) and [www.healing-arts.org](http://www.healing-arts.org))

### Bites and Stings

With the long summer days fast approaching, the likelihood is that you'll be spending more time outside in the garden, and/or undertaking outdoor pursuits. This inevitably means that you are likely to encounter more insects than usual, which unfortunately increases your chances of being bitten or stung. With this in mind, we've put together a short list of homeopathic remedies which may help to relieve the pain and swelling resulting from of a sting, and speed up the healing process.

It is advisable to clean the affected area thoroughly, and extract any sting remaining in the skin. After this initial step, try rubbing *Calendula* or *Hypercal* cream into the wound. For a more severe reaction, the following remedies taken in tablet form, may help:



- **Apis** – Often effective for both bee and wasp stings. Use when the wound swells, the bite is often red and angry, sting may burn



- **Arnica** – for bruising and soreness (for example, a horse fly bite directly into a muscle pocket)
- **Cantharis** – use when burning is the overriding symptom to the bite or sting
- **Hypericum** – very effective if the injury is near nerve endings, with shooting pains through nerves
- **Ledum** – helpful if the wound feels cold to touch, or is relieved by cold application

These remedies are only intended as a guideline, so please consult a registered homeopath for individualised treatment. To find a practitioner near you, please visit our website: [www.a-r-h.org/FindMembers/find.php](http://www.a-r-h.org/FindMembers/find.php)

★ **Please note, if you experience serious symptoms after being stung, such as breathing difficulties or a racing heart, consult a doctor without delay.**

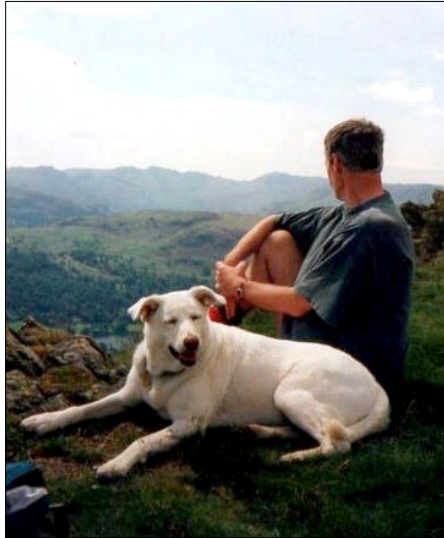


## ARH How homeopathy restored life in a young dog: A member's story

Her name was Barra named after the brilliant white sandy beach on the beautiful Isle of Barra in the Outer Hebrides. She was a labrador/collie cross, chosen because we like labradors and the collie genes tend to counteract the debilitating arthritis for which labradors are prone. So imagine our devastation when at the tender age of 4 years Barra could hardly get out of her basket in the morning and it was getting worse.

Naturally we visited the vet but he could only suggest very expensive drug treatment administered every month for the rest of her life with no real guarantees of success. Coincidentally at this time I was taking an interest in various therapies, one of which was homeopathy. Since Barra often struggled with initial movement but gradually limbered up through exercising more, I decided to give her Rhus Tox 6X – a remedy for which the classic symptom is 'better for movement'.

Was I lucky? Was it a miracle? Over the coming weeks, she became more active, her tail wagging and before long, she was jumping up like



Barra, with her owner

a young puppy! Barra lived very happily for another 10 years and was not afflicted with arthritis again. She even seemed to relish taking the pill each day as though she knew it was this that kept her going. Through trial and error I tried many potencies of Rhus Tox, but 6X given daily was the one for her. Needless to say I now practice as a homeopath and have never regretted a minute of it.

Homeopathy, Healthy Medicine would like to thank Andrew Wilcox (Rhom, MARH) for his informative and engaging story.

### They don't want us to know how good homeopathy is!

In the London borough of Haringey, Gill Turner, a teacher and a qualified homeopath, was asked to start a small homeopathic clinic in a new children's centre attached to the school. After much hard work preparing the venture, she eventually opened a 'non-profit-making' clinic, and immediately attracted considerable interest from both parents and support staff.

However, after three weeks she was told that the clinic had to be closed as three school governors

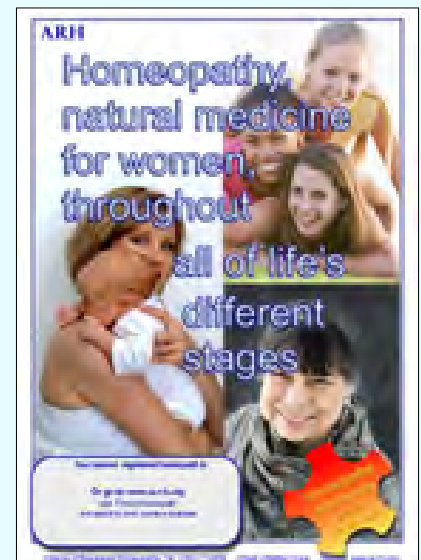
had threatened to resign unless it did. Gill, a member of the Alliance of Registered Homeopaths, said of the situation:

*"All I've tried to do is to help families who would otherwise be unable to access complementary health. I'm upset that they will lose the facility, and angry that such a tiny group of influential individuals can make decisions that affect hundreds of people in the community without any kind of democratic process."*

### Homeopathy Awareness Week

Homeopathy Awareness Week (HAW), which this year celebrates its tenth anniversary, is an annual event which runs from 14 - 21 June. This year's theme is 'Homeopathy and Women's Health'.

Did you know that homeopathy can help women suffering from the symptoms of a range of different disorders including; pre menstrual syndrome, nausea during pregnancy, difficulties during the birthing process, breastfeeding problems and hot flushes during the menopause. Homeopathic remedies are safe to take during pregnancy and while breastfeeding. Check to see if any HAW activities are taking place near you.



It appears that the clinic may have constituted some sort of 'threat' to some influential and powerful vested interests. Although it seems strange that such a safe and effective therapy can cause such a reaction, this is now happening to homeopathy quite frequently. In the April edition of our newsletter we reported how a small but determined group of 'anti homeopathy' campaigners were trying to close our homeopathic hospitals.

### Homeopathy at Wellie Level

Teaching the responsible use of homeopathy on the farm

For more information, visit [www.hawl.co.uk](http://www.hawl.co.uk)



Do you have an interesting 'homeopathy story' that you would like to share with us? If you do, please contact us on [hnm@a-r-h.org](mailto:hnm@a-r-h.org)

In last month's newsletter, we briefly looked at homeopathy's most important principle, known as the 'Law of Similars'. This basically states 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, this leads to the next question: how do we *know* the 'symptoms' of a remedy?

We learn about the medicinal properties of any substance in three main ways. The first is via experimentation and observation. If you trace back the history of any civilisation, you will see that since the beginning of time people have tried out different substances to see if they could help to heal sickness. By observing animals in their natural surroundings, and seeing what food they sought out if they were ill, humans gradually began to learn about the healing potential of plants and minerals. This knowledge was passed down across the generations, and much of the information gained is still relevant today, to all the medical disciplines. Once the possible healing properties of a particular substance have



The Death of Socrates by Jacques-Louis David, 1787

been identified, it is used as medicine, and the patient's response to it is recorded and monitored.

Poisonings, both accidental and deliberate, teach us about the toxicological effects of certain substances, and history is full of accounts of famous people dying horrendously as a result of being poisoned. For example, the famous Greek philosopher Socrates was executed by the administration of a liquid containing hemlock, and his final moments were graphically described in Plato's play *Phaedo*. According to Plato, first Socrates' legs went numb and he collapsed. He then lost all feeling in his legs, and a slow, gradual paralysis ascended, finally reaching his heart. He died of asphyxia, but his mind remained lucid until the very last moment. Hemlock is known in Latin as *Conium*, and its symptom picture includes slow paralysis, starting from the feet and moving up the legs to the rest of the body. The effected parts become very cold, and death results from asphyxiation. There are no convulsions, and the victim is able to think clearly right to the end.

In July's issue of HHM, we will continue to explore how we learn about the medicinal properties of different substances, and how we can use them effectively, without the risk of being poisoned. Don't forget to pick up or download your free copy of our newsletter!

### BirMAH Outreach - helping the homeless and disadvantaged

Within Birmingham and the surrounding area, the Birmingham Alliance of Homeopaths (BirMAH) has been founded to make homeopathy accessible to vulnerable, homeless and disadvantaged people within the community. The charity, which was founded in 2001 by Anne Gorham, a member of the ARH, views homeopathy as an important tool in helping those with a range of problems from alcohol



## BirMAH OUTREACH

addiction and substance abuse to combating depression and long-term illnesses. Their aim is to provide free clinics to those who are most "at risk" and to encourage young people and adults to regain their self-esteem and sustain optimal health. For more information about the programme, please visit their website at [www.birmah.org](http://www.birmah.org).

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