

Homeopathy, Healthy Medicine

Sharing news, views and information about homeopathy and health

June 2011

Booking your summer holiday? Don't forget the diarrhoea remedies!



Many of us are perusing the holiday brochures, penciling dates in the diary for our Summer holiday and it is easy to forget that many destinations should come with prior warning – an almost inevitable few days, often at the beginning of the holiday, when we seem to disagree with local cuisine, climate and suffer from diarrhoea. Since this often happens when you are miles away from home and unable to speak the local language proficiently, it is best not to forget to include some remedies which may help deal with the dreaded diarrhoea, in your holiday suitcase.

As diarrhoea is the body's way of quickly removing impurities and toxins from the digestive system, it is advisable to allow natural processes to take their course, within reason. Avoid dehydration by drinking plenty of fluids, but if symptoms persist, you could try one of the following remedies.

- **Arsenicum** – first remedy to try for food poisoning, when diarrhoea is often accompanied by vomiting and nausea, you feel chilly, weak and restless
- **Colocynthis** – diarrhoea is accompanied by dreadful stomach cramps, the pain comes in waves and your intestines feel as if they are being squeezed, doubling up eases the pain as does hard pressure, you are very angry
- **Phosphorous** – the diarrhoea is very watery and often painless, feels like a tap has been left on, you crave cold water but this is vomited up as soon as the stomach has warmed it through
- **Podophyllum** – you can't tolerate food, there are gurgling sounds and after painless diarrhoea
- **Veratrum alb** – only use as an emergency remedy where you have diarrhoea and violent vomiting, you sweat, feel cold and suffer from painful cramps that may lead you to collapse, you crave ice-cold water

(Homeopathy for Common Ailments by Robin Hayfield)

Strikes, inflation and anger

It is little wonder that anger levels are running high across the country with teachers due for a mass walkout at the end of the month, London Underground contemplating strike action and an alarming surge in inflation over the past few months. So, together with today's society of rush hour travel, technology failure and turbulent relationships with friends, family and work colleagues, all are conducive to breeding emotions of anger. In a recent survey for the Mental Health Foundation, 28% of adults said they worry about how angry they sometimes feel and 32% have a friend or relative who has a problem dealing with anger.

Anger has evolved to keep our body and mind stimulated and ready for action in stressful situations and therefore can be a positive emotion in moderation. On becoming angry, your body releases stress hormones such as cortisol and adrenaline which lead to direct, physiological impacts on the rest of your body, including a rise in blood pressure, sweating, temperature and your heart beating faster.

Anger, for most people, stays within a healthy and safe range, however, for a small number, frequent and intense episodes of anger can seriously interfere with everyday life and lead to destructive behaviour. If you feel that you, or someone you know, falls into the latter category, then try one of the following remedies:

- **Lycopodium** - use if you lack self-confidence and are prone to angry outbursts, usually at more subversive people than yourself, you have insecurity and anger manifests itself within that
- **Nux vomica** - this remedy is useful for workaholics where they are picky and difficult to live with, they prefer to do things their own way and become irritable with other peoples attempts, consider if you become angry due to impatience
- **Staphysagria** - consider using if you are very sensitive about what others say, your anger is suppressed or reserved and can often be a result of humiliation and insults from those around you,

you feel gloomy and petulant and may throw things because of indignation

- **Stramonium** – useful if you experience rapid changes in emotions from joy to sadness, you can flip at a moments notice and hence have extreme psychotic states



For a more individualised prescription, please visit your local practitioner, who can be found by logging on to our website at <http://www.a-r-h.org/FindMembers/find.php>.

To find your nearest homeopath:

Go to www.a-r-h.org

click 'Find a Homeopath'

and search by town, county or postcode

ARH Surgery

Having surgery, whether dental or otherwise, can be a stressful, painful and restless time for all those involved. Surgical treatment is often accompanied by anxiety and anticipation as well as shock and injury, which can feel as painful as the operation itself. This list below illustrates several homeopathic remedies which can help to alleviate the discomfort experienced, whether physical or emotional. Please ensure, however, you take the homeopathic remedies in accordance with any conventional medicine which you have been prescribed.

- **Arnica** - this is the first choice of remedy for shock and bruising. Take *Arnica* 30C immediately after surgery, and then whenever you feel necessary. If you are particularly scared of the treatment, then take the remedy before the surgery as well
- **Calendula** - this is specific for open cuts and wounds and is used externally by applying as a cream or diluted tincture to the area around the incision. Please note, *Calendula* heals rapidly and can seal dirt into the wound so ensure the wound is clean before applying
- **Hypericum** - this remedy is predominantly used if you have injuries to the nerves, when the pain shoots along the nerve tracks. *Hypericum* is often used instead of *Arnica*, or if *Arnica* does not work, after operations to areas such as the nose, fingers, toes, eyes, ears or gums
- **Phosphorous** - this remedy will stop excessive bleeding after an operation, such as a tooth extraction. In addition, it can help alleviate the post-anesthetic "spaced-out" feeling
- **Staphysagria** - consider using this when you feel that the oper-



ation has invaded your private space, such as rough dentistry or childbirth involving an episiotomy or forceps delivery. In addition, *Staphysagria* is also useful when the pain or scars are slow to heal

(Homeopathy for Common Ailments by Robin Hayfield)

Homeopathy Awareness Week

Homeopathy's annual awareness week took place between Tuesday 14th June and Tuesday 21st June. This year, the theme was insomnia and we have produced a leaflet based on how homeopathy can help you get a good night's sleep and improve your sleep pattern. In order to print your free copy of our leaflet, please visit <http://www.a-r-h.org/NewsandEvents/Sleep%20disorders%202011.pdf>.

We would love to hear about any news or events which you are participating in within the homeopathic circuit. Please drop us a line with details of future events or reviews of past ones and we will endeavour to include them in our Homeopathy, Healthy Medicine Newsletter and website. If, alternatively, you have been involved in anything for Homeopathy Awareness Week, email us at hbm@a-r-h.org with all the information, and we will pass it on to our readers. We look forward to hearing from you!

How to protect yourself and your pets against an adder bite



The unseasonably warm spring and the current inclement weather has resulted in dog walkers and ramblers being warned to be on their guard against adders after the number of attacks has increased

dramatically this year. The snake is not aggressive and usually only bites when alarmed or disturbed but there are still around 100 cases of adder bites reported in the UK each year. Their presence has been far more prolific this year, as they go out in the open to bask in the sun and subsequently come into contact with people and dogs.

About 70% of adder bites result in significant poisoning to cause damage, yet less than 20% of these cases die in the absence of treatment. The symptoms include rapid swelling and pain at the point of entry, with gangrene and bruising around the bitten area with abnormal bleeding and collapse due to the physical shock being symptomatic. The average death time is forty-eight hours so it is essential you immediately seek medical assistance by visiting your local hospital or vet. Simultaneously, take **Aconite** and/or **Rescue Remedy** as soon as possible to alleviate the initial shock whilst either **Vipera berus** or **Lachesis** should help in the aftermath of an attack for the actual wound.

(The World Travellers' Manual of Homeopathy by Dr Colin Lessell and Poisonous Snakes by Tony Phelps)

ARH Horses, and their relationship with homeopathy

It is interesting to note, with the Derby having just passed and Ascot about to begin, how homeopathy has been used in the treatment of injuries and the general well-being of racehorses for several decades. In fact the idea of using homeopathy, as a treatment for animals - termed veterinary homeopathy, dates back to the inception of homeopathy when Hahnemann, the founder of Homeopathy, wrote and spoke of the use of homeopathy in animals other than humans.

The owners and trainers of horses have found this natural system of medicine hugely benefits the racehorse as it treats the totality of the animal, stimulating the body's healing process whilst having no side effects or withdrawal symptoms. It is believed that homeopathic remedies can help horses with physical, mental, and emotional conditions and because the

remedies come in tiny pills or drops, they are extremely easy to administer.

There are a number of homeopathic remedies for horses but some of the most common ones available include:

- **Arnica** helps with wound, tendon, and sprain injuries
- **Aconite** can help with laminitis and gastric ulcers
- **Arsenicum** can help with colic and indigestion
- **Thuja** helps with skin conditions such as warts, rain rot, and swelling from vaccinations



For more information on treating animals through homeopathy, please visit the Faculty of Homeopaths or the British Association of Homeopathic Veterinary Surgeons website.

Stop Dialing!

In the March issue of HHM we reported that scientists have warned about the excessive use of technology since it restricts the user's sense of emotion and dulled the enjoyment of life experiences. It would now



appear that the dependency of mobile phones has become so great that when researchers asked participants of their latest study to dispense with their phone for twenty-four hours, they felt so bereft that their feelings emulated that of the 'phantom limb' suffered by amputees.

A recent investigation into the use of mobile 'phones discovered that a quarter of the population make eleven or more calls a day and the mobile 'phone is now a major focus of anxiety dreams in which it is lost or fails to work. The adverse effect to both our physical and emotional state is worrying therefore we must ensure we do not allow ourselves to become all-consumed with the technology surrounding us.

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