

Homeopathy, Healthy Medicine

Sharing news, views and information about homeopathy and health

Issue 15

How homeopathy can help with eye strain

The holiday season is well and truly over and everyone has returned to the office - often sitting and staring at computers for hours a day. It is, therefore, not surprising that many people suffer from eye strain as they get adjusted to their old environment once more. The use of modern equipment and VDU's, coupled with the frequent use of Kindles and iPads, have arguably overtaken reading and writing in bad light as the main cause of eye strain.

Eye strain mostly occurs when you over-use your eye muscles by concentrating on visually intense tasks for any length of time. If any muscle is held in one particular position for too long it will cause the muscle to strain and in the case of the eye, the ciliary muscle begins to tighten. This can cause the eyes to become irritated and uncomfortable some-

times leading to non-specific symptoms including headaches, fatigue, itchy or a burning sensation around the eyes, blurred vision and, occasionally, double vision.

To prevent eye strain, try avoiding tedious visual tasks and doing close-up work for too long, such as reading a book, needlework or computer activities on a VDU. In addition, it is important to allow the eyes to focus on distant objects at least once an hour. If, however, you continue to suffer from any of the above symptoms, you can try the remedies listed below, which may bring relief. If your symptoms persist, do have your eyes checked by your GP (for general eye health) or an optician (for problems with vision).



- **Euphrasia** – this may be useful for tired eyes which water and burn. It is suggested to use externally as an eyewash, in diluted tincture form available from a homeopathic pharmacy
- **Ruta** – this may be advantageous for sore eyes with dim vision, which has resulted from too much concentrated, close work

(Homeopathy for Common Ailments by Robin Hayfield & www.avoidvestrain.com)

How homeopathy helps dairy calves overcome diarrhoea

The sceptics of homeopathy continue to proclaim that homeopathic medicine is no better than placebo



and believe that any positive effects individuals gain from the remedies are all in their mind. In order to investigate this notion further researchers have been exploring

the relationship between homeopathy and animals, since it is generally regarded that animals cannot fabricate the situation; they either get better or they don't!

A study, undertaken by the Louis Bolk Instituut in the Netherlands, aimed to investigate homeopathy's effect in newborn dairy calves. A common ailment, amongst dairy calves, is diarrhoea and is one which many Dutch farmers regularly treat using homeopathy, so a study involving this particular disorder was especially relevant.

Calves were divided into two categories: half were prescribed a homeopathic remedy and half prescribed placebo. The findings proved overwhelming in favour of homeopathic

medicine. On one farm for example, where the investigation took place, not a single calf who received homeopathic treatment developed diarrhoea while every calf given placebo succumbed.

It is interesting to note that the researcher's main hurdle when undertaking the study was persuading farmers to give their livestock the placebo instead of homeopathy "because they know homeopathy works".

(http://www.odemagazine.com/doc/30/the_controversial_cure)

To find your nearest homeopath:

Go to www.a-r-h.org

click 'Find a Homeopath'

and search by town, county or postcode

ARH Can holidays really reduce your IQ?

You may feel rather deflated, now that the holiday season is finally over and everything has returned to normality again. However, take heart in new research which has been published suggesting that taking a holiday can lower your IQ by up to 20 points - the difference between an average and bright student!

It begins, according to research by Professor Siegfried Lehrl at the University of Erlangen in Germany, with the stress attributed to modern travel, which increases your levels of the stress hormone - cortisol, which in turn, risks damaging cells in the part of the brain affecting short-term memory and concentration. Once on holiday, sunbathing and relaxation causes the frontal lobes to shrivel whilst inactivity reduces the amount of oxygen reaching the brain.



In addition, whilst dehydration through heat and alcohol can decrease the brain cell volume by up to 15%, it is best not to entertain the idea of overcoming this

problem by drinking something overtly cold since this can reduce brain power by as much as 10 IQ points! This is because, apparently, your energy and blood are diverted from the brain to the stomach in order to balance the drop in temperature.

Help is at hand. In order to lessen the reduction in IQ, experts have suggested there are several preventative measures which can be taken. Exercise your brain for at least 10 minutes a day by playing intellectually stimulating games i.e. Sudoku or Scrabble and continue to exercise your body by partaking in sporting activities or walks. Finally keep hydrated throughout your holiday and try chewing on something healthy such as an apple or, as a last resort, gum (even if not on a long car journey!). The part of the brainstem, according to research, which keeps us alert is stimulated by the chewing action and, therefore, when we utilise this, our attention level rises as well as the flow of blood to the brain.

The Daily Telegraph - 15th August 2011

Mother Teresa and her involvement in Homeopathy

Homeopathy is practiced in India by more trained health professionals than in any other country in the world and it is estimated that there are currently 300,000 homeopaths and more than 300 homeopathic hospitals in the sub-continent. The Indian homeopathy market, often regarded amongst the poorer members of society as the primary method of treatment, was expected to outpace the growth of the pharmaceutical industry in the country by the end of 2010 - although these figures have not yet been confirmed. The homeopathic industry, according to reports, is growing at a rate of 25%-30% while the pharmaceutical industry is increasing by 13%-15%.

It is, therefore, of little surprise that Mother Teresa studied homeopathy with Dr Jai Chand, a highly respected Indian homeopath, with the aim of helping the poorer members of society. During her lifetime, her mission opened four charitable dispensaries, the first of which was in 1950. She, personally, would not treat individuals with chronic or potentially fatal illnesses but she assisted those practitioners who did and often prescribed homeopathic medicine for first aid situations.

She believed, according to those who worked alongside her, that "homeopathic treatment is indispensable for the poor and distressed people of India" due to its "easy approach, effectiveness and low cost" (Gomes, 1988). Given that 41.6% of the total Indian population falls below the international poverty line and the nation is estimated to inhabit a third of the world's poor, it would appear to be essential that homeopathic medical colleges are given the resources to flourish.



Mother Teresa

<http://www.livemint.com/2007/12/09124324/Homeopathy-braces-to-be-Rs26bn.html> & http://en.wikipedia.org/wiki/Poverty_in_India

Patients whose GP understands complementary medicine tend to have lower costs and live longer

A recent study in the Netherlands, investigating the cost-effectiveness of Complementary and Alternative Medicine (CAM) when compared to conventional medicine, has concluded that patients whose GP has additional CAM training have 0-30% lower healthcare costs and mortality rates than those who did not have the additional training. The percentage was dependent on age groups and the type of CAM involved.

The research was carried out by obtaining data from a Dutch health insurer which included information on healthcare costs, dates of births and deaths, gender and postcodes of patients over a five year period. Data from 1,913 conventional GPs were compared with data from 79 GPs with additional CAM training in acupuncture, homeopathy and anthroposophical medicine.

The conclusions suggested that the lower costs resulted from fewer

er hospital stays and fewer drugs being prescribed. Researchers believe that possible explanations for this are either because people who are more reluctant to have medical interventions are expected to choose CAM or because the GP's with CAM training are less likely to over-treat patients and more likely to focus on preventive and curative health promotion.

As health economists have generally ignored CAM as an area of research, despite clinical experiences and empirical research which has suggested its cost-effectiveness, it is hoped that this

new study will yield further investigation into this much needed area.

(Department of Economics, Tilburg University, The Netherlands)



Broken Bones

At the beginning of the new academic year, it is common to observe the school playground peppered with slings, casts and crutches as children come back to school nursing an array of broken bones or other ailments, acquired during their active summer holiday.



An X-Ray of a broken forearm

It is essential that any fracture receives immediate medical attention and is properly set but once this has been done homeopathy can help to speed up the healing process. One of the following remedies may help to achieve this:

- **Calc phos** – since calcium and phosphorus are the two main minerals needed for building healthy bones this remedy is particularly useful once the bone has properly

knitted and can be given daily until fully healed. It may also be a useful remedy for individuals who have weak or brittle bones prone to fracture

- **Symphytum** – this is commonly known as Knitbone and, as the name suggests, it can be beneficial to use this daily for two to three weeks after setting, to help the bone knit back together

In addition, if you happen to be near your homeopathic medicine cabinet at the time of the break, take **Arnica** for the immediate bruising and shock.

(Homeopathy for Common Ailments by Robin Hayfield)

ARH Barbecue burns



The predictions of an 'Indian Summer', having almost come true, some optimists have been encouraged to keep the barbecues out on the patio for a bit longer, ready to serve up a sausage or two, should the weather really hold.

It is not uncommon to receive a burn, whilst trying to produce the perfect banger, since barbecues don't really provide the easiest method of cooking. If this happens try applying the homeopathic cream *Urtica*, *Calendula* or *Hypercal* generously to the affected area or, alternatively, use a cream containing a combination of all three of these remedies. For more severe burns which start to blister, take *Cantharis* 30 or *Causticum* 30 every half hour for up to six doses. Don't forget to rehydrate your body with the fluid which it may have lost and in the case of severe burns **seek medical help immediately!**

(Homeopathy for Common Ailments by Robin Hayfield)

A combination of over-the-counter medicines increase mortality rate

Researchers from the University of East Anglia and the University of Kent have collated data from 13,000 pensioners (over-65 year olds) over a twenty year period to try and understand how the side-effects of common drugs affect the patients taking them. The study concluded that by taking a variety of common medicines, prescribed to treat routine illnesses, patients are increasing their mortality rate. Simultaneously, the onset of dementia among the pensioners surveyed has been exacerbated by such drugs.

A number of common medicines have been identified as causing the most damage and these include allergy treatments such as some anti-histamines and anti-depressants. In isolation, the damage is limited but it is a concern when patients take a combination of these drugs, which can be a frequent occurrence.

tors are uninformed about all the medication which their elderly patients are prescribing themselves and, consequently, do not review the situation. In addition, as many of the drugs identified are not the 'obvious' medicines, pharmacists and medical professionals may be unaware of the risks involved.

A spokesman for the Medicines and Healthcare Products Regulatory Agency said, "Our priority is to ensure that patients are taking acceptably safe medicines. All medicines have side-effects – no effective medicine is without risk".

It is suggested, with this in mind, that pensioners should constantly review their medication (both prescriptive and non-prescriptive). Alternatively, researching into alternative medicines where effective treatment is possible without the unwanted side-effects may be conducive!



(The Daily Telegraph, 24th June 2011 and Journal of the American Geriatrics Society)

Since many of these drugs can be bought over-the-counter, many doc-

Homeopathy, Healthy Medicine

Published by the Alliance of Registered Homeopaths, Millbrook, Millbrook Hill, Nutley, East Sussex, TN22 3PJ

Tel: 01825 714 506

Email: hhm@a-r-h.org

Website: www.a-r-h.org.

Disclaimer

All material in this publication is provided for your information only and should not be construed as medical advice or instruction. No action or inaction should be based solely on the contents of this information. Readers should always consult with an appropriately trained and qualified health practitioner on any matters relating to their health and wellbeing. While every care is taken in preparing this material, the publisher cannot accept any responsibility for harm or damage caused by any treatment, advice or information contained in this publication. Published material represents the views of the author and does not necessarily reflect the opinions of *Homeopathy, Healthy Medicine*, or the Alliance of Registered Homeopaths. No part of this publication may be reproduced in whole or in part, in any form, without the written consent of the publishers, except for the purpose of reference or review where small extracts may be used. These extracts shall include reference to both author and publisher.

© Alliance of Registered Homeopaths 2011