

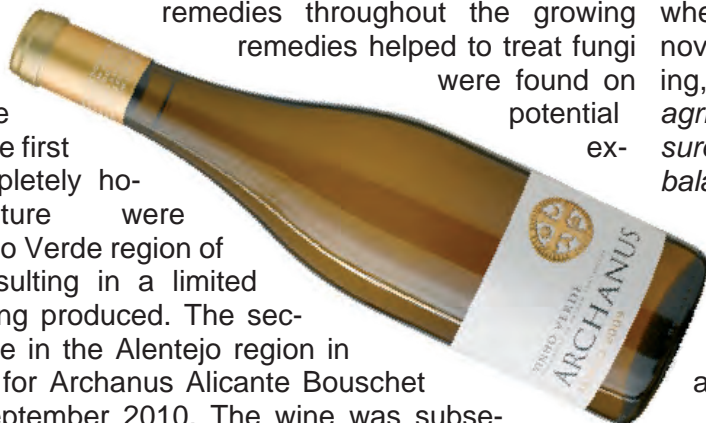
# Homeopathy, Healthy Medicine

Sharing news, views and information about homeopathy and health

Issue No: 16

## Homeopathic wine launched

The first brand of European wine, produced using 100% homeopathic agriculture, has recently been launched. The wine label, Archanus, used homeopathic remedies throughout the growing process and these remedies helped to treat fungi and insects which were found on the crops and had the potential to damage the fruit. The first experiments using completely homeopathic agriculture were undertaken in the Vinho Verde region of Portugal in 2009, resulting in a limited number of bottles being produced. The second harvest took place in the Alentejo region in 2010 and the grapes for Archanus Alicante Bouschet were harvested in September 2010. The wine was subsequently aged in oak barrels and was launched on the Portuguese



and Brazilian markets in July 2011. The brand owner, Manuela Ribeiro, when discussing this new and innovative approach to wine producing, said "this is a new approach to agricultural practice, which I am sure will help to create greater balance in the natural environment". The wine will only be available in limited countries at the beginning but the hope is that homeopathic wines will become more widespread and accessible over time.

<http://popsop.com/42532>

## How homeopathy can help with substance dependency

Substance abuse can be defined as "the continual misuse of any mind altering substance which severely interferes with an individual's physical and mental health, social situation and responsibilities". The World Health Organisation (WHO) describes substance misuse as a "significant threat to the social and economic fabric of families, communities and nations". The number, according to WHO, of worldwide alcohol users is estimated at 2 billion and drug users at 185 million; the use of tobacco, alcohol and illicit drugs contributed to 12.4% of deaths in 2000 with this percentage set to increase over time.

A number of studies have, consequently, been undertaken to understand whether homeopathy can be effective in the treatment of drug and alcohol dependency. The Indian government conducted a study on 60 heroin addicts, 30 of whom were given individualised homeopathic medicines whilst the other 30 were given placebo. The government's study concluded the number and intensity of the symp-

toms during withdrawal were significantly less in those given homeopathic remedies. In addition 35% of patients, who were prescribed placebo, left the study prior to completion due to the lack of therapeutic benefit, compared with only 5% of those taking homeopathic remedies.

The *Hahnemann College of Homeopathy* in California,

having ascertained that homeopathy can be used to improve the withdrawal symptoms, set out to discover the relapse rate of recovering alcoholics and drug addicts undergoing homeopathic treatment. It concluded, through a number of investigations, there was a decreased relapse rate when using homeopathy over and above the use of placebo.

It became apparent, through these studies, that *Rhus Toxicodendron* was the most effective remedy in



patients with drug abuse, although *Avena Sativa*, *Nux Vomica* and *Arsenicum Album*, also proved successful, albeit to a lesser extent.

<http://hpathy.com/homeopathy-scientific-research/homeopathy-for-drug-and-alcohol-abuse/>

**To find your nearest homeopath:**

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

click 'Find a Homeopath'

and search by town, county or postcode

# ARH Swiss report shows homeopathy to be effective

A report into the effectiveness, safety and cost efficiency of homeopathy has recently been published in the UK. Unlike any previous reports, the research specifically looked at empirical evidence and homeopathy's effectiveness in everyday clinical practice. The investigation focused on patient outcomes and aimed to compare the quality of homeopathy trials against the quality of trials in conventional medicine

The report, which was conducted by the Swiss Health Technology Assessment and reviewed 22 studies on homeopathy, concluded that 20 of these studies had been favourable to homeopathy. They showed that as a system of medicine, homeopathy is efficient, and that in the majority of the cases investigated, homeopathic substances could stimulate a specific reaction. This was particularly notable for the treatment of allergies i.e. hays fever etc and upper-respiratory tract infections, where there was strong supporting evidence for the use of homeopathy. The report also highlighted the principle of indi-

## All you need is Love

The initial emotion, for those of you celebrating St Valentine's Day with a loved one, is probably one of love



and contentment. Sadly, for many, Valentines Day often signifies another year of being single, the memory of a past broken relationship or time to reflect on where a

vidualisation within homeopathy and the importance that this holds.

The paper also discussed the safety and cost effectiveness of the homeopathic industry. It concluded that when appropriately applied, homeopathic medicines produced few adverse reactions and because high potency remedies had been diluted so many

times, they were free from toxic effects. The remedies themselves were also cost efficient to deliver and when they were successful in the treatment of illnesses, this could indirectly reduce dependency on (costly) conventional interventions. In turn, by increasing the general well-being of patients, the number of days taken of work as a result of sick leave could be minimised.

Following on from this report, the Swiss researchers have called for further systematic clinical studies of homeopathy, preferably using larger cohorts of participants than in earlier trials and over an extended period of time. Wherever possible, they have recommended that homeopathic trials should be compared against conventional medical interventions used to treat the same conditions. Confirmation by the report that homeopathy is now increasingly being acknowledged to provide a safe, effective and cost efficient system of medicine has consequently resulted in the need to explore issues such as *how* homeopathy works and what conditions it treats most effectively.

*Homeopathy in Healthcare: Effectiveness, Appropriateness, Safety, Costs* by Bornhöft & Matthiessen (2012)

current relationship is heading. These thoughts often contribute to filling the mind with anxiety and anticipation which can lead to detrimental effects in health. As a result, identifying and treating the anxiety and/or anticipation can be very beneficial and suitable homeopathic remedies for these emotions can include:

- **Arsenicum** – you cannot bear to be alone, need constant reassurance that all is ok
- **Gelsemium** – you experience anticipatory fears, feel weak and tired and muscles do not relax
- **Phosphorus** – use if nervous and sensitive, you feel much better in company

- **Aconite** – use if you cannot shake off the nightmare feeling of hopelessness
- **Arg nit** – you feel anxious rather than terror, anxiety can cause diarrhoea

For an individualised prescription, please consult your local practitioner. To find your nearest homeopath, please visit our website at <http://www.a-r-h.org>

*(Homeopathy for Common Ailments by Robin Hayfield)*



## Homœopathy at Wellie Level

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## ARH Coping with PMS using homeopathic remedies

It is believed that a third of menstruating women report symptoms which significantly affect the quality of their lives. Each month, around 85% of women of child-bearing age experience a number of symptoms which give advance warning of an approaching period.

There are more than hundred recognisable symptoms for Premenstrual Syndrome (PMS), with the most common including emotional instability, irritability, depression, fatigue, poor concentration, abdominal pain, headache, breast tenderness and weight gain. These symptoms arise during the late luteal phase of the menstrual cycle (7-10 days before the onset of menses), peaking the day before and usually abating a few days after the commencement of menses.



The aim of conventional medicine is to ameliorate PMS symptoms, often by prescribing tranquilizers, diuretics or the oral contraceptive. There are a number of treatments available which generally have only short-term benefit and with few providing relief for longer than a few months. The effectiveness is often coupled with unwanted side effects and adverse reactions to the medication. A number of homeopathic remedies which could

eliminate or alleviate symptoms in a safe and effective way are listed below:-

- **Calc carb** – useful if sufferer is nervous, anxious or depressed; has headache; abdominal or pelvic pain or breast swelling. Symptoms are worse in cold air; during bathing; exertion; from pressure of clothes; from milk
- **Lachesis** – use with symptoms of extreme rage, jealousy, irritability; hot flushes; headaches; insomnia; congestion of the lower abdomen or breasts. Suffering is often worse in the morning; from heat; slight touch or pressure; in sunshine; through alcohol consumption. Better from cold drinks; open air; and hard pressure.
- **Lycopodium** – use if sufferer is depressed, irritable and emotionally unstable; if there is a history of liver disorders, ovarian pain and cysts. Symptoms are worse from the pressure of clothing; warmth; eating; but better from motion; urination; warm drinks and open air.
- **Nat mur** – use if sufferer has a feeling of abandonment; a rapid alternation between sadness and anger; emotional instability; depression; a deep sense of hurt whilst maintaining an appearance of being cool and aloof and

soldiering on rather than confronting the emotional pain. Physical symptoms include thirst; worse for warmth with craving for cool fresh air; dry skin; pain in lower abdomen and lower back; fainting; weight gain.

- **Pulsatilla** – use if sufferer has self destructive tendencies; mood swings; sense of shame; depression with weeping; guilt; lack of self esteem; irritability; migraine headaches; nightmares; restlessness; weakness; mastalgia [breast pain]. Symptoms are worse from clothing; warm air; sun; evening; rich and fatty foods; and rest. Symptoms better for cold, fresh open air; after crying or consolation; and an erect posture
- **Sepia** – use if sufferer has apathy; indifference to others; chilliness, dislike of fuss and consolation; and has feelings of being overwhelmed. Physical symptoms include nervousness; restlessness; headaches; nausea; constipation; eczema; acne. Symptoms are worse from cold air; in the morning or evening; touch; sitting and standing. Symptoms are better from warmth; pressure; vigorous exercise

For an individualised prescription, please consult your local practitioner. In order to find your nearest homeopath, please visit our website at <http://www.a-r-h.org>

(<http://hpathy.com/homeopathy-papers/can-homeopathy-help-with-pms/>)

### Nobel Prize winner supports homeopathy

The French virologist, Luc Montagnier, was awarded the Nobel Prize for Medicine in 2008 after his 1980's research confirmed the link between HIV and AIDS. We wrote, in September 2010's issue of HHM, how he had presented a speech in which he claimed that water had the ability to retain the memory of a genetic material which was in the same solution, even after it had been highly diluted and therefore virtually removed. The disclosure of this information was, naturally, seen as highly controversial by medical professionals since it validated one of the main principles of homeopathy – a substance taken in small, diluted amounts can cure the same symptoms which it would cause if taken in large quantities.

Since the presentation Luc Montagnier has come under fierce criticism by the medical industry for this research but this has not deterred him from his studies. In an interview published in *Science* magazine in December 2010, his views expressed support for homeopathic medicine. He said, "I can't say that homeopathy is right in everything. What I can say now is that high dilutions (used in homeopathy) are right. High dilutions of something are not nothing. They are water structures which mimic the original molecules."

There is support for Luc Montagnier from another Nobel Prize winner, Brian Josephson, who described, in *New Scientist* magazine, how scientists today suffer from "pathological disbelief", whereby they maintain an unscientific attitude, concluding that "even if it were true I wouldn't believe it". The result, cited by both men as real phenomena, deserve further study, in the hope that future investigations may help to increase our understanding of homeopathy .



Luc Montagnier

## ARH How homeopathy can help treat ear infections

Sadly, ear infections are commonplace within the younger generation and can also cause severe problems in adults. Since there appears to be no prospect of prevention, the debate as to whether homeopathic treatment, antibiotics or placebos are the best form of cure, seems set to continue. The recent meta-analysis of studies, published in the *Journal of American Medical Association*, showed, however, that the use of antibiotics only slightly improved the sufferer's symptoms compared with a group not given any treatment. The improvement in health was, unfortunately, offset by side effects such as rashes and diarrhoea.

There have been scientific studies which confirm that homeopathic treatment is superior to both antibiotic treatment and/or no treatment at all. In 1997, a study, published in the *International Journal of Clinical Pharmacology and Therapeutics*, examined the recovery period of 131 children suffering from ear infections. The children were divided into two groups – those using antibiotics and those using homeopathic remedies. The conclusion was that the group treated with homeopathy recovered, on average, a day faster than the group treated conventionally. In order to determine homeopathy's

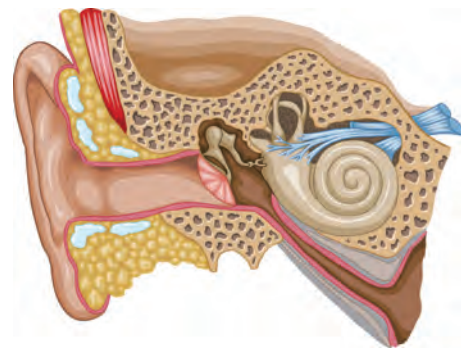
effectiveness, side-by-side with placebo when treating ear infections, another study, published in 2001 in the *British Homeopathic Journal*, compared the two options of treatment in 230 children with acute ear infections whereby, after 12 hours of treatment, 72% of the children, who had been given homeopathy, recovered 2.4 times faster than those who received the placebo.

In addition to the positive conclusions of the studies above, homeopathic treatment has the advantage of being natural, without side-effects and, therefore, safe to use. The treatment is easily accessible - basic homeopathic remedies can be purchased from many health stores and all homeopathic pharmacies. If you or your children suffer from ear infections, the following remedies may be of help, although it is advisable to contact your homeopathic practitioner for a more individualised prescription.

- **Belladonna 30c** - earaches which come on suddenly with intense pain, ear is bright red and there is a high fever
- **Hepar Sulphuris 30c** - use when a sharp, severe earache which may be accompanied by a thick

coloured discharge from the nose or ears; the sufferer is usually very irritable

- **Pulsatilla 30c** - excellent children's remedy for ear infections; sufferer is clingy, weepy, and craves affection; there is a yellow or green, bland discharge from the nose or ears



Please note, in addition to the above remedies, ear drops or tablets containing a combination of different homeopathic remedies are easy to use and are an effective way to relieve the pain. The dosage and repetition for any of these remedies can be given as needed, for example every 15-30 minutes for up to six doses during an acute crisis and then three times daily as symptoms subside.

[http://www.naturalnews.com/031014\\_ear\\_infections\\_homeopaths.html#ixzz1CK1AL1oF](http://www.naturalnews.com/031014_ear_infections_homeopaths.html#ixzz1CK1AL1oF)

### College of Medicine aims to integrate medicine

The *College of Medicine* is a professional institution that brings together members of the medical profession - doctors, pharmacists, patients, scientists and all healthcare professionals - to produce a unified alliance for the medical industry. The college focuses on the patients needs and therefore aims to raise awareness of complementary therapies and elevate the acceptance of an "integrated approach to health", whereby



The college of Medicine aims to bring an integrated approach to healthcare

alternative remedies work alongside conventional medicine. The end of 2010 witnessed government ministers rejecting calls from the *Commons Science and Technology Committee* to withdraw homeopathic remedies from the NHS and, therefore, decisions on funding homeopathy will continue to be left with general practitioners and *Primary Care Trusts*. It, consequently, appears to be a pertinent time for doctors, politicians and the public to work together, despite the obvious conflict of opinion.

The college runs courses and publishes books, journals and films. Doctors who endorse integrated medicine believe this approach improves patients' well-being, by considering their beliefs and personal circumstances, and helping them look after their own health in providing options to their healthcare.

[www.collegeofmedicine.org.uk](http://www.collegeofmedicine.org.uk)

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