

Homeopathy, Healthy Medicine

Sharing news, views and information about homeopathy and health

September 2010

Off to pastures new?

The summer draws to its close and the deck chairs are finally put away for another year. The month of September heralds the start of something new for many people, since it is attributed to the beginning of the academic year, with nearly everyone

in the educational system readjusting to a new situation when they arrive back for the Autumn term. This often involves getting used to a new teacher, finding friends at a new school, deciding on course subjects for future qualifications, or even leaving home for the first time and embarking on University life.

The stress and anxiety is not confined to children and young adults. Many mothers have described themselves as nervous when sending their youngster to nursery school for the first time, with some feeling a constant worry whilst their offspring are out of sight. We can't advise you on how best to comfort a crying teenager, phoning you from the other side of the country, or how to just relax and accept that your toddler is really quite happy playing in the sandpit with their newly found friends. We can, however, suggest a few homeopathic remedies which may help to give you some peace of mind, so that everyone can enjoy the pastures new!



Students embarking on University life

- **Ignatia 30C**– homesickness, grief, loss
- **Lycopodium 30C**– lacking in self-confidence, better when organised by others, but not so good if expected to be independent
- **Pulsatilla 30C**– clingy, dependent, finds it difficult to go alone, strong fear of abandonment, needs a lot of reassurance and support from family and friends
- **Silica 30C**– shy and reserved, no self confidence, lacks 'grit'

These remedies are only intended as a guideline, so please consult with your own homeopath for individualised treatment. To find a practitioner near you, please visit our website www.a-r-h.org/FindMembers/find.php

Homeopathy can prevent Japanese Encephalitis

A new study reported in the American Journal of Infectious Diseases, suggests that Homeopathy can prevent Japanese Encephalitis (JE). The virus, which causes symptoms such as headaches, a sudden high fever, neck stiffness, seizures and disorientation, is transferred to humans from pigs and wading birds, as a result of a mosquito bite.

Researchers from the Kolkata's School of Tropical Medicine and the Central Council for Research in Homeopathy infected chick embryos with the JE virus and, through the administration of the remedy *Belladonna* given in different potencies, the subsequent infection was prevented.

At present, the infection affects around 50,000 people each year and kills 10,000 in South and South East Asia. Consequently, this recent study could literally help save thousands of lives in the affected areas. It may also be key to providing an essential alternative immunisation strategy to vaccination. An increasing number of individuals are concerned about the number of vaccinations they are usually prescribed, before visiting the continent.

www.hindustantimes.com/Homeopathy-hope-for-encephalitis/Article1-570034.aspx



Distribution of JE in Asia from 1970-1998

Your nearest homeopath is:

Go to www.a-r-h.org

click 'Find a Homeopath'

and search by town, county or postcode

ARH NHS will continue to fund Homeopathy



It has recently been announced by the Department of Health that homeopathy will remain open for patients on the NHS. This is despite a highly controversial report published in February 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.

There are, currently, 400 GP's within the UK who practice homeopathy and treat around 200,000 patients per year. In total, the funding for homeopathy within the NHS is annually around £4 million out of a total NHS budget of £120 billion. There are just four NHS homeopathic hospitals offering some homeopathy provision, and they are based in London, Bristol, Glasgow and Manchester.

Anne Milton, a health minister, 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**'.

This decision has been welcomed by homeopathic practitioners and regular users of homeopathy. The sense of importance regarding this announcement was summed up by Dr Sara Eames, the President of the Faculty of Homeopathy, who said '**As a doctor who practices homeopathy on the NHS, I know homeopathy is an important part of our health service helping tens of thousands of patients annually, a majority of whom have not been helped sufficiently with conventional treatments. I am pleased to see the government, contrary to the recommendations of the Science and Technology's report, agrees that homeopathy has a place in the NHS and offers choice to both patients and local purchasers of healthcare.**'

www.naturalnews.com/029419_homeopathic_medicine_evidence.html

What is homeopathy? How remedies are made

We learned, in July's edition of HHM, how Hahnemann first discovered the medicinal properties of many remedies by actually taking the crude substances himself, then observing and recording the symptoms he produced. He was concerned about the possible side effects caused by some of the more toxic substances he was using so started to experiment with diluting them to

different scales. The problem he faced was that, if he diluted the medicines sufficiently to remove their unwanted effects, they also lost their potential to heal. He then realized that if he subjected each dilution to vigorous shaking it appeared to enhance the substance's curative action whilst at the same time reducing its side effects. He called the vigorous shaking '**succussion**' and the whole process of dilution and succussion he called '**potentisation**'. He also observed the more he diluted and succussed a remedy the more it released its healing action.



Gold - poisonous

He used his extensive knowledge of chemistry to develop a measurement scale for remedies based upon the number of times a substance had been diluted and succussed - which he termed '**potency**'. If you go to your local health shop or homeopathic pharmacy and look at some of the remedies they have for sale, they will all have a number on the label, followed by a letter (usually 'C'). The number tells you how many times the substance has been potentised and the letter tells you the ratio of dilutant to substance. The 'C' denotes the '**centesimal**' potency which means the ratio is one part substance to ninety nine parts dilutant (one in a hundred). So, for example, a 6C has been potentised six times whereas a 30C will have been potentised thirty times. The other letter, often used, is an 'X', which indicates the '**decimal**' potency where the ratio is one part substance to nine parts dilutant (one in ten).



Fly agaric mushroom - poisonous



Deadly nightshade - poisonous

As you are probably beginning to realise, the procedure involved with making homeopathic remedies is very precise and potentisation is a central element of that process. In next month's issue we will look at how remedies are prepared for potentisation.

How homeopathy cured Nadia Sawalha's severe eczema

During an interview in the Daily Mail's health section on 29 May 2010, Nadia Sawalha, the former Eastenders' actress and TV presenter of City Hospital and Living in the Sun, revealed how she put her scepticism aside and turned to homeopathy after conventional medical treatment had failed to help a severe bout of eczema.

She explained that, after the birth of her first child, bumps on her fingers began to appear. The constant itching she endured caused the wounds to split open and weep which in turn became infected. The itching was so bad, at one point, that her hands bled and by her daughter's first birthday she was unable to pick her up. In describing the situation, Nadia said, *'whenever I could, I'd hold my hands above my head to relieve*

the pain. If I let them hang down, the pain was intolerable. It felt like lead flowing into my hands'.

She sought medical advice and was prescribed antibiotics for the inflammation, which did help to alleviate the problem, but only temporarily. She was compelled to visit casualty because her hands had become badly re-infected but was told there was no cure for eczema and so nothing could be done apart from dressing her hands.



Nadia Sawalha

Following advice from her sister, Nadia decided to visit a homeopath. Although openly sceptical about how this could help, she was prescribed homeopathic *Mezereum*, a Eurasian shrub extract traditionally used to heal skin complaints. When describing the effect, she says it was *'biblical! Over the next forty-eight hours I watched as my skin renewed itself. To this day, if I'm stressed or frightened about something, my little finger will occasionally itch, but no more than that'*.

Due to the success of the homeopathic treatment she received Nadia now regularly visits a homeopath herself and takes her two children for consultations every few weeks. Neither of her children has ever needed to visit a GP, nor have they had any childhood vaccinations.

Nobel Laureate backs homeopathic principle

The French virologist, Luc Montagnier, *pictured*, used to detect disease, even when the DNA had been when speaking to 60 Nobel Prize winners and 700 diluted and virtually removed.

Luc Montagnier, pictured, suggested that water could in fact preserve the 'memory' of a substance with which it had made contact. He was awarded the Nobel Prize in 2008 after his 1980's research confirmed the link between HIV and AIDS. He told the conference participants that solutions containing the DNA of bacteria and viruses could emit low frequency radio waves to its surrounding water molecules. The water, surrounding the genetic material, would still retain the 'memory' of the substance and emit those similar radio waves which could be



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. The disclosure of this research has, naturally, 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 which it would cause if taken in large quantities.

Homœopathy at Wellie Level

Teaching the responsible use of homœopathy on the farm

For more information, visit 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 hbm@a-r-h.org

ARH The rise of homeopathy

Over the last 200 years, homeopathic users have grown in numbers substantially and homeopathy now represents the leading medical alternative in Europe and in significant portions of Asia (especially India and Pakistan). Although many people use homeopathy alongside conventional, allopathic treatment, over 100 million people in India depend solely on this form of medical care.

With this in mind, it is interesting to note, that the American health care which has been so resistant to homeopathic and natural therapies in its mainstream institutions is presently ranked 37th in the world in the performance of its health care system. In comparison, the number one ranked country in the world is France, a country in which around 40 percent of the population uses homeopathic medicines and around 30 percent of its family physicians prescribe them.

Whilst us mere mortals have gradually become aware of the healing powers of homeopathy, many cultural icons of the past few centuries have long been advocates of this form of treatment. These include eleven U.S. Presidents, six popes, Charles Darwin, Mother Teresa and Mahatma Gandhi as well as monarchs from almost all European countries.



Queen Elizabeth II, an advocate of homeopathy

www.naturalnews.com/029419_homeopathic_medicine_evidence.html

How homeopathy could help cholera sufferers in Pakistan

The death toll resulting from the floods in Pakistan has reached over 1,600 and affected at least 20 million inhabitants. The national economy is suffering severe losses

since many standing crops and food storages have been destroyed. In addition the UN has now confirmed the first cholera cases and the UN Office of Humanitarian Affairs is currently concentrating on assessing the risk of 'a second wave of deaths induced by the floods in the shape of waterborne diseases.'

It is reported that around 36,000 people are currently suffering from acute watery diarrhoea. A spokesman for the UN has said 'we're not suggesting that everyone who has acute watery diarrhea has cholera but cholera is certainly a concern and that's why we're stepping up our efforts to treat cholera.'

Historically, homeopathy's success in treating cholera has been well-documented. For example: In 1854, during the

outbreak of the disease in London, mortality rates for treating the epidemic with conventional treatment were 59.2% whereas under homeopathic care this figure dropped to just 9%; and, simultaneously, a well respected practitioner in Cincinnati, Joseph Pulte, was able to celebrate the fact that he did not lose a single patient to the cholera epidemic when it struck the city in 1849. The UN office of Humanitarian Affairs should, with this in mind, perhaps consider the use of homeopathic treatment to help sufferers of this disastrous and often fatal disease in the flood-affected areas of Pakistan.

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Cholera bacteria

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

Tel: 01825 714 506

Email: hnm@a-r-h.org

Website: www.a-r-h.org

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