



The Homoeopathic Practice Newsletter - Autumn 2017

Welcome

The season of 'mists and mellow fruitfulness' is upon us once more and for many of us this seasonal change renders us more susceptible, more open or prone to 'catching' colds, coughs and flu-like illnesses of a bewildering range of type and intensity. It may be a good time to make an appointment to see your homoeopath. A good 'constitutional' prescription at this time will increase all-round health and is the best way to protect against disease. In addition, good homoeopathic treatment can help to recover from such illnesses more fully and help prevent more long term consequences such as Post Viral Fatigue Syndrome. Influenza and Glandular Fever can really knock the body out of balance for a long time unless attention is paid to convalescence.

NHS

A small number of very vocal critics, calling themselves "scientific skeptics", have been working very hard to eradicate the provision of homoeopathic treatment by the NHS. They insist that homoeopathy does not work and so the NHS should spend our money on treatments that do work. This seems a reasonable position. However, both these assertions can be challenged. Firstly, independent researcher Professor R.G. Hahn, an internationally recognised expert in assessing medical research, closely scrutinized the clinical trials on homoeopathy and reached this verdict: **"To conclude that homoeopathy lacks clinical effect, more than 90% of the available trials had to be discarded."** Secondly, according to the British Medical Journal of 3,000 commonly used NHS treatments **50% are of unknown effectiveness and only 11% are proven to be beneficial.**

In 2013, from the total NHS drug budget of £13 billion a year, £152,000 was spent on homoeopathic medicines; that is 0.0013%. If the "skeptics" were truly sceptical rather than simply prejudiced, they could save an awful lot more of our money by campaigning for the abandonment of the 50% of treatments that don't work. In addition, the people, thousands of them, who had been referred to the homoeopathic hospitals by their GPs had not been helped by conventional medicine. If homoeopathic treatment is denied them they will either suffer more or be offered further treatments which don't help, at greater cost to the NHS. I struggle to see the sense or humanity in this.

Sickness on this planet has not decreased by half of one percent despite the vast amounts of money and human resources engaged to tackle it; it has just changed. It is my firm and clear conviction that conventional and complementary medical practitioners need to work together for a truly holistic approach, to the benefit of us all.

For further information on homoeopathy, the NHS and evidence, please see the booklet which I co-wrote with the School of Homeopathy: *"Homeopathy-Twenty Questions Answered"*. This has been converted into a website:

www.homeopathyawareness.com

MOTs

Homoeopathic treatment is a process through which you, the patient, move towards greater health, attended by me as your ally. In our busy lives and in these difficult times, it can be easy to not follow up on treatment and so miss the opportunity to become really well. I can only help in this respect if we meet regularly, even every 6-9 months, to ensure that you are still moving in the healthy direction or to catch potential problems before they develop; old habits can creep back in and they do, it seems, die hard!

With this in mind, if we have not met yet in 2017 I would be happy to offer you an "MOT" style appointment for just £30.

Case Example: "Brian"

When I first met with Brian he was 53 years of age and had been diagnosed with colon cancer, with secondary tumours in the liver and lung, three years before. During that time he had had six operations, four complete rounds of chemotherapy and some radiotherapy. He was told that he could not have any further chemotherapy. As Brian himself has said; "The outlook was bleak as there were no survival statistics for people like me with stage 4 bowel cancer and liver secondaries."

I experienced Brian as a friendly and articulate man with a good sense of humour and a positive attitude to life; he was a fighter, someone who always bounced back. He was a builder who enjoyed work, who always needed a project. His father, also a builder, had "worked himself to death" and Brian himself had become "consumed" by business. Generally he had been fit and healthy; the only point of note in his past medical history was a hospitalization for Glandular Fever at age five, which recurred shortly after his father died.

His first prescription was high potency Arnica to help him recover fully from the trauma of his last operation, two weeks previously. Since then he has taken a deep acting constitutional medicine once a week with regular follow up consultations, either in person, by phone or via e-mail (he now lives abroad). Eight years later, following a full body scan, Brian e-mailed me: "My consultant has signed me off for the next five years! This is a major step forward for me as I have been in constant touch with him and hospitals for the last eleven years." Just a few weeks ago he e-mailed me again: "Thirteen years on and I am building my own house; how good is that!"

Authentic Ceremonies

Over the past year I have continued my work as an independent celebrant, mainly involved with funeral ceremonies. Many families do not want a religious service yet may wish to include a hymn or "The Lord's Prayer". Being independent, as opposed

to being a Humanist, means that I can work with both religious and secular notes and weave a ceremony which is both beautiful and true to the person who has died.

It requires a different kind of listening to that of the homoeopath to get a sense of the deceased and what the family wants and needs; yet it requires a similar degree of care and attention to guide a family through a funeral when their hearts may be quaking. I have to say that I love this work as much as my practice and I do everything I can to ensure that a difficult day goes as well as it can. It has been both a challenge and a delight to work with such a wide range of people, poetry, life histories and music and I continue to learn so much. I have walked in front of a "Tardis" coffin (for an ardent fan of "Doctor Who"), joined with a rousing Exeter Chief's chant in a packed chapel, and stood at a graveside with a single mourner in the pouring rain; and all ceremonies are equally important to me, as unique as the life that has gone before.

And I took my first wedding ceremony, a truly heart warming occasion in a beautiful location which whetted my appetite for more!

www.authenticceremonies.co.uk

Ali

As many of you will know my background is in homoeopathic medicine as a practitioner, supervisor and teacher since 1995. In 2002 I started working in analysis with Julian David (senior Jungian analyst) and began studying the works of Jung, including dreams and stories. Working with the psyche, the soul and the dreams that people bring is my great passion and privilege. It is rather hard to best describe the work I do and how it differs from other therapies and so I offer a free initial consultation in order to assess whether this work is appropriate for your situation. Call me to book an appointment on 01392 422555 or email info@enhc.org

'I have known Ali since 2002 and have been impressed by her natural skill with the soul and its needs. I support her expansion from homeopathy into dream-work and a broad intuitive therapeutic approach'. Julian David, Senior Jungian Psychoanalyst

"My years with Ali as a patient of her homoeopathic practice were unquestionably enhanced by her knowledge of Jungian therapy. Her breadth of experience makes her a unique therapist." LE

Irish Conference

At the end of May, Ali and I both spoke at the Irish Society of Homoeopaths annual conference, held in Glendalough, County Wicklow. The theme was, "*Celebrating Life, from Cradle to Grave.*" Ali opened the conference and I closed it with a two hour presentation on Taoism and homoeopathy, death and dying. After the work was done the craic was grand and the Guinness flowed!

I leave you with a line from Lao Tzu which has come to mind many times over the last year: "*The way to do, is to be.*"

www.thehomoeopathicpractice.co.uk

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