



The Homoeopathic Practice Newsletter: Autumn 2019

Welcome

Whilst the country seems stuck in Brexit deadlock, Life continues and the seasons change as they always have done reminding us, perhaps, that change is the only true constant in the universe so we might as well embrace it (see a short film, “Annica; Embracing Change”, on our website). Especially for those of us with certain inherited susceptibilities, the change from summer into autumn can induce significant changes in health and, along with the start of a new academic year, many of us end up with those flu-like illnesses which seem to drag on.....just as the days are getting shorter, darker and colder. It may be a good time to make an appointment to see your homoeopath. A good “constitutional” or “epigenetic” 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.

Thank you

A huge “thank you” to those of you who so kindly responded to our request for feedback (in the 2018 Newsletter). Most of you were pleased to be asked for your thoughts and all of you were pleased enough with our service to recommend us to others. Here are a couple of examples:

“I always found you attentive and non-judgmental as well as being empathetic, but I was also pleased when you would challenge me to think a little deeper and consider another view as I found this helpful.”

“I have always found your manner and approach to be calm, thoughtful, logical, and organised, but also relaxed, reassuring, open and accepting. The consultation itself is at least as powerful as the homeopathy, and with your help I have made more progress in my self-development and my physical, mental and emotional health than I had managed for many years before.”

“I would like to thank you for your warm and welcoming manner. The way in which you have always gently guided our sessions with pertinent questions and most important of all leaving space for me to think and to respond.”

Some of your comments were almost too positive to incorporate into our Practice information (as if we had made them up) but were hugely appreciated and inspiring none- the-less.

Welcome back to Ali

As most of you will now be aware, Ali has made the decision to return to practice having taken some time out after our family bereavement (and also now that she has stood down from her full-time managerial role of Exeter Natural Health Centre). Some of you will have been a patient of Ali in the past and some will know her from her reception role at ENHC. She is now seeing both homoeopathic and Jungian patients from Pigeon Cottage on Tuesdays and Thursdays.

Case Example: “Jackie”

When I first met Jackie, she was in her early sixties and had suffered with M.E. for the past 18 years, an illness which had forced an early retirement from her position as Head of School. At the worst stage her energy levels were 10% of her normal and she had to resort to using a wheelchair. While her health had improved somewhat since that time, she still experienced great tiredness, a heaviness in her head (“as if clouds were pushing down on me”) and in her legs. Although she slept well, Jackie rarely woke feeling refreshed and wanting to get up. Her husband, Philip, who always accompanied her, said that he could see it in her eyes when she was becoming really unwell; “a dullness comes into them”. Her symptoms stopped her being spontaneous, always having to plan events carefully and allow recovery time. She herself felt noticeably better in sunshine.

Jackie also suffered with arthritis in her knees and hands, a Baker’s cyst and a chronic sinusitis.

Before her illness Jackie had been very energetic, perfectly fitting the “45-year-old high flying career woman” profile. She had experienced a lot of grief and responsibility and then a bout of flu which tipped her into M.E. She really enjoyed her job and it felt like a bereavement when she was forced to give it up yet Philip reported that she dealt with her situation brilliantly, never giving in to resentment, always looking on the bright side.

In essence, Jackie is a vivacious, enthusiastic and bubbly person, kind and loyal, always loving and giving; a great communicator and organizer (and always dressed impeccably in bright colours).

After three treatments both Jackie and Philip reported that there had been “very little evidence of the M.E.”, that she had almost returned to “normal”. Her energy was “much better” and she was able to be much more active and spontaneous; her “M.E. head” had gone as had her heavy legs. For Jackie it was “beyond belief” that Philip had been unwell with a flu-like illness for a whole month yet she had not succumbed.

Over time Jackie continued to get better and better; “I danced all night at a wedding and was fine the next day!” “My knees are tons better!” “Life is really good; I feel I’ve got my life back!” And from Philip; “I don’t see that deadness in her eyes any more, they just sparkle!”

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, you might wish to book in for an MOT style appointment as part of your commitment to staying well.

Authentic Ceremonies

As a celebrant, most of the funeral services I am asked to take happen in a crematorium and bringing heart and soul to such purpose-built chapels is an important part of my work. This year, for some reason, I have taken more burial services than cremations and one difference I have noticed is how a burial can be more allowing of what I call a moment of grace. As an example, I took the funeral of an ex-fighter pilot who loved aeroplanes and birds; whose favourite piece of music was “The Lark Ascending”. His family had chosen a woodland burial site and, in the pause following the words of committal, a skylark sang! Such a moment of grace, which cannot be planned for, brought such joy to the family.

Pigeon Post

Since ending our management of Exeter Natural Health Centre at the end of September we have been enjoying a new way of practising which seems a little less busy and certainly gives us more soulful time for a deeper exploration of our work. Coming into Exeter for two days of clinic at ENHC (Tuesday and Thursdays) means a lot less commuting, which is favourable both for our sanity and for the environment. It still gives our patients a good Exeter base, something which we think is essential having worked in the city for 30 years!

Our main change of course comes with setting up a new clinic from our own home on beautiful Dartmoor. The Pigeon Cottage branch of the Homoeopathic Practice in Ilsington, near Bovey Tracey and Newton Abbot, gives us a whole new refreshing chapter to our practice life. A cosy consulting room overlooking our garden instantly has a restorative and healing appeal. For us as practitioners, having lunch with a bowl of soup at our own kitchen table keeps us well-nourished and ready to work with our patients – after all, surely, we should practice what we preach!

Our patients are already giving us positive feedback. Free and easy parking in the village by the cottage, the benefit of not having to drive into an increasingly busy city centre and also of course, being only a short walk or drive (5 minutes) up onto the open moorland and Haytor; people are enjoying combining their visit for homoeopathy with a day walking and perhaps a spot of lunch. We are now much easier to reach for our patients travelling from the Plymouth area, the South Hams and local towns and villages but even those people coming from the Exeter area or north of that are finding it almost as quick to extend their journey along the M5 and A38 to get to us rather than to drive into the city centre.

Very important, is the impact this change has made on us the practitioners. After enjoying a busy practice for 30 years whilst still maintaining good availability for our patients, we also wanted just a bit more space to be more creative with our work, to challenge ourselves professionally and to develop what we do even further as we mature with our practice. Giving ourselves this benefit means we have more energy to do these things and that in turn we hope will make the care we give to others even better. After all, as already said, how can we help others if we do not properly heed our own advice and reach for the nourishment and the peace of the more soulful life? Physicians are healing themselves!

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