

Practice Newsletter, Autumn 2011

As we move through harvest time gathering in the fruits of our labours, the air turns cooler, our holidays fade and after a pause, we resume our work. It's time to go back to school, college, university, for both students and teachers. It's time for the autumn dig of the allotment or vegetable garden, a time for spadework and preparation. For some of us it can also be a time of anticipatory anxiety and the stress of new challenges.

As the seasons change so does our susceptibility to illness and the Autumn is often a good time for what we call 'constitutional treatment', the prescription of a homoeopathic medicine to boost our fundamental level of health and so increase our immunity to the colds and flu-like illnesses that begin to roam through families, nurseries, schools and offices. This is especially useful if you or any member of your family has a tendency to suffer from repeated colds, recurrent bouts of tonsillitis, pharyngitis, bronchitis or persistent coughs that drag on for weeks.

Since the **Homoeopathic Practice** was established in 1990 we have treated many people presenting with a range of conditions and around 70% of people have reported '*significant improvement*' in their symptoms. With permission, what follows is a précis of two examples:

Brian is a successful businessman in his mid fifties who presented with a diagnosis of anxiety, depression and high blood pressure. He had been experiencing symptoms for over three years and the various drugs he had been prescribed were not helping him to feel any better so he had decided to try homoeopathy.

He was feeling a deep despondency that he described as 'a dark heaviness'; this led him to see his life as 'a pointless failure' and himself as 'a worthless old fool'. He told me that he had even seriously considered suicide on a number of occasions but hadn't done the deed because, as he put it, 'I'd probably screw that up as well!'

Brian was prescribed Aurum metallicum (prepared from gold). A month later he had lost that 'dark heaviness' and was beginning to feel more like his old self. His wife was delighted and said: 'he is smiling again!' His blood pressure had begun to come down to acceptable levels and within six months he had stopped all drugs.

Holly is a nurse who presented with 'horrible hay fever' that she had had since she was thirteen. It had, she said, 'turned all my exams and holidays into a nightmare of tissues, nasal-sprays and eye-drops'. I first met Holly in June when her annual nightmare had just started. She was prescribed Arundo (prepared from a reed) on the basis of a peculiar itching in the roof of her mouth. That summer she found that the medicine had given her 'maybe 70-80% relief' and she had used her normal drugs far less often.

When we met again in the autumn we discovered that her grandfather had suffered from tuberculosis. This helped us to select the medicine Phosphorus to try and reduce her constitutional tendency to allergic reaction. We have since met twice a year for the past three years and Holly now 'rarely notices' any symptoms of her previous nightmare and 'can't remember' the last time she needed any medication. The above examples are dismissed by the critics of homoeopathy as being 'merely anecdotal evidence' that it is effective. Real people like Brian and Holly resent this dismissal of their experience and regard it as arrogance.

If you are interested in finding out a little more about Homoeopathy then you might like to read Mo's little green book; *Homoeopathy-A Rational Choice in Medicine*, available from the Centre at £4.99.