



PRACTICE NEWSLETTER: AUTUMN 2016

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.

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 2016 I would be happy to offer you an "MOT" style appointment for just £30.

Forensic Scientist

It was a Friday, the first of May, bright and sunny when I came downstairs into our kitchen and found the back door wide open, the window wide open with a chair placed in front of it for a quick get-away and all the drawers pulled open, turned out. We had been burgled and it took a while to sink in, that someone had been prowling through our home while we slept. Naturally, we called the police and within 20 minutes the Forensic Officer arrived.

As he came into our dining room and kitchen he said, "I recognise your name from somewhere, do I know you?" We couldn't place each other so he got on with his work and my wife and I looked around to see what had been stolen (thankfully, only £15 from her purse). Some time later a detective called in and, once he had checked in with his colleague, sat down with us at the dining table and began to compile his report. During this process the Forensic Officer joined us and added his information. As he stood up to leave he said to me, "I know who you are now, I called my wife to check; you treated my son several years ago." He then turned to the detective and said, "My son was born with terrible eczema, it looked as if he had been held by the nose and dipped in boiling water. We tried everything the doctors could offer but nothing worked. If someone had said to me, "run naked through the streets at full moon and your son

will be cured”, I would have done it. Instead, my wife decided to try homoeopathy and my son was cured within a few months; he’s 10 now and no sign of eczema!”

He turned back to me and offered his hand, “I just want to thank you so much”. I asked the name of his son and instantly remembered his little face and the medicine I had prescribed. As the officer was leaving he said to me, “I am a forensic scientist, I did not believe in homoeopathy and I cannot see how it can possibly work; yet it **did** work and I tell this to anyone who asks me about it”.

I have to say that despite the emotional impact of the break in, for which we took a dose of Arnica (see below) I also felt a warm glow of satisfaction for several days afterwards, not only because homoeopathy had helped this little boy but also because his father was a scientist open minded enough to acknowledge something which he could not explain. We need more unprejudiced observers in science!

“Homoeopathy cannot work!” This is a statement of prejudice; the phenomenon has been judged before being explored. From a biochemical perspective it is an entirely understandable opinion. The only trouble is that it **DOES** work well enough for millions of people to use and trust it. It is the second most used medical system in the world and it has been estimated that around 450 million people use homoeopathy worldwide, every year. That’s a lot of people; people like you who are not easily fooled but have made their own experience, tried it and found it to be helpful.

A Great Resource

For many people their first experience of homoeopathy is with Arnica; **Arnica Montana** is probably the best known homoeopathic medicine and yet, strangely, one of the least understood. It is an alpine plant known for centuries by such local names as “Fall kraut”, “Fall herb” and “Wound herb” all of which refer to its traditional herbal use in the treatment of injuries, breaks, sprains and bruises. Homoeopathic Arnica is the medicine *par excellence* following injury yet we have also found it to be invaluable in a much wider variety of situations. The key to understanding Arnica is to understand **TRAUMA**. This involves shock as well as injury or wound and affects us mentally and emotionally as well as physically. Accident or injury is obviously traumatic but so is sudden grief, intense fright or any kind of abuse. Any shocking life event or blow which leaves us feeling “battered”, “flattened”, “beaten up” or “bruised” may be eased by Arnica. Examples include: A man feeling “pole axed” by the sudden loss of his family fortune on the Stock Exchange. A horsewoman who felt she had “all the stuffing knocked out” of her after struggling for nearly an hour to calm a startled horse. A recent graduate who had “a shocking” cold after the referendum result: a soldier who felt “shell shocked” after a tour of duty in Afghanistan.

The person needing Arnica feels sore or bruised; this sensation may be experienced in a particular part of the body, or it may be generalised. She says she is “fine” when she is clearly

not, wants to be left alone and does not want to be touched or even approached. Walking into town or the playground after a traumatic event can be really difficult as there is a sense of the world being an unsafe place.

Over exertion or over doing something can also create symptoms that respond to Arnica; any activity in which we go beyond our limits or use up reserves of energy such as running a marathon or digging too long in the garden; feeling “over tired”.

SO: In general think of Arnica to help deal with any trauma, blows, injuries or shocks to the system as well as in the treatment of bruises. Specific instances where I have found Arnica to be particularly useful include: recovering from surgery, giving birth, helping with jet lag (human bodies are not designed to be packed in sealed tubes and hurled across the world at great speeds and altitude!) influenza or similar viral illnesses (especially when the bed feels too hard to be comfortable) and in the treatment of Post Traumatic Stress Disorder. For your personal use I would recommend Arnica 30C for most situations; this can be bought in any good health food shop. I would suggest that you take one every hour for four hours, observe the effects and then take as needed. If you have any particular questions then please feel free to contact me and I will do my best to answer them. Get some and have it with you wherever you go!

Telling GPs

Patients have often told me how they don't like to mention their homoeopathic treatment to their GP or consultant. Reasons given generally centre on the possible reaction of the GP; “I don't want to upset him”, “she would be furious with me” or “think I was daft”. Equally, patients have often apologised to me because they took the antibiotic which the doctor had given them. There is no need to apologise or justify. I think it is worth remembering that it is nothing to do with the doctor or homoeopath how we choose to take care of our health; this is up to each of us; our health is our responsibility, nobody else's. In fact it could be very useful and informative for our GP or homoeopath to know what other factors might be influencing the progression of your treatment. For example, if I don't know that you have been taking any other drug, prescribed or not, I cannot accurately assess what is happening or why and so I cannot be clear what to prescribe next; your pain might be relieved or simply suppressed, your new symptoms could be side effects. If a GP doesn't know that you have taken an effective homoeopathic medicine then she/he might presume that the prescribed drug has relieved your symptoms, when it actually has not.

Through listening to you I have become much more aware of the influence of conventional medications, positive as well as negative, and have developed a more consistent respect for my colleagues in conventional medicine and the difficulties which they face in trying to help you. I would like to think that with greater transparency all 'round this development of respect could become more mutual. Please, tell your doctor and your homoeopath about each other; help us all to work together for your benefit.

Something I read recently: **When “I” is replaced by “we”, even “illness” becomes “wellness”.**

Celebrant

I have now taken over one hundred funeral services in the past three years and, again, the feedback I have received from families has been most encouraging. 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 and that the ceremony is both beautiful and authentic for the family.

Please note that I am now available to take weddings and naming ceremonies.

www.authenticceremonies.co.uk

“Patient, Heal Thyself”

This was the headline in the “i” newspaper on Saturday 27th of August drawing attention to the NHS as it “battles to stop the worst financial crisis in its history”. Part of the article discussed the idea that patients in future will be “coached” on the phone to treat themselves. Taking responsibility for our own health becomes even more important in these troubled times. As useful as conventional medicine can be, especially in emergency, it has obvious limitations with regards chronic health problems. The suggestion is that we become more informed about other ways to take care of ourselves, become increasingly aware of our options. Here at Exeter Natural Health Centre, for example, a wide range of treatments and therapies is available which can help and empower us to truly heal ourselves.

Ali

It has been lovely to welcome Ali back into practice albeit with a new slant, approaching her work from a Jungian perspective; this involves a lot of dream work and deep, soulful exploration. Many years of Jungian analysis have fuelled her passion for this work, which is similar in many ways to homoeopathy and certainly complementary to it. Given that this is such a specialised area, Ali offers a free 30 minute consultation to explain the nature of the work and to see if it is suitable for the individual. Feel free to talk to me if you are interested in working with Ali or call her direct on 01392 422555.

Please feel free to call me, or e-mail me, or listen to me on the website

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