



Practice Newsletter Spring 2020

WELCOME to our Spring Newsletter. The sun has been shining and warming the days. The hedgerows are delirious with flowers, lambs are bleating and the cuckoos call. Foals and calves fall in the grass then stand up and make their way through this world. Whilst we humans have been pre-occupied with Covid-19, life has continued and indeed the Earth has had a moment to breathe. Wherever we are locked down:

“Sitting quietly, doing nothing, Spring comes and the grass grows by itself.” Basho

LOCK-DOWN

We realise how very fortunate we are to be locked down in our Dartmoor cottage and have every sympathy for those of you with no garden or easily accessed outdoor space. In particular, we salute those of you who have been working from home while managing toddlers and home-schooling older children, or have been locked in with family members experiencing mental health difficulties.

Anxiety and fear are as contagious as a virus and, like a virus, need to be contained. If you or a family member has struggled in this way then you are welcome to call us. We may be able to help and we can, at least, listen.

As face-to-face consultations are not allowable at this time, we have been working with many of you through telephone and e-mail. Whilst not ideal, most of you have found the consultations to be (as one of you commented) “as nourishing and helpful as always.”

As the lockdown begins to ease, conversations we have had with many of you during this time have somehow coalesced into a strong hope that we humans might learn from this experience. What is most important has become ever clearer: love, family, friendship and our relationship with the whole living world, of which we are merely a part. Instead of “busy-ness” and fearful attempts at control, we encourage a playful restfulness, a sitting looser to Life which is more allowing of self and others to simply be who we each really are. A likely side-effect of this is greater kindness. As Gandhi put it:

“You must be the change you want to see in the world.”

You may wish to view an independent film we contributed to some years ago: “*Anicca: Embracing Change*”. This is available on our website: www.thehomoeopathicpractice.co.uk

PANDEMIC

As a young bacteriologist Mo was inculcated with the “Germ Theory” of disease, as put forward by Pasteur (the “father of bacteriology”) and Koch. This has become the cornerstone of modern medical practice; stated simply, micro-organisms cause disease. Yet many people do not die in any given epidemic or pandemic; why not? Because they are not susceptible. Before he died Pasteur changed his approach insisting that it was less to do with the microbe and more to do with the terrain, the susceptibility of the individual.

As we learn more about the current pandemic it becomes apparent that the people most susceptible to infection by Corvid-19 are those whose health is already compromised by chronic disease (internal terrain) or those who live in areas of poor air quality (external terrain).

The greater the degree of health, the less the susceptibility to invading micro-organisms such as viruses and bacteria. Homeopathy stimulates the patient as a whole, increasing the health and resilience and thus decreasing susceptibility to infectious disease processes. Now would be a good time for constitutional treatment.

HOMOEOPATHY in EPIDEMICS

We wish to be very clear that anyone who wishes to consider the use of homoeopathic medicines during the current pandemic need to adhere to the NHS guidelines first and foremost. Even so, homoeopathy can put forward a good record in treating epidemics.

During the Cholera outbreak in 1854, the London Homoeopathic Hospital recorded a fatality rate of 16.4% while the neighbouring Middlesex Hospital recorded a fatality rate of 53.2%.

A Dr. Macloughlin was appointed medical inspector to observe the progress of the disease at the London Homoeopathic Hospital. He was an orthodox practitioner, an expert in cholera and a self-confessed enemy of the ‘homoeopathic system’. All the same, he concluded that if he were to be stricken by Cholera, he ‘would rather be in the hands of a homoeopathic than an allopathic (orthodox) advisor’. This is a very common story.

In 2007, in Cuba, a dramatic reduction (84%) in the annual Leptospirosis infection rate was observed after the government, which was not able to produce vaccines for the entire population during an epidemic outbreak, gave a homeopathic medicine to 2.5 million people. The notion that this extraordinary result was due to any placebo effect is risible.

Currently, homoeopathic preventative medicines are being used in both India and Cuba where death rates are much lower than for the UK or America.

On the 27th April, 2020, Cuba reported 121 infections per million of population. In contrast,

the US reported 2,983 per million and the UK reported 2,251 per million. India still impresses with 20 per million.

We will be keeping an eye on the figures for these countries as the pandemic unravels.

MEDICINES

From many countries around the world homoeopaths are gathering information on which homoeopathic medicines are being found useful to help with symptoms of the Corona virus. The ones which keep coming up are: *Bryonia alba*, *Arsenicum album*, *Gelsemium* and *Phosphorus*. Many of you have these remedies within a homeopathic remedy kit and if you wish to use any of these the suggestion is to use 30C potency and take one tablet/pillule every day if one of your lock-down group has symptoms which correlate to the virus, and change to three times a day for 3-5 days if you develop symptoms yourself.

As a preventative, the Indian Government has suggested that its citizens take *Arsenicum album* 30C, whilst the Cuban administration is using a combination known as "Cuban-co" 200c, which can be bought from Helios Pharmacy (01892 537254).

If you are not sure what to do, you are welcome to get in touch with us.

FUTURE PRACTICE

Obviously, this is still an unknown. We will continue to work through telephone and e-mail until the social distancing criteria change sufficiently for us to return to face-to-face consultations. Then we will assess how to balance our work in Exeter with that at home on Dartmoor. Once things are clearer, we will of course be letting you know.

With this in mind, here is an article published in the recent Reconnect magazine which sadly wasn't widely distributed due to the current restrictions:

A welcome return back to practice for Ali Morrish Homeopath

"After 10 years being the practice manager of Exeter Natural Health Centre, Ali finally let go of that role in October last year, in order to concentrate more on the Homoeopathic Practice which she shares with her husband, Mo. Many people have been used to seeing Ali behind her desk at ENHC but may not realise that she is a registered homeopath with 25 years of experience. Ali stepped back from her own practice following the tragic death of her eldest daughter, Anna, in 2008. Whilst one can never get over such an event, she feels ready to return to work and indeed thinks that surviving such a loss can only, in many ways, augment her understanding and compassion for anyone who is suffering with trauma, bereavement and general mental health issues.

After qualifying in 1995, Ali had a busy practice which, in 2005, expanded to see her take up the role of homeopath working at St Luke's Hospice, Plymouth as a member of the palliative care team, working with both inpatients and in the busy outpatient clinic. Ali's knowledge of working with cancer was then taken all around the country as CPD for homoeopaths and other clinicians. For many years she was also clinical director of the South West College of

Homeopathic Medicine (formerly The British School). As part of her work at St Luke's, Ali undertook training in bereavement care, an essential part of working with both patients and their families in end of life care.

Alongside her homeopathy, Ali has always held an interest and great love of Jungian psychology and working with dreams. Some people may not be aware that homeopathy and Jungian work are indeed quite similar in some ways and, for the past few years, Ali has chosen to particularly specialize in this area. Having been an analysand of Julian David for 18 years, she was grateful for his endorsement as she brought her love of Jung – dreams, stories, rituals- more and more into her work.

'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

Sometimes people come and see her just for "simple" homeopathy. Some people choose to have a few sessions with Ali to work with dreams, even if they are an existing patient of husband, Mo. Some come to focus purely on the Jungian work, looking at a deeper more soulful exploration of the unconscious.

"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

WE ARE HERE TO HELP

with medicines or simple listening.

Please call us on: **01364 661397**, or message us at:

enquiries@thehomoeopathicpractice.co.uk

