



Monthly Bulletin - October 2020

WELCOME

Phew - better late than never! I'm hoping that by the time you receive this bulletin it will still be October (just). If not, apologies for the delay. I'm pleased to say we are still getting new subscribers every month so a big welcome to everyone who has signed-up in the last few weeks. With winter fast approaching I've decided to focus on the ailment **Influenza** this month. There are many homeopathic remedies that can be prescribed for this condition. I've featured what most homeopaths consider to be the main remedies. If none of them match your symptoms, think about speaking to a homeopath - an acute consultation only takes 20 or 30 minutes but that should be long enough to identify the best possible remedy for you. Most influenza symptoms (aches & pains, fatigue, fever, chills etc.) are common to everyone infected by the influenza virus. Although these are very important, in homeopathy we are always looking for what is uncommon, unusual, or characteristic to the patient. Someone who needs the remedy **Arsenicum** will be extremely restless and anxious, thirsty for frequent sips of water and desperate for company at all times. He may also be suffering from gastroenteritis with vomiting and diarrhoea! Contrast this with the **Gelsemium** patient - weak, drowsy, dull, heavy limbed and dispirited. With his flushed face, half-shut eyelids and indistinct speech, he could never be confused with Arsenicum. You'll find more details in Ailment of the Month. People who suffer from influenza every year or whose symptoms are getting worse would probably benefit from a course of homeopathy treatment. If symptoms persist or keep on returning they are not true "acutes" - a constitutional remedy based on the patient's overall state of health and vitality would probably be a much better option.

ANTIDOTES TO TREATMENT - WRONG REPETITION OF REMEDIES

Last month we looked at Caffeine and the effect this can have on the action of homeopathic remedies. This month - wrong repetition of remedies. We touched on this in a previous bulletin but it's a subject that is worth revisiting. When a patient is having constitutional treatment it's not uncommon for a homeopath to prescribe one dose of a remedy or two doses to be taken 24 hours apart. During their professional training homeopaths are always taught to "watch and wait" - i.e. never to change a remedy too quickly or prescribe further doses of the same remedy unless the case calls for it. Follow-up appointments usually take place 4 - 5 weeks after the initial consultation - by which time a homeopath should be able to assess whether the remedy has acted and what effect it has had. When prescribing for acute cases (which is what you would be doing) the dosage is rather different. However, the "minimum dose" principle remains the same. Take the remedy until you start to feel better then stop. Only repeat as needed.

If a remedy that is working well is repeated too soon it may counter the effect of the previous dose and cause a partial (or sometimes full) relapse. When this happens, the best course of action is to do nothing (i.e. watch and wait) until the new symptoms have settled and the symptom picture is clear. At which point another dose of the same remedy (or another remedy altogether) may be needed. Far better to follow the minimum dose principle. For those of you who missed the previous article, here it is -

THE MINIMUM DOSE

- After taking your first dose, wait. Always give the remedy time to act.
- **If you feel better after one dose and continue to improve, don't take any more.**
- This is the absolute opposite of the "finish the course" instruction that is often given with prescription drugs.
- Homeopathic remedies act as a trigger or catalyst. They stimulate the body's natural ability to heal itself. Once this has happened, the natural healing process will take over.
- If the remedy is well-chosen, one tablet may be all that's needed to produce a healing response.
- Taking too many remedies can actually stop the healing process or even make the symptoms worse.
- "Less is more" in homeopathy. Professional homeopaths call this "the minimum dose".
- **If you are improving but the symptoms return, take another dose of the same remedy and wait.**
- Continue like this until your symptoms have gone or the remedy stops working.
- **If your symptoms start to change, don't do anything until the new symptom picture is clear.**
- Then (and only then) consider changing the remedy.
- If you do change the remedy, the same guidelines apply.
- If you're not sure what to do it's probably better if you stop prescribing and seek professional help.

- **If your symptoms don't improve after the first dose, take another dose of the same remedy.**
- If there's still no change, you can try taking a third dose.
- **If nothing happens, stop taking the remedy and reassess the case.**

- **Don't be tempted to take two different remedies at the same time.**
- All you will do is confuse the symptom picture and make your condition more difficult to treat.

Q & A SECTION - PROVING NEW REMEDIES

Thanks to a new subscriber who sent in this question about how remedies are proved. Think this might turn into a regular section on homeopathic philosophy and practice!

"It's great that homeopathic remedies are tested on human beings rather than animals. It's one of the reasons I support homeopathy. Could you tell me how that works and whether anyone can volunteer?"

Homeopathic remedies are always tested on healthy human beings called provers. "Healthy" does not necessarily mean that a prover must be in perfect health. So long as they are in relatively good health, that will do! However, it is important that a prover should be someone who is reasonably "dynamic" - i.e. the sort of person who can "bounce back" from a situation. Think about wobble dolls that are pushed over and roll back up again. A static-type person will be hard to push over and slow to return to their natural state. A dynamic person will be adaptable or flexible - they can adapt to the proving but return to their natural state when the proving is over.

Elderly people are not excluded on account of their age. However, in order to be eligible provers should have very little or no physical and mental pathology. People who use drugs for social purposes or take prescription drugs (including the Pill or HRT) cannot take part in proving trials. Neither can children and pregnant women who are usually excluded for ethical reasons. Samuel Hahnemann, the founder of homeopathy, wrote that provers need to be honest and conscientious - provings can involve an enormous amount of time and effort and rely on the provers' ability to provide accurate and objective information. According to Jeremy Sherr (master homeopath and prover of many remedies) 5 provers will suffice for a small project while 15 - 20 will produce a very full remedy proving. Although it's not compulsory to do so, many homeopathy students volunteer to take part in at least one proving trial. Without good provings there would be no new remedies!

Details of the substance being proved and its method of preparation must be meticulously recorded. Any material can be used (e.g. plant or mineral) so long as it is as natural and pollution-free as possible. In the past, the dosage given to provers would vary enormously. Nowadays they tend to be given a single dose rather than repeated doses. In some provings each participant is given a dose of the same potency or strength (e.g. 30C or 1M). In others each prover will be given a different potency (6C, 30C, 200C etc.). It's up to each Proving Committee to decide what they want.

The use of placebo (sac lac) is the most controversial issue when it comes to proving remedies. Some trials have a control group in which 50% of provers are given placebo. Others have concluded that placebo controls are “an unnecessary waste” of good provers! Using a placebo does, however, encourage provers to be extra careful when recording their symptoms. Jeremy Sherr tends to give 10 - 20% of placebo and tells his provers there will be sac lac in the proving trial so they know what is going on.

Each prover is given a notebook to record the symptoms that appear after the first dose. These are recorded every day while they are still fresh in the prover’s memory. If the symptoms are very mild a second dose may sometimes be given. At the end of each day a supervisor will review what the prover has written and investigate each symptom thoroughly. Only factual information is recorded - conjecture and speculation are excluded.

Once the proving is complete (and all the notebooks have been filled in) the provers meet together in a group to discuss their individual experiences. This sharing of information is in stark contrast to the need for total secrecy during the proving process itself. In a well-conducted proving, provers will be contacted after 6 and 12 months to check if anything else of significance has occurred. Some provers may experience symptoms after many months which they don’t associate with the proving but are in fact connected to it.

The process of extracting valid symptoms from the provers’ notebooks is time consuming and difficult. The main problem is deciding which are valid proving symptoms and which are not. Too gullible and symptoms are included that do not belong to the proving. Too critical and valid proving symptoms may be lost. The criteria for including symptoms and how they are collated, edited and repertorised could easily be the subject of another article! Wherever possible the results of a good proving should always be published so they can be used clinically by members of the homeopathy profession. Further symptoms often come to light in clinical practice and may be added to the repertory in due course. *From “The Dynamics & Methodology of Homeopathic Provings” by Jeremy Sherr.*

AILMENT OF THE MONTH - INFLUENZA

So here are the main remedies for cases of influenza. As you will see, the remedy Phosphorous has the symptom “Hard, dry, persistent, tickly cough” while Bryonia has “Prominent cough - dry, hacking, hard”. Depending on the other symptoms, either might indicate a case of Covid-19 rather than influenza. If you develop a dry, persistent cough please arrange a Covid-19 test and follow the usual procedure if you test positive. You can still take Phosphorous or Bryonia so long as the rest of the symptom picture fits. If your symptoms change or your condition gets worse, always seek medical advice first and homeopathic advice second. You can still take homeopathic remedies even if you have to take drugs prescribed by a doctor. As ever, try and identify the remedy with the “most similar” symptoms to your own. The keynote symptoms are shown below in capital letters.

Arsenicum Album

- Influenza WITH GASTROENTERITIS, vomiting and diarrhoea

- Hot face. Chilled body. Craves open air
- HIGH FEVER (102 - 104 degrees F) following 2 - 3 days of early symptoms
- Marked chills and rigors (*sudden feeling of cold with shivering accompanied by rise in temperature, often with great sweating, especially at onset or height of fever*)
- Profuse acrid discharge from eyes and nose
- THIRSTY FOR FREQUENT SMALL SIPS OF WATER
- EXTREME RESTLESSNESS punctuated by collapse or weakness
- TREMENDOUS ANXIETY. Irritable
- Patient fears they may die from condition
- MUST HAVE COMPANY at all times
- WORSE FOR: Eating. Drinking. Motion/Exertion. Cold. At Midnight or 1am. At Noon or 1pm.
- BETTER FOR: Warmth

Belladonna

- SUDDEN OR RAPID ONSET OF SYMPTOMS
- VERY HIGH FEVER - often as high as 105 degrees F.
- HANDS AND FEET ICE COLD BUT FACE AND BODY HOT
- FACE FLUSHED BRIGHT RED
- DILATED PUPILS, BRIGHT STARING EYES
- Throbbing, pounding headache with throbbing carotids
- SYMPTOMS TEND TO BE RIGHT SIDED - headache, eye pain, sore throat
- THIRSTLESS but
- Craving for lemons and LEMONADE
- WORSE FOR: JARRING. Motion. AT 3PM
- MIND EXCITED, OVERACTIVE
- Rapidly developing DELIRIUM OR HALLUCINATIONS
- Restless sleep. Jerks in sleep

Bryonia

- SLOW ONSET of symptoms
- ACHING ALL OVER. Soreness or pain in all joints
- Very hot and dry
- DRYNESS EVERYWHERE - dry lips, mouth, throat, stools
- TREMENDOUS THIRST FOR LARGE GULPS OF WATER at intervals
- PROMINENT COUGH - DRY, HACKING, HARD
- Cough hurts head, chest or abdomen
- Needs to hold head or chest when coughing
- Severe headache
- Tongue coated white or dirty brown, especially in centre
- WANTS TO BE LEFT ALONE. Like a "bear with a sore head"
- WANTS TO BE IN ONE POSITION. May lie curled up like dog
- IRRITABLE. Dull. Averse to answering
- WORSE FOR THE LEAST OR SLIGHTEST MOVEMENT. Jarring. At 9pm.

- If delirious may “ask to go home” or speak of business matters

Eupatorium perfoliatum

- Influenza with HIGH FEVER & SEVERE, UNBEARABLE ACHING
- Fever phase generally over 102 degrees F.
- INTENSE CHILLINESS WITH BONE BREAKING PAIN
- Shivering, chills of the back
- Vomiting of bile between Heat and Chill phases
- Terrible aching of muscles and especially bones
- PAINS FEEL AS IF BONES BROKEN
- Severe headache as fever peaks
- Much watery discharge from nose
- Nausea and vomiting worse before chills, worse for motion
- THIRST FOR COLD DRINKS (despite or even during chills)
- Desire for COLD food and ice cream
- General aggravation 7 - 9 AM
- Restless from pain. No better for motion
- Desperate and moaning from pain

Gelsemium

- INFLUENZA WITH GREAT WEAKNESS, SLEEPINESS, DEBILITY
- PATIENT DROWSY, HEAVY LIMBED, DISPIRITED, DULL, BENUMBED
- Slow, insidious onset of fever over 1 - 3 days
- PROLONGED LOW GRADE fever. No sweating
- SHIVERS OR CHILLS RUNNING UP AND DOWN THE BACK
- Chills alternate with flushes of heat
- HEADACHE FROM BACK OF HEAD RADIATING TO FOREHEAD
- HEAD HEAVY. HARDLY ABLE TO LIFT HEAD FROM PILLOW
- EYELIDS HEAVY, DROOPY OR HALF SHUT. Double vision
- Thin acrid discharge from nose. Sneezing
- Face flushed dusky red
- Yellow coating on tongue. Thick speech
- Dizziness or trembling limbs when tries to get up
- Thirst usually minimal
- General aggravation at 10am
- MOOD LOW SPIRITED, DULL, FOGGY

Nux vomica

- Influenza with GREAT SENSITIVITY TO ALL STIMULI - e.g. light, noise, odours, even the skin is sensitive
- HIGH FEVER WITH RAPID ONSET
- Face burns with heat but MUST REMAIN COVERED
- CHILLS FROM UNCOVERING OR SLIGHT MOVEMENT OF AIR UNDER COVERS

- Horrible, intense chills and rigors [*sudden feeling of cold with shivering accompanied by rise in temperature (often with copious sweating) especially at onset or height of fever*]
- Severe headache
- Sore throat with raw sensation
- Nausea, much better for vomiting
- Body aches better for WARMTH
- Thirsty for HOT DRINKS
- Desire for WARM FOOD
- WORSE FOR: THE LEAST MOVEMENT. COLD
- BETTER FOR: WARMTH. HEAT
- Patient OVER-EXCITED, OVER-SENSITIVE
- May be VERY IRRITABLE
- Sleepless. Unable to drop preoccupation with work

Phosphorous

- SUDDEN ONSET WITH WEAKNESS AND EXHAUSTION
- Colds that rapidly descend
- BRONCHIAL INVOLVEMENT - tight chest and loss of voice
- May be pain and hoarseness in larynx and throat. Worse for coughing
- COUGH SHORT, PAINFUL, HACKING - wants to be propped up in bed
- COUGH HARD, DRY, PERSISTENT, TICKLING - often worse in the evening or at night
- Tight chest - feels like band
- Mucous may be blood streaked
- DESIRE FOR COLD THINGS
- VERY THIRSTY, easily dehydrated
- CRAVING FOR ICE COLD DRINKS - may be vomited once warmed in stomach
- WORSE FOR: Talking. Laughing. Change of weather or temperature
- BETTER FOR: Sitting up. Cold drinks. Company
- TYPICALLY ANXIOUS. WANTS SYMPATHY AND ATTENTION

Pyrogen

- For SERIOUS CASES OF 'FLU
- HIGH FEVERS WHICH CHANGE RAPIDLY
- DISPARITY BETWEEN PULSE RATE & TEMPERATURE - Rapid pulse and low temperature OR slow pulse and high temperature
- Thumping heart. DISTINCT CONSCIOUSNESS OF HEART
- ACHING THROUGH WHOLE BODY
- SORE BRUISED FEELING. Must move for relief
- BED FEELS TOO HARD
- Feels beaten and bruised all over
- Creeping chills beginning between shoulder blades
- Headache bursting or throbbing, better from pressure
- TONGUE RED & SHINY or coated

- PERSPIRATION foul or offensive
- Dry mouth with THIRST for small quantities of cold water
- GREAT RESTLESSNESS WITH PAIN AND CHILLS
- BETTER FOR MOTION (change of position, rocking). Warmth. Pressure
- Fond of a HOT BATH
- WORSE FOR COLD in general

REMEDIES OF THE MONTH - POST INFLUENZA

Just a brief mention here of four remedies which can be used after the symptoms of 'flu have cleared but the patient is left feeling mentally or physically flat, weak and exhausted. If this happens to you, one of these remedies could help get you back on your feet and ready to face the world.

China

- For complaints which follow LOSS OF BODY FLUIDS
- Weakness & exhaustion following diarrhoea, vomiting, perspiration, suppuration, bleeding etc.
- Can be used for physical weakness after influenza where there was MUCH SWEATING (and possible dehydration)
- Patient may be EXTREMELY WEAK, OVER-SENSITIVE & NERVOUS
- A remedy to help restore energy and strength

Calc phos

- Symptoms may develop after severe acute illness (e.g. 'flu)
- Weakness and fatigue
- Patient often complains of MENTAL & PHYSICAL WEAKNESS & COLLAPSE
- May be PEEVISH, DISCONTENTED, COMPLAINING, NOTHING IS RIGHT
- EASILY BORED. SIGHING

Kali phos

- For mild depression after 'flu
- MENTAL DULLNESS & FATIGUE
- GREAT EXHAUSTION
- Patient may be NERVOUS AND OVER-SENSITIVE - e.g. starts from noise
- Feels unable to cope
- Mental and physical exhaustion following stress or over-exertion

Gelsemium

- For complaints that linger since the time of influenza
- For weakness after 'flu with feeling of HEAVINESS that will not go away
- Heaviness especially of lower limbs and eyelids
- GREAT FATIGUE & WEAKNESS. Incapacitated by fatigue

- NEVER BEEN WELL SINCE 'FLU - weakness, trembling, drowsiness

MOTHER AND BABY

I'm going to be offering two Homeopathy courses at The Real Birth Studio in Hereford. Day 1 will cover HOMEOPATHIC REMEDIES IN PREGNANCY & CHILDBIRTH and Day 2 HOMEOPATHIC REMEDIES IN THE POSTNATAL PERIOD. Both courses will last from around 10am to 3pm and will be held on a Saturday. I'll be posting further details later on but if anyone would like to express an interest now (or knows someone who may wish to attend) please get in touch. I'll keep you informed and let you know as soon as tickets become available. Each day will be limited to no more than 6 participants (thanks to Covid-19) but I hope to be offering several dates for each course. You'll be able to book both days or just select the day you're interested in. If you'd like to know more, please send an email to elainegoodehomeopathy@gmail.com, message me on 07305 355179 or use the contact form on my website <https://elainegoodehomeopathy.co.uk>. I'm really looking forward to working with The Real Birth Studio. If you've not come across them before, take a look at their Facebook Page or websites <https://therealbirthstudio.com> and <https://therealbirthcompanyltd.com> for more information on their courses. Mine aren't there yet as they're still being prepared! Real Birth Studio courses sell out fast so let them know if there's anything you're interested in.

HOMEOPATHY FOR PETS

Just a brief mention this month of a very good home study course run by the School of Homeopathy called FIRST AID FOR PETS. The course is designed for pet owners with little or no knowledge of homeopathy and its practical use in the treatment of animals. It includes a First Aid Course Manual and DVD, several books, a remedy kit containing 36 remedies (optional), tutor marking and discount vouchers for further study and remedies. Those who complete the course receive a First Aid Certificate in Homeopathy for Pets. It's designed to take around one month although students are enrolled for 12 months with an option to extend. Priced at £199 (with no remedy kit) or £299 (with remedy kit) it's a very good option for anyone who would like to take their knowledge to another level and treat their pets quickly and with confidence. It would also make a very good Christmas present for an animal lover! To find out more, go to <https://www.homeopathyschool.com> and click on Courses > Courses Beginners > First Aid for Pets.

HOMEOPATHY - THE FACTS

Who Uses Homeopathy?

Most UK residents have used conventional medicine since childhood. Not surprisingly, when they fall ill they automatically turn to the NHS as their first port of call. However, things are beginning to change. There are generally two types of people who use homeopathy. The first group want to try a more natural approach - they use homeopathy (or some other complementary therapy) first and treat conventional medicine as a back-up. Generally speaking, members of this group do not want to take synthesised chemical drugs that may cause unpleasant side effects. This is why so many mothers use homeopathy for their children. The second group is known by the acronym TEETH (Tried Everything Else Try

Homeopathy). These patients have sampled everything conventional medicine has to offer. If their health does not improve (or gets worse) or they cannot tolerate their prescription drugs and treatments, they eventually look around for some other way to feel better. Some people suffer from serious side effects or chronic conditions that are not helped by conventional medicine. Before his death in 2018, Doctor Peter Fisher (Physician and Homeopath to Her Majesty the Queen) wrote this -

“On average after the age of 65 people are multi-morbid, they have at least two chronic diseases. Before you know it you are on seven or eight drugs. If you are on seven drugs you have an 80% chance of adverse reactions. 80%. What we desperately need is effective alternatives”.

Homeopathy is well known for being natural, safe, gentle and effective. Its patient-centred approach is greatly appreciated by those who use it. Research has shown that patients value the therapeutic relationship they have with their homeopath, the length of their consultations, the “whole person” approach, and the fact they always feel listened-to and treated as individuals. Research also suggests that more people would use homeopathy if they knew more about it. Even so, 79% of the UK population would be open to the idea of homeopathic treatment.

OTHER THERAPIES - COLOUR THERAPY

Colour therapy is a gentle, non-invasive therapy which is used to support health and well-being. Its simplicity allows it to be combined with many other complementary therapies, including homeopathy. The main colours used by therapists are those found in a rainbow - red, orange, yellow, green, blue, indigo and violet. To these are added the colours pink, magenta and white. Colour therapists believe that the seven colours of the rainbow relate to the seven main chakras or energy centres of the body. Each colour is associated with a different chakra which in turn is associated with a particular organ, gland, body system or body part. For example, the Solar Plexus chakra relates to the adrenal glands that sit on top of the kidneys. Known as “the body brain” it’s the first place where we experience shock and where we follow our intuition or “gut instinct”. It has links to the stomach, liver, gall bladder and digestive system and corresponds to the colour Yellow. The Base chakra relates to the ovaries, testes, reproductive system, pelvis, bladder, rectum and anus. This chakra is associated with our basic instinct for survival or self-preservation and our sense of stability, safety and security. It relates to the colour Red.

To restore balance on every level (physical, mental, emotional and spiritual) therapists apply colour to the various chakras using coloured silks, solarised water, coloured crystals or coloured lights. Coloured breathing, affirmation and visualisation techniques are also used. The use of colour is a fascinating subject and one which some homeopaths use in order to confirm a well-chosen remedy or differentiate between two well-indicated remedies. For these homeopaths, the patient’s colour preference (if decisive) is a good general symptom to be used in remedy selection. I hope to explore this further in a future bulletin.

To find out more about colour therapy, look out for the best selling book “Colours of the Soul” by June McLeod or visit her website <https://colourpsychologytoday.com/colour-therapy>.

DID YOU KNOW?

- Based on the models used in India and Switzerland, Bavaria has become the first federal state in Germany to set up a Homeopathy Department within the Ministry of Health. Commenting on the criticism of homeopathy by various lobby groups, the Bavarian Secretary of State for Health said this: “People apply it ... We need to explore natural healing methods better, they will develop even more in the future. Modern medicine requires a patient-orientated healthcare system in which scientific and natural medicine are on an equal footing. The future lies in the sensible coexistence of conventional and natural medicine.”
- Creams or ointments can be custom-made for animals by a herbal vet. If you’d like to watch a tutorial on how to make your own, there’s a video available on the Facebook Page of the British Association of Veterinary Herbalists.

CONCLUSION

Thanks for your patience in waiting for this bulletin. If any of you live in or around Ledbury watch out for the November issue of our monthly magazine Ledbury Focus. I’ve written a single page article called Homeopathy Notes which I hope will become a regular feature. If you like it, please contact the editor to let her know! As we are all gearing up for Christmas (but wondering how on earth we are going to celebrate it) there will probably be one more bulletin this year. 2020 has been such an unhappy and anxious time for so many people so I’ll be thinking hard about what to cover in Ailment of the Month. It goes without saying they’ll be some remedies for hangovers and stomach upsets, but I might also suggest some suitable remedies for sadness, loneliness and stress. If we can’t meet up with our loved ones, they may be needed. In the meantime, Happy Halloween!

Best wishes

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