



Helpful Homeopathy

Summer 2011

Paula Dowson LCHE MARH

01892 665125

So summer is here! I know it's here, not because the sun is shining, or that my children are permanently grubby from being outdoors all the time or that the camping equipment is ready and waiting. No, none of those. I know its summer because everyone I meet seems to be that little bit more smiley, happy and buoyant!

There is definitely something about the summer months – the sun, the birds singing, being outdoors, the abundance of summer fruits and fresh salads – its all good for the soul and for our general well-being. On the flip side there are the poor folk amongst us whose summer's are blighted by hayfever. Weeks can be spent wiped out by the sheer exhaustion of sneezing and coping with constantly runny eyes and nose. It can be pure misery for a lot of sufferers and yet there are so many wonderful homeopathic remedies that can help alleviate many of the symptoms. This issue will explore some of the natural ways of treating hayfever. Also in this issue there is Part One of “An introduction to Homeopathy”, the Remedy Focus is Hepar Sulph and don't forget there is another chance to get 15% discount off your first appointment with me.

I hope you all have a happy summer.

Best wishes

Paula

IN THIS ISSUE:

- 1) An introduction to Homeopathy – Part One
- 2) Remedy Focus: Hepar Sulph
- 3) Discount voucher
- 4) Treating hayfever naturally

An introduction to Homeopathy – Part One

“*The whole is greater than the sum of the parts*”

Samual Hahnemann

Homeopathy is a natural, safe and gentle form of complementary medicine that aims to promote general health and well-being by reinforcing the body's natural healing capacity. It is holistic which means it is a whole system of healthcare that not only alters the physical state but the emotional state too.

Law of Similars

SIMILIA SIMILIBUS CURATUM, or let “like be cured by like” is one of the key foundations upon which homeopathy is based. In 1796 Samual Hahnemann (the founding father of homeopathy) published an essay entitled “*On a new principle for ascertaining the curative properties of drugs*” and in this paper he talked of how he was not satisfied that cinchona bark was simply being used as a cure for malaria, he wanted to understand *why!* He therefore decided to take some of the bark himself and found that it produced very similar symptoms in him – a healthy person – to that of someone suffering malaria, the very illness it was being used to cure. After six years of thorough research and experimentation (on humans) he published the afore mentioned essay proclaiming that any substance that can produce a totality of symptoms in a healthy person can cure these symptoms in a sick person. For example, if a healthy person was to take Deadly Nightshade (*Belladonna*) in its crudest form they would experience a possibly fatal high fever, yet if a person with an extremely high temperature and feverish symptoms was to take a homeopathic form of *Belladonna*, their fever would disappear. Health can only be restored to its normal state by a similarly acting remedy, which is selected based on the totality of symptoms. Consider also the onion (*Allium Cepa*), coffee (*Coffea*) and a bee sting (*Apis*) – think about what effects these have on the body in their crude form and then think about the type of symptoms these might be able to alleviate in their homeopathic form.

Making the remedies safe!

Hahnemann found that just a small amount of the indicated medicine would result in his patients experiencing quite an intense reaction and that the symptoms only momentarily improved with no lasting effect. He needed to find a way to bring about long-term cure without such a strong aggravation of symptoms. This is when he discovered that by a process of dilution and succussion (shaking the remedy) he could administer the remedy with little or no aggravation of symptoms and a much longer period of alleviation of symptoms too.

This process is known as *Potentisation*. Hahnemann found that the more the medicine was diluted and succussed (e.g. potentised) the more powerful it was in its act of curing the patient. This concept will be discussed further in Part Two in the next issue of Helpful Homeopathy.

Remedy Focus – Hepar Sulph

Hepar Sulph is Sulphide of Calcium which is prepared by burning the white interior of oyster shells with pure flowers of sulphur.

I use Hepar Sulph a lot in my practise. It is a wonderful remedy for many suppurative conditions. By this we mean conditions where there is infection and discharge. For example:

sore throats, tonsillitis, coughs, croup, boils, ear infections etc. Discharges are always thick, yellow and smelly (rather like the sulphuric element of the remedy). Patients that need this remedy may be over-sensitive to all external stimuli (touch, pain, noise, temperature) and they may be very irritable when ill and agitated by the smallest of things. They are also very chilly. They will feel extreme pain and because there is infection there may be a sour offensive smell. It all sounds particularly nasty but symptoms we are probably all familiar with especially a bad bout of tonsillitis (extreme pain and very offensive breath with cheesy discharges!) It is a wonderful remedy for clearing up croup if the cough has gone from very dry to a more ripe productive cough with, yep you've guessed it, a yellow discharge!

Summary:

- * *Very over-sensitive*
- * *Yellow*, offensive discharges
- * *Chilly*
- * Intense *sensitivity to pain*

- * Anxious and *irritable*
- * *Splinter*-like pains
- * Better for *warmth*
- * Worse for *touch*



15% DISCOUNT VOUCHER

**Get 15% off your
FIRST appointment with
Paula Dowson, Homeopath**

Valid until 31st July 2011

Please call 01892 665125 to book your appointment
Please quote this offer when phoning

Hayfever

Hayfever affects many people every year. This allergic reaction causes a great deal of discomfort and exhaustion as the immune system over-responds to allergens such as pollen of grass, flowers and trees. The mucus membranes of the eyes, nose, throat and lungs produce large amounts of discharges to try and rid themselves of the allergens resulting in frequent sneezing, itching, blocked and runny nose, itchy and watery eyes and headaches.

There is strong evidence to suggest that a homeopathic approach to treating hayfever can successfully alleviate symptoms. Below are some suggestions of how to make the spring and summer months less of an irritation.

1) Specific hayfever remedies

There are many remedies that we use to treat the symptoms of hayfever and far too many to list here. Because homeopathy is such a individualised form of medicine the homeopath is interested in your own set of symptoms, how they affect *you* and how it makes *you* feel. Therefore it is not a 'one fix for all', but finding the remedy that matches your own unique symptoms. Visit a homeopath when you have hayfever but probably more importantly go and see a homeopath *before* the hayfever season begins. A thorough homeopathic consultation is the best approach in treating the underlying cause of your hayfever. This is best started as early as November to reduce the severity of your symptoms the following spring.

2) Tissue Salts

A deficiency in certain naturally-occurring minerals within the body maybe a contributing factor to hayfever. By replenishing the body with these minerals (by taking tissue salts) symptoms can be alleviated. New Era Combination H is a combination of three tissue salts to help alleviate the symptoms of hayfever.

3) Euphrasia tincture (Eyebright)

As the name suggests, a tincture made from this wonderful plant brings much needed relief to sore, puffy, itchy eyes. Make an eye bath with a few drops of tincture in cooled boiled water and use throughout the day.

4) Honey

Honey has many well-documented health benefits and a few teaspoons of good quality honey could also alleviate your symptoms. Locally-produced honey is best as this could help to build up resistance to the pollens in your area.

Paula Dowson HOMEOPATH LCHE MARH

T: 01892 665125

E: paula.dowson@talktalk.net

W: www.pauladowson.co.uk

Paula Dowson is a fully qualified and registered Homeopath. This newsletter is for guidance only and if symptoms persist always seek the advice of your homeopath or GP.