



Homeolink Australia

Welcome—
to our Autumn
Newsletter.

In this newsletter you
will find a mix of news,
views and cases to
increase your
knowledge about things
homeopathic.

I trust it will help you
prepare for a healthy
and vital winter.

Enjoy!
Fran

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Homeopathy Plus!

Autumn Newsletter 2005

What is WHAW?

WHAW stands for World Homeopathic Awareness Week and will run April 10 –16. WHAW will be devoted to the promotion of homeopathy in Australia and around the globe as homeopaths celebrate Samuel Hahnemann's birthday (founder) and 250 years of homeopathy.

Keep an eye out for a major feature article on homeopathy in the Sunday Health and Lifestyle magazines of our national newspapers. Stories in other papers, magazines and on television will run through the week (I know that the ABC will running one on **2nd Opinion** Tuesday 12th April at 6.30pm.

If you would like to see homeopathy promoted locally and have suggestions please contact me. I will be showing videos and answering questions for some community groups who have already expressed an interest and would be happy to do more.

[Phone Fran on 4388 9262 for talk or video presentations]

Quick Cases

I Can't Cope!

After her toddler had experienced a febrile convulsion, this mother became very anxious whenever he developed a fever, even if only a slight one. She couldn't bear her husband to be away because of the burden of responsibility. She felt guilty of her inability to cope and wept a lot about this.

Treatment: *Aurum metallicum* daily for 3 days relieved her anxiety allowing her to cope normally. Homeopathic *Aurum metallicum* (gold) is useful for treating types of depression and anxiety, especially when caused by having to carry extra responsibility.

Wild Child

A boy, 12 years old, was very aggressive. He became violent with screaming and swearing over trivial things. Stammered with a loud voice. Could not keep still. Very helpful if someone was ill. Dreamt of animals. Late learning to walk.

Treatment: Homeopathic *Belladonna* cured the aggression,

the child's behaviour improved, and he was no longer bothered by dreams of animals. *Belladonna* is useful for a range of behavioural problems. The person may develop rages, display aggression, speak loudly and stammer, have 'wild' eyes, and develop delusions that he must escape.

I'm too Old to be This Sick!

An elderly man developed a fever with chills and rigors (shuddering). He had fullness and pain in his frontal sinuses and forehead and was unable to sleep. He had a runny nose and cough which hurt his throat and the back of his head.

Treatment: One dose of *Lachesis* improved the symptoms in a few hours and did not need to be repeated. Just a few of the physical symptoms that *Lachesis* is capable of producing and therefore treating are, pain in the occiput (back of the head) and larynx when coughing and rigors during fever.

Return of the Workshops

A new series of workshops will be held in May – the first for 2005. If you have attended a previous workshop do come again as new information has been included. See the enclosed flyer for days and dates.

Diabetic Ulcers and Gangrene – There is Hope

The Australian Homeopathic Association recently published an interview with Dr Malcolm Patel. Dr Patel has spent 10 years assisting in a Mumbai clinic run by a Dr Shetty who successfully treats diabetic gangrene. In Australia we rarely have the opportunity to treat advanced diabetes in spite of homeopathy having so much to offer so Dr Patel's experiences make fascinating reading.

Patients who attend the Bombay clinic are facing amputation. The clinic utilises a three-pronged treatment strategy, using homeopathy, wound management and conventional medication.

Major homeopathic remedies for the treatment of diabetic gangrene include *Secale cornutum*, *Arsenicum album*, and *Carbo vegetabilis*, with observable results within 48 – 72 hours. There is no conflict between the action of the remedies and conventional medications like insulin, oral hypoglycaemics, or antibiotics. Some other remedies

that are frequently used with success are *Allium cepa* for phantom leg pain, *Sulphuric acid* for fragile skin that will not hold stitches, *Fluoric acid* for ulcers that make no progress in healing, and *Lueticum* for ulcers that make positive progress in healing.

Dr Shetty was criticised for treating these "hopeless" cases, yet homeopathic medicines promote the regeneration of collateral blood vessels, or 'angiogenesis.' Homeopathic treatment is the only method known to restore healthy blood flow to such damaged areas. Dr Patel remembers one case in which a second and higher amputation had been advised for a man with a poorly vascularized stump. Within 48 hours after treatment there was so much blood flow the surgeon hailed it as a miracle cure.

Do you know of someone facing amputation for diabetic gangrene, or long weeks in hospital for the treatment of diabetic ulcers? Why not pass this article onto them?

The Missing Link

A 2 hour mini-workshop will follow the May workshops. Gain hands-on experience in preparing a bottle of liquid remedy from a pilule. You will also receive detailed information on the why, when and how of dosing with liquid vs pilule remedies.

Bottles, pilules, handouts and alcohol (medicinal only!) will be supplied and each participant will prepare their own bottle of Arnica to take away with them. Cost will be \$5 per person for materials.

This "how to" Workshop will run on:
Friday 28 May – 10am-12MD, or
1pm-3pm, or
9pm-7pm-or
Saturday 29 May – 10am-12MD

Please book early as we expect the classes to fill rapidly with May workshop participants.

Clinic Closure

The Homeopathic Clinic will be closed between Saturday 2 April and Friday 8 April. Should you need urgent assistance over this period a contact phone number for an alternate practitioner will be on the Clinic answering machine – just phone to retrieve it.

Subsidised Flu-Stop! Now Available

Wouldn't it be terrific to eradicate the flu from the Central Coast this winter? This is probably not possible but you can certainly provide assistance to your immediate family and friends.

From now to the end of May we will be subsidising the cost of our Flu-Stop! remedy so that as many people as possible will have a "flu free" winter. Those who have attended the workshops will remember the documented effectiveness of this remedy and how it can be used as either a preventative or a treatment for the flu.

If you have an existing appointment during April, or May, a bottle of Flu-Stop! will be given to you free of charge during the appointment. Alternatively you can pick up a bottle from the Clinic between 9am – 5pm, Monday to Friday, at the subsidised price of \$2 a bottle. Flu-Stop! will return to its normal price of \$20 a bottle in June.

Each bottle contains enough medicine to treat or prevent the flu in one person for one winter and comes with directions for use. You are welcome to purchase more than one bottle for the benefit of other family members. The offer is also available to friends and acquaintances who have had no previous contact with the Clinic.

Come on, we can make a difference this winter - so pass the word along.

Tuggerah Lakes Healing Rooms

Our Mission:

- To provide a centre where people can receive healing

Who Are We?

- Trained Christians who come together to pray for the sick or the injured
- Members of the International Association of Healing Rooms

What are Healing Rooms:

- A quiet and safe place for healing prayer
- Rooms where small teams pray for you
- A FREE ministry

Where: 22 Adelaide St. Tumbi Umbi. Ph: 02 4388 9145

When:

- Wednesdays: 10:30am—12:30pm; 7:30pm-9:30pm
- No appointment necessary

Bird Flu Alert – Are We at Risk?

The short answer is, yes. There have been recent reports in the media that the bird flu spreading across South Asia is rapidly taking on the proportions of a global health crisis (eg., SMH. 14/3/05). The World Health Organisation (WHO) says that bird flu poses the single biggest threat to the world and they doubt we can deal with it adequately.

The concern is that if this virus mutates and spreads to the human population that the death toll would be horrendous. This is exactly what happened during the 1918-19 flu pandemic when a then bird flu virus mutated and jumped into the human population. Up to 50 million people world-wide died, including more than 12,000 in Australia.

Should this scenario repeat itself today a vaccine could be developed but it would take 6 – 8 months to identify the virus strain and begin manufacture. In the meantime millions with no prior immunity would be infected. In the medium term demand for the vaccine would outstrip supply and because of poverty, etc., not all populations would have access to it. It is a grim picture.

But what about homeopathy? Can it help? Its medicines are incredibly cheap to produce so all population groups could afford them and unlike vaccines their distribution would not be controlled by drug companies with patents. They can rapidly be produced in large quantities – enough to meet the needs of a pandemic in a few days. And, they do not require the identification of a virus before manufacture can start – symptoms alone are enough.

But will homeopathy work? Homeopaths and their clients will tell you that every winter they see the effectiveness of remedies prescribed for the flu. In France where homeopathy is well known the largest selling flu treatment every year prescribed by doctors and practitioners alike is a homeopathic compound. Perhaps some of the best accounts of homeopathy's ability come from those who used it during the devastating 1918 pandemic. I have reprinted two below:

1 A Philadelphian homeopathy, Dean Pearson, collected 26,795 cases treated homeopathically with a mortality rate of 1.05% compared with a rate of 30% for conventional treatment.

2 Frank Wieland M.D. of Chicago told how in a plant of 8000 workers there was only one death. Practically the only remedy prescribed was Gelsemium and neither aspirin or vaccines were used.

(Editor's note: Gelsemium was the matching remedy for the symptoms of this particular pandemic - weakness, trembling and collapse - but will not necessarily be the remedy for every epidemic as key symptoms differ from one to another. For this reason homeopaths may include several commonly prescribed flu remedies in their flu prophylactics so a broad symptom match is achieved).

(From The Faces of Homeopathy: an Illustrated History of the First 200 Years. pp.236-237, quoting from the Journal of the American Institute of Homeopathy, 1921.)

So-o-o-o-o, should the worst happen and the bird virus enter the human population this year, next year, or the year after, remember homeopathy – it is easily prepared, rapidly dispensed, and prescribed according to immediate symptoms rather than virus identification - it could well save your life.

Major Grief Remedies

Unresolved or difficult grief can take many forms. With the right prescription a person can move healthily through the grieving process. Three common remedies for grief are:

Ignatia (Ign.)

- Sighs and yawns frequently.
- Prefers to cry alone. Secretive.
- Cries and laughs at the same time – Sobbing, convulsive crying.
- Sensation of a lump in the throat.
- Hates consolation.

Phosphoric acid (Ph. ac.)

- Does not cry.
- Seems indifferent to everything.
- Silent, still, depressed.
- Poor concentration.
- Forgets words while talking.
- Does not want to speak.

Natrum muriaticum (Nat m.)

- Difficulty in crying.
- Tends to cry alone and in great loud sobs.
- Worse for consolation and comfort but really needs it.
- If they have a sympathetic ear they may burst into tears.
- Generally close themselves away and hide their hurt and grief.
- Sleepless with grief.



Pet's Corner

An eight year old female neuter domestic long hair cat was



presented with a history of skin trouble. Characterised by sores, scabs, hair loss, redness and heat, she was a great liker of cream and sweet biscuits. Her skin symptoms were generally worse in the heat of summer and she was not a cat to enjoy the warmth of the central heating boiler or the airing cupboard.

It was considered that she required *Sulphur 200C* and after three doses at weekly intervals, her skin started to improve dramatically, after one month, a single dose of *Sulphur M* appeared to resolve the case fully.

Sulphur is the most famous 'mange' remedy. Constitutionally the typical patient is dry, dirty coated, smelly, overweight and stubborn. It dislikes heat and chooses, if possible, to lie on a cold floor. However, it is arguably homeopathy's largest remedy, about which a book could be written in its own right.

A seven year old Chihuahua bitch was exhibiting a very dirty coat. The coat was greasy, smelly, and sparse. This condition had been continuing unabated for three years.

The dog had a sad demeanour. Since the dog actually sought out somewhere warm to lie, rather than be cool, *Psorinum 30C* was chosen rather than *Sulphur*.

Within two weeks great improvement was seen in the coat and in the liveliness of the patient. After one month there was no more trouble.

Besides *Sulphur*, *Psorinum* is the best known 'mange' remedy. It is the nosode prepared from the human scabies vesicle. Its symptoms are a smelly dirty skin and coat, scurfiness and chilliness in a patient which craves heat. It is a constitutional remedy. Symptoms are worse for changing weather, cold and hot sunshine; better for warmth.

(Both of these cases have been taken from **The Homeopathic Treatment of Small Animals** by Christopher Day. Book available from the Clinic for \$32.95)