



Homeopathy Plus!

Spring Newsletter 2005

Homeopathy Plus!

Welcome—

to our Spring Newsletter.

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

May we also take this opportunity to wish you and your family a healthy and happy time during the soon to come Christmas season.

Trevor and Fran
Sheffield

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Homeopathy Plus!

26 Corona Lane
Glenn Valley
NSW 2261

Clinic

Ph: 02 4388 9262
Fax: 02 4388 1395

Website

homeopathyplus.com.au

Homeopathic Help for ADHD

A well-conducted clinical trial has recently shown that homeopathy significantly improves the symptoms of Attention Deficit Hyperactivity Disorder (ADHD). This study was published in the July 27, 2005 online edition of the *European Journal of Pediatrics*.

Conducted by the Swiss Association of Homeopathic Physicians, The study followed 62 children diagnosed with ADHD as they received either conventional or homeopathic medicines for their condition.

The participants were assessed on temper outbursts, excitability, impulsivity, over activity, frequency of crying, inattention, fidgeting, disturbing other children, ease of frustration, failure to finish things, and quickly changing moods. Other forms of

assessment included standardized achievement and intelligence tests.

The study concluded that homeopathy has positive effects in patients with ADHD. Of those treated with homeopathy, 82.6% had a better response than those treated conventionally, 78% had less adverse effects, and 79% and were more satisfied.

The number of children around the world placed on drugs for attention problems is staggering. With parents under pressure to use dangerous stimulant medications and antidepressants to keep their children stable in the classroom and at home, it is good to see an increasing number turning to the safety of homeopathy for the treatment of their hyperactive child.

The Missing Link

A 2 hour mini-workshop will follow the November Workshops for those who would like to use homeopathy in their home.

Detailed information will be given on the why, when and how of dosing with liquid or pilule remedies.

Participants will also gain hands-on experience in turning a pilule into a cost-saving liquid.

Bottles, pilules, handouts and alcohol (medicinal only!) will be supplied and each participant will prepare their own bottle of Arnica. Cost will be \$10 per person to cover materials used.

Attend this "how to" Workshop on one of three times - Friday 2 December, 10am-12MD or, 1pm-3pm or, Saturday 3 December, 10am-12MD.

Please book early by phoning the Clinic (4388 9262) as classes will rapidly fill from November Workshop participants.

Flu-Stop! & Birds

Many people have asked me if the *Flu-Stop!* Complex will cover Bird-Flu symptoms should it enter the human population.

Remember, there are literally dozens of remedies in Homeopathy that can treat 'flu symptoms and no one complex can contain them all. *Flu-Stop!* is modified from year to year to provide coverage for that year's most common 'flu symptoms.

Should the Bird Flu mutate so that it does transfer between humans, homeopaths around the world can rapidly match its key symptoms to remedies able to treat it. The odds are that those remedies will be the same ones already commonly used in homeopathic flu preventatives. If not, the newer remedies will be speedily added.

In the meantime, don't panic. The Bird Flu has not struck and may never. Should the worst happen, homeopathic help is available. Further information on what you can do is included in this Newsletter—read on.

Quick Cases

Cry Baby: Six month old baby, unwell since hospital admission two months earlier for pneumonia. Now grumpy and anxious. Refusing to separate from mother. Sucking fingers. Eczema spreading over body.

One dose of Calc-carb led to eczema resolving over 24 hour period, baby smiling and happy to go to others.

Who am I? Elderly man, suffering from dementia, living with family. Confused, poor short-term memory, repeating words and sentences, frequent panic attacks.

Treatment with Phosphorus over a 1 month period led to less confusion, no longer anxious when others leave room, memory improving. Treatment continues.

Flu-Stopped!

The *Flu-Stop!* Complex subsidised at \$2 a bottle and promoted in the Autumn Newsletter has now returned to its normal price of \$20 a bottle.

During the winter period literally buckets of the Complex were dispensed.

Some reported that along with 'flu, the Complex also alleviate symptoms of unpleasant bronchitis and colds that were doing the rounds — others needed a more closely matched prescription for relief.

We intend to make this offer available again next year - hopefully even more people will be able to take advantage of it.

Return of the Workshops

The Homeopathic Workshops will run again in November. If you would like to revisit the workshops or have a friend who would like to join us, refer to the enclosed flyer for days and dates.

Once again, a "missing link" workshop will follow the November Workshops. See elsewhere in the newsletter for details.

Successful and Cost-Effective

In a recent study, the *Charité University Medical Center*, Berlin, Germany has found Homeopathy to be more successful and cost-effective than conventional medicine in a recent comparison of the two approaches.

The study ignored the question of how homeopathy might work and concentrated on how well it performed on chronic disorders such as back pain.

The researchers recruited more than 400 adults and children with long-term health problems such as sinusitis, insomnia and depression. Half were treated using conventional therapy; the other half homeopathically.

After six months, the condition of the patients treated homeopathically had improved significantly more than those conventionally treated and they had improved at a faster rate.

This landmark study was reported by media outlets around the world.

Bird-Flu Recap

Most people would now be aware that health authorities are talking about “when”, and not “if” we have a Bird-Flu pandemic. Governments also say that while measures are being taken, the loss of life is likely to be high.

Mixed with this information are claims that the dangers of Bird-Flu have been overstated and that those making a lot of money from the sale of anti-virals have been scare-mongering. As always, the truth is probably somewhere in the middle.

To see how successful Homeopathy was during the 1917 pandemic and to read about its impact for poor and wealthy alike in this pending pandemic, see the Autumn Newsletter (2005) at: <http://homeopathyplus.com.au/Autumnnewsletter.pdf>

Bird-Flu—Be Prepared

Stories about SARS and the Bird-Flu can alarm us but what should we do? The best way to deal with this threat is not to panic but to be informed, understand your options and know the precautions to take.

Reliable information about SARS and Bird-Flu can be found at the WHO (World Health Organisation) site at : http://www.who.int/csr/disease/avian_influenza/avian_faqs/en/index.html and from the Australian Government at: http://www.health.gov.au/internet/wcms/publishing.nsf/Content/health-avian_influenza-index.htm

From the homeopathic perspective:

1. If unfamiliar with homeopathy's effectiveness in the prevention and treatment of epidemic diseases such as influenza, typhoid, cholera, meningococcal, scarlet fever, malaria, etc, read further

Salicylate is a naturally occurring substance found in many foods. Hyperactive children are often sensitive to salicylate and it can worsen their hyperactivity.

Recently, somebody asked me about this matter after being told that salicylates were in homeopathic remedies and so should not be used to treat hyperactive children. This is a myth.

Salicylates are not contained in homeopathic remedies unless a salicylate containing alcoholic beverage, such as brandy, has been used in the dispensing of the remedy.

The use of brandy was a practice from the past when it was difficult to obtain pure alcohol for preparing the remedies.

Homeopathy and Salicylates

Practitioners would combine brandy and water to create a mixture that contained approximately 30% brandy. This provided the 10% alcohol necessary to prevent micro-organism growth in the liquid.

Today, most homeopaths use an absolute ethanol and distilled water mixture (1:10) to dissolve the lactose or sucrose pilule.

It is hard to imagine a remedy prepared with brandy causing an aggravation in someone who is sensitive to salicylates as only one to a few drops of the 1:3 mixture would be given at any one time.

This means the recipient would only receive 1/3rd to 1 drop of brandy per dose – not enough to trigger even a small reaction.

If your prescribing homeopath does prepare their liquid remedies with brandy and you are concerned, just ask them to prepare the remedy with a low or salicylate-free alcoholic beverage such as vodka or with water alone.

The latter is a common request from patients on religious grounds. Alcohol is only included in a remedy mixture to prevent microbial activity in the liquid. A remedy made only on water is just as effective but will need to be kept in the fridge and replaced every couple of weeks if still being used.

I hope answers the questions that some people have regarding salicylates and homeopathy.

Bird-Flu Treatment—What We Know So Far

Based on what we already know about Bird-Flu symptoms, here are the most likely remedies for its treatment should the virus enter the human population.

Only those that closely match the symptoms of sufferers at that time will be effective – again the Law of Similars holds true.

First Stage – Give one of these remedies at the onset of ‘flu-like symptoms.

- *Aconitum napellus*
- *Arsenicum album*
- *Belladonna*
- *Gelsemium*
- *Oscillocoquinum*

Second Stage – If the Bird-Flu progresses to the pneumonia stage, the most likely remedies would be:

- *Bryonia alba*;
- *Chelidonium majus*;
- *Natrum sulphuricum*;
- *Phosphorus*
- *Rhus toxicodendron*

Third Stage - When the patient is terminally ill with threatened respiratory failure the most likely remedies are:

- *Ailanthus glandulosa*
- *Antimonium tartaricum*
- *Carbo vegetabilis*
- *Crotalus horridus*
- *Lachesis muta*
- *Muriatic acid*.

Remember the “Law of Similars” – symptoms will need to be matched for effective treatment. For example, a Bird-Flu patient with clear stringy phlegm will need a different remedy to the Bird-Flu patient with blood-stained phlegm.

Homeopathy Support Group

Christine Schreter, past Workshop participant and Homeopathy enthusiast asks:

Are you using homeopathy to care for your health?

Would you like to join a group to:

- Share experiences
- Swap ideas
- Be less isolated
- Hear guest speakers
- Pool information

If the answer is “Yes!” please call Christine Schreter on: 4332 8036 and become a foundation member of the group.

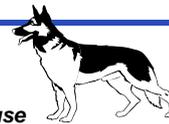


Very Sore Cow

A dairy cow struggled to give birth to a very large calf. The farmer and his friend had to pull the calf out of her, at which time they heard something “snap”.

Following this ordeal she was weak and unable to walk. The farmer feared he might lose her. Those who have attended the Workshops will not be surprised to hear that a few drops of Arnica (for bruising and soft tissue damage) added to the water bucket set her right. Within a short time the cow was up and tending to her calf as if nothing had happened.

Pet Corner



Shocked Mouse

A white mouse was out of its cage and playing with its young owner. The family cat pounced – only the mouse's tail and back legs could be seen protruding from its mouth. A struggle ensued to prise the cat's teeth apart.

The mouse was released but it was soggy, shocked, frightened, and punctured – it looked as if it could die. A drop of Aconite (for shock, fright and fear of death) was placed in its mouth. The mouse blinked, began to clean itself and later returned happily to its cage. The puncture wounds healed uneventfully.

Xmas Clinic Hours

The Homeopathic Clinic will be open over the Christmas and New Year period except for the gazetted public holidays.

Did You Know?

- There are 10,000 homeopathic practitioners in Brazil. In Mexico, there are approximately 3,000. In India, there are close to 250,000 registered homeopaths.
- “Homeopathy...cures a larger percentage of cases than any other method of treatment and is beyond doubt safer and more economical and the most complete medical science.” -- Mahatma Gandhi