

Homoeopathy Update

Autumn 2007

Welcome to the Autumn edition of my newsletter. I hope you find it helpful and interesting. Feel free to pass it on to your friends.

Clinic News

Information about my practice can be found on my website.

www.rochesterhomeopathy.co.uk.

On it you will find a copy of this, and all future newsletters, as well as current news and courses I am running.

The acute Prescribing for Children continues to be popular.

I am now setting dates as people request them, so if you would like to book a place, call or e mail me.

Alternatively if you have a group of friends and would like me to run a course for you, I am happy to discuss this.

After 3 years, I have unfortunately had to increase my consultation fees, with effect from 1st January 2008 for existing clients.

My new fee structure is as follows:

Initial consultation

Adults £55

Children £45

Follow ups

Adults £40

Children £30

Telephone acutes, not connected with on going treatment, £15.

Low cost children's appointments for families on low income are still available.

Missed appointments and cancellations within 24 hours will attract the full consultation fee, so

please call me if you can no longer make an appointment.

Ainsworths remedy kits are available to purchase from the clinic for £35. These kits represent real value for money as they contain 42 remedies and an excellent booklet on home prescribing. They are invaluable when prescribing for acutes and taking on holiday.

As an aside, any remedy which is taken on holiday on an aeroplane, should be double wrapped in aluminium foil and placed in your hold luggage. This prevents the remedies from being adversely affected by the x rays and sun's radiation.

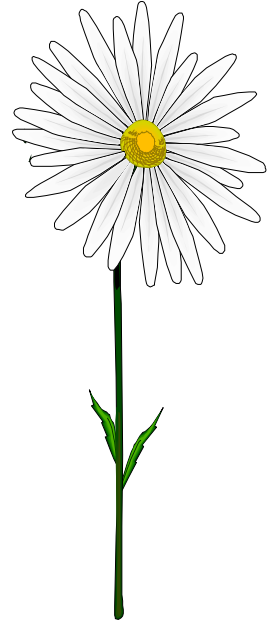
First Aid

In this edition of the newsletter I am going to discuss the use of homeopathic remedies in physical trauma situations.

Many people's first experience of homeopathy is with arnica and this is often the first remedy to turn to in many situations, particularly when shock is involved.

A person requiring arnica may appear stunned and say they are ok when they clearly aren't. They may become irritated by your offers of help and be oversensitive to touch.

This is very different from a person who requires aconite for shock. They will be very fearful and panicked by the incident and want reassurance. One dose of aconite should be sufficient to deal with the fear before switching to the physical trauma remedies.



Rochester Homeopathic clinic

Christine Tsavellas LCH,
MARH

7 Grange Way

Rochester

ME1 3DU

Tel: 01634 404556

www.rochesterhomeopathy.co.uk

B-Pro-Active Healthcare

22 Church Street

Maidstone

ME14 1EN

Tel: 01622 661055

www.b-pro-active.co.uk

Arnica is required for any injury where bruising results. It helps bring the bruise to the surface preventing muscle soreness which can otherwise become chronic. Arnica 30c can be given up to 3 times a day for a few days until the pain has improved.

BLACK EYES

After arnica, Symphytum may then be used particularly when there is pain in the eyeball itself. It also has an affinity for the periosteum (the layer of tissue covering the bone) and the bone itself.

Ledum is also useful for black eyes, particularly when the eye is relieved by cold applications and the injury does not include the eye ball.

INJURIES TO MUSCLES

Arnica should be the first remedy to take. Rhus-tox follows well if the injury leads to inflammation of the muscle. Injuries requiring rhus-tox feel better for massage and warm applications and are characterised by feeling worse for initial movement and better for prolonged motion. Ruta may be needed if the injury extends to associated ligaments and tendons, for which it has an affinity. They will feel bruised and sore.

INJURIES TO LIGAMENTS AND TENDONS

Ligaments join bone to bone or anchor organs. Tendons join muscles to bone. They may be injured through over exertion or a blow. Over exertion may result from long term repetitive injury (RSI) or an acute injury from exercise. Rhus-tox should be considered if there is stiffness and restlessness along with the other symptoms described above. It should be followed by ruta if the

injury results in inflammation of the tendon and it feels bruised and sore.

JOINT INJURIES

Rhus-tox and ruta are often called for with such injuries. Ruta being particularly useful for bruising to the bone and periosteum.

Bryonia may also be indicated, but unlike rhus tox, this remedy has the characteristic symptom that the pain is worse for any type of movement. The patient may be very irritable.

BLEEDING WOUNDS

If the wound is severe the patient may need to be treated for shock as described above. Children often respond badly to seeing their own blood and aconite may well be needed to calm a child. For serious loss of blood china is more appropriate.

Hypercal tincture can be used to clean the wound before dressing it. Calendula should then be given to heal the wound. It may be alternated with hypericum if the cut is very deep or painful.

For puncture wounds, ledum is the first remedy of choice. Hypericum may also be used if the wound is very painful or involves an area rich in nerves such as finger tips or lips.

If the cause of the puncture wound is a splinter, in addition to ledum and hypericum, silica may be needed to expel it. Silica encourages the body to expel the foreign body by forming a pocket of pus around it which is then expelled along with the splinter.

If wounds go septic other remedies are required, best given in consultation with a homeopath.

Finally a note about potency. In most cases the remedies should be given in the 30c potency. In

more severe cases 200c may be more appropriate. Arnica can be repeated frequently immediately after a trauma, other remedies can be repeated 2-3 times a day until symptoms improve. If there is no improvement after several days, consult a homeopath.

HAYFEVER

All hayfever sufferers, remember now is the time to book in for your annual hayfever treatment. Out of season constitutional treatment is the most effective way to relieve the symptoms the following spring.

COLDS

With the onset of the colder weather and a return to school many people will be anticipating their first cold of the season. With good constitutional treatment, winter coughs and colds are not inevitable. Constitutional treatment boosts immunity and improves general health. The body can then fight off any viruses more quickly and effectively.

