

Homoeopathy Update

Spring 2008

Welcome to the Spring 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 my newsletters, as well as current news and courses I am running.

If you would like to attend the Acute Prescribing for children course, please 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.

In addition to this course I also run sessions for prospective parents on the use of homeopathy during childbirth. Homeopathy is a very safe and affective way to assist in childbirth and I have a labour kit which I can loan to parents for a small fee.

My current fee structure is as follows:

Initial consultation

Adults £55

Children £45

Follow ups

Adults £40

Children £30

Consultation fees include the cost of remedies but tinctures are charged at £5 each.

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.

Ainsworth's remedy kits are available to purchase from the clinic for £35.

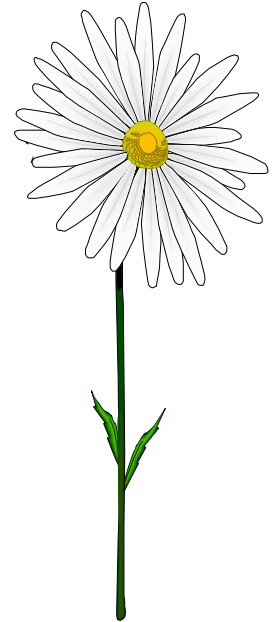
These kits represent real value for money as they contain 42 remedies and an excellent booklet on home prescribing. They are invaluable when prescribing for acute conditions and taking on holiday.

Headaches

In this edition of the newsletter I am going to discuss the use of homeopathic remedies in the treatment of acute headaches. Chronic or recurrent headaches should be treated constitutionally by a homeopath. There is often an underlying cause in the case of chronic headaches, which can't be addressed by acute prescribing. Causes are numerous but may be: emotional e.g. anger, stress, depression or grief; Physical e.g. gastric complaints, menstrual disturbances, high blood pressure or postural problems. Tension headaches account for a large percentage of headaches, these are headaches where the pain is referred from the shoulders, neck or back due to chronic contraction of muscles.

Migraines are different from ordinary headaches and an

expression of an underlying condition which requires professional help.



Rochester Homeopathic Clinic

Christine Tsavellas LCH,
MARH

7 Grange Way

Rochester

ME1 3DU

Tel: 01634 404556

www.rochesterhomeopathy.co.uk

22 Church Street

Maidstone

ME14 1EN

Tel 01622 661055

www.b-pro-active.com

Looking for a cause

If you can identify a possible cause for an acute headache it may help in your choice of remedy.

Common causes include alcohol, sun, crying, anger or other strong emotions, coffee, constipation, dehydration and other acute illnesses such as a cold or gastric problems

Below are a few common remedies for acute headaches.

NUX-VOM

From alcohol or over indulgence accompanied by nausea and dizziness. Splitting or sore headache at the back of the head or over the eyes. Worse for movement, drafts or mental effort. Better for lying down, warmth and covering the head.

Usually accompanied by irritability and over-sensitivity.

ACONITE

Maybe after exposure to sun or cold winds. Violent or bursting headache which comes on suddenly. Worse for light or on rising. With anxiety and restlessness and possible dizziness.

BELLADONNA

Bursting, throbbing, violent pain especially in the forehead and temples. Pain in waves. Worse for jarring, motion, noise and lying flat. Aggravation at 3pm. Right side worst affected. Accompanied by hot red face. Hair washing or cutting may aggravate and hair hurts. Thirsty for cold drinks. May be part of a cold, earache or teething.

BRYONIA

Bursting, splitting, crushing pain, especially over the eyes or the

forehead. Worst for any type of movement, hot room yet demands warmth. Better for firm pressure, worse for release of pressure. Better lying in a darkened room, with chin on chest. Very irritable and desire to be alone. Very thirsty for cold water but will not move to get it.

GELSEMIUM

Dull, heavy, aching feels like the brain is bruised. Like a tight band especially around the back of the head. Pain can start in the nape and go over the head to the forehead and settle over the eyes. Patient is apathetic and dopey. Worse for the heat of the sun, tobacco smoke or mental effort. Thirst-less, with heavy eyes and limbs. Often with a cold or flu.

PULSATILLA

Wandering pains, pressing, congestive, throbbing. Head feels hot. Worse moving eyes, stooping, lying down, stuffy rooms. Better gentle walking, open air, cool applications. Patient is depressed and weepy, thirst-less. Often after eating rich food or emotional upset. May be associated with periods.

GLONOIN

Waves of throbbing and exploding pain. Head feels ready to burst, flushes of heat rush. Flushes of heat rush up to the head. Head feels heavy and congested but worse lying down. Often after too much sun or during the menopause.

This list is by no means meant to be exhaustive. For regular headaches consult a homeopath.

For most headaches 30C is an appropriate potency. The more severe the headache the more frequently the remedy can be repeated.

Exam Nerves

With GCSEs and A levels in full swing I thought I would finish with a few remedies for exam nerves.

ARG-NIT

Restless, and trembling. Feeling, rushed with nervous explosive diarrhoea.

GELSEMIUM

Trembling, almost paralysed with fear. Desire to be alone, with drowsiness and diarrhoea.

ANACARDIUM

Nervous exhaustion from over study and lack of confidence

SILICA

Anticipates failure, nervous and excitable. Headaches from study.

LYCOPODIUM

Unfounded anxiety about performance. May brag to cover up fear. With wind and diarrhoea.

AETHUSA

In the exam the mind is blocked and memory fails, person goes blank.

AMBRA GRISEA

Has to re-read sentences, loss of comprehension

AAA

Combination remedy of Arg-nit, ambra grisea and anac

RESCUE REMEDY

Add a few drops to water and sip to calm student down.

