

Homoeopathy Update

Summer 2006

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

Clinic News

My practice is now trading as The Rochester Homeopathic Clinic. This is to tie in with my new 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 next course is 11th September 2006 in Rochester and is on Acute Prescribing for Children. The feedback from the previous courses has been very positive. Participants found that the course gave them more confidence to deal with their children's acute illnesses, and a better understanding of the type of symptoms which would help me to prescribe effectively for their children. If you would like to book a place on the next course, 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.

There has been a lot of bad press recently concerning homeopathy and other forms of alternative health. An organisation called What Doctors Don't Tell You have written a very good article on the subject, which summarises all the recent research into homeopathy and puts it into context. As users of homeopathy I am sure you don't need persuading about

how effective it can be, but if you are interested in reading it, I have reproduced it on my website. Additionally there is a lot of very interesting information on their website at www.wddty.co.uk

You can also contact me via my website.

Hayfever

This summer has been a really bad year for hayfever sufferers, with pollen counts high for prolonged periods of time.

Many acute remedies are effective in providing short term symptomatic relief as an alternative to over the counter antihistamines.

However the best way to tackle it is out of season constitutional treatment.

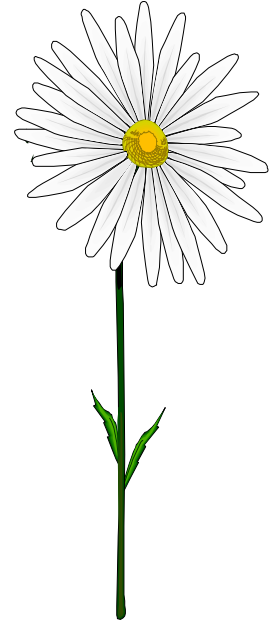
To receive maximum benefit, patients should try and book in to see me in the Autumn. With this type of treatment the following season's symptoms should be reduced substantially.

Holiday Cover

If you need to contact me whilst I am away over the summer, I will reply to messages as soon as is practical on my return.

If you have an urgent acute complaint you can contact the homeopathic helpline on 09065 343404

This helpline is staffed by very experienced homeopaths who will be able to give you acute advice. It is open between 9am and midnight and is a premium rate number.



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Holiday Complaints

With the recent hot weather and many of you travelling abroad in the next few weeks I thought I would provide details of a few remedies which you may find useful.

Sun and Heat

Belladonna

- Sun headache, throbbing, severe
- Sunburn - skin dry, hot, red, throbbing
- Sunstroke - fever, redness, delirium
- Eyes glassy, pupils dilated
- Sudden onset
- Thirsty (may crave lemonade)

Glonoine

- Very similar to belladonna
- Red face, dull and confused
- Throbbing head with dizziness
- Better for cold around head
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Bryonia

- Sunstroke - worse for movement
- Thirst for large amounts at long intervals
- "Bear with a sore head"

Cantharis

- Severe sunburn, with blistering better for cold applications
- Burns with intense pain
- Burning intense thirst but worse for drinking
- Intense mental and physical irritation
- Sudden onset

Rhus Toxicodendron

- Prickly heat
- Skin - red, swollen, itching, intense
- Cold sores from sun

- Extreme restlessness - mental and physical
- Worse cold
- Better warm, motion, change of position

Bites and Stings

To avoid getting bitten by mosquitoes eat plenty of garlic, preferably raw, as they hate the smell. Take 50mg of Vit B1 morning and night as well as a vitamin B complex daily. Use natural insect repellents, citronella essential oil can be burnt or rubbed on the skin, diluted in oil or a base cream. Avoid sweet smelling perfumes as these attract bugs.

If you do get bitten try the following remedies.

Ledum

- Remedy for puncture wounds, so often the first choice remedy for insect stings, particularly bee stings.
- Pains are pricking and stinging.
- Affected area may appear pale red or purple with swelling and puffiness
- May feel cold to the touch but sting is relieved by cold applications
- Swelling may extend to large area, e.g. whole arm or leg.
- Given immediately after injury, acts as an anti-tetanus

Apis

- There is marked swelling and redness, and the affected part feels very hot to the touch
- The swelling may pit when pressed and is better for cold applications.
- stinging and burning pains
- Useful for severe allergic and anaphylactic reactions, give on way to hospital.
- Useful remedy for jellyfish stings.

Hypericum

- Useful for puncture wounds, so may help if others fail. Useful when the pain extends up a nerve from the site of the bite.

Staphisagria

- Very sensitive painful bites
- Good for mosquito bites which become large and irritating

Travel

Cocculus for travel sickness

Tabaccum for seasickness

Aconite for fear of flying

Arnica 200c for jetlag, take before take off, 2 doses evenly spaced whilst flying, 1 dose on landing and then as needed over the next 3-4 days.

Ainsworths remedy kits are available to purchase from the clinic. 42 remedies and a useful booklet for £35.

