
Homeopathy News

Winter /Spring 2004 - 2005 With compliments from your local Homeopath

Behavioural Problems and Children

You may have experienced or witnessed this issue in your own family or friends. Or you may have seen one of the many recent TV programmes which seem to feature ADHD (Attention Deficit Hyperactivity Disorder) and a whole range of behavioural problems in children.



The best selling book about Homeopathy at the moment on Amazon is called “ *Impossible Cure The Promise of Homeopathy*” It is written by Amy Lansky. She was a research scientist who changed career to become a Homeopath after witnessing the amazing cure of her son from Autism. It is an amazing testimony to her own and the story of many other families. It is also a very well written book and one of the best introductions to Homeopathy that you will find.

To give just a couple of examples of what Homeopathy can achieve. “ *I can attest to the power of homeopathy to help children with obsessive –compulsive disorder (OCD)... and anxiety disorders in general. Many will be able to relate to a child’s medical history such as...*

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Prozac for three years, Anafranil for three years,...Buspar for three years: all given to my daughter since she was four years old (now 10),and absolutely no cure, not even close. Lots of suppression, lots of side effects (too many to mention). Yet, a few different homeopathic remedies over the course of a few years and my daughter no longer has the infamous

anxiety disorder OCD, that there is apparently no cure for. The funny thing is, our Homeopath treated her on the basis of one of her mental symptoms – one that was somewhat unrelated to OCD and everything else just sort of cleared up. We are going on two years now without any anti-depressants or anti anxiety meds (which she had been on for ten years) (Parent, quoted in Amy Lansky's book P254)

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One of my own cases similarly illustrates how Homeopathy can work when years of other treatments have failed.

Jack was brought to see me by his parents who were becoming exhausted and despairing by his behaviour. He was constantly restless and aggressive and seemed not to take notice of any boundaries. Since starting school he had found concentration very difficult and was struggling to learn. He had been moved to another school with no better results. He always seemed to be there when there was breaking of the rules going on. He was aggressive towards other children and to some degree at home towards his sister. He could not sit still and was always fidgeting, rolling his head or just getting up and rushing about. Physically he suffered from frequent throat infections and had been diagnosed with asthma some years ago. He was intolerant to milk and he was prone to diarrhoea or loose stools. Educational psychologists and other professionals had been involved. ADHD had been diagnosed and Ritalin suggested as a treatment.

The parents were understandably reluctant to give their young child a form of stimulant drug which is in the same class as cocaine and can cause psychosis, paranoia and heart attacks as side effects.

After two courses of a single Homeopathic remedy the parents reported quite a change in Jack. His behaviour had mellowed considerably and the aggression had stopped. Furthermore his teachers commented on the change several times and asked what was different. In addition to the behavioural change his physical health improved. There were no infections for the next six months and his digestive system was much better. He needed two repeats of the remedy over the next year and since then has remained well and doing well at school. There is little about Jack now that would suggest any aspect of ADHD.

A third case illustrates the need for perseverance if the first remedy selected by the Homeopath does not fully solve the problem

An eight year old was brought by his mother with the major concern of fits of violence, tantrum like, in which he would fly into a rage, hit and bite her, swearing. He also had classic night terrors, in which he'd wake partially in terrible fright, with no recollection of a dream, inconsolable. He was quite fearful in the dark, of water (he refused to swim) , and of dogs (he would cross the street to avoid one).

He was given the Homeopathic remedy Stramonium , which seemed to fit these symptoms very well. There was an excellent response- the night terrors and tantrums reduced drastically for three weeks. As symptoms returned the remedy was repeated. The pattern continued, with each dose of the remedy helping for a shorter time before symptoms returned.

The whole case was looked at again and the nature of the night terrors had changed, He was now waking from dreams in which wild dogs were chasing him and he had to run for his life.

The treatment was changed to the Homeopathic remedy Balladonna. It worked beautifully and most of his symptoms disappeared. It only required one repetition of this remedy after a few months.

Ironing Out The Problem

A recently published study compared the levels of iron in the blood of hyperactive children to a control group. 84% of affected children had abnormally low levels compared to just 18% in the group of non affected children. The lower the iron level was, the worse the problem was.



Iron supplementation needs to be considered carefully; firstly because some types of supplement are not well absorbed by the body and are thus a waste of money; and secondly because excessive iron can be equally damaging. Iron is plentiful in nuts, seeds and red meat. There are many nut and seed snack bars available now which are good for snacks and lunch boxes. It is best to get blood tests to determine levels before going for extra supplements for children. However iron clearly plays an important role in the brain and in the regulation of behaviour.

For more information on treating these problems with Homeopathy please read Amy Lansky's Book- Impossible Cure. Another good book on the subject is 'Ritalin Free Kids' by Judyth and Robert Reichenburg Ullman. Again it is American but is packed with easy to read information and real case studies.

A Change of Season

In the last newsletter we talked about winter blues (seasonal affective disorder). Most of us look forward to spring- the lengthening of the days, the arrival of warmth and flowers. But for some any change of season can be a problem, including the arrival of Spring. Homeopathy is alert to, and can respond to such situations. The full symptom picture of our remedies includes responses to environment and season and all of the following 'types' of people can be found listed under the heading of 'worse in Spring.



1. Lachesis

This remedy, prepared from the venom of the South American Bushmaster snake is very widely used in Homeopathy. It works well for a range of circulatory problems. People who benefit from this remedy are often talkative, witty and bright and also the type who are quick to feel jealousy.

It clearly works on the hormone system as it is often helpful for problems around the menopause. These people often cannot bear tight clothing , particularly on the neck. They are also often worse in Spring.

2. Pulsatilla

Another of our very widely used remedies. Prepared from the anemone, or windflower, those that benefit from this remedy are often changeable in moods and nature. They tend to be mild, yielding types of people who are prone, on the physical Level, to problems such as excessive catarrh, and digestive problems which are worse from rich fatty food. They are often easily moved to tears, and tend to be chilly types. Again they can feel markedly worse in Spring.

3. Iris Versicolor

A lesser known remedy which comes under the worse in Spring heading is Iris (Blue Flag)

The flower, a common wildflower in America, was used in medicine by Native Americans. In Homeopathy it is a great treatment for sick, bilious headaches. The pains tend to be violent. Sour vomiting is another characteristic symptom. There is often periodicity with pains coming every week, every fortnight or every Spring.

" A middle aged lady came with stomach trouble. She had frequent attacks of vomiting of mucus, which would hang in strings. Thinking she had stomach cancer she made her will, ready to die.

Kali Bich (a common homeopathic treatment for thick, stringy mucus) was given with no benefit, but Iris cured her completely and she remains well ten years on”

Your Feedback

Many thanks to everyone who took the trouble to respond to my questionnaire before Christmas.

Your comments and suggestions were very useful. Among other changes made as a response I have:

- increased the number of Saturday appointments available.
- purchased more comfortable chairs for the consulting room
- improved the speed of response to phone calls



Congratulations to Mrs Bennett of Cottingham who wins the £25 Boots vouchers in the prize draw for completed Questionnaires.

Your Questions Answered

I have heard that David Beckham is using Homeopathy now. Is this true?

Since it was first introduced to Britain in 1847 Homeopathy has had many very well known supporters and users. From the Royal family and Charles Dickens in the 19th century to the likes of Paul McCartney, Susan Hampshire, Bill Clinton, Prince Charles and , yes, David Beckham today.

One of the royals, King George VI, was so fond of Homeopathy that he named a champion racehorse after the remedy Hypericum



I like to read about Homeopathy and like to keep up to date via the internet. What are the best websites on Homeopathy?

The Society of Homeopaths, the main professional body representing us in the UK have a useful website at www.homeopathy-soh.com

Miranda Castro, who wrote one of the really good user guides to Homeopathy has produced a good guide to Homeopathy websites.

This can be found at :

www.shirleys-wellness-cafe.com/homeopathy-resources.htm

You can order remedies over the internet too and many of the main Homeopathic pharmacies have their own sites. I use Helios, who have a lot of expertise and very high quality.

They can be contacted at:

www.helios.co.uk

My own website should be ready soon. Certainly by the time my next newsletter is out

www.thehomeopath.co.uk will be live and will contain lots of information, including this and other back issues of my newsletter. Please remember

that you can e-mail me-

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if you prefer to communicate this way. People are discovering all of the time that Homeopathy can successfully treat all kinds of problems that they had not linked.

This includes ailments in pets and animals which we will discuss in the next newsletter. If you have any experiences to share or questions please get in touch.

