

Welcome to our e-zine!

Homeopathy is increasingly being used by people in all walks of life to treat both chronic and acute conditions. Whilst we would always recommend seeing your GP about any health concerns you may have, we hope to introduce and develop an understanding of homeopathic treatment via a series of 'notes from a practice' and an examination of remedies and homeopathic principles.

Our aim is to provide information, materials and study aids to lay people, students and practitioners of homeopathy alike.

We have recently produced a Homeopathic First Aid CD-ROM and remedy kit (the latter in conjunction with Helios Homeopathic Pharmacy) both of which are available online at www.arnica.com.au.

The Arnica Montana e-zine is available online bi-monthly by annual subscription. Each issue will contain articles, in-depth studies of remedies, advice for students and new practitioners, overviews of various cases and in-depth case studies. Whilst we cannot respond to individual queries about treatment, we would love to hear from you with comments about the site and any topics you would like to see addressed.

Contents

	Page
Arnica Repertory Part I. Symptoms. Specific and Prophylactic uses. Modalities. Accidents & emergencies to meningitis.	2
Arnica First aid, accidents and emergencies.	4
Being a Homeopath Interview with Kate Diamantopoulo.	5
Demystifying Homeopathy Hahneman, Potencies, Provings, Repertorising, The home user, Constitutional treatment.	6
Week in Practice Overviews of 8 very varied cases.	9
The Perils of Vaccination: Part I	11
Women's reproductive health Caulophyllum: Homeopathic treatment of the female reproductive system.	13
Kate's Oz Journal	16
Case Study I Menopausal woman with osteoporosis.	19
Case Study II Disappointment and frustration, toxic system, colds going on to chest.	21
Case Study III Severe depressions + family history of suicide.	25
Case Study IV Reaction to flu vaccination.	27



Regime - 2 litres water a day; a limit of 2 cups of tea or 1 or 2 cups of coffee; hot water over a slice of lemon morning and evening plus live yogurt, super acidophilus capsules and Lepicol (Psyllium husks as gentle roughage plus live bacteria). Constipation is a sign of auto-toxicity and needs to be dealt with physically. The bowel cannot eliminate waste efficiently unless the body is hydrated and the correct gut flora is present.

The perils of vaccination

Excerpts from a seminar given to the Mid-Sussex Homeopathic Group in 1999 by Kate Diamantopoulo

The title of this seminar was chosen by its organisers, all lay-people not homeopaths. It is indicative of the long-standing concern within the larger population of the possible deleterious short, medium and long-term effects of vaccinations.

Remember that a good place to start if you want information is to tap in 'Vaccination' on the internet! You have to filter what comes up, but a lot of it is responsible journalism. I'm sure you've all heard of What Doctors Don't Tell You, and their journalism is pretty comprehensive.

I knew about the MMR vaccine as soon as it came out and I thought 'this is a really unhealthy vaccine', and immediately the children in the practice started to become really ill and since then it's got worse. My experience is that there's been a big increase in meningitis since that vaccine appeared. It was always a problem with the Measles vaccine and then the Measles/Rubella vaccine and then the Measles / Rubella / Mumps vaccine but it's since the introduction of the Mumps element it seems to me that it's got worse.

In fact a case of mumps encephalitis was reported in the BMJ (British Medical Journal) within a few months after the vaccine came out. I had quite a lot of severe reactions in the practice which showed me that the vaccines had meningeal affections. I think since I'm here as a homeopath and you're here as students and people interested in homeopathy, you simply look at it as meningitis. One of the first tests for it for adults and children is you lay the person flat on their back and you get hold of their knee and bend their knee up. If they've got the infection they will scream with pain caused by inflammation of the meninges. The meninges don't just cover the brain, they cover the whole of the spinal cord and that's why you get that response. If you suspect it at all, give remedies but get them straight to hospital. Sometimes they need the intervention of intravenous

I prescribed:

Carcinosin 30x3 because of her history of cancer and her over-conscientiousness towards others.

Nat mur because of the constipation and worrying; over-empathy, always on time.

fluids to bring them round.

I urge you to look at Arnica, it's not just for bruising and trauma, it's the specific for Meningitis, Whooping Cough, deep sepsis and all sorts of complaints. Arnica has that classic symptom - as Belladonna does - of hot head / cold body and disorientation. It also has the quality of putting the whole of organism back in balance, the mind, body, spirit and emotions. It's very well written about by Dorothy Shepherd in her 'Homeopathy for First Aiders' and if no-one's ever read that I think you should read it from cover to cover. It's the first book on homeopathy I ever read and I was, and still am, very deeply impressed with it. It's such a thorough book and it's easy to read, she's such an erudite writer.

Sometimes you can get away with just giving Arnica when you suspect Meningitis; I have several times. People have phoned me and said 'these are their symptoms; they're getting drowsy and they don't seem to know who I am, and they're hot'. They've been given Arnica and have come round. The next remedy I would suggest would be Belladonna especially for hot fevers where the person is disorientated and delirious. Apis comes next. The difference between Apis, Belladonna and Arnica is that Apis is more of a rosy red, Belladonna is bright red and Arnica is dusky red.

That's the sort of thing that makes you a homeopath, you actually know those differentiations and you're not wasting your time - you still wouldn't be wasting your time if you gave any of these remedies, but I would say if you give nothing else give Arnica and give it regularly. The other thing about remedy use is that you must give it with the depth and pace of the illness, you don't give one remedy and wait four hours, if they're not responding it's perfectly all right to give a remedy every 5 minutes, every 10 minutes, until you see improvement. After about 6 doses, if there's no

Prescription

Chelidonium
Lycopodium - weekly
Thyroidinum daily

Six Months Later

'I can't stop worrying about myself'. Stopped taking the Thyroidinum in the spring (and still OK). Thyroid levels go up and down - as happens to all of us, a lot is to do with anxiety (Nat mur) or depression and sadness: they drag the thyroid down. Energy low, feels vulnerable again. Lump in throat. (took Ignatia 6)

Prescription

Ignatia 30 200 1m 10M weekly
Carcinosin 30 weekly - worried about herself, absorbing to many emotions
Arsenicum 30 200 1m 10M weekly
Aurum 30 200 1m 10M deep depression. ('should I jump off Beachy Head, I can't cope with all this anxiety' Aurum symptom). It's quite common that Nat mur goes into Aurum and isn't able to function anymore.

One Month Later

Hospital - had stopped taking thyroxin. Continual lump in throat and sighing (despite taking Ignatia). Tired 4-8 p. m., sleep better. Dreamt her husband had bought a new car and she was cross with him because she wanted a German car (totally different types of dream). Emotionally fine, she's been arguing with the doctors. Now has anxiety about her son and his business.

Prescription

Chelidonium
Lycopodium

It's very interesting how she's progressed, as she comes out as a person and starts to assert what she wants and argue about what she wants, she's changing her attitude altogether and it's not an issue. When she first came to me she was like a frightened rabbit. She's had these issues with osteoporosis and thyroid and she's had the courage to go forward, she's done her own research, and has gradually taken control.

GP told her she'd be a crippled old lady with a hump. Good energy, now resting in pm after lunch but has better patterns to look after herself. Throat closed up in sleep and she woke up calling for her mother. Still doing yoga and still walking. Still worrying - but she probably always will.

Prescription

Lachesis 30 200 1m 10M
Sepia daily.

This lady will continue to be maintained, she will go round the same sort of remedies. When she comes

in now she admits that she copes better than she did, and the intervals at which I see her are much longer, her energy dips are better, her sleep is improved and she no longer has problems with her bowels. Although she knows she worries, she's got mechanisms to cope with it.

Case Study:

Disappointment + frustration / pre-menopause / toxic system / colds going onto chest

Katie (late 40's) is a company director who was referred to Kate by an osteopath who had been treating her for recurrent back problems. She had also suffered a succession of flu attacks and has a generally sluggish digestive system. She has begun to go through the menopause. She now has two adopted children.

This case demonstrates a number of physical and emotional areas which were successfully treated homeopathically: a long-standing digestive problem, recurring bouts of flu which often went on to her chest, perimenopausal symptoms and a frustrating adoption situation. These all influenced the patient's well-being, and needed to be addressed at different levels.

Katie needed chronic, acute and constitutional treatments. During the course of her treatment she has had the following remedies:

Ant-tart. Chelidonium. Conium. Drosera. Hepar sulph. Ignatia. Kali carb. Lachesis. Lycopodium. Mag carb. Nat mur. Nit ac. Pertussin. Phosphorus. Pulsatilla. Ruta. Sepia. Silica. Sulphur. Syphilinum. Tuberculinum. Zinc.

First Consultation

The previous year Katie had a spring virus for 5 weeks, then got flu again in November and at the end of the following March. Over Easter she had gastric flu with high fever.

Headaches /Female cycle: Suffers from headaches - worse over the winter. Frontal headaches - worse on left side, worse on day three of period (hormonal imbalance - think Sepia). Almost migraine-type headache in Autumn. Never missed a period till last year. Has had IVF and IUI treatments. Last period three months ago. Progesterone cream has improved headaches and swollen breasts. PMT manifests as an appalling temper. Periods very heavy and last several days. Warm generally, no hot flushes.

Energy: Quite a lot of physical energy, looked very congested (purple-ish, red-ish, dull - unhealthy look). Energy dip between 4 and 7 pm (Lycopodium). Feet turn to ice-blocks in bed - warms them then has to