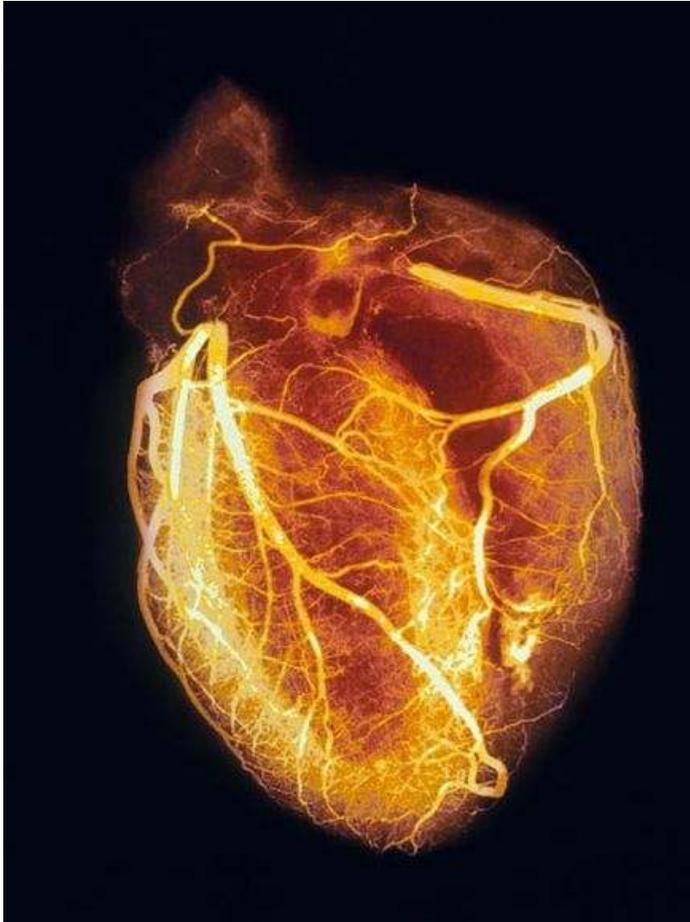


## CERTIFIED HOMEOPATHIC ONLINE COURSE - SESSION 11:

### • Clinical Studies

#### Homeopathy for Cardiovascular Health

Heart disease is a manifestation of a chronic condition that should not be treated by homeopathy alone. A homeopath, on the other hand, may be able to provide you some complementary medication. Some homeopathic remedies useful for cardiovascular conditions include:



- **Aconitum napellus:** Useful when you are anxious and impatient. You imagine the worst happening. You feel that a strong pain envelops the heart and left arm. The problem is worse at night and when you are warm, and feel better with rest and fresh air.
- **Argentum nitticum:** Useful when you are impulsive and fearful. Chest pain is stronger at night, after eating and with stress.
- **Aurum metallicum:** Indicated when you are depressed, feel worthless and are very sensitive to pain. Other symptoms include depression and night-time chest pain.
- **Baryta carbonica:** Useful when you are suffering from hypertension, palpitations and confusion, made worse with exposure to dampness or cold.
- **Cactus grandiflorus:** When you are sad and in great pain. The pain seems to be "squeezing" the chest, making it difficult to breathe. You feel worse around noon and with exertion, but better with fresh air.

- **Carduus marianus** Useful for cases with a history of alcoholism and a propensity for drinking beer. This remedy helps regulate the heart and can slowly reverse symptoms.
- **Crataegus** A general remedy that helps regulate the heart.

Should a heart attack occur, you should go to the emergency room and seek help immediately. Time is of essence. There are some homeopathic first-aid remedies that may be useful while you are waiting for EMT or while on the way to the doctor. These include:

- **Aconitum napellus:** When you have difficulty breathing. You are anxious, but feels better sitting up.
- **Cactus grandiflorus:** When the heart attack strikes between approximately noon and midnight. You feel as if something is "squeezing" the heart or the pain is severe enough to make you cry, shout or whimper.
- **Digitalis:** When your symptoms include blue skin, numbness and weakness of the left arm, a slow pulse and great fear.

**Caution:** These remedies are not meant to be used as a treatment for heart attack. If you suspect a heart attack, seek emergency medical treatment immediately.

## Homeopathy for Chronic Fatigue Syndrome



Many homeopathic remedies exist to help alleviate chronic fatigue. When dealing with chronic fatigue, it is best to consult a homeopathic practitioner for a constitutional remedy.

- **Kali phos** is useful for fatigue with trembling, due to stress or nervous exhaustion from overwork. Symptoms include irritability, anxiety, fear of losing control and muscle fatigue upon exertion. Take the 30c strength twice daily for up to 14 days. Repeat dose if beneficial.
- **Arsenicum album** is used for exhaustion accompanied by anxiety, constant feeling of cold with joint and muscle pain, aching and burning all over from stiffness, weakness with exertion, tendency to migraines, loose bowels and blurred vision. Take the 30c strength twice daily for up to 14 days. Repeat dose if beneficial.
- **Nux vomica** is generally given for irritable fatigue caused by lack of sleep, stress or overwork. Tense muscles, feeling chilled, joint pain, and indigestion are symptoms. Take the 30c strength twice daily for up to 14 days. Repeat dose if beneficial.
- **Argentum nitricum** is useful if you are fearful, anxiety-ridden, and secretive, with irrational motives for your acts, which are often kept hidden. Other symptoms are: headaches with coldness and trembling, poor sleep, bad dreams, and losing the sense of smell. Take one dose Argentinum nitricum 30x or 12c, three times daily, as needed, for up to three days.
- **Phosphoricum acidum** is good if you are feeling emotionally and physically drained and apathetic, perhaps due to grief. Take one dose of Phosphoricum acidum 30x or 15c three times daily, as needed, for up to three days.
- **Picricum acidum** will help if you feel terrible after the least exertion, especially after mental exertion, and have an aversion to food. You may feel so tired that you lack willpower and determination, and you frequently have headaches that are relieved by strong pressure. Take one dose of Picricum acidum 3c or 6x three times daily, as needed, for up to three days.
- **Silicea** is good for headaches and exhaustion caused by overwork. You tend to be chilly and sensitive to cold air, and often have cramps in the calves and soles of your feet. If you are a woman, you may have a vaginal discharge. Take one dose of Silicea 30x or 15c three times daily, as needed, for up to three days.
- **Zincum metallicum** is generally prescribed if you are forgetful and tend to repeat things. You are mentally exhausted and very sensitive to noise, grind your teeth while sleeping, and may suffer from chronic constipation. Take one dose of Zincum metallicum 30x or 15c three times daily, as needed, for up to three days.

## Homeopathy for Depression

If you are experiencing a transient episode of depression, homeopathic remedies can be useful in alleviating the blues. These remedies are prescribed based on the similarity of their characteristics to those symptoms that you are experiencing. Treatment will be constitutional, and there might be dietary advice as well as changes in lifestyle.



Take the 6c strength three times daily for up to fourteen days. Specific remedies which may be useful include:

- **Ignatia** is often prescribed for depression caused by grief, with wildly fluctuating moods and inappropriate behavior such as bursting into tears or laughing for no reason.
- **Pulsatilla** is recommended for depression caused by hormonal changes. The person bursts into tears at the slightest provocation, wanting a lot of reassurance and attention.
- **Sepia** is useful if you feel depressed and irritable, dragged down by responsibilities and worries.
- **Arsenicum** if the person is restless, chilly, exhausted, obsessively neat and tidy.
- **Aurum** if the person feels totally worthless, suicidal and disgusted with himself or herself.

If you are experiencing a moderate to severe depressive episode, you should visit a trained homeopath rather than try to treat yourself. We recommend that you use homeopathy as a complement to other treatments, such as psychotherapy and conventional medication.

### Tissue Salts

For a short-term problem, tissue salts can help restore order. Take 4 tablets under the tongue three times daily for two to three weeks.

- **Kali phos** helps nervous depression from grief and worry. It is the principal tissue salt for the nerves and should be used alternately with other remedies.
- **Nat mur** is indicated for depressed spirits and feelings of hopelessness. This sadness is typically accompanied by headaches and constipation.
- **Nat sulph** relieves depression following an injury to the head.
- **Calc phos** helps with wandering thoughts and poor concentration.

## Homeopathy for Diabetes



- **Phosphorus** to stabilize blood sugar and energy levels
- **Codeinum**: 3X four to six times daily for depression and skin irritation.
- **Syzygium**: 1X every eight hours as a general remedy.

### **Schuessler Tissue Salts**

Take ten tablets of each twice per day:

Kali phosphorica

- 3X first week
- 6X second week
- 12X third week, and continue with this potency

Natrum muriaticum

- 12X

Ferrum phosphorica

- 6X

### **Color Therapy**

Radiate the following colors twice per day, one after the other all over the body:

- green-thirty minutes
- yellow-fifteen minutes.

### **Hydrotherapy**

A daily warm bath is very important in order to keep the patient clean and warm.

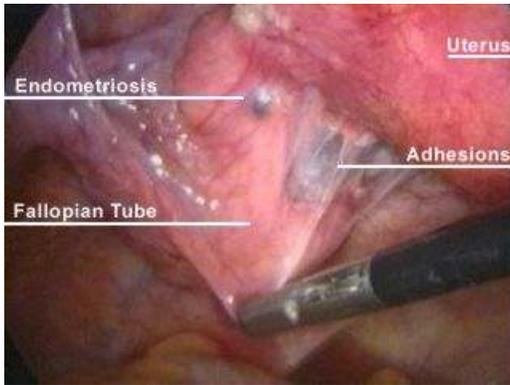
### **Reflexology**

- Be sure to work the reflex points on the hands and feet for the liver, pancreas and pituitary and adrenal glands.
- Massage the whole feet softly twice per day for five minutes. Press the following points twice per day, three minutes each point:
- 2-Pituitary , 30 Cerebrum, 4-Cerebellum, 20-Adrenal Gland, 21-Kidney, 22-Pancreas (five minutes this point) , 24-Liver

## Homeopathy for Endometriosis

Treatment is constitutional. The initial remedies include:

- **Lachesis** for pain in the left ovary that is worse before periods, or to reduce lower abdominal pain premenstrually.
- **Calcarea** for a dull aching pain in the lower back, left side of the groin or womb during periods.



In Ayurveda, endometriosis is believed to be the result of a vata imbalance. To correct a vata imbalance, Ayurvedic practitioners recommend establishing a regular daily routine, reducing workload, increasing the rest and sleep, practicing meditation, and adding to the diet a little more oil, sweet tasting foods (but not refined sugars), salt, and cooked warm foods such as cereal and stews. It is important to maintain a biological rhythm. Go to bed at about 10 PM and rise at 6 AM. This is the time when the earth's energy complements human energy. A program to remove excess waste (ama) and detoxification is also

useful. Drink plenty of warm to hot water; and avoid meat, cheese, caffeine, and alcohol. On the fourteenth or fifteenth day of the cycle, use a laxative of four or five teaspoons of castor oil or senna tea followed by a light diet for the rest of the day.

For prevention of endometriosis, Ayurvedic practitioners recommend that a woman reduce her activities as much as possible for the first three days of her period each month, though this might be unpractical to most busy women today. For exercise, a gentle walk is preferred over a jarring aerobics classes at this time.

### **Traditional Chinese Medicine:**

Chinese medical practitioners believe that endometriosis is due to blood stasis, qi stagnation, phlegm and dampness, damp heat, or some combination of these, but in turn this can be based on some organs being empty or not strong enough. It's almost always a combination of patterns, a concurrent insufficiency, or vacuity.

The Chinese herbal treatment, when combined with acupuncture, can regulate the condition and stagnation of the blood which usually lies at the root of endometriosis.

### **Aromatherapy:**

Endometriosis adhesions may be reduced by oils of rose, chamomile, lavender, jasmine and neroli. All of these have healing and antispasmodic action on the muscles and tissues.

### **Osteopathy:**

Some osteopaths perform osteopathic techniques via the vagina to reduce certain types of endometrial adhesion. Osteopathic techniques may also be useful to encourage various drainage of the pelvis, reducing uterine congestion and relieving period pain.

**Shiatsu Massage** is useful in controlling the pain in endometriosis.

**Rolfing** can help by improving circulation, allowing more space around the reproductive organs and promoting relaxation.

**Naturopathic Medicine:** The stress here is on nutritional support and dietary detoxification programs.

**Self-hypnosis** can be useful to control endometrial pain and induce relaxation.

**Relaxation techniques**, including breathing are useful for combating pain associated with endometriosis.

**Biofeedback** and self-hypnosis are two more natural approaches to try.

An **acupressure massage** on the back is an effective treatment for a woman in the throes of painful cramps. Rubbing a tender area located about an inch to the right of the spine about mid back will reduce pain after 30 seconds. In the majority of cases, the pain will completely subside after three or four more minutes of massage, and the treatment usually relieves menstrual cramps for three to six hours.

**Exercise** every day of the month can help prevent cramps in the first place. Anything that improves circulation-especially aerobic activities like jogging, walking, swimming and cycling-brings more oxygen to the blood and helps relax the uterus.

## Homeopathy for Fibromyalgia

**Arnica** is generally prescribed for pain, tenderness, and stiffness. Take one dose of Arnica 30x or 15c, as directed on the product label, three times daily for up to three days. Arnica cream or gel can also be used topically. Follow the directions on the product label.



**Bryonia** helps ease pain that increases with movement and is better when resting. It also helps with the constipation. Take one dose of Bryonia 30x or 15c three times daily for up to three days.

**Hypericum** is useful for the unbearable prickly pain that radiates along nerve pathways, is worse with movement, and

worse when touched. This remedy is especially effective for pain in the extremities. Take one dose of Hypericum 12x, 6x, 6c, or 3c three times daily for up to three days.

**Rhus toxicodendron** is for the individual who feels better after moving around. Take one dose of Rhus toxicodendron 30x or 9c three times daily for up to three days.

## Homeopathy for Gout

Homeopathic remedies can provide a measure of relief during painful attacks of joint pain and inflammation. A constitutional remedy prescribed by an experienced homeopath may help to reduce the likelihood of further episodes. The following homeopathic remedies are particularly useful for gout.



**Aconitum napellus** - The person is anxious, with a good imagination that can picture many terrible things. The joints are swollen and painful. The pain is worse at night and with warmth, but better with fresh air and rest.

**Arnica:** Arnica can also be very helpful for discomfort that comes with gout. Pain is sore and bruise-like, and it hurts to walk. The person may be afraid to be approached or touched, because of pain.

**Belladonna:** Useful for symptoms such as sudden onset, swelling, throbbing, heat, and. The joints look red, inflamed, and shiny - with sharp or violent pains that are worse from touch and jarring. The person may feel restless, flushed, and hot. Take

**Benzinum acidum:** 3X every four hours in gouty subjects with high- smelling urine.

**Berberis vulgaris:** Twinges of pain in gouty joints, or stitching pains that are aggravated by changing position or walking, may indicate a need for Berberis vulgaris. Berberis is often indicated for people who ache all over; some have nagging back pain or a tendency toward kidney stones.

**Bryonia:** Bryonia is helpful when tearing pain is worse from the slightest movement.

**Calcarea fluorica:** When the finger joints become enlarged because of gout, and the knees and toes may be involved, it may be time for this remedy. Stabbing pain is experienced, and the joints may make a cracking sound on movement. Discomfort is worse during weather changes, and warmth may bring relief.

**Colchicine:** 3X, every two to four hours for great weariness, nausea, shouting and tearing in muscles and joints worse with movement, better at night. Tearing in legs, feet, and toes with swelling.

**Colchicum:** Colchicum is useful for gout in the big toe or heel-so painful the person finds both motion and touch unbearable. The joints are swollen, red and hot. Pain is often worse in the evening and at night. Flare-ups may occur in the springtime or with weather changes. Individuals who need this remedy often have a feeling of internal coldness and are very tired.

**Guaicum** 3X, every four hours in gout.

**Ledum palustre:** Ledum palustre is indicated when the foot and big toe are swollen. Shooting pains are felt all through the foot and ankle, moving upward to the knee. Cold applications relieve both the swelling and the pain.

**Pulsatilla nigricans:** 3, every two hours when gout flies about from joint to joint.

**Rhododendron:** When you experience gouty swelling of the big toe joint that flares up before a storm, this remedy may be indicated. Other joints may ache and swell, especially on the right side of the body. Pain usually is worse toward early morning and after staying still too long. The person may feel better from warmth and after eating.

**Rhus toxicodendron:** This remedy can be helpful for joints that are hot, stiff, painful, and swollen. Symptoms are worse in cold, damp weather and improved by warmth and gentle motion.

**Sabina** - The person is depressed. There is gouty pain and nodules may develop at the afflicted joint. Movement and heat make the pain worse; cool fresh air makes it better. Also when connected with uterine disorder

**Sulphur:** When you have painful gouty joints that itch, along with a burning feeling in the feet, sulphur may be useful. The knees and other joints may be involved. Problems are aggravated by heat in any form, and are often worse in damp weather and in springtime.

## Homeopathy for Infertility - Men

Treatments of choice may include:



**Sepia** is useful if the man has a dragging sensation in the genitals and no desire for sex.

**Cannabis sativa** is useful if you have a history of marijuana use and a reduced sex drive because of it. You may urinate in a split stream and suffer a burning sensation when urinating. Take one dose of Cannabis sativa 30x or 15c three times daily for up to three days. Follow this program once a month for three months.

**Lycopodium** is the remedy of choice if you have wrinkles in your forehead and a tendency to balding on the top of the head, the so-called "monk's-pattern" baldness. You may often suffer from abdominal discomfort and indigestion. Take one dose of Lycopodium 30x or 15c three times daily for up to three days. Follow this program once a month for three months.

**Medorrhinum** is good if you are nervous and sensitive, with a history of on-again, off-again impotence. You may also have occasional pain on urination, as well as a number of allergies. Take one dose of Medorrhinum 200x or 200c three times over the course of a week. Stop for two months, then repeat.

### **Hydrotherapy**

Cold sitz baths may help men increase their sperm counts. Alternating hot and cold sitz baths can improve pelvic circulation in both sexes.

### **Hypnotherapy**

A hypnotherapist may use symbolic words and imagery to generate healthy and abundant sperm. Stress reduction techniques and hypno-healing may also be practiced.

### **Mind/Body Medicine**

Emotional stress can lower the level of fertility. If the stress is combined with another "fertility-lowering" condition, such as low sperm count, then it can lead to infertility. Several therapies can reduce stress and encourage relaxation, including:

- Guided imagery
- Creative visualization
- Meditation
- Prayer
- Support groups
- Hypnotherapy

One proof that mind/body medicine is an effective part of infertility treatment is a University of Massachusetts study that showed that infertile couples who joined support groups were more than twice as likely to conceive children compared to couples who didn't participate in any groups. Several times a day, set aside 15 to 30 minutes for relaxation exercises followed by guided imagery exercises related to the reproductive system.

## **Naturopathy**

A naturopath may suggest the following as treatment for infertility: improving the nutrition of both partners; hot and cold water splashes on the genitals to stimulate circulation locally; avoiding alcohol and smoking for a while, and also getting enough rest.

## **Nutritional Therapy**

A balanced diet is essential for the body to function properly. Supplements help improve fertility. Lack of protein and calories from malnourishment is a cause of infertility, so adequate nutrition should be the basis for treatment of any illness, including infertility.

The supplements most important in enhancing fertility in men are vitamin C, E, zinc and L-arginine. Vitamin C helps prevent sperm from clumping or sticking together, thus improving the chances for fertility. Vitamin E is the fertility vitamin because it corrects the functioning of the endocrine glands. Zinc increases both sperm count and sperm motility. It is important for the health of reproductive organs and the prostate gland. Found in high amounts in the head of the sperm, L-arginine also improves sperm count and motility. L-arginine also improves sexual desire and ejaculation.

Essential fatty acids, chromium, selenium, copper, vitamin E, coenzyme Q10 and vitamin B complex are also useful. Since sperm formation takes almost three months, it will take at least this amount of time before reaping the benefits of a nutrient supplementation program.

Royal jelly is rich in hormonal factors that help optimize hormone balance in both sexes. It has been found to increase sperm count, and many believe it also enhances sexual performance. Take 20 milligrams of royal jelly daily.

The B vitamins are required for a healthy nervous system and help maintain muscle tone in the intestinal tract. Take a good B-complex supplement that supplies 25 to 50 milligrams of each of the major B vitamins daily.

Eat pumpkin seeds for zinc. Avoid coffee, tea and colas since caffeine promotes infertility. Green, leafy vegetables, especially watercress, contain vitamin E. Drink one tablespoon of watercress juice daily or add a few fresh sprigs to a salad. Wheat germ is an excellent source of vitamin E.

Essential fatty acids, found in black currant seed oil, borage oil, evening primrose oil, and flaxseed oil, are required for normal glandular activity in both men and women. Take 500 to 1,000 milligrams of any of these oils two or three times daily.

## **Vitamin C**

According to practitioners, Vitamin C decreases sperm abnormalities and increases sperm number and quality.

Antioxidants such as vitamin C, beta-carotene, selenium, and vitamin E, have been shown to be very important in protecting the sperm against damage. Vitamin C plays an especially important role in protecting the sperm's genetic material (DNA) from damage. Ascorbic acid levels are much higher in seminal fluid than in other body fluids, including the blood.

The important role played by Vitamin C in male fertility had been proved in animal and human studies. In one study, when dietary vitamin C was reduced from 250 mg to 5 mg per day in healthy human subjects, the seminal fluid ascorbic acid level decreased by fifty percent and the number of sperm with damage to their DNA increased by ninety-one percent. Thus, dietary vitamin C plays a critical role in protecting against sperm damage. Low dietary vitamin C levels are likely to

lead to infertility.

Cigarette smoking is known to greatly reduce the vitamin C levels in our bodies. RDA of Vitamin C for smokers is twice as much as that for nonsmokers.

In one clinical study, men who smoked one pack of cigarettes per day received either 0, 200, or 1,000 mg of vitamin C. After one month, sperm quality improved proportional to the level of vitamin C supplementation.

Nonsmokers also benefit from vitamin C supplementation. For example, in one study, thirty infertile, but otherwise healthy, men received either 200 mg or 1,000 mg of vitamin C or a placebo daily. Their sperm was tested weekly for sperm count, viability, motility, agglutination, abnormalities, and immaturity. After one week, the 1,000-mg group demonstrated a 140-percent increase in sperm count, the 200 mg group a 112-percent increase, and the placebo group no change. After three weeks, both vitamin C groups continued to improve, with the 200- mg group catching up to the improvement of the 1,000-mg group.

One of the key improvements observed during the study was in the number of agglutinated (clumped-together) sperm. When more than twenty-five percent of the sperm are agglutinated, fertility is very unlikely. At the beginning of the study, all three groups had over twenty-five percent agglutinated sperm. After three weeks, the agglutinated sperm in the vitamin C groups dropped to eleven percent.

The most impressive result of the study was that at the end of sixty days, all of the vitamin C group had impregnated their wives, compared to none for the placebo group. It can be concluded from these results that vitamin C supplementation can be very effective in treating male infertility, particularly if the infertility is due to antibodies against sperm.

### **Vitamin E**

Vitamin E is a powerful antioxidant vitamin. It plays a key role in inhibiting free-radical damage to the unsaturated fatty acids of the sperm membrane. Low levels of this nutrient have been linked to a low fertility in men. In addition, vitamin E has been shown to increase the ability of sperm to fertilize an egg in test tubes.

In one study, supplementation with vitamin E decreased the level of lipid peroxide concentration in sperm pellet suspensions. Eleven of fifty-two treated infertile men impregnated their spouses.

Increasing the levels of vitamin E in men with low fertility resulted in improving the number and quality of sperm. The sperm had improved mobility and were better able to attach to the unfertilized egg. The result: the spouses became pregnant.

Studies suggest that Vitamin E may be as effective -and possibly more effective- than expensive high-tech procedures.

A report by Kessopoulou and colleagues offered the first solid, convincing proof of the vitamin's effectiveness. In this study, thirty men with low fertility were divided into two groups. For three months, one group took 600 IUs of vitamin E daily while the other took a placebo. Sperm counts were measured and analyzed.

After a one-month rest period, the two groups changed routines. This time the group that had taken placebo pills took vitamin E, and vice versa.

For both stages of the test, sperm potency dramatically improved under the influence of vitamin E. Taking vitamin E supplement made sperm two and a half times as potent as they had been before supplementation began.

Another study, in Saudi Arabia, used a larger study group. Over one hundred couples unable to conceive due to low male fertility volunteered. In half of the group, males took daily vitamin E supplement, while the other half received a placebo. During the test period, none of the females in the placebo group became pregnant. By contrast, more than 20 percent of those in the vitamin E group conceived—a much higher success rate than in vitro fertilization can boast!

**Dosage:** In studies, a daily dose of 600 IUs of vitamin E was used. Don't take more than 800 IUs a day. Choose a product containing mixed tocopherols. Begin by taking 200 IU daily, then gradually increase the dosage until you are taking 400 IU twice daily.

**Note:** If you have high blood pressure, limit your intake of supplemental vitamin E to a total of 400 IU daily.

Studies have shown that vitamin E is more effective when taken with another key antioxidant, vitamin C. The reason may be that when a vitamin E molecule is damaged by interacting with a free radical, C converts it back to its original form, giving it, in effect, a second life. To minimize stomach upset, take vitamin E at mealtimes or with a snack.

**Caution!** People with anemia, poorly clotting blood, liver disease, or overactive thyroid should not take vitamin E supplements without consulting a doctor. If you are taking an anticoagulant (blood thinner), consult your physician before taking supplemental vitamin E.

## **Selenium**

Scientists observed that selenium deficiency lowers the reproduction rates in man as well as in animals. Selenium is needed for production of testosterone. When selenium levels are low, sperm are immobile because the tail is weakened or deformed. In men, selenium is essential for sperm production—almost half of the male body's supply of selenium is concentrated in the testicles and the seminal ducts adjacent to the prostate gland.

Selenium is an antioxidant that prevents free-radical damage, works synergistically with vitamin E, and preserves tissue elasticity.

In one double-blind trial, low-fertility men who took selenium supplements increased the mobility of their sperm by 100 percent! Take 200 micrograms of selenium daily. Do not exceed the dosage as it is toxic at levels above recommended. (Toxicity levels are 100 times the daily recommended value.)

## **Zinc**

Zinc is a critical trace mineral for male sexual function. It is involved in virtually every aspect of male reproduction, including hormone metabolism, sperm formation, and sperm motility. Zinc found in the seminal fluid, increases sperm count and mobility, and blood testosterone levels.

Zinc deficiency is characterized by decreased testosterone levels and sperm counts. Zinc levels are typically much lower in infertile men with low sperm counts, indicating that a low zinc status may be the contributing factor to the infertility.

The results from several studies suggest that zinc supplementation may be beneficial for men who have low sperm count and low testosterone levels.

In one study, thirty-seven men who had been infertile for more than five years, and whose sperm counts were less than 25 million/ml were given a supplement of zinc sulfate (60 mg of elemental zinc daily) for forty-five to fifty days. In the twenty-two patients with initially low testosterone levels, mean sperm count increased significantly, from 8 to 20 million/ml. Testosterone levels also increased, and nine out of the twenty-two wives became pregnant during the study. In contrast, in the fifteen men with normal testosterone levels, although sperm count increased slightly, there was no change in testosterone level and no pregnancies occurred. Thus zinc appears to be effective in increasing male fertility when testosterone levels are low.

Optimal zinc levels must be attained if optimum male sexual vitality is desired. RDA for zinc is 15 mg. Zinc is found in whole grains, legumes, nuts, and seeds. In addition to eating these zinc-containing foods, therapists suggest that you take 45 to 60 mg per day of zinc supplements.

### **Vitamin B12**

A deficiency of Vitamin B12 leads to reduced sperm counts and reduced sperm motility. Even if there is no deficiency of Vitamin-B12, its supplementation may be beneficial for men with sperm count less than 20 million/ml or a motility rate of less than fifty percent.

In one study, twenty-seven percent of men who had sperm counts under 20 million/ml were given 1,000 mcg of vitamin B12 per day. As a result, their total sperm count increased in excess of 100 million/ml. In another study, fifty-seven percent of men with low sperm counts who were given 6,000 mcg of vitamin B12 per day demonstrated improvements.

### **Arginine**

The amino acid is also essential in sperm formation. (It is found in the heads of sperm.)

Arginine supplementation is often, but not always, an effective treatment for male infertility. The critical determinant appears to be the level of sperm count. If sperm counts are less than 20 million/ml, arginine supplementation is less likely to be of benefit. Also, the dosage of arginine should be at least 4 grams per day for three months to be effective.

In one study, seventy-four percent of 178 men with low sperm counts were treated with 4 grams/day of arginine. They showed significant improvements in sperm counts and motility as a result of this therapy. Use arginine supplementation only after other nutritional measures have been tried.

### **Carnitine**

A deficiency of carnitine results in a decrease in fatty acid concentrations in the mitochondria and reduced energy production. After ejaculation, the motility of sperm correlates directly with carnitine content. The higher the carnitine content, the more motile the sperm. Conversely, when carnitine levels are low, sperm development, function, and motility are drastically reduced.

In one clinical study thirty-seven of forty-seven men who had abnormal sperm mobility and given carnitine supplementation (1,000 mg three times daily) experienced an increase in sperm count and mobility.

Supplementing the diet with L-carnitine may help restore male fertility in some cases. Start by taking a dose of 250 to 500 milligrams of L-carnitine with breakfast. After one week, add a second dose, with lunch. After another week, add a third dose, so that you are taking 250 to 500 milligrams with each meal. Continue taking L-carnitine for three to four months.

## **Suggested Daily dosages:**

### Most Important:

- Vitamin B complex, 100 mg twice daily.
- Vitamin B6, 50 mg twice daily for six months or more.
- Vitamin C, with bioflavonoids, 1,000-3,000 mg three times daily for at least three months.
- Vitamin E, with mixed tocopherols, Start with 200 IU daily and increase gradually to 400-1,000 IU daily.
- Zinc, 80 mg, with 3 mg copper daily six months, then reduce zinc to 30 mg. Do not exceed a total of 100 mg daily from all supplements.
- L-arginine, 4,000 mg.
- Coenzyme Q10, 200 mg.
- Chromium, 100 mcg.
- Seleniurn, 200-400 mcg daily.

### Helpful:

- Lactobacillus acidophilus, 1-3 capsules or 1 tsp.
- Flaxseed oil, 1 tablespoon daily.
- Carnitine, 300 milligrams three times daily.

## **Dietary and Lifestyle Recommendations**

- Consume a diet that focuses on whole, unprocessed foods (whole grains, legumes, vegetables, fruits, nuts, and seeds).
- Eat 1/4 cup of raw sunflower seeds or pumpkin seeds each day.
- Eliminate alcohol, caffeine, and sugar.
- Identify and control food allergies.
- Get regular exercise. (Avoid excessive exercise.)
- Perform a relaxation exercise (deep breathing, meditation, prayer, visualization, etc.) 10 to 15 minutes each day.
- Drink at least 48 ounces of water daily.

## **Nutrition**

Balanced nutrition is essential to maintaining overall good health, but it also can affect your capacity to cope with stress. When you are going through a period of stress, you need more of all nutrients, particularly the B vitamins, which affect the nervous system, and calcium, which is needed to counteract the lactic acid your tense muscles produce. Likewise, if you are lacking nutrients, your body will not be equipped to handle stress effectively.

Eat a variety of foods to ensure that you consume all of the forty to sixty nutrients you need to stay healthy. These include vitamins, minerals, amino acids (from proteins), essential fatty acids (from vegetable oil and animal fat), and energy from carbohydrates, protein, and fat. While most foods contain more than one nutrient, no single food provides adequate amounts of all nutrients. More information on your daily vitamin and mineral requirements can be found here.

Try to maintain a diet of mostly whole (unprocessed) foods. Stay away from caffeine (coffee, tea, cola, chocolate), which causes nervousness and inhibits sleep if too much is ingested. Caffeine causes a fight-or-flight response in your body and uses up your reserves of the B vitamins, which are important in coping with stress. Alcohol also depletes your body's B vitamins, and can disrupt sleep and impair your judgment or clarity of thought. Avoid sugar. It provides no essential nutrients and can cause an immediate "high" followed by a prolonged "low."

Studies have shown that the body depletes its stores of nutrients when under stress, mainly protein and the B vitamins as well as vitamins C and A. A deficiency of

magnesium, which helps muscles relax, has been linked to "Type A" or high-stress personalities. If you are under prolonged stress or are at risk for hypertension, consume foods high in potassium, such as orange juice, squash, potatoes, apricots, limes, bananas, avocados, tomatoes, and peaches. You also should increase your intake of calcium, which is found in yogurt, cheese, tofu, and chick-peas.

If you find that you have difficulty managing stress and often feel fatigued or stressed out, you might want to examine your diet for deficiencies in certain nutrients. If you are deficient in certain nutrients, you will need to alter your diet or take supplements.

Since every person is unique, nutritional needs vary to some degree. It will probably take several months to change your diet and establish healthy eating habits. Experimenting and taking the time to reform your eating will have very positive immediate and long-term effects. Choose foods that you enjoy and try to make meals pleasurable times. Eat a relaxed meal. Continue your healthy diet and supplements even after the period of stress has passed so that your body will be best prepared to cope with the next stressful situation you encounter. The goal is to maintain maximum health with good nutrition, exercise, and active stress management.

## Homeopathy for Infertility - Women

Constitutional treatment for both partners is the best approach. Helpful remedies include:



whose desire for sex is ebbing.

- Lycopodium for women who have a dry vagina and tenderness in their lower abdomen over the right ovary.

- Sabina 6c for women who have had miscarriages before 12 weeks.
- Sepia 6c for irregular periods accompanied by a sensation that your womb is about to drop out of your vagina, feeling chilly, weepy, irritable and have a lack of sexual desire.
- Natrum muriaticum
- Silica as a constitutional remedy.
- Aurum for tired people with lack of sexual desire and depression.
- Conium for women whose breasts feel tender, with pockets of hard swelling, and

### **Hydrotherapy**

There are many nerve endings on the skin surface. These deal with the reception of stimuli. Most of these are cold receptors as opposed to hot receptors. If water of a different temperature to that of the skin is applied, it will either conduct heat to it or absorb heat from it. These stimuli affect the sympathetic nervous system and the hormonal system.

The greater the difference between the temperature of the skin and the water applied, the greater will be the potential for physiological reaction. Alternating hot and cold sitz baths are useful in improving pelvic circulation.

On the other hand, if the water is of the same temperature as the body, it has a marked relaxing and sedative effect on the nervous system. This, so called neutral bath, has great value in stress management and relaxation.

### **Hypnotherapy**

Hypnotherapy involving cell command therapy, hypno-healing and self-hypnosis can help with relaxation and stress reduction and also provide positive affirmations for health, energy and well-being.

A hypnotherapist may suggest age regression to uncover a woman's subconscious fears of pregnancy, childbirth and motherhood, of hospitals and medical treatment, or of recreating her own childhood or of a threat to her marriage by the arrival of a new baby.

Research at the Chelsea and Westminster Hospital in London, UK showed that hypnotherapy can reduce stress levels and help some women to conceive. Hypnotherapy may also help to uncover fears about labor, motherhood, hospitals, or the child as a threat to your relationship.

You can use affirmations such as the following to improve your emotional well-being and improve your self-esteem.

- My body is strong and healthy and can become healthier each day.
- My female organs are in good shape.
- My body chemistry is effective and balanced.
- I eat healthy nourishing food.
- I'm learning to handle stress.
- I'm calm and relaxed.
- I work efficiently and competently
- I have the freedom and confidence to enjoy life.

### **Imagery**

Gerald Epstein, M.D. suggests the following visualization in his book 'Healing Visualizations,' to help women overcome infertility.

Close your eyes, breathe out three times and imagine walking into a beautiful garden. There you find a tree and a stream of flowing water. Bathe in the water, allowing it to enter and clean all ova, or eggs. Then sit under the tree and enjoy the sunshine and blue sky reflecting through the leaves. Look up to your right and make a prayer for what you want. Do this quickly. Then ask your mate to join you in the garden. Lie down under the tree holding hands. Picture a blue light forming a dome over you. Now go out of the garden holding hands, cradling a child between you.

Do this imagery for two to three minutes once a day for seven days, beginning at the middle of your cycle.

### **Mind/Body Medicine**

Emotional stress can lower the level of fertility. For example, stress in a woman can affect the hormones being released from the brain's pituitary gland, interrupting ovulation (the release of mature eggs). If the stress is combined with another "fertility-lowering" condition, such as a partially blocked fallopian tube, then it can lead to infertility.

Several therapies can reduce stress and encourage relaxation. These therapies can help you cope with stress, which may be affecting your ability to conceive. Mind therapies may also reveal unconscious fears, and help those unable to conceive to come to terms with this. Examples are:

- Guided imagery
- Creative visualization
- Meditation
- Prayer
- Support groups
- Hypnotherapy

One proof that mind/body medicine is an effective part of infertility treatment is a University of Massachusetts study that showed that infertile couples who joined support groups were more than twice as likely to conceive children compared to couples who didn't participate in any groups.

Several times a day, set aside 15 to 30 minutes for relaxation exercises followed by guided imagery exercises related to the reproductive system. Have someone else read the script to you, or have it on tape nearby so you can play it right after finishing the exercises. Here's an excerpt of an imagery script:

On the stalk, imagine delicate buds swelling with color and energy and warmth, slowly opening, unfolding under nature's direction. Focus on the gentle wind carrying grains of pollen. Some grains float to the blossoming flower. Watch the blossom welcome the pollen, holding it and closing on it. Women trying unsuccessfully to become pregnant have levels of stress, in terms of anxiety and depression, equivalent to women with cancer, HIV, and heart disease, according to Alice D. Domar, Director of the Women's Health Programs at the Mind/ Body Institute at the Harvard Medical School.

### **How Does Stress Affect Our Reproductive System?**

Stress in women disrupts the hormonal communication between the brain, the pituitary, and the ovary, interfering with both the maturation of an egg and the ovulation process.

When we are under stress, we experience several neurochemical changes. This can alter the ordered release of hormones that regulate the maturation and release of an egg. IN addition to this, the concentrations of several important chemical messengers involved in reproduction change when our emotional states change. There is a direct link between the brain and the reproductive tract. Nerve fibers connect the brain directly to both the fallopian tubes and the uterus. The autonomic nervous system influence the ovary's ability to produce healthy eggs and hormones. For example, when a woman is under stress, spasms occur in both the fallopian tubes and the uterus, which can interfere with movement and implantation of a fertilized egg.

Thus the stress can affect infertility both by the altered regulation of pituitary hormones and from the abnormal nervous-system influences on the ovaries and fallopian tubes.

In case of man, both physical and emotional stress are known to affect the fertility. Sperm counts, motility, and structure are altered under stress. Problems such as impotence and difficulties with ejaculation are often caused by the emotional distress in men.

### **Stress can Lead to Infertility – This, in turn can lead to increased stress leading to a vicious circle**

Stress is like a runaway train that gathers momentum with time. As explained, stress can make us less fertile by its effect on our hormones and reproductive organs. The resultant failure to conceive creates further stress, which results in further loss of fertility and so on. This results in a vicious cycle. The circle goes both ways: stress affects infertility and infertility affects stress.

Women who are unable to conceive often experience a loss of self-esteem, depression, anger, and anxiety over disappointing their partner. Men may begin to feel guilty, and start questioning their "manliness" resulting in relationship problems and reduced sexual activity. The couple does not enjoy sex anymore. The focus changes to making a baby instead of making love putting them on a roller-coaster ride that ends with dashed hopes once a month when their periods arrive. Tracking ovulation can take all the fun and spontaneity out of sex, and marital disruption is common. All of this reinforces the cycle of stress and infertility.

### **Sleep Deprivation and Insomnia**

Under stress our sleep cycles are commonly disturbed. People under stress find it hard to have a restful sleep. The resulting sleep deprivation and insomnia alter the daily rhythms of several hormones involved in reproduction and fertility. This in turn can contribute to infertility.

### **Can stress reduction aid in conception?**

In 1978, the Mind-Body Institute of Harvard Medical School developed a ten-week group program for women with unexplained infertility. Based on coping-skills training, learning to shift from the stress response to the relaxation response, guided imagery, gentle yoga stretching, good nutrition, education in topics pertinent to fertility, and support from other women in the group, the program has an excellent track record in reducing women's stress. The emphasis of this program is on shifting the focus of life away from conceiving a baby to living a creative, fulfilling life in other regards. The results from this program had been excellent. Almost all the women who completed it had significant reductions in anxiety, anger, and depression, and an increase in vitality and well-being. Although the program is designed only to reduce stress, statistics compiled from the nearly three hundred women who completed the program and were available for follow-up indicated that 57 percent of them became pregnant within six months of completing the ten-week course. This certainly shows that reducing stress can certainly be beneficial in decreasing infertility.

Stress-management programs can reduce depression, anxiety, anger, and fatigue, all of which are commonly part of the lives of people struggling with infertility. It seems that as these negative emotions diminish the chance of becoming pregnant increases.

Stress-management programs do not cure infertility. But mind body approaches that reduce anxiety and increase relaxation can help couples with unexplained infertility. Reducing stress through relaxation response may help normalize menstrual cycles, improve the health of both egg and sperm, and increase the likelihood of fertilization and implantation. Reduced stress also means an improved quality of relationships and life for the couple.

### **Art therapy**

Art, light and color therapies goes hand in hand. They are all useful in invoking appropriate responses by affecting mind, body and spirit.

Through art therapy, both adults and children can be helped to express their inner needs and desires and to record the content of dreams and meditations. Art can be a key to the door of the inner mind, externalizing thoughts and feelings and thus giving insight into hidden concerns that may be preventing a person from achieving full potential in life.

Art therapists will try to discover if emotional problems are an underlying cause of the problem and then will use appropriate treatment based on the diagnosis.

### **Acupressure**

Pressure applied to specific points on the hands and feet can help stimulate the ovaries, uterus, and adrenal, pituitary, thyroid, and parathyroid glands to balance hormone production. According to five element theory of Oriental Medicine, infertility is influenced by the water element (Bladder and Kidney meridians) and the earth element (spleen and stomach meridians).

Focus upon building up the kidneys, to increase the likelihood of a successful pregnancy. Give yourself a kidney rub daily and add black beans (a kidney builder) to your diet.

Acupressure points that are important during the preconception period are:

- Kidney 3
- Spleen 3
- Large Intestine 11
- Triple Warmer 7
- Conception Vessel 3

The following points are also important:

- Liver 3 relaxes the nervous system.
- Spleen 6 and Stomach 36 improve circulation.

### **Acupuncture**

The Chinese believe that infertility is caused by "Patterns of Disharmony," a combination of six different conditions that affect the kidney, liver, blood, and uterus, among other systems. Because the "Patterns of Disharmony" are different for every woman, Chinese fertility therapy is individualized. The therapies may be different, but the goal is always the same - to restore the body's natural balance, rather than to add things (like fertility drugs) to it.

Acupuncture strives to improve the hormonal balance in women by stimulating certain points in the body. This procedure can balance energy and help women to restore their normal biochemical functioning.

A practitioner will give you an individual assessment and stimulate certain acupoints believed to improve hormonal balance and increase energy flow. The following points are important for this condition:

LIV 3, LIV 8, St 36, SP 6, GV 4, GV 3, CV 3, CV 4, CV 6, UB 20, UB 23.

Bar points: Kidney, Subcortex, Internal Secretion, Shen-men.

### **Aromatherapy**

Several essential oils are useful individually or as in combination in infertility treatments. A clary sage oil massage is applied directly upon the ovarian axis to restore low estrogen levels. Rosemary, tea tree, lavender and other anti-infective oils are useful in the abdominal massage to treat pelvic infection leading to inflamed or blocked reproductive tubes.

Use the following combination in a vegetable oil base once per day before the color therapy and to massage the lower part of the body:

- Cinnamon 5%
- Clove 5%
- Onion 2%
- Garlic 2%

## Homeopathy for Insomnia



Professional homeopaths do not generally prescribe remedies to treat symptoms individually, as the symptoms are considered to be only the outward sign that your vital force is struggling to overcome disease. Instead a remedy is prescribed for the whole person. Accurate prescribing is essential to the success of homeopathy.

### **Dosage (unless indicated otherwise)**

For occasional use as a natural sleeping aid, use 6c strength, repeating every fifteen minutes for three doses. Take 2 tablets and dissolve under the tongue,

and repeat for two weeks if necessary.

For acute problems, take 6c potency every half hour or once daily for more established conditions. Continue treatment for two to three weeks. If there is no improvement within this time, stop taking the remedy and try a different one or consult a qualified homeopath for further advice.

Some drugs and small smells may impair the benefits of homeopathic remedies. We recommend that you do not use aromatherapy oils in conjunction with homeopathic remedies.

Listed below are some common homeopathic remedies that may be useful for sleep disorders.

- **Arnica** Good for physical overwork and when the bed feels too hard and uncomfortable. This remedy is also useful for jet lag.
- **Aconite** Used for acute insomnia caused by shock, fright, bad news, or grief. Also for fear, anxiety, and restlessness. May be woken by nightmares.
- **Arsenicum album** When you feel sleepy during the day but anxious at night. Restless in bed with anxious dreams and nightmares. Also for warmth, warm drinks, moving about, and sleeping propped up in bed.
- **Calcerea phosphorica** Difficulty waking and getting up in the morning, waking up before midnight. Painful teething in restless babies. Anxious, irritable, sluggish, and restless. Dislikes routine. Babies who scream in their sleep and need lots of attention
- **Causticum** Bedwetting in the early part of the night. Over-sensitive child easily upset and tearful. Afraid of the dark. Strong sense of justice.
- **Chamomilla** Irritable baby who refuses to be calmed. Sleeplessness caused by teething, anger, or Colic. Moaning when asleep, eyes are half open when asleep. For the person who exhibits irritability, peevishness, and restlessness. It is an antidote for overuse of coffee. Exhibits sleeplessness and restlessness during the first part of the night. They have frightening dreams.
- **Cocculus** If exhaustion is related to changing work shifts or too many nights of staying awake, as when caring for a sick person. For overtiredness and exhaustion, use 12X.
- **Coffea Coffea**, the homeopathic remedy made from the coffee bean, is very useful in cases of sleeplessness when the mind is awake and working. Shows inability to relax due to the overexcitement caused by good news or ideas. Vivid dreams, overactive mind,

overexcitement. The thoughts are not fixed on a disappointment, but nevertheless the nervous system seems to be overexcited, as if from drinking too much coffee. Take 3X to 200X for insomnia following too much coffee drinking.

- **Equisetum** Wetting the bed during dreams. Nervous-system immaturity.
- **Ignatia** Sleeplessness caused by shock, emotional stress, or grief, where the person has become overwrought and moody, with frequent yawning or sighing. Jerks limbs when falling asleep. Mood swings, no thirst, dreams with bottled up anger and tension.
- **Kali phos** Night terrors, or waking with a sinking feeling in the stomach. Caused by excitement or mental strain. Also for anxiety, irritability, and muscle fatigue Exhausted by stress or overwork.
- **Lachesis** Sleep problems during the menopause. Sensation of suffocation at the throat or bed swaying as you go to sleep. Dread of going to bed because of sudden awakenings and the sensation of swaying. Tendency to hold breath while fast asleep. Night sweats. Waking anxious and feeling unwell.
- **Muriaticum acidum** Generally used for emotional problems.
- **Nux vomica** Excellent for the person who is irritable and sleepless from stopping sedatives, or from too much mental stress, alcohol or food. For alcohol, overeating especially spicy, foods, noise, lack of sleep. The sleeplessness typically occurs after waking up very early in the morning. The person cannot get back to sleep until just before the alarm goes off, and then gets up irritable and angry from lack of sleep. For wakefulness in the middle of the night, use 6X to 12X.
- **Opium** If the person is feeling sleepy but unable to get to sleep, if the bed is too hot, or else sleep comes but it is so heavy that the person snores and cannot be roused.
- **Pulsatilla** Early waking with an overactive mind and/or recurrent thoughts. For anxious or vivid dreams, night sweats. Person is restless in first sleep, feels too hot and throws covers off, then feels too cold and lies with arms above head, not thirsty, or if the insomnia is worse after rich food.
- **Sepia** Difficulty falling asleep. Waking early feeling unrefreshed. Exhausted and depressed by over work and mental stress. Feels irritable and sleepy during the day. Suffers headaches, nausea and dizziness due to tiredness. Night sweats.
- **Sulphur** Awakened by the slightest noise and finds it difficult to get back to sleep. Feels hot and thrusts limbs out from under the covers. Kept awake by a continuous flow of ideas. Vivid nightmares, disturbed and unrefreshing sleep, waking in the early hours then sleeping late.
- **Thuja** Wakes up early and unrefreshed just before time to get up. Pain where you have been lying, feeling cold, sleep-talking, anxious dreams, stress headaches.

### **Schuessler Tissue Salts**

Take the following remedies for the various disorders, ten tablets each twice per day until condition improves.

- For insomnia: Natrum muriaticum 30X Kali phosphorica 12X
- For oversleeping: Natrum sulphurica 12X
- For nightmares: Natrum sulphurica 12X
- For awake screaming: Kali phosphorica 12X
- For crying out in sleep: Calcarea phosphorica 12X
- For tiredness in the morning: Natrum muriaticum 12X Calcarea phosphorica 12X
- For those hard to wake in the morning: Calcarea phosphorica 12X
- For constant desire to sleep in the morning: Natrum muriaticum 30X
- For sleep that does not refresh: Natrum muriaticum 12X
- For great drowsiness in old persons: Silica 30X

- For jerking of limbs during sleep: Silica 30X Natrum muriaticum 20X
- For anxious dreams: Natrum muriaticum 12X
- For vivid dreams: Kali sulphorica 12X

## Homeopathy for Menopause



Homeopaths treat the menopausal symptoms by constitutional treatment. This is the process by which a homeopathic physician selects and administers a woman's own constitutional remedy based on the totality of her symptoms and her physical, mental and emotional state. This strengthens the body's vital defenses and restores a healthy balance and sense of well-being. Most of the major homeopathic remedies may be used for the symptoms of menopause.

Homeopaths generally avoid giving multiple remedies simultaneously. A second dose is not to be used until the first has ceased to act. Once the body begins to heal, no more remedies are given or should be taken.

Consult a homeopathic physician to determine appropriate remedy for you as each case is different.

### **Homeopathic Remedies for Menopausal Discomforts**

- *Bellis perennis*, which is indicated when the woman is frequently tired and has a constant backache.
- *Cimicifuga racemosa*, which is indicated when the woman is very talkative and restless. Her emotions may swing from troubled to happy, and she may be fearful of disease or death. She often has headaches and a feeling of doom centered in her stomach.
- *Sanguinaria*, which is indicated when the right side of the body is more troubled than the left. The woman suffers from itching all over her body, heavy vaginal discharge, sore breasts and headaches on the right side of her head.
- *Sepia*, which is indicated when the woman is worn out and weak. She is likely to be sad and to display indifference to her job or family. She feels cold, despite flushing often. She shies away from intercourse because it is difficult or painful for her.
- *Amyl Nitrosum*
- *Belladonna*
- *Cactus Grandiflorus*
- *Caulophyllum*
- *Gelsemium. Glonoine*
- *Ignatia*
- *Kali Carbonicum*
- *Kreosotum*
- *Lachesis*
- *Murex*
- *Nux Moschata*
- *Nux Vomica*
- *Oophorinum*
- *Pulsatilla*
- *Sulphur*
- *Ustilago*

- Maydis
- Zincum Valerianum

### Depression, Nerves, Irritability

- **Aconitum napellus**, which is indicated for physical and mental restlessness; sleeplessness with tossing and turning and nightmares; and for the after effects of fright. The woman feels anxious and fearful. She feels better after resting or being outside, but worse at night or when lying on her left side.
- **Arum Metallicum** for depression accompanied by recurring thoughts of suicide and feelings of being unloved.
- **Belladonna**, for excitability, restlessness and mental hyperactivity. Symptoms better in darkness, quiet, resting, sitting up and worse in light, noise, cold air.
- **Chamomilla**, for hypersensitivity to pain with irritability; inconsolable; sleepiness during the day and insomnia in the evening. Symptoms are relieved by heat and riding in a car and worse when angered.
- **Gelsemium Sempervirens**, for apprehension and exhaustion. Symptoms seem better after urination, sweating, shaking, reclining with head high, but worse after emotionalism, smoking, or when in humid environment.
- **Ignatia Amara**, for emotional stress; sighing; nervousness; in effects of grief. Symptoms seem improved by swallowing, eating, and urination and worse with emotionalism, smoking, touch, and worry.
- **Lachesis Mutus**, is indicated when the woman is talkative, suspicious, thin and moody. She prefers to be by herself and may be especially depressed in the morning. Symptoms are better in the open air and after outbursts, but worse during and after sleep, in warmth and in the sunlight.
- **Nux Vomica**, for irritability, anger, impatience; hyper excitability and sensitivity; excessive fault finding. Symptoms improve after naps and outbursts, but are worse in early morning, drafts, or after alcohol, coffee, or slight disturbances.
- **Passiflora Incarnata**, for calming and soothing the nervous system.
- **Septa**, for a tendency to depression with feelings of wanting to withdraw from the world and everyone in it; uninterested in sex; irritable. Symptoms seem better after strenuous exercise, crossing legs, and after sleep and worse after getting wet, in cold air, with anger, and before your period.
- **Stramonium**, for anger, irritability with many fears. Symptoms improve with light and warmth, worsen with darkness.
- **Viburnum Opulus**, for excitability and restless sleep. Improvement of symptoms occur with rest, applied pressure, and open air, but worsen before menses, with fright, jarring, or in a closed room.

### Anxiety

- **Arsenicum album**, which is indicated when the woman is cool, restless and has fears of great disease or death. She is fault-finding and demanding. Even minimal activity tires her out. Symptoms are worse when she is cold, during wet weather and late at night. Heat makes her feel better.
- **Borax**, which is indicated when the woman is nervous and annoyed by sudden noises or activity. She may become nauseated by excessive anxiety, and hot flashes may keep her awake at night. Noise, warm weather and downward motion increase her symptoms, while pressure and cold water decrease them.

## Emotions

- Chamomilla, for hypersensitivity to pain with irritability; inconsolable; sleepiness during the day and insomnia in the evening. Symptoms are made better by heat and riding in a car, and worse when angered.
- Ignatia Amara, for emotional stress; sighing; nervousness; ill effects of grief. Symptoms seem improved by swallowing, eating, and urination and worse with emotionalism, smoking, touch, and worry.
- Pulsatilla, for moodiness, sadness with craving for consolation; especially helps the person whose nature is generally changeable, with a tendency to be weepy.
- Stramonium, for anger, irritability with many fears; nocturnal fear. Symptoms improve with light and warmth, worsen with darkness.

## Hot Flashes and Night Sweats

- **Sepia** is good for hot flashes which leave you nauseated, worn out, weak, and depressed.
- **Lachesis Mutus** is another remedy for hot flashes, especially if they seem to originate at the top of your head. Symptoms are better in the open air and after outbursts, but worse before and after sleep, in warmth and in the sunlight.
- **Pulsatilla** for hot flashes whose symptoms occur more when you're indoors, leave you chilled, and emotional.
- **Belladonna** will aid flashes that concentrate on your face and you feel irritated and restless; there may be palpitations.
- **Valeriana** aids hot flashes accompanied by profuse sweating and which are centered on your face.
- **Ferrum Metallicum** is good for relieving sudden hot flashes and exhaustion.

## Other applicable homeopathic preparations for hot flashes:

- Use only one at a time.
- Amyl Nitrosum
- Sanguinaria
- Cimicifuga Racemosaic
- Aconitum Napellus
- Glonoine
- Gnatia
- Manganum Aceticum
- Sulphur
- Sumbul
- Ustilago Maydis.

## Night Sweats

- Nux Vomica, for night sweats that leave you chilled and irritable.
- Sulphur is good for night sweats that make you extremely thirsty and heat sensitive.

## Other single remedies for night sweats:

- Populus Tremuloides
- Salvia
- Pilocarpus Microphyllus.

## **Profuse perspiration**

- Lachesis
- Sepia
- Sulphuricum Acidicum - Sulphuricum Acidicum is especially useful if the hot flash leaves you trembling and is worse at night and when exercising.

## **Insomnia**

- Do not try more than one remedy at a time. Consult a homeopathic physician before attempting any remedies.
- Aconitum Napellus, for physical and mental restlessness; sleeplessness with tossing and turning and nightmares; and for the after effects of fright. Symptoms worse at night, better after sweating.
- Arsenicum album, which is indicated when the woman is chilly and frightened of dying. She tends to wake up in the middle of the night and restlessly walks around the house.
- Belladonna, for insomnia, excitability, restlessness and mental hyperactivity.
- Chamomilla, for hypersensitivity to pain with irritability; inconsolable; sleepiness during the day and insomnia in the evening. Symptoms better with heat and riding in a car and worse when angered.
- Coffea crude, which is indicated when the woman is filled with thoughts and ideas, her emotions swinging. She is sensitive to noise and can't stop thinking about things.
- Lycopodium clavatum, which is indicated when the woman is physically weak but has a sharp mind. Although lacking in self-confidence, she tends to 'rise to the occasion.' She tends to wake up in the very early morning and can't stop thinking about things long enough to get back to sleep.
- Passiflora Incarnata, for insomnia, calming and soothing the nervous system
- Sulphur, which is indicated when the woman is depressed, weak and lazy. She tends to argue and grumble a lot and suffer from recurring symptoms. She is a very light sleeper, often awakened by small noises.
- Viburnum Opulus, for restless sleep. Improvement of symptoms occur with rest, applied pressure, and open air, but worsen before menses, with fright, jarring, or in a closed room.

## **Other single remedies:**

- Absinthium
- Aconitum Napellus
- Anacardium
- Arsenicum Album
- Avena Sativa
- Belladonna
- Calcarea Carbonica
- Camphora
- Chamomilla

## **Constipation**

- Sepia
- Hydrastis
- Magnesia Muriatica
- Magnesia Phosphorica
- Iris Versicolor

## **Involuntary Urination**

Due to a thinner bladder after menopause, most women experience the occasional minor leaking of urine upon laughing, sneezing, or other activities that put stress on the bladder. If the problem amounts to more than that, your homeopath may prescribe remedies such as:

- Pulsatilla for use when you feel insecure about whether you can "hold it" or not. Urination feels imminent almost constantly, though it's not a "full bladder" feeling.
- Zincum Metallicum for chronic "dribbles" or slight leakages.

## **Menstruation and PMS**

Irregular periods are common during the onset of menopause. Some of your periods may be late, some may arrive early, some heavy, some light, or there may be a little spotting at ovulation or other times between periods. If you bleed twice as long as usual or spotting continues for 10 or more days, consult a professional for advice.

- Borax, for menses too early; nausea; colic. Symptoms are better around 11PM., with pressure, and with cold weather, but are worse with up or down motion and after menses.
- Cimicifuga Racemosa, for painful menstruation with irritability; exhaustion with oversensitivity to pain and general sick feeling. Symptoms seem better when wrapped warmly, in the open air, and with continuous motion, but are worse with suppressed or delayed periods, alcohol, and/or sitting still.
- Colocynthis, for abdominal, cramping pains generally on left side; spasms. Symptoms improve with hard pressure to area of pain, rest, doubling-up; are worse with emotionalism; anger; before and after urination.
- Lachesis Mutus, for profuse menstruation or "flooding" accompanied by bloating and irritability, even rage. Blood flow is thick and dark. Symptoms are better in the open air and after emotional out-bursts, but worse during and after sleep, in warmth, and in the sunlight.
- Magnesia Phosphorica, for abdominal, cramping pains generally on the right side; headaches; colic. Symptoms improve with menstrual flow, warmth, pressure, doubling-up; worsen with cold air, night, touch, exhaustion.
- Natrum Muriaticum, for flooding with irregular, prolonged periods, tears, exhaustion, headache, water retention, and salt cravings. Symptoms seem better in the open air, after rest, sweating, deep breathing, and irregular meals, but worse between 9 and 11 A.M., in the sun, or in heat.
- Sepia, good for flooding especially if periods are close together and there is bloating, depression, constipation, headache, backache, and hot flashes. Symptoms seem better after strenuous exercise, crossing legs, and after sleep and worse after getting wet, in cold air, with anger, and right before your period.

## **Other homeopathic remedies for flooding/heavy bleeding:**

- Belladonna (bright red flow with clots, headaches);
- Ipecacuanha (bright red continuous flow);
- Sabina (clotting, intense cramping);
- Sulphur (with drenching sweat).
- Chamomilla
- Trillium Pendulum
- Argentum Metallicum
- Cimicifuga Racemose
- Plumbum Metallicum
- Sedum
- Ustilago Maydis

## **PMS**

- Ignatia Amara, for emotional stress; sighing, nervousness, ill effects of grief. Symptoms seem improved by swallowing, eating, and urination and worse with emotionalism, smoking, touch, and worry.
- Lac Caninum, for painful swelling of the breasts. Symptoms seem better in the open air and after cold drinks, but worse for touch, jarring, cold air, wind, and after sleep.
- Pulsatilla, for heaviness, achiness in legs before menses. This especially seems to help generally changeable, weepy persons.

## **Sex: Painful intercourse**

- Apis mellifica, which is indicated when the woman is restless, tearful and apathetic. She may feel sluggish and feverish, especially in the afternoon. Her vagina feels "tight."
- Belladonna, which is indicated when the woman is a dreamer whose symptoms are made worse by noise or being touched. Her vagina feels sore and burning, and she may bleed after engaging in intercourse.

## **Vaginal Dryness**

- Belladonna for a vagina that is painfully dry and extremely sensitive.
- Bryonia is useful for those who feel dry all over, including dry stools as well as vagina.
- Lycopodium for dry skin, dry vagina, and dried up self-confidence.

## **Other single remedies:**

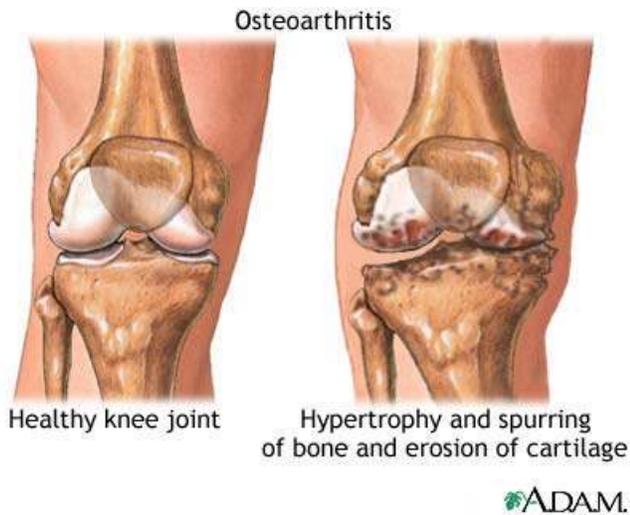
- Aconitum Napellus, Apis Mellifica, Ferrum Phosphoricum
- Hydrophobinum, Natrum Muriaticum, Spiranthes

According Karen Olness, M.D., of Case Western Reserve University, "hypnosis is a form of self-induced, focused attention that can make it easier for you to relax or learn to control your body's functions." This experience of extraordinary focus of attention brought in by hypnosis can be harnessed to influence your bodily states. The person can use imagery, relaxation, or autogenic suggestions in a richer and more powerful way without being distracted during the hypnotic state. Hypnotherapy is useful in a number of ways to combat the menopausal problems. Hypnotherapy involving cell command therapy, hypno-healing and self-hypnosis can help with relaxation and stress reduction and also provide positive affirmations for health, energy and well-being.

You can use the following affirmations to improve your emotional well-being and improve your self-esteem.

- My body is strong and healthy and can become healthier each day.
- My female organs are in good shape.
- My body chemistry is effective and balanced.
- I eat healthy nourishing food.
- I'm learning to handle stress.
- I'm calm and relaxed.
- I work efficiently and competently
- I have the freedom and confidence to enjoy life.
- I can be happy and optimistic at this time of my life.
- My life belongs to me and it brings me pleasure.
- I devote time to myself each day.
- My friends and family are more enjoyable than they have ever been.
- I'm going through menopause more easily and more comfortably with each passing day.

## Homeopathy for Osteoarthritis



Homeopathic remedies can be helpful during painful flare-ups. A constitutional remedy, chosen by an experienced practitioner to closely fit the individual, may help on deeper levels.

**Aconitum napellus:** Helpful for pain and inflammation that comes on suddenly after exposure to cold wind and weather. The person is likely to feel fearful, panicked, or agitated.

**Apis mellifica:** Helpful in acute conditions with redness, tenderness, and swelling. Joints feel hot and have stinging pain. The hands and knees are often affected. Warmth can aggravate the symptoms and cool applications bring relief.

**Arnica:** Useful for chronic arthritis with a feeling of bruised soreness. Pain is worse from touch, and may occur in joints that were injured in the past.

**Belladonna:** Useful for sudden flare-ups of arthritis with a sensation of heat and throbbing pain. The joints look red and inflamed, and the surface may feel hot to the touch.

**Bryonia:** Useful for tearing or throbbing pain that is worse from any motion. Rest and pressure may bring relief (if the pressure adds stability), but movement is intolerable. Cold applications often reduce discomfort.

**Calcarea carbonica:** Useful for arthritis in a person who is chilly, flabby or overweight, and easily tired by exertion. Inflammation and soreness are worse from cold and dampness, and weakness or cramping in the extremities are often seen. Problems often focus on the knees when Calcarea is needed.

**Calcarea phosphorica:** Useful for stiffness and soreness of the joints, worse from drafts and cold. Aching in the bones and tiredness are common, and the person feels worse from exertion. Calcium deposits or bone-spurs may develop, especially in the neck. A feeling of dissatisfaction and a strong desire for travel or a change of circumstances are often seen in individuals who need this remedy.

**Calcarea fluorica:** Good for arthritic pains that are improved by heat and motion. Joints become enlarged and hard, and bone spurs may develop. Arthritis after chronic injury to joints often responds to Calcarea fluorica.

**Cimicifuga** (also called *Actaea racemosa*): Useful for severe aching and stiffness that is worse from cold. Shooting pains or twitching can be felt in the area, and inflammation may be worse around the menstrual period.

**Dulcamara:** If a person has a flare-up of arthritis during cold damp weather, after getting wet and chilled, or when coming down with a cold, this remedy may be helpful. People who need this remedy are often stout, with a tendency toward allergies and back pain.

**Kali carbonicum:** Useful for the joints that have begun to get thickened or deformed, and discomfort is worse from cold and dampness. People who need this remedy are often dutiful and conservative, and tend to feel anxiety in the stomach.

**Kalmia latiflora:** Good when intense arthritic pain appears quite suddenly. The problems start in higher joints and extend to lower ones. Pain and inflammation often start in the shoulder, moving to the elbow, wrist and hand. The knees are also frequently affected. Discomfort is worse from motion and often worse at night.

**Ledum palustre:** Good when arthritis starts in lower joints and extends to higher ones. Pain and inflammation often begin in the toes and spread up through the ankles and knees. The joints may make cracking sounds and may be very swollen. Cold applications bring relief to both the pain and swelling.

**Pulsatilla:** Useful for pain that moves unpredictably from one joint to another. The hips and knees are often affected, and pain may be felt in the heels. Symptoms are worse from warmth, and better from cold applications and open air. A person who needs this remedy often is moody and changeable, and usually wants a lot of attention and comforting.

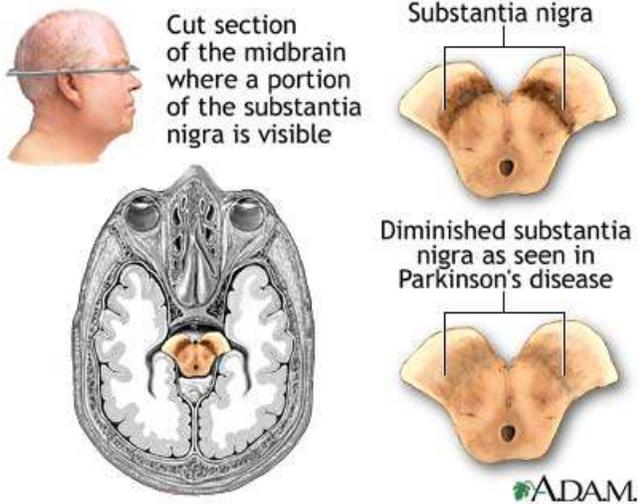
**Rhus toxicodendron:** This homeopathic remedy is useful for arthritis with pain and stiffness that is worse in the morning and worse in cold, wet weather. The person may feel extremely restless. Both warmth and motion improve the symptoms in the joints, as well as the person's general state.

**Ruta graveolens:** Good for arthritis with a feeling of great stiffness and lameness, worse from cold and damp, and worse from exertion. Tendons and the capsules of the joints may be affected. Arthritis may have developed after overuse, from repeated wear and tear.

# Homeopathy for Parkinson's Disease

## What Is Parkinson's Disease?

Parkinson's disease results from a gradual degeneration of nerve cells in the portion of the mid-brain that controls body movements. The first signs of the onset of the disease are a feeling of



weakness or stiffness in one limb, and/or a fine trembling of one hand when it is at rest (activity causes the tremor to disappear). Eventually, the shaking will worsen and spread, muscles will tend to stiffen, and balance and coordination will deteriorate. Depression and other mental or emotional problems are common.

The four primary symptoms of Parkinson's Disease are tremor or trembling in the hands, arms, legs, jaw, and face; rigidity or stiffness of the limbs and trunk; bradykinesia or slowness of movement; and postural instability or impaired balance and coordination. As these symptoms become more pronounced, patients may have

difficulty walking, talking, or completing other simple tasks. Over 40% of patients develop a dementia syndrome that is largely distinct from Alzheimer's disease. Depression is common, also occurring in more than 40% of patients with Parkinson's Disease. Careful evaluation is necessary to help distinguish Parkinson's disease from second causes of parkinsonism.

The disease is both chronic, (it persists over a long period of time) and progressive (its symptoms grow worse over time). It is not contagious nor is it usually inherited-that is, it does not pass directly from one family member or generation to the next.

Parkinson's Disease affects about 1 in every 250 people over 40 years old and about 1 in every 100 people over 65 years old. It is slightly more common in men than in women. Medication can treat its symptoms, and the disorder is not directly life-threatening. Mostly it is a quality of life issue. About half of all patients treated with drugs have no major disabilities 10 years after the onset of the disease.

National Parkinson Foundation estimates that the total cost from Parkinson's Disease exceeds \$5.6 billion annually in USA alone.

## Symptoms

- Parkinson's disease is clinically characterized by four main features:
- Resting tremor (shaking back and forth when the limb is relaxed)
- Bradykinesia (slowness of movement)
- Rigidity (stiffness, or resistance of the limb to passive movement when the limb is relaxed)
- Postural instability (poor balance).

**Tremor.** The tremor associated with Parkinson's disease has a characteristic appearance. Typically, the tremor takes the form of a rhythmic back-and-forth motion of the thumb and forefinger at three beats per second. This is sometimes called "pill rolling." Tremor usually begins in a hand, although sometimes a foot or the jaw is affected first. It is most obvious when the hand is at rest or when a person is under stress. In three out of four patients, the tremor may affect only one part or side of the body, especially during the early stages of the disease. Later it may become more general. Tremor is rarely disabling and it usually disappears during sleep or improves with intentional movement.

**Rigidity.** Rigidity, or a resistance to movement, affects most parkinsonian patients. All of our muscles have an opposing muscle. When we try to move a muscle, it becomes active, and the opposing muscle relaxes. In Parkinson's disease, this delicate balance of opposing muscles is disturbed. The muscles remain constantly tensed and contracted so that the person aches or feels stiff or weak. The rigidity becomes obvious when another person tries to move the patient's arm, which will move only in ratchet-like or short, jerky movements. This is known as "cogwheel" rigidity.

**Bradykinesia.** Bradykinesia is the slowing down and loss of spontaneous and automatic movement. It is particularly frustrating because it is unpredictable. One moment the patient can move easily. The next moment he or she may need help. This may well be the most disabling and distressing symptom of the disease because the patient cannot rapidly perform routine movements. Activities once performed quickly and easily, such as washing or dressing, may take several hours.

**Postural instability.** Postural instability, or impaired balance and coordination, causes patients to develop a forward or backward lean and to fall easily. When bumped from the front or when starting to walk, patients with a backward lean have a tendency to step back wards, which is known as retropulsion. Postural instability can cause patients to have a stooped posture in which the head is bowed and the shoulders are drooped. As the disease progresses, walking may be affected. Patients may halt in mid-stride and "freeze" in place, possibly even toppling over. Or patients may walk with a series of quick, small steps as if hurrying forward to keep balance. This is known as festination.

Resting tremor, bradykinesia, and rigidity are relatively early signs of Parkinson's disease. It is often apparent in the first-affected extremity. Postural instability is a late symptom typically emerging ten or more years into the disease. Other common signs include shuffling gait, stooped posture, difficulty with fine coordinated movements, and micrographia (small handwriting). Secondary features include autonomic dysfunction (constipation, sweating), cognitive symptoms (dementia), affective disturbances (depression), and sensory complaints including pain in muscles.

The symptoms of Parkinson's disease include:

- Slowness of voluntary movements, especially in the initiation of such movements as walking or rolling over in bed.
- Decreased facial expression, monotonous speech and decreased eye blinking.
- A shuffling gait with poor arm swing and stooped posture.
- Unsteady balance; difficulty rising from a sitting position.
- Continuous "pill-rolling" motion of the thumb and forefinger.
- Abnormal tone or stiffness in the trunk and extremities.
- Swallowing problems in later stages.

**Muscle rigidity**

- Stiffness
- Difficulty bending arms or legs

**Unstable, stooped, or slumped-over posture**

- Loss of balance
- Gait (walking pattern) changes
- Shuffling walk

**Slow movements**

- Difficulty beginning to walk
- Difficulty initiating any voluntary movement
- Small steps followed by the need to run to maintain balance
- Freezing of movement when the movement is stopped, inability to resume – movement
- Muscle aches and pains (myalgia)
- Shaking, tremors (varying degrees, may not be present)
- Characteristically occur at rest, may occur at any time
- May become severe enough to interfere with activities
- May be worse when tired, excited, or stressed
- Finger-thumb rubbing (pill-rolling tremor) may be present

**Changes in facial expression**

- Reduced ability to show facial expressions "mask" appearance to face
- Staring
- May be unable to close mouth
- Reduced rate of blinking

**Voice/speech changes**

- Slow speech
- Low-volume voice
- Monotone
- Difficulty speaking

**Loss of fine motor skills**

- Difficulty writing, may be small and illegible
- Difficulty eating
- Difficulty with any activity that requires small movements
- Movement, uncontrolled – slow
- Frequent falls
- Decline in intellectual function (may occur, can be severe)
- A variety of gastrointestinal symptoms, mainly constipation.

Note: Initial symptoms may be mild and nonspecific (mild tremor, slight feeling that one leg/foot is stiff and dragging, and so on).

### **Additional symptoms that may be associated with this disease:**

- Depression
- Confusion
- Dementia
- Seborrhea (skin)
- Muscle function/feeling loss
- Muscle atrophy
- Memory loss
- Drooling
- Anxiety, stress, and tension

### **Hoehn and Yahr Staging of Parkinson's Disease**

#### Stage One

- Signs and symptoms on one side only
- Symptoms mild
- Symptoms inconvenient but not disabling
- Usually presents with tremor of one limb
- Friends have noticed changes in posture, locomotion and facial expression

#### Stage Two

- Symptoms are bilateral
- Minimal disability
- Posture and gait affected

#### Stage Three

- Significant slowing of body movements
- Early impairment of equilibrium on walking or standing
- Generalized dysfunction that is moderately severe

#### Stage Four

- Severe symptoms
- Can still walk to a limited extent
- Rigidity and bradykinesia
- No longer able to live alone
- Tremor may be less than earlier stages

#### Stage Five

- Cachectic stage
- Invalidism complete
- Cannot stand or walk
- Requires constant nursing care

A more comprehensive, but complicated, way to evaluate Parkinson's Disease is by the Unified Parkinson's Disease Rating Scale. Although Parkinson's disease was discovered over a century ago the exact cause of the disease remains a mystery.

Bodily movements are regulated by a portion of the brain called the basal ganglia, whose cells require a proper balance of two substances called dopamine and acetylcholine, both involved in the transmission of nerve impulses. In Parkinson's, cells that produce dopamine begin to degenerate. Insufficient dopamine disturbs the balance between dopamine and other transmitters, such as acetylcholine. Dopamine is a chemical messenger responsible for transmitting signals between the substantia nigra and the next "relay station" of the brain, the corpus striatum,

to produce smooth, purposeful muscle activity. Loss of dopamine causes the nerve cells of the striatum to fire out of control, leaving patients unable to direct or control their movements in a normal manner. Studies have shown that Parkinson's patients have a loss of 80 percent or more of dopamine-producing cells in the substantia nigra.

The exact cause of this cell death or impairment is not known. Significant findings have been made by research scientists lately that provide important new clues to the disease. One theory holds that free radicals-unstable and potentially damaging molecules generated by normal chemical reactions in the body--may contribute to nerve cell death, thereby leading to Parkinson's disease.

### **Free Radicals and Anti-Oxidants**

Free radicals are the highly unstable chemicals that attack, infiltrate, and injure vital cell structures. Most stable chemical compounds in the body possess a pair of electrons. Sometimes, one member of the electron pair gets stripped away. The resulting compound (less one electron) is called a free radical.

In chemistry, the term free radical means that it is now free to combine with another element to form a new stable compound. One way to think of free radical is the way our social system work. In a family there is husband and wife. They are joined together. Both are "tied up" or not available for other partners. Now, for some reason they get separated. Now both mates can look for another person to join together. The way free radicals work, one of these free spouse go and break up a stable marriage of another couple, by joining with one of the spouses. This results in the ouster of a person from that family creating a brand new "free radical" who goes around prowling to find another "compound" to attack. You can see that free radicals can do lot of harm by forming a chain reaction.

A similar thing happens with free radicals in the body. When a free radical is born, it goes around the body looking for another compound to steal an electron from. This breaks up this "contented" couple, that results in releasing another free radical, and so on. While on the prowl, these free radicals (which are really the oxidation products from the body) can do tremendous damage to the delicate machinery of your cells. The most studied free radical chain reaction in living things is lipid peroxidation. (The term lipid refers to any fat-soluble substance, animal or vegetable. Peroxidation means the formation of a peroxide molecule. These are the molecules with the greatest proportion of oxygen molecules. For example, water molecule has tow hydrogen atoms and one oxygen atom. Hydrogen peroxide has two Hydrogen atoms and two oxygen atoms. In other words, there is an excess oxygen atom in hydrogen peroxide.)

Ninety eight percent of the oxygen we breathe is used by tiny powerhouses within our cells called mitochondria, that convert sugar, fats and inorganic phosphate (ADP), oxygen into adenosine triphosphate (ATP), the universal form of energy we need to live. This energy producing activity of the mitochondria involves a series of intricate, complex and vital biochemical processes dependent on vast numbers of enzymes (estimates vary from 500 to 10,000 sets of oxidative enzymes). These, in turn, are dependent upon dozens of nutrient factors and co-factors. In this metabolism process a very small amount of left over oxygen loses electrons, creating free radicals. These free radicals burn holes in our cellular membranes. Calcium penetrate our cells through these holes. This excess calcium results in cell death. This, in turn, weakens tissues and organs. As this damage continues, our

body become "rusty", less able to fight other invaders such as cancer, hardening of the arteries, premature aging, and other bodily disorders.

Because of the amount of oxygen we breathe every day (our bodies take 630 quadrillion damaging oxygen hits per day. This means each of our cells takes about 10,000 hits per day and each DNA strand in the cell gets hit 5,000 times per day. This free radical bombardment causes a typical human cell to undergo thousands of changes or mutations daily. If a DNA strand gets hit and it is not repaired before its twin gets hit, we will have the onset to a potentially lethal cancer.

In addition to the oxygen we breathe, the free radicals can also come from such things as environmental pollution, radiation, cigarette smoke, chemicals, and herbicides.

The key to having a healthy body is to repair the damages caused by the free radicals before it is too late, and to protect the body's tissue cells from the free radicals before they cause mutations. Antioxidants are substances that have free-radical chain-reaction-breaking properties. Like a bouncer, the antioxidants deactivate potentially dangerous free radicals before they can damage a cell's machinery. Most of these antioxidants come from plants and are called phytochemicals. More than 60,000 such plant chemicals are identified. Among the most effective and dedicated antioxidants are Vitamin A, C, and E (known as the ACE trio against cancer.). Out of these, Vitamin C is the most powerful.

Each cell produces its own antioxidants. But the ability to produce them decreases as we age. That is why diet rich in anti-oxidant and phytochemical rich fruits and vegetables supplemented with additional vitamins and minerals is important.

**Oxidation** due to free radicals is thought to cause damage to tissues, including neurons. Normally, free radical damage is kept under control by antioxidant chemicals that protect cells from this damage. Researchers found that patients with Parkinson's disease have increased brain levels of iron, especially in the substantia nigra, and decreased levels of ferritin, which serves as a protective mechanism by chelating, or forming a ring around the iron, and isolating it. This led to the conclusion that oxidative mechanisms may cause or contribute to Parkinson's disease.

Parkinson's disease may occur when either an **external or an internal toxin** selectively destroys dopaminergic neurons. An environmental risk factor such as exposure to pesticides or a toxin in the food supply is an example of the kind of external trigger that could hypothetically cause Parkinson's disease. The theory is based on the fact that there are a number of toxins, such as 1-methyl 4-phenyl-1,2,3,6,-tetra- hydroxyindole (mptp) and neuroleptic drugs, that induce parkinsonian symptoms in humans. So far no research has provided conclusive proof that a toxin is the cause of the disease.

Researchers believe that **genetics** sometimes plays a role in the cellular breakdown. Fifteen to twenty percent of Parkinson's patients have a close relative who has experienced parkinsonian symptoms (such as a tremor). After studies in animals showed that mptp interferes with the function of mitochondria within nerve cells, investigators became interested in the possibility that impairment in mitochondrial DNA may be the cause of Parkinson's disease. Mitochondria is found in all animal cells that convert the energy in food into fuel for the cells.

In some individuals, the normal, **age-related** wearing away of dopamine-producing neurons accelerates. The exact cause for this is not known; but, if this happens, then it can also result in Parkinson's disease. This theory is supported by the fact that the loss of antioxidative protective mechanisms is associated with both Parkinson's disease and increasing age.

In rare instances, Parkinson's disease may be caused by a **viral infection**.

*Many researchers believe that a combination of oxidative damage, environmental toxins, genetic predisposition, and accelerated aging may ultimately be shown to cause the disease.*

The typical symptoms of Parkinson's also occur in meningitis and various types of poisoning from alcohol, carbon monoxide and heavy metals. This group of symptoms is called Parkinsonism. Overdoses of manganese also cause Parkinson's symptoms, and high levels of stored iron are found in those with Parkinson's disease.

Other causes of parkinsonism include:

- An adverse reaction to prescription drugs
- Use of illegal drugs
- Exposure to environmental toxins
- Stroke
- Thyroid and parathyroid disorders
- Repeated head trauma (for example, the trauma associated with boxing)
- Brain tumor
- An excess of fluid around the brain (called hydrocephalus)
- Brain inflammation (encephalitis) resulting from infection

Parkinsonism may also be present in persons with other neurological conditions, including Alzheimer's disease, amyotrophic lateral sclerosis (ALS), Creutzfeldt-Jakob disease, Wilson's disease and Huntington's disease.

Poor nutrition is an underlying cause of Parkinson's disease. High consumption of meat, rich in protein, also aggravates symptoms of Parkinson's and inhibits the body's use of vitamin B-6, which helps treat brain dysfunction.

Symptoms of Parkinson's should not be confused with milder problems that are common as people get older, including slower, stiffer movements from aching joints, and trembling. Problems with poor memory and a lack of facial expression are often linked to depression.

### **How Our Brain Controls Our Movement**

In order to understand Parkinson's Disease, it is helpful to examine the function of the brain in controlling our movements.

Many different areas within the brain are involved in a complex chain of decisions required for even the smallest muscular movement. Take walking for example. The brain must first gather all the information it needs about your body position. Are you sitting, lying down, or already standing up? Where are your feet? Do you have your balance? Then, the brain must add in what it knows about where you will be going. Will you be crossing an open field of grass or a busy street (This information is sent by your eyes to the brain)? Is the ground easy to walk on or could you lose your balance because it is bumpy or slippery (brain enlists the information sensed by your feet for this)?



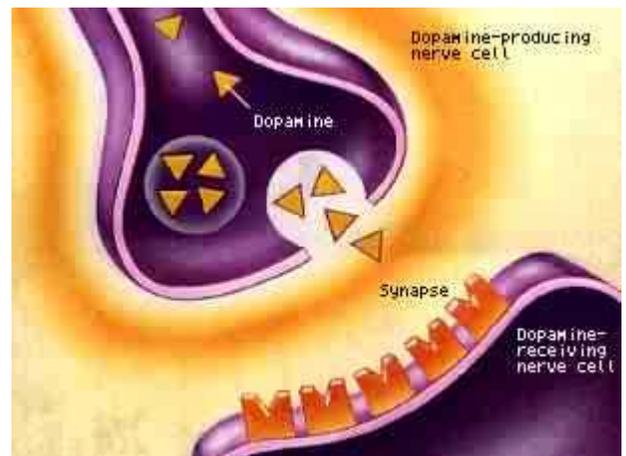
**Figure 1.** Your spinal cord acts as a giant message highway for transmitting the messages from the brain into motion.

All this information is compiled by the brain in a central area of the brain, called the striatum, which controls many aspects of bodily motion. The striatum works with other areas of the brain, including a part called the substantia nigra, to send out the commands for balance and coordination. These commands go from the brain to the spinal cord through nerve networks to the muscles that will then help you to move (figure 1).

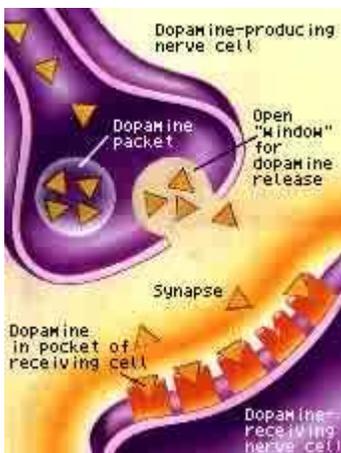
The entire nervous system is made up of individual units called nerve cells. Nerve cells serve as a "communication network" within your body. To communicate with each other, nerve cells use a variety of chemical messengers called neurotransmitters. Neurotransmitters carry messages between nerve cells by crossing the space between cells, called the synapse (figure 2).

Neurotransmitters also allow the nervous system to communicate with the body's muscles and translate thought into motion. One especially important messenger is dopamine, which is manufactured in the substantia nigra. Dopamine is crucial to human movement and is the neurotransmitter that helps transmit messages to the striatum that both initiate and control your movement and balance. These dopamine messages make sure that muscles work smoothly, under precise control, and without unwanted movement.

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**Figure 2**



**Figure 3**

When a dopamine message is needed, a nerve cell that produces dopamine gathers packets within itself filled with dopamine particles. These packets carrying the dopamine move to the end of the nerve cell, open a "window," and release the dopamine particles into the synapse. The dopamine particles flow across the synapse and fit into special pockets on the outside of the neighboring, or receiving, nerve cell (figure 3). The receiving cell is now stimulated to send on the message, so it gathers its own packets of dopamine and passes along the message to the next nerve cell in the same way.

After the receiving cell has been stimulated to pass along the message, the pockets then release the dopamine back into the synapse. To fine-tune coordination of movement, these "used" dopamine particles, along with any excess dopamine that did not originally fit into a pocket on the receiving cell, are broken down by a chemical in the synapse called

MAO-B (figure 4). This is an important step in the precise control of muscle movement. Too much or too little dopamine can disrupt the normal balance between the dopamine system and another neurotransmitter system, and interfere with smooth, continuous movement.

Acetylcholine is another neurotransmitter system that works in conjunction with the dopamine system to produce smooth movement. Some of the nerve cells in the brain are specialized to use either dopamine or acetylcholine to send different messages, depending on what it is you want to do.

### What Happens in Parkinson's Disease

In Parkinson's disease, for reasons that are not fully understood, nerve cells in the part of the brain that produces dopamine, the **substantia nigra**, begin to decrease in number. This causes a decrease in the amount of the available dopamine. Also, the chemical in the synapse that breaks down the dopamine (MAO-B) continues to deplete what little dopamine is left. The overall effect is a large loss of dopamine in the brain. This throws off the normal dopamine/acetylcholine balance, since the level of acetylcholine remains normal and there is not enough dopamine to keep balance with the acetylcholine. The basal ganglia are thus prevented from modifying the nerve pathways that control muscle contraction. As a result, the muscles are overly tense, causing tremor, joint rigidity, and slow movement. Most drug treatments increase the level of dopamine in the brain or oppose the action of acetylcholine.

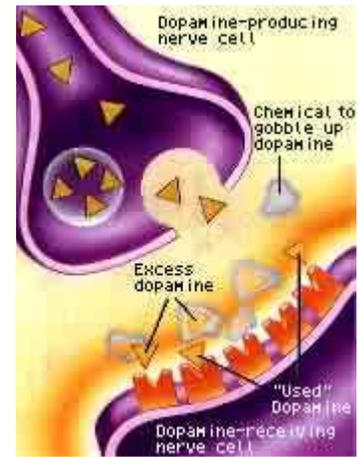
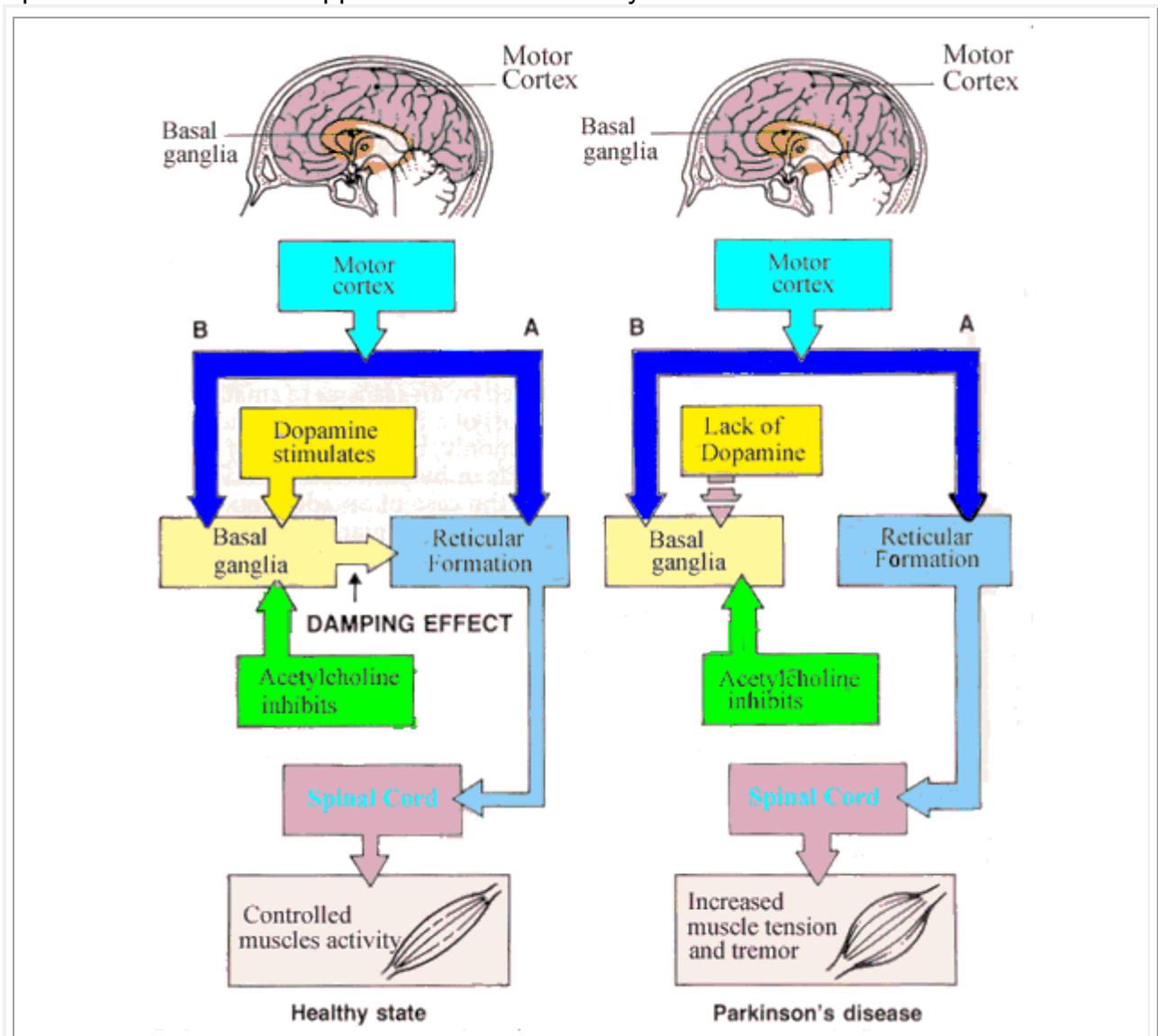


Figure 4



### **Healthy state**

During movement, signals pass from the brain's cortex, via reticular formation and spinal cord (pathway **A**), to muscles, which contract. Other signals pass, by pathway B, to the basal ganglia; these damp the signals in pathway A, reducing muscle tone so that movement is not jerky. Dopamine, a nerve transmitter made in the basal ganglia, is needed for this damping effect. Another transmitter, acetylcholine, inhibits the damping effect.

### **Parkinson's disease**

In Parkinson's disease, degeneration of parts of the basal ganglia causes a lack of dopamine within this part of the brain. The basal ganglia are thus prevented from modifying the nerve pathways that control muscle contraction. As a result, the muscles are overly tense, causing tremor, joint rigidity, and slow movement. Most drug treatments increase the level of dopamine in the brain or oppose the action of acetylcholine.

Consultation with an experienced homeopath is required for Parkinson's disease. However, given below is a sample of homeopathic remedies for occasional use. Take the 6c strength four times daily for up to two weeks when the symptoms are severe, or while waiting for help from a homeopath.

**Anthimonium Tartaricum**: six every two hours for trembling of head and paralytic hands tremor. Choose **Gelsemium** if you have considerable trembling and eyelids so droopy that you may appear to be asleep. You stagger when walking and feel weak and fatigued much of the time. Take Gelsemium 30x or 15c three times daily for up to three days, as needed to relieve symptoms.

**Mercurius corrosivus** is for trembling hands and excessive salivation. A tremor is accompanied and made worse by perspiration. Sensitivity to heat and cold is felt equally, memory and concentration is patchy, and willpower is weak. Take one dose of Mercurius corrosivus 30x or 15c three times daily for up to three days, as needed to relieve symptoms.

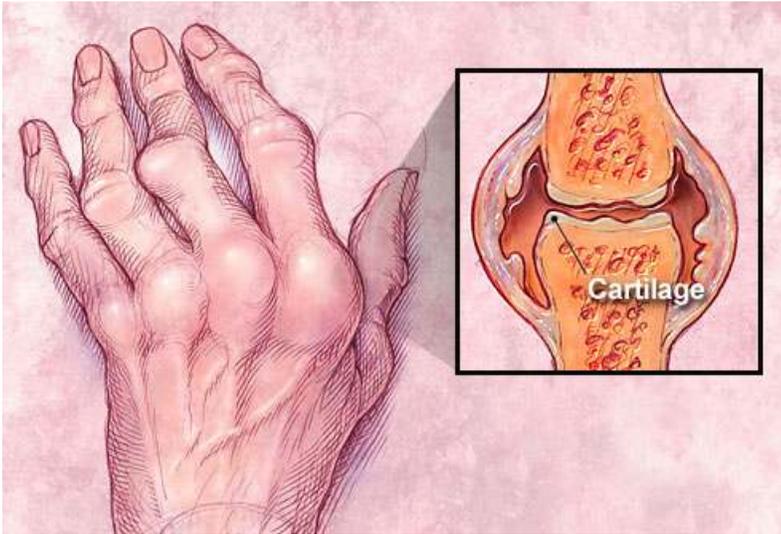
**Agaricus** is for limbs that are stiff but tremble and twitch. You likely feel itchy, and your back, especially your spine, is probably very sensitive. Take one dose of Agaricus 30x or 15c, as directed on the product label, three times daily for up to three days, as needed to relieve symptoms.

**Hyoscyamus** is for the person who exhibits inappropriate behavior at inopportune times. You have a lot of twitching, are restless, and tend to be jealous and very suspicious. Take one dose of Hyoscyamus 30x or 15c three times daily for up to three days, as needed to relieve symptoms.

**Rhus toxicodendron** is good for mild tremors and stiffness that feels better with movement, worse with dampness. Take one dose of Rhus toxicodendron 30x or 15c three times daily for up to three days, as needed to relieve symptoms.

## Homeopathy for Rheumatoid Arthritis

Homeopathic remedies are useful in relieving the pain and stiffness associated with rheumatoid arthritis. A constitutional remedy is often the best approach for dealing with chronic conditions.



**Arnica:** Useful for chronic arthritis with a feeling of bruising and soreness. The painful parts feel worse from being moved or touched.

**Aurum metallicum:** This remedy is often prescribed for wandering pains in the muscles and joints that are better from motion and warmth, and worse at night. The person may experience deep pain in the limbs when trying to sleep. Also may feel discomfort that may wake the person up. People who need this remedy are often serious and focused on work or career, with a tendency to feel depressed.

**Bryonia:** Helpful for stiffness and inflammation with tearing or throbbing pain, made worse by motion. The condition may have developed gradually, and is worse in cold dry weather. Discomfort is aggravated by being touched or bumped, or from any movement. Relief can be had from pressure and from rest. The person may want to stay completely still and not be interfered with.

**Calcarea carbonica:** Helpful for deeply aching arthritis involving node formation around the joints. Inflammation and soreness are worse from cold and dampness, and problems may be focused on the knees and hands. Common symptoms are: weakness in the muscles, easy fatigue from exertion, and a feeling of chilliness or sluggishness. The person who benefits from Calcarea is often solid and responsible, but tends to become extremely anxious and overwhelmed when ill or overworked.

**Causticum:** Useful when deformities develop in the joints, in a person with a tendency toward tendon problems, muscle weakness, and contractures. The hands and fingers may be most affected, although other joints can also be involved. Stiffness and pain are worse from being cold, and relief may come with warmth. The person often feels best in rainy weather and worse when the days are clear and dry.

**Calcarea fluorica:** Helpful when arthritic pains improve with heat and motion. Joints become enlarged and hard, and nodes or deformities develop. Arthritis after chronic injury to joints also responds to Calcarea fluorica.

**Dulcamara:** Indicated if arthritis flares up during cold damp weather. The person gets chilled and wet. They are often stout, with a tendency toward back pain, chronic stiffness in the muscles, and allergies.

**Kali bichromicum:** This is useful when arthritic pains alternate with asthma or stomach symptoms. Pains may suddenly come and go, or shift around. Discomfort and inflammation are aggravated by heat, and worse when the weather is warm.

**Kali carbonicum:** Arthritis with great stiffness and stitching pains, worse in the early morning hours and worse from cold and dampness, may respond to Kali carbonicum. The joints may be becoming thickened or deformed. People who can benefit from this remedy often have a rigid moral code, and tend to feel anxiety in the stomach.

**Kalmia latiflora:** Useful for intense arthritic pain that flares up suddenly. The problems start in higher joints and extend to lower ones. Pain and inflammation may begin in the elbows, spreading downward to the wrists and hands. Discomfort is worse from motion and often worse at night.

**Ledum palustre:** Arthritis that starts in lower joints and extends to higher ones are candidate for this remedy. Pain and inflammation often begin in the toes and spread upward to the ankles and knees. The joints may also make cracking sounds. Ledum is strongly indicated when swelling is significant and relieved by cold applications.

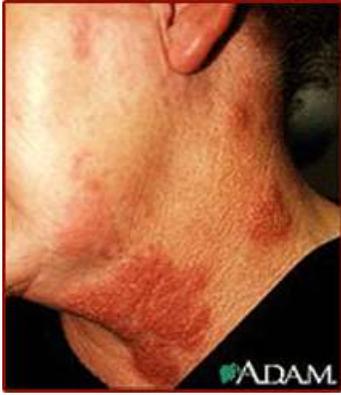
**Pulsatilla:** Applicable when rheumatoid arthritis pain is changeable in quality, or when the flare-ups move from place to place. The symptoms (and the person) feel worse from warmth, and better from fresh air and cold applications. Can benefit people who are emotional and affectionate, sometimes having teary moods.

**Rhododendron:** Strongly indicated if swelling and soreness flare up before a storm, continuing until the weather clears. Cold and dampness aggravate the symptoms. Discomfort is often worse toward early morning, or after staying still too long.

**Rhus toxicodendron:** Useful for rheumatoid arthritis, with pain and stiffness that is worse in the morning and worse on first motion, but better from continued movement. Hot baths or showers, and warm applications improve the stiffness and relieve the pain. The condition is worse in cold, wet weather. The person may feel extremely restless, unable to find a comfortable position, and need to keep moving constantly. Continued motion also helps to relieve anxiety.

**Ruta graveolens:** Arthritis with a feeling of great stiffness and lameness, worse from cold and damp and worse from exertion, may be helped by ruta graveolens. Tendons and capsules of the joints can be deeply affected or damaged. The arthritis may have developed after overuse, from repeated wear and tear.

## Homeopathy for Shingles



There are many effective homeopathic remedies for the symptoms of shingles, including:

**Rhus toxicodendron (Rhus tox)** is useful when blisters emerge that are not only painful but very itchy, and warmth brings relief. The pain is worse at night and less noticeable when moving about.

**Arsenicum album** is indicated for shingles with red, burning lesions that are relieved by warmth and are worse at night, causing great restless anxiety.

**Mezereum** is indicated if there is severe pain, if the skin burns and itches and forms brown scabs, or if the person is middle-aged or elderly. Lasting neuralgic pains that shoot along the nerve after the skin has healed are often helped by this remedy.

**Ranunculus** is useful if there are nerve pains and itching, or the slightest touch, movement or eating makes the symptoms worse.

**Lachesis** is prescribed if the left side of the body is affected, plus some swelling, which is aggravated by warmth but is relieved by cold.

**Apis** is used when the swelling and stinging pains predominate, improve with cold and become aggravated by heat.

The best homeopathic remedy for shingles is **Ranunculus bulbosus**, especially when the shingles are on the trunk of the body. It is indicated for severe burning and itching, which gets worse from touching the skin, moving about or eating. Take a 6C dose up to four times a day as needed for pain. Improvement may be noticed within a couple of days. If not, see your medical doctor or homeopath.

Other remedies that may be useful: Sepia, Natrum mur, Hepar sulph., Caladium, acidum nit.

### **Homeopathy**

In homeopathic medicine ailments such as food allergy, hypoglycemia, high blood pressure, asthma and digestive disorders are regarded as being manifestations of stress, so treatment is likely to be long-term and constitutional; however, in acute circumstances, one of the following remedies may be useful, according to a person's circumstances:

Phosphoric ac. for stress due to grief or bad news

- Picric ac. for stress due to overwork.
- Ignatia for stress following emotional upset such as a broken love affair
- Nux for stress brought on by burning the candle at both ends, including smoking, eating or drinking too much, making the sufferer irritable.

The following remedies can be used to treat stress-related conditions, such as anxiety, nervousness, tension, and mental fatigue. Be sure to match your symptoms with the remedy that has the most similar characteristics.

### ***Ignatia imara (Ignatia)***

Symptoms: Emotional strain; mental stress; negative effects of grief, worry, disappointment, shock; hysteria; sad, moody, sighing; insomnia; headache, often following anger or grief, which becomes worse from stooping; intolerance to tobacco.

Worsened by: suppressing emotions, tobacco, coffee, brandy, smoke or strong odors.

Better from: lying on the painful side, warmth, walking, hard pressure.

### ***Phosphorus***

Symptom: Restlessness; overexcited state that causes weakness and exhaustion; burning pains; chilliness with thirst for cold drinks; expressive, animated, overdramatic; acute senses; bothered by light and noise; nervousness and fear; sense that something bad will happen; fearful of being alone and crave company; easily frightened or upset, though can be reassured or distracted; crave salt, spicy food, ice cream; tendency to bleed easily (this should be evaluated medically); nosebleeds.

Worsened by: cold or heat, lying on left or painful side, thunderstorms.

Better from: massaging or rubbing; cold food or drink.

Your homeopath may suggest you learn some form of relaxation or meditation and perhaps take supplements of vitamin B complex; taking exercise may also be advised.

### **Hydrotherapy for Shingles**

For the first three or four days, try ice for 10 minutes on, five minutes off, every few hours. Later, apply cool, wet compresses soaked in aluminum acetate. (available over the counter in the form of astringent solution, powder packets, or effervescent tablets.)

Take a neutral bath (body temperature). Soak for thirty to sixty minutes. (Add hot water occasionally to keep heat at blood temperature.) This is very calming to the nervous system and reduces stress.

### **Juice Therapy for Shingles**

- Carrot and celery juice with one tablespoon parsley juice
- Spinach, beet

### **Kinesiology for Shingles**

Treatment will consist of:

- Checking the endocrine and immune systems for nutritional deficiencies
- Providing adrenal and endocrine support, and nutrition for stress
- Offering counseling for stress reduction
- Checking for vitamin A deficiency
- Checking for food sensitivities
- Checking grain and dairy consumption
- Checking dural torque
- Checking the ileo-caecal valve
- Checking atlas and sacrum for lesions
- Suggesting bowel cleansing
- Regular kinesiology balancing.

## **Reflexology for Shingles**

Try working the diaphragm, spine, ovary/testicle, pancreas and pituitary, parathyroid, thyroid and adrenal gland reflex points on your hands or feet.

## **Reflexology**

An overall reflexology session, touching all of the major points of the hands and feet, will help relax you and ward off stress. To deal with extra tension, pay special attention to the diaphragm, the spine and the pituitary, parathyroid, thyroid and adrenal gland reflexes.

## **Relaxation And Meditation**

Any of the relaxation and meditation techniques, such as mindfulness meditation, autogenics, progressive relaxation and stretching, will relieve stress. Find the technique that works best for you by trial and error and stick with it.

Meditation is something very few really understand. It involves Quieting The Mind. The less sensory input, the better - Total Darkness, Total Quiet, Total Lack of Sensory Input. Many would say this would drive them crazy, that is a distinct possibility, since it is something we are not accustomed to. The fact is, it must be approached with caution and discipline.

In the meditative state one also becomes Super Aware of everything, far from being asleep they are totally Awake. The trap and flaw of many meditation techniques is they require conscious effort which is completely counter-productive, only those that incorporate removing all conscious effort and desire should be considered.

## **Breathing**

Breathing exercises are the simplest path to inner calm. Fifteen minutes a day can achieve a significant reduction in your stress-related symptoms. Breathing is one function that is controlled by both the voluntary and involuntary nervous system, forming a bridge between our inner and outer selves. There are a number of relaxation techniques that focus on breath control. One, a good sleep inducer, involves focusing on the area below the navel. Sit quietly, watching the breath as it goes in and out of your abdomen. Do this for five to ten minutes. Breath is the most natural object of meditation and an easier focus for attention than thought. If you find yourself having disturbing thoughts, instead of trying to stop them, try to simply move your attention back to your breath.

The Progressive Relaxation exercise is particularly good at bedtime. Lie down and take several deep breaths. Then breathe in slowly as you tense the muscles in your feet. Hold your breath and the tension for a count of 20. You may not make it to 20 at the beginning.) Then, slowly breathe out, releasing the muscles until they are totally relaxed. Repeat the process with your calf muscles, and work your way up, finishing with your facial muscles. Close with a few more deep breaths. Unless, of course, you are already asleep.

For more details, visit Pranayama, the science of breathing. You will see detailed coverage along with specific breathing techniques.

## **Meditation, Biofeedback, and Neurofeedback**

Meditation, biofeedback, and neurofeedback are all powerful techniques for training the mind to distinguish between false alarms and signals of true danger. More directed in their approach than conventional psychotherapy, they tame the restless mind, helping you to deal with stress, anxiety, and insomnia. They help to promote relaxation and balance on all levels--mental, emotional, physical, and spiritual-which is the starting point for all healing. Biofeedback is covered separately, in detail elsewhere.

### **Tissue Salts for Shingles**

- Ferr phos is effective in the first stage of inflammation with burning pain (preceding shingles.) Take 4 tablets under the tongue four times daily.
- Kali phos is the chief tissue salt for shingles with watery, itchy blisters, especially if due to overexcitement, stress or worry. Take 4 tablets under the tongue four times daily.
- Calc. Phos. and Ferr Phos. Also are useful. (two tablets, 6X of each twice each day after the rash erupts.)
- Nat mur is useful when the blisters are filled with clear, watery substance and there is burning and itching. Take 4 tablets under the tongue four times daily.
- Kali mur is indicated when the blisters contain white pus. Take 4 tablets under the tongue four times daily.
- Kali. Mur. and Nat. Mur. can be taken in alternation three times a day to help speed healing.
- Ferr. Phos. or Nat. Mur. may be dissolved in water and sponged over the blisters to alleviate pain.
- Zinc 10 to 50 milligrams daily to promote healing of the skin lesions.

### **Vitamin And Mineral Therapy for Shingles**

In addition to a daily multivitamin-mineral, individual supplements may be beneficial.

#### **Vitamin A for Shingles**

In the form of beta carotene, 25,000 IU twice a day for 2 weeks, then once daily to promote healing and potentiate the immune system. With medical approval, higher dosages of the emulsion form of vitamin A may be beneficial during the first 2 weeks. Avoid taking Vitamin A supplements during pregnancy.

#### **Vitamin B Complex for Shingles**

All B vitamins are essential for nerve function. Vitamin B12 is particularly important in preventing nerve damage.

- Take one comprehensive B-complex tablet each morning and evening. Take an additional 5 to 100 milligrams of B1, B6, and pantothenic acid with a teaspoon of brewer's yeast in half a cup of milk each 2 or 3 hours until the symptoms begin to subside, then once or twice a day. This speeds recovery and helps prevent a painful aftermath. Injections of B12 is shown to provide relief from excruciating pain in as little as 2 hours. Take this only under medical supervision.
- Vitamin B12, 100 mcg sublingual daily or B12 shots, 6,000 mcg weekly
- Vitamin B complex, 50 mg three times daily

#### **Vitamin C with Bioflavonoids for Shingles**

Vitamin C is excellent for supporting the immune system and acts as an antiviral agent. It aids in destroying the virus, help prevent postherpetic neuralgia, and boost the immune system. Bioflavonoids improve the absorption and use of vitamin C in the body.

Take 1,000 to 4,000 milligrams of Vitamin C in divided doses throughout the day. Dosages should be continued for several days after the symptoms disappear, then gradually reduced.

#### **Calcium, Magnesium and Vitamin D for Shingles**

1,000 to 1,500 milligrams of calcium and 500 to 750 milligrams of magnesium in divided daily doses (some researchers advise 1,000 to 2,000 milligrams of magnesium and 500 to 1,000 milligrams of calcium), plus vitamin D (400 IU daily for 1 week, then reduced to 100 IU) to assist healing and protect sensitive nerve endings.

### **Vitamin E for Shingles**

Vitamin E speeds healing, prevents scarring and reduces pain. Vitamin E assists the immune system, protects cell membranes from viral attack, and helps prevent the nerve damage responsible for residual pain. Oil from a vitamin E capsule can be massaged onto the skin several times daily. This may relieve discomfort and help avoid any scarring. If a lingering neuralgia persists once the infection has passed, higher dosages of vitamin E can reduce pain in certain cases. Take 400 to 800 IU daily.

### **L-lysine for Shingles**

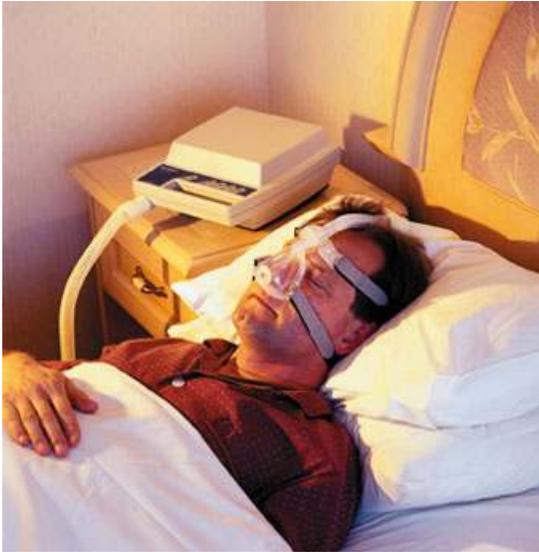
Lysine is very effective against the herpes virus. Studies show that when taken at the onset of shingles, this amino acid helps inhibit viral action to reduce the severity and duration of symptoms. Take 500 milligrams twice daily.

- Another amino acid, phenylalanine, relieves pain as it boosts production of the body's own pain-relieving chemicals. Other supplements that help include zinc with copper, and coenzyme Q10.
- Phenylalanine, 1,000 mg three to four times daily.
- Zinc, 90 mg with 10 mg copper.
- Coenzyme Q10, 200 mg.
- Aloe vera juice, 2-4 oz. three times daily.

### **Yoga for Shingles**

Yoga offers gentle asanas, relaxation, pranayama, meditation, shat kriyas and hand mudras. Reducing stress is believed to reduce the incidence and lessen the severity of shingles. A daily routine of breathing exercises, meditation and yoga poses are useful in reducing stress.

## Homeopathy for Sleep Apnea



Many of the complementary therapies mentioned in *Alternative and Integral Therapies for Insomnia* are also useful as complementary therapies for sleep apnea.

### **Exercise and Weight Loss**

Many of those who suffer from sleep apnea are either overweight or obese. Hence, weight loss and exercise are an effective form of treatment for sleep apnea. Sleep apnea is generally, though not always, thought to occur because of structural problems. This means that the breathing airways become obstructed while a person is sleeping. When you lose weight some of these passages get opened back again so that you can breathe better. Even a small weight loss may make a big difference if the person is severely obese.

### **Homeopathy**

In treating sleep apnea, lachesis and homeopathic opium are useful, depending on the personality type. Lachesis is recommended for extroverted, charismatic, angry individuals. Homeopathic opium is prescribed for more temperate people with a history of emotional or physical pain. Homeopathic practitioners believe that sleep apnea relates to loss of energy. Therefore, diet must be carefully chosen, eliminating sugar and other allergic foods.

### **Flower Remedy/Essence Therapy**

The flower remedy Vervain is sometimes used to treat people suffering from OSAS. Vervain is a very calming essence that is indicated for people with strong feelings about everything. This personality type seems to be associated with sleep apnea, and when these people use Vervain, it seems to help them solve problems in all areas of their lives, including sleeping problems.

### **5-HTP**

Researchers have determined that decreased serotonin levels can lead to sleep apnea. The nerves that control breathing require an adequate supply of serotonin. Also, serotonin receptors control the release of hormones such as cortisol. One role of cortisol is to help control the muscles needed for breathing. It was further suggested that the disturbed breathing in sleep apnea is a result of a malfunction in the serotonin system. Scientists have concluded that, the use of serotonin precursors such as 5-HTP may be of value for people suffering from sleep apnea.

Dr. Murray, author of *"5-HTP - The Natural Way to Overcome Depression, Obesity, and Insomnia"* reported good results in treating several patients with sleep apnea using 5-HTP as part of their overall medical care. He recommends taking 100 to 300 mg of 5-HTP at bedtime. 5-HTP helps the victims of sleep apnea sleep more soundly. They have fewer nighttime awakenings. This helps them to be more alert and productive during the day.

### **Behavioral Treatments - Don't Sleep on Your Back**

Sleeping on one's back may allow the tongue to fall back into the airway and cause an obstruction, leading to sleep apnea. To avoid this position cut a tennis ball in half and sew each part onto the inside seam of a pajama top-one near the neck and one about mid- back level. This should stop you from rolling over onto your back at night, by making the supine position uncomfortable.

## **Avoid Drugs and Alcohol**

Alcohol and sleeping pills slow down the respiratory drive needed during sleep and cause further relaxation of the throat muscles, which makes obstructive sleep apnea more possible. Sleep laboratory tests reveal that eliminating alcohol dramatically reduces the number of sleep apnea episodes, increases the oxygen saturation levels of the blood, and leads to deeper, more restful sleep.

## **Breathing Techniques**

Several breathing techniques exist in yoga that can be used to forcibly clean out air passages. Learning and practicing them may give you temporary relief from obstructive sleep apnea.

## **Don't Panic**

Many people panic when they wake up unable to breathe and try to inhale vigorously. This only worsens the problem and the fear. If this happens, forcefully breathe out, then breathe in again slowly.

## **Exercise and Weight Loss**

Many of those who suffer from sleep apnea are either overweight or obese. Hence, weight loss and exercise are an effective form of treatment for sleep apnea. Sleep apnea is generally, though not always, thought to occur because of structural problems. This means that the breathing airways become obstructed while a person is sleeping. When you lose weight some of these passages get opened back again so that you can breathe better. Even a small weight loss may make a big difference if the person is severely obese.

## **Melatonin and 5-HTP for Sleep Disorders**

### **Melatonin**

Melatonin has been called the body's own natural sleeping pill. It plays a key role in the sleep cycle by helping you fall asleep. Low melatonin levels can cause sleep-onset insomnia.

This is how our body utilizes melatonin in controlling our sleep:

- The body changes serotonin into melatonin.
- Melatonin is stored in the pineal gland inside the brain.
- The pineal gland releases melatonin only during times when the level of light is low. Practically speaking, this means that melatonin is secreted only at night, while you are asleep. In the morning, when you open your eyes, the presence of light is a sign to your brain to shut down the melatonin production.

The pineal gland is like a "third eye", a small organ hidden within the brain. Hindu philosophy refers to a "third eye" that "sees" more deeply and truly than the other two. One of the jobs of pineal gland is to respond to changes in light and dark.

The pineal gland helps govern circadian rhythms- the biological rhythms that take place over a day, such as the sleep-wake cycle. This may be one of the reasons why it feels "natural" to sleep at night.

Pineal gland is believed to use melatonin as a "messenger" to "tell" other systems what to do. Several studies suggest that melatonin induces sleep without suppressing REM (dream) sleep, as sedatives and other artificial sleep aids do. Travelers have started using melatonin to "reset their clocks" after flying across one or more time zones, and some studies seem to confirm melatonin's efficacy in combating jet lag and restoring restful sleep patterns.

In several studies, supplementation with melatonin has been found helpful in inducing and maintaining sleep in both children and adults, for both people with normal sleep patterns and those suffering from insomnia. It is also useful in banishing jet lag.

However, it appears that the sleep-promoting effects of melatonin are most apparent only if a person's melatonin levels are low. In other words, taking melatonin is not like taking a sleeping pill or even 5-HTP. *It will only produce a sedative effect when melatonin levels are low.* Melatonin appears to be most effective in treating insomnia in the elderly, as low melatonin levels are common in this age group. (The efficiency of the melatonin system tends to decline with age.) If you have normal or high levels of melatonin, taking melatonin supplementation will not help in getting better sleep.

**Safety:** Studies of melatonin's safety are limited, with isolated reports of exacerbation of depression, fatigue and restriction of coronary arteries.

Do not take melatonin supplement if:

- You are pregnant or breast-feeding
- You are under the age of 35
- You are suffering from cancer of the blood or immune system
- You have kidney disease

Melatonin supplementation can disrupt the normal circadian rhythm. In one study, a daily dosage of 8 mg a day for only four days resulted in significant alterations in hormone secretions. Synthetic melatonin may be safer than melatonin from animal sources.

**Dosage:** Start with 1.5 mg daily, taken 2 hours or less before bedtime. If this is not effective, gradually increase the dosage until an effective level is reached (up to 5 mg daily).

### **5-HTP**

5-HTP (5-hydroxytryptophan) is a compound produced by the body from tryptophan. It is naturally found in many foods and most commonly extracted from the seeds of the Griffonia plant.

In Europe, 5-HTP has been used for decades as an approved treatment for depression, sleep problems, weight loss, and other medical complaints. It is now starting to be used in the USA.

Clinical trials show that 5-HTP is a safe, natural way to boost the brain serotonin levels. Use of 5-HTP has been shown to produce results equal to or better than those of standard synthetic drugs used in the problems arising from serotonin deficiency syndrome.

5-HTP provides the quickest, most effective, and most consistent overall results in treating insomnia. It is an effective alternative for dealing with sleep problems in a safe and natural way compared to sleep medicines. 5-HTP improves the quality of sleep. More importantly, clinical studies show that 5-HTP is also useful in the treatment of sleep disorders other than insomnia.

5-HTP increases REM sleep significantly (typically by about 25 percent) while simultaneously increasing deep sleep stages 3 and 4 without increasing total sleep time. 5-HTP accomplishes this by shortening the amount of time you spend in sleep stages 1 and 2, which in certain ways are the least important stages of the cycle. The higher the dose, the more time spent in REM.

By shifting the balance of the sleep cycle, 5-HTP makes sleep more restful and rejuvenating. Instead of waking feeling tired, worn out, and "hungover," people taking 5-HTP feel vibrant, well rested, and ready to take on the challenges of the day. When we sleep more deeply and

dream more efficiently, we wake in the morning with our physical and psychological batteries fully charged.

The impact of 5-HTP on sleep stages is dose-related; taking higher doses produces a somewhat greater impact. In most cases, the lower dosage is adequate. Higher doses may lead to a greater number of disturbing dreams and nightmares due to abnormally prolonged REM sleep. It can also lead to mild nausea.

### **Melatonin vs. 5-HTP**

5-HTP bypasses the brain's light-regulation system that controls the secretion of melatonin. 5-HTP results in the increased the production of neurotransmitters such as serotonin and norepinephrine that stimulate the noradrenergic receptors in the brain. This stimulation directly triggers the production and release of melatonin.

Thus, when you take 5-HTP, it causes the release of melatonin irrespective of how much light is present. The higher levels of melatonin in circulation, helps you to fall asleep and stay asleep better.

People with low melatonin who take 5-HTP at nighttime can enjoy the same sleep enhancing benefits as they will from taking melatonin alone, but they will also be getting the broader spectrum of benefits that comes from increased serotonin levels. (If you take melatonin alone it does not enhance the functions of the serotonin system.)

The effects of 5-HTP on melatonin depend on: How much 5-HTP you take and Time of the day 5-HTP is taken.

People who use melatonin as a sleep sedative may find that switching from melatonin to 5-HTP will make it easier to fall asleep and to stay asleep. They will also enjoy healthy and memorable dream periods, and wake up without the morning grogginess that some of them experience with melatonin.

### **Recommended Dosage for 5-HTP:**

Take 100 to 300 mg, thirty to forty-five minutes before retiring. Start with the lower dose for at least three days, then consider increasing the dose if results are not what you expected.

### **Common Sense Treatments for Sleep Apnea**

- Avoid sleeping on your back (To help with this, wear a T-shirt to bed that has a tennis ball sewn into the back of it. You will be less likely to sleep on your back.)
- Use pillows to keep the head elevated.
- Normalize your weight. Weight loss may help in the treatment of sleep apnea. Even partial weight loss may improve breathing during sleep, making sleep more restful and lessening daytime sleepiness.
- Avoid alcohol within four hours of bed- time. Alcohol depresses breathing and makes sleep apnea episodes more frequent and severe. Alcohol also appears to trigger sleep apnea in people who would otherwise merely snore
- Avoid sleeping pills. Sleeping pills depress breathing, relax the muscles of the throat, and generally make sleep apnea worse. Seek out a healthcare professional's advice if you use sleeping pills and have sleep apnea.
- Take all drugs with care. Medications prescribed for headaches, anxiety, and other common problems can affect sleep and breathing.
- Medications to relieve congestion of the nose may be helpful in reducing snoring and the likelihood of sleep apnea episodes. Usually treatment of sleep apnea solely by improving nasal airflow does not solve loud snoring or significant breathing episodes.

## **Conventional Treatments for Sleep Apnea**

### **Surgery**

- Uvulopalatopharyngoplasty (UPPP)
- Laser-Assisted Uvulopalatoplasty (LAUP)
- Somnoplasty

### **Other surgical procedures**

- Maxillofacial surgery
- Tracheostomy
- Oxygen
- Medication

## **Continuous Positive Airway Pressure (CPAP)**

The most effective medical treatment for sleep apnea is Continuous Positive Airway Pressure (CPAP), in which the person wears in bed a nasal mask that is attached to a machine that pushes air through the nose to keep the breathing passages open.

To use the machine, a small, comfortable mask is fitted over the nose, leaving the mouth uncovered. Patients must sleep with their mouth closed, aided by a chin strap, while the machine gently blows air into the nose at a pressure slightly higher than the surrounding air pressure. Most people get used to CPAP quickly.

Literally within minutes of achieving the correct CPAP pressure to maintain an open airway, patients with obstructive sleep apnea start sleeping like people who have gone without sleep for many days. For the first week or so after starting to use the machine, patients will spend a great deal of time in deep sleep, while there is a marked decrease in the lighter sleep stages. Patients often report that there is a dramatic increase of daytime alertness and energy after just a few nights on CPAP.

Although the theory of nasal CPAP is simple, using it is not so simple because everything has to be adjusted properly. The air pressure must be high enough to maintain an open airway during all stages of sleep and in all body positions, but not so high that the pressure is bothersome. This requires careful monitoring and adjustment by a qualified sleep professional. The mask and machine itself also can be disturbing.

Approximately 60% to 70% of patients who try CPAP are able to continue its use; the remainder find the mask too uncomfortable. CPAP devices come in different sizes and some are made to change the pressure produced when breathing in or out (bilevel PAP) or in response to snoring and excessive narrowing of the throat. Variations of the CPAP device attempt to minimize side effects that sometimes occur. Some versions of CPAP vary the pressure to coincide with the person's breathing pattern, and others start with low pressure, slowly increasing it to allow the person to fall asleep before the full prescribed pressure is applied. These modifications of the standard CPAP device were made to improve comfort. In general, these newer PAP devices are tolerated as well as the standard CPAP apparatus.

CPAP is a very well- established treatment, and most insurance companies will cover the cost of the machine.

## Common Complaints of CPAP Treatment

- Nasal stuffiness or congestion
- Nasal irritation and drying
- Dryness of the mouth
- Mask air leaks
- Noise made by the PAP machine
- Sore, dry, or red eyes
- Skin irritation from the mask and/or straps
- Abdominal bloating
- Too much air
- Headaches

## Oral appliances

These are devices that open the airway by bringing the jaw, tongue, and soft palate forward. Oral appliance and found to be helpful if you are suffering from mild and moderate OSAS. Severe OSAS usually does not respond to this type of treatment.

## Complaints on Oral Appliances

- Excessive salivation
- Jaw pain
- Loosening of teeth
- Oral appliances should not be used in people with complete, bilateral nasal obstruction.

## Surgery

In severe cases of apnea, surgery may be necessary to increase the size of the breathing passages or to correct structural abnormalities in the upper airway. Physical problems that can be corrected surgically include:

- Enlarged tonsils or adenoids (common in children)
- Nasal polyps or other growths
- A deviated nasal septum
- Unusually formed jaw or soft palate

Nasal operations used to remove blockages in the nose as the only treatment of snoring and obstructive sleep apnea are usually not effective. Nasal surgery, however, may be one part of an overall plan for surgical treatment of obstructive sleep apnea. The usual surgical procedures for obstructive sleep apnea are:

- Uvulopalatopharyngoplasty (UPPP)
- Laser-Assisted Uvulopalatoplasty (LAUP)
- Somnoplasty

Other surgical procedures

- Maxillofacial surgery
- Tracheostomy

## Uvulopalatopharyngoplasty (UPPP)

This surgical treatment for apnea consists of cutting away excess tissue at the back of the throat, including the uvula, the tonsils, and parts of the soft palate. The UPPP procedure was widely used until follow-up studies by sleep specialists found that *it completely eliminated apnea in only about 10 percent of all cases*. UPPP does reduce snoring. But this can be dangerous, it creates a false sense of safety because the victim and the bed partner may think that everything is fine since he or she does not snore anymore. Snoring is the warning that something is wrong. In a few cases, apnea actually becomes worse, probably as a result of scarring at the back of the throat.

Some patients have reported negative side-effects of the surgery, such as nasal sounding speech and the regurgitation of liquids into the nose when swallowing.

### **Laser-Assisted Uvulopalatoplasty (LAUP)**

This procedure involves using a laser device to eliminate tissue in the back of the throat. Like UPPP, LAUP may decrease or eliminate snoring but not sleep apnea itself. Again, elimination of snoring, the primary symptom of sleep apnea, without influencing the condition itself may carry the risk of delaying the diagnosis and possible treatment of sleep apnea in patients who elect LAUP. Patients undergoing this approach generally report severe postoperative pain.

### **Somnoplasty**

This is a new surgical technique that uses microwave energy. It is being studied in hopes of improving the success of surgery at controlling obstructive sleep apnea. The procedure is quite simple. After a local anesthetic is administered, small needles are inserted into the tissue that needs shrinking. A very precise and controlled dose of radio frequency waves is delivered to the target tissue only at the needle tips. The area around the needle tips is coagulated and absorbed, leaving only a tiny internal scar. This treatment results in an overall reduction in tissue volume. Recent clinical trials show that it works on the base of the tongue, which is the primary culprit in most cases of obstructive apnea. FDA has approved the technique for treating obstructive sleep apnea. This approach has several advantages over conventional surgery:

- It does not require an operating room or hospitalization.
- It is easily done as an outpatient procedure.
- The treatment itself takes only a few minutes and is bloodless and painless.
- Although there is some swelling immediately after the procedure, post-treatment pain is much less severe than that from ordinary surgery, and what little pain there is can be controlled easily with medications.
- Because there is so little discomfort, patients are willing to come back for successive treatments.
- There also is no wound on the tongue or sutures that can come undone.

### **Other surgical procedures**

There are several other surgical procedures to treat obstructive sleep apnea. They aim to increase the size of the throat at the base of the tongue. They may involve cutting into the bones of the face and jaw. In properly selected cases they are more effective than UPPP alone but they may also carry a greater risk of complications.

### **Maxillofacial surgery**

This is a procedure developed at Stanford University that provide a cure of obstructive sleep apnea in a majority of cases. This combines the standard UPPP with a procedure to pull the large tongue muscle forward and away from the back of the throat. This is accomplished by cutting out a small rectangle of bone in the front of the jaw, to which the tongue muscle is attached. The surgeons then pull this piece of bone out, rotate it 90 degrees, so it cannot fall back, and trim and fix it permanently. This maneuver pulls the tongue forward and adds more than a centimeter to the airway diameter, without any visible external changes. Well over 1,000 patients have undergone this surgical procedure at Stanford. Postoperative sleep tests show that 60 to 70 percent are entirely cured.

### **Tracheostomy**

This is done only in extremely advanced cases of obstructive sleep apnea to alleviate life-threatening situation. This procedure involves creating an opening in the trachea (wind- pipe) at the base of the neck, below and in front of the Adam's apple. A tube is inserted into the

opening. The tube remains closed during waking hours, allowing normal speech and breathing through the upper airway. At night, a valve on the tube is opened so that air can flow directly to the lungs, bypassing the sleep induced upper airway blockage. Although this procedure is highly effective, it is an extreme measure that is poorly tolerated by patients and rarely used. Surgical procedures to treat obesity are sometimes recommended for sleep apnea patients who are morbidly obese.

### **Oxygen**

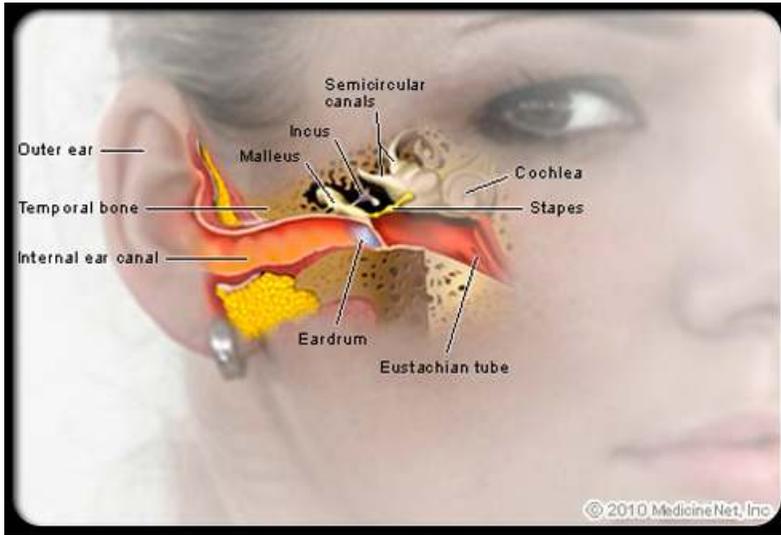
Supplemental oxygen is not a treatment for obstructive sleep apnea. Oxygen may be added to the CPAP system, however, to correct for low oxygen levels due to existing lung or heart disease.

### **Medication**

Obstructive sleep apnea sufferers are not likely to receive benefits from medication. Certain medications may help very mild cases of obstructive sleep apnea.

## Homeopathy for Tinnitus

As homeopathy is specific to every person, below is a sample of the many prescribed remedies.



Take one of the following 6C remedies three times daily for up to two weeks (or as prescribed) to control tinnitus.

- If you have a roaring sound in your ears accompanied by giddiness and deafness or some hearing loss, try Salicylic acidum.
  - If you have roaring with a tingling sensation and your ears feel clogged up, he recommends Carbonium sulphuratum.
  - If the noise is a buzzing or hissing sound, Chininum sulphuricum.
- If the noise is a ringing sound with no other symptoms, Kali iodatum.
  - In the case of infection, take 3X of Hydrastis, every four to six hours.
  - When hypertension, depression, or piercing pain is involved, take 3X - 30X of Aurum.

### Homeopathic Remedies for Tinnitus

**Calcarea carbonica:** When this remedy is indicated, tinnitus may be experienced alone or with vertigo. You may have hearing problems, or cracking and pulsing sensations in the ears. Those who need this remedy are usually chilly, easily fatigued, crave sweets, and feel overwhelmed and anxious when unwell.

**Carbo vegetabilis:** Useful if ringing in the ears occurs during flu or other conditions involving vertigo and nausea. The symptoms may be worst in the evening and at night. You may feel cold and faint. You may have a craving for fresh and moving air.

**China (also called Cinchona officinalis):** Helpful if you feel touchy, weak, and nervous with sensitivity to noise and tinnitus. This remedy is often given after fluids have been lost through vomiting, diarrhea, heavy sweating, and surgery or other conditions involving blood loss.

**Chininum sulphuricum:** Buzzing, ringing, and roaring sounds that are loud enough to impair the person's hearing suggest a need for this remedy. A tendency toward chills and vertigo, during which the tinnitus is often worse is another indication for this remedy.

**Cimicifuga:** This remedy is useful for people who are very sensitive to noise, along with tinnitus, and often have pain and muscle tension in the neck and back. They are usually energetic, nervous, and talkative, but become depressed or fearful when not feeling well. Other indications for this remedy are: headaches and problems during menstrual periods.

**Coffea cruda:** This remedy is indicated for an excitable, nervous person with tinnitus accompanied by extremely sensitive hearing and a buzzing feeling in the back of the head. They often have insomnia from mental overstimulation.

**Graphites:** Beneficial to a person who has tinnitus with associated deafness. Hissing and clicking sounds are often heard in the ears (or even louder sounds like gunshots). The person may also have a tendency toward constipation, poor concentration, and cracking skin eruptions.

**Kali carbonicum:** Useful for tinnitus with ringing or roaring, accompanied by cracking noises and itching in the ears. Vertigo is another indication. Persons who benefit most from this remedy are often quite conservative, with a rigid code of ethics. They tend to feel anxiety in the region of the stomach.

**Lycopodium:** This remedy is often prescribed when you have a humming and roaring in the ears, along with impairment of hearing. Sounds seem to echo in the ears. You have a tendency toward ear infections with discharge, as well as chronic digestive problems or urinary tract complaints.

**Natrum salicylicum:** Beneficial if ringing in the ears is like a low, dull hum. Loss of hearing related to bone conduction, as well as nerve interference and vertigo, may be involved. This is a useful remedy when tinnitus and tiredness occur after influenza or along with Meniere's disease.

**Salicylicum acidum:** This remedy is often indicated for tinnitus with very loud roaring or ringing sounds, which may be accompanied by deafness or vertigo. Flu and Meniere's disease are other indications. This may also be helpful if tinnitus has been caused by too much aspirin.

## Homeopathy for Varicose Veins

Varicose veins can appear anywhere in the body but most often affect legs and feet. Although they can be painful and disfiguring, they are usually harmless. When inflamed, they become tender to the touch and can hinder circulation to the point of causing swollen ankles, itchy skin, and aching in the affected limb.



Varicose veins are a relatively common condition, and for many people they are a family trait. Women are twice as likely as men to develop them. In the United States alone, nearly 10 percent of all adult men and 20 percent of adult women are affected by them to some degree.

### **Symptoms**

- Prominent dark blue blood vessels, especially in the legs and feet.
- Aching, tender, heavy, or sore legs; often accompanied by swelling in the ankles or feet after standing for any length of time.
- Bulging, ropelike, bluish veins indicate superficial varicose veins.
- Aching and heaviness in a limb, sometimes with swelling, but without any prominent or visible blue vein, may signal a deep varicose vein.
- Discolored, peeling skin; skin ulcers; and constant rather than intermittent pain are signs of severe varicose veins.

### **Causes**

To circulate blood from the lungs to all parts of the body, arteries have thick layers of muscle or elastic tissue. To push blood back to the heart, the veins rely mainly on surrounding muscles and a network of one-way valves. As blood flows through a vein, the cuplike valves alternately open to allow blood through, then close to prevent backflow.

Varicosity results from a chronic increase in blood pressure, which dilates the vein. When the vein walls are pushed apart, the valves no longer seal properly, making it difficult for the muscles to push the blood 'uphill.' Instead of flowing from one valve to the next, the blood begins to pool in the vein, increasing venous pressure and the likelihood of congestion while causing the vein to bulge and twist. Because superficial veins have less muscular support than deep veins, they are more likely to become varicose.

Any condition that puts excessive pressure on the legs or abdomen can lead to varicosity. Hormonal fluctuations during pregnancy and menopause may be responsible for the high proportion of varicosities among women. Dietary deficiencies or the loss of skin elasticity due to aging are contributory factors. Prolonged standing or sitting, constipation, constrictive clothing, lack of exercise, obesity, or repeated heavy lifting can interfere with normal circulation to increase the likelihood that varicose veins will develop-and can worsen existing varicosities. In chronic cases, the distended veins may be accompanied by aching pain or itching, and if the stretched skin breaks down, open sores may form.

### **Call Your Doctor If:**

- Your varicose veins become painful.
- Swelling becomes incapacitating, or if the skin over your varicose veins becomes flaky, ulcerous, discolored, or prone to bleeding. You may want to have the veins removed to avoid further discomfort and prevent potentially more serious circulatory problems.
- You have red varicose veins. This may be a sign of phlebitis, a serious circulatory condition.
- You cut a varicose vein, control the resulting burst of blood and have the vein treated to prevent complications.
- You have varicose veins around your ankles that rupture and start to bleed.

### **Treatment**

A mild case of varicose veins does not usually require a doctor's care. You can find relief from the discomfort of varicose veins with basic at-home treatment and various alternative remedies.

### **Conventional Medicine**

Superficial varicose veins normally do not require medical attention. To relieve the discomfort, your doctor may recommend elastic support stockings. Support stockings help your leg muscles push blood upward by concentrating pressure near the ankles. Put them on before you get out of bed in the morning. Raise your legs in the air and pull the stockings on evenly; they should not feel tight in the calf or groin. You should wear them all day.

To alleviate occasional swelling and pain, an over-the-counter anti-inflammatory drug such as aspirin or ibuprofen are usually prescribed. If you notice skin around a varicose vein becoming ulcerous or discolored, or if you have continuing pain with no obvious outward signs, contact a doctor at once about the possibility of deep varicose veins.

Varicose veins can be eliminated by one of several methods. Spider veins can be removed through laser treatment. A mild case of superficial varicose veins can be treated by sclerotherapy: A chemical known as a sclerosing agent is injected into the vein to collapse its walls so it can no longer transport blood. More severe cases may merit surgical removal, or stripping. Unfortunately, no treatment can prevent new veins from becoming varicose. Before pursuing a particular treatment, discuss all options with a dermatologist or vascular surgeon.

### **Alternative Choices**

To cope with varicose veins, try a two-pronged strategy of natural remedies to ease the discomfort and preventive maintenance to keep your body fit and strong.

### **Acupuncture and Acupressure**

SP 5, SP 11, BL 38, ST 32, ST 36, CV 1.  
May be pressed for ten minutes daily. Cannot help aesthetically, only prevents the situation from worsening.

### **Aromatherapy**

Blend 12 drops each of cypress and geranium essential oils in four ounces of a carrier oil such as almond, soy or sunflower. Gently apply the mixture to the legs by stroking upward, in the direction of the heart. Don't massage directly on the veins. Instead, massage the surrounding area and gently stroke the oil over the veins.

Oil of rosemary (*Rosmarinus officinalis*) massaged gently into an affected area may help stimulate circulation by causing capillaries to dilate. Oils of cypress and chamomile (*Matticaria recutita*) may soothe swelling and inflammation and help relieve pain.

## **Color Therapy**

Use red and yellow all over the affected area for thirty minutes once per day. In cases of ulcers in the legs use blue light radiation for thirty minutes followed by ultraviolet for forty-five minutes, every day for ten to sixty days.

## **Diet and Supplements**

A high-fiber diet helps prevent straining of your stool, which can build up pressure and aggravate varicose veins. It is recommended that you consume at least 30 grams of fiber a day. To accomplish this, build your meals around whole grains, legumes, fruits and vegetables, adding these foods to your diet as often as possible. Eat plenty of blackberries and cherries. They are rich in compounds that may prevent varicose veins or lessen the discomfort they cause. (See juice therapy for recommendations about fruit juices.)

**Vitamin A** In the form of beta carotene, 25,000 IU for skin integrity and to speed varicose ulcer healing.

**B Complex** One comprehensive tablet plus a tablespoon of brewer's yeast daily to help maintain strong blood vessels.

**Vitamin C and Bioflavonoids** 1,000 to 5,000 milligrams of vitamin C and 100 to 1,000 milligrams of bioflavonoids in divided daily doses to aid circulation, promote the healing of sores, and strengthen vein walls to prevent dilation.

Among bioflavonoids, rutin is used routinely to treat varicose veins. It is present in many foods, including citrus fruits, apricots, blueberries, blackberries, cherries, rose hips, and buckwheat. Another bioflavonoid, quercetin, has shown promise in treating varicose veins.

**Vitamin E** 300 to 800 IU in gradually increased dosages to improve circulation, reduce susceptibility to varicose veins, relieve pain, and, sometimes, correct varicosities. Topical applications of vitamin E squeezed from capsules often relieves localized irritation and speeds the healing of varicose ulcers. (Although the Daily Value for vitamin E is only 30 IU, 300 to 800 IU a day is safe for most people. If you suffer from moderate coagulation factor deficiency, however, don't take this much vitamin E. It can cause dangerous bleeding in people who have this condition.)

**Lecithin** One tablespoon of granules daily (or two capsules with each meal) to emulsify fats and aid circulation.

**Tissue Salts** Two tablets of 6XCalc.Fluor. each morning and evening to improve the elasticity of blood vessel walls.

**Zinc** 50 milligrams daily to assist with healing and collagen formation and to help maintain the proper concentration of vitamin E in the blood.

## **Preferred Foods**

Whole foods diet with emphasis on the following foods: fresh fruits, including berries and cherries, and citrus fruit making sure to nibble on the inside of the rinds, whole grains especially buckwheat and millet, garlic, onions, ginger, and cayenne pepper. Eat plenty of fish and cut down on red meat as much as possible. Moderately restrict fats and refined carbohydrates in diet.

## **Foods to avoid**

Sugar, salt, alcohol, fried foods, processed and refined foods, animal protein, cheeses, and ice cream.

## **Chiropractic**

Chiropractors combine diet and lifestyle therapy with physical manipulation of the skeletal system to control varicose veins. Manipulation to relieve strain on the pelvis, for example, is intended to improve the flow of blood and other fluids through the body.

## **Herbal Therapies**

Witch hazel - Application of a witch hazel ointment three or more times is necessary for two or more weeks before results can be expected. (Witch hazel may cause minor skin irritation in some people when applied topically; this herb is not recommended for internal use.)

Horse chestnut - Can be used both internally and as an external application for problems of venous circulation, including varicose veins. (Horse chestnut should be avoided by anyone with liver or kidney disease. Its internal use is also contraindicated during pregnancy and lactation. Topically, horse chestnut has been associated with rare cases of allergic skin reactions. Since circulation disorders and trauma associated with swelling may be the sign of a serious condition, a health care professional should be consulted before self-treating with horse chestnut.)

- Bilberries - Support normal formation of connective tissue and strengthen capillaries in the body, and in this way help prevent varicose veins.
- Butcher's broom - Tons veins while reducing inflammation. Can also be prepared as tea.
- Gotu Kola - Strengthens blood vessels and improve peripheral circulation.
- Ginkgo (Ginkgo Biloba) - Strengthens blood vessels and improve peripheral circulation.
- Hawthorn (*Crataegus laevigata*) - Strengthens blood vessels and improve peripheral circulation.
- To disperse buildup of a protein that makes skin near varicose veins hard and lumpy, try eating more cayenne (*Capsicum frutescens*), garlic (*Allium sativum*), onion, ginger (*Zingiber officinale*), and pineapple, which contains bromelain, an enzyme that promotes breakup of fibrin.

## **Herbal Tea**

- Hawthorn berries 3 parts
  - Yarrow 2 parts
  - Horsechestnut 3 parts
  - Ginger 1 part
  - Prickly ash bark 2 parts
  - Use two teaspoonfuls of the mixture. Infuse for fifteen minutes. Drink three times daily.
  - External applications of Camomile, Comfrey, Oatstraw, White Oak Bark, or Witch Hazel are believed especially beneficial.
- Aloe Vera gel can be used to soothe itchy or irritated varicosities.

## Homeopathy

- Hamamelis: Tincture or lotion may be applied locally at night. Hamamelis 3X every three hours when veins are affected.
- Pulsatilla: 3X is recommended every eight hours after child delivery.
- Carbo vegetabilis: When constipated and with poor circulation. In cases of ulcers of varicose veins.
- Mercurius sol: if accompanied by infection, pus, and foul-smelling discharge.
- Lachesis: Blue color in area mainly on left side.
- Belladonna, 12x or 12c potency four times a day, is recommended for red, hot, swollen, and tender varicose veins.
- Ferrum metallicum if your legs look pale but redden easily and walking slowly relieves the weak, achy feeling.
- Arnica 30c
- Aconite napellus 6c

## Hydrotherapy

It is beneficial to alternate between hot and cold baths. This is believed to stimulate circulation in the legs. It is easy to do this. You need two buckets or plastic wastebaskets tall enough to submerge the legs up to the knees. Fill one container with enough comfortably hot water to cover the lower legs and the other container with the same amount of cold water. Add 2 tablespoons of epsom salts per quart of water or you can add an aromatherapy oil to the water. Soak your feet and legs in the hot water for about three minutes, then immerse them in the cold water for about 30 seconds. Repeat three times, finishing with the cold soak. Perform this treatment once a day for at least one month to see results. If you have diabetes, use warm (not hot) water.

Sponging or spraying legs with cold water can relieve aches and pain from superficial varicose veins.

## Juice Therapy

Fresh fruit juices can be very helpful for those with varicose veins. Dark-colored berries such as cherries, blackberries and blueberries contain anthocyanins and proanthocyanidins, pigments that tone and strengthen the walls of the veins. Pineapples are rich in the enzyme bromelain, which helps prevent blood clots, an uncommon but serious complication of varicose veins.

Juicing provides these nutrients in much higher concentrations than you can get by just eating the fruits. Drink eight ounces of fresh berry or pineapple juice, alone or diluted with another fruit juice, once or twice a day for maximum benefit.

One or two glasses daily of fresh fruit or vegetable juices- especially any combination of apple, beet, carrot, celery, citrus, parsley, or pineapple-and dietary supplements may be helpful in preventing and treating varicosities.

## Exercise

Maintaining your overall fitness, both nutritionally and physically, is most essential to preventing varicose veins from developing. Any program of regular exercise stimulates circulation, improves muscle tone, and helps prevent varicosities. However, high-impact aerobics, jogging, strenuous cycling, or any intense activity may increase blood pressure in the legs and accentuate varicose veins. Walking and swimming are considered excellent therapy, as are gentle leg-muscle stretches and utilizing a rocking chair while watching television.

Lying flat on the floor and resting the legs on a chair seat or straight up against a wall for 2 minutes drains blood from swollen veins. Elevating the feet higher than the hips with a

recliner or ottoman, and raising the foot of the bed a few inches, helps blood flow back to the heart from the legs.

Start your morning with a brisk walk or finish your day with a swim or bike ride.

You can help control varicose veins with a program of specially designed exercises, under the direction of a trained exercise therapist who is knowledgeable about the condition's particular needs.

### **Massage**

Regular massage can significantly alleviate discomfort associated with varicose veins. A trained massage therapist starts at the feet and massages your legs up to the hips and along the lymphatic system, to mobilize congested body tissues.

If you do the massage yourself, remember to never massage directly on varicose veins. A general leg massage can help reduce swelling in the veins. Sit up comfortably on a sofa or bed, with your legs raised slightly on a pillow. Now work up the entire leg from the ankle to the upper thigh. (Remember not to touch the varicose veins.) Do this daily for about five minutes on each leg.

### **Reflexology**

Working your hands or feet may help with varicose veins. Massage the whole feet or hands and press the following points three times per day for five minutes each point after massaging the whole feet: 18, 19, 24, 25, 21, 22, 34, 26. (adrenal and parathyroid gland, digestive system (especially the liver), spine, heart and sciatic nerve.)

### **Schuessler Tissue Salts**

- Calcarea fluorica: 6X when the veins are dilated, or when there is a tendency to varicose ulcerations or bluish discoloration of the tissues or muscular weakness.
- Ferrum phosphorica: 6X for inflammation of the veins, red streaks following the course of vein, throbbing pain along a vein. Can be used as alternative to calcarea fluorica. Also good for those suffering from inflammation and those who are advanced in years.
- Magnesium phosphorica: 6X for severe, acute, cramp-like, spasmodic pains. Also for those suffering from flatulence or neuralgia.

### **Yoga**

Yoga's stretching and relaxation techniques can be particularly beneficial for varicose veins. Certain positions, such as the Plow, Corpse, and Half Shoulder Stand, promote circulation and the drainage of blood from the legs. The deep-breathing exercises in yoga may further alleviate discomfort by getting more oxygen into the bloodstream.

A special breathing exercise can help ease pain from varicose veins. Start by lying on your back on the floor, arms at your sides, with your feet resting above you on a chair. Breathe deeply through your nose using the belly breath. Gravity helps pull blood from your legs. The deep breathing creates a pull in your chest cavity that also draws blood from the legs. Fresh blood then enters your legs, easing the pain. Do this exercise once a day for about ten minutes.

## **Folk Remedies**

- Apply a cloth saturated with apple cider vinegar on the varicose veins for 30 minutes twice a day. Follow this with a drink of 2 teaspoons of the vinegar in a glass of water.
- Prepare a salve by stirring 2 cups of chopped calendula flowers, leaves, and stems into an equal amount of melted lard. Let the mixture stand for 24 hours. Reheat and strain. Coat this over your varicose veins and let it stand overnight.
- Steep crushed, fresh violet leaves and flowers or marigold flowers in boiling water. Apply compresses of the liquid. Eat a few fresh marigold petals every day. This treatment is believed to shrink varicosities and nourish the veins.
- Prepare a poultice of bruised cabbage leaves, rotten apples, chopped brown onions, or a half-and-half blend of cod liver oil and raw honey. Apply this overnight. This is believed to heal varicose sores.
- To one pint of warm water, add three tablespoons of sugar and two tablespoons of apple cider vinegar. Take two ounces of this mixture everyday.
- Rub your legs with full- strength vinegar. Mix two tablespoons of vinegar with honey and drink it.

## **Common Sense Recommendations**

- Exercise regularly. Staying fit is the best way to keep your leg muscles toned, your blood flowing, and your weight under control.
- Eat foods low in fat, sugar, and salt. Drink plenty of water. Take supplements of vitamins C and E.
- If your job requires you to be on your feet constantly, stretch and exercise your legs as often as possible to increase circulation and reduce pressure buildup.
- If you smoke, quit. Smoking may contribute to elevated blood pressure, which in turn can aggravate varicosity.
- If you're pregnant, sleep on your left side rather than on your back. This minimizes pressure from the uterus on the veins in your pelvic area. It also improves blood flow to the fetus.
- To ease painful swelling and inflammation, rest frequently, wear support stockings, and take one or two aspirin or ibuprofen tablets daily until the condition clears.
- If you like to sit with your legs crossed, cross them at the ankles rather than the knees for better circulation.
- Take occasional breaks and put your feet up. Periods of rest with your feet a few inches above your heart level let gravity work in your favor, helping pooled blood drain from your legs.
- Avoid high heels in favor of flat shoes.
- Wear loose clothing. Tight garments can restrict venous blood flow to leave blood pooled in the legs. Particularly harmful are girdles or pantyhose too snug in the groin area, garters, calf-hugging boots, or waist-cinching belts.
- Take an aspirin every day. This will thin the blood and prevent blood from clotting. (Consult your doctor if you are taking any heart medication or other medication for blood clotting.)

## CERTIFIED HOMEOPATHY ONLINE COURSE - SESSION 11 – QUESTION & ANSWERS

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP, PC: \_\_\_\_\_

PHONE: \_\_\_\_\_

FAX: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

Please be sure to fill out the information above, complete the test and e-mail or fax it back to us at [iridology@netzero.net](mailto:iridology@netzero.net) or 530-878-1119. We will grade your question & answer session and will let you know if we have any questions or concerns. **Please put your answers on a separate piece of paper.**

1. A new client comes in to see you complaining of cold hands and feet, ugly veins in her legs, shortness of breath due to asthma. How would you assess her? What questions would you ask her? What remedies would you begin with?
2. A new client comes in to see you complaining of pain in his big toe and in his joints. He has light blue irises and fair skin. What would you say to him in the initial consultation? What remedies would you begin with?
3. A return client comes to you who has never taken homeopathic remedies. He is curious if they would help him with his arthritis. How would you explain homeopathic remedies to him so that he would understand how they work? What would you suggest he take?
4. A mother brings in her 10-1/2 year old daughter who is complaining about an upset stomach. She is a very sensitive child. What are some of the first questions you would ask the mother and daughter? How would you go about suggesting homeopathic remedies? What remedy would you suggest for her to begin with?
5. A friend of yours knows you are taking this course and is curious about homeopathic medicine. Your friend wants to learn how homeopathic medicine works. In 100 words or less please explain to your friend how homeopathy works so your friend can understand and will want to try the remedies to see if they will help.