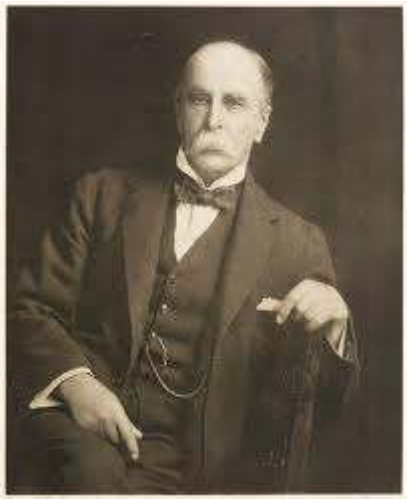
CERTIFIED HOMEOPATHIC ONLINE COURSE - SESSION 9:

Does homeopathy work? Of course it does! And there is lots of evidence to prove it.

Homeopathic Medicines for Arthritis

"I don't deserve this award, but I have arthritis, and I don't deserve that either." Jack Benny

Sir William Osler, known as the "Father of Modern Medicine," once said, "When an arthritis patient walks in the front door, I feel like leaving by the back door."



There is one simple reason that Dr. Osler and many other conventional physicians since him have difficulty facing arthritic patients: there is little that conventional medicine offers them. The lucky ones get temporary relief along with drug side effects; the unlucky ones only get the side effects.

Homeopathic medicine is natural pharmaceutical system that uses extremely small doses of substances from the plant, mineral, or animal kingdom to augment a person's own immune and defense system. Based on the "principle of similars," homeopathy uses substances which would actually cause, if given in large dose to experimental subjects, the similar symptoms that a sick person experiences.

Because symptoms of illness are efforts of the person's immune and defense system to fight infection, deal with stress, or try to heal itself, an individually chosen homeopathic medicine is chosen for its unique ability to mimic the very symptoms that the sick person is experiencing. The homeopathic remedy thus aids the body's own defenses, as compared to conventional drugs which typically treat and often suppress symptoms. A homeopathic medicine is not chosen simply based on the disease a person has but on the individualized symptoms each person has.

These natural medicines are known to stimulate a person's own healing abilities. A recent review research on homeopathy was published in the British Medical Journal (February 9, 1991, pp. 316-323) and indicated that 81 of 107 controlled studies showed that homeopathic medicines were effective in treating a variety of common ailments. Not all of these studies were adequately controlled, and yet, a still significant number of the high quality studies, 15 of 21, showed that the homeopathic medicines were effective

Homeopathic Medicine and Arthritis

Arthritis is one area in which there are several studies which have shown that homeopathic medicines are efficacious. Because homeopathic medicines need to be individually prescribed to the unique pattern of symptoms that sick people experience, controlled studies must be sensitive to this therapeutic requirement in order to adequately and accurate test this medical system.

One study published in the British Journal of Clinical Pharmacology (1980, 9, pp. 453-459) showed that 82% of patients with rheumatoid arthritis experienced some degree of relief after being prescribed an individually chosen homeopathic medicine. Only 21% of patients given a placebo received a similar degree of relief.

This study used two homeopathic physicians, both of whom interviewed patients (46 in total) and prescribed individualized medicines for each. These prescriptions were given to a pharmacist who then blindly gave half their homeopathic medicine and gave the other half a placebo.

The British Medical Journal (1989, 299, pp. 365-6) published a double-blind, placebo-controlled, cross-over study on the treatment of fibromyalgia. Although cross-over studies are normally difficult when using homeopathic medicines due to the need for strict individualization of remedies, this unique study included a pre-qualification interview which allowed into the trial only those patients with fibromyalgia that fit the need for a specific remedy, Rhus toxicodendron (poison ivy).

The researchers admitted 42% of those they interviewed with fibromyalgia into the study. Then, half of the subject began taking Rhus toxicodendron 6c, while the other half took a placebo. Halfway through the trial the treatment was switched: the group who were unknowingly taking the placebo began taking the active treatment, and the group who were unknowingly taking the active treatment began taking the placebo.

The study showed that patients did better in all variables being tested (the number of tender spots, 10 cm visual analogue scales of pain and sleep, and overall assessment) when they took the active treatment rather than placebo. The number of tender spots was reduced by about a quarter ($p<0.005$). The number of patients with improved pain or sleep were 53 while taking active treatment and only 27 while taking placebo ($p<0.0052$).

Not all studies have shown the efficacy of homeopathic medicines in the treatment of arthritis conditions, though the following study had a major flaw in it which seriously threw into doubt its value. This study, published in The Lancet (January 15, 1983, pp. 97-98), was a controlled trial on the homeopathic treatment of osteoarthritis. The researchers compared the use of a single homeopathic medicine (Rhus toxicodendron) with fenoprofen (a standard anti-inflammatory analgesic) and a placebo.

In order for patients to be admitted to the study, they had to be diagnosed with osteoarthritis, and they had to have two key symptoms of Rhus toxicodendron (pain in the affected joints which was made worse by immobility and exacerbated on movement or by initial weight bearing and pain in the affected joints had to be aggravated by cold and damp and ameliorated by warmth).

Although these inclusionary features were important, they were inadequate. There are numerous other symptoms which suggest the appropriate prescription of Rhus toxicodendron. A perhaps even more significant problem in the study design is the fact that Rhus toxicodendron is often prescribed to patients with rheumatoid arthritis who have its unique symptoms, but it is rarely prescribed for patients with osteoarthritis.

The study predictably showed that the homeopathic medicine acted no better than the placebo, though numerous letters to the editor followed its publication (February 26, 1983).

Self-Treatment vs. Professional Care

Self-treatment of arthritis with homeopathic medicine is possible, including the use of homeopathic formula products for arthritis, though such care is generally only effective for treating acute exacerbations of the ailment, not the underlying disease. Although most arthritis sufferers would certainly welcome temporary relief, professional homeopathic care of people with arthritis offers the potential of deeper, more long lasting relief, possibly even a cure. Such treatment is provided through highly individualized constitutional treatment, usually a single remedy, though usually with a series of single remedies over time.

Homeopathic Medicines for Chickenpox

(Excepted from Homeopathic Medicine for Children and Infants, Tarcher/Putnam)

REMEDIES LISTED IN CAPITOL LETTERS REPRESENT MORE FREQUENTLY INDICATED REMEDIES THROUGHOUT THIS SESSION.

ACONITUM

This remedy should be considered at the initial stages of chickenpox when there is fever, restlessness, and increased thirst.

Antimonium crud: Most characteristic of these children is their white-coated tongue and their irritable disposition. Other indications for this remedy are when children have pimples and pustules which itch, especially after a bath or exposure to water, in the evening, and from the heat of the bed. The children tend to experience a prickly heat which is aggravated by exercise and warmth.

Apis

Children who have itching and stinging pox that is worse from heat and in warm rooms and better from cold and in cool rooms should be given this remedy.

Belladonna

Chickenpox with severe headache, flushed face, hot skin, and drowsiness with the inability to sleep well should be treated with this medicine.

RHUS TOX

This is the most common remedy for chickenpox. These children experience intense itching, especially at night and from scratching. They are very restless.

Homeopathic Medicines for Children: Small Wonders for Our Small Wonders

Children often resist taking conventional medicines. Perhaps our children have been trying to tell us something. Perhaps they know something that their physician and their parents don't.*

Whether children actually know or sense that homeopathic medicines are good for them for not, they deserve safe medicines. It is time that parents and physicians seek safe, natural and effective alternatives to conventional, potentially harmful drugs. Homeopathic medicine is one such alternative.

Many parents consider homeopathy a godsend to their children as well as to themselves. Homeopathic medicines can be quick and effective for treating infant teething or colic, turning cranky babies into giggling cherubs. They can reduce the pain and discomfort of a child's earache, which sharply decreases the need for antibiotics or ear tubes. They can strengthen the child's own natural defenses so that he can fight off that cold or flu that every other kid in school seems to be getting. And they can benefit the hyperactive child, helping to calm his restlessness.

Homeopathic remedies are able not only to relieve many common acute problems of children, but can help prevent recurrent bouts of illness. And homeopathic medicines can treat both physical ailments and emotional upsets.

With the aid of some basic knowledge, all of these valuable benefits are within your grasp.

[*Footnote: It is interesting to note that veterinarians who practice homeopathic medicine have commonly observed that animals seem to be less frightened when they are treated with homeopathic remedies than when they are given conventional drugs. Once again, perhaps our pets know something that many of us don't know or resist knowing.]

Our Children/Ourselves

A growing number of parents are concerned about the side effects of conventional drugs, especially in the treatment of babies and young children. Lynn and Ken Elliot of Berkeley, California, are two such parents. While they seek out their pediatrician for their baby Elizabeth's general check-ups and for diagnosis of potentially dangerous symptoms, they also feel that the best medical care often begins in the home. Instead of rushing Elizabeth to the pediatrician every time she coughs or has a cold, fever, or earache, Lynn and Ken use homeopathic medicines to treat themselves. Although both are relatively new to homeopathy, they have used these natural medicines successfully for treating many common pediatric complaints. They first tried homeopathy when Elizabeth was four months old. She had colic and was crying intensely. Although Elizabeth was relieved when she was carried and rocked, she would immediately begin wailing as soon as she was put back down in her crib. After a couple of hours, even the carrying and rocking didn't help, and Elizabeth cried almost constantly.

Ken and Lynn then remembered that a friend had given me a book on homeopathy at Elizabeth's baby shower and, after reviewing the chapter on colic, they got Chamomilla 30 (chamomile) from their homeopathic medicine kit, crushed a couple of small pellets between two spoons to make them easy for Elizabeth to swallow, and put them under her tongue. Within a minute or so Elizabeth was asleep and, upon waking, her colic was gone.

Although this may sound like a miracle cure, such miracles are common when using homeopathic medicines. Of course, such dramatic successes don't happen every time; homeopathy,

like every kind of healing, has its limitations. Still, its effectiveness as well as its safety are recognized today by millions of people all over the world.

In fact, homeopathic medicine, for many reasons, has achieved such popularity in Europe that it is no longer considered an "alternative medicine." First, England's Royal Family has been under homeopathic care since the 1830s. Second, organized medicine in Europe has not been as antagonistic to homeopathy as American medical organizations have been. And third, convincing research has been published in numerous European medical and scientific journals.

One-third of the French population uses homeopathic medicines, and 39% of French family physicians prescribe them. Twenty percent of all German physicians prescribe homeopathic medicines, 42% of British physicians refer patients to homeopathic physicians, and 45% of Dutch physicians consider homeopathic medicines effective. If these figures aren't impressive enough, according to a recent market research survey, the field of alternative and complementary medicine, including homeopathy, is expanding so quickly that it was Europe's second biggest growth industry during the 1980s, second only to the computer industry. "Complementary medicine" is a term popularized by Prince Charles to emphasize that much of alternative medicine is not simply an alternative but is a valid complement to other types of medical care.

Many people in England who grew up with homeopathy are now having their own children who they regularly treat homeopathically. Such is the case with Terry and Diane Linden, who live in London and whose three children (5, 11, and 15 years of age) have been brought up using homeopathic medicines. Two of these children have never taken a conventional drug, and the other child has done so on only a couple of occasions.

Terry and Diane have noticed that many of their friends' children--treated with conventional medicines--would get recurrent bouts of their symptoms. The antibiotics that were used to treat sore throats or ear infections would have to be used again and again. Terry and Diane questioned if conventional drugs were really curative or simply acting on the symptoms alone.

Terry and Diane's children get sick occasionally just like other children, but with the aid of homeopathic medicines, they get over their illnesses relatively quickly and don't generally have recurrent bouts of the same illnesses. What's more is that Terry and Diane have begun to teach their two older children how to use homeopathic medicines themselves to treat common ailments and injuries. By teaching their children how to care for themselves with homeopathic medicines, these parents are empowering their children in a way that is in itself therapeutic.

Using safer, natural remedies, such as homeopathic medicines, is particularly important when treating infants and young children. Their young bodies are developing. Their nervous systems are just beginning to integrate with the endocrine and immune systems and with various organ systems. Although the human organism can be incredibly resilient, it can also be very fragile, especially during infancy.

Parents can be reassured that homeopathic medicines are safe for infants. Despite the fact that some homeopathic remedies are made from originally poisonous substances, they are diluted so many times that it is not possible for a baby to ingest enough of the substance to cause any damage, even if the infant swallowed the contents of an entire bottle.

To make it easier for infants to take a dose of a homeopathic medicine, you should crush the pellets or pills between two clean spoons and then place the powder in the baby's mouth. Because homeopathic medicines are made with a small amount of lactose (milk sugar) or sucrose, they have a sweet taste that most infants and children love.

(Although some parents may be trying to restrict the amount of lactose and sucrose in their children's diet, the amount contained in homeopathic medicines is so small that it poses no real problems, even for diabetic children.)

The Need for Safe Alternatives

Parents tend to be more concerned about their children's diet, safety, and hygiene than they are about their own, and are inclined to seek out quality health care for their children, even for minor complaints. Unfortunately, parental concern too often translates into anxiety and fear, preventing parents from taking constructive action at home. Instead, many parents with a sick child immediately take their child to a doctor, even for minor ailments, hoping that the doctor will simply make the problem go away.

The care that conventional physicians offer is often valuable, but powerful and multiple drugs are dispensed far too frequently by too many doctors without an effort to try safer, more natural therapies. This over-prescribing is a type of "medical child abuse" that is sad state of affairs, especially since the average doctor doesn't even recognize it as a problem. It seems prudent to save the "bigger guns" of pharmacology for the more serious conditions that warrant their use.

Dr. Joe Graedon, pharmacologist and author of The People's Pharmacy, warns parents and doctors about prescribing drugs to infants and children: "Their immature organ systems often deal with drugs much differently than their grown-up version will a few years later, and the differences can lead to anything from uncomfortable reactions to deadly ones."

The short-term effects of most drugs on infants and children are often unknown, and the long-term effects are not simply unknown but can be frightening. A 1990 study by the U.S. Government's General Accounting Office reviewed the 198 new drugs which were approved by the F.D.A. between 1976 and 1985. The study discovered that more than half of these drugs caused serious reactions that had gone undetected until several years after widespread use. The report also showed that the drugs reviewed by the F.D.A. for use by children were twice as likely to lead to serious reactions as those approved for use by adults. Some of the most severe reactions included heart failure, anaphylactic shock, convulsions, kidney and liver failure, severe blood disorders, birth defects, blindness, and even death. The seriousness of these side effects is enough to send chills up any parent's spine; hopefully, parents and physicians will soon understand the importance of using conventional drugs more conservatively.

Most people do not realize that many conventional drugs are not tested on children. The safety and effectiveness of giving drugs to children have not been established. When it comes to calculating doses or anticipating side effects, children are not little adults.

Additional risks arise when a physician prescribes more than one drug at a time. Surveys have shown that over 20% of all visits to a doctor by children under 15 years of age include a prescription for two or more drugs per visit. Many types of drugs, which may be relatively safe when given alone, can become dangerous when prescribed along with another drug. The long-term effect of giving certain drugs to infants, especially two or more drugs at a time, remains unknown. One day in the future we might consider frequent prescription of such drugs on infants and children to be a form of medical child abuse.

This kind of over prescribing is sometimes the result of inadequate knowledge of recent research. It also sometimes occurs because a doctor feels compelled to prescribe something for a sick child.

Doctors often assume that the medicine, even if not certain to be effective, will at least have a beneficial placebo effect. However, considering the potential side effects from nearly every drug, it seems more prudent to consider more mild placebos or safer medicines, such as homeopathic remedies.

It is somehow ironic that some people consider homeopathic and other natural medicines to be "radical." It seems more appropriate to consider the use of powerful drugs and invasive surgical treatment as radical, while natural therapies to be "conservative." Ultimately, this is part of the revolution that must take place, not only a change in the medicines we use to heal ourselves and our children, but also in the way that we think about the art of healing.

Homeopathic Medicines for Cough

(Excepted from Homeopathic Medicine for Children and Infants, Tarcher/Putnam)

Homeopathic medicines are often effective in treating the acute symptoms of coughs, though professional constitutional care is usually necessary to achieve a deeper level of cure of chronic respiratory problems.

ACONITUM

These children wake from sleep with a dry, hoarse, croupy cough, which tends to be worse at night and after midnight. They are apt to develop a cold or cough during dry cold weather. Along with their dry cough, they will have a dry mouth and shortness of breath. They are usually very thirsty. The cough is worse from being cold, drinking cold water, from tobacco smoke, lying on either side, and at night, especially after midnight. This remedy is very commonly given for the initial stages of croup, bronchitis, pleurisy, and pneumonia. These children are often restless and anxious.

Antimonium tart

A loud rattling cough with an inability to expectorate mucus is characteristic of this medicine. Sometimes precipitated after being angered or annoyed, the respiratory difficulties cause these children to feel drowsy, weak, and feeble. Their symptoms are usually worse at 4 a.m. Their difficulty in breathing may cause them to sit up rather than lie down. Concurrent with these breathing difficulties are anxiousness, restlessness, and irritability. They feel chilly but are averse to stuffy warm rooms. They instead desire cool rooms and open windows. This remedy is rarely given at the beginning of an illness.

Belladonna

When cough symptoms appear suddenly and the child has a dry cough with laryngitis, consider this remedy. These children are restless, drowsy, and have wild dreams. Their symptoms are worse at night.

BRYONIA

When a common cold starts with a nasal discharge and then moves down into the chest, Bryonia is often given, especially when the cough is dry and worse by motion or breathing in. It is painful to move and to inspire, so these children tend to hold their chest as they breathe in order to limit the motion of the chest. The cough is also aggravated by warm rooms and during or after eating. These children tend to be sensitive to drafts and are always catching cold. They may feel some tickling in the larynx which irritates the cough. Sometimes nausea and vomiting or a headache accompany the cough.

Drosera

Bouts of continuous, dry, barking coughing are characteristic of children who need this remedy. They may experience a spasmodic tickling cough that is accompanied by choking, cold sweats, and vomiting. Their cough is aggravated by lying down and after midnight, especially at 2 a.m. The cough is irritated by talking, eating, or drinking cold fluids. These children are usually seen holding onto the chest for support during the coughing spells. They become very chilly and tend to perspire profusely, especially at night. They may also develop a deep hoarse voice.

Ferrum phos
Children who will benefit from this remedy do not get symptoms that arise suddenly, nor are the symptoms very intense. These children may, however, be anemic and become ill after being exposed to cold. The cough becomes worse from cold air, in early morning, and after eating. It is a dry hacking cough, and the expectoration may have some blood in it. The children may experience a stitching pain on inspiration and during a cough. They usually have a poor appetite with an aversion to meat and milk and a desire for sour foods. Hoarseness may accompany the cough.

Hepar sulphur
This remedy is good for a barking, croupy cough, especially when it is exacerbated by exposure to cold. The cough may also be excited by dryness or dust in the larynx, eating or drinking cold things, deep inspiration, or a draft. There may be much coughing up of mucus or rattling of the chest without the ability to cough the mucus out. These children sweat during their coughing spells, and they may actually feel better in damp weather. They are very irritable while ill.

Ipecac
When children have a hacking cough with a tendency to retch or vomit, this remedy should be considered. These children have blood-strained mucus, constriction of the chest, and a tickling in the throat, causing a cough. They tend to cough with every breath and experience excessive salivation. The cough is worse in hot, humid weather or in changing weather. They may also have sneezing and hoarseness. This remedy is a common medicine for infants with a cough and vomiting.

Kali bic
Known to frequently cough up stringy, ropy, yellow mucus, these children are worse after eating, drinking, uncovering, cold weather, and at 3 a.m. They experience some relief from expectorating the stringy mucus, warmth, warm weather, and lying down in a warm bed. They have a sensation of a hair in the back of the throat that irritates the cough. They may have a hoarse voice and may feel pain from sticking out the tongue. In some instances they are known to have pain in the mid-sternum extending through to the back. This remedy is not useful at the beginning stages.

PHOSPHORUS
These children have a dry hard cough, sometimes with a persistent tickle felt behind the sternum. The cough is aggravated by lying down, especially on the left side, and they are wakened at night and need to sit up to cough. They are also aggravated by talking, moving, going from a warm room to cold air, or from strong odors. To decrease pain from coughing, they usually hold their chest. The tightness in their chest is relieved by the warmth of a bed. They crave ice drinks. Their illness exhausts them, and they sometimes have an empty, all-gone feeling or burning in the chest. Their nasal discharge may have some blood streaked in it, and they may become hoarse. This medicine is commonly given in more serious respiratory conditions like pneumonia.

PULSATILLA
This remedy is related to some characteristic cough symptoms, but it is more commonly prescribed based on a child's General Characteristics. The cough symptoms are aggravated in a warm room or warm weather, by lying down to sleep, and at night. Walking in the cool air provides some relief. Also, the child must sit up in bed to breathe better. Typically, she has a dry cough during the day, and a productive cough with yellow or greenish expectoration at night and upon waking. The key General Characteristics of Pulsatilla children are that they are affectionate, moody, weepy, indecisive, and always seek to please others. They crave affection and sympathy and cannot get enough of it. They have fears of being abandoned, so when parents get ready to go out for whatever reason, these children may beg them not to leave.

RUMEX

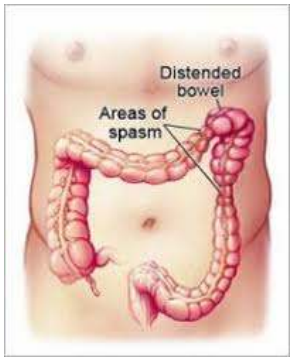
The most distinctive characteristic of children who need this remedy is that their cough is extremely sensitive to cold air. They may even place a blanket or towel over their head to avoid breathing cold air. They experience a tickling in the throat and an irritation below the larynx that is aggravated by touching or pressing the pit of the throat. They have a dry cough and usually become hoarse. They are aggravated in the night and by motion and feel better in warmth.

SPONGIA

This remedy is one of the primary medicines for a dry, barking, croupy cough. The air passages are dry, the sputum is absent, and the voice is hoarse. The coughing can be exacerbated by cold air, warm rooms, tobacco smoke, talking, lying with the head low, drinking cold fluids, or eating sweets. The cough also tends to be worse in the early part of the night. Warm food or drinks, even in small doses, provide some relief, as does sitting up and leaning forward. This remedy is considered a second stage croup remedy, after Aconitum and before Hepar and Kali bic.

Homeopathic Medicines for Diarrhea

(Excepted from Homeopathic Medicine for Children and Infants, Tarcher/Putnam)



Chronic or persistent diarrhea could create dehydration in infants and children and lead to serious health problems. Encourage fluid intake as long as diarrhea continues. Long-lasting or recurrent diarrhea should receive medical supervision, and homeopathic constitutional care should be sought concurrently.

AETHUSA

When children are unable to digest milk, leading to colic, diarrhea, nausea, and vomiting, this remedy should be considered. The children regurgitate the milk and other food within one hour of eating or drinking, sometimes with violent or projectile vomiting. The vomitus usually contains yellow or green curds. The infant or child sweats, feels very weak, and becomes very restless, anxious, and weepy.

ARSENICUM

When children have symptoms of food poisoning or stomach flu, this remedy should be the first considered. These children experience frequent attacks of offensive smelling diarrhea. There is usually some pain during the diarrhea and some discomfort afterwards. The children tend to be tired and weak, yet also tend to be restless, feeling uncomfortable being in one position for too long. Various digestive symptoms accompany the diarrhea. Vomiting starts in the middle of the night. They may feel burning in their abdomen and will have burning stools which irritate the anus. Despite their burning symptoms, they are chilly, especially their hands and feet, and are aggravated by cold. Warmth and warm drinks provide temporary relief. These children are thirsty but only for sips of water at a time.

CALCAREA CARB

This remedy is particularly common for infants, especially during teething. These children usually have sour stools and similarly sour body odor, sweat, and vomit. They have pale stools that lack bile pigment. They crave eggs, especially soft-boiled, carbohydrates, ice cream, sweets, and salt. They may even crave indigestible items like dirt and chalk. They also desire ice drinks ("the colder, the better"). They are usually averse to hot foods, slimy foods, and mixed foods such as casseroles. They may dislike milk and may be allergic to it, leading to constipation, diarrhea, indigestion, or some other problem.

CHAMOMILLA

Chamomilla is one of the most common remedies for infants who have foul-smelling diarrhea and who are highly irritable. These infants tend to have green diarrhea with undigested food. They tend to have distension of their abdomen. The passing of gas does not ameliorate gas pains, and their abdomen is very sensitive to touch. These children double up, kick, and scream and may become covered in a cold sweat. They experience some relief from external heat. It is commonly given to infants who have diarrhea during teething.

Cinchona

When children experience a painless though debilitating diarrhea, this remedy should be considered. The diarrhea tends to be worse at night and may even be expelled without warning. Typically, their belly is so distended that it may be as tight as a drum. This distention is accompanied by sour and loud belching which do not provide any relief.

Colocynthis
Children have sharp cramping pains with diarrhea shortly after eating or drinking anything. Pains are relieved by passing gas, passing stool, or bending over. They have frequent urging for a stool.

IPECAC
Diarrhea with persistent nausea is characteristic of this remedy. Also characteristic is the child's clean tongue, despite the nausea. They have frequent salivation and painful urgings to have stool.

Iris
These children experience a combination of headache with nausea, vomiting, and diarrhea. They also have colic. Their diarrhea causes burning irritation at the anus (see Headache).

MERCURIUS
This is a common remedy for severe diarrhea or food poisoning. The children have burning watery stools and sometimes slimy blood-stained stools. Infants may have green stools. Whatever the stool looks like, it will have an offensive odor, and the children will experience pain before, during, or after a stool. They have frequent or constant urging and a never-get-done feeling. The anus is raw from burning stools. Their symptoms are worse in the evening and at night. They may feel pinching in the abdomen with chills. Their symptoms cause them to feel exhausted.

Nux vomica
Diarrhea from rich or spicy foods or from food poisoning typifies this remedy. These children feel better for a short period after a stool, but will have diarrhea again immediately after eating or immediately upon waking. They are chilly and irritable.

PODOPHYLLUM
This remedy is known to be effective for profuse, offensive, gushing, sometimes frothy diarrhea that tends to shoot out. These symptoms are worse in the morning (4 am to 10 am) and during hot summer days. The children have gurgling sounds in the abdomen and bowels. They experience diarrhea shortly after eating. They have general weakness with head sweat and coldness of the skin. They become restless at night and tend to grind their teeth. The liver area may be sore and feels better from rubbing or from lying on the abdomen. The child may have an empty, sinking feeling in the abdomen. This is a common remedy for diarrhea in teething infants.

PULSATILLA
This remedy should be considered when treating Pulsatilla children or treating children who have diarrhea after eating too much fruit, greasy or rich foods, cold or iced food or drinks, or after exposure to cold. They usually have diarrhea worse at night. In infants the diarrhea is watery and greenish. When children have diarrhea with changeable stools, consider this remedy.

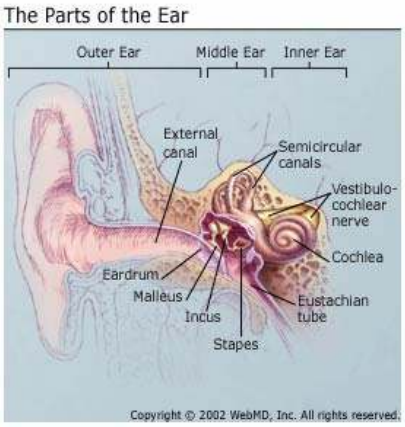
Silicea
When infants who fit this medicine's General Characteristics get diarrhea from mother's milk, consider this remedy.

Veratrum album
This remedy is for simple acute diarrhea as well as for severe diarrhea. These children usually experience great fatigue and have watery diarrhea with vomiting. They shiver, have cold sweats, and may collapse. Even their belly feels cold. Despite their chilliness, they actually have an unquenchable thirst for iced drinks and may want to suck on an ice cube. If they have an appetite, they will have a great hunger for cold foods and an aversion to warm foods. They will have an intolerance for fruit, due to its tendency to cause diarrhea. They may experience a profuse diarrhea that exhausts them.

Homeopathic Medicines for Earaches

(Excepted from Everybody's Guide to Homeopathic Medicine, Stephen Cummings, MD, & Dana Ullman, MPH Tarcher/Putnam, 1997)

Ear infection is the most common childhood illness other than simple runny nose. Almost every child has had at least one ear infection by the time he or she is six, and for many children and their parents, frequent recurrences of these infections are a major problem. Further, there's always the worry that the complications of ear infections can impair the child's hearing and even delay learning to speak. Adults sometimes get ear infections too.



There are two main types of ear infections. Infection of the middle ear and eardrum is called otitis media. It is the more serious illness and is the type most often meant when a health professional diagnoses an "ear infection." Otitis externa, as its name implies, is infection of the outer ear or of the canal that leads to the eardrum. It is actually a skin infection similar to those occurring elsewhere on the body, but it can cause a great deal of ear pain and discharge. We'll discuss each type of ear infection separately.

Not all earaches are due to infections. During a cold many people complain that their ears feel stopped up or that they experience twinges of sharp, brief pains. These symptoms are generally mild. They are due to pressure differences on either side of the eardrum caused by the inflammation and fluid secretion that accompanies a cold. Pressure changes also account for earaches that happen in airplanes or in cars driving up or down a mountain. Some people get earaches whenever they are out in a cold wind or swim in cool water.

Otitis Media (Middle Ear Infection)

The middle ear, the space behind the eardrum, becomes infected during an episode of otitis media. The eustachian tube leads from the middle ear forward and downward, connecting the middle ear to the cavity behind the nose. Normally, the tube opens to allow fluids secreted by mucous cells in the ear to drain into the throat, and to allow pressure in the middle ear to become equalized with the pressure of the atmosphere. At other times, the eustachian tube should be closed to prevent fluids in the nose, which are full of microorganisms, from reaching the middle ear.

Ear infections develop when the eustachian tube opens and closes improperly, allowing germ-laden fluids from the nose and throat to enter but not depart from the middle ear. Inflammation resulting from a cold or allergy may cause this improper function, but in young children sometimes the tube is just too small and short to work properly.

As a middle-ear infection progresses, white blood cells and antibodies are secreted into the tissues and the middle-ear area, where they attack and kill infecting bacteria. As dead bacteria and white cells accumulate, pus forms and puts pressure on the ear drum. The thin eardrum membrane bulges outward, and pain increases as it is stretched. Eventually it may tear, allowing pus to drain to the external auditory canal. Don't be alarmed if this happens (you'll see pus or blood dripping out of the ear) this is the way the body expels the infected material, and usually a torn eardrum heals rapidly.

The symptoms of acute middle-ear infection are variable. A young child may seem to be in pain, often playing with or pulling at the ears. Older children or adults usually know if

something is wrong with the ear, but sometimes even during a severe infection the ear just feels stuffed up. If the eardrum is ruptured, a discharge from the ear may be obvious, or the hair around the affected ear may be sticky or crusty.

Many children with recurrent ear infections have their own characteristic symptom patterns parents learn to recognize early in the illness. Unusual irritability, emotional sensitivity, or clinginess may accompany ear infection, and sometimes a child's mood changes are the only evidence of the problem. There may be a high fever, but ear infections often occur without any fever at all. Sometimes the child vomits or has diarrhea because of an ear infection, with no sign that something is wrong with the ears. In most cases, if nothing else is responsible, these digestive symptoms clear up rapidly.

The diagnosis of an ear infection depends on accurate visual examination of the eardrum performed with an otoscope, a magnifying lens and light that illuminates the drum and external canal through a small speculum that fits into the canal. A normal eardrum has a pearly gray, slightly shiny appearance and looks delicate and translucent. During an infection the most characteristic change is outward bulging of the eardrum due to buildup of pus inside. The eardrum becomes thickened and more opaque and often looks quite red. Redness of the drum, however, may be caused by fever, crying, or cold, and a diagnosis of otitis media should never be made on the basis of a red eardrum alone.

Traditionally, physicians have held that antibiotics effectively treat ear infections and prevent complications. However, many scientific studies over the past 25 years contradict such beliefs. In one large study of children with acute otitis media, those treated with antibiotics actually recovered at a slightly lower rate than those who were not. (Froom, et al, 1990). Another found that children with chronic otitis maintained on prophylactic (preventative) antibiotics were two to six times more likely to have recurrent acute infections than those on placebos (Catankin, et al, 1991). Recently, John Bailar, M.D., a Harvard professor and editorial board member at the New England Journal of Medicine, comprehensively reviewed the scientific literature on the treatment of otitis with antibiotics. He concluded that the available research, "... seems to demolish the conclusion that antibiotics improve the outcome [in otitis media]" (Bailar, 1995).

In any case, be watchful if otitis media is diagnosed. Serious acute complications of middle-ear infection are rare but do occur. These include mastoiditis, infection of the bony area just behind the ear. Be alert for any redness, tenderness, pain, or swelling in this area and report these symptoms immediately to your health practitioner. Mastoiditis can become a chronic problem and result in hearing loss and erosion of the bone.

Meningitis and other infections of the central nervous system may result from acute otitis media if the infection spreads through the blood stream to bony structures. Symptoms of these problems include severe or persistent headache, stiff neck, persistent vomiting, and marked change in mood or alertness.

The most common complications of middle-ear infections are the chronic ear problems that often follow. Serous otitis media, accumulation of a translucent noninfectious fluid in the middle ear, interferes with normal motion of the eardrum and the tiny middle ear bones so that hearing is reduced.

Homeopathic constitutional treatment is often effective with chronic serous otitis. Antihistamines and decongestants are worthless, though they are often prescribed. Conventional treatment for persistent hearing loss due to serous otitis involves surgical insertion of polyethylene tubes into the eardrum to allow drainage of middle-ear fluid. These tubes seem to improve treated

ears hearing for a few months, and this may be very important to the child who is at a crucial stage of language development. Research has shown, however, that there is no long-term improvement in hearing when tubes are inserted, and eardrums in which tubes have been placed tend to become scarred. We believe that the tubes should be inserted for serous otitis only when there is a significant, documented hearing problem, when the risks of the surgery are clearly understood, and when the goal of treatment is improved hearing within a short period.

General Home Care

General recommendations for any infectious illness apply to people with acute middle-ear infections; they should rest, have plenty of liquids, and be comforted. A heating pad or hot washcloth applied to the ear may help reduce pain.

To help prevent ear infection, avoid nursing or bottle feeding children when they are in a lying position; gravity may allow milk or juice to run into the eustachian tubes, encouraging infection. Allergies may predispose an individual to ear infection by causing inflammation and fluid buildup; identification of the substances that trigger allergic reactions for that person can be helpful.

Otitis Externa (Outer Ear Infection)

External ear infections are essentially skin infections involving the canal that leads from the outer ear to the eardrum, The symptoms of external ear infections often include much ear pain and throbbing due to inflammation. The pain is characteristically aggravated by moving the outer ear, so a helpful way to differentiate between middle ear and external ear infections is to pull on the earlobe. Both types of ear infections can be present at the same time, so you should still use the guidelines in "Beyond Home Care" to decide if medical consultation is needed. Often the ear canal is quite itchy during an external ear infection. If you look into the canal, you can see that it is red and scaly or wet, and a thick discharge may be present. There is usually no fever or general symptoms of illness.

External ear infections do not endanger the organs of hearing, although the discharge and swelling may reduce hearing for a time. As with all skin infections, there is some small danger that the infection will spread aggressively. Rapidly spreading redness or swelling of the outer ear or nearby skin is a danger sign, as is onset of fever.

General Home Care

Gently wash out the accumulated scaling and discharge by placing a piece of cotton soaked in dilute vinegar (half water/half vinegar) or Burow's solution (available at drug stores) in the ear canal, leaving it there for eight to twelve hours. Make sure you can pull the cotton out easily again. Then briefly rinse the canal with warm water, using a bulb syringe. Let the ear drain after this, but put in a drop or two of the vinegar solution every eight hours or so.

Beyond Home Care

Get Medical Care Immediately:

- if earache is accompanied by severe weakness, loss of alertness, severe headache, or stiffness of the neck.

Get Medical Care Today:

- if a baby begins to pull or rub her ears;
- for any definite earache or any ear discharge in a child under seven years old;
- for anyone with severe earache, especially if it's accompanied by fever or ear discharge;
- if there is tenderness or redness in the bony area behind the ear;
- if there is sudden, significant decrease in hearing with or without pain.

See Your Practitioner Soon:

- if an older child or adult has had mild ear pain or discharge lasting longer than one or two weeks;
- if mild hearing loss lasts longer than two weeks.

Homeopathic Medicines for All Ear Infections

The following descriptions apply to children with ear infections, but the indications for adults are the same. Most of the descriptions of physical-exam findings (color and shape of the eardrum) apply to otitis media, but all the other symptoms are applicable to those with both middle-ear infections and otitis externa. You can also use these descriptions to treat the person with a earache due to something other than infection.

Many of these medicines share similar symptoms. For example, Silica, Hepar sulph., and Mercurius are all equally indicated by the presence of painfully swollen lymph nodes in the head and neck that commonly occur with ear infections. If no medicine is strongly indicated, start with either Pulsatilla, if the child is more clingy than usual, or Hepar, if the child is somewhat irritable or severe pain is the predominant feature of the illness.

Case taking Questions for Earaches

Character of the symptoms:

- Does the pain extend into the throat, neck, or behind the ear?
- Describe the color and consistency of any discharge from the ear.

Modalities:

- At what time of day is the pain at its worst?
- Is the ear tender or sensitive to touch?
- How does heat and cold affect the pain?
- How is the pain affected by stooping or bending over, motion in general, and lying down? Does it help to lie on the affected ear?
- Does swallowing make the pain worse?

Other symptoms:

- What is the color and consistency of any nasal discharge?
- Is perspiration or salivation increased?

Remedy Summary for Earaches

Give the medicine: every 3-6 hours for 2-3 days, stopping when there is definite improvement; repeat when symptoms begin to get worse again, or if no further improvement has occurred after twelve hours. When to try another medicine: if there is no significant improvement after 12-24 hours

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Belladonna

Essentials

- Earache beginning suddenly with intense pain, with few prior symptoms of a cold (no thick or colored nasal discharge) Confirmatory symptoms
- Bright red outer ear, ear canal, or eardrum without pus formation
- Accompanied by sudden high fever (see chapter 3)
- Ear pain extending down into the neck, or accompanied by sore throat or facial pain.

Ferrum phos.
Essentials
- Early stages of earaches before pus has formed; symptoms similar to Belladonna but not as sudden or severe
- Alternatively, give if Belladonna seems indicated but hasn't helped.

Hepar sulph.
Essentials
- Sharp, severe earache
- Earache accompanied by thick, colored discharge from nose or ears
- Irritability Confirmatory symptoms
- Chilliness and aversion to the cold or uncovering; desire for warmth
- Earache worse in cold or open air or from cold applications better from warmth; worse at night

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Pulsatilla
Essentials
- Mild disposition; craves affection and physical contact
- Yellow to green thick discharge from the nose or ears Confirmatory symptoms
- Ear pain worse at night and in a warm room.
- Worse in general from warmth, wants fresh air
- Little or no thirst

Chamomilla
Essentials
- Extreme irritability; the child screams and cries angrily, doesn't want to be touched or comforted, and may strike out
- Severe ear pain Confirmatory symptoms
- The child calms down when carried
- Earaches during teething
- Symptoms are worse when stooping or bending over and improved by warmth or being wrapped in warm covers
- Clear nasal discharge, usually of watery consistency

Mercurius
Essentials
- Another common earache remedy after pus has formed in the middle ear Confirmatory symptoms
- Earache worse from warmth and worse at night
- Profuse, bad-smelling perspiration, head sweats
- Increased salivation, bad breath, puffiness of the tongue
- Symptoms are worse when stooping or bending over and improved by warmth or being wrapped in warm covers

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Silica
Essentials
- Later stages of an earache
- Physical weakness and tiredness
- Chilliness, desire for warm covering Confirmatory symptoms
- Mild and whimpering disposition but less interested in affection than the

Pulsatilla patient

- Pain behind the ear in the region of the mastoid
- Sweating about the head or on the hands or feet

Belladonna is the most commonly indicated homeopathic medicine during the early stages of an ear infection or earache, especially when the illness begins suddenly with few prior cold symptoms. Within an hour or two the child is in intense pain. He may have had a watery runny nose for a short while, but the mucus isn't cloudy, colored, or thick. The outer ear, ear canal, or eardrum may be bright red, but pus hasn't formed and the eardrum is still normally shaped. A sudden high fever often begins about the same time as the earache. The ear pain may extend down into the neck, and there may be associated sore-throat or facial pain.

Ferrum phos. is used in much the same way as Belladonna, in the early stages of suddenly occurring earaches not yet accompanied by pus formation. The onset is not quite as sudden, the fever is not so high, and the overall condition of the child is a little less intense. You can also give Ferrum phos. if you've already tried Belladonna and it still seems indicated, but hasn't worked. Chamomilla is indicated chiefly by the effects of the illness on the child's mood, and less so by particular symptoms. Children for whom Chamomilla is indicated are extremely irritable. They scream and cry angrily, do not want to be touched, and can't be comforted. They may ask for things that they then reject, and they are likely to hit you for crossing them at all or for no apparent reason. Sometimes the child can be calmed by being carried. The earache generally doesn't come on as quickly as in the Belladonna case, but the pain is severe and the child may scream. The symptoms may be made worse by stooping or bending over and improved by warmth or being wrapped in warm covers. A discharge from the ear is less typical of Chamomilla than of other medicines discussed later. There is usually a watery runny nose and, less often, a very thick discharge. As with Belladonna, the nasal mucus is usually not colored. Whatever the particular symptoms, though, be sure to consider Chamomilla for the child who is in severe pain, especially if he is extremely irritable.

Another commonly effective medicine is Pulsatilla. In contrast to Chamomilla, it is indicated for children who are sweet, placid, loving, and mild during the earache. The Pulsatilla child may be irritable, but the irritability is weak and whiny, not violent as is the Chamomilla or Hepar child. Pulsatilla children want to be held and cuddled and are comforted when given affection. They too may scream with the pain but are just as likely to weep piteously. Pulsatilla is more frequently indicated for ear infections that develop after cold symptoms have been persistent for a few days. The nasal discharge has become thick and yellow to green in color. Though pain may be fairly severe, sometimes there seems to be no pain at all. Examination often shows a red, swollen eardrum and a buildup of pus in the middle ear. A thick yellow-green discharge may be seen at the external canal. The pain is typically worse at night and in a warm room. There may be a sensation of pressure in the ear. The child may or may not be feverish but tends to feel uncomfortably warm and wants fresh air. She is noticeably less thirsty than usual, even with a high fever. In any case, the strongest indication for Pulsatilla is the characteristic mildness and clinginess of the child.

Silica is also indicated for the middle and later stages of a cold accompanied by an ear infection. The child who needs Silica also is mild and whimpering but is less loving and less interested in affection than the Pulsatilla child. Also characteristic of children for whom Silica is indicated are marked physical weakness and tiredness. The illness seems to have really worn them out. They are definitely chilly and want warm covering. They may have sweat about the head or on the hands or feet. If there is pain in the ear, it may be intense but usually not as severe as the pain of some of the other medicines. It tends to occur at night and is made worse by cold applications, moving, sitting for a long time, and noise. Silica is the remedy most prominently indicated

for pain behind the ear in the region of the mastoid, though many other medicines also cover this complaint. There may be itching in the ear (also symptoms of Hepar sulph. and Mercurius) or a stopped-up sensation. The examination may show inflammation and pus formation, and there may be drainage of pus or watery fluid from the ear. A nasal discharge, of any character, often accompanies the infection.

The physical symptoms indicating Hepar sulph and are similar to those of Silica but more intense. Again, this is a remedy best given during the middle and late stages of colds and ear infections, when a thick, colored nasal discharge often precedes or accompanies the earache and when inflammation in the middle ear has progressed to the point that pus has formed. You should think of Hepar when the child is intensely, even violently irritable about everything. Although this emotional state is similar to that described for Chamomilla, the child is a little less expressive, is less prone to scream constantly or hit, doesn't have such a strong aversion to being held, and is less likely to throw away things she asked for. But the Hepar child lets you know, in no uncertain terms, that she is angry. Hepar is indicated for children who are very chilly-cold air or coldness of any sort makes them uncomfortable and provokes symptoms. The child wants the heat turned up, and she wants lots of blankets. The earache is usually severe and is worse at night. It is also made worse by cold air, open air, and cold applications and is improved by warmth and bundling up.

Mercurius is also indicated for earaches after pus formation has occurred. The child needing Mercurius is somewhat irritable and may act impulsively or hastily, or he may be less alert than when normal. He may be generally bothered by heat or cold or both, but this particular earache is typically made worse by warmth, especially the warmth of the bed. Pain is worse at night. Characteristic Mercurius symptoms also include profuse and offensive perspiration, head sweats, increased salivation, bad breath, puffiness of the tongue, and trembling or twitching.

Homeopathic Medicines for German Measles (Rubella)

(Excepted from Homeopathic Medicine for Children and Infants, Tarcher/Putnam)

Children with German measles should stay at home until they are well, both for their own health and because of the serious consequences of infecting pregnant women with this virus.

Aconitum

This remedy is for sudden onset of a rash with a fever. The children are usually very thirsty. Aconitum is only appropriate during the initial stages of this illness.

Belladonna

When children experience a sudden onset of high fever with a flushed face and reddened lips, this remedy is the first to consider. These children also tend to have a hot head and cold extremities. Their skin is usually so hot that it radiates heat (you can feel it by placing your hand a couple of inches away from the skin). This fever is a dry heat, without perspiration. These children tend to have a strong and bounding pulse. At night the temperature gets highest, causing the child to be agitated, sometimes delirious, perhaps leading them to see hallucinations when their eyes are closed.

Pulsatilla

These children experience chill with their fever. They feel worse in warm rooms and by warmth. They desire open air but need to be properly covered. They are thirstless and have a flushed red face

Homeopathic Medicines for Headaches

(Excepted from Everybody's Guide to Homeopathic Medicine, Stephen Cummings, MD, & Dana Ullman, MPH Tarcher/Putnam, 1997)

Most of us have one or two "weak links" -- parts of the body that take the brunt of physical or psychological stress. Some people get colds, some digestive upsets, and a great number are prone to headaches.

Headaches can be a serious health problem. Some people suffer from headaches that are severe or frequent enough to be incapacitating. Certainly, there are times when a headache signals a serious condition. In the great majority of cases, however, the pain of a headache is best seen as a message that your stress level has risen too high. The headache serves as a warning that you need a change - perhaps to rest, deal with an emotional conflict, change your diet, or correct a problem in your personal environment at home or work.

Modern medicine classifies headaches according to the immediate cause of painful stimulation of nerve endings. The types of headaches include muscle-contraction headaches, vascular headaches, and headaches caused by inflammation or structural conditions.

Muscle-Contraction Headaches

Nearly everyone has had a muscle-contraction headache, more commonly but less precisely referred to as a tension headache. Most people assume that the term tension refers to emotional stress, and in fact, many times this type of headache is brought on by stress on the job, being stuck in a traffic jam, or other such situations. But the pain of a muscle contraction headache arises from tightening of the muscles of the upper back, neck, and scalp, and this may result from any type of stress, whether physical or emotional. Extremes of heat or cold, hunger, loss of sleep, a tiring drive, and improper posture are all examples of physical stresses that can lead to muscle contraction headaches.

That the body responds to stress by increasing muscle tone makes sense it is preparing for a fight or flight response. Unfortunately, physical action isn't socially appropriate in many stressful situations, so the muscle tension just builds up. Once it reaches a certain threshold, you get a headache. The pain arises partly because the muscle is simply sore from being overworked, and partly because the tension constricts blood vessels and reduces blood flow to the tiring muscles. It is now thought that in many or most muscle contraction headaches, the physiological changes that account for vascular headaches also contribute to the pain (see the next section in this chapter). The pain of a muscle contraction headache is typically a dull, steady ache felt across the forehead, at the temples, or at the base of the head and neck. A sensation of tightness, as if a constricting band were wrapped around the head, may be felt. The scalp and neck are often tender to touch.

General Home Care

Muscle-contraction headaches are generally easy to treat at home: Simply take a break from the stress that lead to the headache, get some rest. and perhaps massage the sore neck muscles. If the headache doesn't respond to these simple measures in a short time, try a homeopathic medicine from the list in this chapter. By helping the body restore order and balance, the correct homeopathic medicine speeds relaxation of the muscle contraction and relief from the pain, without any of the side effects associated with standard painkillers.

Steps you can take to prevent recurrent muscle contraction headaches include:

Learn to recognize and avoid simple physical causes of muscle tension like poor posture, uncomfortable clothing, or unpleasant environmental conditions (an overly chilly room, irritating noise, and so on). Notice whether any of your habits are awkward or cause tension and straining, such as the way you sit at your desk, hold the telephone, or clench your jaw.

Recognize and deal with emotionally stressful situations in your life. We realize this is easier said than done, but headaches are very commonly associated with emotional stress.

Become familiar with the early signs and sensations of tension, both muscular and emotional. If you can sense tension before a bad headache comes on, you can do something to break the cycle before tension increases. Get out of the stressful situation for a few minutes, do some physical exercise to help release stored tension, meditate, pray, or do anything you find relaxing or joyful (laughter is great for releasing tension).

Learn to relax the muscles that tense up during a headache, so that you can relax them during periods of stress. We suggest you set aside ten minutes or so twice a day for relaxation exercises. Relax your whole body and your head and neck muscles in particular. Spend the last few moments of each period of relaxation imagining yourself in the situation that causes you the most stress--perhaps it's driving in rush hour traffic--keeping that relaxed feeling. After a week or so, you'll start to remember the relaxation sessions whenever you're in that tense situation, and before long, you'll find that you can maintain greater tranquility even then. Biofeedback can help you learn to control various physiological processes that lead to tension headaches, as can meditation.

Exercise and massage are both great for relieving tension and lifting your mood. The specialty bodywork practices--such as the Alexander technique, chiropractic, rolfing, or acupressure can also be helpful in treating or preventing headaches.

Some people get headaches when they are hungry or when they eat foods that don't agree. Pay attention to the pattern of your headaches in relation to diet. We recommend regular meals with an emphasis on fresh vegetables, whole grains and, if desired, lean meats. Avoid sweets and caffeine. Specific foods often aggravate vascular headaches, and since many headaches may be of mixed type, it may be useful to avoid these foods.

If you have any visual difficulties, see an eye specialist. While eyestrain isn't a common cause of headache, sometimes it is to blame for recurrent headaches.

Consider a checkup for misalignment or injury of the Temporomandibular joints (TMJ). These joints attach the jaw to the rest of the skull on either side, just in front of the ears. One quick test: Try placing a two to-three inch piece of Popsicle stick or tongue depressor between the teeth to separate the upper and lower jaws. If this relieves your headache, you may have a TMJ problem. Evaluation is best performed by an ear, nose, and throat specialist or a dentist.

For more information on self-treatment of headaches, we recommend Headache Help by Lawrence Robbins, MD, and Susan Lang (1995) and Migraine: What Works by Joseph Kandel, MD, and David Sudderth, MD (1996). For more details on learning to deal with stress, see Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness by Jon Kabat-Zinn, PhD (1990) and PNI: The New Mind/Body Healing Program by Elliott Dacher, MD (1993).

Migraines and Other Vascular Headaches

Many people use the word migraine to refer to any really bad headache, but migraine headache, as medically understood, denotes that pain resulting from a complex series of specific changes in the blood vessels of the head and brain. During a migraine, the blood vessels first become overly constricted and then widen abnormally. This sequence of constriction and widening affects the blood vessels on one side of the head more intensely, and often it is especially pronounced in a particular area of the brain.

The symptoms of migraine headaches are directly related to these changes in the blood vessels.

During the initial phase of blood vessel narrowing, decreased blood flow to the brain leads to malfunction in the area of greatest constriction. So, before any pain is felt, the typical migraine begins with some sort of warning symptom, called an aura. The most common aura is disturbance of vision, which may take the form of bright or colored zigzag lines, areas of cloudy vision, flashing lights, and so on. Other people have auras with such symptoms as slurred speech, dizziness, weakness or numbness of one side of the body, and other signs of neurological impairment.

The migraine headache pain begins when the previously narrowed blood vessels then open too wide. Normal brain function is restored by the return of blood flow, but stretching of the vessel walls, along with inflammation caused by chemical changes in the blood, stimulates pain-sensitive nerve endings in the vessel walls. At first the pain is localized on one side of the head, but it often spreads to the other side as the headache progresses. The pain is intense and throbbing in character. Accompanying the headache may be symptoms such as nausea, vomiting, or diarrhea, intolerance of light, dizziness, and sweating or chilliness.

This description of the migraine applies to the classic type, but other forms of migraine are not uncommon. Sometimes the headache begins without a prior aura. On the other hand, migraine equivalents may occur; there may be the neurological disturbances (visual changes and so on) or vomiting typical of a migraine, though there is no headache.

The tendency to have migraines clearly runs in families and seems to be due, in part, to a genetic predisposition, They first occur before the person reaches the age of thirty, usually in the early-teen years. Migraines often start in childhood, particularly around the time of puberty. Even very young children can get migraines. Before the child is old enough to tell you about the headache, the first sign you may see in your two-to-four year old is recurrent vomiting. The child who gets headaches may well be saying something about a difficulty in her life that she finds hard to express openly. Do your best to identify stress your child faces, and work with her to find ways to resolve the conflict.

A migraine headache is most often triggered by psychological stress but, curiously, it is characteristic that the attack begins when the stress is relieved. High-pressure business people, for instance, may dread the relaxing weekends that bring on their headaches. Other stresses that frequently lead to migraines include going without food, sleeping too long, bright lights, and fluctuations in hormone levels (some women get migraines every month before the menstrual period or when they ovulate). Foods and drinks including nuts, chocolate, coffee, cheese, citrus, and alcohol may also trigger migraines, as do some drugs.

Another type of vascular headache is the cluster headache. These are severe, one-sided headaches that occur in spells, most often during sleep. The pain is accompanied by redness and tearing of the eye, and the nostril drops on the painful side.

General Home Care

An untreated migraine lasts at least several hours, often a full day. Many migraine headaches are so severe, simple measures like rest or aspirin offer little or no help. Relaxation measures may bring some relief. Learning to warm the hands by increasing blood flow through biofeedback has been especially effective, probably because the circulatory system in general is affected. Suggesting to yourself that the hands are becoming warm and heavy is the best way for most people to achieve this without a biofeedback device. Dealing effectively with stress and avoiding the factors that you know lead to your headaches are critical for preventing migraines. Constitutional homeopathic treatment from a professional practitioner is the most helpful preventive approach for those whose headaches don't respond to simple home care measures or to self-care homeopathy.

Many different conventional medicines are used to treat and prevent migraines; some are strong drugs with many potentially serious side effects. We recommend that you opt for conventional treatment only if your headaches persist after you've tried self-care methods and professional homeopathic treatment.

Other Headaches

Less common than muscle-contraction and migraine headaches are the various types of headaches caused by infection, inflammation, and structural changes in the face and head. Many of these are serious conditions requiring medical treatment.

Homeopathic Medicines for Headaches of All Types

Use homeopathic medicines at home when you or your children have mild to moderate headaches.

It's often difficult to choose the right medicine for a headache. So many headaches are made better or worse by the same factors, and many remedies cover these common modalities. Often the person's general symptoms are your best guide in choosing the medicine. Use only the strongest, most definite headache symptoms in your case analysis, and compare them to the symptoms we list here. If you still have trouble picking the right medicine, we recommend you choose between the first three we cover, Belladonna, Nux, and Bryonia. One of these three medicines will help the majority who suffer from acute headaches that have few specific symptoms.

Case taking Questions

Onset of symptoms:

- Did anything seem to trigger the headache? For example, exposure to cold or wet weather or to a draft, eating too much or eating something in particular, alcohol or drugs, emotions, overwork, or lack of sleep?

Character of the pain:

- Where in the head is the pain centered, and where does it radiate? What is the character of the pain (throbbing, aching, burning, etc.)?

Associated symptoms:

- Has the headache affected the patient's appearance? Is the face pale or flushed red? Are the pupils dilated? How is vision affected? Have digestive symptoms such as nausea or vomiting developed? Does the headache seem related to the menstrual cycle, occurring prior to, during, or after the periods?

Modalities:

- What time of day is the headache worst? What makes the pain better or worse? How is it affected by hot or cold applications, heat and cold in general, pressure, light, and noise? How does motion and position (lying, sitting, or standing) affect the pain? Does motion of the eyes affect the pain?

Remedy Summary for Headaches

If you find it hard to select a medicine from those listed here, choose among Belladonna, Nux, and Bryonia.

Give the medicine

Up to every two hours; once improvement begins, repeat only when symptoms are worse again or improvement has ceased for an hour or so.

When to try another medicine: If the symptoms are no better after two or three doses of the first medicine you try.

Belladonna

Essentials

- Intense headaches with violent throbbing pains
- Pain aggravated by light, noise, touch, strong or unusual smells, motion, or jarring
- Pain begins and passes suddenly
- Confirmatory symptoms
- Pain most typically located in the forehead, from which it may extend to the back of the head
- Face flushed or feels hot, sometimes with cold hands and feet
- Dilated pupils
- Relieved by sitting or firm pressure
- Pain worse from climbing steps or descending a slope or stairway and in the afternoon

Bryonia

Essentials

- Headache aggravated by motion, even very slight motion of the head or eyes
- Steady aching or sense of heaviness with little throbbing
- Confirmatory symptoms
- Pain worsened by slight touch, relieved by firm pressure
- Pain worst in the morning, especially after first moving in bed or just after getting out of bed
- Headache centered over left eye
- Headache accompanied by nausea, vomiting, or constipation
- Patient irritable, wants to be left alone

Nux vomica

Essentials

- Headaches beginning after overeating; from alcohol, coffee or other drugs; from loss of sleep; or from excessive mental work
- Headache accompanied by general sick feeling and by digestive upsets including vomiting, gas, or sour or bitter taste Confirmatory symptoms
- Pain worst on first waking in the morning, improving after getting up
- Pain aggravated by sounds such as sound of footsteps
- Pain relieved by wrapping the head up or being in a warm room

Pulsatilla
Essentials
- Headache coming on after meals or after warm, rich, or fatty foods or ice cream -or-
- Headaches in connection with menstrual period (before, during, or at end of the period) Confirmatory symptoms
- Patient wants company and consolation
- Relief with gentle motion, especially walking slowly in open air
- Pain in forehead or on one side; or changes location frequently
- Pain relieved by pressure, worsened by blowing the nose

Gelsemium
Essentials
- Pain begins at the back of the head, extending upward or to the forehead -or-
- Headaches preceded by dimness of vision or other visual disturbances Confirmatory symptoms
- Sensation of a band or hood bound tightly around the head
- Pain on the right side of the head
- Relieved by napping or urinating
- Aggravated by light, noise, motion, or jarring
- Patient feels dull, tired, heavy, and apathetic; wants to be left alone but not markedly irritable

Iris
Essentials
- Pain in one side of the forehead, particularly the right
- Migraine headaches that come on at regular intervals Confirmatory symptoms
- Headache preceded or accompanied by dimness of vision or other visual changes
- Nausea and vomiting following the headache; headache worse after vomiting
- Pain improved by walking in the open air

Sanguinaria
Essentials
- Pain begins in the back of the head, extending to right side of the head or right eye
- Headaches recur periodically Confirmatory symptoms
- Nausea and vomiting; vomiting brings relief
- Pain sharp, splitting, knifelike, or throbbing
- Pain worse from motion, better from sleep and firm pressure

Spigelia
Essentials
- Stitching, burning, or pulsating pains, usually on the frontal part of the head, often on the left
- Stiff neck and shoulders accompany the headache, making motion painful Confirmatory symptoms
- Pain better by lying with the head propped up; worse from stooping, motion, noise, and cold stormy weather
- Temporary relief from washing with cold water but the pain is worse later
- Pain in and around the eyes or extending into the eye sockets

Belladonna is indicated for people whose headaches are intense with violent throbbing pains. The headache causes an extreme sensitivity, and the least bit of light, noise, touch, strong or unusual smell, motion, or jarring brings on a new wave of throbbing and pain. The pain often begins suddenly, and it may go away suddenly as well. It may spread throughout the entire head, or it may be localized anywhere, but it is most typically focused in the forehead; from the forehead it may extend to the back of the head. Often the face is flushed or feels hot, and sometimes the hands and feet are cold. Belladonna is thus the most commonly given medicine for headaches associated with high fever. The pupils may be noticeably dilated during a Belladonna headache. Firm pressure applied to the head helps (other remedies also have this modality).

Belladonna is unique, in that it suits headaches that are definitely relieved by sitting. Belladonna is one of a number of medicines that cover headaches made worse by climbing steps, but it alone fits those also aggravated by traveling down a slope or stairway. Afternoon is most characteristically the time of worst pain.

Bryonia is best used when the most prominent characteristic of the headache is aggravation with motion. Both Belladonna and Bryonia cover this marked sensitivity to motion, and many other remedies also fit headaches made worse by motion. For the Bryonia patient, however, this is the outstanding characteristic. Even slight motion of the head or eyes worsens the pain. The pain is made worse by slight touch but made better by firm pressure. It is generally worst in the morning, and though it may be felt immediately upon waking, it is just as likely to come on only after the person first moves in bed or after she gets out of bed. There is little throbbing with Bryonia headaches, unlike those of Belladonna, and the pain is described as a steady ache, sometimes with a sense of fullness or heaviness. As with Belladonna, the headache is likely to be located in the forehead, extending from there to the back of the head, but it is commonly centered over the left eye, a symptom not shared with Belladonna. Nausea, vomiting, and especially constipation may occur in connection with Bryonia headaches. The Bryonia patient is irritable and irascible and wants to be left alone.

Nux vomica is also a good medicine for irritable people with headaches. The apparent cause of the headache is most often the best indication for Nux, since this medicine frequently suits the symptoms of headaches brought on by overeating, the use of alcohol, coffee or other drugs, or staying up too late and missing sleep. The person with a typical morning hangover headache, who often has indulged in all of these pursuits, frequently is gratefully relieved with a dose or two of Nux. Such headaches are generally accompanied by an overall sick feeling and by digestive upsets. The sufferer may have a sour or bitter taste in the mouth in the morning, queasiness, nausea or vomiting (dry heaves and gas are especially typical Nux symptoms). The Nux headache may also be brought on by concentrated or prolonged mental work or by cold air or cold wind. In contrast to Bryonia headaches, those of Nux are worse in the morning, particularly upon first waking, and tend to get somewhat better after the person is up and about. As with most headaches, motion may aggravate the symptoms, but shaking the head is particularly painful (as in Belladonna). Lying on the painful side often makes the pain worse, and the sound of footsteps is particularly irritating to the Nux headache patient. Wrapping the head up or being in a warm room may relieve the pain.

Pulsatilla headaches have also been associated with digestive upsets. They often come on after meals and particularly after eating warm, rich, or fatty foods or after eating ice cream. Nausea and vomiting frequently accompany a Pulsatilla headache. Pulsatilla is also a good medicine for headaches that occur in connection with menstrual periods (before, during, or especially when the period ends) or those that result from a frightening experience. The pain is most often felt in the forehead or on one side of the head and may change location frequently (as it does with Sanguinaria). Throbbing accompanies the headache. Although walking briskly may make

the pain worse, generally there is relief from gentle motion, especially walking about slowly in the open air. Pressure relieves the pain and blowing the nose aggravates it. The Pulsatilla individual is emotionally mild and sensitive and may weep from the pains. Though a little irritable, the person is likely to want company and consolation.

Gelsemium headaches generally begin at the back of the head, often extending to the rest of the head or to the forehead. The person may feel as though a band or hood were bound tightly around their head. These symptoms are, of course, characteristic of muscle-contraction headaches. But Gelsemium is also one of the fairly few homeopathic medicines that clearly suit headaches preceded by dimness of vision or other visual disturbances, symptoms of migraines. Localized pain on the right side of the head is also covered by this remedy. The Gelsemium headache is not much affected by changes of temperature, but other environmental factors (light, noise, motion, jarring) aggravate it. Napping or, curiously, urinating relieves the pain. The person feels dull, tired, heavy, and apathetic. His eyes droop and he looks exhausted. He is not particularly irritable but wants to be left alone. The headaches of Iris are also preceded or accompanied by dimness of vision or other changes in eyesight. The pain is felt in one side of the forehead, particularly the right side. Nausea and vomiting ensue, and the headache is worse after the vomiting. The pain is made better by walking in the open air. Iris has helped many people with periodic migraine headaches, such as those that return every weekend. Even if visual disturbance does not accompany the headache, Iris may help if its other symptoms fit.

Sanguinaria headaches typically begin in the back of the head but extend to and soon settle over the right eye or in the right side of the head. Right-sided headaches are covered by other medicines (Iris and Gelsemium, for instance) but Sanguinaria is especially noted for this symptom. The pain is sharp, splitting, knifelike, and sometimes throbbing. Once again, nausea and vomiting occur at the height of the pain, but unlike Iris headaches, those of Sanguinaria are relieved after vomiting. Motion aggravates the pain, whereas sleep and firm pressure relieve it. Like Iris, Sanguinaria suits headaches that recur in a consistent pattern, such as every seven days. Homeopathic reference texts do not mention Sanguinaria in connection with visual disturbances. However, if you have a classic, visual-aura migraine headache that also has the symptoms just mentioned, we certainly recommend that you use this medicine.

The headaches that need Spigelia have stitching, burning, and pulsating pains, usually on the frontal part of the head and often on the left side. Lying with the head propped up makes the pains better; stooping, motion, noise, and cold stormy weather make them worse. Washing with cold water can feel good, but the pain is usually worse after you finish. In general, the head pains are made worse by warmth and temporarily better by cold (for other pain symptoms of Spigelia the reverse is true). A stiff neck and shoulders accompany the headache and make motion very painful. The person may also experience severe pain in and around the eyes and extending deep into the sockets.

Beyond Home Care

Get Medical Care Immediately:

- for any very severe headache, particularly if it is unusual for you;
- for headache accompanied by stiff neck or high fever;
- for any headache that occurs after a head injury.

Get Medical Care Today:

- the first time you have a headache preceded or accompanied by visual disturbances, weakness of one side or part of the body, speech disorders, or dizziness. If you have had these symptoms previously, but their pattern has changed significantly, call or see your practitioner;
- for a headache lasting more than three or four days, even if mild (a call to your doctor may suffice);
- if a headache begins while you're taking medicine, including birth control pills.

See Your Practitioner Soon:

- for headaches that recur frequently, even if mild;
- for headaches that are consistently worse in the morning or upon waking.

Homeopathic Medicines for Indigestion

(Excepted from Homeopathic Medicine for Children and Infants, Tarcher/Putnam)

Digestive problems in infants and children could be very routine or potentially dangerous. Medical supervision should be considered concurrent with homeopathic constitutional care if symptoms persist.

Aconitum

Digestive problems that occur during very hot weather, especially after drinking ice drinks, ma y benefit from this remedy. The abdomen is sensitive to touch. These children experience nausea, vomiting, and diarrhea.

Aethusa

When children are unable to digest milk, leading to colic, diarrhea, and nausea and vomiting, this is a medicine to consider giving. They regurgitate the milk and other food within one hour of eating or drinking, sometimes with violent or projectile vomiting. The vomitus usually contains yellow or green curds. The children are cold and clammy, feel very weak and fall asleep after vomiting. They are also restless, anxious, and weepy.

Antimonium crudum

These children regurgitate milk shortly after ingesting it. They become disgusted from all food, although they tend to be thirsty in the evening. They may experience a watery diarrhea of undigested food particles which is aggravated by becoming overheated or by eating vinegar or acid foods. Their nausea is particularly common at night and in the early morning. Characteristically, they have a thickly coated white tongue.

Antimonium tart

Constant nausea which may be felt in the chest is experienced by these children. They have copious amounts of saliva in their mouth, and their tongue is coated white. They may crave apples and acid drinks, but are aggravated by such drinks. This medicine is rarely given at the beginning of an illness.

Argentum nit

These children have a strong craving for sweets, even though they tend to cause them problems, especially flatulence. Infants tend to develop diarrhea when their breastfeeding mother eats a lot of sweets. They are aggravated by warmth in any form and crave cold, open air.

ARSENICUM

This medicine is as often given based on the child's General Characteristics as it is on the nausea and vomiting symptoms. It is one of the most commonly prescribed for diarrhea, though it is also often given for nausea and vomiting. These children are chilly and are aggravated by exposure to any cold. They experience their worst symptoms at or after midnight. They are restless and constantly changing position, especially in bed, and they may get sick enough to feel weak and weary. Their abdomen is sensitive to touch, though it feels better from warm applications. Warm drinks also may be soothing. There are burning pains in the stomach that are worse from most foods or drinks (especially cold food or drinks, which are quickly vomited), taking a deep breath, or the least touch. They may also have a burning vomit which will irritate the throat and a burning diarrhea which will irritate the anus. They tend to be thirsty but take only sips of water at a time.

BRYONIA

These children suffer from indigestion after eating rich or fatty foods. The food lies in the stomach undigested and feels like a heavy lump. They feel nauseated and may vomit, usually feeling worst in the morning upon rising. They are aggravated by motion, whether it be rising from the bed, walking, or simply taking a deep breath. They have burning and cutting pains in the stomach or liver. They cannot bear a light touch on the abdomen but can be relieved by firm pressure. They sometimes have concurrent constipation, a white coated tongue, and a headache over the front part of the head.

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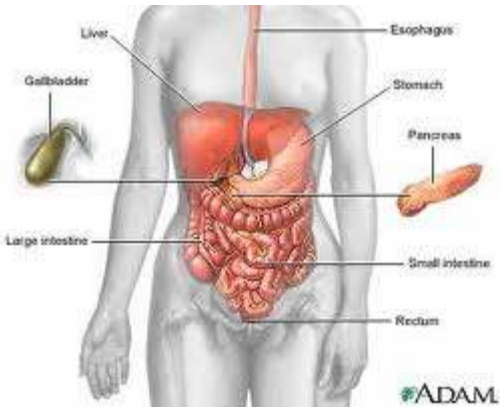


This medicine is as often given based on the General Characteristics as it is on the nausea and vomiting symptoms. These children are chilly and very sensitive to anything cold, though they prefer to drink ice drinks. Despite being chilly, their head is hot, and it tends to sweat profusely. Their perspiration and their stools are sour smelling. Typically, these children are fair skinned and pudgy with poor muscle tone. They may concurrently get a sore throat with swelling on the tonsils and lymph glands. They have a distended abdomen and tend to be constipated. Like their stools and perspiration, their vomit is sour smelling. This vomit is often in curds shortly after nursing or eating. They suffer from indigestion after eating fat or drinking milk.

CHAMOMILLA

Although these children have characteristic physical symptoms, their psychological symptoms tend to be more prominent. Consider this medicine first if children suffer from digestive problems either before, during, or after a temper tantrum. They are extremely irritable and cross. They impatiently demand something but then refuse it once it is offered. Nothing satisfies them, except being rocked or carried or warm applications on their abdomen, and these only provide temporary relief. These children have a distended abdomen, and passing gas does not ameliorate their symptoms. The children double up, kick, and scream. Their abdomen is very sensitive to touch. They may experience vomiting with retching and may also be covered in a cold sweat. They also tend to have green, foul-smelling stools or diarrhea with undigested food. If they vomit, they tend to experience much retching. They are averse to warm drinks.

Colocynthis

Like Chamomilla, this remedy is for children with digestive problems before, during, or after a temper tantrum. These children tend to experience various types of cramping pains. They have cutting and gripping cramps in the abdomen which are worse by eating or drinking, even small amounts. They have cramps with nausea, diarrhea, and much gas which may be relieved by bending over or when lying on the abdomen. The child may want to hang over a chair or bed in a way which applies pressure to the abdomen. This firm pressure may provide some relief at first, but later the abdomen will be sensitive and aggravated by all touch. Temporary relief can be obtained by warm applications, violent motion, or passing gas or a stool. They have a bitter taste in their mouth, and their tongue feels burnt or scalded.

Ignatia
This medicine should be considered when children have digestive problems after experiencing grief or anxiety. They are known to have painless urgent diarrhea when they are emotionally upset. They tend to have a sense of a lump or heaviness in the stomach. They may also have an empty, "all gone" feeling in the stomach that is relieved by eating. Strangely enough, their nausea is sometimes ameliorated by eating. They tend to have a paradoxical appetite: they will be averse to ordinary diet, warm food, and meat, but crave exotic foods, sour foods, and normally difficult to digest foods. They also sometimes crave bread, especially rye bread. They are aggravated by fruits, sweets, and cold drinks, and they sometimes sweat during eating. They get relief from taking a deep breath, and so they tend to sigh frequently, taking deep breaths each time. These remedy is commonly given to bulimic or anorexic adolescent girls.

IPECAC
When children have a persistent nausea that is not relieved by vomiting, this medicine should be considered. Another distinguishing symptom is that they have a clean tongue, despite disordered digestion. They have little thirst and feel disgust for food. They feel nauseated after eating, especially veal, pork, indigestible foods, rich foods, pastry, ice cream, or sweets. They have a sensation as though their stomach was empty and flaccid (a sense as though it were hanging down). They tend to have excessive salivation. Their abdomen is bloated and tender to the touch. Pulsatilla is often preferred for nausea and vomiting when there is food in the stomach (if the child has other Pulsatilla symptoms), while Ipecac is more often indicated when the stomach is relatively empty.

Iris
A combination of headache with nausea, vomiting, and diarrhea (or constipation) typifies this medicine. The vomit is sour and acidic, commonly with a taste of vinegar. The child has profuse saliva and a burning of the whole digestive system (see Headache).

Lycopodium
When children have much gas and bloating after anything they eat, they tend to need Lycopodium. They don't like belts or any type of tight pants due to the pressure caused on their bloated abdomen. They typically experience the worst bloating between 4-8 p.m. Warm drinks provide some relief, and they are particularly aggravated by cold drinks, oysters, milk, peas, beans, cabbage, and pastry.

NUX VOMICA
This medicine should be considered when children have a digestive upset after prolonged mental or emotional stress or after overindulging in food, alcohol, or drugs (either by the child or the breastfeeding mother). They may want to vomit but have difficulty and instead retch frequently. When they are able to vomit, it provides relief. They also suffer from distension of their abdomen which is tender to the touch; they usually need to loosen the pants around their waist. They are also very flatulent and feel better if they are able to pass gas. They tend to have heartburn, much bloating and gas, and constipation with constant ineffectual urges for a stool and a sense of never being finished. These children are irritable, and they often have a headache concurrent with their digestive problems.

PHOSPHORUS
Burning pains in the stomach that accompany nausea, vomiting, and/or diarrhea are characteristic of children who need this remedy. They feel worse after warm drinks or food and desire cold or ice drinks; however, these lead to nausea and vomiting once they warm in the stomach. There is a sense of emptiness in the stomach, especially worse at night before bedtime when they become very hungry. They have a general weakness, anxiety, and restlessness.

PULSATILLA

This medicine is invaluable for children who are Pulsatilla types (see General Characteristics) or for those who develop digestive problems after eating too much fruit, or greasy or rich foods. These children are also apt to develop digestive problems after ingesting cold or iced food or drinks, after exposure to cold, or after being emotionally upset. They develop their worst bloating and nausea at night, especially after dinner. Their stools are changeable--sometimes watery, sometimes formed, and sometimes formed in changing ways. Infants tend to have watery greenish diarrhea at night. These children feel chilly, though they are averse to warm or stuffy rooms and prefer cool and open air. Their nausea is aggravated in a warm room. They also benefit from walking slowly in the open air. They tend to be indecisive about what they want to eat. They burp frequently.

Sepia

These children's nausea is usually worse in the morning and is accompanied by a sinking emptiness and sense of goneness in the pit of the stomach. They are averse to or are nauseated simply by the smell of food. They tend to desire sour things, such as pickles and vinegar, despite the nausea. They may also crave spicy things and sweets and will be averse to meat, fats, and milk. Fats, milk, and bread may aggravate their digestive problems.

Homeopathic Medicines for Indigestion, Gas, and Heartburn: Natural Remedies You Can Stomach

It is sometimes difficult, literally and figuratively, to stomach the gas, heartburn, and indigestion pains. It hurts, it is discomforting, and it is upsetting that our body's normally magnificent alchemical process of turning food into energy is having problems.

To some of us, these problems are occasional and to others they are all too common. The good news is that you won't die from it, but the bad news is that sometimes you feel like you are experiencing a slow and painful death.

Although we may want to curse at our digestive tract, the fact of the matter is that our digestive symptoms are actually defenses of the body in its best efforts to defend and heal ourselves. The symptoms that we experience may not always feel like they are healing us, but these symptoms are our body's efforts to defend ourselves against poisons in our food, against substances to which we may be allergic, against overdosing on too much food or drink, against the stresses that we experience before, during, or after eating, or simply against unknown factors that affect the digestive processes.

There's an old television commercial from the 1960s in which a person is talking to his stomach. His stomach was expressing concern about the way that the man was treating it and then even asks the man to become more sensitive to its problems. Although most people don't talk to our stomach, our stomach does talk to us...through various symptoms.

It is sometimes perfectly clear what it is saying ("Stop eating." "Stop eating certain things." "Stop eating so late at night." "Chew your food more thoroughly." "Eat in a relaxed environment."), and sometimes (perhaps often), people know what their stomach is saying and simply refuse to listen or learn. At other times, it is difficult to know what our digestive system is saying or why.

What Homeopathy has to Offer

Actually, before considering homeopathic medicines, it makes sense to sit down and have a heart-to-heart (or stomach-to-per son) talk with your digestive system. See what you can learn. Experiment with whatever changes make sense. Observe yourself.

If this doesn't bring adequate results or if you would like to know if something (perhaps anything) can help strengthen your system so that you can have your cake (or whatever) and eat it too, here's when you might consider using homeopathic medicines.

First of all, it is important to say that medical care should be sought if you are having serious digestive pain, if vomiting is excessive, if there is evidence of dehydration, if there is a possibility of poisoning or drug use, if the stools or vomited material is bloody or tar like, or if vomiting occurs during the course of a viral respiratory condition.

Although homeopathic medicines may also be useful in such situations, it is generally best if these potentially more serious conditions be treated by a professional homeopath. Professional homeopathic care should also be sought if homeopathic self-care is not effective in treating a person's more mild symptoms or when these remedies are effective, but the symptoms continually return.

Commonly, professional homeopathic care will not only relieve the acute symptoms the person is experiencing but will even prevent future similar symptoms. Professional homeopaths pre scribe "constitutional remedies" which are highly individualized to the person's genetic history, personal health history, and totality of physical symptoms and psychological characteristics. These remedies tend to strengthen the overall health of the person.

It is the common experience of professional homeopaths and patients alike that constitutional homeopathic remedies can strengthen a person's digestive system, cure food allergies, and improve the elimination of foods and toxins.

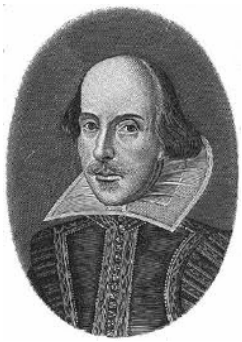
This is the power of the correctly prescribed homeopathic medicine. People do not necessarily have to avoid those foods to which they may be allergic. Homeopathic remedies can sometimes dramatically change these hypersensitivity syndromes.

Using homeopathic medicine at home for self-treatment may often provide important and necessary relief of digestive com plaints, however, self-treatment for acute ailments generally do not have as significant of a result as constitutional care.

In light of self-treatment with homeopathic medicines, there are two basic strategies to consider. One strategy is to simply go to a health food store or pharmacy and seek out a homeopathic "combination medicine," that is, a mixture of 2-8 common homeopathic remedies useful in treating a specific condition, such as indigestion and gas, allergies, migraine headaches, etc. Although homeopathic combination remedies work reasonably well, you will generally get better results when you individualize a single remedy to those of the sick person's. Some of the remedies listed in this article can be very helpful, though it is sometimes necessary to augment your information on homeopathic medicines with one or more books on homeopathy.

Ultimately, homeopathic medicines offer a safer treatment than conventional drugs in the treatment of indigestion, heart burn, and gas. Distinct from conventional drugs for heartburn which tend to cause rebound symptoms that are often worse than the original symptoms, homeopathic medicines are not known to cause a rebound.

Specific Homeopathic Medicines



Shakespeare once described infancy as the age of "mewling and puking in the nurse's arms." Indeed, infants vomit considerably more frequently than do people later in life. There are good evolutionary and defensive reasons for this hypersensitivity early in life, and there are similar good reasons that people maintain the capacity to experience nausea and vomiting through out their life. The body may be creating these symptoms as defenses, but this doesn't mean that you can't help it defend itself. The following homeopathic medicines are substances which cause in overdose the similar symptoms that the sick person is experiencing. The trick in homeopathy is that exceedingly small and specially prepared doses of these medicines are used, and they aid the body's defenses in healing itself.

Ipecacuahna
One of the most common homeopathic remedies for treating acute nausea and vomiting is Ipecacuahna, made from an herb ipecac root which is widely known to cause nausea and vomiting if taken in crude doses. It is wonderfully effective in treating the symptoms it is known to cause: constant nausea which is not relieved by vomiting, vomiting with gagging, lack of thirst, a surprisingly clean tongue despite strong feelings of nausea, aggravation of symptoms from warmth, and some relief of symptoms from being in the open air. A headache, cough, or heavy menstruation may accompany the nausea.

Arsenicum (arsenic)
It is at first startling to learn that another important remedy for acute nausea and vomiting is Arsenicum (arsenic), though homeopaths use extremely small and nontoxic doses of it. It is particularly valuable in the treatment of nausea and vomiting as the result of food poisoning. Generally, the person who needs Arsenicum cannot stand the sight or smell of food and has a strong thirst but can tolerate only sips at a time. The person may experience burning pains in the stomach, burning pains in the throat as a result of irritating vomitus, and burning pains in the anus as a result of excoriating diarrhea.

Nux vomica (poison nut)
This is a remedy for acute nausea and vomiting, especially when these symptoms are the result of over eating, drinking alcohol, or food poisoning, and often accompanied by flatulence, bloating, heartburn, and either diarrhea or constipation. This remedy provides relief from hangovers and also helps deal with digestive complaints that are aggravated by therapeutic or recreational drugs. People who need Nux vomica usually experience the worst symptoms in the morning upon waking. These people wake unrefreshed and are highly irritable. They feel some relief from warmth, warm applications, and warm drinks. Bryonia (wild hops) is a remedy that is known to be effective in treating nausea that is aggravated by motion (the simple act of just getting up or stooping can lead the person to vomit). These people are also aggravated in a warm room and by heat. Even though their stomach may be sensitive to touch, people who need this remedy are at least partially relieved by lying on their stomach. They may also experience some relief in cool or open air and by resting. These people also have a significant thirst, typically for cold drinks though they may experience some relief from drinking warm fluids. Concurrent with their digestive symptoms, they may experience a headache in the front part of the head.

Podophyllum (may apple)
This is a valuable remedy when the person experiences diarrhea with nausea and vomiting. The diarrhea is painless, profuse, offensive, and expelled with gushing force. Typically, much gurgling in the abdomen is felt, and prior to having a stool, much gas released with the diarrhea.

Pulsatilla (windflower)
This is helpful for people who suffer from indigestion after eating rich foods or pork. They have bloating, abdominal distension, and sometimes a headache. They tend to be thirstless. This remedy is more often given to children and women than to men.

Carbo veg (vegetable charcoal)
This provides relief for people who suffer from great distension and offensive gas from almost any kind of food. They experience some relief from the release of gas and desire carbonated drinks because they seem to help in releasing it, but these people seem to be gas manufacturers, and any relief that they experience is only temporary...until they take Carbo veg.

Natrum phos (sodium phosphate)

A leading remedy for acid indigestion is Natrum phos (sodium phosphate), which is both a homeopathic medicine and a cell salt. This remedy is indicated in the typical symptoms of acid indigestion with sour belching, sour tasting vomit, and yellow discoloration of the tongue. It is also a remedy useful in people who get digestive symptoms after eating fats.

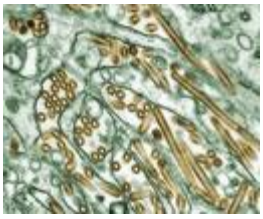
Dose and Potency

It is generally recommended to use the 6th, 12th, or 30th potencies. Use the 30th potency when you are confident with the selection of the remedy; use the 6th potency when you are less certain. In terms of the dosage, take a dose every two to three hours during intense symptoms and every four to six hours during less intense symptoms.

When the correct remedy is taken, symptoms are usually relieved within hours or at least after a night's rest. If no relieve has occurred after 24 hours, consider another remedy or consider seeking professional homeopathic care.

Homeopathic Medicines for Influenza

(Excepted from Homeopathic Medicine for Children and Infants, Tarcher/Putnam)



Children with fevers higher than 103.5 degrees (orally) that do not respond to these remedies or general home care within six hours should obtain medical care. Infants less than six months old should receive medical care for any fever higher than 101.5 degrees. Infants less than two months old should receive medical care for any fever. Also, when a child has any fever with extreme irritability, lethargy, and mental confusion along with stiffness of the neck, seizures, recurrent vomiting, or labored breathing, seek medical care immediately.

ACONITUM

This medicine should only be considered within 24 hours of the onset of symptoms. These children experience a sudden onset of fever with chills. They become easily chilled from uncovering and get the chills shortly after getting in bed. They have a rapid and hard pulse, and either have a flushed face or one that alternates between being pale and being red.

ANAS BARBARIAE

Controlled scientific studies have proven this remedy effective in treating the flu. It is particularly effective if it is taken during the first 48 hours of onset of the flu. Some homeopaths consider it a generic homeopathic remedy for the flu, though other homeopaths find that it is primarily helpful when the flu has a rapid onset, bursting headache, a painful cough, or when flu symptoms begin after being exposed to a cold wind.

Arsenicum

These children have a rapid onset of a high fever, along with a weak but restless feeling. They are apt to have a concurrent headache, cold, sore throat, digestive disorder, or most commonly, diarrhea. They have great thirst but only for sips of water at a time. They are very chilly.

BELLADONNA

A distinguishing symptom of children who need this medicine is a flushed face and reddened mucous membranes, especially lips and gums. They have a sudden onset of high fever with a hot head and cold extremities. Parents can feel a radiating heat from the child's head. The children have a dry heat (without perspiration), a strong and bounding pulse, and may see hallucinations when their eyes are closed. They toss and turn in their sleep and may suffer from scary dreams.

BRYONIA

When children have a slow onset of a fever that is typified by body aches which are worse by motion, this medicine should be considered. These children have a great thirst for cold fluids. They are aggravated by warm rooms and warmth and prefer cool rooms and open air. They have a dry mouth and great thirst, especially for cold drinks. They tend to have a headache in the front part of their head which is aggravated by any motion. These children are irritable and are averse to sympathy.

Eupatorium perfoliatum

A characteristic symptom of children who need this remedy is aching in the bones which is worse from motion. These children may experience chills at any time, but the chills tend to be worst in the morning between 7 and 9 a.m. and are preceded by a thirst and great soreness, especially of the back. Despite their chilliness, they crave cold drinks and even ice cream.

Ferrum phos
This medicine is primarily for the first stage of fever. The fever does not have the suddenness or intensity related to Aconitum or Belladonna, nor the degree of weariness of Gelsemium or the irritability of Bryonia.

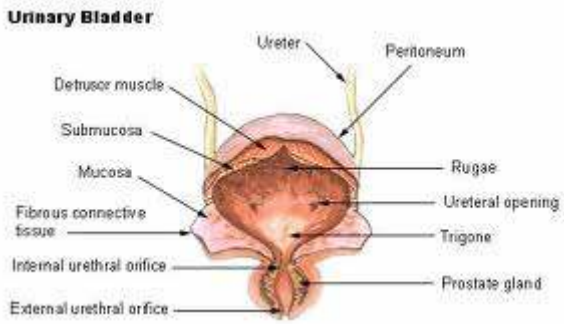
GELSEMIUM
This is one of the most common medicines for influenza. These children suffer from great weakness and heaviness of the body. They are sometimes only able to open their eyes halfway because even their eyelids feel heavy. They have general achiness and a headache in the back of the head. They are aggravated by motion, not necessarily because it hurts to move but mostly because they feel so weak that motion exhausts them. They are also chilly and seek to stay warm. One of their unique symptoms is a sense of relief after urination. Another characteristic symptom is their lack of thirst. This medicine is also commonly effective for children who have lingering symptoms, especially fatigue, after having the flu.

INFLUENZINUM
This remedy can be taken once a month during the flu season to prevent onset of this condition. It is also helpful if a child has symptoms that linger after experiencing the flu.

Rhus tox: These children experience achiness and stiffness that is aggravated by rest or by initial motion and relieved by continued motion. Because of this relief from continued motion, they seem restless and toss and turn. Their fever and aches become worse at night and in bed. In addition to stiffness in the back or neck, they may feel aching in the bones. They may also have a dry cough or sneezing which is aggravated by cold or by uncovering. Their fever may alternate with chills. A rare but important keynote symptom of this medicine is a brightly red tipped tongue.

Homeopathic Medicines for Involuntary Urination

Involuntary urination is ironically a problem experienced at both ends of a person's life, both during infancy and aging. But while infants experience this problem because they haven't yet learned how to control their bladder, older adults have difficulty with bladder control usually because of either urinary tract disease, nervous system dysfunction, allergic response, ruptured disk, or psychological stress.



Women tend to experience involuntary urination after childbirth, surgery, or inflammation of the urethra, while men tend to get it if they have a prostate problem. Also, certain prescription or over-the-counter drugs can cause this problem; check with your doctor or read about whatever drug(s) you are taking in the Physician's Desk Reference or some other popular drug compendium.

There are three types of involuntary urination:

1. stress incontinence
2. overactive bladder
3. overflow incontinence

Stress incontinence leads to a weakened bladder, usually from childbirth or surgery, in which the person accidentally urinates while coughing or laughing. An overactive bladder occurs when the lining of the bladder is hyperactive, causing spasms. Parkinson's disease, cancer, Alzheimer's disease, and enlarged prostate can lead to this condition. Overflow incontinence occurs when a disease process prevents the easy emptying of the bladder, causing the person to urinate once an overflow condition is reached.

Whatever the cause of involuntary urination, any symptom must be recognized as a symptom of another problem. It is important to recognize that the word "symptom" is taken from Greek and means "sign" or "signal." As such, a symptom is a sign or signal of something wrong, and treating it does not necessarily correct that something wrong. In fact, treating a symptom is like unscrewing your car's oil light because it is blinking. Although such treatment "works," it does not solve the fundamental problem of the car's oil pressure.

Likewise, a drug may temporarily get rid of a symptom, but unless it deals with the underlying factors that led to the symptom, the condition will return.

The best way to treat a person who experiences involuntary urination with homeopathic medicines is to seek professional homeopathic care. A homeopath would individualize a natural remedy for the person based on the totality of their symptoms, not just their bladder symptoms. This individualized remedy would strengthen the person's overall immune and defense system, not only potentially eliminating the symptom but curing the underlying disease.

Although it is preferable and ultimately most effective to seek professional homeopathic care, there are homeopathic medicines that people can learn to use on their own. In fact, a new product, called EnurAid, has recently become available which includes many of these homeopathic medicines. It is surprisingly inexpensive, and because it is non-toxic and non-addictive, there is very little risk in trying this remedy

The following homeopathic medicines, many of which are included in EnurAid, can strengthen your bladder and alleviate some of the discomfort you are feeling.

Homeopathic Medicines

Arnica (Leopard's bane)
This is invaluable for involuntary urination after surgery.

Belladonna (deadly nightshade)
This is effective for people who tend to dribble urine when cold or chilled. They may experience burning pains along the length of the urethra during urination. They tend to have wild dreams, often dreams of urinating.

Causticu
This is useful when involuntary urination is worse in the winter and better in the summer. Various fears and apprehensions accompany the urination, especially fears that something bad will happen to them. They have a fear of going to bed in the dark. These people also tend to wet their pants when they cough or sneeze or even laugh.

Equisetum (Scouring rush)
This is for people who wet their pants or their bed for no known reason other than out of habit. It should be considered when the person has no other obvious symptoms. It should also be given when the person experiences wild dreams or nightmares when bedwetting. They tend to dream of crowds of people.

Ferrum phos (iron phosphate)
This is most effective for daytime wetting in the pants, especially when the person feels the strongest urges while standing. Their urgings to urinate are lessened while lying down.

Kreosotum (Beechwood)
This is helpful when the person has such a sudden urge to urinate that they do not have enough time to get out of bed to go to the bathroom, this remedy should be considered. These people tend to wet their bed during the first part of the night. Sometimes they will have dreams that they are urinating.

Lycopodium (Club moss)
This is valuable for people who are so anxious that they constantly worry about what others think of them tend to need this remedy. They usually have fears of trying anything new. They are more apt to wet the bed if they sleep in a warm or stuffy room. They prefer to sleep with an open window.

Taking and Accessing Homeopathic Medicines
Virtually every European city has homeopathic pharmacies, but most major American cities do not. Still, homeopathic medicines are often available in health food stores and in select pharmacies.

People who are new to homeopathy should ask for any of the above remedies in the 6th potency and should take them three or four times a day. If improvement is not noticed after one week, the remedy chosen was not the correct one, and because these remedies are not known to have side effects, no harm is created by trying them.

Homeopathic Medicines for Measles

(Excepted from Homeopathic Medicine for Children and Infants, Tarcher/Putnam)

Homeopathic medicines are often effective in treating measles, though medical attention should also be sought due to the possibility of complications from this disease.

ACONITUM

Useful at the beginning stages of measles, these children have a high fever, a dry barking cough, and red conjunctiva ("pink eye"). Their skin burns and itches, and they feel restless, anxious, and frightened. They toss and turn.

Apis

In these cases the rash begins but fails to develop fully, and soon disappears, though the child doesn't feel completely well. Their itching is worse by warmth, and their face and eyelids are puffy.

BELLADONNA

This remedy is often useful at the beginning stages of the measles when there is sudden onset of a high fever, reddened face, and throbbing headache. They tend to be drowsy, a little delirious, and have some difficulty falling or staying asleep. Despite the fever, they are not very thirsty.

Bryonia

In these cases the skin eruptions from the measles are delayed. The children have a hard, dry cough and no expectoration. Any motion causes pain. They may experience some mild delirium: the child "wants to go home" even though they are at home.

Euphrasia

These children have a fever and rash as well as acrid tearing of the eyes and a bland nasal discharge. They become sensitive to light. They have a cough, but only during the day.

Gelsemium

For these children the onset of symptoms is slow. They have a fever with great weakness and a sense of heaviness, both of the whole body and specifically the eyelids. They are without thirst.

Kali bic

These children have ropy, stringy discharges from the nose and burning and tearing of the eyes. Their salivary glands are noticeably swollen, and they may experience stitching pains from the ear into the head and neck.

PULSATILLA

These children experience a mild case of the measles. Their fever is not high, and their symptoms are not too painful. They will, however, have profuse tearing from the eyes and a nasal discharge. They also have a dry cough at night which becomes loose in the daytime. They may have ear inflammation. Although they have a dry mouth, they are without thirst.

Sulphur

Children with the measles who need this medicine have a purplish appearance. Their itching is aggravated by scratching They have reddened mucous membranes and a great thirst. Their cough and diarrhea are at their worst in the morning.

Homeopathic Medicines for Mumps

(Excepted from Homeopathic Medicine for Children and Infants, Tarcher/Putnam)

Aconitum
Useful at the beginning stages of mumps, these children have a sudden onset of fever, restlessness, anxiety, and great thirst.

BELLADONNA
These children have a noticeably flushed face and throbbing headache. They have swollen glands that are hot to touch. They are drowsy but have difficulty sleeping.

Mercurius
Right-sided swelling of throat glands typify children who will benefit from this medicine. They also have profuse and offensive salivation and perspiration.

PHYTOLACCA
When children with mumps have stony hard throat glands, especially on the right side, this medicine should be considered. The throat pains may extend to the ear, and they may have an irresistible desire to bite their teeth together. One of their characteristic symptoms is pain from sticking out their tongue. They tend to be worse in cold or wet weather.

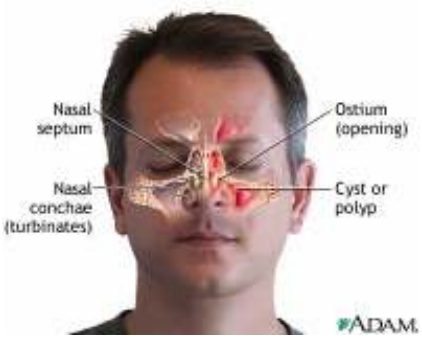
PILOCARPINUM
Some homeopaths assert that this medicine is the best remedy for the mumps, although there are few known distinguishing symptoms that it offers, except excessive salivation and perspiration. This is also a good remedy for complications that some children get from the mumps.

Pulsatilla
This medicine is helpful in children approaching puberty who get the mumps and experience swollen breasts or testicles. They are thirstless, despite having a fever, and they are sensitive to warm rooms.

Rhus tox
These children have swollen glands which are worse on the left side. Their symptoms are aggravated by cold, and they may have cold sores on their lips.

Homeopathic Medicines for Sinusitis

(Excepted from Homeopathic Medicine for Children and Infants, Tarcher/Putnam)



Homeopathic medicines are often effective in treating the acute symptoms of sinusitis, although professional constitutional care is usually necessary to cure chronic sinusitis.

Arsenicum

These children feel throbbing and burning pains in the sinuses. Their pains are aggravated by light, noise, movement, after midnight, and may be triggered by anxiety, exertion, and excitability. They may feel relief by lying quietly in a dark room with the head raised on pillows and exposed to cool air. Their teeth may feel long and painful. They may feel nausea and experience vomiting concurrent with their sinusitis.

BELLADONNA

Throbbing pains in the front part of the head that come on suddenly and tend to leave suddenly only to return are characteristic of children who need this medicine.

HEPAR SULPHUR

Rarely indicated at the beginning of a sinusitis condition, Hepar sulphur children begin sneezing and then develop sinusitis from the least exposure to cold air. Their nasal discharge is thick and yellow. The nostrils become very sore from the acrid discharge, and their nasal passages become sensitive to cold air. Concurrently, they may have a headache with a sense of a nail or a plug that is thrust into the head along with a boring or bursting pain. Their headache above the nose is worse from shaking the head, motion, riding in a car, stooping, moving the eyes, or simply from the weight of a hat, but is relieved by the firm pressure of a tight bandage. The scalp is so sensitive that simply combing the hair may be painful.

KALI BIC

The distinguishing feature of children with sinusitis who need this medicine is that they have a thick, stringy nasal discharge. They have extreme pain at the root of the nose that is better by applying pressure there. The bones and scalp feel sore. Dizziness and nausea when rising from sitting and the severe pain may lead to dimmed vision. The pains are worse by cold, light, noise, walking, stooping, and in the morning (especially on waking or at 9 am) or at night. They prefer to lie down in a darkened room and feel better by warmth, warm drinks, or overeating.

Mercurius

These children feel as though their head was in a vise. The pains are worse in open air, from sleeping, and after eating and drinking. The pains are also aggravated by extremes of hot and cold temperature. The scalp and the nose become very sensitive to the touch. Their teeth feel long and painful, and they may salivate excessively. The nasal discharge is usually green and too thick to run. It is offensive smelling and acrid.

PULSATILLA

The head pain is worse when lying down and in a warm room and is better in cool air for children who need this medicine. The sinusitis may begin after being overheated. Stooping, sitting, rising from lying down, and eating can aggravate the head pain, which is often in the front part of the head and accompanied with digestive problems. They get some relief from slow walking in the open air or by wrapping the head tightly in a bandage. This condition is commonly experienced when the child is in school. The nasal discharge is often thick and yellow or green.

Silicea
These children usually have a chronically stuffed nose. They have a sense as though their head would burst. The head pain tends to be worse in one eye, usually the right. It is aggravated by mental exertion (students tend to get sinusitis while studying for an exam). Cold air, moving the head, light or noise can also aggravate the head pain. It is relieved by wrapping the head warmly and tightly or by applying heat.

Spigella
Children who develop sinusitis with a sharp pain that is worse on the left side may need this medicine. They tend to get sinusitis after exposure to cold or cold, wet weather. They feel pain from warmth or when they stoop or bend the head forward, and they feel some relief by cold applications or from washing with cold water.

Homeopathic Medicines for Sore Throat

(Excepted from Homeopathic Medicine for Children and Infants, Tarcher/Putnam)

Homeopathic medicines are often effective in treating the acute symptoms of a sore throat, though professional constitutional care is usually necessary to cure chronically recurring sore throats. Children with much pain from a sore throat or those who have difficulty opening their mouth or swallowing should receive a culture to determine if they have strep.

ACONITUM

Consider this medicine during the initial onset of the sore throat. The symptoms come on suddenly, often after exposure to a cold air. There may be some burning in the throat and a red, dry, swollen throat.

APIS

These children have a red, inflamed throat with swollen tonsils, which is aggravated by warm drinks or food and relieved by cold drinks or sucking on an ice cube. This remedy should be considered when the throat hurts even when the child isn't swallowing. The throat not only looks red, it looks shiny. There is dryness in the throat with a burning, stinging pain. They have constrictive feeling in the throat. The inner and outer throat is swollen, and the uvula which hangs from the upper throat is also swollen. These children may have a sensation of a fishbone caught in the throat and may have difficulty swallowing. They may experience hoarseness in the mornings and cannot stand to have anything around their neck.

Arsenicum

When children have a burning pain in the throat that is relieved by warm food or drinks and aggravated by cold food or drinks, this medicine should be considered. The child's condition may begin with a nasal discharge and then go into the throat. The pains are usually worse on the right side. There may also be dryness of the mouth with a great thirst for frequent sips of water.

BELLADONNA

This medicine is the most common remedy for acute tonsillitis. It is also commonly given at the early stages of other types of sore throat. The tonsils are noticeably red, usually scarlet red. There are burning pains and a constant desire to swallow, despite the fact that it hurts to do so. There is a constricting feeling in the throat, which causes difficulty even swallowing water. They have a tendency to desire lemons or lemonade. There is a tickling in the larynx. If these children have a fever, it will usually be a high one. Characteristically, their head is hot, though their extremities are cold.

Ferrum phos

This remedy is common for acute, non-violent tonsillitis. The inflammation does not begin suddenly, and the pain is not severe. The throat is red and swollen, especially on waking. They have pain on swallowing, usually a burning pain, which is better from cold applications. They may also have hoarseness. This remedy should be considered for sore throats in children who sing a lot.

Hepar sulph
When children experience a sensation as though there was a stick in the throat, or when a sore throat starts after the child is exposed to cold, this medicine should be considered. The tonsils are enlarged, and they have throbbing pains. There is usually a radiating pain to the ears on swallowing. Hot drinks provide some relief. These children are hypersensitive to touch and cold and are highly irritable.

Ignatia
The distinguishing symptom of children who need this medicine is sore throat pain that is relieved by swallowing foods and is aggravated by empty swallowing (Lachesis children also have this symptom). These children may experience throat pain even when they don't swallow. They tend to have a lump in the throat, sometimes related to the suppression of some strong emotion. They sometimes have hoarseness or a complete loss of their voice. An emotional state is also evidenced by their tendency to take deep breaths or to sigh frequently.

LACHESIS
When children have a sore throat that is worse on the left side, this medicine is often indicated. The left gland in the throat is more swollen, and inside the throat the left side is more red, sometimes purplish. They tend to experience a constant tickle or a feeling of a fishbone caught in the throat. Their pains are worsened by empty swallowing (just swallowing saliva) or drinking warm or hot liquids, and the pains are eased when swallowing foods. Their throat particularly hurts when they try to hawk up mucus. The throat is hypersensitive to touch, which explains why these children do not like wearing clothes with a tight collar.

Lycopodium
This medicine should be considered when the child has a sore throat that is worse on the right side or one that has started on the right and moved to the left. Although the child may not notice the difference, the parent who looks in the throat will be able to see more inflammation on either side. The throat is aggravated by swallowing cold liquids and relieved by warm ones. The child may experience a choking sensation, as though a ball was stuck in their throat.

MERCURIUS
These children have colds that settle in their throat. They have a constant desire to swallow and much pain when they do so. In extreme cases they have a choking sensation on swallowing. There is much redness and swelling in the throat along with a raw burning pain. Their throat is dry despite much salivation in their mouth. They may have so much salivation that they need to swallow frequently, and they may wet their pillow with saliva. They have swollen tonsils and lymph glands, and their throat pain extends to the ear. Their throat can be ulcerated and tends to be worse on the right side. Another characteristic symptom is their noticeably bad breath. When a child has these symptoms along with a left-sided sore throat, give Mercurius iodatus ruber; when a child has a right-sided sore throat, give Mercurius iodatus flavus.

Phytolacca
There are two types of pains that are experienced when swallowing which are characteristic of the need for this medicine: shooting pain from the throat into the ears, and pain at the root of the tongue that causes pain when the child sticks out their tongue. They have a feeling of rawness and roughness in the throat, which is usually worse on the right side and while drinking hot fluids. The children feel a swollen, constricted feeling in the throat. The tonsils tend to be swollen and may have been swollen for a long time. The glands in their neck are also swollen.

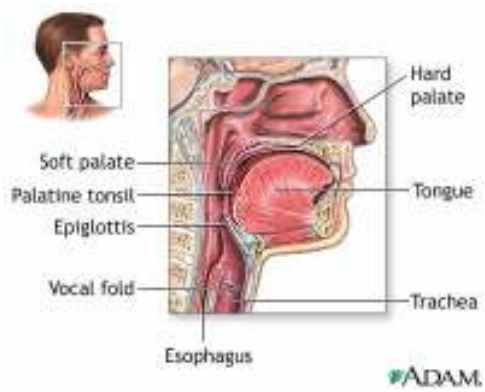
RHUS TOX
These children have throat pain on initial swallowing but experience relief the more often they swallow.

Sulphur
This medicine is helpful for children who experience burning pains in the throat that are aggravated by warm food or drinks and relieved by cold drinks. They have swollen tonsils and offensive breath.

Wyethia
When children have a tickling sensation on the roof of the mouth or in the throat that stimulates coughing, this medicine should be considered. Another important indication for this medicine is a sore throat caused by an allergy. It is also commonly effective in treating sore throats in children who sing a lot or who irritate their throat from overuse. They usually have a dry, hot, and swollen throat with a constant desire to swallow saliva, despite having difficulty swallowing.

Homeopathic Medicines for Sore Throats

(Excepted from Everybody's Guide to Homeopathic Medicine, Stephen Cummings, MD, & Dana Ullman, MPH Tarcher/Putnam, 2004)



A sore throat may be the sign of a viral or bacterial infection, but just as commonly it results from a postnasal drip or simply from dryness of the throat. Most sore throats, even when they result from infections, are self-limited symptoms that the body can heal on its own. Medical practitioners use laboratory tests to determine whether Streptococcus bacteria are involved. The most accurate test is still a throat culture, but you must wait up to two days for the results. In many offices, swab tests that give almost instant results are used instead. Usually, no attempt to identity other germs other than strep is made.

Noninfectious Sore Throats

Mucus trickling down the back of the nose and into the throat often causes enough irritation to produce pain. Postnasal drip can be a problem for those with acute colds or acute attacks of allergies like hay fever or reactions to cat fur. It can also trouble those who have chronic nasal congestion due to allergy. People with acute symptoms can be treated at home according to the guidelines in the articles on colds and allergies, but those with chronic or recurrent symptoms should be treated by a professional homeopath. Sore throats are also commonly the result of dryness caused by open-mouth breathing or artificially heated air.

Viral and Non-Strep Bacterial Infections of the Throat

A substantial number of infectious sore throats are precipitated by the same viruses that cause the common cold. Bacteria other than Streptococcus are also frequently involved in sore throats. Symptoms accompanying viral or non-strep bacterial throat infections are various. Pain may be minimal or intense; fever, swollen lymph nodes, and pus in the throat may or may not be present. Cold symptoms often occur.

Less commonly, other germs infect the throat with more severe symptoms. Both herpangina and true herpes viral throat infections may cause marked general symptoms and small blisters or sores on the throat tissues. Mononucleosis, another viral infection, may cause severe sore throats. We discuss mononucleosis in more detail later in this chapter. Gonorrhea, covered in the chapters on women's and men's health concerns, can also infect the throat.

Most sore throats that result from infections caused by viruses or non strep bacteria are not very serious. They clear up on their own, though the patient with mononucleosis may be sick for quite a while. Other kinds of bacteria that infect the throat produce self-limited illnesses and rarely lead to serious complications.

Conventional medicine offers no treatment for viral infections associated with sore throat antibiotics are useless and can be risky. At this time there are no simple tests to detect non-strep bacterial sore throats (with the exception of gonorrhea). Since such infections don't cause serious problems and since they clear up by themselves, antibiotic treatment is unnecessary.

Strep Throat

"Strep" refers to a particular type of bacteria, the group A beta-hemolytic Streptococcus. Although a person with a strep throat is often sicker and has a higher fever and more pain than one with a viral sore throat, the disease itself is not serious; the symptoms clear up within a few days. Cold symptoms and coughs are less likely to accompany a strep throat than a viral sore throat. Scarlet fever may occur, but this is simply strep throat accompanied by a rash, and the treatment of a person with scarlet fever is no different from that of simple strep throat.

The main reason for the concern about strep throats is that they can only rarely lead to serious illnesses, including kidney inflammation and rheumatic fever. The person with a kidney disease resulting from a prior strep infection becomes quite ill, but usually recovers without any permanent ill effects. On the other hand, rheumatic fever can lead to permanent heart damage to one or more of the valves of the heart. Rheumatic fever has become quite rare, but it is still important to take it seriously.

Rheumatic fever can be prevented if all the strep germs are killed within the first ten to twelve days of the infection. Often, the body's own defenses have eradicated the strep within that time. Still, to be safe and to prevent spread of the infection to others, when the lab test is positive for strep infection, pediatric authorities recommend that children with strep throat receive penicillin or other appropriate antibiotic treatment. In order to prevent rheumatic fever, antibiotic treatment must be begun within the first week or so after the symptoms begin.

Antibiotics also relieve discomfort and shorten the course of the symptoms, especially when treatment is begun during the first day or two of the illness. However, this period has often passed by the time a strep infection is diagnosed. Also, various studies have shown that even the proper use of orally administered penicillin fails to eradicate strep bacteria in up to 30% of those treated.
Taking these complexities into account, you should start with homeopathic treatment. Homeopathy is often very effective in helping the person with strep heal the illness. And if you do decide to use antibiotics, there is nothing wrong with continuing the homeopathic treatment concurrently.

Regarding the use of antibiotics, sometimes the decision is easy. Any child with a family history of rheumatic fever should definitely receive antibiotics. People of any age who have already had rheumatic fever must take antibiotics preventively from the onset of any significant sore throat, even before the type of infection is known.

If there is no history of rheumatic fever the choice can be a little more difficult. On balance, we feel it ís reasonable to forego antibiotics even for children since rheumatic fever is so rare today. But since these rare cases generally do occur in kids, we wouldn't argue with a decision to opt for antibiotics. Adults in generally good health need not take antibiotics, but might consider doing so if they will be exposing others to the disease.

Mononucleosis

"Mono" is a viral infection of the whole system and is most common in ten-to-thirty-five year olds. Symptoms often include a very painful sore throat, red, swollen tonsils (sometimes spotted with white material), exhaustion, aches, and fever. The lymph nodes, especially in the neck, are always swollen. Mono is like the flu, but mono lasts longer than the flu, and the sore throat is worse. Mono may also be accompanied by cough, hepatitis (liver inflammation), swelling of the spleen, or symptoms affecting the nervous system. A blood test is required to confirm mono. Mono has no orthodox medical treatment, and it usually resolves itself in two to four weeks, though it

may last up to three months. Homeopathic treatment may reduce the length of the illness.

Epiglottitis

The epiglottis is the flap of tissue that covers the entrance to the larynx; when one swallows, it prevents food from getting into the tube leading to the lungs. Rarely, the epiglottis becomes infected by bacteria, resulting in a serious medical emergency, since swelling of the epiglottis may totally block the windpipe. The symptoms of severe sore throat, sense of constriction, and marked fever begin suddenly. As the swelling worsens, swallowing becomes so difficult that drooling occurs. Struggling to breathe, the patient often sits leaning forward and open-mouthed. Epiglottitis occurs most often in children under six but older children and adults can also get it. It requires immediately emergency treatment in a hospital.

General Home Treatment

Sore throats caused or aggravated by dryness are often relieved simply by reducing room heat, running a humidifier, and remembering to take frequent sips of liquid. Gargling with warm saltwater, lemon juice and honey in warm water, or dilute apple cider vinegar temporarily relieves sore throat pain. Throat lozenges may help too. Sucking on a 100 mg or 500 mg tablet of vitamin C may be soothing, but be careful not to irritate the tongue or throat. If you are being treated with homeopathic medicine, however, do not take lozenges containing menthol or eucalyptus, since these substances may interfere with the action of the medicine.

Home treatment for mononucleosis is the same as for other sore throats or for flues. Vigorous activity must be avoided, since the spleen is vulnerable to rupture.

Homeopathic Medicines
Case taking Questions

Character of the symptoms:

- How would you describe the throat pain (for example, raw, burning, or stinging)?
- What other sensations are present? Does the throat feel swollen, or do you feel as though there is a splinter or a lump in the throat?
- On which side, if any, is the pain worse? Did it start on one side and move to the other?
- Are there patches of white material or pus on the tonsils or throat?
- Does the pain extend to the ear?
- Is the external throat sensitive to touch?

Modalities:

- How does swallowing warm or cold drinks affect the pain? How is the pain affected by empty swallowing or swallowing only saliva?
- Is the pain affected by warm or cold weather or rooms?
- Is the pain worse at a particular time of day?

Associated symptoms:

- How does the tongue look? Is it red with raised bumps or coated yellow? Is the tongue painful?
- Is salivation increased? If drooling isn't obvious, check if the pillow is wet or if the mouth simply feels full of saliva.

Remedy Summary
Give the medicine: Every 6-8 hours for 2-3 days, stopping when there is definite improvement
When to try another medicine: If there is no significant improvement after 24 hours

Note: All medicines below cover swollen lymph nodes in the neck and scarlet fever rash.

Belladonna
Essentials
- During the first twenty-four hours when the pain has come on suddenly and is accompanied by fever and flushed skin
- Redness of the throat or tonsils, often with swelling, but no pus is present
- Confirmatory symptoms
- "Strawberry' appearance of the tongue as in scarlet fever
- Throat pain worse from swallowing, especially liquids
- Sensation of dryness in the throat

Phytolacca
Essentials
- Sore throat with body aches and fever
- Throat appears dark red or even purplish or bluish
- Pain worse from warm drinks
- Confirmatory symptoms
- Pain shooting up to the ears during swallowing.
- Incessant desire to swallow
- Chilliness
- Pain at the base of the tongue when protruded

Mercurius
Essentials
- Pus or white/yellow material in the throat
- Excessive salivation, drooling
- Confirmatory symptoms
- Sensitivity to both heat and cold
- Throat pain worse at night
- Thirsty
- Swollen or puffy tongue, bad breath

Lycopodium
Essentials
- Sore throat worse on the right side or beginning on the right and spreading to the left
- Pain relieved by warm drinks and warm food
- Confirmatory symptoms
- Feels worse in general in the late afternoon, between 4 and 8 P.M.

Lachesis
Essentials
- Pain worse on the left side or spreading from left to right
- Pain worse from drinking liquids
- Confirmatory symptoms
- Sore throat worse in the morning, especially on waking
- Throat sensitive to touch; clothing around the neck causes discomfort or choking sensation
- Person feels worse in general from warmth

Hepar sulph.
Essentials
- Pus has formed and the throat and tonsils are very swollen.
- Irritable
- Chilly
- Confirmatory symptoms
- Sensation of a splinter or something stuck in the throat
- Throat pain worse from cold and better from warm drinks and external warmth

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Arsenicum
Essentials
- Chilliness, thirst, and restlessness combined with fatigue accompany the sore throat
- Throat pain relieved by warm drinks
- Confirmatory symptoms
- Throat pain burning in character
- Pain worse from swallowing in general, cold drinks, or exposure to the cold

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Rhus tox.
Essentials
- Throat pain better by warm drinks and warmth in general
- Restlessness
- Confirmatory symptoms
- Symptoms begin after straining the voice or from cold, wet weather
- Thirsty for sips of water
- Dry mouth, dry sore throat
- Aches and pains while lying still; worse when first starting to move but get better with continued motion

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Apis
Essentials
Stinging sore throat pain
- Marked swelling of the throat or tonsils
- Confirmatory symptoms
- Throat pain better from cold drinks and worse from warm drinks and external heat
- Swollen parts of the throat appear as though filled with water
- Absence of thirst

Sulphur
Essentials

- Lingering sore throats
- One or more of the following general symptoms: discomfort from warmth; general lethargy; and offensive breath, sweat, and discharges

Confirmatory symptoms

- Burning throat pain with dryness of the mucous membranes better from drinking warm liquids
- Sensation of a lump, splinter, or hair in the throat

Belladonna
When a person has a sore throat, Belladonna is the first medicine to think of. During the first twenty-four hours, if the pain has come on suddenly, particularly if it is accompanied by fever and flushed skin, Belladonna is the likely medicine. The throat is very red and may be quite swollen, but little or no pus is evident. The tongue may have a "strawberry" appearance as in scarlet fever. Swallowing, especially swallowing liquids, makes the throat pain worse, and the patient may have an aversion to drinking. There may also be a great sense of dryness in the throat.

Aconite
Consider Aconite when sore throat accompanied by and high fever and thirst comes on suddenly (the Belladonna patient is not so thirsty and may be actually averse to liquids). The condition may have begun after exposure to cold or drafts. Aconite's other characteristic mental symptoms may be present (see the materia medica section).

Arsenicum
Arsenicum should be considered when the general symptoms of the medicine are evident: chilliness even during fever, thirst, and restlessness combined with fatigue. Most typically, the throat pain is burning in character. Warm drinks relieve the pain, whereas swallowing, cold drinks, or exposure to the cold make it worse.

Rhus tox
The Rhus tox. person has a painfully sore throat that is made better by warm drinks and warmth in general. The pain in the throat is usually worse in the morning. The pain often begins after straining the throat while speaking or singing or after exposure to cold, wet weather. Sometimes the pain is worst when first swallowing but gets better after repeated swallowing. The Rhus tox. patient is very restless but is less tired and more achy than the Arsenicum patient. He may be anxious, irritable, and weepy.

Lycopodium
Lycopodium sore throats are typically worse on the right side or begin on the right side and spread to the left. The pain may be relieved by either warm or cold drinks, whereas being in cold air may make it worse. There may be pain extending up into the ears. In general, the illness doesn't begin particularly suddenly, and usually the patient isn't terribly sick. She typically wants fresh air. The symptoms in general, sometimes including the sore throat, may be worse in the late afternoon, between 4 and 8 P.M. in classic cases.

Mercurius

When the sore throat is severe and is accompanied by fever and weakness, Mercurius may be indicated. The throat is red and swollen, and pus or other white or yellow material may be seen on the tonsils or walls of the throat. The Mercurius patient can be generally sensitive to both heat and cold. Becoming cold aggravates the throat pain, but a warm bed may also make it worse. Liquids of any temperature aren't known to influence the symptoms particularly. The sore throat tends to be more painful at night. A classic Mercurius sore throat symptom is the tendency to salivate and drool. The pillow may be wet or more frequent swallowing may be noticeable. The tongue often looks or feels swollen or puffy, and at times the teeth make imprints on the tongue. The breath may smell bad. There may be cold symptoms such as thick, greenish or yellow mucus draining from the nose. Hepar sulph. is similar to Mercurius in severity of infection. Pus has formed and the throat and tonsils are very swollen. Often the person says he feels something stuck in his throat like a splinter (Lachesis and Apis may also have this symptom, though less characteristically). The patient is irritable and easily angered. Chilliness is a predominant symptom, and both the general condition and the sore throat are definitely aggravated by exposure to cold. Warm drinks and warmth in general soothe the sore throat. The pain may extend to the ears.

Lachesis

Lachesis is particularly useful when the throat pain is worse on the left side or begins there and spreads to the right. Drinking, especially drinking warm liquids, makes the pain worse (sometimes cold drinks bring some relief). Swallowing can be difficult, with solid foods being harder to swallow than liquids. Typically the symptoms are made worse by warmth in general, and the pain is often worse in the morning, especially upon waking, and during the day. The throat is sensitive to touch, and clothing around the neck may cause pain or a choking sensation. A sensation of swelling in the throat is a strong symptom of Lachesis (as well as Hepar, Rhus tox, and Sulphur). When the pain of a sore throat is stinging in character, Apis may be the medicine, particularly if the pain is made better by cold drinks or a cool environment and worse by warm drinks or warmth. The throat, tonsils, and tongue are swollen and characteristically appear as though they were filled with water. Absence of thirst is typical.

Phytolacca

Phytolacca should be given when there is much aching in the body along with the fever and when the sore throat is worse with warm drinks. The appearance of the throat may be dark red or even purplish or bluish, and the glands are swollen. The pain may shoot up to the ears, particularly during swallowing. People who need Phytolacca tend to have an incessant desire to swallow, despite the fact that it is painful to do so. They are cold and like to be covered, but they still may feel chilly. Their body aches may cause them to be restless, but these pains are worse during motion. One rare but distinctive feature of people who need Phytolacca is an acute pain felt at the base of the tongue when protruded.

Sulphur

Sulphur should be considered when a sore throat lingers or when the indicated medicine is not working, as long as some of the Sulphur general and particular symptoms match the person's own. There is much burning pain in the throat, with dryness of the mucous membranes, diminished appetite, and increased thirst. Despite the burning, the pain is better when the patient drinks warm liquids. The pain in the throat can also be stitching, pressing, or cutting. A sensation like a lump, splinter, or hair in the throat may be felt. The general symptoms of Sulphur's particularly discomfort from warmth, general lethargy, and offensive breath, sweat, and discharges are important in determining when to use it.

Beyond Home Care

Get Medical Care Immediately:

- if there is a severe sore throat and great difficulty swallowing, or if there is much drooling or difficulty breathing.

Get Medical Care Today:

- if there is swelling of the region around the tonsils to the extent that it is bulging or pushing the uvula to one side;
- if a sore throat is accompanied by a fever and a red rash that feels like sandpaper;
- if a child has a significant sore throat, or a sore throat and fever, for more than a day or two.

Adults can safely wait a few days longer;

- if there is white or yellowish material on the tonsils or throat;
- if a person who previously had rheumatic fever gets a sore throat.

Homeopathic Medicines for Sports Injuries - Aching for Homeopathic Medicine

(Excepted from Discovering Homeopathy: Medicine for the 21st Century, North Atlantic Books)

A growing number of professional athletes and weekend warriors are spelling relief H-O-M-E-O-P-A-T-H-Y. Although homeopathic medicines have a reputation of helping people who are suffering from chronic diseases, these natural medicines are wonderfully effective in treating common sports injuries.

In fact, using homeopathic medicines for injuries is considerably easier than treating common diseases because treatment for injuries does not require a high degree of individualizing of remedies that is typical in treating diseases. When two people have sprained ankles, they each need a similar homeopathic remedy to heal them, while two people suffering from arthritis generally require different remedies which are individualized to their unique pattern of symptoms.
Homeopathic medicine should be taken in conjunction with, not in replacement of, conventional first aid measures.

The chart of this page summarizes key homeopathic medicines for common injuries. However, for greater detail and further information on the homeopathic treatment of sports injuries, see the three books listed at the bottom of the page.

Single Remedies and Formulas

Homeopathic medicines are available as single remedies or as formulas of two or more remedies mixed together. Formulas are a more user-friendly way to use homeopathic medicines since the indications for their use are extremely clear. The use of several remedies in a formulas provide a more broad spectrum effect not available in a single remedy. Because injuries sometimes involve muscle, nerve, and bone tissue, it sometimes makes sense to use formulas to help to heal the various tissues involved.

Single remedies are more recommended for injuries when you know the correct medicine to give and when you wish to give a higher potency of a remedy than is available in formulas. Formula products usually contain remedies in the 3, 6, or 12th potencies, while people with severe pain may receive more rapid benefit from the 30th potency.

The "x" after the potency number (as in 6x) refers to the number of times in which a medicine is diluted 1:10, while the "c" after the potency number (6c) is diluted 1:100 (it will be easy to remember the difference between "x" and "c" by simply remember their meaning as Roman numerals). Two hundred years of homeopathic clinical experience has found that the higher the potency, the more powerful and faster the medicine acts. However, the higher the potency used, the more accurate the remedy must be for the injured or sick person. Because of this, it is recommended to use the 30th potency when the user is very confident that the remedy used is the correct one. When one is not as confident, the 6th or 12th potency is indicated, or one can consider using a homeopathic formula.

Frequency of Dose

When taking homeopathic medicines it is recommended to take as few doses as necessary but as many as are required when experiencing pain. At first when there is the greatest amount of pain and discomfort, you may need to take the remedy every hour. Usually after four doses, you can reduce the frequency to every other hour, and as the intensity of pain diminishes, taking a dose every four hours is common.

If no improvement is noticeable after one or two days, it is not recommended to take further doses.

External Applications

Although most homeopathic remedies are in pill form for internal consumption, there are a select number of homeopathic medicines which are available in external applications. Some external applications are in ointments, gels, or sprays. Although they have a similar degree of efficacy, each has certain benefits and detriments.

Ointments are made from a petroleum base which doesn't allow the skin to breath as well, but they tend to work well because they are not easily washed or wiped off. Gels and sprays allow the skin the breath more, but they are more easily washed or wiped off. Gels are my personal favorite because they are not as easily washed off.

INDICATION MEDICINE DOSE

Shock and trauma of injury Arnica 6,12,30

- 30 preferred

Injury to the soft tissue/muscle Arnica 6,12,30

- Arnica external
- Formula external

Injury to nerves or parts of Hypericum

- the body rich with nerves (feet, Hypericum external fingers, back);
- injuries with Formula external shooting pains 6,12,30

Sprains/strains Arnica (immediately after injury) 6,12,30

- Rhus tox* 6,12,30
- Bryonia** 6,12,30
- Ledum (for easily sprained ankles) 6,12,30

Arnica external Injury Formula external

- Tendonitis Rhus tox* 6,12,30
- Bryonia** 6,12,30
- Arnica external
- Injury Formula external

Severe sprains (wrenched tendons, Rhus tox* 12,30

- split ligaments) Bryonia** 12,30
- Ruta (if Rhus tox or Bryonia aren't effective) 12,30
- Bellis perennis (when cold applications cannot be tolerated) 12,30

Dislocation Arnica 12,30

- Hypericum (if shooting pains) 12,30

Injuries to periosteum (bone-covering) Ruta 6,12,30

- Arnica external
- Injury Formula external

Injuries to knee or elbow Ruta 6,12,30

- (includes shin splints) Rhus tox* 6,12,30
- Arnica external
  Injury Formula external

Fracture Symphytum

- (Take Arnica for shock of injury) 6,12,30
- Arnica external
- Injury Formula external

Head injury (immediately after injury) Arnica 12,30

- Old head injury Natrum sulphicum 12,30

Slow repair of fractures Calcarea phos. 6,12

Bruises/Contusions Arnica 6,12,30

- (no break in the skin) Arnica external
- Injury Formula external

Bleeding Arnica 12,30

Nosebleeds Phosphorus 12,30

Blisters Calendula external

Cuts Calendula external

Lacerations (deep cuts) Hypericum external (1st)

- Calendula external (after deep cut begins to heal)
- Staphysagria 12,30

Rhus tox is indicated when the person experiences the "rusty gate" syndrome: there is great pain upon initial motion but some relief on continued motion.

- ** Bryonia is indicated when the person experiences increased pain and discomfort the more motion they do.

Useful Books

Stephen Cummings, M.D., and Dana Ullman, M.P.H., Everybody's Guide to Homeopathic Medicine, Los Angeles: Jeremy Tarcher, 1991.
Steven Subotnick, D.P.M., Sports and Exercise Injuries: Conventional, Homeopathic and Alternative Treatments, Berkeley: North Atlantic, 1991.
Dana Ullman, M.P.H., Discovering Homeopathy, Berkeley: North Atlantic, 1991.

Homeopathic Medicines for the Common Cold

(Excepted from Homeopathic Medicine for Children and Infants, Tarcher/Putnam)

Not every cold needs to be treated, since the body's natural reaction to the cold virus is a healthy response. Consider treating a cold if the symptoms are significantly disturbing the child, if the condition lingers, or if the child needs to attend a special event without having respiratory difficulties.

ACONITUM

This remedy is useful primarily during the first 24 hours after the onset of a cold. Typically, the child develops her cold or cough after being exposed to dry cold weather. She wakes from sleep with a dry, hoarse, croupy cough, especially worse at night and after midnight. She has a dry mouth, shortness of breath, and little expectoration. The cough is worse from being cold, drinking cold water, from tobacco smoke, lying on either side, and at night.

ALLIUM CEPA

This common remedy for colds is effective when the child has a profuse, fluent, burning nasal discharge which is worse in a warm room and better in open air. The nasal discharge will irritate the child's nostrils, causing pain from simply wiping his nose. He may also have profuse bland (non-burning) tearing from the eyes. He has reddened eyes and a tendency to rub them. He also tends to have a raw feeling in the nose with a tingling sensation as well as violent sneezing. Sometimes the discharge starts in the left nostril and moves to the right. The child may occasionally experience a congestive headache in the front part of the head.

Anas barbariae

Although this medicine (commonly marketed as "Oscillococcinum") is primarily effective in treating influenza, homeopaths have also found that it can also be helpful in treating the common cold. There are no known symptoms from which to individualize treatment, though it has been found to be very effective when used within 48 hours of onset of symptoms. Consider giving it if you don't know which other medicine to give.

Arsenicum

These children have a burning nasal discharge that irritates the nostrils and upper lip. They are very chilly and are sensitive to drafts or cold air. They may, in fact, sneeze from any change in temperature. Typically, the cold begins in the nose and moves down to the throat (once it goes down into the chest a different remedy is usually needed). They also have dryness of the mouth that leads to a great thirst but for only sips of water at a time.

Belladonna

This remedy should be considered when there is a sudden stopping of nasal discharge, and it is replaced by a congestive, usually throbbing, headache and high fever.

Bryonia

Like children who need Belladonna, children who need this remedy have little or no nasal discharge but a more prominent head pain over the forehead. Rather than throbbing pain however, these children have a dull ache. They sneeze often which may cause stitching pain on top of the head. The less the nasal discharge, the more painful becomes the headache. Their mouth is dry, as well as their throat, and they may also have a dry cough. They are very thirsty for cold drinks. They feel worse in a warm room.

Calcarea carb: This remedy is for infants or children who experience frequent colds and who fit the typical Calc carb syndrome. These children are chilly and very sensitive to anything cold, though they prefer to drink ice drinks. They may develop their cold after being chilled. They sweat profusely and have a sour perspiration. Likewise, their stools are sour smelling. Typically, these children are fair skinned and pudgy with poor muscle tone. They may concurrently get a sore throat with swelling of the tonsils and lymph nodes. They have a thick yellowish nasal discharge and rattling respiration due to loose mucus in the throat and chest.

EUPHRASIA

Children who need Euphrasia have profuse burning tears from the eyes and a bland nasal discharge. The whites of the eyes and the cheeks become reddened from the burning tears. The eye symptoms are worse in the open air. The profuse bland nasal discharge, often accompanied by sneezing, is worse at night, while lying down, and in windy weather. After a day or two of these profuse discharges, the cold then moves to the larynx, creating a hard cough and a hoarse voice. The cough is worse in the daytime and is ameliorated by lying down.

Ferrum phos

This remedy is effective for children who get head colds with nosebleeds or who have blood in their nasal discharge.

Gelsemium

Children who need this remedy experience a watery nasal discharge, sneezing, and fullness at the root of the nose. Concurrent with this cold may be a fever, body aches, general fatigue, aching in the back part of the head, and sometimes a sore throat.

Hepar sulphur

This remedy is indicated for children who sneeze from the least exposure to cold air. Their nasal discharge is thick and yellow, and their nostrils and the bones of the nose are very sore. The nasal passages are sensitive to cold air. Sometimes these children concurrently have a headache. Typically, they are sensitive to touch and are generally irritable.

Kali bic

Stringy, ropy, yellow mucus is characteristic of children who need this remedy. When children get a thick, viscid nasal discharge, this medicine is invaluable. They may also experience post-nasal drip with tenacious mucus and pain at the root of the nose which is better from applying pressure there. There may be a constant inclination to blow the nose. The discharge, along with the sneezing, is worse by exposure to cold or in the open air. Sometimes these children get a swollen throat which is relieved by warm liquids. A cough may also occur concurrently.

Natrum mur

This remedy is most often given to children who get recurrent colds and whose symptoms match the certain Natrum mur characteristics. These children tend to develop their symptoms after an emotional experience, especially after grief. Death, divorce, unrequited love, or homesickness may create a grief that is not fully expressed, eventually leading to various physical complaints. They experience frequent sneezing and a profuse watery discharge from the nose and eyes, and a loss of taste and smell. Eventually, the nasal discharge may lead to a state of chronic nasal congestion and thick white mucus. Their symptoms are worse in the morning, at which time they usually hawk up much mucus. Dry and cracked lips or a cold sore may accompany the cold.

Nux vomica

These children develop their cold after overindulging in food, alcohol, or drugs (medicinal or recreational) or after prolonged mental or emotional stress. The nose alternates between having a fluent discharge and being dry and blocked. The discharge is usually fluent in the daytime and obstructed at night. This medicine is also a common remedy for the sniffles in newborns.

PULSATILLA

This remedy is commonly given to children who experience either acute or chronic colds. Typically, they have a thick, yellow or greenish mucus, and a bland discharge (a discharge that does not irritate or burn the nostrils or facial skin). They have nasal congestion that is worse at night, especially upon lying down, which leads to mouth breathing during sleep. Nasal congestion tends to alternate sides. This congestion is worse in a warm room and is more fluent in the open air. They sometimes develop their cold after overindulging in fatty or rich foods. Despite having a dry mouth, they are thirstless. Pulsatilla is a very common remedy for the sniffles in newborns, especially when their nasal discharge is yellow or green. The children who most commonly fit the Pulsatilla syndrome are emotional, sensitive, and easily hurt. They are moody and weep easily. They crave affection and sympathy and cannot get enough of it. They are impressionable, so much so that if parents are worried about their child's health, the child will tend to get worse, while if parents are confident that the child will get better, the child usually does.

Homeopathic Medicines for Toothaches

(Excepted from Homeopathic Medicine for Children and Infants, Tarcher/Putnam)

Severe tooth pain should receive care from a dentist.

Aconitum: When children experience sharp and excruciating dental pain that makes them frantic, this medicine should be considered. The pains are usually worse at night and by cold. They cause great restlessness and anxiety.

ARNICA

This medicine is good to be taken pre- and post-operatively for tooth extraction or any other dental surgery.

BELLADONNA

When there is rapid onset of throbbing pain that is better by warmth, this medicine is valuable. There is redness and swelling of the gums and a flushed face with hot skin. The children moan, especially when exposed to the air. They tend to have dilated pupils.

Chamomilla

These children experience extreme pain that is worse at night and by warm applications or warm drinks and better by cold things (they prefer to suck on an ice cube). These children are extremely irritable. They cry loudly and persistently. Rocking and carrying them provides relief, but only temporarily.

COFFEA

A toothache that makes children extremely restless and sleepless suggests this medicine. They receive some relief from cold water, while the pain is aggravated by warm drinks or food.

HEPAR SULPHUR

Tooth pain from the slightest touch and from exposure to cold water, food, or air suggests this medicine. These children are hyper-irritable.

HYPERICUM

When children have shooting pains from injury or infection, this medicine should be considered. It is also good for injuries to the front teeth.

Mercurius

Children who salivate profusely during a toothache often need this medicine. The pains are aggravated by biting, cold air, and at night. Their pains may extend to the ears.

Nux moschata

When children have severe throbbing pain that extends to neighboring teeth or to the ear, this medicine should be considered. Usually the pains are aggravated by cold and relieved by warmth.

Plantago

Like children who need Mercurius, these children have much salivation with their toothache. Their teeth are sensitive to touch and to extremes of temperature. They may experience some pain or twitching of the eyelid along with the toothache.

RUTA
This medicine is beneficial before and after a tooth extraction.

Staphysagria
Tooth pain that is so sensitive that children cannot stand the slightest touch suggests the need for this medicine. The pains are worse from cold drinks or cold air.

Homeopathic Pediatrics - Safer, Saner Medicines for Our Children

(Excerpted from: The Consumer's Guide to Homeopathy, Dana Ullman, Tarcher/Putnam, 1996)

Earlier in this century meningitis was fatal 95% of the time in children who contracted it. Now, because of the use of antibiotics, 95% of the children who get it survive. The number of infants dying in the first two years of life has also dramatically declined, once again primarily because of the use of conventional medicines. The significant reduction in the number of children dying from leukemia is another impressive development of modern medicine. Despite these benefits of modern medicine, however, there is general agreement that medical care can and should be better. There is also recognition that modern medicine is not always safe and that, in fact, it sometimes does more harm than good.

The Homeopathic Treatment of Teething and Colic

Shakespeare once described infancy as the age of "mewling and puking in the nurse's arms." Although there are innumerable theories for why infants vomit or have one condition or another, the underlying basis of homeopathic thought is that symptoms are responses of the organism to deal with infections or some type of internally or externally derived stress. Symptoms, then, represent the best efforts of the body to try to defend and heal itself.

Besides the inappropriate treatment of infant fevers and colds, another common, inappropriate treatment that is often administered is for infant's teething problems. A large group of pediatricians were recently surveyed about what they do for teething infants. Virtually all prescribed medications, usually pain-killers of varying strengths, sedatives, and local anesthetics.

It is certainly understandable that parents want to do something to allay their infants' pain during the teething stage. Besides the tooth pain and drooling that infants suffer, they also often have fever, bowel problems (usually diarrhea, or constipation alternating with diarrhea), colds, and skin rashes. And it is certainly understandable that physicians who see the pained infants and the frightened and concerned parents would want to do something. However, homeopathy offers such an effective alternative to problems associated with teething that physicians and parents will inevitably look to it.

Chamomilla has probably introduced more parents to homeopathy than any other homeopathic medicine. It is not the only medicine that homeopaths prescribe to treat teething, but it is so commonly used that it is generally recommended unless the infant's symptoms clearly indicate the need for a different medicine. The most common symptoms of infants who need Chamomilla are inflamed gums, drooling, and a desire to keep fingers in the mouth. Commonly, one cheek is hot and red, while the other is pale. More notable than these physical symptoms are the emotional and behavioral changes. The infants are hyperirritable and may scream and hit. They demand things but reject them as soon as they are given. During sleep they toss and turn and may cry aloud. The only relief they experience comes when they are being carried about or rocked. This description of Chamomilla infants no doubt sounds familiar to many parents.

Other homeopathic medicines given to teething infants are Podophyllum (may apple), Belladonna (deadly nightshade),Calcarea phosphorica (phosphate of calcium), Calcarea carbonica (calcium carbonate), Coffea (coffee), and Caffeinum (caffeine).

Although some parents may be frightened to give some of these substances to their infant or child, the exceedingly small doses used in homeopathic medicine are known not only to be safe but to be effective in treating many common ailments.

For numerous infant and childhood conditions it may often be more appropriate to treat the parent's anxiety than the pediatric complaint. The fever-phobia that parents have and the fear that any symptom requires immediate treatment is a common, though "curable," state of mind. Although there are certainly conditions that require medical attention, the vast majority of infant and childhood symptoms are nothing to worry about. Pediatrician Robert Mendelsohn has noted that 95% of pediatric ailments heal themselves and do not require medical care. One important recommendation for parents who want to try to treat their children is to remember to avoid treatments that suppress symptoms. Treatments that try to counteract the body's natural defensive tendencies are generally suppressive. One example of a common home treatment for infants' colic (or sometimes for children's digestive problems, too) is the use of baking soda. Although baking soda may neutralize the stomach acids, it causes what is called a "rebound effect," in which the body reacts to the baking soda by secreting even more stomach acids.

The homeopathic alternative to treating infants' colic and children's digestive problems is an individually chosen homeopathic medicine. Chamomilla is one of the common medicines for colic when the infant has the typically hyperirritable state that is normally associated with this medicine, as described earlier. Pulsatilla is another common medicine for colic, but the infants for whom it is prescribed are generally very affectionate and desirous of attention and sympathy; although they may be irritable from the pain they experience, they are still basically friendly. Some of the other commonly used homeopathic medicines for colicky infants are Arsenicum, Nux vomica, Natrum sulphuricum, Bryonia, Magnesia phosphorica, Colocynthis, Lycopodium, and Sulphur. There are numerous other homeopathic medicines (too many to list here) that are occasionally given to colicky infants.

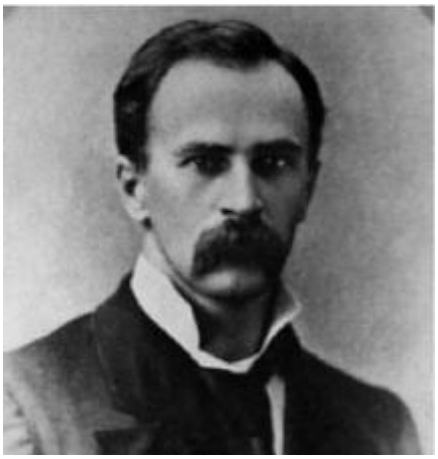
Some people theorize that the reason for colic is that the infant is allergic to milk or to some other food. The homeopathic view of food allergies is basically that the food is not "the problem." Rather, it is the individual's underlying state of health. The disease process produces poor assimilation and utilization of the food, which then ultimately creates symptoms. Homeopaths have found that the homeopathic medicines are effective in reestablishing health and thereby reducing food allergies.

Homeopathic medicines have wide applications for pediatric complaints. Since conventional medications, taken singularly or in combination with other drugs, have known and unknown complications in infants and children, it is generally worthwhile to seek safe, effective alternatives to pediatric problems first. Homeopathic medicines may not only help to improve the health of infants and children, but will probably also help them to become healthy adults.

In addition to the various individual homeopathic medicines, there are numerous homeopathic formulas for many common pediatric ailments that are readily available in health food stores and select pharmacies.

Homeopathic Perspective on Arthritis

(Excepted from The One Minute or So Healer, Tarcher/Putnam)



Sir William Osler, considered to be the "Father of Modern Medicine," once said, "When an arthritis patient walks in the front door, I feel like leaving by the back door." And it is no wonder that it pained Dr. Osler to try to treat arthritic patients; there is little that conventional medicine offers these people. The lucky ones get temporary relief along with drug side effects; the unlucky ones only get the side effects.

Some arthritic patients experience such constant pain that they'd like to follow Dr. Osler out the back door themselves or have an out-of-body experience, leaving their pain behind.

The term "arthritis" means inflammation of a joint, and there are various ways that people experience this. There are dozens of kinds of arthritis: osteoarthritis, rheumatoid arthritis, gout, systemic lupus, bursitis--to name just a few. The good news is that arthritis will rarely kill you. The bad news is that the stiffness that you experience can make you feel like rigor mortis has set in early.

Osteoarthritis is the most common type of arthritis. Sometimes called the "wear and tear" variety of arthritis, osteoarthritis is thought to be a natural result of aging. This is just a theory, however, as demonstrated by the 93 year old man from Chicago who developed osteoarthritis in his left knee. When his doctor told him that it was a result of aging, the man remarked, "My other knee is 93 years old too, and it don't hurt a bit."

There are other factors besides aging that precipitate osteoarthritis. Likewise, each type of arthritis has numerous influences that increase or decrease the chances of getting it. It is known, for instance, that women experience most types of arthritis two to eight times as often as men (gout and ankylosing spondylitis are the exceptions). Sorry, ladies, but sex change operations are not therapeutically effective in this area.

Here, however, are some strategies which may help you:

Strategy #1: Use it or lose it. Range of motion exercises are very important to increase circulation and reduce stiffness. Although one should avoid exercising a joint that is inflamed or "hot," these joints can be gently moved along their range of motion. Swimming is a particularly good exercise for people with arthritis. Although jogging is not associated with degenerative joint disease, you might consider walking as an alternative form of exercise if you experience any joint pain during or after jogging. Don't overdo any exercise, but don't under do it either. Try to exercise 15-20 minutes a day, five days a week.

Strategy #2: Avoid arthritis "cooperators." Some evidence suggests that certain foods can aggravate an arthritic condition. Although such foods are not thought to "cause" arthritis, they may "cooperate" with it. Avoid foods from the nightshade family, including tomatoes, eggplant, peppers (except black pepper), and potatoes (except for the potato juice, discussed below). Tobacco is also a member of the nightshade family which can aggravate arthritis. Milk, citrus fruits, and fats are other known cooperators with arthritis and should be avoided or at least significantly reduced in your diet.

Strategy #3: Cut yourself down to size. Avoid wearing high heels. They tend to place excessive pressure on certain joints and aggravate your condition. They also tend to hurt your posture.

Strategy #4: Something to straighten you out and loosen you. Researchers don't fully understand why, but sex, with or without a partner, has been found to relieve arthritic pain. Really.

Strategy #5: Water yourself. Stimulate circulation in the affected areas by taking a hot shower or bath, then turning on the cold water. Repeat the hot cycle and then return to the cold. If your hands, knees or feet are the primary sources of pain, you can place them in a tub or sink of hot and then cold water. Another alternative is to place a hot pack on a specific area and alternate with a cold pack. Try this at least twice a day.

Strategy #6: Become an "opiate-like" substance addict. Research has shown that the brain creates beta-endorphins--opiate-like substances that naturally reduce pain. Research has also discovered that there are lower amounts of beta-endorphins in the blood of some arthritic sufferers. Physical exercise and relaxation exercises both have been found to increase these natural pain-killers.

Strategy #7: A need for kneading. It doesn't take a rocket scientist to know that massage is good for people with arthritis. For the best results, avoid massaging directly on top of an inflamed joint. Instead, massage just above and below the joint.

Strategy #8: Press a point near a joint. Press a pressure point that is near, but not on top of, the primary source of pain. You can find a good pressure point by feeling a slight crease in the skin (it will probably be tender). Press this point for three to five seconds, let up for a bit, then press it a couple more times in a similar manner. Some other good pressure points may be close to (not directly on) nearby joints. Try to press firmly but not too hard. Breathe into it; you will find that the pain reduces.

Strategy #9: Cast castor oil on the pain. Make a castor oil pack and place it on a joint where there is pain--though not when there's acute inflammation. To make this poultice, pour three or four tablespoons of castor oil in a pan, heat the oil until it simmers, then saturate a flannel cloth with the oil. After you place this cloth on the affected joint, cover it with a larger towel and place an electric heating pad over it. Keep it in place for 30-60 minutes.

Strategy #10: Become a juice potato. An old folk remedy for arthritis is to drink raw potato juice. To make it, wash a potato (don't peel it), cut in into thin slices, place it in a glass of cold water, and leave it overnight. Drink this water in the morning on an empty stomach. The lowly potato is known to have antiviral inhibitors and is rich in chlorogenic acid, which helps prevent cell mutations that lead to cancer. Whatever it is in potatoes that helps arthritic sufferers is yet to be found.

Strategy #11: Fish oil can lubricate you. Research has recently shown that fish oil supplements have anti inflammatory effects that may be helpful for arthritis sufferers. One important study showed beneficial effects when people took 15 capsules a day, though other research has suggested that benefits can be expected from taking 4-8 capsules daily. Recent research has also suggested that extracts from New Zealand green lipped mussels--now available in supplement form--are particularly good for people with osteoarthritis and rheumatoid arthritis. Although this supplement may sound strange, would you rather suffer or try something new that may make you feel better?

Strategy #12: Life should be a bowl of cherries. Some people report relief from arthritis symptoms after eating lots of cherries, especially in the treatment of gout. People with rheumatoid arthritis, or those who take aspirin frequently may benefit from taking 500 mg. of vitamin C per day because they tend to be deficient in it.

Strategy #13: Let herbs help you bend in the wind. Make an herbal tea with equal parts of alfalfa, chickweed, and yucca. You might also try using a Chinese herb, called "thundergod vine" (tripterygium wilfordii), which recent research has suggested is an effective treatment.

Strategy #14: Bejewel yourself in copper. People suffering from arthritis have been known to experience relief when they wear a copper bracelet. Although skeptics point to this treatment as a classic example of quackery, it is known that some people with arthritis have difficulty assimilating copper from the food they eat. Perhaps wearing a copper bracelet provides them with an additional source of this mineral. Lending further support to the use of copper, homeopathic physicians commonly prescribe micro doses of copper (Cuprum metalicum) to people with arthritis who experience cramping pains in the joints and jerking or twitching of muscles.

Strategy #15: Sing arthritis pain? It is a well known bit of folklore that beekeepers have a low incidence of arthritis. It is also known that one folk remedy for treating arthritis is getting stung by a bee. An easier way to try this remedy is to get a homeopathic dose of bee venom in Apis mellifica 6 or 30. This medicine is primarily helpful if you have arthritic pain that is similar to the type of pain that bee venom causes: burning pain, aggravated by heat, alleviated by cold or cool applications.

Strategy #16: Poison ivy treatment. Using poison ivy for arthritis? Actually, yes, but only homeopathic doses of it. Poison ivy, known as Rhus tox in homeopathy, is a very effective medicine if you have the "rusty gate" type of arthritis, that is, pain that is worse upon initial motion and reduced as you continue to move. If you have this pattern of symptoms, Rhus tox 6 or 30 may be helpful to you. If, however, your pain is increasingly aggravated by any type of motion and is not alleviated by continued motion, take Bryonia 6 or 30.

Strategy #17: Are you too resistant to change? Is the stiffness in your character creating a stiffness in your body? There's the story of two caterpillars who look up and notice a butterfly. One caterpillar says to the other: "You'll never get me up in one of those." Are you resisting inevitable change in your life? Loosen up. Say to yourself: "I expect change, and I will bend with this change.

Homeopathic Treatment for Exposures to Environmental Poisons

Pollution is turning the earth and earthlings prematurely gray. What can you do about it with homeopathic medicines?

At first blush, it seems odd to talk about homeopathic medicines and any medicines to treat exposures to environmental poisons. It is of far greater importance to do all that is feasibly possible to prevent such exposures. Without dealing with the underlying problem, any treatment method is akin to bailing out water from an overflowing tub...without first turning off the faucet.

Although prevention is the best medicine to deal with environmental health issues, it is important to also ask what can be done to treat people who have already been exposed. While conventional medicine tends to offer little for such conditions other than palliative or suppressive treatment of the various symptoms that manifest, homeopathic medicine offers some potentially valuable and even potentially vital therapeutic benefits.

Before discussing any specifics about the treatment that a homeopath would provide, it is useful to be reminded of some basic principles of homeopathy in order to understand why homeopathic treatment makes sense.

The Logic of Homeopathy

The underlying premise of homeopathic medicine is that symptoms are not simply something "wrong" with the person, but that symptoms represent adaptive and defensive efforts of the body to deal with infectious disease, environmental poisons, and/or stress. Symptoms are not just the body surrendering to attack but are the body trying to defend and heal itself. Because homeopathic medicines are individually chosen based on their ability to cause in experimental situations the similar symptoms that the sick person is experiencing, these medicines actually work with, not against, the body's inherent defenses. Treating "like to cure like," called the principle of similars, is the basis of homeopathic medicine, and it is the pharmacological principle behind the old folklore of using the hair of the dog that bit you to heal you of rabies.

BR> to environmental poisons makes sense because such treatment mimics and augments the body's natural defenses. In addition to 200 years of clinical experience, there is also now a body of scientific evidence to support of use of homeopathic medicines to treat these conditions.

Homeopathic Research*

In 1994, German physician and researcher Klaus Linde in collaboration with Wayne B. Jonas, MD, head of the Office of Alternative Medicine within the National Institutes of Health, performed a meta-analysis of research on the use of homeopathic medicines to treat exposure to environmental toxins (a meta-analysis is a comprehensive and systematic review of a body of research on a specific topic). They published their results in the internationally respected journal, Human and Experimental Toxicology [13 (1994):481-92].

Linde, Jonas, and colleagues discovered over 100 studies evaluating the prophylactic and therapeutic effects of homeopathic doses of normally toxic substances. Besides evaluating the results of the various studies, the researchers evaluated how well each study was designed and conducted. As is common in such reviews, there are inevitably some high quality studies and some low quality studies.

The researchers found that there were 40 high quality studies, of which 27 showed positive results from homeopathic doses (there were 50% more positive results than negative results).

What was particularly intriguing about their evaluation of the research was that those researchers who tested doses in the sub molecular range were found to have the best designed studies and were found more frequently to have statistically significant results from these micro doses (doses in the sub molecular range include potencies greater than 24x or 12c because this represents the point beyond Avogadro's number, the point in which in all probability there should be no remaining molecules of the original substance, only some type of template, resonance, hologram, or fractal). Specifically, several researchers administered (usually to rats) crude doses of arsenic, bismuth, cadmium, mercury chloride, or lead. The research showed that animals who were pretreated with homeopathic doses of these substances and then given repeated homeopathic doses after exposure to the crude substance, excreted more of these toxic substances through urine, feces, and sweat than did those animals given a placebo. Further, nine studies on mice which tested homeopathic doses beyond 15c demonstrated a 40% decrease in mortality compared to mice in the control group.

Several studies noted that pretreatment and treatment with potentized doses of substances different from those to which the animal was being exposed did not provide any benefit. The research suggests that homeopathic medicine may play a significant role in the treatment of toxicological exposure. Homeopathic research has also explored the benefits of homeopathic medicines to protect against radiation (Khuda-Bukhsh, and Banik, 1991a, 1991b). Albino mice were exposed to 100 to 200 rad of X-rays (sub lethal doses) and then evaluated after 24, 48, and 72 hours. Ginseng 6x, 30x, and 200x and Ruta graveolens 30x and 200x_were administered before and after exposure. When compared with mice given a placebo as treatment, mice given any of the above homeopathic medicines experienced significantly less chromosomal or cellular damage.

In another study, albino guinea pigs were exposed to small doses of X-ray that cause reddening of the skin. Studies showed that Apis mellifica 7c or 9c had a protective effect and a roughly 50% curative effect on X-ray-induced redness of the skin (Bildet, Guyot, Bonini, et al., 1990). Apis mellifica (honeybee) is a homeopathic medicine for redness, swelling, and itching, common symptoms of bee venom.

they have been exposed to potentially toxic substances. At first, most classical homeopaths will prescribe a "constitutional medicine" to strengthen a person's overall health status. This medicine has the capacity to not only help the body eliminate the individual toxic substance about which the person is most concerned but also to other toxic substances that the person has previously been exposed.

In some cases a constitutional medicine will not work deeply or effectively enough until the patient receives a homeopathically potentized dose of the specific toxic substance to which the person was exposed or of a substance which causes similar symptoms (homeopathy, as we know, is based on "similars," not necessarily on "sames").

The actual potency that the homeopath will use depends on many factors which are too long to discuss in this short article, though the 30th potency is one of the most common. Some homeopaths will recommend a single dose given just once, some will recommend a single dose repeated once a month for several months, and some will recommend several doses a day for a week or two, perhaps repeated a couple months later if some but not full benefit had been received.

If you do not have access to professional homeopathic care, one can consider obtaining a homeopathic dose (30x or 30c) of the substance to which the person was exposed. Full-service homeopathic manufacturers often make and sell thousands of substances which are derived from environmental toxins. If you know that you may get exposed to a specific toxin in the near future, it may be wise to consider taking a couple of doses of the 30th potency of that substance prior to exposure. Some of the above research suggests that it helps organisms excrete the toxin more effectively.

When self-prescribing, it is generally best to be cautious in taking homeopathic medicines. Take a single dose and observe any changes over a couple of weeks. If there are no changes, you might try taking a couple doses a day for a couple of days. If there are still no changes after an additional couple of weeks, seek high and low for professional homeopathic care. Your health may depend upon it.

It must be candidly noted that the research discussed in this section was damaging and sometimes lethal to the animals involved. Making reference to this work is not meant to condone such experimentation.

Homeopathic Treatment on Cuts

(Excepted from Homeopathic Medicine for Children and Infants, Tarcher/Putnam)

CALENDULA

This remedy is best suited for clean cuts with little or no infection. Use a tincture (slightly diluted with water), gel, spray, or ointment and apply directly to the wound. Do not use Calendula externally on deep cuts because it has such rapid healing capabilities that it will tend to close up a deep cut before it is adequately healed underneath.

HYPERICUM

This remedy is for infected or deep cuts; apply Hypericum spray or slightly diluted tincture externally. If there is much shooting or cutting pain, take Hypericum 6 or 30 internally.

STAPHYSAGRIA

When children get a deep clean cut or a stabbing wound, consider giving this medicine internally.

Homeopathy and Dentistry Keep You Smiling

(Excepted from Discovering Homeopathy: Medicine for the 21st Century, North Atlantic Books)

Portraits of our country's first president, George Washington, rarely show him smiling and for a good reason: George Washington's false teeth were made with a combination of gold, ivory, lead, human and animal teeth. Though they were well sculpted by his blacksmith friend Paul Revere, this crude set of teeth did not have the same polish as nature's artistry.

Dentistry has come a long way since the time of George Washington, but it still has a long way to go in order to deal with the degree of dental problems affecting people today.

It has been estimated that 98% of the American public suffers from dental disease. Approximately 25 million Americans, or one in every eight people do not have any teeth. And over six million teeth are removed each year.

One may wonder what homeopathic medicine may offer dentistry. It initially seems that dental disease is a straightforward problem that simply requires good hygiene for prevention and the use of modern dental practices to deal with dental problems as they arise. Dentistry doesn't seem to be a controversial subject, or is it? Although there may be general agreement on the importance of prevention, there is disagreement on how to prevent dental problems, and there is significant controversy on how to deal with them when they arise.

It is generally recognized that tooth decay (caries) results from bacteria in the mouth which thrive on the sugar and refined foods that the person eats. The bacteria produces a harmful acid which can dissolve teeth. When the teeth are not kept clean through brushing and flossing, the germs are able to infiltrate through the enamel and into the dentin of the teeth or under the gums of the mouth, wreaking havoc by causing decay and periodontal disease.

When the bacteria isn't cleaned out of the mouth, it binds with corrosive waste products in the mouth and attaches itself to teeth and gums, forming plaque. Plaque destroys the connective tissues that attach gums to teeth, creating inflammation of the gums or gingivitis. If this disease process continues, the teeth will loosen and eventually either fall out or need to be removed.

Dental caries and gum problems are thought to result primarily because of the poor care and maintenance of the oral cavity. There are, however, other factors that influence the development of caries. It is recognized that the salivary glands in the mouth help fight decay by trying to neutralize the acid that the germs produce. The healthy functioning of the salivary glands are dependent on the person's overall health.

The person's overall health also directly affects gum health. Hormones, in particular, play a major role in the health of gums. If a person's thyroid is either secreting too much or too little thyroid hormones, the ligaments that hold teeth and gums together are weakened and the blood supply to gum tissues is decreased. Imbalance in sex hormones can make a person more susceptible to gum and teeth problems, which is why women experience exacerbated dental conditions during puberty, menstruation, pregnancy, and menopause. Anemia which can lessen the amount of blood oxygen reaching the gums can also make a person more susceptible to gum disease. Even something as general as stress can influence the strength of the connective tissues between teeth and gums.

The person's overall health also influences the strength of the person's teeth. The parathyroid regulates calcium levels in the body, and an irregularity in this gland can create various dental problems.

A person's overall health is affected by proper nutrition, and dental health is certainly influenced by it too. In particular, dentists have found that appropriate amounts of calcium and fluoride are important for dental health. There is however a major controversy on how much fluoride is necessary and how people should get it.

Homeopathic Insights on the Controversy of Fluoridation

The American Dental Association asserts that water fluoridation decreases dental caries by 50-70%. Opponents of fluoridation question its value in preventing these dental problems and cite dozens of studies which show the toxic effects of fluoridation. Who's right?

The homeopathic point of view on fluoride is that it may be helpful in preventing caries and it may cause various other dental and health problems. The basic homeopathic principle is that a substance in micro dose will help cure those similar symptoms that it will cause in larger dose. Fluoride is an effective medicine in preventing caries, but it can also mottle (turn chalky white or yellow) teeth and cause various other symptoms.

The essential question then is: what is the proper dose to prevent caries and what is the toxic dose? This questions more difficult than it seems. People have varying needs, and what may be helpful to one person may be too much to another. A 1982 article in Science noted that the 1 part per million of fluoride which is commonly added to water may be too much after all. The author noted that 28% of children between 11 and 13 years of age who lived in communities with fluoridation experienced mottling of the teeth.

Fluoride, as an enzyme poison, may in fact help reduce the formation of bacterial acid in the mouth that corrodes teeth. However, even in the same dose, fluoride may create various symptoms because of its side effects on bodily enzymes which are beneficial for health. A new study reported in the New Scientist has provided b evidence that "fluoride switches off the enzyme by attacking its weakest links--the delicately-balanced network of hydrogen bonds surround the enzyme's active site." The researchers theorize that fluoride may interfere with the hydrogen bonding of DNA in the same way that it interferes with certain enzymes, which may then explain how fluoride can cause a wide variety of symptoms and syndromes.

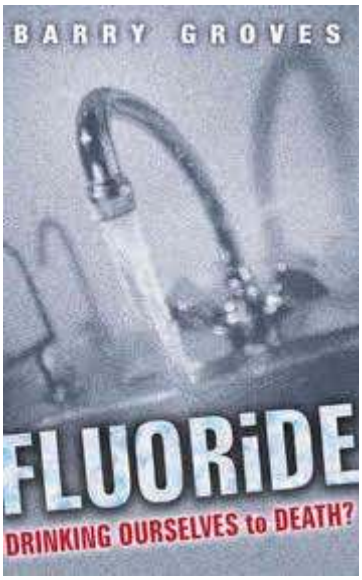
Anti-fluoridationists readily acknowledge that dental caries declined significantly when fluoridation was first tested. However, they also cite the fact that dental caries declined for people in unfluoridated cities as well.

According to the U.S. National Academy of Sciences, fluoride is not considered an essential nutrient. A deficiency of fluoride is extremely unusual for those eating a standard American diet. Whereas the American Dental Association asserts that fluoridation assures that people will get amounts of fluoride that will prevent caries, anti-fluoridationists rebut that we are already getting enough, perhaps even too much. The anti-fluoridationists have expressed concern that additional fluoride in the diet will cause a wide variety of serious health problems.

It has been estimated that dried cereals, ready-to-drink fruit juices, infant formula, and strained baby food processed with fluoridated water contain up to 20 times as much fluoride as products made with unfluoridated water.

Those who oppose fluoride have been portrayed as wild-eyed, crazy, health nuts who see communist conspiracies in everything. This accusation has no basis in fact, especially when one considers that most countries in Europe have not fluoridated their water, including France, Germany, Italy, Spain, Switzerland, Sweden, Holland, Denmark, Austria, and Belgium.

Further, recent scientific research has begun to verify several of the health concerns of the anti-fluoridationists. Dr. John Yiamouyiannis, a biochemist who is one of the leaders of the anti-fluoridation movement, noted that the mottling of teeth is "merely a reflection of the metabolic disturbances of soft tissue cells" from an overdose of fluoride. The 1983 Physicians Desk Reference has noted that 1/2 milligram of fluoride, an amount equal to only one pint of fluoridate water, can cause skin problems, gastric distress, headaches, and weakness in hypersensitive individuals. Yale professor Dr. J.A. Albright reported that as little as one part per million of fluoride decreases bone strength and elasticity. A study published in the Journal of Dental Research showed that one part per million of fluoride fed to animals inhibited their immune system.



Research has also shown that levels of one-half to one part per million of fluoride causes increased tumor growth in mice by 15-25%. Based on this research, one might expect that those who live in cities with fluoridated water may have a higher cancer rate than those who live in unfluoridated cities. Dr. Yiamouyiannis in conjunction with former chief chemist with the U.S. National Cancer Institute Dr. Dean Burk did this comparison and found that people living in fluoridated cities did, in fact, have higher cancer death rates than those in other cities in surrounding geographical areas. However, a careful analysis of these statistics which was published in the New England Journal of Medicine noted that this study was not age-adjusted research.* This critique of the Yiamouyiannis and Burk study indicates that there is no proven link between fluoridation and cancer.

[* Age-adjusted research is a means of comparing populations based on similar age groups. Without this adjustment certain cities with elderly populations would seem to have significantly higher death rates than other cities, which is just what happened in the Yiamouyiannis-Burk study.]

Although there may not be definite evidence that fluoridation may lead to cancer, many clinicians have found that it can cause diarrhea, muscular pains, excessive thirst and urination, episodes of acute abdominal pain, skin rashes, and progressive exhaustion. George Waldbott, M.D., a practicing allergist for over 50 years and author of Fluoridation: The Great Dilemma, has noted that many physicians misdiagnose this sensitivity as "nerves," and then prescribe drugs which ultimately exacerbate the problem.

In addition to the potential problems that fluoride in water may cause, new research published in the highly respected scientific journal Nature has found that using fluoridated water in aluminum pots tends to leech more aluminum into the food or water. Since ingestion of aluminum has been linked to Alzheimer's disease, it may be prudent to avoid aluminum cookware, especially if one uses fluoridated water.

Whereas homeopathic organizations do not have a formal position on fluoridation, there is general acknowledgement in the homeopathic community that certain individuals in populations will be hypersensitive to fluoride. Although the American Dental Association (ADA) acknowledges this hypersensitivity in a very small number of Americans, homeopaths generally assume that there are greater numbers than those assumed by the A.D.A. There is also concern among homeopaths about what long-term exposure to small doses of fluoride may cause.

There is further concern among some homeopaths that fluoridation amounts to forced medication. Even those who get bottled water will receive additional fluoride as the result of increased fluoride in the food chain from watering fruits and vegetables, from washing fruits or vegetables in tap water, and from feeding fluoridated water to animals who will be consumed. Ralph Nader expressed a similar concern when he spoke at a college in 1974, saying, "Fluoridation has been promoted without giving consumers their free choice."

Some anti-fluoridationists have flippantly advocated that we "fluoridate candy, not water." Perhaps even this isn't a good idea.

Amalgam Fillings: The Controversy

In 1840 the American Society of Dental Surgeons (ASDS) was formed, and it was America's first licensing body. This organization required that its members sign an oath affirming that they would not use mercury-containing materials in their dental fillings. The ADSD eventually died a couple of decades later and its rival organization, the American Dental Association, advocated for amalgam fillings. Throughout the ADA's history, some dentists have questioned the safety of these fillings.

Recently however, a small but growing group of ADA dentists are again expressing concern about amalgams. Amalgam fillings are primarily composed of mercury, silver, tin, and cooper. The anti-amalgam dentists assert that the oral cavity is the only place in the human body where we commonly place non-biological materials. These dentists also note that the upper teeth are less than 10 centimeters to the brain and that high concentrations of mercury found post-mortem in the brain have been correlated to the numbers and surfaces of the amalgam fillings. They express further concern that we have never adequately tested the bio-compatibility of these metals. It is ironic, they note, that public health officials require that dentists keep their mercury in an airtight container and that they do not throw their excess mercury away in the trash, but must dispose of it in a carefully determined fashion. And yet, dentists readily place this toxic substance in people's mouths. In fact, over 85% of the American public have amalgam fillings in their mouth.

Joe Graedon, a respected pharmacologist and author of The People's Pharmacy, expressed concern about amalgam feelings, stating, "How can the mercury get loose? Corrosion is the culprit. While a hunk of metal in your tooth looks impervious, it may be subject to corrosion. In addition to the chemical environment of your mouth, which includes a constant saliva bath which tends to dissolve tin, amalgam in contact with other metals (such as a good bridge) creates a miniature electrochemical cell which is hell-bent on dissolving itself out of existence, freeing mercury in the process."

Until very recently, the ADA has rebutted the anti-amalgam dentists noting that there is no evidence that the amalgams release any mercury or other metals into the body. New technology however has been able to detect this leeching. Studies have shown that people with amalgam fillings have detectable levels of mercury vapors in their breath. The ADA responded to this research by stating that mercury vapors in the mouth did not prove the presence of

increased mercury in the blood. Newer studies however have shown that blood mercury concentration in patients with amalgam filling were significantly higher than those without such fillings. Although it is not yet conclusive what symptoms this leeching may cause, some research has shown that people with amalgam fillings had a significant decrease in T-cells* after insertion of fillings than before their insertion or after their removal.

[* T-cells are important components of the immune system.]

Counter to those who have asserted that amalgam fillings release toxic amounts of metals into the body, the Medical Letter, one of the most respected medical newsletters in the U.S., has doubted if the leeching causes any medical problems, except in a very small number of people allergic to the amalgam. The Medical Letter, however, did not address the concerns of acupuncturists and others familiar with Chinese medicine who do not simply worry about toxic exposure, but also about how the fillings affect acupuncture points under the teeth. Acupuncturists note that the metallic fillings have the potential of acting as batteries and capacitors which can generate current and store electrical charges. Since every tooth is situated on an acupuncture meridian, the filling may provide additional stress which may create acute and/or chronic symptoms in susceptible individuals.

The fact that acupuncture points reside under the teeth may be one possible explanation that homeopaths sometimes observe that the action of homeopathic medicines are antidoted by some dental work, including getting teeth cleaned or getting new fillings. It has been conjectured that some dental work stimulates so many acupuncture points in a short period of time that it may "short circuit" the action of the homeopathic medicines. More research on this phenomena would certainly be worthwhile.

Although most homeopaths are unfamiliar with the controversies surrounding amalgam fillings, there have always been certain ones who have noted the health effects of these fillings. As far back as the late 1800s, Dr. Charles Taft, professor of dental surgery at a homeopathic medical college in Chicago, claimed that amalgam fillings were responsible for the fact that some patients with chronic disease were not responding to homeopathic medicines. Once these fillings were removed, he found that the medicines worked, and the person's chronic condition disappeared or was significantly reduced.

As with fluoridation, homeopaths find that some people are more sensitive to certain metals. Since dentists generally recognize this fact also, the most practical way to deal with it is for dentists to test the bio-compatibility of various types of fillings before placing them in a person's mouth. Certain recognized immunological tests can be used, though they are expensive. Some dentists have found that new electro acupuncture machines are able to assess subtle but measurable changes in the meridian energy which acupuncturists feel can determine hypersensitivity. Although this new technology may hold promise, its accuracy is presently undetermined.

Homeopaths are also concerned about the inevitable long-term exposure to metals in the fillings. Some homeopaths have found that potentized doses of Mercury has helped some people, but most homeopaths recognize the importance of strict individualization of the person in order to provide help to people suffering from their fillings. Homeopaths also have observed, as did homeopathic dentist Taft, that fillings sometimes have to be removed before improvement in health is possible.

Homeopathic Medicines for Dental Problems

"For there was never yet a philosopher that could endure the toothache patiently."
--Much Ado About Nothing, Act V, Scene I, William Shakespeare

Besides offering a different perspective on fluoridation and amalgam fillings, homeopathy also offers specific medicines that can be invaluable in reducing dental pain and alleviating dental disease.

It should first be mentioned that homeopathic medicines do not replace good dental care but complement it. Also, the medicines may be effective in relieving dental pain, but it is often necessary to discover what the source of the pain is in order to cure the underlying problem. If pain is occurring due to an abscess, it is not enough simply to reduce the pain. The abscess must be treated.

One dental problem that homeopaths report treating effectively is fear, anxiety, and anticipation of the dental visit. Whether these emotions be "rational" or not, homeopaths have found three medicines to be most commonly effective. Aconite (monkshood) is a common medicine given to patients, usually children, for their fear of dentists. These people become furious, restless and angry (children tend to stamp their feet and kick), and tend to express extreme sensitivity to touch. Gelsemium (yellow jasmine) is indicated in those people who experience trepidation, feeling of weakness (especially a weak feeling in the stomach), drowsiness, loss of memory, and diarrhea. Those who need Gelsemium tend to be hypokinetic, whereas those who need Argenicum nitricum (silver nitrate) tend to be hyperkinetic. Argenticum nitricum is useful for patients who experience tremor and trembling of the whole body, who tend to be particularly talkative and hurried in their actions, and who have an inner nervousness which affects the bladder and intestines.

In order to determine the appropriate homeopathic medicine for toothaches, it is helpful to learn what the source of the problem is. If it is the result of a dental abscess, the common medicines are Belladonna (deadly nightshade), Mercurius (mercury), Hepar sulph (Hahnemann's calcium sulphur), and Silicea (silica). Belladonna is indicated at the initial formative stages where there isn't much swelling, though there is much throbbing and redness. Mercurius is helpful when the person is salivating excessively, has foul breath, and experiences a pulsating pain which tends to be worse at night or from exposure to anything extremely hot or cold. Hepar sulph is valuable in the later stages of abscess when pus has formed. The tooth affected is hypersensitive to touch and to cold, and the gums bleed easily. Homeopaths have reported that this medicine helps drain pus from the abscess. Silicea is indicated after the pus has discharged; at this stage it hastens the resolution of the abscess.

Although these medicines may be helpful in alleviating the pain and in some instances in curing, it is often necessary for the abscess to be drained and either a root canal established or the tooth removed.

For pain and inflammation around wisdom teeth, homeopaths and dentists have found that Belladonna is often given for throbbing pains and Hepar sulph to promote expulsion of pus. Mercurius is helpful in treating the pulsating pains that extend to the ears, especially at night. People who need Mercurius also tend to have noticeably increased salivation. Locally, mouthwashes with tincture of Salvia (sage) are sometimes helpful.

Neuralgic toothaches often yield to Chamomilla when the person is in such pain they can't take it any more. People who need Chamomilla tend to be particularly sensitive to warm food and drink (especially coffee), and their symptoms are worse at night. For those who are so frantic with pain that they cannot sleep, whose pains are also relieved by holding cold water or ice in the mouth, and who are not relieved by Chamomilla, Coffea is indicated. Plantago (plantain) is one of the more common medicines indicated when there is a toothache with radiating pains to the ears. Accompanying these pains generally are salivation, facial neuralgia, and headache. Homeopaths usually use the tincture or low potencies for the best results from this medicine. Other medicines that homeopaths consider when dental pain extends to the ears are Mercurius and Sulphur, the prescription of which is determined by the totality of the person's symptoms (these medicines however are never given in tincture).

Hypericum (St. John's Wort--the herb) is the prominent medicine given to people for neuralgic pains after tooth extractions. Recent double-blind research has confirmed its effectiveness. (27) This study showed that when Hypericum was given in alternation with Arnica (mountain daisy) to people after tooth extraction, they experienced significantly less dental pain as compared to those given a placebo.

Dr. George Baldwin, an Oakland, California dentist, Dr. Philip Parsons, a Keystone Heights, Florida dentist, and Dr. Richard Fischer, an Annandale, Virginia dentist, have all reported impressive results using Ruta (rue) for people who have pain after dental surgery. Ruta is known in homeopathy as a great medicine for injuries to the bone and periosteum (the bone covering)[see Chapter 10 on Sports Medicine for more detail]. Since teeth are actually considered by anatomists to be joints,* it is certainly understandable that Ruta would be useful for traumas or injuries to them.

[* It is surprising to realize that teeth are considered ball and socket joints.]

Homeopaths have also reported success in treating hemorrhage after extraction, surgery, or accidental dental trauma. Some homeopaths give Arnica to prevent hemorrhage or give it in the very initial stages of bleeding. If bleeding persists and is bright red, Phosphorus is commonly effective. In the rare instances when Phosphorus doesn't act rapidly, Ipecacuanha (ipecac) is often indicated. Lachesis (venom of the bushmaster snake) is valuable if the blood is dark. And if a person commonly has bleeding problems, it is recommended they receive constitutional homeopathic care.

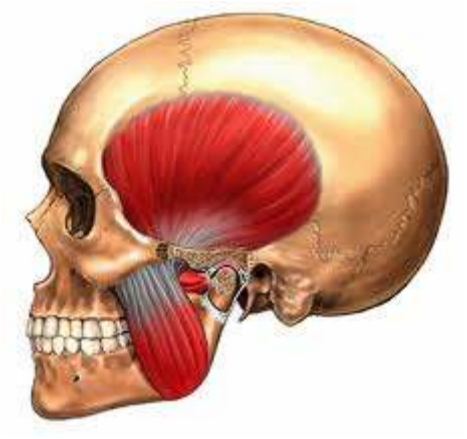
If a puncture wound in the gum is incurred from surgery is causing pain, Ledum (marsh tea) can relieve the pain and help it heal. If infection has already set in, Pyrogen (artificial sepsin) is indicated. Calendula (marigolds) in its tincture form is also helpful in conjunction with either of these medicines.

The tincture of Calendula is not only useful in speeding the healing of punctures, it is also valuable in healing trauma from injuries to the oral cavity. It is of use for kids whose braces irritate their gums or mouth and for the elderly whose dentures do not fit well (ultimately getting the braces or dentures adjusted will also be necessary). Burns from ingesting extremely hot food or drinks or from aspirin burns are alleviated by Calendula tincture as well. If the tincture isn't readily available, making a tea of marigolds is as effective.

A "dry socket" is the source of many people's dental pain. This condition occurs after an extraction when the blood doesn't clot well, and the bone and its nerve endings are exposed. Mouthwashes of Salvia (sage) infusions several times a day diminish some of the pain. Other medicines for this pain are: Belladonna for redness around the gums and throbbing pains that come and go

rapidly; Coffea for unbearable pains that cause the person to be very restless and that are temporarily relieved by cold water or ice in the mouth; Hepar sulph for pain that is hypersensitive to touch and to cold; and Silicea to help in the final stages when clot around the tooth ultimately needs to be detached. If none of the above medicines seems indicated or is working, Ruta should be given.

A dental problem which has only recently become widely recognized is Temporomandibular joint (TMJ) syndrome. This condition has linked various dental and other health problems to the misalignment of the jaw joint, the Temporomandibular joint. It has been estimated that 38% of all impulses that go to the brain pass near this joint area. Misalignment of this jaw has been found to lead to symptoms as diverse as headache, vertigo, ringing in the ears, sinus pains, hearing loss, depression, and tic doulourex. Dr. Harold Gelb, director of the TMJ Clinic at the New York Eye and Ear Infirmary, has estimated that 20 million Americans suffer from TMJ. Some dentists have estimated that 50% of all headaches are traceable to this syndrome.



Because of the diversity of symptoms that TMJ sufferers experience, there are many medicines which homeopaths consider in determining proper treatment. As with any other chronic malady, the homeopathic approach requires an assessment of the person's totality of symptoms. Care from a professional homeopath is clearly indicated in such cases.

Besides treating acute dental problems, homeopathic medicines have the capacity to treat various chronic dental problems as well. Since some chronic dental conditions result from general health problems of the person, homeopathic medicines which have the capacity to strengthen a person's overall health therefore can augment general dental hygiene in order to prevent and treat teeth and gum disease.

The proper functioning of the salivary glands enables the body to digest foods and to neutralize the acids that germs in the mouth produce. Healthy functioning of the endocrine system helps the ligaments that hold teeth to gums remain b and aids the transport of blood to gums. The parathyroid gland is instrumental in helping to regulate calcium levels in the body. Because overall functioning of the body play an integral role in dental health, homeopathy will inevitably be recognized as a necessary part of general health care as well as good dental health.

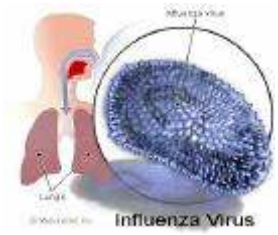
It is certainly encouraging that more and more dentists are utilizing homeopathic medicines. For those whose dentists have not yet made the transition to homeopathy, lay people can learn to use the medicines themselves with impressive success. In order to obtain the best results, it is recommended to obtain several books (not just books on homeopathy and dentistry, but also some of the materia medicas in order to learn more about the medicines--See the resources section at the end of this book for details on accessing books). And, when possible, it is highly recommended to attend seminars on homeopathic dentistry.

Homeopathy can help keep you smiling!

Homeopathy and Influenza: Real Research, Real Results

Further information about homeopathy and homeopathic research is available in a special eBook called Homeopathic Family Medicine.

In this winter of 2004, the #1 health topic has been the horrible influenzas that are going around. Not only are people dying from it, millions of people are suffering from it.



Sadly, the media has not adequately reported on the only over-the-counter flu medicine that has at least THREE large independent clinical studies verifying its efficacy, and that medicine is a homeopathic medicine called OSCILLOCOCCINUM.

Oscillococcinum may be the most difficult name of the medicine ever created, and that is why so many people simply call it "Oscillo." This medicine is wonderfully effective as long as you use it within the first 48 hours of getting flu symptoms.

By the way, Oscillococcinum is actually made from the heart and liver of a duck. Although this may sound like quackery (my apologies for that sick pun), biologists and epidemiologists have determined that 80% of ducks carry every known flu virus in their digestive tracts. Therefore, Oscillo includes homeopathic doses of these viruses (and of their antibodies).

For the record the three studies that have confirmed the efficacy of Oscillococcinum are Ferley, 1989; Cassanova, 1992; Papp, 1998. Each of these trials was relatively large in the number of subjects (487 patients, 300 patients, and 372 patients), and all were multi-centered placebo-controlled and double-blind (two of the three trials were also randomized). Each of these trials showed statistically significant results.

Even the highly respected Cochrane Collaboration acknowledged that these results were "promising" (Vickers and Smith, 2007).

Some other medicines to consider for the flu are:

Gelsemium (yellow jessamine)
When fatigue and a generalized heavy, weak feeling pervades the person, even leading to trembling of individual parts and to having heavy, half-open eyelids, this remedy should be considered. These people tend to have little or no thirst, can experience chills up and down their spine, and have a headache in the back part of their head.

Bryonia (white bryony)
People who have marked body aches during the flu that are aggravated by any type of motion suggest the need for this remedy. Generally, these people also have a headache in the front part of their head which is also aggravated by motion. They have dry, even chapped lips, a dry cough, and a great thirst for cold water. Despite being warm, they are averse to warm rooms. People with the flu who are very irritable and insist upon being left alone tend to benefit from this remedy.

Aconitum (monkshood)
This remedy is primarily useful during the first 24 hours of a fever. It is helpful when a fever begins after exposure to cold or cold, dry winds. Chilliness and a cold sweat may also be experienced.

Belladonna (deadly nightshade)
When a person has a rapid onset of a high fever with a flushed face, reddened mucous membranes, glassy eyes, and cold limbs, consider this remedy. Typically, the person tends to have wild dreams at night.

Nux vomica (poison nut)
When a fever with chills begin after an overindulgence of food, drink (alcohol), or drug use, consider this remedy.

Eupatorium perfoliatum (boneset)
People with the flu who experience aches in the muscles and pains in the bones and/or in their eyes often benefit from this remedy. Another characteristic symptom of people who need this remedy is chills that occur in the morning, especially 7-9am. These people desire cold drinks, even during a chill and even though it may elicit a chill response, and they feel better lying on whatever part of their body is aching.

Rhus toxicodendron (poison ivy)
This remedy is effective for people with muscle aches that are aggravated by initial motion but relieved by continued motion. These people are often very restless, especially at night in bed, tend to have a sore throat, and are very thirsty but only for sips of water at a time. If a cold sore develops during the flu, consider this medicine.

Arsenicum album (arsenic)
This is an important medicine for people with the stomach flu who experience nausea and vomiting along with a fever. These people are sensitive to and worse by exposure to cold. They experience a great thirst, but only for sips of water at a time. They feel restless and anxious, usually worrying if they might actually be sicker than they are, and they may seek several professionals' opinion on their condition. They feel better with company around, and they feel the worse at or near midnight
.

Influenzinum (influenza virus)
If a person develops long lasting symptoms after a bout of the flu, give a single dose of this remedy in the 30th or 200th potency.

DOSE
Use the 6, 12, or 30th potency every other hour for the first two or three doses and then every six to eight hours until resolution of the condition. If significant improvement doesn't occur after 24 hours, consider another remedy.

Homeopathy and Sinusitis: Safer Remedies

Imagine a type of torture where there is great pain in what seems to be the very center of your skull, when facial tenderness and pain is experienced by simple touch, where eyes ache and feel like they are coming out of their sockets, and where there's pain in the teeth and even a sensation as though the teeth are too long. Many people today feel this type of torture too frequently because these people suffer from chronic sinusitis.

There are eight sinuses, or air-filled cavities, in the skull. These sinuses lie behind the eyes, the nose, and fore head. Each sinus is connected by a nasal passage in order to drain mucus and aid air exchange.

Sinusitis is most often the revenge of a lingering cold or allergy, which can impede proper nasal drainage. This congestion becomes a breeding ground for infection which then causes the lining in the sinuses to become inflamed and swollen. Other problems that can create congestion leading to sinusitis are polyps, a deviated septum, large or inflamed adenoids, an abscessed or inflamed tooth, or a change in air pressure from flying or swimming.

Sinusitis can create its own revenge too. Unless it is successfully treated, it can sometimes lead to ear infections, bronchitis, or pneumonia.

The conventional medical treatment for chronic sinusitis primarily is antibiotics and surgery, the big guns of the medical arsenal. Expectorants, decongestants, analgesics, antitussives, irrigation, and cortisone nasal sprays can also be used. The fact that about one in seven Americans suffer from chronic sinusitis suggests that these conventional treatments are not very effective. They are at best palliative, except in a small number of cases of obstructive chronic sinusitis which modern surgery can now correct. These are the relatively rare obstructive cases are usually caused by a deviated septum, a polyp, or a cyst.

Is there an alternative to this "skullduggery?" Absolutely. The Homeopathic Alternative Homeopathy is a natural medical system that utilizes extremely small doses of substances from the plant, mineral, or animal kingdom to augment a person's natural defenses. Rather than inhibiting or suppressing symptoms, homeopathic medicines are prescribed for their unique ability to cause, when given in overdose, the similar symptoms that the sick person is experiencing.

Homeopaths, like modern-day physiologists, recognize that symptoms represent defenses of the body to infection or stress. Therefore, instead of suppressing symptoms with conventional medications, homeopathic remedies are individually prescribed based on their capacity to mimic the symptoms the sick person is experiencing. Ultimately, these natural medicines strengthen the person's own defenses enabling them to regain health more rapidly.

Homeopathic medicines are considerably safer than conventional drugs. Although there has not yet been any formal con trolled studies testing the use of homeopathic medicines to treat sinusitis, there is 200 years of successful and safe clinical experience in treating people suffering from this condition. A recent review of 89 double-blind, randomized clinical studies testing homeopathic medicines was published in The Lancet (September 20, 1997), and it showed that homeopathic medicines were 2.45 times more effective than placebo.

Homeopathic medicines are often effective in treating the acute symptoms of sinusitis, although professional "constitution al care" is usually necessary to cure chronic sinusitis.

Constitutional care refers to individualized treatment of a person's entire health, physical and psychological, past and present. This professional homeopathic treatment can lead to a significant reduction in the frequency and intensity of acute sinusitis attacks and can often even lead to a total elimination of their occurrence.

If one does not have access to professional homeopathic care or one simply seeks to empower themselves with self-treatment, the following remedies are quite effective in treating acute sinusitis. Please note that although several of these remedies are known poisons, they are sold only in such high dilutions that they are known to be non-toxic.

Arsenicum (arsenic)
People who need this remedy feel throbbing and burning pains in the sinuses. Their pains are aggravated by light, noise, movement, after midnight, and may be triggered by anxiety, exertion, and excitability. They may feel relief by lying quietly in a dark room with the head raised on pillows and exposed to cool air. Their teeth may feel long and painful. They may feel nausea and experience vomiting concurrent with their sinusitis. They tend to have a great thirst, but they tend to drink frequent sips, rather than gulps.

Belladonna (deadly nightshade)
This remedy is effective for people whose head feels full, as if it could burst. The pain usually resides in the forehead or around the eyes. There is throbbing pain that is worse by jarring, touch, bending forward, lying flat, or motion of the eyes and is relieved by gradually applied pressure, sitting up, or bending the head backwards. Another characteristic symptoms of people who need this remedy is when the sinus pain appear strongly and rapidly but then disappears temporarily, only to repeat the process of coming and going pain. The eyes are also sensitive to light and the face is flushed. They are apt to feel dizzy which becomes worse when stooping.

Hepar sulphur (Hahnemann's calcium sulphide)
Rarely indicated at the beginning of a sinusitis condition, people who need Hepar sulphur begin sneezing and then develop sinusitis from the least exposure to cold air. Their nasal discharge is thick and yellow. The nostrils become very sore from the acrid discharge, and their nasal passages become sensitive to cold air. Concurrently, they may have a headache with a sense of a nail or a plug that is thrust into the head along with a boring or bursting pain. Their headache above the nose is worse from shaking the head, motion, riding in a car, stooping, moving the eyes, or simply from the weight of a hat, but is relieved by the firm pressure of a tight bandage. The scalp is so sensitive that simply combing the hair may be painful.

Kali bichromicum (potassium bichromate)
The distinguishing feature of people with sinusitis who need this medicine is that they have a thick, stringy nasal discharge. They have extreme pain at the root of the nose that is better by applying pressure there. The bones and scalp feel sore. Dizziness and nausea when rising from sitting and the severe pain may lead to dimmed vision. The pains are worse by cold, light, noise, walking, stooping, and in the morning (especially on waking or at 9 am) or at night. They prefer to lie down in a darkened room and feel better by warmth, warm drinks, or overeating.

Mercurius (mercury)
People who will benefit from this remedy feel as though their head was in a vise. The pains are worse in open air, from sleeping, and after eating and drinking. The pains are also aggravated by extremes of hot and cold temperature. The scalp and the nose become very sensitive to the touch. Their teeth feel long and painful, and they may salivate excessively. The nasal discharge is usually green and too thick to run. It is offensive smelling and acrid.

Pulsatilla (windflower)
When the head pain is worse when lying down and in a warm room and is better in cool air, this medicine should be considered. The sinusitis may begin after being over heated. Stooping, sitting, rising from lying down, and eating can aggravate the head pain, which is often in the front part of the head and accompanied with digestive problems. They get some relief from slow walking in the open air or by wrapping the head tightly in a bandage. This condition is commonly experienced when the child is in school or the adult is at work. The nasal discharge is often thick and yellow or green.

Spigella (pinkroot)
People who develop sinusitis with a sharp pain that is worse on the left side may need this medicine. They tend to get sinusitis after exposure to cold or cold, wet weather. They feel pain from warmth or when they stoop or bend the head forward, and they feel some relief by cold applications or from washing with cold water.

DOSAGE: Take a dose of the 6th or 30th potency every two hours during intense symptoms and every four hours during mild symptoms. Some type of relief is commonly observed after one dose. Consider changing homeopathic remedies if observable benefit is not attained within 24 hours.

Homeopathic Combination Remedies
In addition to the remedies listed in this article, sinusitis sufferers can also obtain benefit from using one of the numerous homeopathic formula products which are available in most health food stores and an increasing number of pharmacies. Homeopathic formula products are mixtures of many of the above described remedies. These products may be useful when you don't know which individual remedy you need or if that individual remedy isn't immediately available.

Although sinusitis sufferers may feel like hiring a plumber to unplug their nose and drain their head, homeopathic medicines provide a basically safe and often effective alternative.

Homeopathy IS for the Birds...and the Chickens Too!

(Excepted from Homeopathic Medicine for Children and Infants, Tarcher/Putnam)

Hens get colds, coughs, and digestive problems, just like humans. What's an enlightened chicken to do? Would you believe go to a homeopath?

A prominent German newspaper recently reported on the impressively effective use of homeopathic medicines in treating chickens. Approximately 800,000 laying hens in 140 poultry farms are presently under homeopathic care.

In 1981 the Poultry Health Service of Heidelburg installed homeopathic veterinary care, and not a single antibiotic has been prescribed since 1983. Because German law prohibits the sales of eggs in chickens for three to thirty days after antibiotic use, the average chicken farmer who uses homeopathic medicines is saving significant amounts of money. The German newspaper noted that a farm with 10,000 laying hens could lose 25,000 marks ($15,000) per infection.

Besides saving money, Dr. Konrad Gessler, a leading homeopathic veterinarian, stated that homeopathic medicines are notably safer than conventional drugs. Gessler affirmed that they do not have any side effects and do not leave a residue in the eggs.

Gessler informed the German newspaper that he was skeptical at first but that the results spoke for themselves. He also asserted that he had to change his way of thinking about illness. No longer could he simply diagnose the chicken in a conventional way. He had to observe more closely the subtle but important symptoms that a chicken was experiencing. Such careful observation is the hallmark of homeopathic treatment of humans as well.

Although homeopathic veterinary care takes a little more effort, Gessler feels that the results he gets makes it worth the extra attention.

Besides treating chickens, homeopaths and farmers commonly treat a wide variety of animals. There are entire books written on how to treat cats, dogs, horses, cattle, and birds.

Source: "Huehner mit Homoeopathie behandelt," Stuttgarter Zeitung, April 18, 1992

Translation of the article "Huehner mit Homoeopathie behandelt" from April 18, 1992

Chickens Treated With Homeopathy

Antibiotics are taboo in the region of the Heidelburg State Veterinary Examining Room

Breakfast or Easter eggs should be first-class quality, and come from the happiest, healthiest hens possible. This is what consumers want. To be sure, though, a hen will sometimes get sick, and when one gets sick, viruses and bacteria seize the whole flock. Many poultry men turn to the customary antibiotics. Not so, in the region of the Heidelburg State veterinary examiner.

Here, hens with head colds , bronchitis, breathing problems and diarrhea are treated with homeopathic remedies. More than 10 years of exemplary successes have resulted. In 1981 the Poultry Health Service of Heidelburg installed homeopathic veterinary medicine.....For certain medicines that were prescribed in the Poultry Service, for example, antibiotics, there was

a prescribed waiting period prescribed, that could last from 3 to 30 days. That meant that eggs laid could not be sold because of possible problems. For a business with 10,000 laying hens this could mean a loss of 25,000 marks, and thereby cost the year's earnings, reckons leading veterinary director Dr. Konrad Gessler, who brought homeopathy into the chicken barns. Naturally this is also a safety precaution for consumers, because homeopathic remedies guarantee no side effects or residues in the eggs, Gessler affirms. Skeptical at first, but then face to face with the astonishing success that keeps growing and growing, the 140 poultry establishments with a total of 800,000 laying hens in the vicinity of Karlsruhe have been transformed by homeopathic therapy. The result: since 1983 they have used no antibiotics whatsoever.

Naturally the start of homeopathy requires animal doctors to change their thinking. No more does the search for possible aggravating causes of the illness clinch the matter. Rather the total picture of the illness. The organism should be so mobilized, that it by itself, with the help of the remedies, will be readied. Poultry head colds, for example, are treated with the active ingredients in the juice of the kitchen onion.

Homeopathic remedies are made from plant, animal and mineral substances, through a so-called "potentization" of the basic substance, which then in highly diluted form is administered as a solution or tablets. Gessler allows the substances to be mixed in pharmacies according to his recipes. It has been shown that in this way the recuperation time after an infection in the chickens is substantially shorter and the joy of laying in the hens comes back more quickly. Why not make these "alternative" ways of managing the rule? As Gessler points out, it presupposes an intimate relationship between poultry handler and vet, and furthermore a larger engagement in the care of animals by the doctor. This takes more time but less money, because homeopathic medicines are as a rule cheaper than chemical allopathic medicines.

Natural Health Strategies for Depression

(Excepted from The One Minute or So Healer, North Atlantic Books)

"Depression is melancholy minus its charm."
Susan Sontag

Depression lowers your spirits and drowns your eyes in sorrow, though tears aren't the only reason why when you're depressed you sometimes can't see straight. It also caves in your chest, slumps you shoulders, and inhibits full breathing, usually forcing you to try to catch your breath by frequent sighing.

But depression is certainly more than physical. Its real ravages are psychological. It creates blah-itis, an inflamed state of the blahs. You lose interest in the things you normally love and begin really hating the things you weren't too sure about in the first place. You tend to doubt yourself and others; in fact, you doubt just about everything--except your own doubts. In more serious cases, you may wonder if life is meaningful or even worthwhile, and in the most extreme cases, you stop reading self-help books that try to make them laugh. Hopefully, you haven't yet reached this terminal phase.

A major trauma can certainly be the cause that breaks you down, or you may get pushed over the edge by the accumulation of small stresses. You may feel depressed during what are usually thought of as "good times," such as during the holidays. Some women experience the "baby blues" shortly after giving birth. Every phase of life has its own potential for stress and depression. But depression can also be precipitated by viral or bacterial infection, organic disease, or hormonal disorders. It can be drug-induced, especially from barbituates, amphetamines, birth control pills, or alcohol. It can stem from exposure to certain environmental poisons. It seems that sometimes depression can even be contagious; one person's low-life condition can begin to bring you down with him.

With all these possible triggers floating around, it is no wonder that virtually everybody experiences some period of depression at least once in his life. There is no reason to feel guilty about an occasional bout of depression, unless, of course, you're trying hard to meet your annual guilt quota.

In every dark period in your life, there is also some light somewhere. Getting in touch with that light is important; in fact, it's just about the only way out. Of course, it's not always easy; it seems as though everyone has his own ideas about moving out of the depressed state of mind. Understanding the various theories about depression may be helpful in treating it, but as the psychiatrist Carl Jung once said, "Learn your theories as well as you can, but put them aside when you touch the miracle of a living soul."

Whether you fully understand the reasons for your depression or not, here are some sensible strategies for reconnecting with and spreading your light.

Strategy #1: Exercise those demons out of you! Exercise is not only helpful for building a fit body, but it also helps to create a sound mind. Getting your body moving seems to help keep your mind out of the depths of depression. Exercise that involve the long muscles, such as jogging, swimming, bicycling, and playing basketball, football, or tennis, are the most beneficial.

Strategy #2: Supplement your mood. A B-complex vitamin and the amino acid tryptophan are a good combination to take; they help increase the brain's release of serotonin, which is a natural anti-depressant. Foods that are high in tryptophan include bananas, soybeans, nuts, turkey, and tuna.

Strategy #3: Don't overdo protein. Too much protein can inhibit the brain's intake of tryptophan and increase feelings of depression. Don't eat more than one protein-rich meal per day.

Strategy #4: Don't forget to breathe. It is common for you to breathe shallowly when you're depressed, which tends to create a physical depression. You can help to get yourself out of this depressed state by taking full, deep breaths more often. Alternate nostril breathing creates a rhythmic profusion of air which further enhances oxygenation of the body. To do this type of breathing, sit comfortably with your back straight, exhale fully, close the right nostril with one finger and inhale slowly through your left nostril. After you have inhaled fully through your left nostril, close it and exhale through your right nostril. Keep your left nostril closed and inhale through your right nostril and so on. Repeat this process for a couple of minutes.

Strategy #5: Befriend a friend. When you're depressed you tend to keep to yourself and wallow in your depression. Don't suffer alone, extend yourself; talk to someone--go visit a friend.

Strategy #6: Help someone else. Being with, talking to, and helping others less fortunate than you will not only take your mind off your depression, it will help make you feel better about yourself.

Strategy #7: Befriend a pet. Having a pet cat, dog, unicorn or whatever is wonderfully therapeutic. You have someone to talk to, someone who will listen to your every word, someone to provide you with unconditional love...and a pet is cheaper than a therapist.

Strategy #8: Give yourself credit for something, anything. When you're depressed you tend to blame yourself for everything; you rarely acknowledge anything good about yourself or your life. Don't. Look for what is going right. Be proud that you've acknowledged your depression rather than ignored or denied it. Be pleased that you are trying to do something about it rather than wallow in it. Appreciate your home, family, friends, work, or any simple kindness you did for someone recently. By shining a little light onto the positive side, perhaps you will find that invincible summer in your midst of winter.

Strategy #9: Swear off sin. Alcohol, cigarettes, drugs (recreational and therapeutic), sugar, and junk food can all depress you, physically and psychologically. Perhaps your depression is telling you that what you are doing to your body is bringing you down.

Strategy #10: Join the coffee generation. Coffee, like sugar, can lead to various problems, but small amounts can also be beneficial for some people, especially during depression. Caffeine molecules have been shown to displace certain neurotransmitters and help to keep the "good-mood" chemicals in circulation. Coffee is fast-acting and the effects can last three to six hours. Despite these benefits, though, be aware that coffee is like a drug; it has side effects. Because of this, safer methods should be considered before resorting to this strategy. Don't drink more than one cup per day during depressed times.

Strategy #11: Let there be light. Light has been found to affect brain chemicals in a way that reduces depressive states. Try lifting the shades in your home, opening windows, turning on brighter lights, and wearing lighter and brighter clothing.

Strategy #12: Get out of here. Consider "travel therapy." Changing your routine, going on a vacation, and adding a little adventure to your life is often therapeutic.

Strategy #13: Write on! Keeping a journal of your thoughts, feelings, and experiences provides a wonderful catharsis. Writing can also help you come to a better understanding of your depression, which may help lift its veil so that you can better understand and appreciate yourself and your experience.

Strategy #14: Draw it out of you. Draw or paint what you are feeling. Not only will it feel good to do this, you may even get a valuable work of art out of it.

Strategy #15: Let it rain! If the tears are there, cry! Don't bottle up your feelings. Tears contain chemicals that need to be released.

Strategy #16: Flowers can help. Yes, flowers often make a person feel appreciated, but in addition to giving or getting flowers, flowers can also be used therapeutically. The Bach Flower Remedies are 38 flowers that British physician Edward Bach discovered to be beneficial for various emotional states. Dr. Bach found Sweet Chestnut, Mustard, and Crab Apple to be most useful for treating depression. These flower products are often available at health food stores.

Strategy #17: Pamper yourself. Give yourself time to appreciate yourself and life. Take a hot bath. Relax in a comfortable place. Listen to beautiful music. Get a massage. Take a walk in nature or any place that feels good to you. Read a good, uplifting book. . Re-read this chapter!

CERTIFIED HOMEOPATHY ONLINE COURSE - SESSION 9 – 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 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.**

NOTE: We set the next several sessions up in a way that you can print these pages for your friends, family, and clients. You can put them in a binder and make copies of them if you would like to hand them out to people whom you know are suffering from the issues we have included in the articles.

1. What is STAPHYSAGRIA used for?
2. All earaches are due to infections. T/F
3. What are The 4 types of headaches?
4. What is rolfing? You will need to do some research on this.
5. Sanguinaria headaches typically begin in the _____
6. Describe the digestive process from the time you smell food to the time you eliminate.
7. Which remedy is good for children with digestive problems before, during, or after a temper tantrum?
8. Constitutional homeopathic remedies can strengthen a person's digestive system, cure food allergies, and improve the elimination of foods and toxins. T/F
9. For indigestion, it is generally recommended to use the _____, _____, or _____ potencies. Use the _____ potency when you are confident with the selection of the remedy; use the _____ potency when you are less certain
10. What are three types of involuntary urination?
11. What does the word “symptom” mean?
12. What are measles?
13. What are mumps?
14. Name and describe the 4 areas of the sinus cavity.
15. What is the most accurate test for Streptococcus bacteria and how is it administered?
16. Are there any tests to detect non-strep bacterial sore throats?
17. What is Rheumatic fever?
18. What is Mononucleosis?
19. What is the Epiglottitis and what is its purpose?
20. The "x" after the potency number (as in 6x) refers to what?
21. What remedy has probably introduced more parents to homeopathy than any other homeopathic medicine?
22. What is the homeopathic view of food allergies?
23. What does “arthritis” mean and how many types are there? Do research on the web for the numbers of types and list them.
24. What is an arthritis "cooperator”?
25. What is the underlying premise of homeopathic medicine?