



## ***Newsletter Spring 2010***

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*Spring is just around the corner! This year we have been blessed with a very mild and gentle winter here in the Okanagan.*

*The big threat from the H1N1 is now forgotten and people have moved on with their daily routine. One of the highlights this past winter was the Olympic torch arriving and staying overnight in Osoyoos and of course the recent Olympic winter games.*

*Watching many events during the games and all the falls and injuries led me to give you some more information on injuries and Homeopathic Remedies to treat them.*

### ***Injuries and Broken Bones***



### ***Arnica Montana***



***The # 1 remedy for the initial treatment of injuries and traumas!***

*Arnica Montana* is a homeopathic remedy that is useful for treating **bruising and swelling** associated with **soft tissue injury**. Inflammation is **the result of injury (surgery)** that causes an excessive amount of blood to stretch the walls of the capillaries. Fluid and white blood cells escape from the capillaries into the spaces between cells in the surrounding area. The swelling that results causes stretching of the tissues and presses on the nerve endings causing pain and adding to the stiffness that may follow. It is believed that *Arnica Montana* increases the flow of blood through the affected capillaries causing escaped fluids to be absorbed. The absorption of the fluids makes **black and blue marks** go away faster and reduces the swelling, relieving the pressure on nerve endings. This in turn, **relieves the pain and stiffness**. *Arnica* also stimulates white blood cells, which then help disperse material trapped in bruised tissue, muscles and joints. *Arnica* can also be very helpful for **overstrained and overused muscles** in excessive training for sports events etc. *Arnica* is **safe to use for athletes, pilots** etc. as it doesn't show up in the blood or urine and does not have any negative effects on concentration, etc. **Take it before and after any surgery, birth, dental work, races, etc.** *Arnica* is also available as **cream or gel!**

### *Symphytum* (Comfrey – Knitbone)



Comfrey's ancient English name is Knitbone and it is said that country bone setters used it to **help repair broken bones**. Taken orally as a homeopathic preparation it has a strong reputation for **helping to heal fractures**, especially those that are slow and difficult to unit, (**hips, pelvis, etc.**) Less known is that *Symphytum* can also help **torn muscles, tendons and ligaments** that are slow in healing – it simply promotes fusion. It can also be very helpful for **torn Achilles tendons, meniscus damage and collateral ligament tears in the knee**. Also for **fractures/degeneration of the spine, and for trauma or blows to the eyeballs and eye socket**.

## *Dogs and Spider Bites*



*Emma*

### *The Stories of Emma and Patch:*

#### *Emma 6 ½ years old Silky Terrier*

*Early In January Emma's Mom contacted me in regards to an infection that her little girl was suffering from. It looked like an infected wound, the skin was turning brown and was basically rotting. Initially it was suspected she may have staph infection from prior hip surgery, anti biotics were administered for 5 days. Despite the anti biotics Emma kept getting weaker and the wound that looked like flesh-eating disease didn't improve at all. The vet diagnosed the situation as a suspected "**Brown Recluse**" spider bite. After receiving that information Emma's Mom contacted me for the first time and it was clear to me that Emma needed the Homeopathic remedy made from the venom of the "**Brown Recluse**" Spider. I advised the owner to put the remedy into Emma's water and I was very relieved as the owner reported to me the next day:*

*"Wow, after 1 dose of the remedy I can't believe the difference in Emma this morning. She was half herself and her eyes are brighter. We even got a*

**couple of tail wags today. She slept a lot of the day but not zonked out like the past week.  
I think she's going to live.”**

**Emma recovered completely over the next couple of days.**

*As indicated by its name, this species is not aggressive. Actual brown recluse bites are rare. The spider usually bites only when pressed against the skin. Many human victims of brown recluse bites report having been bitten after putting on clothes that had not recently been worn or disturbed. [http://en.wikipedia.org/wiki/Brown\\_recluse\\_spider](http://en.wikipedia.org/wiki/Brown_recluse_spider) - cite note-AnnEmergMed2002-Vetter-5 In fact, many wounds that are necrotic and diagnosed as brown recluse bites can actually be methicillin-resistant Staphylococcus aureus (MRSA) or simple staphylococcus infections. There are two types of loxoscelism: cutaneous (skin) and systemic (viscerocutaneous).*

*Most bites are minor with no necrosis. However, a small number of bites produce severe dermonecrotic lesions, and, sometimes, severe systemic symptoms. These symptoms can include organ damage, and occasionally even death; most fatalities are in children under 7 or those with a weaker than normal immune system. A minority of brown recluse spider bites form a necrotizing ulcer that destroys soft tissue and may take months to heal, leaving deep scars. The damaged tissue will become gangrenous and eventually slough away. The initial bite frequently cannot be felt and there may be no pain, but over time the wound may grow to as large as 25 cm (10 inches) in extreme cases. Bites usually become painful and itchy within 2 to 8 hours; pain and other local effects worsen 12 to 36 hours after the bite with the necrosis developing over the next few days.*

*Serious systemic effects may occur before this time, as the venom spreads throughout the body in minutes. Mild symptoms include nausea, vomiting, fever, rashes, and muscle and joint pain. Debilitated patients, the elderly, and children may be more susceptible to systemic loxoscelism. Deaths have been reported for both the brown recluse and the related South American species *L. laeta*<sup>[10]</sup> and *L. intermedia*.*

## *Patch 8 years old, Collie, Shepard, Husky cross*

*Patch's Mom called me on a Saturday morning, after they had come home Friday night they realized that something wasn't quite right with Patch. In the morning his snout was severely swollen he was very agitated and restless. He was hot he wanted to be outside; he had vomited and was very thirsty. They suspected that he was **bit by a black widow**. Accordingly to his symptoms and behaviour I prescribed the homeopathic remedy **Metallum Album** which is originally **derived from Arsenic** and is a very **helpful remedy for symptoms of poisoning** in general. In this case it was poisoning from a spider bite but it can also be very helpful for situations **of food poisoning, so a good remedy to have in a First Aid Travel Kit**. They came to pick up the remedy within an hour and **by late afternoon Patch was feeling much better, the swelling had diminished about 75%** and he calmed right down. He was fine the next day, back to being his normal self.*

### **HOMEOPATHIC REMEDIES AND BREAST CANCER CELLS**

*A new study carried out at MD Anderson Cancer Center in Houston, TX and just published in the International Journal of Oncology (Frenkel M et al. (2010): Cytotoxic effects of ultra-diluted remedies on breast cancer cells. International Journal of Oncology, 36: 395-403) reveals that homeopathic remedies have a beneficial effect on breast adenocarcinoma cancer cells. The team of researchers mentions that the homeopathic remedies appeared to have similar activity to the activity of paclitaxel (Taxol), the most commonly used chemotherapeutic drug for breast cancer, without the toxic effect on normal cells. This study raises an exciting possibility of a window of therapeutic opportunity for preferentially eliminating breast cancer cells with minimal damage to the surrounding normal mammary tissue by using homeopathic remedies.*

*Link to the article:*

[www.ncbi.nlm.nih.gov/pubmed/20043074?itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum&ordinalpos=1](http://www.ncbi.nlm.nih.gov/pubmed/20043074?itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum&ordinalpos=1)

*(Also on the NCH website:*

<http://www.nationalcenterforhomeopathy.org/content/cytotoxic-effects-of-ultra-diluted-remedies-on-breast-cancer-cells> )

## Skype

*More of my long distance patients find skype the best way to communicate with me. Please consider skype when talking to me next time, my skype address is: kathomeopath  
It is free and we can see each other while we are talking!*

## Upcoming trip to California



*I am excited about my upcoming trip to California in April. I will be attending another exciting Homeopathic seminar for 3 days and then take a 5 day holiday with my husband after.*

*I will be away between April 7<sup>th</sup> and 17<sup>th</sup> 2010.*

## **Time For A Cleanse This Spring?**

*Fasting is the oldest method of cleansing the body. It is a good way to rest the digestive system and to help burn off surface toxins. A fast can be done with either pure water or fresh juices. Fasts up to 3 days are safe for most people, without experiencing any complications.*

***“I wish you all a great spring and summer, may you and your families stay healthy and in good spirits!”***