



Newsletter Summer 2010

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Finally after a wet and cool spring, the sun shows its beauty more frequently and the cherries are starting to look pretty red here, at my home base in Osoyoos.

*Looking back at a really busy spring, which included an exciting seminar in LA in April and a holiday after, I am now excited to enter the summer season. The seminar in LA was another great educational step in my career. Over the last couple of years I have really **deepened my knowledge in the treatment of chronic diseases** that sometimes are passed on over generations. In LA we saw many different cases and remedies that are particularly helpful in those situations and can **help to reduce inherited susceptibilities** to certain diseases and help people to **overcome the pre-dispositions of specific chronic illnesses**. Homeopathic medicine is very unique that way in addressing the underlying causes rather than the result of the disease, which manifests in symptoms and often results in treatment for life.*



Summer Season is Allergy Season

While mostly triggered during the spring and fall months, allergies can be ever present during all warm weather months. Allergies can be imprisoning for many sufferers, making it difficult to take a nature walk, or even go outside. Many allergy sufferers can't enjoy their favourite foods and others can't own pets or visit friends who do. For some, even exercising is difficult as their nose runs faster than they do! A runny or stuffy nose leads to mouth breathing, which in turn leads to a dry mouth, then difficult breathing, possible insomnia and finally exhaustion. It can be a vicious cycle.

The greatest misunderstanding about allergies is the assumption that the allergen (pollen, ragweed, animal dander, wheat, etc.) is the problem. Actually, the allergen is simply the trigger or catalyst, while the person's body and its inability to resist the allergen is the cause. Rather than just treating symptoms or avoiding the allergen, the best method is to strengthen your immune system, or constitution. This is where homeopathy can help. Homeopathy heals by strengthening your constitution, which in turn helps your body heal itself. **The stronger your constitution, the less you will be affected** by otherwise harmless substances known as allergens. Modern, medical treatment for allergies includes antihistamines, steroids, and desensitization shots. People with allergies know that these treatments don't always work; at best, they provide temporary relief of symptoms and at worst, they create side effects that can be a greater problem than the allergies themselves. Ultimately, suppression of allergy symptoms can create more complex health disorders.

In contrast to the orthodox system of treating with the opposite substance, homeopathy treats with similars; the patient is given a substance that mimics the disease. In more simple terms, if a person is suffering with hay fever, the correct homeopathic remedy can create (artificial and temporary) hay fever symptoms in a healthy person. However, when given to the sufferer, over time the hay fever disappears, thus curing by similars.

All allergies are a reflection of an impaired immune system. There are several issues that can cause this, which is a topic deserving of an entire book in itself. To properly heal an allergy, you need to treat the cause as well as the symptom.

The homeopathic method of strengthening the immune system begins with a complete and intense analysis of your allergy symptoms, entire medical history and your personality. After understanding what's going on in your body and mind, your homeopath will select the one homeopathic remedy that is unique to you and your expression of the allergy symptoms. Over time the remedy will help your body heal itself and overcome the allergy symptoms. The miraculous thing is that when you take a carefully prescribed remedy for allergies, it kick-starts the healing process which can eliminate many of your other health concerns.

Travel Season



*All journeys, even travels for pleasure, have their challenges: changes in environment, diet, and schedules can act as stressors that trigger susceptibility to illness. It's important not to start a trip tired and stressed! For everyday ailments encountered while traveling, camping, or enjoying outdoors at home, **Homeopathic Remedies** are great to have on hand! **Homeopathic First Aid Kits** are available in different sizes and price ranges, along with some essential creams or gels that can be “holiday saving”! The kits come with a “How to” instruction booklet!*

Remedies can be helpful for ailments such as: upset stomach, diarrhea or constipation, sunburns/strokes, injuries and bruising, insect/spider bites or stings, minor burns, colds, fever blisters and cold sores, motions sickness, nosebleeds, tootaches, headaches, and many more....

*I also suggest to always have a tube of **Calendula cream** on hand for any injury to the skin, burns, wounds, etc. as well as a tube of **Apis gel for insect bites or stings!***

In my experience, scanning devices at airports have not render homeopathic remedies any less effective.

Also consider growing an Aloe Vera plant on your windowsil, it's appled directly from the leaf is very soothing to burned skin!



Some of the most important acute remedies are:

Belladonna: sunstroke, sunburns with throbbing pains

Rhus Tox: can ease discomfort from poison ivy

Apis: for swelling after stings or bites, that are very hot and swollen, also the remedy to first give if somebody has a **sever allergic reaction to anything**

Ledum: after tick bites or other deep punctured bites or wounds, can be preventative of tetanus or Lyme's if taken right away

Cantharis: for burning complaints such as blisters from the sun or acute cystitis

Arnica: dull injuries with bruising and shock, jet lag

Ruta: injuries to ligaments and tendons

Ars. Alb.: food poisoning with severe diarrhea and vomiting

Nux Vomica: nausea and vomiting after indulgence of food or alcohol

If you are traveling to countries where there is different risks with tropical diseases, ect., please make an appointment and a more specific remedy kit can be put together!

Exciting Information on the internet

Films that follow succesful Homeopathic treatment of autistic children

The following to links will bring you to some very interesting work being filmed on the progress of autistic children treated with Homeopathy:

“Saving a lost generation” <http://mcarolboyce.com/>

“From Within, Without”

<http://www.blinddogfilms.com/homeopathy/>

More News on Research

Homeoprophylaxis: Cuban Experiences on Leptospirosis

remarkable successful use of homeopathic prophylaxis was reported from a Cuban conference. Of course, the exact numbers and results are still to be published. Cuba has its own vaccine production and instead of using a conventional medical vaccine homeopathic remedies were distributed to prevent the usual Leptospirosis outbreak after tropical flooding. The results were phenomenally excellent!

The CDC describes Leptospirosis as:

*“Leptospirosis is a bacterial disease that affects humans and animals. It is caused by bacteria of the genus **Leptospira**. In humans it causes a wide range of symptoms, and some infected persons may have no symptoms at all. Symptoms of leptospirosis include high fever, severe headache, chills, muscle aches, and vomiting, and may include jaundice (yellow skin and eyes), red eyes, abdominal pain, diarrhea, or a rash. If the disease is not treated, the patient could develop kidney damage, meningitis (inflammation of the membrane around the brain and spinal cord), liver failure, and respiratory distress.*

A historical and inspiring event took place 10-12 December 2008 in Havana Cuba. There, the Carlos J Finlay Institute under the guidance of its director-general, Dra. Conception Campa Huergo and Dr. Gustavo Bravo and others hosted NOSODES 2008, an International Meeting on Homeoprophylaxis, Homeopathic Immunization and Nosodes against Epidemics.

Homeopaths from Cuba, S America, Canada, Australia, UK, and Kenya (yours truly) made presentations on the wide varieties of successful disease prevention using homeopathy and more specifically, nosodes.

To read the full report please go to:

<http://homeopathyresource.wordpress.com/2009/01/17/summary-of-cuban-experiences-on-leptospirosis-prevention-from-the-authors/>



Summer Salads Dressing recipes

Balsamic Dressing:

3 Tbsp. balsamic vinegar

2 Tbsp. extra virgin Olive Oil

3 Tbsp. water

1 Tbsp. mustard

½ onion chopped

10 g Italian Herbs, salt, pepper, chives

mix and shake or mix with blender

Healthy Heart Dressing:

½ Tbsp. mustard

1-2 Cloves of garlic crushed

4 oz. vinegar (any kind you prefer)

4 oz. extra virgin Olive Oil

2 oz. water

½ small plain yogurt

2 oz. half and half cream

salt, pepper, herbs

Mix all ingredients, preferably in blender

I wish you all a fabulous and healthy summer!