

If the boil were left untreated, pus would form and a 'head' would develop. **Belladonna** no longer fits because the symptom picture has altered. The skin has This phase corresponds to the remedy **Hepar sulph** which promotes the expression of pus and rapid healing. Further delay in treating means that the boil becomes harder though less painful and **Silicea** will be the best remedy to resolve the boil and reabsorb any scar tissue.

Taking the remedy

As with all homeopathic treatment acute remedies should be taken with care. The remedy potency or strength will be either a 6c or a 30c.

The number of times that the remedy can be taken depends on the severity of the acute condition i.e. in an emergency if there is severe trauma to part of the body, then an **Arnica** can be taken frequently. One pill can be given to the patient every minute for 6 doses if necessary. If the patient is *also* suffering from shock, then **Arnica** can be given alternately with **Aconite** but only six doses of *each* remedy. The body reacts immediately to the remedy and so after 6 doses it is not necessary to continue with such frequency. Afterwards if the remedy is still needed it can be given 3-4 times a day for as long as is needed but if the condition has not resolved then seek help or advice. If anyone would like a first aid kit please let me know.



Aconite or monkshood

You are what you eat

A colleague wrote an article recently for our college newsletter where she lectures, in which she discussed the benefits of giving patients nutritional supplements. I felt that her article was worth including in because a lot of patients are interested in their diet and reading this article might give those that haven't yet thought about dietary health on any level other than the importance of one that is balanced, may find further insight as to why what they eat is so important, after all what ever we eat has an impact on our health. Here is her article:

The consensus among homeopaths is that most believe that the well-indicated homeopathic remedy will rectify any deviations in the nutritional status of the patient.

While I would like to believe that this is true I am concerned that it is not the case possibly because so many people have such a poor diet that they have a huge nutrition gap. I never used to ask patients what they ate when they told me they had a good diet because I didn't want to patronise them and I assumed they did know what constituted a good diet but recently I have started asking and discover with horror that some people do not even know what a protein is and what is carbohydrate. After all if you grow a seedling in polystyrene chips it will only survive until it runs out of its stored nutrients. Similarly if you feed a child on polystyrene chips it too will soon stop developing. No amount of a homeopathic remedy will magic up the necessary nutrients for growth and development. So now I have joined the band of zealous goodie two shoes who advocate careful eating. One of the nutritional supplements of which I knew nothing at all is **beta glucan** hailed as one of the most exciting discoveries in recent years. It is a polysaccharide molecule derived from the cell wall of baker's yeast, oat and barley fibre and many types of medicinal mushrooms such as Shiitake, Maitake and Reishi.

What is so exciting about the molecule is that it seems to activate the macrophages (*white blood cells*) which play an important role in mounting a non-specific immune response. In other words beta glucans can stimulate macrophage scavenging at a cellular level and thereby reduce disease incidence. (The polymannose in Aloe vera has a similar effect on macrophages but it is a much weaker effect than beta glucan.) 1-3,1-6 beta glucan derived from yeast cell walls is the most effective of the beta glucans and can be readily produced in bulk. It is also effective across the animal kingdom which means it could have a very exciting potential in the treatment of diseases such as avian flu both at the bird level and the human level!

This web site gives some further info: <http://www.beta-glucan.co.uk> When you come for your next appointment we can chat about this article and any questions you have.

Cystitis

In this section I thought it might be useful to look at a particular medical problem and give some advice. This issue I will cover cystitis which is a problem which mainly affects women because the female urethra which joins the bladder to the exterior is short and easily invaded by bacteria and other microbes present in the bowel, vagina and vulval area. In men, cystitis is usually secondary to prostate or bladder problems.

The term 'cystitis' is often used to describe three different conditions which have similar symptoms: a frequent urging to urinate, and scanty urine which smells strongly and stings or scalds as it is passed and may have blood in it; occasionally there may be a dull ache in the lower abdomen.

Proper cystitis is inflammation of the bladder due to an infection transferred from the bowel-usually E coli; it is common in early pregnancy and may recur. Urethral syndrome is a chronic condition which is due to irritation of the bladder and urethra and can be caused by hormone imbalance due to stress, antibiotics, certain contraceptives, diet amongst others. Urethritis is inflammation of the urethra occasionally due to infection and it lasts 2-3 days at the most.

Chronic cystitis may be due to a condition called interstitial cystitis. Burning abdominal pain, constant pressure and discomfort in the bladder are common symptoms together with chronic frequency day and night with temporary relief from passing urine. There may be associated urethral, vaginal or vulval tenderness. Cystitis doesn't pose

a risk to health but it should be treated. If an attack lasts more than 48hrs you should see your GP and the standard treatment will be antibiotics and urine analysis if it recurs. The homeopathic approach to recurrent attacks is constitutional although there are about 13 remedies which are highly effective should the symptoms match up. Eg. For cystitis with frequent and painful urging with little urine passed *Nux vomica 6c*.

Self-help aspects are numerous and include reducing the acidity of the urine which causes the stinging and drink more to flush out the bladder quickly-drink 0.25litre cold water, barley water or water with bicarbonate of soda in it every 20mins. Don't overdo the bicarb-1 teaspoon/hr for up to 3hrs only and avoid this if you have a heart condition. A hot water bottle or ice pack have much to recommend them too.

Fluid intake should be 3litres/day and alcohol, tea and coffee are best avoided until the symptoms go. Alkaline urine is better and vegetable broth every day, or a teaspoon of bicarb in water twice daily or a glass of *Mist. Pot. Cit.*, from chemists will all work.

N.B. In the next issue I will cover the foods which can aggravate the problem and some more self help advice.

I hope that you have found this interesting and please feel free to suggest any improvements. I've never written anything like this before and I certainly don't want to produce something that is no good or boring.

Please note I will be on holiday from 23rd July for a fortnight. Locum cover will be available and I will email you with details

To all my patients best wishes for a happy and healthy summer.

Peta Steadman Kiff, The Acers Homeopathic Practice
Main Rd., Gwaelod-y-Garth, Cardiff CF15 9HJ
email petasteadmankiff@btinternet.com

07745 046826;



The Acers Homeopathic Practice Newsletter

Welcome to the first issue of the Acers Practice Newsletter!

I had been giving some serious thought to how best to help up date my patients about such things as health and treatment issues, practice times, holiday dates and anything else that seemed interesting and one of my colleagues happened to mention that she had started a newsletter for the benefit her patients and it had been well received by them so I thought that I'd do one too.

I hope it will be informative and interesting and that by sending it as an email you will feel it is an easy way to keep in touch and if you don't want to be bothered reading it you can just press delete.

I will endeavour to write a newsletter that coincides with the beginning of each season so watch for the next issue at the beginning of September.



Pulsatilla or wind flower

Summer is associated with exams, holidays and in my case wondering how the weight that somehow I put on at Christmas can still be evident around my waistline in June! Don't get me wrong, body image is not something I get worried about, I just think that at my age I do need to think more about the effects of what I eat on my long-term health. On the topic of diets you may be interested in the article a fellow homeopath wrote about the nutritional benefits of mushrooms on see the article You are what you eat



Belladonna or deadly nightshade

Acute prescribing

I thought I'd make the most of the fact that these are going to be regular newsletters and talk about acute prescribing. I know that some patients have some remedies which they use, however they seem to be in the minority and I would like you all to think about buying a select number for your family first aid kit.

What do I mean by acute prescribing?

Acute prescribing highlights the way in which the body deals with a problem in the most economical manner, for example a developing boil. This may start quite suddenly accompanied by throbbing pain, heat and sensitivity to touch. This initial phase corresponds to the picture produced by **Belladonna** which, if given at this point, will cause the boil to quickly disappear become more sensitive, but not hot, is affected more by cold, is less angry and feels as if it is stretched tight.