

The Acers

Homeopathic Practice Newsletter Issue 2

Winter 2007-2008

Welcome to the third issue of The Acers Practice Newsletter

I've kept you hanging on for this I know but here at last is the advice about foods which can aggravate the problem of cystitis and some other self help advice.

Also in this Winter Issue is an interesting article about interrupted sleep patterns. One of the areas of interest which is normally explored by the homeopath is what type of sleep a patient experiences. Sleep as we know is vitally important and we would go mad if we didn't get sufficient sleep on a regular basis.

I used to participate in Road Rallying when I was in my 20's and 30's before we had children and when it was not important if I didn't get up until Sunday afternoon after spending all night on Saturday being driven quite rapidly along country lanes around Britain. Despite my endeavours to catch up on sleep when I eventually did get to bed in the early hours of Sunday morning, I usually felt like death warmed up and slightly disconnected or 'spaced out' on Monday, not coming to life much before the later part of the day. Regular disturbed nights is a big problem for some people and for those of you who do suffer from sleeplessness, you may find the article on Nightwatching quite interesting.

New Practice

Since the Summer Issue I have been busy setting up a practice in Chepstow. The Chepstow Natural Health Centre is a well established centre and a number of therapists practice there. These practitioners spend one or two sessions there and also practise elsewhere the rest of the week. I am enjoying being there on Thursday afternoons but I'm glad to be at The Acers the rest of the week.

Past topics

You may still have the first issues but to save you hunting I thought I'd remind you each month of topics that were previously covered to save you from too much searching.

Issue 1 Summer 2007:

Acute prescribing

You are what you eat-beta glucans
Cystitis

Issue 2 Autumn 2007:

Antibiotics prescribed needlessly
when homeopathy can help

Treatments for coughs, cold and flu
Symptoms of colds and appropriate
remedies that match the symptoms.

First Aid Kits are available to order :

18 remedy starter kit £25.50.

Includes a travel safe box with foam insert to hold the vials, an instruction leaflet with instructions about which remedy to choose and advice about dosage.

36 remedy kit £35.00

Includes a travel safe box with foam inserts which hold the vials, a comprehensive instruction leaflet with instructions about which remedy to choose and the dosage.

Also available at a discount:

Homeopathic Remedies, Creams, and Tinctures eg Arnica, Calendula, Rhus tox

Bach Flower Remedies

Bach Rescue Remedy £4.95

Fabulous naturally scented handmade soaps from Norfolk from all natural ingredients-they last ages! Treat yourself to one for Christmas £2.50

Hayfever

Just to remind those patients who are part way through Hayfever treatment: you will need to make an appointment for your next stage in February.

Nightwatching, a Renewed View of Lost Homeopathic Vocabulary .

Melanie Grimes sheds a light on sleeplessness.

In this article Grimes addresses the sometimes difficult task we, as homeopaths have of comparing vocabulary and language usage. We are accustomed to translating from the somewhat archaic language of Victorian times when we look in the texts of that era and endeavour to match up descriptive words in common parlance today. It is obvious that some words now have different meanings from that attributed to in them 200 years ago. It was then that much of the ground work was done in collating descriptions of the many symptoms associated with the provings of substances which later became used as therapeutic remedies. In one example for instance we have overlooked the original meaning of the description, "*Night watching*." Our contemporary interpretation of "*Night watching*" commonly refers to ailments from the sleeplessness which occurs from nursing others, and associated with the remedy *Cocculus*. In fact other remedies also mention "*night watching*" in ways that seem to conflict with this interpretation as seen in the case where there is 'anxiety about others' associated with night watching' which often appear in the same sentence. These two descriptions, one to do with staying up and taking care of a sick person and the other specifically related to sleeplessness because of anxiety, are not necessarily linked to each other.

According to Rubin Naiman, Clinical Assistant Professor Of Medicine; Program In Integrative Medicine, University Of Arizona and Clinical Coordinator, Sleep & Dream Psychology, the term 'night watching' had a different meaning in past times than that which we assign to it today. In pre-industrial times, night waking was exactly that: waking at night when people were known to eat a meal, to go outside, possibly even to socialise a little.

Roger Ekirch, from Virginia Polytechnic Institute, State University in Blacksburg, USA studied nocturnal habits in Europe and America between 1500 and 1830. An historian and Recipient of a Guggenheim Fellowship, his research sources were considerable and included newspapers, memoirs, letters, poems, plays novels, artwork, coroners' reports, as well as research in medicine, psychology and anthropology.

Ekirch discovered that most Western Europeans between 500 and 200 years ago slept in a two-phase sleep pattern. In the pre-industrial times when light was not artificially reproduced, sleep was segmented into first sleep and a second period of sleep. In between was a "*watching period*", commonly a 1-2 hour segment in the middle of the night. During this time it was common to wake for an hour or more. Some would get up and "*some stayed in bed to meditate, pray, or reflect on dreams from their "first sleep" of the night; and dreams often guided their lives.*"

Ekirch believes that continuous sleep may be caused by exposure to artificial light, and a "*segmented sleep*" may be a more natural condition. Studies conducted by Thomas Wehr at the National Institute of Mental Health came to a similar conclusion. He believes segmented sleep and night watching has value as "*an ancient path to our psyche.*" Night watching sleep may be "*a re-creation of the older sleep-wake-sleep pattern.*" Grimes believes that this is the true meaning of the term, night watching, as described in the homeopathic repertories.

Webster's Dictionary, 1913 edition states: Night watch.

(a) A period in the night, as distinguished by the change of watch.

(b) A watch, or guard, to afford protection in the night. Night watcher, one who watches in the night; especially, one who watches with evil designs.

Even this listing, early in the industrial age, shows a shift in emphasis for the term.

An article in US News and World Report states, "*References as far back as Virgil and Homer called it "first sleep" and "second sleep." In between was an hour or two of quiet wakefulness that our ancestors sometimes called "the watch."*" *It was a time to ponder dreams and plot wars.*"

Well dear insomniacs please take some small comfort from this article in that you are actually experiencing what our ancestors thought quite normal, although I'm definitely not recommending going out and waking the neighbours for a chat or taking up smoking but tucking in to something like a tub of Ben and Jerry's, now there's a thought. Quick put some on the shopping list!!

A pain in the gum!!

One of my patients mentioned recently some troublesome gum problems and having produced two leaflets for a dental practice I thought you might find the information useful so here is one about ulcers.

Mouth Ulcers

Painful mouth ulcers often break out during times of stress.

They are thought to be related to some deficiency in the diet or an allergic response to specific types of foods, or additives and other substances.

Homeopathic remedies can reduce inflammation, ease the pain of the mouth ulcers, and help the tissues to heal.

These suggestions are only a guide if you want to try the remedies yourself however you should seek further advice from your dentist or homeopath if you are at all concerned or if the condition fails to resolve in a reasonable time.

Homeopathic treatment normally works very quickly for many acute problems. However longstanding illnesses or those of a **chronic** nature will usually require higher potency remedies and therefore treatment and advice should be sought from a **Registered Homeopath**.

First Aid treatment for Mouth Ulcers

Arsenicum album:

A person who breaks out in burning, painful mouth sores, and also feels anxious and tired, is likely to benefit from this remedy. Hot drinks often ease the pain, and the person feels best when keeping warm. People who need this remedy often have unhealthy gums which bleed easily, and they tend to be extremely neat and tense.

Borax:

This remedy is frequently helpful when mouth ulcers feel hot and sensitive. Acidic foods—especially citrus fruits—may be irritating. Sores may break out on the inside of the cheeks, on the gums, and on the tongue. The person produces profuse saliva, yet still feels dry inside the mouth. People who need *Borax* are often very sensitive to noise and suffer from motion sickness.

Calcarea carbonica:

This remedy is often indicated when babies and small children have recurring mouth ulcers. A child who needs this remedy may also have head-sweats during sleep and can be slow to teethe or learn to walk. In adults who are chilly, stout, and who tire easily, *Calcarea carbonica* may help with any mouth ulcers.

Hepar sulphuris calcareum:

Person develops painful mouth sores that become infected—with pus formation, extreme sensitivity, and aggravation from cold drinks, this remedy may be indicated. Someone who needs *Hepar sulphuris calc* often feels extremely chilly, vulnerable, and oversensitive.

Mercurius solubilis:

Bleeding gums, a swollen coated tongue, and offensive breath are often problems which accompany mouth ulcers when this remedy is indicated. The painful, burning sores feel worse at night, salivation is profuse, with drooling onto the pillow during sleep. The person tends to sweat at night and is very sensitive to any temperature change.

Nux vomica:

A person who may need this remedy will break out in mouth ulcers after over-indulging in sweets, strong spicy foods, stimulants, or alcoholic drinks. The sores are often small, and the person may also have swollen gums, a coated tongue, and bloody saliva. General chilliness, irritability, and impatience are often seen when *Nux vomica* is needed.

Sulphur:

This remedy may be helpful for sores that are burning, red and inflamed, and aggravated by any type of heat. There may be a bitter taste in the mouth, and the gums may be swollen and throbbing. Some-one who needs this remedy often has reddish lips and mucous membranes, and a tendency to suffer itching and skin irritations.

Remedies

If you or a relative suffer from occasional mouth ulcers please contact me because a timely remedy will often reduce the misery by a day or two.

Match your symptom picture and ring for the remedy. I'll post it or deliver it if I can for an inclusive delivery and dispensing fee of £3.00.

N.B. Suffering more frequent mouth ulcers –This needs constitutional treatment so please book an appointment.

**For Information about the treatment for other oral problems :
Bruising Swelling
and
Abscesses etc
See the Spring issue.**

Foods which are known to aggravate Cystitis.

Asparagus, spinach, beetroot, raw carrots, potatoes tomatoes, citrus fruits, and strawberries. Red meat, milk, ice cream, condiments, chlorinated water, alcohol and junk food in general, are also aggravating.

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N.B. If you need to check the article about cystitis then look at the Summer 2007 issue of the Newsletter.

Remedies

The Co-Op Chemist in Radyr can order a small selection of remedies within 24 hrs if I am on holiday and it is not an emergency. I would recommend obtaining a First Aid Kit or a set of key remedies for emergencies. I'll be happy to recommend and advise you about this.

Your Newsletter

I hope that if you have read to this that you have found this issue informative. If you have any suggestions about content, layout etc please let me know as I would like to produce something that has value. Be the first to give me feedback!

Please feel free to send this to anyone else who may be interested in homeopathy and health issues and may I wish you a very Merry Christmas and a healthy and Happy New Year
Very best wishes to everyone
Peta



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