

Powers of Homeopathy Newsletter Copyright 2004,
Written and published by Donna Powers, DCH
<http://www.powersofhomeopathy.com>

Volume 2, Issue 1, January 25, 2005

Peace

For those of you who have noticed that the newsletter is almost 1 week late, please do not adjust your spam filters! The delay is entirely my doing. There is nothing wrong with your computer systems. It was a conscious choice on my part to not stay up until midnight just to meet a deadline. I considered my mental health and my patients' well-being to be higher on the priority list than stressing myself out and getting a headache!

For those who have not noticed the late delivery date, bless you! It's a good reminder to me that I am my own demanding taskmaster and that my well-being is up to me. I passed the test and, didn't get a headache! I'm happy, my patients were well taken care of and you are still getting your newsletter! We all win. Life is good.

Recently, I have had some readers write/phone to say "But how do you make money sending out free newsletters?" I don't. But that is not why I write the newsletters. When I first learned about homeopathy, I didn't know where to look for reliable information. Ten years ago, there was not nearly as much on the internet or in books as there is now and I love finding the resources and recommending them to readers. Plus, my desire is to let as many people know about homeopathy as want to read/listen! I want everyone to know that homeopathy is a wonderful, affordable health care option.

Today's issue is about headaches/migraines. I am including a wonderful link to Dana Ullman's site
http://www.homeopathic.com/Articles/Using_homeopathy_for_ailments/A_Homeopathic_Perspective_on_Headaches_Migra.html and
http://www.homeopathic.com/Articles/Using_homeopathy_for_ailments/A_Homeopathic_Perspective_on_Headaches_Tensi.html where he describes headaches and migraines fairly thoroughly and gives suggestions for pain management. He also gives suggestions for symptom taking with remedy pictures as well.

Alison is back (hooray!) from her other writing deadline (she is writing the standards manual for Dalmatians) and we wondered if animals had headaches and how would we know.

Since we weren't sure, it was decided that she would cover the first aid aspect of treating head injuries with homeopathic remedies. Ouch! I would hope that you would not have this happen to your pet but, just in case, you will have some remedies (in your handy kit!) to help on the way to the vet.

Many thanks to one of the readers who took time to share her experience of depression. Her response is at the end. As with so many, she has found that depression was a “good sign”.

Today’s Issue

On a Personal Note: Good Things Come in Threes

Feature Article: Headaches/Migraines

Pet Corner with Alison Merritt: Head Injuries

Home Tips: Resources for Home Prescribing

Reader Responses Depression: “A Good Sign”

On a Personal Note:

Miranda Castro now has a BLOG on her web page www.mirandacastro.com. A BLOG is the shortened word for weblog, kind of like a daily diary for the cyberspace public. (I am looking forward to having my own BLOG very soon. Watch for it!) In one of her entries, she mentions the phenomenon of three. I’m sure you’ve had one of those experiences too where you hear about something, three different times, from three different sources. My “good things come in threes” happened last week. While at Costco, I discovered Deepak Chopra’s book *Peace is the Way: Bringing War and Violence to an End*. The title of the book comes from a quote by Mahatma Gandhi: "There is no way to peace. Peace is the way."

I came home and as I was crumpling up newspaper with which to light our little woodstove, who should appear but Chopra himself in an article about peace. The third event was an email that I received the next day from a friend and the quote at the bottom was the peace quote from Gandhi.

I had to ask myself, what does it mean to have peace within myself? How do I live peacefully with me? What would it mean to live peace as the way. I immediately thought of my “self-talk”. Do I speak to myself, about myself in peaceful ways or am I at war within myself? What are my inner conflicts? I didn’t read the book nor did I buy it that day but the quote has been gently humming in

the background of my thoughts ever since. I did read a review and I do like what one critic has quoted from the book.

“Ultimately, however, the ego itself has to be disarmed to live the way of peace, he says: "For me as an individual to be free, I have to confront myself with questions about who I really am, and this is done in large part by examining the layers of false identity that I mistakenly call me."

It is similar to another quote that I found as I was preparing to write. “Violence occurs when we forget and deny our basic identities as God’s children, when we treat one another (and I would add, ourselves) as if we were worthless instead of priceless”. Jesuit peace activist John Dear

So the way of peace for me in the coming months will be to examine my self-talk and to treat myself as if I were priceless. Join me in the inner march for peace!

What could peace possibly have to do with headaches? I’m not exactly sure but it is not uncommon for people to describe their headaches and migraines in violent terms. If you have thoughts about this, I’d love to hear them. You tell me. Is there a connection between peace and headaches?
Let’s think about it. But please, don’t hurt your head!

Do you have questions about homeopathy? What is homeopathy?
What does a homeopath do? Answers are just a phone call (403-230-8505) or email donna@powersofhomeopathy.com .
Following a ten-minute phone call, I will send you a preliminary package of information that will help you be well informed before you make a consultation appointment.

Here are a couple of websites too that I would highly recommend to those of you who are very new to homeopathy.

In Canada, http://www.csoh.ca/Homeopathy_About.htm The Canadian Society of Homeopaths is an excellent resource; check it out!

In the U.S. http://www.homeopathy.org/directory_entrance.html The North American Society of Homeopaths
www.homeopathic.org The National Centre for Homeopathy

In Britain <http://www.homeopathy-soh.org/> The Society of Homeopaths

If you would like to learn about how to find a homeopath that is right for you, check out Miranda Castro's article at www.mirandacastro.com Or you can go to The National Centre for Homeopathy's Article "How to Find A Homeopath"

<http://www.homeopathic.org/find.htm>

Feature Article: Homeopathy and Headaches/Migraines

Dana Ullman's link is so excellent that I refer you first to the following site! Please read it and then you can come back to the newsletter and I will have a couple of other remedies to suggest in addition to Ullman's very thorough discussion!

http://www.homeopathic.com/Articles/Using_homeopathy_for_ailments/A_Homeopathic_Perspective_on_Headaches_Migra.html and
http://www.homeopathic.com/Articles/Using_homeopathy_for_ailments/A_Homeopathic_Perspective_on_Headaches_Tensi.html

Two more remedies to consider:

Melilotus or Sweet Clover

This remedy is for those headaches that are strangely, better or improve with a flow of blood which could mean a nosebleed or if you are a woman, better with a menstrual flow. Heat, warm rooms and hot weather makes the headache worse and like Belladonna, the face may be intensely bright red. It differs from Belladonna though, in that those needing Melilotus will feel better lying down whereas Belladonna is better by sitting propped up. These are good differences to note as you may have tried Belladonna and it doesn't seem to be helping the headache. The headache is often described as pulsating or bursting, especially in the forehead. (This can be similar again to Belladonna) Those needing Melilotus may also notice that their headaches are preceded by thunderstorms or warm, sultry weather or by getting their feet wet. Open air will make the headache feel better. Like a Gelsemium headache, those needing Melilotus may find that profuse urination will make the head pain feel better. Gelsemium headaches, however, are more likely to be preceded or attended by dizziness and blurring of vision.

Oddly enough, applications of vinegar will help. I think of this home remedy in situations of severe sun burn. I remember my mother applying vinegar to ease the heat. I wonder now if perhaps a dose of Melilotus might have eased the head pain that often accompanied summer sunburns!

Belladonna headaches will be worse from vinegar applications although both will have the fiery red, hot face. Eyes can be bloodshot, the veins in the neck visibly throbbing; there may be vomiting, the feet cold and a frequent desire to urinate.

At a mental level, those needing Melilotus may be confused and say things like "they want to go home" (Bryonia has this symptom. You will often hear children

say this when fevered or in pain. You will assure them that they are home but the feeling is still as if they were not at home.)

If you or your children are susceptible to sunburns or sunstroke and you are planning any holidays in the sun, this might be a good remedy to consider taking along, especially if you know that your head pain is always better for nosebleeds!

Onosmodium or False Gromwell

You might not find very much written on this remedy but it is one that we covered when I was a student so I am going to pass along the info to you.

Those needing this remedy may have what is called an ocular headache which means that there are head and eye symptoms with muscular tiredness and weariness. Some migraines can have this kind of picture. There may be some dizziness (vertigo) and the eyes can be aching, tired and stiff. The head pain is mostly on the left side and the person may have ringing in the ears. With the vertigo, there may be nausea before or after the headache. The pain extends from the back of the head (occiput) to the left shoulder or from the left shoulder to the occiput. The pain in the back of the head can feel as if screwed and pressing upward and the pain can appear first thing in the morning on waking.

The head pain can be caused by eye strain and there is a tired, heavy feeling. Where many headaches and migraines are better lying in the dark, those needing Onosmodium are not. In fact, Onosmodium is the only remedy found under the rubric HEAD, Pain, lying, dark room, in a agg. Rubric language for "worse lying in a dark room"! This is a good differential to be aware of when selecting your headache remedy! They are worse lying on the left side (this is the side where the pain is felt) and raising their hands above the head. Like many other head pain remedies, the person needing Onosmodium, is worse for motion, jarring, tight clothing and warm wet weather. They do feel better for rest, sleep, undressing and drinking cold drinks.

Mentally, those needing Onosmodium are described in this way: "Acts as if born tired." which will remind you of the remedy Gelsemium but Gelsemium headaches tend to be more right-sided. The other remedy that might come to mind is Ruta which has headaches from eye strain as well. You will have to uncover other symptoms to help you choose which remedy is most similar to the head pain.

There you go! Lots of remedies to choose from and if your head pain persists, it is important to see your homeopath or doctor.

Since injuries to the head are likely to be serious, any animal that has sustained one should be evaluated by a veterinarian. Homeopathic remedies can be used to help limit the damage and support the animal in its healing process, and can be used immediately on the way to the vet.

Bach Flower Essences, in particular **Rescue Remedy** can also be useful where there is loss of consciousness as it helps the animal to regain consciousness as well as dealing with the fear and shock.

Some more common homeopathic remedies to consider for this purpose are listed below, along with some of the rubrics (from Kent) which may help point to their use.

Arnica – since it controls bleeding, bruising and shock, Arnica is of great potential use following a head injury, and is often the first remedy to use. It can, however, also be used long after an injury has occurred. Dr. Gibson (First Aid Homoeopathy in Accidents and Ailments – British Homoeopathic Association, available from www.minimum.com) Arnica 30C every half hour for 5 to 6 doses following a head injury whether there has been loss of consciousness or not.

Some of the major rubrics in which Arnica appears include:

Head, cerebral hæmorrhage
Head, concussion of brain
Head,bores head in pillow
Head, falling, sideways of head
Head, heat, coldness, of extremities, with
Head, jerking of, sleep, during
Head, motions of, rolling head
Head, pain, blows, from
Head, pain, concussion, from
Head, pain, fall, after
Head, pain, injuries, mechanical, after
Head, pain, moving, head, on (agg.)
Head, pain, sore, bruised, sensitive to pressure
Head, twitching of muscles of the head

Eye, bleeding from eyes
Eye, pupils, insensible to light

Generalities, injuries (including blows, falls and bruises)
Generalities, injuries, extravasations, with
Generalities, motion, of affected part agg.
Generalities, paralysis, one-sided, apoplexy, after
Generalities, shocks from injury

Mind, fear, approaching him, of others
Mind, fear, approaching him, lest he be touched
Mind, irritability, sends, the doctor home, says he is not sick

Natrum-sulph –

one of the most indicated for effects stemming from a head injury, perhaps even a long time in the past. In people, headaches after head injury are a common symptom pointing to its use.

This may be difficult to detect in animals, but it is a good remedy to consider where ailments have begun following a head injury.

A few doses of Nat-sulph 30C

Mind, confusion, injury to head, after
Mind, sadness, mental depression
Mind, starting, fright, from
Mind, starting, noise, from

Head, injuries of the head, after
Head, jerking of, right, to
Head, jerking of, one side to another, from
Head, motions of, sideways
Head, pain, blows, from
Head, pain, injuries, mechanical, after
Generalities, convulsions, injuries, from
Generalities, injuries (including blows, falls and bruises)

Cicuta – often associated with twitchings or spasms, stiffness of neck muscles, etc. Gibson suggests Cicuta 30C 2 or 3 times a day until there is relief.

Mind, company aversion to
Mind, company aversion to, avoids the sight of people

Head, concussion of brain
Head, drawn backward (See Falling)
Head, injuries of the head, after
Head, jerking of the head
Head, jerking of, backwards
Head, jerking of, lying on the back, while
Head, motions of head (shaking, nodding, waving, etc.)
Head, motions of, rolling head
Head, pain, injuries, mechanical, after

Eye, glassy appearance
Eye, movement, eyeballs, constant, rolling
Eye, strabismus
Eye, strabismus, convergent

Face, lockjaw

Extremities, jerking

Generalities, convulsions, injuries, from

Generalities, convulsions, touched, when

Generalities, injuries (including blows, falls and bruises)

Generalities, shocks from injury

Helleborus

Mind, dullness, sluggishness, difficulty of thinking and comprehending

Mind, indifference, apathy, etc.

Mind, stupefaction

Head, bores head in pillow

Head, concussion of brain

Head, drawn backward (See Falling)

Head, motions of, rolling head, day and night, with moaning

Head, pain, lies, with head low

Eye, open, half open

Eye, pupils alternately contracted and dilated in the same light

Extremities, ataxia (See Incoordination)

Extremities, awkwardness

Generalities, weakness, paralytic

Hyoscyamus

Mind, answers, stupor returns quickly, after

Mind, dullness, sluggishness, difficulty of thinking and comprehending

Mind, escape, attempts to

Mind, fear, alone, of being (See Company)

Mind, gestures, hands, grasping or reaching at something

Mind, jumping, bed, out of

Mind, recognize, does not his relatives

Head, cerebral hæmorrhage

Head, jerking of the head

Head, motions of, rolling head

Eye, close, spasmodic closure

Eye, distorted
Eye, movement, eyeballs, constant, rolling
Eye, pupils, insensible to light
Eye, staring
Eye, wild look

Teeth, clinch together, constant inclination to

Extremities, awkwardness, lower limbs, stumbling when walking

Extremities, jerking

Extremities, motion, irregular

Generalities, convulsions

Generalities, jerking, muscles

Generalities, lying agg.

Generalities, sleep, during, agg.

Generalities, touch agg.

Generalities, twitching

Nat-mur

Mind, company aversion to

Head, injuries of the head,
after

Head, drawn backward (See Falling)

Head, motions of, nodding of

Head, pain, injuries, mechanical, after

Head, pain, jar, from any (See Sensitive, Coughing, Laughing,
Stepping, Riding)

Head, pain, lie down, must

Head, pain, lies with head high

Eye, close, spasmodic closure

Ledum

Mind, company aversion to, avoids the sight of people

Mind, prostration of mind

Mind, restlessness, nervousness

Mind, unconsciousness

Head, concussion of brain

Head, falling backward of head (See Heaviness)

Head, pain, jar, from any (See Sensitive, Coughing, Laughing,
Stepping, Riding)

Head, pain, motion, from (agg.)

Head, pain, shaking head (agg.)

Eye, paralysis of lids, upper, injury, after

Generalities, injuries (including blows, falls and bruises)

Generalities, motion agg.

Hypericum –

in any situation where there has been injury to nerves, Hypericum can be very useful. It is often referred to as ‘the Arnica of the nerves’. Thus, it is always one to remember following injuries involving the head and thus nervous tissue.

Head, concussion of brain

Head, injuries of the head, after

Head, jerking of, backwards

Head, jerking of, lying on the back, while

Head, jerking of, sleep, during, head jerks backwards

Head, pain, blows, from (See Injuries)

Head, pain, injuries, mechanical, after

Eye, pupils, dilated

Eye, staring

Back, injuries of the spine, after, lies on back, jerking head backward

Generalities, convulsions, injuries, from

Generalities, shocks from injury

Symptoms that develop at the time of the head injury or after the injury can also be used to point to the most appropriate remedy. For example, animals that have been kicked in the head by cows or horses may later begin having seizures. In such a case, the following rubric may be of use. Some of the major remedies in that rubric are:

Generals, convulsions, injuries of the head, from – Arnica,

Cicuta, Cupr, Hypericum, Ledum, Nat-sulph

While it is most likely that veterinary care will be required

Following a head injury, homeopathic remedies should be kept in mind as extra support for the healing process. In cases where conventional medicine has nothing more to offer, homeopathic remedies are still worth trying, as there is literally nothing to lose.

Home Tips: Resources for Home Prescribing

1. Request an introductory mail out information package.

powers4@telusplanet.net

2. Helpful websites about homeopathy and headaches:

http://www.homeopathic.com/Articles/Using_homeopathy_for_ailments/A_Homeopathic_Perspective_on_Headaches_Migra.html and

http://www.homeopathic.com/Articles/Using_homeopathy_for_ailments/A_Homeopathic_Perspective_on_Headaches_Tensi.html

His headache excerpt has helpful information about tension headaches and migraine headaches, how to determine symptoms for homeopathic prescribing and then suggestions of remedies with their headaches symptoms. A very useful link and one you may want to bookmark for your homeopathic prescribing folder! (This one site alone has saved me much of the writing on headaches! Thank you Dana Ullman for your knowledge and willingness to share it so generously!)

<http://health.hpathy.com/headache-symptoms-treatment-cure.asp>

[Homeopathy 4 Everyone website and online journal. It's a great resource for the lay person]

3. Homeopathic books. Everybody's Guide to Homeopathic

Medicine by Dana Ullman. A great first home prescribing

book to have on hand. www.homeopathic.org or www.minimum.com or www.wholehealthnow.com

Since my early prescribing days I have found two other books that I would highly recommend. The one is by my teacher, Murray Feldman (Vancouver Homeopathic Academy, <http://www.homeopathyvancouver.com/>) and Gabrielle Pinto called Homeopathy for Children. www.minimum.com or www.wholehealthnow.com

The other book is by one of my favorite homeopaths, Miranda Castro (www.mirandacastro.com) called "The Complete Handbook of Homeopathy". www.minimum.com or www.wholehealthnow.com

4. Here are two classes being offered as teleseminars to support you in your homeopathic at home prescribing. Check www.powersofhomeopathy.com for updates on when they are being offered.

1. Homeopathy for Babies/Young Children and Parents.

We will be covering common childhood diseases and illnesses such as colds, fevers, teething, colic, diarrhea, chicken pox, accidents/injuries; how to treat them homeopathically and at some point we will have a discussion about vaccination. There will also be opportunities to cover such issues as breastfeeding, mastitis and morning sickness if there is a demand. This is a 4-week class and the text used is Homeopathy for Children by Gabrielle Pinto and Murray Feldman. To order the book, follow this link:

www.minimum.com

www.wholehealthnow.com

Phone 403-230-8505 or email donna@powersofhomeopathy.com for more information or to register.

2. An Introduction to Homeopathy

This course aims to teach those new to Homeopathy: the history and philosophy of homeopathy; essential principles; self-prescribing and practice exercises to match symptom pictures with remedies. This is a 4-week class and the text to be used is Miranda Castro's "Complete Handbook of Homeopathy". To order the book, follow this link:

www.minimum.com

www.wholehealthnow.com

Phone 403-230-8505 or email: donna@powersofhomeopathy.com for more information or to reserve your place.

5. Customize your own 5-remedy kit with a 1-hour consult on how to use the remedies. First aid booklet included with the remedies and consult. With just 5 well-chosen remedies, you can handle many home first aid situations and then add remedies as you learn more about homeopathy. Phone me at 403-230-8505 to arrange your consult or send me an email

donna@powersofhomeopathy.com

Reader Responses: Depression: "A Good Sign"

"The single best thing I did about depression was finally go see a psychiatrist, who told me I was "entitled". What a concept! This man has helped me believe things that good friends have tried to make me see, as well - that I can live my own life, on my own terms; that there will be friends for me who know that balance (ie. give and take) is necessary and good; that I don't owe service to a demanding parent and so on. My neighbour has added to this mix, by suggesting that a good deal of women's menopausal angst has to do with them NATURALLY resisting all the stresses imposed on them by other people. In other

words, depression is sometimes a good sign that things have to change, to force us to make the external sources of depression recede from view.” Sheila, Vancouver

“The earth is too small a star and we too brief a visitor upon it, for anything to matter more than the struggle for peace.” Coleman McCarthy

Be well. Be at peace within yourself. Love Donna

Copyright 2004 Powers of Homeopathy, Donna Powers Resources
www.powersofhomeopathy.com

Feel free to share the Powers of Homeopathy ezine with anyone you feel might enjoy it. We only ask that you keep it intact including contact and copyright information.

Please contact donna@powersofhomeopathy.com if you have comments or suggestions for future issues.

Donna Powers, RCSHom, CCH, RSHom (NA) is a certified classical homeopath practicing in Calgary, Alberta, Canada. Donna uses her training as a homeopath to teach others how to discover the healer within.

This newsletter is sent every second Tuesday only to those who have requested it. Homeopathy is a wonderful medical science/art and it is the intention of each issue to help you find and provide the resources you need to learn about homeopathy, how you can use it safely at home with family and pets and how you can benefit from classes and private consultations.

We value your interest, respect your privacy, and we never rent, sell, or share this subscriber list with anyone.