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Written and published by Donna Powers, DCH
<http://www.powersofhomeopathy.com>

Volume 2, Issue 5, August 9, 2005
Persephone, Red Tents and the Wisdom of the Womb
Part 2 Heavy/Irregular Periods

Greetings ,

Today's issue is part 2 of the wisdom of the womb. We as women, have the opportunity through our monthly cycle, when the veil is thin between our conscious and unconscious life, to know ourselves more deeply through quiet listening and loving attention.

For the men...this may not be about you but it really is, especially as my good friend JL pointed out, if you have spoken with a female in the last 24 hours! Consider this issue and part 1 (there may even be a part 3!) as getting an inside scoop on what it is like to live life in the female form! And know that men will be featured in a later issue. (Not that I know what it is like to live life in the male form but hey! I'm willing to go there and listen to what you have to say!) Besides, Deepak Chopra recommends Christianne Northrup's book Women's Bodies, Women's Wisdom for "all men who want to understand and nourish the women in their lives." As women, we really love the understanding and nourishment we can receive from the men in our lives. In advance, I thank you for your interest in our lives and bodily experience!

Today's Issue

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On A Personal Note

Our lives reflect our values whether we are aware of them or not. These past 7 months for me have been filled with family, celebrations, personal growth and getting serious about getting quiet and allowing my inner and outer worlds to reflect what my values are. My big insight this morning is that I need a LOT of quiet just to think and write and play with ideas. My family of origin may be surprised that this is

an ah-ha moment for me because they've known it all along! How is it that we are often the last ones to know who we really are? When I am quiet, I am centered and when I am centered, I am less stressed and when I am less stressed, my health is great, I enjoy life and I find abundance everywhere. My other big insight is that it takes quite awhile for me to establish a healthy routine-one that works for me. As I age, I am becoming a little more graceful about incorporating healthy change in my life.

Often, a health crisis or a once a month menstrual cycle can bring us to a place of evaluation-an opportunity to ask ourselves many kinds of questions: what is important to me; am I living on the outside what is important to me on the inside; am I living my life truthfully with who I know myself to be; what do I desire. In the times of health crisis, we can listen for the answers that come from within. Mostly, I think, we just want to get better, get rid of the pain and get on with our lives. Instead of seeing illness as interruption of our "real life" what would happen if we saw it as opportunity to listen to our "real self"? What if we were to take the same amount of love, care and concern that we might give others when they are ill, to treat ourselves with that same kind of care? It can be a challenge to practice loving-kindness with ourselves. And it can be work but when it is work done in love, it is always worthwhile.

There was a recent article in the city newspaper showing the local fitness guru meditating and claiming the benefits of finding quiet. The author made the bold claim that most people wouldn't know what to do with themselves with even one minute of quiet! I have been slowly moving toward hours of quiet in my day so her statement was startling to me. Is this true? I am giving some thought to this as I listen to planes overhead as I write, traffic whizzing by as the time moves closer to rush hour and neighbors returning home. My little water fountain trickles in the background and my mind carries on its own noise-editing, finding words and humming to the tune of ideas and thoughts. Where and what is the noise in your life? Is your inner life, your thought-talk as noisy as your outer life? Is there a place for quiet? Do you have a place of sanctuary/health? Some things for you and me to ponder!

For another perspective on healing and listening, follow this link to an article by Margaret Wheatley.
<http://www.margaretwheatley.com/articles/listeninghealing.html>)

And if you want to create a space for healing and could use the support of a coach, check out Vicky White's latest courses. Vicky has consistently supported me while I remove the clutter in my life-inner and outer- so that I can find that oasis of quiet that I need as desperately as I need food and water to live. Here are some of Vicky's offerings.

The value on this one is amazing! It's free! How perfect is that? Why not send the link to a friend and then you can

check in with each other. Vicky's website is full of tools that you can use to get started and you may find, as I did, that I wanted more. Her courses are fantastic.

"Clearing the Path to Your Soul: Discovering your Passion, Purpose & Meaning" is a FR.EE 11-part ecourse from Feng Shui Coach, Vicky White. Collect your ecourse at: http://www.LifeDesignStrategies.com/soulpath_ecourse.html

You'll also receive her twice monthly ezine with tips and tools to harness the power of Feng Shui, Intention and the Law of Attraction. Consider this as the appetizer.

After the ecourse appetizer, you may want to sign up for the whole meal/deal package!

<http://www.lifedesignstrategies.com/soulpath.html>

If you sign up for the ecourse above, you will have a good idea of what's in store for the "main" course which begins September 20th, 2005.

And starting next week, Vicky has a course that she calls "Change Your Life in 90 Days". It's easily one of her more popular courses and what I love about this one, is that it really helps to break big goals/changes into manageable small parts and in 90 days, you really do see some big changes.

Change life in 90 days starts August 15 <http://www.lifedesignstrategies.com/90dayCYL.html>

Lots of ways for you to create quiet in your life and listen/love your-self into well-being.

If you would like to send this newsletter to someone you care about, simply forward it to them and they can subscribe with the link at the bottom of the last page or, have them subscribe at www.powersofhomeopathy.com .

If you would like any backissues, please send me an email at powers4@telusplanet.net and I would be very pleased to send them to you.

Do you have questions about homeopathy? Confused about how to pronounce the name? Unsure about what homeopathy is or what it is a homeopath does? Answers are just a phone call away. Have a 10 minute call with me 403-230-8505. Following our conversation, I will send you a preliminary package of information that will help you be well informed before you make your consultation appointment. Or contact me at powers4@telusplanet.net and I will send you send you a preliminary package by email.

Here are a couple of websites too that I would highly recommend to those of you who are very new to homeopathy. In England, homeopathy is a part of the National Health Care System and The Society of Homeopaths has online leaflets that are excellent sources of information. Follow the link <http://tinyurl.com/4hcap> to read the leaflet "Homeopathy Simply Explained".

You can also check out the West Coast Homeopathic Society's website article "About Homeopathy" at <http://www.wchs.info/AboutHomeopathy.htm> .

If you would like to learn about how to find a homeopath, check out Miranda Castro's article at <http://tinyurl.com/6m66x>. Or you can go to the National Center for Homeopathy's Article "How to Find A Homeopath" <http://www.homeopathic.org/find.htm>

Feature Article: Red Tents and the Wisdom of the Womb:
 Heavy/Irregular Periods

In the last issue I quoted from Christianne Northrup's book *Women's Bodies, Women's Wisdom*. She speaks throughout the book of the importance of listening to our bodies.

"Once we begin to appreciate our menstrual cycle as part of our inner guidance system, we begin to heal both hormonally and emotionally. ...During the premenstrual phase, we need time to be alone, time to rest, and time away from our daily duties,, but taking this time is a new idea and practice for many women."

In the book *The Red Tent* by Anita Diamant, I learned that women of the Old Testament, retreated from their daily duties to enter a place once a month that was held sacred by the women and respected by the men. When women live together in close proximity, the menstrual cycles synchronize and not only with each other but with the cycles of the moon as well. In Native American tradition as well, women retreated to the Moon Lodge. Brooke Medicine Eagle has a wonderful series of audio cassettes on the wisdom of menarche (the beginning of menses in young women), menopause and the monthly moon cycle. You can find them at:
<http://www.medicine-eagle.com/bme5.html#mysteries>

As I write, I am remembering an idea that I had after listening to Brooke's audio. I wanted to buy an apartment/condo/house with at least eleven other women and make it into a retreat house where we could create a space, remove ourselves from the demands of daily life and enter into the place of wisdom for a time each month; the place where we can listen to our inner selves in quiet. I still desire to create a place where women can nurture dreams; where we can listen to inspired ideas and make a plan for our lives that is consistent with our inner values and strengths. I will keep you posted on this idea! It all begins with a dream/vision. What are your dreams?

So I am going to give you three remedies today (one from each of the kingdoms-plant, animal, mineral) that may help with irregular/heavy periods but please remember that much of the healing work with your monthly period lies within you. And remember, these are three remedies only. Your homeopath can individualize a remedy that is unique and individual to you and your menstrual concerns from difficult periods to infertility. In the meantime, here are some suggestions: Consider keeping a journal during your period. Consider taking the day off to nurture yourself. Consider asking your partner for help. Consider creating a place of quiet in your life. Consider your "self" with loving-kindness.

These changes may feel odd at first but eventually, they will become second nature to you.

I will give some suggestions/links for books/information as well in the Home Tips.

The Remedies

Helonias

Women who need Helonias might describe their menstrual pain as sharp, cutting or drawing and have pains extend from the back to the uterus. They may even describe the womb as heavy (Sepia can have this too and sometimes Helonias and Sepia can look very similar. I'll give some differences between the two at the end) or may feel conscious of the womb. It may be that she even feels the womb move when she is moving. The womb itself is very sore and tender with periods that are too frequent and too profuse which can leave them feeling weak. There may be a discharge that is smelly, lumpy with a curdled quality to it and the labia may be hot, red, itchy and burning. Sounds like a good case of yeast doesn't it, prior to menses? Premenstrually, the breasts can be swollen with nipples so painful and tender that the pressure of clothing is intolerable. The flow is so heavy that there can be anemia which can bring with it feelings of fatigue, listlessness and prostration (extreme exhaustion). Even though they will tell you that they feel better if they keep their mind busy with activity and work, the actual menstrual flow will be worse with the least exertion. Emotionally, if this has gone on for some time, women needing Helonias can become irritable at the least contradiction or at the least advice. I have read case studies where one of the situations Helonias has been most helpful is one where the woman has had one pregnancy after another, the uterus has prolapsed (feels like it is falling down or out) and the woman wants little to do with her family.

Differences between Sepia and Helonias

"One of the main differences between Helonias and Sepia is that Helonias needs to be occupied mentally and physically, whereas Sepia is more ameliorated by physical labour with an aversion to mental labor. The suffering in Helonias is so

severe that they can't stand to even see others happy. In Sepia the irritability during pregnancy has to do with how out of shape they are and an anger towards the husband who did this to her. So Sepia is averse to husband and also herself. Helonias has the desire to be left alone by everyone-not as much of an aversion but an irritability stemming from severe suffering." Sadhna Thakkar (Sadhna's website <http://www.homeopathyhealthcare.com/home.html>)

Another online source for info on Helonias is the Whole Health Now website http://www.wholehealthnow.com/homeopathy_pro/find_05.html

You can read the last issue for a description of Sepia.

Lachesis

Lachesis is made from the venom of the Bushmaster snake. Dr. Constantine Hering made an accidental proving of it after being bitten. Ever the conscientious homeopath, after being bitten and before going into delirium, he insisted that his wife record all his symptoms. What makes Lachesis safe and non-toxic is the homeopathic pharmaceutical process. (I can cover that another time if there is interest) Lachesis is a well-known remedy among homeopaths for treating all kinds of female conditions (and yes, some men may need Lachesis as well!)

Judyth Reichenberg-Ullman in her book Whole Woman Homeopathy describes some indications for Lachesis:

"...incapacitating menstrual pain with vomiting, left ovarian pain, left-sided chest pain, oral herpes and a dramatic, powerful nature. Women needing this medicine are intense and expressive and can suffer terribly if their avenues of expression, on any level, are blocked."

In fact, the menstrual pain is much better with a flow. Typically a woman might report that she feels much worse just prior to flow and once started, she feels much better. The period may be heavy with faintness and the period may be heavy and carry on for a long time, sometimes for 8-9 days. With the period, she may have a violent headache with boring pain on the top of the head, nausea and vomiting. All are relieved once the flow starts.

Kent's lecture on Lachesis: "The menstrual flow intermits one day and then goes on for one day, and during the intermission there is to be pain or headache. Menorrhagia (heavy flow)with chills at night and flushes of heat in the daytime. During the menstrual period violent headache, especially at such times as the flow slackens up. It is a general feature of Lachesis to be relieved by discharges."

Lachesis can be a well-indicated remedy for women in perimenopause when the flow has become heavier, with clotting and severe left ovarian pain.

At a mental level, women needing Lachesis have strong emotions and are quite passionate and sexual. When women who are full of emotion/passion and/or sexual energy which is suppressed, it can create a state where Lachesis is indicated.

Want to read more about Lachesis? Check out this website:
<http://www.homeoint.org/books3/kentmm/lach.htm>

Phosphorous

From Rajan Sankaran's book Soul of Homeopathy:
"My experience with Phosphorus people is that they are very sensitive to those around them. They tend to attract attention towards themselves, either by their appearance (if you examine the typical Phosphorus constitution you find that he is lean, fair with long curved eyelashes and a graceful walk, a physically attractive person), manner of speaking, or the warmth they show. It is difficult to ignore a Phosphorus person. Yet behind this sensitivity is lurking the feeling that they are not getting enough attention, care and love. This creates an insecurity in Phosphorus which makes the person seek more company, more friends, etc. He tries to get the love he misses. He can do this by caring a lot for others, being helpful to others and going out of his way for them. Phosphorus can make friends very easily. They are very emotional, very loving, affectionate, sympathetic, caring. At the same time they can be very easily excited, very anxious, fearful, clairvoyant and restless. In the intellectual sphere, we find the increased activity expressed as: "Ideas abundant, clearness of mind", "Memory, active", "Industrious", "Senses acute". On the other hand we may find indifference, apathy, deficiency of ideas, weakness of memory, indolence and dullness of senses. This represents the collapsed or failed side of the remedy."

In general, the menstrual flow of a woman needing Phosphorous is bright red, with or without clotting lasting too long and sometimes occurring too early in the cycle. During the period, she may have ice cold hands and feet or nausea; pain in the back as if broken; blue ring around eyes; loss of flesh; much fearfulness.

One of the causes of heavy flow in women is the occurrence of fibroids or myomas. Uterine fibroids are benign growths of muscle tissue in the uterus. They are very common. I will cover fibroids in more depth next issue but one of the symptoms that Phosphorous is helpful with is heavy bleeding from uterine fibroids, especially if the blood is bright red, gushing, copious and lasts too long.

For more information on Phosphorous, check out this site:
<http://www.homeoint.org/books3/kentmm/pho.htm>

Pet Corner with Alison Merritt Spaying/Neutering Pets

To control unwanted litters and help prevent some health problems such as mammary tumors and uterine infections, many companion animals are spayed or neutered. While vets often routinely recommend these operations prior to 6 months of age, there are some things to consider before signing up. Neutering male cats before they begin urine spraying may help to prevent this behavior from ever developing. Spaying female dogs before their first season may greatly reduce the risk of mammary tumors in later life. Thus, it can make good sense to spay and neuter early.

However, there is also evidence that early neutering of dogs (prior to maturity at about 18 months) increases the risk of urinary tract blockages by crystals or stones in those breeds prone to produce these. This is because the urethra, the passage urine follows from the bladder to be voided, is not mature in young animals, and it thus remains a smaller diameter if neutering is done before maturity. The same concept may apply to male cats, which could contribute to the high percentage of urinary tract blockages (FUS etc.) in these animals. So the issue of when to neuter is not quite a simple for cats.

Also, the bones continue to grow until the sex hormones become active, which closes the growth plates. Dogs neutered before maturity thus may end up being taller and larger than they would have been otherwise, because the bones keep growing for a longer period with no hormonal trigger to shut this down. If either of these situations are a consideration, it may be better to wait until the dog reaches about 18 months before neutering. In dogs there is no reason neutering needs to be done early, as it is very easy to prevent unwanted pregnancy by simply not allowing the dog access to females in season.

If spaying of female dogs is done after their first season, the surgery should preferably be about 3 months after the last season. At this time the hormones are fairly quiet and the dog's tissues are in the resting state. This makes the spay surgery have a smaller impact on the hormones, since the ovaries and uterus are removed when they are already at a stage of low activity. Some individuals will develop urinary incontinence after spaying, often many years later or in old age. While it is not known why some have this problem and others never do, there is some evidence that early spaying (before the first season) or spaying during hormonal activity, such as right after a season or during a false pregnancy or just before the dog was going to come in season, can result in later incontinence. While this can often be treated conventionally with DES (estrogen) or other drugs, and some homeopathic remedies (such as Causticum, Nat-mur and Pulsatilla for example) also may be of use, it is better to try to avoid the problem if at all possible. Spaying and neutering at the dog's convenience rather than at the vet's convenience is certainly worth considering!

Having made the decision to spay or neuter, there are some homeopathic remedies that can be of great help in the recovery process.

BEFORE SURGERY: giving a dose of Arnica 30C the night before surgery and another dose the morning of the day of surgery will help to limit the bleeding and bruising that occur. Another dose of Arnica 30C as soon as possible after the surgery will help begin the healing and limit the bruised sensation. If the animal is fearful, a dose of Aconite 30C instead of the Arnica on the morning of the surgery may be helpful. The Bach flower essence Rescue Remedy (or any brand of a similar product) can also be used as needed.

AFTER SURGERY: Phosphorus 30C - if the animal is having trouble coming out of the anesthetic - spacey, perhaps oozing blood, perhaps vomiting, perhaps smell/noise sensitive, usually chilly, likes to be stroked - a dose of Phosphorus 30C could be considered.

Hypericum 30C - can very helpful if pain is an issue. Dose as frequently as required (if after a dose there is improvement for some time and then the pain returns, give another dose at that time).

Staphysagria 30C - sometimes Hypericum doesn't remove the pain, in which case Staph can be considered. It helps with incisions (cuts from sharp objects), and also especially where there appears to be resentment or 'reserved displeasure'. A spay case like this comes to mind - Hypericum, suggested by the vet, had not helped at all and the dog was still hunched up shivering in pain. Using the symptom of resentment was the key to finding the correct remedy, as the very impressionable dog had been told the vet was going to 'look at her tummy', in an effort not to frighten her before the surgery. When she was collected after the operation, her indignant look gave the distinct impression of "What do you mean LOOK?! That vet did a heck of a lot more than just LOOK!!!!" One dose of Staph 30C stopped the shivering, and she immediately stretched out into a comfortable, deep sleep. Recovery was rapid and uneventful from this point, and the guardian is much more careful about how things are explained to this dog!

Arnica 30C - can be continued if it appears that bruising and a sensation of bruised pain is the main symptom. A key symptom of Arnica in people is saying they're fine when obviously they are not, so this may appear as the animal trying to continue as normal but obviously feeling stiff and sore all over. They may not want to be approached, as if they fear being struck.

Calendula 30C - helps heal wounds especially where tissue has been removed, so this remedy is an excellent one to consider after neutering. It encourages the reabsorption of fluids (serum and blood) which ooze into cavities during and after surgery. In addition, Calendula lotion (4 drops Calendula mother tincture in ¼ cup boiled and cooled water) flushed

over the incision twice a day will greatly reduce the inflammation and irritation and speed healing.

Bellis perennis 30C - is related to Arnica but has a deeper action and is particularly indicated in bruising of deep tissues and especially those of the pelvic region. If Arnica seems indicated but doesn't appear to be giving enough response, consider Bellis.

All these remedies can be used 'as needed' when they are helping. A dose may be required 4 or more times a day for the first day or two, tapering off to twice a day or less as improvement sets in. The animal should be monitored so it is not encouraged to exercise too vigorously just because it's feeling better, as the incisions require time to heal properly. Soon everything will be back to normal, thanks to speedy healing with homeopathic help.

Home Tips: Resources for Home Prescribing

1. Request an introductory mail out information package.
powers4@telusplanet.net

2. Helpful websites about homeopathy and homeopathy/women's conditions:

<http://tinyurl.com/4hcap> Society of Homeopaths Leaflet "Homeopathy Simply Explained" and "A Fresh Look at Menopause"

<http://www.wchs.info/AboutHomeopathy.htm> West Coast Homeopathic Society "About Homeopathy"

<http://www.tinyurl.com/6m66x> Miranda Castro "Finding the Right Homeopath for You"

Dr. Feder website

<http://www.drfeder.com/women/homeopathy-pms.htm>

Judyth Reichenberg-Ullman's Whole Woman Homeopathy

<http://tinyurl.com/7ozov>

Helpful websites about women's health/uterine conditions:

Dr. Christiane Northrup's website is chock full of great information! She also has a monthly email newsletter that you might like to receive. www.drnorthrup.com

A Friend Indeed

Interview with Janine O'Leary Cobb

<http://www.afriendindeed.ca/anniversary.htm>

What the Experts are Saying: HRT

<http://www.afriendindeed.ca/experts.htm>

and on the Friend Indeed Website, be absolutely sure to check

on the latest information about HRT (Hormone Replacement Therapy)

http://www.afriendindeed.ca/hot_flashes.htm

Vicky White's recent ezine on Feng Shui and Health gives you some excellent ideas on how to make changes in your external environment that will help you create space in your life for better health.

<http://lifedesignstrategies.com/ezine/Aug05.html>

3. Homeopathic books. Everybody's Guide to Homeopathic Medicine by Dana Ullman. A great first home prescribing book to have on hand. To order, go to:

<http://tinyurl.com/6dyb9>

Whole Woman Homeopathy by Judyth Reichenberg-Ullman

<http://tinyurl.com/6dyb9>

Homeopathy for Pregnancy, Birth and Baby's First Year by Miranda Castro <http://tinyurl.com/6dyb9>

Women Ripening Through the Menopause by Melissa Assilem

<http://tinyurl.com/6dyb9>

4. Take a homeopathic first aid course. Right now, classes are in Calgary where I live but watch for the announcement about first aid classes by teleclass...my next big step into the world of phone technology and cyberspace support. I'm really excited about being able to offer this to newsletter readers! Check out some of the websites already recommended and there may be a homeopath in your area already offering classes!

In the meantime, Sherri Nakken offers classes using email. Here are the web links for her homeopathy classes:

<http://www.nccn.net/~wwithin/vaccine.htm>

A Homeopathy and Vaccine Awareness class.

<http://www.nccn.net/~wwithin/homeo.htm>

A 2.5 month Homeopathy Basics class. You can contact Sherri at homeopathycures@tesco.net

5. CUSTOM REMEDY KITS! Alison has designed a compact remedy case that is functional and pretty! Easy to fit into a fanny pack for hikes, walks and bike rides, the 5 remedy case or 10 remedy case will lay flat in suitcases for travel anywhere. Alison has a basic animal remedy kit available for purchase and Donna can help you customize your own home remedy kit. A 1 hour consult on how to use the remedies is available and a first aid/travel booklet is included. With just 5 or 10 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 powers4@telusplanet.net

Reader's Responses

I love hearing from you. Please send me any stories you have about homeopathy or just about life in general. I'd love to share them with the rest of the readers. Let me know how you make room for quiet listening in your life. What are your dreams? Need ideas? I LOVE playing with ideas! In the meantime, here is a lovely quote that I found on Brooke Medicine Eagle's website.

Meditation for the Fully Realized Woman

I am a BEAUTIFUL WOMAN, with a beauty that doesn't wash off. I earned it, unearthed it, rescued it like a jewel in the dust, picked it up and made it shine.

For years, I did not see it, though I sensed it was there. Now it dazzles and thrives.

I am healthy, capable, independent, strong yet still so fragile, floored by a sigh. My body is that of a creator-----angles meeting curves, hardness drifting into soft.

I am mother, daughter, sister, lover to myself. Embraceable and brave, I extend my heart.

My body is home, my home a shrine to life, comfortable, warm and rich with treasures. Mine is the scent of hot spices caught in a breeze, mine the laughter that wings through the door. I share myself only with those who honor me as I am and protect myself, my house, and my time from invaders.

I search for my center in the midst of chaos, practice peace as wild dogs clamor in my mind. I use power for the greater good, release rage in neutral settings, with no one innocent in the line of fire.

I am learning how to persist and when to let go, am willing to feel all emotion stop their depths and exaltations, to wake up in every nerve and no longer am afraid of my life.

Both my beauty and strength transcend age, time and perhaps even this lifetime.

Each day I am new, yet more at home in myself. Moment by moment, I create my world.

~Karen Andes

A Women's Book of Strength; An Empowering Guide to Total Mind/Body Fitness

Yours in health, quietness, listening in love and celebrating women, Donna

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Donna Powers Resources
www.powersofhomeopathy.com

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Donna Powers, DCH 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.

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