

Key Notes



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Your health E-newsletter from Yuma Homeopathy

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A “keynote” in homeopathy is a unique symptom that can point to a certain homeopathic remedy. For example, someone with a health condition that is worse during the winter might need *Petroleum*, a remedy prepared from minute amounts of automobile gasoline.



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Family health tip

Loneliness a bigger killer than obesity

Obesity has become a major public health concern, affecting more than a third of adults in the United States. New research, however, suggests that there are two bigger threats: loneliness and social isolation.

Two new meta-analyses from Brigham Young University (BYU) in Provo, UT, reveal that loneliness and social isolation may increase the risk of premature death by up to 50 percent.

While loneliness and social isolation are often used interchangeably, there are notable differences between the two. Social isolation is defined as a lack of contact with other individuals, while loneliness is the feeling that one is emotionally disconnected from others. In essence, a person can be in the presence of others and still feel lonely.

According to a [2016 Harris Poll](#) of more than 2,000 adults in the U.S., around 72 percent reported having felt lonely at some point in their lives. Of these adults, around 31 percent reported feeling lonely at least once a week.

Loneliness and social isolation have both been associated with poor health. One [study](#) reported by *Medical News Today* last year, for example, suggested that loneliness may be linked to [Alzheimer's disease](#), while other [research](#) linked social isolation to reduced survival for [breast cancer](#) patients.

'Robust evidence' that loneliness kills

The researchers came to their findings by conducting two meta-analyses of studies that looked at the link between loneliness, social isolation, and mortality.

The first meta-analysis included more than 300,000 adults across 148 studies, while the second comprised 70 studies involving more than 3.4 million adults.

The data from the first meta-analysis revealed that the risk of premature death was 50 percent lower for adults who had a greater connection with others, compared with those who were socially isolated.

From the second meta-analysis, the researchers found that loneliness, social isolation, and living alone were all associated with an increased risk of early death.

What is more, the team found that the risk of early death associated with loneliness, social isolation, and living alone was equal to or greater than the premature death risk associated with obesity and other major health conditions.

"There is robust evidence that social isolation and loneliness significantly increase risk for premature mortality, and the magnitude of the risk exceeds that of many leading health indicators," says Prof. Holt-Lunstad, one of the authors, and notes that these results are particularly concerning given that the aging population is increasing.

"Indeed, many nations around the world now suggest we are facing a 'loneliness epidemic,'" she adds. "The challenge we face now is what can be done about it."

According to Prof. Holt-Lunstad, one way to help overcome the loneliness epidemic is to put more resources into tackling loneliness among individuals and as a society.

For example, she suggests that there should be more focus on social skills training for schoolchildren, and that doctors should look to incorporate social connectedness in medical screening.

Furthermore, Prof. Holt-Lunstad says that older adults should not only prepare for the financial implications of retirement, but for the social ones, too, noting that the social connections of many adults stem from the workplace.

[Adapted from Whiteman, H, August 6, 2017:
<http://www.medicalnewstoday.com/articles/318723.php>]



Homeopathy case

An 11-year-old boy with multiple warts on the right cheek

An 11-year-old boy presented with multiple warts on the face, especially on the right cheek. He had not previously pursued any type of treatment. Other symptoms he reported were:

- He desired meat, especially smoked meat and had an aversion to fish
- He loved animals and cared for several
- Occasionally, he had numbness in both legs.

He was prescribed a homeopathic remedy and was advised to take the medicine every morning on an empty stomach. After 4 weeks, the boy reported that the warts were completely dissolved. He also mentioned that he had forgotten to take the medicine every day and sometimes took it only every 2 days. After one year, the warts have not re-appeared.

Before and after treatment:



[Adapted from Shaikh, H: <http://www.ijrh.org/article.asp?issn=0974-7168;year=2016;volume=10;issue=4;spage=272;epage=278;aulast=Shaikh>]]



Homeopathy in the news!

Nobel prize-winner supports homeopathy

Dr. Luc Montagnier, the French virologist who won the Nobel Prize in 2008 for discovering the AIDS virus, has surprised the scientific community with his strong support for homeopathic medicine.

Although homeopathy has persisted for 200+ years throughout the world and has been the leading alternative treatment method used by physicians in Europe, most conventional physicians and scientists have expressed skepticism about its efficacy due to the extremely small doses of medicines used.

Montagnier, who is also founder and president of the World Foundation for AIDS Research and Prevention, asserted, "I can't say that homeopathy is right in everything. What I can say now is that the high dilutions (used in homeopathy) are right. High dilutions of something are not nothing. They are water structures which mimic the original molecules."

Here, Montagnier is making reference to his experimental research that confirms one of the controversial features of [homeopathic](#) medicine that uses doses of substances that undergo sequential dilution with vigorous shaking between each dilution. Although it is common for modern-day scientists to assume that none of the original molecules remain in solution, Montagnier's research (and other of many of his colleagues) has verified that electromagnetic signals of the original [medicine](#) remains in the water and has dramatic biological effects.

Montagnier has just taken a new position at Jiaotong University in Shanghai, China (this university is often referred to as "China's MIT"), where he will work in a new institute bearing his name. This work focuses on a new scientific movement at the crossroads of physics, biology, and medicine: the phenomenon of electromagnetic waves produced by DNA in water. He and his team will study both the theoretical basis and the possible applications in medicine.

Montagnier's new research is investigating the electromagnetic waves that he says emanate from the highly diluted DNA of various pathogens. Montagnier asserts, "What we have found is that DNA produces structural changes in water, which persist at very high dilutions, and which lead to resonant electromagnetic signals that we can measure. Not all DNA produces signals that we can detect with our device. The high-intensity signals come from bacterial and viral DNA."

Montagnier affirms that these new observations will lead to novel treatments for many common chronic diseases, including but not limited to autism, Alzheimer's disease, Parkinson's disease, and multiple sclerosis.

Montagnier first wrote about his findings in 2009, and then, in mid-2010, he spoke at a prestigious meeting of fellow Nobelists where he expressed interest in homeopathy and the implications of this system of medicine.

[Adapted from Ullman, D, February 4, 2011:

http://www.naturalnews.com/031210_Luc_Montagnier_Homeopathy.html]



Did you know?

Why you need to be skeptical of scientific publishing and science reporting

A [trove of Monsanto's internal records](#) released recently [raises serious concerns](#) about company efforts to influence media reports and scientific research related to risks posed by its popular weedkiller, [Roundup](#).

As the New York Times [reported](#):

Documents show that Henry I. Miller, an academic and a vocal proponent of [genetically modified crops](#), asked [Monsanto](#) to draft an article for him that largely mirrored one that appeared under his name on Forbes's website in 2015.

A similar issue appeared in academic research. An academic involved in writing [research](#) funded by Monsanto, John Acquavella, a former Monsanto employee, appeared to [express discomfort](#) with the process, writing in a 2015 email to a Monsanto executive, "I can't be part of deceptive authorship on a presentation or publication." He also said of the way the company was trying to present the authorship: "We call that ghost writing and it is unethical."

A Monsanto official said the comments were the result of "a complete misunderstanding" that had been "worked out," while Mr. Acquavella said in an email on Tuesday that "there was no ghostwriting" and that his comments had been related to an early draft and a question over authorship that was resolved.

The dozens of [documents](#) include text messages and emails among Monsanto employees discussing Roundup's safety, as well as their communications with writers and researchers. They were released by one of the law firms representing a group of gardeners, farmers and agricultural workers who are suing Monsanto over allegations that [glyphosate](#), a key chemical in Roundup, caused them to develop [cancer](#). These documents follow [records](#) released in March that, among other things, revealed company ties to an official at the U.S. Environmental

Protection Agency (EPA), prompting an [investigation](#) into [possible collusion](#) between Monsanto and the EPA staffer.

"This is a look behind the curtain," Brent Wisner, an attorney from the firm that released the documents, [told](#) journalist Carey Gillam, who is also the research director for [U.S. Right to Know](#). "These show that Monsanto has deliberately been stopping studies that look bad for them, ghostwriting literature and engaging in a whole host of corporate malfeasance. They (Monsanto) have been telling everybody that these products are safe because regulators have said they are safe, but it turns out that Monsanto has been in bed with U.S. regulators while misleading European regulators."

"This trove marks a turning point in Monsanto's corporate life," Robert F. Kennedy, Jr., another attorney involved with the class action suit, [told](#) Gillam. "They show Monsanto executives colluding with corrupted EPA officials to manipulate and bury scientific data to kill studies when preliminary data threatened Monsanto's commercial ambitions, bribing scientists and ghostwriting their publications, and purchasing peer review to conceal information about Roundup's carcinogenicity, its toxicity, its rapid absorption by the human body, and its horrendous risks to public health and the environment ... We can now prove that all Monsanto's claims about glyphosate's safety were myths concocted by amoral propaganda and lobbying teams."

Glyphosate, Roundup's active ingredient, is the [most](#) heavily-used agricultural chemical in history. Although the popular weed-killer has been approved by U.S. regulators for decades, glyphosate is often condemned by environmentalists and food safety advocates, who worry about [hormone disruption](#), and the [contentious debate](#) over whether glyphosate causes cancer—as well as its role in the "[pesticide treadmill](#)." It was [deemed](#) a "probable human carcinogen" by the World Health Organization (WHO) in 2015, and in June California [announced](#) it would add glyphosate to the [state's list](#) of known cancer-causing chemicals.

More than 700 pages of documents also reveal Monsanto's efforts to discredit the WHO classification, which was issued by the agency's International Agency for Research on Cancer (IARC). As Splinter [reported](#):

Earlier this year Reuters [published](#) a supposedly damning story which posited that the academic who led IARC's inquiry into glyphosate misled the organization about his findings.

Monsanto's continuous effort to discredit WHO's research, as revealed by numerous published documents, only serves to taint its own insistence that Roundup isn't toxic. If glyphosate was truly harmless, Monsanto would not have bribe, pressure, or persuade academics to say otherwise.

[Adapted from: <https://www.ecowatch.com/monsanto-glyphosate-cancer-2468647604.html>]

