

# Key Notes



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A “keynote” in homeopathy is a unique symptom that can point to a certain homeopathic remedy. For example, someone who has a condition associated with intense fear of the dark might need *Stramonium*, a remedy made from the jimsonweed plant.

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## In this issue...

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**Did you know? URGENT! Homeopathy is under threat, here's what you can do!**

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## Family health tip

### Children and teens are at risk for drug-drug interactions

Children are more at risk for drug-drug interactions as a growing number are taking more than one medication at a time.

“During 2013-2014, one-fifth of children and adolescents used at least one prescription medication and [about] 1 in 10 concurrently used two [or more] prescription medications,” [Dima M. Qato, PharmD, MPH, PhD](#), of the University of Illinois at Chicago, and her colleagues wrote in [Pediatrics](#). “Among children and adolescents concurrently using two [or more] prescription medications, 1 in 12 was at risk for a major drug-drug interactions.”

The investigators noted a “notable” decrease in the use of acute drug treatments from 11% at the beginning to 7% at the end of the 10-year cycle. This was “driven largely by a decrease in the use of antibiotics.”

They identified the most commonly used prescription drugs, including respiratory agents, especially bronchodilators (the most common type was albuterol); psychotherapeutic agents, especially stimulants (most commonly methylphenidate); and antidepressants (most commonly fluoxetine).

“Among concurrent users of prescription medications, combinations that involved respiratory agents, such as bronchodilators and leukotriene modifiers, and psychotropic medications, including antidepressants, antipsychotics, and stimulants, were the most prevalent,” Dr. Qato and her colleagues wrote. Of the 301 concurrent users in the 2013-2014 survey cycle, 156 unique drugs were used.

Of the children and adolescents who were concurrently using prescription medications, 8% were at risk for major drug-drug interactions the researchers noted. “Nearly half of interacting regimens used involved psychotropic agents, primarily antidepressants.”

They also found that “prescription medications associated with an increased risk of suicide are commonly used in children and adolescents and are often used together. For example, more than half of adolescent girls taking antidepressants concurrently use at least two additional psychotropic medications or hormonal contraceptives. Although there is some evidence that the combined use of these drugs may increase the onset and severity of suicidal thoughts and behavior, we found no cases of drug-drug interactions associated with suicidality.”

The investigators concluded that treatment “and prevention efforts to reduce the burden of adverse drug events in younger populations should be used to consider the role of interacting drug combinations.”

*[Adapted from: Twachtman, G, August 28, 2018:*

<https://www.mdedge.com/pediatricnews/article/173561/mixed-topics/children-and-teens-are-risk-drug-drug-interactions>]



### ***Homeopathy case***

#### **A 10-year-old girl with severe attacks of rage**

Rachel, a lovely, 10-year-old girl with long blonde hair, quietly sat in my office with both parents. Her mother had already briefed me on the phone the day before:

"The psychiatrists want to institutionalize Rachel for life - under heavy sedation! She is becoming stronger every day and is considered to be a danger to herself and others. The other day she tied a rope around her neck and threatened to jump off the deck to kill herself. Last week she pulled a knife on her brother. When she has an attack of rage it takes two or three people to restrain her. We actually have to sit on her. At those times she has superhuman strength."

These parents were at their wit's end. Rachel's attacks had started when she was about three years old and progressively increased over time. She would suddenly and without provocation have episodes of rage during which she was violent towards objects and people, including herself. Afterwards she had no memory of the event.

The family had literally seen dozens of therapists, psychiatrists and social workers for help: "At one time we had a team of social workers living in our house for two weeks to try and find out what we were doing to 'drive our child crazy' as they put it," Rachel's mother reported.

There was no history of trauma in her case. I had seen somewhat similar cases over the years where the child had been severely traumatized by an injury or a violent incident, but nothing came up in Rachel's case. The only clue was that her grandfather had been a very violent alcoholic.

Her attacks seemed to be neurological, almost like a seizure. Rachel also had a number of fears, including a fear of the dark and of ghosts.

I prescribed a homeopathic remedy that can be indicated if a person is violent, has a fear of violence, a fear of the dark, of ghost and has supernatural strength while suffering an attack of rage. The plant especially affects the nervous system, causing various disorders of thought and motor control with fear, violence, fits, hallucinations and delirium.

As a homeopathic preparation is can treat conditions like Rachel's, although there are several other homeopathic remedies available with similar features, so it is important to seek

professional help for the treatment of these cases.

Rachel had several doses of the remedy a few different potencies over the next six months which entirely cleared up her attacks. She also received a couple of mineral and vitamin supplements. She was never institutionalized. The total cost of the homeopathic remedies she had was about \$12.00.

This was one of the first very extreme cases I saw only a couple of years into my practice about 20 years ago. It made a lasting impression on me and firmly put me on my path as a specialist in homeopathy.

[Adapted from Zimmerman, A ND 2017: <https://www.drzimmermann.org/successful-clinical-cases/a-case-of-severe-attacks-of-rage>]

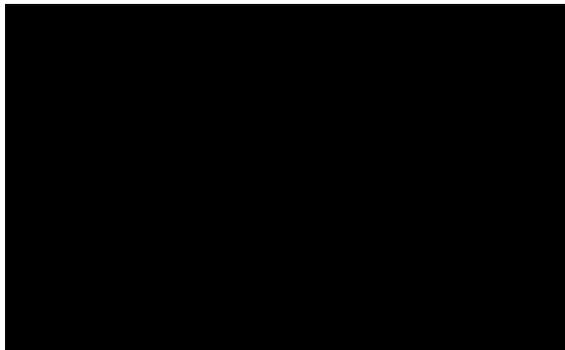


**Did you know?**

**Homeopathy under threat: here's what you can do!**

**from Americans for Homeopathy Choice, a non-partisan national nonprofit consumer organization: <https://homeopathychoice.org/>**

*Moms want homeopathy choice (2min):*



Right now the U.S. Food and Drug Administration (FDA) is proposing new guidelines called "Draft Guidance from December, 2017" for regulating homeopathic remedies. These proposed guidelines would change the status of homeopathic remedies from a special category of medicine, designated since 1938, and put them into a group considered "unapproved." This means that all homeopathic remedies would

become technically illegal and could be banned at any time by order of the FDA.

**If you use homeopathic remedies and want to ensure continued access to them, we urge you to join with us in stopping these ill-conceived guidelines. What's at stake is not just your freedom to use homeopathy, it's freedom to choose your health care.**

All supporters of homeopathy and freedom of health care choice are asked to support the Citizen's Petition we have filed with the FDA. The FDA cannot move forward with

implementation until the comments and concerns of all stakeholders have been reviewed for a minimum period of six months. Here's what you can do:

1. If you like, read the Citizen's Petition: <https://www.regulations.gov/document?D=FDA-2018-P-2962-0001>
2. **Most important: comment on the petition!** <https://homeopathychoice.org/contact-fda/>
3. Learn about sending your comments to your representatives in congress: <https://homeopathychoice.org/contact-congress/>

