

Key Notes



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 who has a condition with symptoms that seem to constantly be changing might need *Pulsatilla*, a remedy made from the windflower plant.



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Family health tip

The health benefits of meditation

Peace is often associated with yogis and monks sitting alone in a far off place, cave, or monastery; praying and meditating all day long. To some it may seem like a mystical concept or something elusive wondering, how do we –in a world of high demands where battling life and people situations, concerns, and restlessness exist – find peace?



The truth is that peace of mind can be attained and enjoyed even in the midst of the demands and stressful conditions and circumstances of life. And meditation is essential in offering healthy benefits to help us focus, eliminate negative thoughts, worries, anxiety, as well as other factors that can cause havoc with our overall health and well-being. It has been proven that the practice of meditation, carried out on a regular basis, will mitigate the symptoms of stress and anxiety—and support beneficial health!

Everyone can do it – and benefits can be seen after just a few minutes.

What is meditation? The calming of the mind. Meditation has been practiced for thousands of years as a component of numerous religious traditions and beliefs. And while some perceive it as a form of worship or prayer, in essence, anyone—of any belief, including atheist or agnostic—can meditate and reap its benefits.

Are there different types of meditation? Yes. Meditation is used as “an umbrella” or catchall term for the many ways we can achieve mental and physical relaxation.

While there are many types, most share these elements:

- A quiet location with minimal distractions
- A comfortable position—sitting with legs crossed, lying down, or within our home or garden or favorite chair
- Concentrating in order to cut out all distractions—focusing on a word, a key teaching or saying, an object, our breathing
- There are also forms of “moving meditation” such as yoga or tai chi that incorporate gentle movements

Can meditation help me decrease the stress I deal with? Absolutely! We know that when stress becomes chronic and is not properly managed, it can wreak havoc on our mind, body, and spirit. It can interfere with our enjoyment of life, relationships, and our work.

What are some of the health benefits of meditation? While we understand that it cannot replace scientifically proven treatment modalities, meditation can be used as part of a multi-faceted approach for a number of ailments with compelling benefits.

- **Decreased blood pressure.** The American Heart Association has released a statement that meditation may be considered in clinical practice to lower blood pressure.
- **Better sleep.** In a study published in JAMA Internal Medicine, participants who underwent a six-week program on mindfulness meditation had greater improvements in sleep quality and fewer symptoms of insomnia compared to those who were taught standard ways to improve their sleep hygiene.
- **Decreased depression and anxiety.** 30 minutes of meditation a day can improve some symptoms of anxiety and depression in patients with mild disease to the same extent as antidepressant medications.
- **Dealing with chronic pain.** While it is not clear how meditation decreases the suffering of people who experience chronic pain, it is believed that it alters pain perception.
- **Improved immune function.** When our body is relaxed, our immune system is able to prepare for battle against germs, foreign invaders, and cancer.
- **More focus, improved memory.** Studies have found that meditation training helped workers concentrate better, remember more of their work details, and stay energized and experience less negative moods.

When is a good time to meditate? One of the beauties of meditation is that we can make it as formal or informal as we like, and thereby adapt it to our needs. While not for everyone, there are centers, groups, and classes that are led by trained instructors to teach us advanced techniques. And because meditation does not require equipment or formal training, it can be done on our own, at any time. So, whether we are at work, sitting on an airplane or train, ready

to go to sleep, or just feeling anxious or stressed, all we need is a few minutes to achieve our inner peace.

How can I meditate in just a few minutes? Take a few minutes in the morning or evening (or both), rather than turning on your phone or going online. And see what happens if you try quieting down your mind, or at least paying attention to your thoughts and letting them go without reacting to them.

And yes, today there are apps that can help you with meditating.

[Adapted from Radcliff, N, January 6, 2017:

<http://www.washingtontimes.com/news/2017/jan/6/health-benefits-meditation/>]



Homeopathy case

Graves disease resolved by homeopathy

Lori was middle-aged, around 50. She appeared thin, haggard, nervous and so restless, she could not sit still for even a moment. She would fidget constantly. Her arms and legs were twitching and jerking. She would jump up suddenly, pace back and forth and then sit back down again.

“My heart races, my blood pressure is high. I have tried to stay away from blood pressure medication. Instead, I take bugleweed tincture for it. It brings it down some, but not enough. The problem is my thyroid; I have been diagnosed with Graves’ disease (an autoimmune form of hyperthyroidism). At first they had me taking beta blockers for the high blood pressure, but I did not like the drugs. Actually, they did not like me! I got worse headaches from them, and was even more tired. So, I weaned myself off the medication, and now I am taking the bugleweed. I am feeling better but still have a lot of problems. I am depressed and tired. My eyes are irritated. I get headaches every day. I have heart palpitations. I am always too hot. I’m nervous, anxious, even panicky, and I have lost weight as you can see (showing me the waist band of her pants), even though I have a very good appetite. I hope you can help me.”

Lori was always a sensitive child. She had a family history of goiter; multiple cases of cancer and depression; emphysema, heart disease, hypertension, alcoholism, kidney disease, stroke, asthma, and psoriasis.

A more extensive health history revealed that the thyroid condition may have already been present more than ten years ago. She had developed panic attacks somewhere in her late 30's to early 40's, with intense heart palpitations, tachycardia, and recurrent anxiety attacks.

Lori began her treatment November 1999. By March 2000, her headaches were completely gone. The stomach symptoms were much improved. The constipation was gone. Lori had even gained some weight back. The anxiety was much improved and she no longer felt panicky. Even her fears had improved. By May that same year, her blood pressure was down to an average of 145/86 and she had discontinued her regular doses of bugleweed tincture.

Over the next year, Lori continued to improve under this comprehensive homeopathic treatment. Gradually all her symptoms disappeared, and not just the hyperthyroid symptoms. I recommended that she see her endocrinologist again for testing. Thyroid panels were conducted and her iodine levels, thyroid function, metabolism, and immune function were all shown to be normal – much to the chagrin of her doctor who had told her this condition was incurable.

[Adapted from Mueller, M, August 14, 2013: <https://thehomeopathiccollege.org/mr-muellers-articles/alternative-treatment-graves-disease-basedow/>]



Homeopathy in the news!

Study shows homeopathy effective for prevention of respiratory tract infections in children

A clinical trial was conducted in the Brazilian Public Health System in Petrópolis (BPHSP) with children aged from 1 to 5 years old. The children were randomly assigned to three experimental groups: one group received a homeopathic combination remedy, the second received a placebo, and the third received InluBio (a conventional medicine). The number of flu and acute respiratory infection episodes was then recorded over the next year (2009-2010).

In the first year, 46/151 (30.5%) of children in the placebo group developed 3 or more flu and acute respiratory infection episodes, while there was no episode in the group of 149 children who used Homeopathic Complex, and only 1 episode in the group of 145 (1%) children who received InluBio.

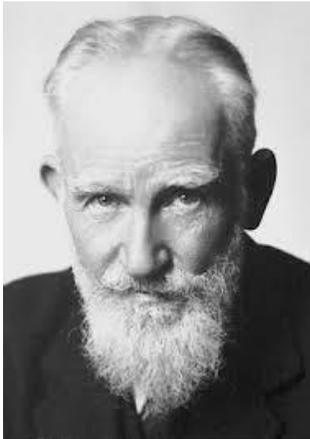
These results suggested that the use of homeopathic medicines minimized the number of flu and acute respiratory infection symptomatic episodes in children, suggesting that homeopathy has potential in preventing flu and respiratory infections in children.

[Adapted from National Institutes of Health: <https://www.ncbi.nlm.nih.gov/pubmed/26828000>]



Did you know?

Playwright George Bernard Shaw was a dedicated user of homeopathy!



George Bernard Shaw (1856-1950) was an Irish playwright and a co-founder of the London School of Economics, and the Nobel Prizewinner for Literature in 1925. Born in Dublin, he moved to London at the age of twenty and lived in England for the remainder of his life.

In his play *The Doctor's Dilemma* in 1906, Shaw argues that homeopathy was attacked by doctors solely on the basis that it cost them money. The tiny doses used in homeopathy strangled the lucrative profits of the druggists. He pointed out that "All great truths begin as blasphemies".

George Bernard Shaw was treated for a hydrocele by well-known homeopath at the time Sir John Weir, and his wife Charlotte was also successfully treated for blood poisoning.

[Adapted from Young, S: <http://sueyounghistories.com/archives/2008/07/06/george-bernard-shaw-and-homeopathy/>]

