

# KeyNotes

The health and wellness newsletter of

**Yuma Homeopathy**

**Anna Vakil PhD CCH(Cand)**

Serving southwest Arizona & beyond

[www.yumahomeopathy.com](http://www.yumahomeopathy.com)

[facebook.com/yumahomeopathy](https://facebook.com/yumahomeopathy)

Call (928)247-6385 for a free 15-min consultation

**May 2016**

---

A "keynote" in homeopathy is a unique symptom that can point to a certain homeopathic remedy. For example, someone with a health condition who tends to feel worse with any kind of motion might need the plant remedy *Bryonia*, which is made from wild hops.

---

## **In this issue:**

**Family health tip** Consumers beware!  
Regulation of chemicals found in household and personal care products is very weak

**Homeopathy case** A baby with multiple boils

**Homeopathy in the news** Swiss government includes homeopathy in services covered by health insurance

**Did you know?** Strong clinical trial evidence supports the use of homeopathy for respiratory allergies

---

### **Family health tip**

Do you believe that government regulation of chemicals found in household and personal care products is protecting you? Think again! Turns out that your makeup, cleaning products, furniture and even some of the food in your pantry contains chemicals that research has shown to be harmful to human health. How could this be? Well, thanks to a 1976 law, many manufacturers of the products in your home are not required to test the chemicals in these products before

releasing them into the market. Time to panic? No, the first step is to inform yourself, and then try to switch to safer products and avoid purchasing new ones that contain these chemicals. If you are really motivated, you could participate in and support organizations working to pass more effective regulation of these harmful chemicals. Check out this short video that will help better inform you: <https://www.youtube.com/watch?v=JVoGS-8cKlo>

### ***Homeopathy case: a baby with multiple boils***

A one-year-old boy was brought in by his mother for multiple boils on the hands and face, especially the forehead. The eruptions started at 8 months of age. The baby had previously been treated unsuccessfully with topical prescription ointments. The boils were itching so intensely that they would bleed after scratching. The baby was cranky with the itching. He also suffered from wheezing on and off.

A homeopathic remedy was given twice a day for 14 days. After 2 weeks the boils started to regress in size and number. No new eruptions arose and the baby's wheezing also reduced substantially.

The remedy was continued for another 2 weeks, and afterwards was given intermittently when required. But more importantly, the baby became cheerful once again.

*[Adapted from Z Dehmeri, H-pathy E-zine April, 2016]*

### ***Homeopathy in the news!***

The Swiss government recently announced that beginning in May, 2017, homeopathy along with four other health modalities will acquire the same status as conventional medicine when it comes to health insurance.

*[From swissinfo.ch Mar 29, 2016]*

### ***Did you know?***

The strongest clinical evidence for homeopathy is in the treatment of respiratory allergies. There are conceptual and historical links between homeopathic medicine and modern allergy desensitization

treatment. Conventional allergy desensitization and homeopathic treatment both utilize small doses of substances that might cause symptoms in order to prevent or treat a hypersensitive state. Homeopathy has historically been associated with allergy treatment. Several clinical trials, many of which were published in "high impact" conventional medical journals, describe significant effects of homeopathic treatment in allergic patients. Most of these clinical studies have been deemed to be high quality trials, according to the three most commonly referenced meta-analyses of homeopathic research. Basic in vitro experimental studies also provide evidence that the effects of homeopathy differ from placebo.

*[From D Ullman MPH CCH and M Frass MD, "A Review of Homeopathic Research in the Treatment of Respiratory Allergies", Alternative Medicine Review (2010) 15(1):48-58]*

KeyNotes is an opt-in newsletter published by Yuma Homeopathy. You are welcome to forward this newsletter to friends, family and colleagues. If you no longer wish to receive KeyNotes, please reply to this message and include "Unsubscribe" in the subject line.

Call (928)247-6385 for a free 15-min consultation