

# 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 with symptoms that worsen significantly before storms or thunderstorms might need *Rhododendron*, a remedy made from the rhodendron plant.



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### **Family health tip**

#### **The link between abdominal fat and anxiety and depression**

Abdominal fat distribution (as measured by [Waist-Hip Ratio](#)) appears to be a [key mediator](#) in the relationship between obesity and depression.

We know that [differences in fat distribution patterns](#) among overweight and obese men and

women are associated with their cardiometabolic risk. But what about mental health?

Several studies have found that a disproportionate number of patients with mental illness are obese compared to the general population. A [study](#) comprising randomly selected outpatients receiving psychiatric care in Maryland found that their [body mass index](#) (BMI) was almost twice that of the comparison group.

Anxiety is one of the most common mental health disorders, and it's more likely to affect women, especially middle-aged women. Although anxiety can be caused by many factors, a new study suggests that the amount of [abdominal fat a woman](#) has could increase her chances of developing anxiety. Study results are published online today in [Menopause](#), the journal of The North American Menopause Society (NAMS).

Everyone is familiar with the term "stress eating" that, among other things, can lead to a thicker waistline. In this study that analyzed data from more than 5,580 middle-aged Latin American women (mean age, 49.7 years), the cause-and-effect relationship was flipped to determine whether greater abdominal fat (defined as waist-to-height ratio in this instance) could increase a woman's chances of developing anxiety. Although this is not the first time this relationship has been examined, this study is the first of its kind known to use waist-to-height ratio as the specific link to anxiety. [Waist-Hip ratio](#) has been shown to be the indicator that best assesses cardiometabolic risk. A general guideline is that a woman is considered obese if her waist measures more than half of her height.

The article "Association between waist-to-height ratio and anxiety in middle-aged women: a secondary analysis of a cross-sectional multicenter Latin American study" reports that 58% of the study population were postmenopausal, and 61.3% reported experiencing anxiety. The study found that those women in the middle and upper thirds of waist-to-height ratios were significantly more likely to have anxiety, and those in the upper third were more likely to actually display signs of anxiety compared with women in the lower two-thirds.

Anxiety is a concern because it is linked to heart disease, diabetes, thyroid problems, respiratory disorders, and drug abuse, among other documented medical problems. Research has shown an increase in the frequency of anxiety in women during midlife, likely as a result of decreased levels of estrogen, which has a neuroprotective role.

"Hormone changes may be involved in the development of both anxiety and abdominal obesity because of their roles in the brain as well as in fat distribution. This study provides valuable insights for healthcare providers treating middle-aged women, because it implies that waist-to-height ratio could be a good marker for evaluating patients for anxiety," says Dr. JoAnn Pinkerton, NAMS executive director.

[From: Battaglia, J, Mar 8, 2018: [http://preventdisease.com/news/18/030818\\_Most-Common-Mental-Health-Disorder-Linked-To-Abdominal-Fat.shtml](http://preventdisease.com/news/18/030818_Most-Common-Mental-Health-Disorder-Linked-To-Abdominal-Fat.shtml) ]



### ***Homeopathy case***

### **Homeopathy and depression**

A young woman reported the following symptoms:

- Depression: Last 3 years and when a teen (used to take medication but does not want to because of side effects)
- Anxiety: Daily and at night, feels like she is going to die in her sleep.
- Fatigue: even after 10 hours of sleep
- Weight gain: last 3 years (70lbs)
- Lost interest in everything
- Headache
- Digestion problems

Here are her exact words:

"My depression and anxieties started about 3 years ago. I was always calm until about 3 years ago. The first time I had an anxiety attack I was watching a movie and the door slammed shut because of a draft. It felt like I was trying to breathe under water. It felt like a life and death situation."

"I am very impatient. Inside I feel like ripping my hair out or assaulting people. I don't like people touching me. Feel like pushing people off. I try to stay out of people's way, I give them enough room but why are they touching me? I JUST REACT. I feel pure rage. In my head I just curse because I don't want anybody to touch me. Get the - - - out of my way. I clench my teeth really hard. I never liked people touching me."

"My mother feels I am choosing my boyfriend over her. In turn my boyfriend has a very hard time dealing with our relationship and now it is a complete mayhem. My mother is already not happy with my boyfriend situation. I tell her 'I'm just dating him, leave me alone.' My anxiety comes from trying to make her happy and not being able to. Everything is about the both of them. When I get into an argument I just feel like leaving."

"I used to exercise and now I don't. I am extremely tired and it is very difficult to get out of bed."

"I love animals. Animals don't want anything from you. They just love you and this is why I love animals so much. I feel great with them and could do without people. I am going to grooming school to take care of them."

"I get headaches every day. Pain is in the inner corner of the eye and between the eyes. It is a pounding pain made worse in closed room and better in open air. I never get them outside of work."

"My digestion is not good: I am constipated. I get heartburn as if I drank lemonade, sour as if stomach is on fire. Rotten, dirty. As if the food I eat is rotting inside of me."

Two homeopathic remedies were given in sequence, the first one acted mainly on the depression, the second one more on the anxiety.

Several months later:

She is going to college and using the pet grooming as a bridge. She sees her mother once a week and is on good terms with her.

[Adapted from Fontaine, P, <https://homeopathicservices.com/conditions-treated/depression/> ]



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

#### **Results of a study of 5 hospitals in the UK that use homeopathy**

In a pilot study published in 2008, data from 1602 follow-up patient appointments at five homeopathic hospitals were collected together over a one month period.

Eczema, chronic fatigue syndrome, menopausal disorder, osteoarthritis and depression were the 'top five' most referred conditions. The medical problems referred to the hospitals typically are chronic conditions where available conventional treatments are often not effective. In total, the study identified 235 separate medical complaints treated at the hospitals during one month.

At just their second homeopathic appointment, 34% of follow-up patients overall reported an improvement that affected their daily living. For patients at their sixth appointment, the corresponding improvement rate was 59%. The study showed that reported health benefit may be gained more quickly in some medical conditions than in others.

The pilot findings are informing a programme of standard setting for treatment outcomes in the homeopathic hospitals.

### **Bristol patient outcome study**

One of the most comprehensive patient outcome surveys was an analysis of over 23,000 outpatient consultations at the Bristol Homeopathic Hospital from November 1997 to October 2003. This represented over 6,500 individual patients whose outcome was recorded at follow-up. More than 70% of these follow-up patients recorded clinical improvement following homeopathic treatment.

<b>Clinical condition</b>	<b>% patients at follow-up showing clinical improvement</b>
Asthma (under 16s)	89%
Chronic fatigue syndrome	72%
Crohn's Disease/ulcerative colitis	76%
Depression	71%
Eczema (under 16s)	82%
Headache/migraine	74%
Irritable bowel syndrome	71%
Menopausal syndrome	77%
Rheumatoid arthritis	70%

Many of the patients in the analysis had previously received mainstream medical intervention at the secondary care level and had either failed to respond satisfactorily or had been unable to tolerate the medication prescribed.

Homeopathy therefore may achieve positive clinical outcomes in certain conditions that have not yet been proven in RCTs, such as Crohn's disease, depression, eczema, headache, and menopausal syndrome.

[Adapted from <https://www.britishhomeopathic.org/evidence/results-from-the-homeopathic-hospitals/> ]

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