

# 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 with a health condition where there is exhaustion following mental exertion might need *Kali-phosphoricum*, one of the mineral remedies.



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### **Family health tip**

**Teens most susceptible to endocrine disruption from chemicals**

The American Medical Association reports that adolescents aged 12 to 21 years are two to three times more sensitive than the general population to common environmental contaminants that

can disrupt thyroid function and therefore should have the latter checked, according to US researchers.

The thyroid-blocking effects of exposure to three common environmental contaminants — perchlorate, thiocyanate, and nitrate — also appear to be different in boys and girls, say Jenica McMullen, New York University School of Medicine, New York, and colleagues in their report [published online](#) April 20 in the *Journal of Clinical Endocrinology and Metabolism*.

In adolescents, disruptions of normal thyroid function can profoundly affect every organ system, including cognitive and cardiac function, bone strength, and metabolism. Clinically, this can present as declining growth rates and changes in academic performance, including poor attention, the researchers say.

Perchlorate, which occurs naturally, is used in rocket propellant and explosive manufacture and can migrate into water, milk, and water-rich vegetables such as celery, zucchini, radish, tomato, and green cabbage. Thiocyanate exposure comes primarily from cigarette smoke, although it can also be found in dairy products as well as radishes, kale, and other leafy greens. Nitrate is a preservative commonly used in fertilizer that can also be found in drinking water and vegetables.

"The effects that we're talking about here are not amenable to treatment. Prevention of the exposures is all we can do at this point," explained senior author Leonardo Trasande, MD, MPP, associate professor of pediatrics, environmental medicine and population health at New York University School of Medicine, in an interview.

"The good news is that there are safe and simple steps that can be taken to limit exposure to environmental chemicals known to disrupt thyroid function," he told *Medscape Medical News*. "Clinicians can advise patients about these steps to limit exposures."

Among his recommendations are maintaining a healthy diet that includes a variety of iodine-rich vegetables — such as kelp, cranberries, Greek yogurt, and navy beans — avoiding processed foods and consuming organic produce where possible. Appropriate supplementation with iodine can also reduce the impact of exposure to environmental chemicals. Most salt in the United States is iodized, Dr Trasande said, noting that sea salt is not.

And referring to recent [initial research](#) that has implicated chemicals in the home with papillary thyroid cancer, he also advised that air be recycled every other day.

"We were concerned about the earliest exposures, but since we weren't able to examine children younger than 12, we were able to identify adolescence as a window of vulnerability."

To date, the researchers have examined chemicals with relatively short half-lives, so theoretically at least, there's potential for quick recovery after exposure, Dr Trasande said, but he noted that this is based on physiological principles rather than clinical evidence.

More research is needed, but longitudinal studies such as the [Environmental Influences on Child Health Outcomes](#) (ECHO) program, a 7-year initiative launched by the National Institutes of Health, will help increase understanding of the effects of environmental exposures on child health and development, he concluded.

[Adapted from Jenkins, J: <http://www.medscape.com/viewarticle/879194> ]



### **Homeopathy case**

#### **A woman with appendicitis**

*[Please note that if you think you might have appendicitis, you should seek medical attention immediately].*

A 34-year-old woman visited Dr Shah on 2nd August 2008 in India. She was a diagnosed case of chronic appendicitis for the last three years. Surgery was recommended by two local surgeons but she was not comfortable with this.

Her symptoms included chronic constipation for many years. She had continuous pain in lower abdomen, both on the right and left side, for the last three years. The pain in the abdomen was most of the time and used to shift towards the upper abdomen as well as to the back. She had very severe pain near the tailbone.

She also had continuous pain in left forearm and chest as well as the left shoulder. The abdominal pain was more at night.

She had nausea for over three weeks. Her appetite was low. She had a low grade fever more on waking up and in the evening. She had acidity and burning pain in upper abdomen.

Sometimes she had burning pain while passing urine. A surgeon investigated her, all blood tests and sonography reports were indicative of chronic appendicitis.

Her case was studied in detail by Dr Shah. Usually, Dr Shah would avoid surgical cases such as this. However, the patient was reluctant to have surgery and was willing to give a fair trial to homeopathy. Dr Shah suggested that he would give medicine and review after six days; if there was improvement by then, the treatment would be continued. If no improvement, he would insist on surgery.

The patient was prescribed a set of homeopathic medicines based on her case analysis. She reported significant improvement in the pain after six weeks but she was still constipated. Her medicine was continued using higher potencies. At the end of three months the pain in her abdomen and other referred pains improved by over 70%. Her treatment was continued for the next six months.

[Adapted from: [https://www.askdrshah.com/casestudies.aspx?CS\\_ID=8200](https://www.askdrshah.com/casestudies.aspx?CS_ID=8200) ]



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

#### **3<sup>rd</sup> bi-annual global conference on homeopathic research set to begin**

Following the success of previous conferences in Barcelona and Rome, this year's bi-annual global homeopathic research conference will be held on the stunning Mediterranean island of Malta from June 9-11, 2017.

This year's conference includes presentations by scientists from all over the world, including Dr. Joyce Frye, an obstetrician-gynecologist with the University of Maryland School of Medicine, who will be presenting on the use of homeopathy in the recent chikungunya outbreak in Haiti. Among her accomplishments, Dr. Frye previously prepared a report on the use of alternative medicine for the House Committee on Bioterrorism.

[Adapted from: <https://instituteforhomeopathicmedicine.wordpress.com/2017/04/18/end-of-prohibition-in-sweden-homeopathy-is-legal/> ]



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

#### **Diseased plants can be treated with homeopathy!**

After coming home from work, I went out into the garden one day to find a yellow color spreading over the leaves on the lower branches of the tomato plants. The dreaded blight had made its first appearance of the season.

In the past, I would have resorted to some type of organic fungicide or other natural treatment like baking soda spray. And while I still may use them, there was also a newer mode of treatment – at least, newer to me – available that had greater appeal.

The advantages of homeopathically treating plants are multifold. It's organic, inexpensive and relatively easy. One needs to only to mix the remedy in a water solution and spray it. Oftentimes this needs only to be done once. Happily, I can report that spraying the remedy *Carbo vegetabilis* onto the tomatoes for three successive days apparently cured it. He says,

“I'm not sure which is more curious – the idea of using homeopathic remedies to treat plants or the fact that, even after decades practicing homeopathy, it wasn't until recently I had given much consideration to the agricultural applications of homeopathy. Humans and animals—yes, veterinary homeopathy is a well-established profession-- however plants were another matter altogether.”

[Adapted from Jones, J: <http://www.centerforhomeopathy.com/blog/treating-plants-with-homeopathy/> ]

