

Key Notes



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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 associated with suppression of emotions might need *Staphysagria*, a remedy made from the delphinium flower.



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Family health tip

Fitness in middle-age may add years on to your life

A cohort from the Copenhagen Male Study including more than 5000 men without known cardiovascular (CV) disease (CVD) was assessed for cardiorespiratory fitness (CRF) at their workplaces.

The analysis looked at 5107 apparently healthy men aged 40 to 59 (mean, 49) years who were recruited at workplaces in Copenhagen from 1970 to 1971 to undergo a bicycle-ergometer fitness examination. During a 46-year follow-up, 4700 (92%) members of the cohort died; the rate of death from CV causes was about 42%.

Survival for the men, who averaged about 49 years when they performed the fitness test, was adjusted for possible confounders such as age, self-reported physical activity levels, smoking, and alcohol intake.

It was also adjusted for body mass index (BMI). Interestingly for the randomly selected Danish cohort evaluated in the 1970s, 93% had a BMI of 25 or less at the time.

Their CRF results were stratified based on the middle 90% as the age-adjusted normal range, half of that classified as low-normal and half as high-normal. Taking the lowest 5% (below normal) tier as the reference, performance in higher CRF tiers was associated with significant addition of life-years in a graded fashion.

The current findings support well-established observations that the greatest survival gains are achieved with improvements at the lowest levels of physical activity, that is, "simply by moving away from the least-fit end of the CRF distribution," write the authors of an [accompanying editorial](#), led by Emmanuel Stamatakis, PhD, University of Sydney, Australia.

[Adapted from: Stiles, S, August 21, 2018: <https://www.medscape.com/viewarticle/900981>]



Homeopathy case

A 70-year-old man still feeling childhood trauma

This man's main concern was urinary incontinence, which had begun after an operation to address prostate enlargement. He was also concerned because, although he was on prescription medications for type 2 Diabetes, his sugar levels were widely fluctuating. He wanted help in these matters and in generally ensuring a healthy future.

He was a sensitive, gentle person. He spoke in a mild, gentle manner, yet also with a kind of dignity. He related to us that he felt hurt that the surgeon had not warned him about potential post-operative side effects, including urinary incontinence and hindrance in his sexual life.

He described himself as cool and calm, but said that he gets angry at injustice and dishonesty. He enjoys running his own business, which for him is a creative outlet. He is popular with his friends, and especially likes to be appreciated for his work.

He worries a lot. He says that he often dwells on past memories of his childhood with his father. His father was a very forceful, strict person. He was terrified of his father's angry reprimands. His father disapproved of spending money, which was a huge source of stress. He once witnessed his father hit his older brother for spending too much money and this frightened him a great deal. He was so afraid of his father's disapproval that he suppressed his dream to pursue a career in the sport of badminton, although he was a champion at it. Instead, he pursued a degree in commerce, following his father's wishes. His father's dictates often caused the patient embarrassment in public. He says that his father was like a tyrant.

His mother provided all the love and care. He describes her as a gentle and loving soul, very affectionate by nature, a strong contrast to his difficult father.

He has a strong fear of hospitals, and is very sensitive to others' suffering.

Follow-up, 2/11/12

The patient responded immediately to the remedy. His incontinence improved within the first month of treatment. After three months, the incontinence was around 80% better, and after six months, he estimated that it was 95% better. There is no more fluctuation of his blood sugar levels; they have stabilized with the standard dose of allopathic medication that he had been on and can now maintain.

Mentally, he says he feels a sense of calmness and a kind of acceptance toward the stress of life. He can now overcome small upsets promptly, which was not previously the case.

So, we see that the patient got better at the physical level, in his pathology, and also at the mental and emotional level, as now the stress of life does not bother him and he is able to accept things as they are. This is the beauty of homeopathy - it does not just cure a physical problem, but also returns the patient to the sense of ease and well-being that comes with cure at deeper levels. This profound holistic effect makes this science one of the best healing methodologies in the field of health care.

[Adapted from Shah, J & D, 2014: <http://www.interhomeopathy.org/still-feeling-the-distress-of-childhood-a-case-of-staphysagria>]



Did you know?

Mexico's proud history of homeopathy

“Homeopathy arrived in Mexico in 1849, when the Catalan physician Cornelio Andrade y Baz landed in Veracruz (Gulf of Mexico), came from Cuba. With his arrival and that of other Spanish doctors, the consultations began and the first groups were formed to teach and spread homeopathy”, explains Dr. Fernando Domínguez Vello, founding member of the Mexican Circle of Homeopathy and medical coordinator of the Project of Homeopathic Health Care in the Desert.

Fernando François, author of numerous books, including *History of Homeopathy in Mexico* remembers:

- The Spanish physician Ramón Comellas, who arrived in Mexico in 1850, wrote the first publication on the subject: *Review of homeopathy dedicated to Mexicans*. He was also the first to have disciples: Julián González and Rafael Degollado.
- José María Carbó arrived to fight an epidemic of yellow fever in Veracruz in 1854. His success allowed him to obtain the first permission to practice homeopathy officially in Mexico.
- In 1855, Narciso Sanchís, also Spanish, instructed the first Mexican practitioners: Alfredo Domínguez Ugalde and Pablo Fuentes Herrera.
- In 1867, Julián González founded the first homeopathic pharmacy in the country.
- Pablo Fuentes Herrera and Pascual Bielsa organized the first local homeopathy group: the Homeopathic Society of Mexico, and in turn edited the first specialized journal: *La Gaceta* (1870).
- In 1871, Rafael Degollado founded the first homeopathic hospital in the country in San Miguel de Allende, Guanajuato (center).

Moreover, according to the Association of Historians of Sciences and Humanities, Matilde Petra Montoya Lafragua was the first Mexican woman to become a physician and surgeon (1887) and practiced homeopathy, she can be considered the first female Mexican homeopath.

Another early Mexican homeopath was Dr. Segura y Pesado, who traveled to France to perfect his knowledge about medicine and returned to Mexico having converted into a blazing homeopathic physician. He belonged to an aristocratic family and was close to the circles of power. As a coincidence or circumstance of the moment, General Porfirio Díaz Mori, the then president of Mexico, suffered from a chronic illness, osteomyelitis in the hip, caused by a bullet

in a battle. Many doctors treated him, including specialists from France and the United States, but without success. "Doctor Segura y Pesado treated him with homeopathy and cured him," says Dr. Domínguez Vello.

Expressing his gratitude, President Porfirio Díaz asked Joaquín Segura y Pesado how he might reward his attentions, to which the doctor, seconded by his colleagues Ignacio Fernández de Lara, Ignacio María Montañó and Fernando Gómez Suárez, asked for permission to use an old building from the colonial era to found a hospital-school of homeopathy. The president agreed, albeit under certain conditions to calm the angry protests of the allopathic physicians.

The then Homoeopathic Hospital started its activities in mid-1893. "For two years its results were published and a statistical analysis showed that homeopathy was significantly more effective than conventional medicine", adds François Flores.

Consequently, on August 10, 1895, a decree was issued authorizing the teaching of Hahnemannian medicine and the founding of the National School of Homeopathic Medicine, which began its work on January 4, 1896. In this way, Mexico became the first country to formalize the exercise and teaching of homeopathy.

The impact of this hospital center still continues, says Dr. Arturo Benítez Trejo, the current director of the HNH. "Every year we offer about 35 thousand homeopathic consultations and, according to the surveys we conducted as part of our efficiency indicators, we have a satisfaction of more than 90%. The conditions we most often treat are pediatric, allergic, chronic degenerative (hypertension, diabetes), obesity, upper respiratory tract infections and behavior-related disorders (depression, insomnia, anxiety)".

According to Fernando François Flores, there are two other milestones in Mexican homeopathy. The first was "the inauguration of the Escuela Libre de Homeopatía (Free School of Homeopathy), with the very important ideological influence of the Mexican Revolution".

Both the Escuela Libre de Homeopatía de México (ELHM) and the Escuela Nacional Homeopática de Medicina exist to this day, although the latter was integrated into the National Polytechnic Institute in 1936 and changed its name to the Escuela Nacional de Medicina y Homeopatía/National School of Medicine and Homeopathy (ENMH).

The other milestone pointed out by Fernando François is the foundation of the organization Homeopathy of Mexico, in 1960, by Dr. Proceso Sánchez Ortega.

But if we had to choose an important lesson that Mexican homeopathy has given to the world, Fernando François chooses "the victory of the Escuela Libre de Homeopatía over President Lázaro Cárdenas, who tried to close this educational institution in the 1930s through a decree. The accomplishment of beating an acting president in court exemplifies that an organized group of dedicated people can reach whatever they want".

Adapted from Mejia, R: <https://hpathy.com/homeopathy-papers/the-journey-of-homeopathy-in-mexico-notes-about-an-extraordinary-story/2/>

