



NEWSLETTER

Issue 19

Summer 2008

COURSES & WORKSHOPS

Teen Healers: Energy Healing for Young People

Tuesday August 19th at Whitfield Road Community Centre, Newcastle.

10am – 3.30pm £20

This is an exciting new Summer pilot project to introduce young people aged 11-19 year to complementary therapies.

FUN, INTER-ACTIVE & EDUCATIONAL

The aim is to inform young people about energy medicine can help them (& others) stay healthy & happy!

The day will include an introduction to:

CHAKRAS, CRYSTALS, HOMEOPATHY, MEDITATION & REIKI.

Participants will have an opportunity to sense energy, choose a crystal, experience a short Reiki treatment & send distant healing.

Do you know any young people who may be interested in healing?

For details of this & other courses & to book, please contact Maggie. Booking is essential for all courses & full payment is required on booking to secure your place.

Please bring your own packed lunch. Drinks & light refreshments will be provided.

In Support of Homeopathy

Many of you will have experienced negative views about complementary medicine, including homeopathy, via the media or other sources. In the main this demonstrates a healthy expression of differing views in the tolerant society in which we are fortunate to live. We do still have the right to choose complementary therapies, however, the recent anti-homeopathy “campaign” has been relentless & at times downright malicious, so I would like to redress the balance a little. (Also, this may give you some answers for those who may challenge your choice to use alternative therapies!)

H:M c21 – Homeopathy: Medicine for the 21st Century

The HM c21 group have recently launched their campaign to defend homeopathy, calling for all those who have experienced positive benefit whilst taking homeopathic remedies to sign their petition. Those of you who have visited the practice recently may well have signed this petition here, but if you have not done so yet & would like to, please ask at your next appointment or sign on-line at www.homeopathyworkedforme.org

WE HAVE STAND UP FOR HOMEOPATHY IF WE WISH TO RETAIN OUR FREEDOM OF CHOICE TO USE IT AS AN EFFECTIVE THERAPY.

Many health problems – whether physical or emotional, mild or severe, acute or chronic – are being helped with complementary therapies such as homeopathy. The NHS could see a drastic reduction in drugs bills & even surgery to relieve some of the pressure on hospital & community services if complementary therapies such as homeopathy worked alongside the NHS.

So why isn't homeopathy more widely accepted?

The main criticism levelled at complementary therapies is a lack of “proof.” Conventional medicine largely relies on 2 types of research:

- ◆ **Intervention studies** – where the researcher intervenes to cause something to happen to research subjects, then evaluates evidence.
- ◆ **Observational designs** – when the researcher observes the clinical effectiveness of a treatment in a study group, without intervening.

Random Controlled Trials (RCT) are considered the “gold standard” in conventional medicine; ie in tightly controlled conditions, testing a specific drug or treatment against a placebo or sham treatment, in a specific disease, however, many conventional drugs are prescribed on clinical evidence alone.

Research In Homeopathy for Allergies

There is a wealth of clinical evidence to support the effectiveness of homeopathy, but you can't use the same tools to measure something that is so different. Homeopathy treats the an individual person, not a specific condition. Some examples of it's effectiveness for allergies are given overleaf.

Allergic Rhinitis



In 1995 Wiesen-auer & Ludke performed a double blind placebo RCT using the remedy *Galphimia* in 115 participants with eye & nasal symptoms, with **significant changes in those taking the remedy.**

Weiser et al (1999) gave 146 participants *Luffa complex* or a conventional nasal spray. They reported **a quick & lasting effect & almost complete remission of hay fever** symptoms which was equivalent in both groups. (So the drug-free remedy worked as well as the nasal drug)

When non-individualised remedies were given to participants in other trials results were not as positive. This demonstrates the importance of treating people not conditions.

How to take remedies.

Suck 1 tablet (or a few granules) of the remedy in a 6c or 30c strength every 2 hours for 6 doses, then reduce to 2-3 times a day until better.

Stop taking your remedy if you feel any worse.

Always seek medical help in emergencies.

Eczema: Homeopathy treats it as well as – if not better than – conventional medicine

Homeopathy is just as good as conventional medicine for treating eczema. Classical homeopathy – where the patient receives just one, individual, nosode, or pill – even improved symptoms better than did the conventional therapy for up to a year afterwards.

The two therapies were tested on a group of 118 children with eczema, of which 54 had homeopathy and the rest conventional treatment. The condition, and the progress of the disease, was monitored by doctors.

After a year, both groups reported similar levels of improvement, although doctors noted that the symptoms were better in those given homeopathy.

(Source: Complementary Therapies in Medicine, 2008; 16: 15-21).

Clinical Studies of Asthma

A study by Castellsagu in 1992 gave 26 participants with asthma individualised homeopathic treatment. Resulting in 57% cured & 23% improved.

In 1996 Eizyaga gave individualised homeopathic treatment to 62 participants with asthma resulting in a significant decrease in symptoms after treatment.

Reilly et al (1994) gave 28 participants with asthma a potentised allergen – ie the same remedy in all cases in a double blind placebo controlled trial. After 1 week an improvement was seen which continued for 8 weeks.

For more studies, full report & references see The Homeopath, Summer 2008.

BOOK REVIEW: Homeopathy: Medicine for The 21st century, Dana Ullman. ISBN 0-7225-1713-0

“Homeopathy is a medical approach that respects the body”. Dana Ullman brings the art & science of homeopathy up to date & demonstrates how it can be used to treat individuals with many ailments including modern diseases such as allergies and AIDS. It is a thorough & informative text with eg’s of use & research. An essential read if you want to really understand the theory & practice of homeopathy.



CONTACTING YOUR HOMEOPATH

All 'phone-ins are on the practice number: 01782 620514

'Phone-in times.

Mon & Fri. 9 - 10 a.m.

Tues & Thurs. 12.30-1p.m. & 6- 6.30 pm.

Mobile no. 07768993093

Email:

m.bevington@btinternet.com
May Bank Homeopathic & Reiki Practice, 26, Basford Park Road, May Bank, Newcastle, Staffs. ST5 0PS

Consultation fees.

Adult: 1st appointment £60
Follow-up appointments £35

Child: 1st appointment £50
Follow-up appointments £28.

Babies under 12 months:
1st appt. £40; then £28.
Requested remedies £1.75 half / £3.25 full bottle.

Acute prescription costs £6.25 (no charge for postage).

Reiki treatments:

1st appt £45, follow ups £35:
Homeopathy & Reiki joint treatment £60/£45 follow-ups.

NOTICES

Keeping You Posted

I currently send periodic emails to clients about courses, holiday cover arrangements etc. If you do not currently receive emails & wish to, please let me know your current email address. To ensure messages are not classed as “spam”, please add me to your trusted contacts list. Your details are never disclosed to other parties. If you wish to stop receiving emails please let me know.

Website: www.mbevington.co.uk