

TIPS FOR A HEALTHY SUMMER 2018

WITH HOMEOPATHY

by Maureen Chapple RSHom

Many of us love the summer months when we can spend time outdoors – in the park, gardening, taking long walks, swimming, trips to the beach or travelling at home or abroad on holiday. However, the Summer is not without its hazards.

There are a few first aid remedies you may want to pack along with your swimming costume and your bucket and spade to help make your Summer more comfortable. Remedy kits or individual remedies can be bought from various homeopathic pharmacies. (1)

Homeopathy is normally tailored to an individual's health and personality, but some first aid remedies often help the majority of people in certain acute ailments. Try to match your symptoms to the brief descriptions below to choose which remedy is most closely matched.

Visiting a homeopath for in depth, individual treatment is always the best way to be treated.



HAYFEVER

If you are a hay fever sufferer, Spring and Summer can be very miserable times. There are many over the counter and prescribed conventional drugs for hayfever, but they usually need to be taken on a daily basis throughout the season every year to suppress the hay fever and they often have undesirable side effects such as drowsiness. Many of my patients prefer to avoid them. If you prefer to use homeopathy which is safe for adults and children and has no side effects it is wise to make your appointment some months before the usual start of your hay fever symptoms. I have found this much the most successful way of lessening symptoms year on year, in some cases the hay fever disappears completely. This is because homeopathy is treating the whole person and not just suppressing the hay fever symptoms.

A recent study on the use of homeopathy for allergic rhinitis (hayfever) published in the British Medical Journal stated - "The homeopathy group had a significant objective improvement in nasal airflow compared with the placebo group" (2)

Here are a few remedies which may help to relieve hay fever symptoms once they appear. There are many more remedies and nothing is as effective as one to one individual treatment.

ALLIUM CEPA (Red Onion)

There is much acrid nasal discharge with burning in the nose, throat and mouth. The eyes are red with a lot of burning, smarting and watering and there is a great sensitivity to light. Lots of sneezing.

WYETHIA (Poison Weed)

Especially useful if there is a lot of itching at the roof of the mouth, back of nose and throat. Dryness in the nose, mouth and throat.

ARSENICUM ALBUM (White Oxide of Arsenic)

A thin, watery burning discharge from the nose with lots of sneezing. Burning eyes, red eyelids and watery eyes. Restlessness and anxiety may be noted.

EUPHRASIA (Eyebright)

A lot of catarrh from the nose and throat. Violent cough with abundant expectoration. Eyelids swollen and burning with a thick discharge from the eyes.

If you know which plant your allergy is caused by there are remedies made from Mixed pollen, Mixed grasses, Tree pollen and Dust Mites which I have found very helpful in some patients.

As I keep saying homeopathy is most successful when a remedy is found that matches the whole person both physically, mentally and emotionally

but I hope some of these first aid remedies will come in useful.

HAPPY HOLIDAYS !

...Next time, more tips for first-aid remedies for summer.

(1) Homeopathic Pharmacies

HELIOS - www.helios.co.uk

AINSWORTHS – www.ainsworths.com

NELSONS –

www.nelsonspharmacy.com

GOULDS –

www.gouldshomeopathic.com

FREEMANS – www.freemans.co.uk

(2) Randomised controlled trial of Homeopathy versus placebo in perennial allergic rhinitis with overflow of four trial series

Article in BMJ Clinical Research
321(7259):471-6 August 2000