

Key Notes



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Your health E-newsletter from Yuma Homeopathy

August 2017



A “keynote” in homeopathy is a unique symptom that can point to a certain homeopathic remedy. For example, someone with a health condition that is the worse in mid- morning as well as in the sun might need *Natrum-muriaticum*, a remedy prepared from table salt.



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Family health tip

Hundreds of scientists call for caution on the use of anti-microbials

Two ingredients used in thousands of products to kill bacteria, fungi and viruses linger in the environment and pose a risk to human health, according to a statement released today by more than 200 scientists and health professionals.

The scientists say the possible benefits in most uses of triclosan and triclocarban—used in some soaps, toothpastes, detergents, paints, carpets—are not worth the risk. The statement, published today in the [Environmental Health Perspectives](#) journal, urges “the international community to limit the production and use of triclosan and triclocarban and to question the use of other antimicrobials.”

They also call for warning labels on any product containing triclosan and triclocarban and for bolstered research of the chemicals' environmental toll.

The statement says evidence that the compounds are accumulating in water, land, wildlife and humans is sufficient to merit action.

“We want to draw attention to the increasing use of antimicrobials in a lot of products,” said Dr. Ted Schettler, science director of the Science and Environmental Health Network and one of the signatories of the statement. “Triclosan and triclocarban rose to the top because they’ve been in use for so long and exposures are so widespread.”

The chemicals are used to kill microbes such as bacteria and viruses that make people ill. However, both chemicals affect animals’ hormone systems, causing reproductive and development problems. And there is nascent evidence that the impacts may extend to humans as well—having been linked to reduced growth of fetuses, earlier births, and lower head circumference in boys at birth.

The compounds are used in an estimated 2,000 products but are being phased out of some uses. In February the EU banned triclosan in hygiene products. U.S. manufacturers are phasing out triclosan from hand soaps after the Food and Drug Administration banned it last year amid concerns that the compound disrupted the body's hormone systems.

The FDA noted in the restriction that antibacterial hand soaps were no more effective than non-antibacterial soap and water at preventing illness.

“Triclosan and triclocarban have been permitted for years without definitive proof they’re providing benefits,” said Avery Lindeman, deputy director of the Green Policy Institute and one of the signatories of the statement. The compounds, she added, serve as little more than a “marketing ploy” for many products, such as antimicrobial cutting boards and socks.



[Mike Mozart/flickr](#)

Despite soap bans, triclosan remains in Colgate Total toothpaste, some cleaning products and cosmetics. More worrisome, Lindeman said some manufactures of personal care products are simply substituting other antimicrobials for triclosan—some of which may pose the same risks to people and the environment.

Triclosan and triclocarban also show up in odd places, such as building products, Schettler said. “Some building materials are subject to microbial degradation, attacked by things like fungi that break them down, so manufacturers will put antimicrobials in there to reduce the risk,” he said.

Because of the widespread use, most people have some levels of triclosan in them. A 2008 study of U.S. residents found it in the urine of about 75 percent of people tested.

Once the compounds get into the environment, they don’t readily go away. Researchers have detected triclosan and triclocarban in water and sediment all over the world—including drinking water, oceans and streams. The [U.S. Geological Survey](#) found triclosan in 60 percent of U.S. streams. Studies have shown triclosan toxic to some algae, fish and other crustaceans.

The compounds impact hormones in animal studies. And there’s evidence that they may do the same to developing babies. Properly functioning hormones are critical for babies’ proper

development. Last month Brown University researchers reported that mothers' triclosan exposure during pregnancy was linked to lower birth weights, smaller heads and earlier births. They also found that as the children aged, [triclosan levels spiked](#) after they brush their teeth or wash their hands.

In addition to endocrine disruption concerns, Lindeman and other signers outline two other potential human health impacts from exposure to triclosan: heightened sensitivity to allergens, and antibiotic resistance.

Large studies of children in the United States and Norway have linked triclosan to [allergies and worsening asthma](#). And there is evidence bacteria that develop resistance to triclosan also become [resistant to other antibacterial compounds](#).

Companies such as Colgate have defended triclosan use. The American Chemistry Council, which represents chemical manufacturers, declined to comment on the statement.

The authors of the statement recognize the need for antimicrobials and didn't call for a total ban, Schettler said. Toothpastes with triclosan can help people with gum disease and in hospitals it is crucial to have such germ-killing soaps for pre-surgery and to use around people with immune system problems, he said.

But the everyday use could be curbed, he added, and the hope is the statement starts a broader conversation.

"Whether it will have an influence on the policy level remains to be seen, but a lot can come together through consumer interest and concerns causing manufacturers to slowly shift directions," Schettler said.

[Adapted from Bienkowski, B:

<http://www.environmentalhealthnews.org/ehs/news/2017/june/triclosan-warning>]



Homeopathy case

A child with temper tantrums

Lena's mother came to see me because her five year old daughter exhibited tremendous anger over small things. She was impulsive to the point of being a danger to herself. She was having a major tantrum or two every day, yelling, kicking, and hitting those around her. She ignored her caregivers, acting as if she did not hear them.

Lena was having trouble falling asleep and woke screaming in the middle of the night two or three times per week – sometimes more than once per night. As you may imagine, this was exhausting and emotionally draining for her mother.

She was also prone to croup, having had it at least five times in the past three winters. She craved candy, milk, and, interestingly for a small child, coffee.

I directed the mother to give her daughter one dose of the prescribed remedy at bedtime.

When I followed up a month after the initial consultation, Lena's mother reported:

“She's sleeping through the night and the tantrums no longer include aggressively hitting her little sister. She still whines and pushes, but it's definitely not as combative as it was before. The tantrums seem to be shorter and less intense. They occur when she is hungry or tired.

All in all, it's been a good few weeks. She's definitely sleeping better — goes down when I put her to bed and sleeps through the night.”

[Adapted from <https://swanmothers.com/2014/06/16/tantrums-asthma-nat-mur/>]]



Homeopathy in the news!

Homeopathy integrated into the Italian health care system

Some regions in Italy, including Tuscany, have decided to include Complementary Medicine in their Essential Levels of Assistance, by creating some structures that integrate the health services into the public structures. The Homeopathic Clinic in Lucca, funded by the Tuscany Region, was established in 1998 as part of a pilot project aimed at assessing the feasibility of integrating complementary medicine into the public health care system. To date, over 4,000 patients have been consecutively visited at the Homeopathic Clinic in Lucca. Concomitantly, research into homeopathy effectiveness has been conducted on the whole sample and on specific groups of children, women or patients' parents as well. Studies were also performed on symptom reduction or resolution of atopic diseases, respiratory diseases and side effects of anticancer therapies in women. Other research focused on the cost-effectiveness of therapies, sociodemographic characteristics and compliance of patients, and risk management. The results demonstrate that homeopathy can effectively integrate or, in some cases, substitute for conventional medicine and that the Tuscan example can be useful to the development of national or European rules on the utilization of complementary medicine.

[Adapted from <https://link.springer.com/article/10.1007%2Fs12682-014-0187-0>]



Did you know?

Homeopathic remedies are tested on healthy people!

Homeopathic remedies are drawn from an extensive range of substances. Before use, each substance is tested on the healthy in clinical trials. This reveals the symptoms it will potentially treat in the unwell.

These trials, called 'provings', involve safe amounts of the substance being given to healthy human volunteers (provers) for the purpose of producing symptoms. The term "proving" comes from the German word, *prüfen*, which means to "test" or "examine". Symptoms produced during a proving are then recorded in a homeopathic materia medica (a record of substances and

the symptoms they produce) to help homeopaths locate and prescribe that substance for future use. Homeopaths know that if the substance was able to produce a set of symptoms in healthy provers, it will have a curative effect if prescribed for those unwell with similar symptoms.

[Adapted from: <http://homeopathyplus.com/tutorial-6-provings/>]

