

Key Notes



Anna Vakil PhD CCH
Yuma Homeopathy
Board-certified in homeopathy
certified metabolic balance® coach
Serving southwest Arizona & beyond
www.yumahomeopathy.com
Follow me on Facebook!
Phone/fax: (928) 247-6385
anna@yumahomeopathy.com

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 with pain that is described as a “band” sensation might need *Platina*, a remedy prepared from the element platinum.



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Family health tip

Personal sound amplification devices (PSADs) instead of hearing aids?

Conventional hearing aids can cost thousands of dollars. But inexpensive personal sound amplification products (PSAPs) can be almost as effective for those with mild to moderate hearing loss, a small study has found. Three of five PSAPs tested improved hearing to within 5 percentage points of the hearing aid, but one made hearing worse than using nothing at all.

Nicholas S. Reed, AuD, from the Department of Otolaryngology–Head and Neck Surgery, Johns Hopkins School of Medicine, Baltimore, Maryland, and colleagues [published](#) their findings online July 4 in *Journal of the American Medical Association*.

"Results lend support to current national initiatives from the National Academies, White House, and bipartisan legislation requesting that the US Food and Drug Administration create a new regulatory classification for hearing devices meeting appropriate specifications to be available over the counter," the authors write.

The study included a sample of 42 individuals aged 60 to 85 years (mean age, 71.6 years) with mild to moderate hearing loss.

Participants were asked to repeat 20 sentences they heard with background noise present — the AZBio sentence-in-noise task — under seven conditions: unaided, using a hearing aid, and using each of five PSAPs. The PSAPs included four of those with the most favorable acoustic properties sold at a large e-commerce retailer and one sold in a retail pharmacy. The hearing aid was one dispensed in a university audiology clinic.

Unaided average hearing accuracy was 76.5%. With the hearing aid, speech understanding accuracy improved to 88.4%, for an absolute improvement difference of 11.9 percentage points.

Three PSAPs improved hearing to within 5 percentage points of the hearing aid. A fourth PSAP improved hearing over baseline but provided a smaller gain in hearing accuracy.

And one PSAP, actually made speech understanding worse than when participants used no device at all.

Few With Hearing Loss Use Hearing Aids

Hearing aids can only be purchased through a licensed professional in the United States and cost a mean of \$4700 for two hearing aids; Medicare does not cover this expense.

Fewer than 20% of those with hearing loss report they use hearing aids, so making affordable PSAPs available over the counter would go a long way toward improving hearing for these individuals. Although these devices are "not specifically labeled for hearing loss treatment...some are technologically comparable with hearing aids and may be appropriate for mild to moderate hearing loss," the authors write.

[Adapted from Brown, T, July 4, 2017: <http://www.medscape.com/viewarticle/882427>]



Homeopathy case

Eczema: a story told in the first person

I'm not keen on color therapy, iridology, crystal therapy, or astral gazing, but I am also the last person to criticize anyone who has had positive results from these treatments.

I was unlucky enough to suffer with eczema, asthma and hayfever from about three months old. It didn't take long for me to enter conventional medicine's portals and be prescribed steroid creams and antihistamines.

At 15, I was hospitalized for 2 weeks and "cured". I left with a nice shiny new steroid cream, an anti-histamine and an asthma inhaler.

I stopped taking the anti-histamine and the asthma inhaler about 10 years later and noticed no difference. My skin was no better. The more I learned, the more I thought I should take matters into my own hands.

I must have been in my early 20s when I heard about homeopathy. My first attempt at using a remedy I prescribed for myself ended badly. I was off work for two weeks, and within the first few days developed blisters filled with what I assumed was plasma. A doctor prescribed antibiotics, which, after a while, helped with recovery.

I came away from this experience suspicious of homeopathy but convinced that it certainly had some power and the effect was not psychosomatic.

I carried on with my own search into the mystery ingredient(s) that were causing my lousy skin problem. By this time I was over 28 with no sign of let-up so I made an appointment with a professional homeopath.

I began my treatment after answering lots of questions about my habits, tastes, ancestor's health, relationships with others, etc., and then walked away with a single tablet to dissolve under my tongue and report in after a week to indicate whether anything had changed.

My skin got slowly worse. I asked if this was normal and was told that the skin is the last thing to be healed and that toxins would be excreted through the skin. My homeopath tried a few other remedies, but then said she wanted to refer me to a different practitioner.

It took him two goes to find the right remedy, and I never looked back. I asked him what made him choose the particular remedy and he said it was the fact that I liked chicken skin, steak fat and pork rind.

So that was my final treatment, one tablet, given once. It addressed the underlying problem (I still don't know what that was) and the body did the rest.

Skeptics (like I was) I'm sure will say: "you could have grown out of it". But I've noticed that when my body is under attack from a virus, some old symptoms re-emerge.

Years of living as a "normal" person gives me the greatest respect for the work of homeopaths, and I'm grateful.

[Adapted from Summerhayes, N, August 14, 2013: <http://www.stuff.co.nz/stuff-nation/assignments/share-your-news-and-views/9035247/How-homeopathy-cured-me>]]



Homeopathy in the news!

Use of homeopathy in the US increasing rapidly

Global demand for homeopathic products has grown by remarkable lengths over the past few years, thanks to the massive interest shown by developed economies. Recently, U.S. a country with a highly developed economy is targeted by the research analysts to find the market scenario and future growth prospects of homeopathy. Market Research Hub (MRH) has recently added a

study titled “[United States Homeopathy Market Report 2017](#)” to its vast repository, which analyzes current market trends driving in the U.S. homeopathy market. Moreover, the report estimates and forecasts market size by the end of 2022, along with several factors influencing the market growth positively.

Homeopathy is a medical practice and philosophy based on the principle that human body has the capacity to heal itself. It has been analyzed that homeopathic medicines contain extremely dilute amounts of natural substances that are used to treat a variety of disorders. The lack of side-effects from homeopathy products is also a key factor which leads to high adoption among users. Looking to the various factors, analysts find that the U.S. homeopathy market is anticipated to surge between 2016 and 2022. Also, the market has showcased significant growth in USD million over the past few years and is anticipated to generate substantial revenue in future. Growth is also fueled by availability of these products through mass retailers.

The study finds that many users of homeopathic remedies are confident about them relieving their symptoms, and that once people have used these products and experienced the effectiveness, they may be more inclined to use them in the future.

[Adapted from McBiel, D September 23, 2017: <http://www.lifepulsehealth.com/united-states-homeopathy-market-expected-to-surge-at-a-steady-pace-during-2017-2022-driven-by-rising-aging-population-7617>]



Did you know?

Fans of “Medicare for all” outnumber foes among physicians

There's more evidence that the idea of a single-payer healthcare system is gaining a critical mass of support in the medical profession.

A new survey issued shows that 42% of physicians strongly favor a single-payer system, with another 14% saying that they are somewhat supportive. In contrast, the idea is strongly opposed by 35% of physicians and somewhat opposed by 6%. Another 3% are neutral.

Roughly 1000 physicians completed the email survey, sent to 70,000 physicians nationwide this month.

The findings represent a reversal of a 2008 Merritt Hawkins survey in which 58% of physicians opposed a single-payer system while 42% were in support.

"Physicians appear to have evolved on single payer," said Travis Singleton, the senior vice president of Merritt Hawkins, in a news release. "Whether they are enthusiastic about it, are merely resigned to it, or are just seeking clarity, single payer is a concept many physicians appear to be embracing."

In a single-payer system, the government foots the bill for everyone's care, and patients can go to the medical practice or hospital of their choice. Healthcare providers would remain largely in the private sector as they are now. The arrangement gets nicknamed "Medicare for all."

Another recent [survey](#) showed that forty-eight percent of more than 500 physicians who completed a LinkedIn poll in February supported switching to single payer. Thirty-two percent opposed that move, while 21% weren't sure.

Public support of a single-payer system also is growing. According to a June survey by the Pew Research Center, 60% of Americans believe that the government should ensure that everyone has healthcare coverage. The percentage who believe that the government should fulfil this responsibility through a single-payer system grew from 28% in January to 33% in June.

[Adapted from Lowes, R, August 14, 2017: <http://www.medscape.com/viewarticle/884244> !]

