

Key Notes



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 with symptoms that are worse just before thunderstorms might need *Rhodendron*, a remedy made from the Rhodendron plant.



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Family health tip

Fracking chemicals and children's brains

Multiple pollutants found in the air and water near fracked oil and gas sites are linked to brain problems in children, according to a science review published today.

Researchers focused on five types of pollution commonly found near the sites—heavy metals, particulate matter, polycyclic aromatic hydrocarbons, BTEX and endocrine disrupting compounds—and scrutinized existing health studies of the compounds' impacts to kids' brains.

"Early life exposure to these air and water pollutants has been shown to be associated with learning and neuropsychological deficits, neurodevelopmental disorders, and neurological birth defects, with potentially permanent consequences to brain health," the authors wrote.

What they *didn't* find is as important as what they did find: while more than 1,000 studies have looked at health hazards from unconventional oil and gas drilling, none have focused specifically on the brain health of children near the sites.

"Many of us looking are looking at what's happening now and then we're going to revisit this to see what these exposures are doing to people," said Madelon Finkel, a professor of clinical healthcare policy and research at Weill Cornell Medical College who was not involved in the study.

"Unfortunately, we are just waiting to see what happens, it's really sad," she added.

Lead author of the new study, Ellen Webb of the Center for Environmental Health, said the research on children's health near oil and gas sites is "slowly emerging" but that "it's only reasonable to conclude that young children with frequent exposure to these pollutants would be at high risk for neurological diseases."

Since the mid-2000s, as extraction techniques such as fracking became more widespread and refined, oil and gas drilling has taken off. The FracTracker Alliance—a renewable energy advocate organization that studies and maps oil and gas development — estimates there are about 1.7 million active oil and gas wells in the U.S.

Webb and colleagues said regulators should increase setback distances between oil and gas development and places where children live or play. They recommend at least a mile "between

drilling facility lines and the property line of occupied dwellings such as schools, hospitals and other spaces where infants and children might spend a substantial amount of time."

They also recommend more research on low level, chronic exposure, mandatory testing of industrial chemicals used on site, and increased transparency of the chemicals used in drilling. "We don't even know all of the chemicals used in the [fracking] mixtures," Finkel said.

To really protect the health of families "state and federal authorities need to adopt precautionary principles," Webb said.

Seth Whitehead, a spokesman for Energy in Depth, a research, education and public outreach campaign launched by the Independent Petroleum Association of America, said Webb's study is just the latest "deliberate media strategy to draw ties between fracking and health issues even when no hard evidence exists."

"The report merely identifies chemicals associated with oil and gas development, notes that some of these chemicals can be harmful to human health, and states that 'more research is needed to understand the extent of these concerns,'" Whitehead said in an emailed response.

"This is not unlike saying bleach — which can be found in most folks' laundry rooms — can make you sick if you drink it and that more research is needed to understand the extent to which people get sick from drinking bleach from their laundry rooms," he added.

Finkel disagreed: "Of course the study premise is logical. Exposure to some of these toxic chemicals is bound to have an effect."

Finkel sees little hope in the Trump Administration's willingness to take health concerns into account when it comes to energy development. Their energy regulation rollbacks have been "shortsighted and go against all the health evidence that we know," she said.

[Adapted from Bienkowski,B, October 25, 2017: <http://www.ehn.org/fracking-chemicals-and-kids-brains-dont-mix-study-2500840614.html>]



Homeopathy case

Treating a cat with chronic urinary tract infection



Zachary was a 3-year-old cat who lived in Brooklyn. His owner called me a month after he'd been treated for FUS, now called FLUTD (feline lower urinary tract disease). That meant he had been obstructed with crystals in his urethra and had difficulty urinating, a common problem in cats who eat dry food free choice. He'd been treated with the usual antibiotics and catheterized at the time, but now, a month later, he was still not urinating comfortably. He'd lick his penis and growl and cry after urination, and additional, stronger drugs including steroids had not helped him.

A couple of acute remedies were used, chosen based on his symptoms. But he also started vomiting, was too sleepy for a youngster, and his nerves were really on edge: he'd literally jump out of sleep. So, another remedy was called for, one that matched all of his symptoms well and could get him well as a whole. The follow-up appointment in a week revealed a changed cat: he was more alert, less skittish, vomiting had ceased, he'd gained a bit of weight, a soft stool had gotten normal, and yes, he now had normal urination.

A month later, he changed behaviorally: he started attacking his owners' feet, biting and holding on, and was very aggressive with the other cat in the house. We often see aggression like this in animals who've had repeated rabies vaccinations. Zachary was given a remedy that had these new symptoms. At his two-week follow-up, his aggression had subsided, he was crying less, his ears were more normal. Two days later, he was back to his affectionate self, and his skittishness had much lessened.

[Adapted from Falconer, W DVM: <https://vitalanimal.com/case-reports/>]



Homeopathy in the news!

A dentist's accidental introduction to homeopathy

It was a fine autumnal Sunday morning when we set off on our mountain bikes for an off-road sojourn. I could never have visualised that this ride would change my dental practice and dental prescribing so dramatically and explosively. Explosive was how it felt when I parted company from my trusted bike! I was admitted to hospital where it was found that I had a severely fractured right shoulder; two hours later I was in emergency surgery. A week later, on anti-coagulant treatment, I was sent home.

The acute care I received was second to none but it was after that phase that my aches and pains really started. I remember a patient saying that the pain from a broken bone is like the throbbing pain of a dental abscess – I think he was right. Pain killers had relatively little effect and due to the prescribed anticoagulants the choice of analgesics was limited. I tried a tens machine to reduce my aches and pains but this had a minimal effect.

It was during a session with my physio that the chance remark was made: “why don't you try homeopathic Arnica and Ruta?” I had nothing to lose so I took his advice. The difference was marked. The sore, bruised feeling and the ache in the joints was less. Something was making a big difference. Could it be the homeopathic medicine?

After this very personal experience I wanted to find out more and decided to pursue a course in homeopathy. After enrolling in a basic course in dental homeopathy at the Royal London Homoeopathic Hospital, Great Ormond Street, I now had the basic understanding of homeopathy, treating my own patients who had simple problems using either conventional allopathic medicine or taking a homeopathic approach. I used it only on well-defined pathological conditions for example pericoronitis, ulceration, herpes, trauma where I was able to use a homeopathic prescription which is specific in these particular cases.

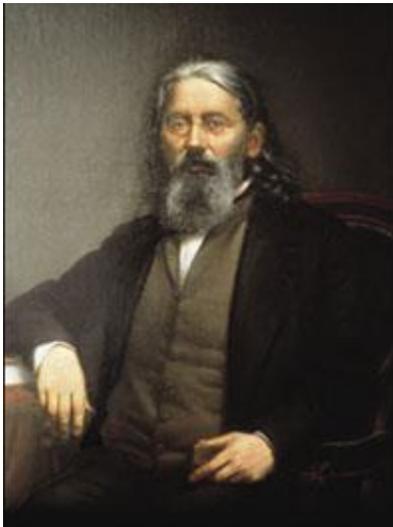
There are some dental problems which cannot be treated by allopathic means, such as teething and dental anxiety. The ability to treat such cases homeopathically can only be a positive step forward both for the profession and patient alike. Dentists must remember that patients are actively seeking out more complementary treatments. In many dental cases homeopathy can be used alongside conventional allopathic medicines, as an adjunct to or instead of conventional treatment.

[Adapted from Darby, P, 2001: <https://www.britishhomeopathic.org/charity/how-we-can-help/articles/conditions/d/dental-homeopathy-an-accidental-introduction/>]



Did you know?

Constantine Hering (1800 – 1879) considered the father of American homeopathy



Constantine Hering was born on January 1, 1800 in a small town Oschatz (Ošice, in Czech). He gained his basic medical education at the Surgical Academy in Dresden and then at Leipzig University. During his stay at Leipzig University, he was an assistant of Dr. J. H. Robbi, a former surgeon in Napoleon Army, who was a dogged opponent of homeopathy. The Leipzig publisher C. Baumgartner was interested in publishing a book, in which the homeopathic 'heresy' was, once and for all, disproved because it greatly annoyed regular physicians. Dr. Robbi, to whom he first turned, for lack of time, referred him to his assistant Hering, who took charge of the task with delight. However, during the study of the writings of Samuel Hahnemann, the European representative of homeopathy, Hering discovered, in a series of experiments which he performed on himself, that Hahnemann's claims were correct.

To his doubts also contributed his own experience, namely, when he injured his hand during autopsy and his wound got badly infected. The physicians recommended that he ought to have his finger amputated. Instead, he undertook a treatment, using homeopathically processed medicinal drug *Arsenicum album*, as a result of which the hand was cured and his finger saved. Hering subsequently changed his view about homeopathy and his own experience provoked even greater interest in the study of homeopathy. Instead of publishing a negative testimony about homeopathy, he refused to write the book. At the end, he himself became a propagator of this alternative way of treatment.

In 1833, he decided to visit his native home in Europe, and on the way he stopped in Philadelphia to aid with the founding of homeopathy. His journey was opened up by miraculous curing of his friend G. Bute's cholera. His fame soon spread and the local doctors began immediately experiment with his new medical method. Hering later decided to remain in Pennsylvania.

Hering was one of the first pioneers of homeopathy in the US. Besides propagating this alternative method, he is credited with the founding of university-based homeopathic school, the first of its kind in America. From 1845 till 1869, he occupied the chairs in medical institutions and Materia medica at the Philadelphia College of Homeopathy. He and his students treated over 50,000 patients annually and trained 3,500 homeopaths.

[Adapted from Kitka, 2017: <https://www.tresbohemes.com/2017/10/father-american-homeopathy-czech-origin/>]

