

Health Reflections



Acute and Chronic Illness

When people come to me for homeopathic treatment, they're usually looking for help to resolve a long standing, chronic illness. And yes, that's my job!

But I also offer classes to teach self-help homeopathy, especially to those with young children, and to those who would like to feel equipped in case they suddenly meet with a virus or accident or other emergency.

Acute Illness This is what we call a short-term, self-limiting ailment. You don't have to be a trained homeopath to own an acute remedy kit, and with some basic know-how, the effect of a well selected homeopathic remedy can be super swift.

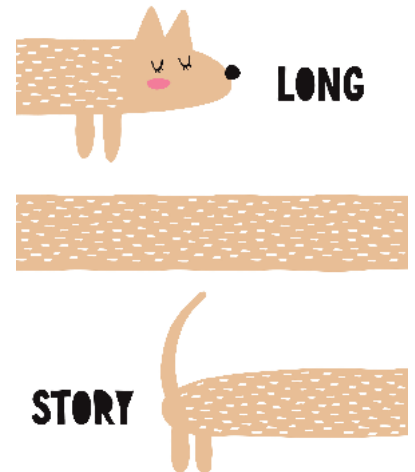
Acutes can come on quickly. If life threatening call 999. If not, then the kind of ailments amenable to homeopathic self-help can include twisted ankles, styes, flu, minor burns, splinters, sore throats, chicken pox and food poisoning. The aim of an acute homeopathic prescription is to hasten the body's natural capacity to heal itself.

IN SHORT



Acute remedies can also help alleviate ill-effects of mainstream interventions e.g. a dry mouth from chemo, a dry socket after tooth extraction, or soreness from surgical incisions. Home treatment involves referring to the booklet inside your kit, then matching as many of the person's symptoms as possible to a remedy that bears similar patterns. 6c, 30c or 200c are usually suitable potencies.

Chronic Illness If an illness – let's say a cough - has persisted for longer than three weeks, it can no longer be considered an acute. We are now in the realms of chronic disease which is more established and complex. Whereas many acute illnesses are short-lived and self-



treatable, chronic illness warrants professional help, usually over the course of a few months or years, depending on the severity of disease. It may *or may not* have a label, such as 'asthma', 'IBS' or 'chronic fatigue'.

In untangling the chronic case, the homeopath will need to gather a broad range of information about you as a whole person, including sleep pattern, dreams, phobias, digestive health, operations, dental fillings, childhood illnesses, any suppressed warts, history of prescription drugs and your mental wellbeing. Don't worry, it's all relevant in the holistic context and will all contribute to the selection of a remedy that's homeopathic (i.e. similar) to *you*.

Acute Flare-ups of the Chronic There is also such a thing as an acute flare-up of something more deeply rooted. A good example would be hay fever, the symptoms of which can certainly be alleviated with acute remedies, only for them to return each year. If this sounds familiar, then a more in-depth treatment of the totality is recommended, preferably over the winter months and in conjunction with a traditional diet to redress the microbiome. Long story...there for the telling, hearing and healing.

THINK BEFORE YOU SPEAK ♥ READ BEFORE YOU THINK*

Get Well Soon: The School of Homeopathy (Yondercott Press,2010)

Shut UP! How taking drugs shut up symptoms and cause new, more sobering ones later on:

Joette Calabrese (<https://joettecalabrese.com/podcast1/podcast-16>, 2015);

Don't Confuse Real Healing With Suppression Of The Disease: Dana Ullman (Huffpost.com, 2011);

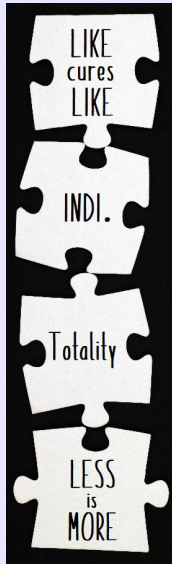
The Practical Handbook of Homoeopathy: Colin Griffith (Watkins, 2006);

Homeopathy – Hippocratic Medicine: Mo Morrish (The School of Homeopathy,2020).

*Fran Lebowitz - Social Studies

The Backbone of Homeopathic Medicine

For medicine to be homeopathic, the home prescriber needs to follow four basic principles. Here's a condensed explanation of the four principles which find unity in the spirit of eyes-wide-open inquiry.



Like Cures Like – Match the person with a similar remedy picture. If the two descriptions are not similar, the remedy will simply not be homeopathic to the person and reselection will be needed.

Individualisation - Treat the person, not the disease label. Look out for what makes the individual's suffering different to anyone else's in a similar scenario.

Totality – Look out for a wide range of clues, not just the main symptom. These could include temperature, level of thirst, pain tolerance and emotional state.

Less is More - The most common potency in a home prescriber's kit is 30c, and how often you administer a remedy in an acute scenario will depend on the intensity of suffering. As symptoms improve, reduce the frequency of the remedy. Once better, stop.



If you've ever wondered about the origins of the name homeopathy, here's a short explanation:

Homeo means similar. A harmonious, non-clashing thing.

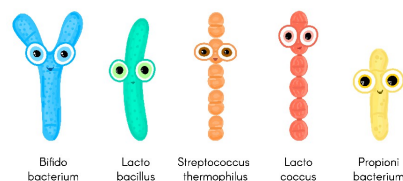
Pathos alludes to suffering. Like in the word pathology.

So when Samuel Hahnemann wanted to coin a term to describe an energy medicine that matches the suffering presented by the individual patient, he chose the word 'homeopathy.' Furthermore, he described homeopathy as a highly ideal treatment that offers a “speedy, gentle and enduring restoration of health by the most trustworthy and least harmful way.”

Allo, on the other hand, means different.

Allopathy is what happens when you attempt to kick or hide a symptom instead of working alongside the information it's giving you. A painkiller is one example of allopathy. Freezing off a wart is another example. Antidepressants is another still, but guess what? All of these examples can be addressed homeopathically if you so choose.

By now we understand that one of the problems with allopathic suppression is the damage rendered by our resident microbes. In health, these promote a resilient immune system, but medications such as steroids, the pill and antibiotics hurt them.



So, that initial allopathic convenience that hid *pathos* so neatly out of view, could actually be a trade-off for longer lasting chronic disease. However resilient a human may be, however well we may appear outwardly under the influence of allopathic drugs, a different story may be lurking inside. With epidemics in the news, is it surprising that people are feeling gut panic?

Now's the time, if ever, to embrace homeopathic philosophy – or whatever peaceful medicine resonates with you – and to rekindle a respect rather than make enemies with the very soil of health.

Each Health Reflections article and blog has been written for those who wish to learn about the true meaning of health, who desire to think broadly and who are ready to take responsibility for their own personal choices. All information shared is of educational nature and should not replace medical advice. No guarantees are made regarding accuracy or completeness of content, or its applicability to any condition or personal circumstance. If you choose to implement any of the ideas or principles described, you are taking full responsibility for your actions. In times of illness, seek professional healthcare.

AUDE SAPERE – MENTRA WYBOD – DARE TO GET IT

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