WOMEN’S HEALTH THROUGH THE AGES

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- Nationally Certified Classical Homeopath
- In practice since 2004
- Over 25 years in Health & Wellness
- Certified Asthma Educator
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Disclosure, etc.

Relationships, associations, or material interests to disclose:

- **Owner/Practitioner:** Transformational Health PC (homeopathic holistic healthcare)
- **Executive Director:** Asthma & Allergy Foundation of American – Michigan Chapter
- **Past President:** Homeopathic Nurses Association
- **Consultant:** Global Halotherapy Solutions
- **Consultant:** Energy Foundation (a non-profit org that funds NPO’s to build the new energy economy)
- **Consultant:** Michigan Department of Health & Human Services
- **Consultant:** Integrated Health Policy Consortium, Environment & Health Committee
Disclaimer

• This presentation is intended for educational purposes only. It is not intended to diagnose or treat condition(s) or in any way replace the services of a qualified health care practitioner. Recommendations are probably not covered under your health plan policy, so

• Take Charge of Your Health!
What is Homeopathy?
The History

• Homeopathy is a system of medicine that is based on the Law of Similars. The truth of this law has been verified experimentally and clinically for the last 200 years *(National Center for Homeopathy)*

• Developed by Samuel Hahnemann (1755-1843) over 200 years ago, a German physician
What is Homeopathy?

• Homeopathic medicines work by stimulating the body’s own immune system (vital force)
• Non-toxic and when properly administered are safe for infants, children, adults and animals
• Substances are extremely diluted (nanoparticles)
• No known unwanted side-effects
What is Homeopathy?

- Made from a variety of substances: plants/flowers, minerals, animal products
- Made in accordance of the Homeopathic Pharmacopoeia of the United States (HPUS)
- Homeopathic medicines are considered drug products under the law (FDA) since 1938 via the Food, Drug and Cosmetic Act
- Many are available OTC (over-the-counter)
Research

• Homeopathic Educational Services: www.Homeopathic.com

• National Center for Homeopathy: www.NationalCenterForHomeopathy.org

• Homeopathy Research Institute: www.HRI-Research.org
Philosophy & Principles

- The Law of Similars
- Vital Force
- Totality of Symptoms
- Minimum Dose
- Single Remedy
Hey – It’s Good Enough for...

- Henry David Thoreau
- Harriett Beecher Stowe
- Charles Darwin
- William Osler ("father of modern medicine")
- C. Everett Koop, M.D.
- David Beckham
- Arnie Kander (Strength & Conditioning Coach, NBA Detroit Pistons)
- Catherine Zeta-Jones & Jennifer Aniston
- Paul McCartney
- U.S. Presidents: Lincoln, Tyler, Hayes, Garfield, Arthur, Harrison, McKinley, Harding, Coolidge, Hoover, & Clinton
Remedy Use for Home

- Lower potencies: 12C or 30C
- Potency selection not defined by age or weight. Based on overall balance & sensitivity
- **Use Split Dose Method**: 2 pellets in 8 oz of water then pound 5-10 times before taking sip
- First aid remedies might be used every 5-15 min or 2-4 hours as needed
- If no relief after 2-3 doses switch remedies
Remedy Use for Home

• If dry dose used, pellets should go directly from bottle into cap then mouth (not into hands) Split-Dose method highly recommended

• Remedies should be taken on a “clean/dry” mouth minutes before or after eating or drinking

• Remedies should be **discontinued once relief is noted** (unless directed otherwise by a homeopath)
How Homeopathy Is Used

- Medicines are pellet, liquid or by inhalation
- Remedy selection is based on an assessment that includes symptoms from physical, mental, emotional, spiritual
- When the correct remedy used – dramatic and subtle shifts take place
- Gentle/Slow vs. fast/aggravated
- > means better from
- < means worse from
Homeopathy Basic Kit

- Remedies for a Basic Home/First Aid Kit:
  Aconite, Apis, Arnica, Arsenicum, Belladonna, Bryonia, Cantharis, Carbo veg, Chamomilla, Cocculus, Colocynthis, Euphrasia, Ferum phos, Gelsemium, Hepar sulph, Hypericum, Ignatia, Ledum, Magnesium phos, Nux vomica, Phosphorus, Pulsitila, Rhus tox, Ruta, Silica, Sulpur and your constitutional remedy

- Oscillococcinum (for flu like symptoms)

- Include Rescue Remedy (a flower essence)

- Topical Arnica & Calendula
Women’s Health & Wellness

• Valuable tool for women in all stages of their lives, from minor accidents, ailments, and life-cycle events
• Remember, remedies are safe, non-toxic, non-habit forming, and effective
• Work with a qualified homeopath for issues that are not self-limiting
• Constitutional assessment & remedy needed to address **chronic** issues; 100’s useful remedies based on your particular rubrics
Menstrual Issues

- **Pulsatilla:** Irritable & weepy before; cramping pains before & during; “dragging” pain, amenorrhea
- **Phosphorus:** dull, aching pain in L iliac region; burning pain; heavy bleeding; cramps in calves before
- **Sepia:** indifference; pain in vag during intercourse; “bearing down” feeling, cramping before period
- **Conium:** cramping abd pain during; shooting pains in Left iliac region; worse from motion; swollen, painful breast generally worse before
- **Natrum mur:** PMS; irritability & indifference before; headaches before; copious bleeding
Menstrual Issues

- **Lachesis**: PMS, uterine & ovarian pains > flow, menorrhagia, H/A before period, cannot bear anything around waist

- **Calcarea carb**: menses too early, too profuse, too long, burning & itching, much sweat

- **Aurum met**: amenorrhea w/sadness, infertility, swelling of axillary glands b4 menses

- **Zincum met**: restlessness, depression, coldness, symptoms > during flow, left sided ovarian pain, restless legs

- **Sulphur**: amenorrhea, itching, burning, menses too late, short, scanty, difficult

- **Ignatia**: amenorrhea < grief, PMS, sighing before menses, irregular, too early, too profuse, cramping, uterine bleeding < grief/emotions
Pregnancy

Morning Sickness:

**Nux vomica:** < in a.m.; small amounts of food & mucus in vomit

**Ipecacuanha:** severe/unrelenting vomiting; < smell or thought of food, profuse saliva

**Colchicum:** extreme sensitivity to smells, may gag at thought of food, feel ill all day, < motion, > knees drawn up

**Pulsatilla:** < warm room > open air, crave rich sweet fatty foods but <. Not Thirsty, weepy & moody

**Sepia:** < smell/thought of food, sinking feeling in stomach – may faint, eating temp relief, crave vinegar & pickles & sweets, indifference, > exercise
Pregnancy

• Constipation:

**Sulphur:** hard, nodular stools, bowels never feel empty

**Bryonia:** hard, dry, burnt looking; < by movement

**Alumina:** no desire to pass stools; very difficult to pass

**Sepia:** bloating/fullness, ineffectual urges with straining, heavy sagging feeling
Peri-Menopause

The onset of noticeable signs of Menopause. Normally occurs 40’s – 50’s, but can happen earlier – especially after hysterectomy

Symptoms may include:
• Irregular periods
• Heavy bleeding
• Hot flushes
• Night sweats
• Vaginal dryness
Menopause

The 12 months after your last menstrual period. Symptoms include:

- Hot flushes, night sweats
- Vaginal dryness; vaginal infections
- Mood swings, depression, anxiety, emotional liability
- Confusion, forgetfulness
- Sleep disturbances
- Fatigue
- Decreased libido
- Palpitation
- Hair loss
- Skin changes
- Headaches & backache
- Incontinence
- Increased risk of osteoporosis & heart disease
- Weight gain
Research

- In a prospective study 82% of 102 patients reported improvement of menopause symptoms after homeopathic treatment. Main symptoms noted were hot flushes and sweats, tiredness, anxiety, sleeping difficulties, mood swings and headaches. Women referred to homeopathy were those who either could not take hormone related treatment (HRT), for whom HRT was unsuccessful, who did not want or who had to come off HRT. Mean length of homeopathic treatment was 5 months.

The BEST solution for hot flashes!
Peri-Menopause & Menopause

**Sulphur**: poor memory; itchy scalp; decreased appetite; hot sweats day & night

- **Lachesis**: faintness; uterine hemorrhaging; loquacity; sleeplessness; night sweats

- **Calcarea carb**: cravings sweets; heavy/irregular periods; agoraphobia; anxiety; tendency to put on weight

**Kreosotum**: menses excoriating, offensive; heavy bleeding < when lying down; uterine/vaginal prolapse

**Belladonna**: poor memory; irritable, excitable; yeast infections & boils

- **Sepia**: irritability esp w/family, vaginal dryness causing discomfort, low libido
Sleep Issues

- **Coffea**: complete sleeplessness, constantly moving, may wake with a start, esp at 3 am, disturbed by dreams, mental activity – flow of ideas

- **Aconite**: anxious dreams & nightmares, restless, feelings of anxiety & doom, insomnia of the aged

- **Arsenicum alb**: anxious, restless, agitated, tosses & turns. Must have head raised, suffocating fits, dreams full of care & worry, < after midnight, thirsty for sips of water
Sleep Issues

- **Phosphorus**: sleeplessness in older people, goes to sleep late & wakes feeling weak. Short naps with frequent waking. Dreams of fire or bleeding, frightful, uneasy.

- **Pulsatilla**: wide awake in evening, finally restless sleep, wakes unrefreshed, then extremely tired in afternoon. Distinguished by likes cool breeze and uncovered.

- **Nux vom**: falls asleep early but wakes at 3 or 4 am, with mental worries. When sleep finally comes, time to get up! Especially helpful with excesses of food or drink.
Homeopathy and Infertility

Infertility figures

- Happens to 1 out of 6 couples
- Cause:
  - 30% with the woman,
  - 30% with the man
  - 30% with both partners
- 10% cause unknown
  - environmental toxicants
  - EMF from screens
Problems with female partner

- age
- irregular menstruation cycle
- long term use of birth control pills (BCP)
- problems of uterus or fallopian tube
- lifestyle (alcohol, smoking)
- illness (std’s)
- stress/emotions
- hereditary disposition
Homeopathy and Infertility

Problems with male partner
- motility and quality of sperm cells
- problems with ejaculation
- disease (complications after mumps or std’s)
- testicular trauma
- lifestyle (alcohol, smoking)
- stress/emotions
- hereditary disposition
Infertility

Main causes

- poor functioning of ovaries
  mostly with women older than 30 years
- absence of menstruation cycle or irregular cycle happens for 20-25% of women with infertility problems
- poor motility and quality of sperm cells
Conventional treatment

- **OI** - Ovulation induction
  ovulation is stimulated with hormones

- **AI** – Artificial Insemination own partner
  sperm of own partner (or donor) is introduced during ovulation

- **IUI** – Intrauterine insemination
  lab treated sperm is introduced directly into uterus

- **IVF** – In vitro fertilisation (test tube)
  egg cell is fertilized with sperm in a petri dish

- **ICSI** – Intracytoplasmatic sperm injection
  a single sperm is directly injected into an egg cell
Conventional Treatment

• Success rates are limited (between 10-30% depending on woman’s age)
• Emotional and physical burden
• Gives stress and insecurity
• Side effects / risks of hormonal treatment:
  – ovarian hyperstimulation
  – risk of getting twins
  – extreme mood swings
  – effects on the babies/children?
Infertility and homeopathy

When can homeopathy help?

- Hormonal complaints
- Hereditary disposition
- STD’s and other diseases
- Trauma’s
- Stress/emotional complaints
- Supporting conventional treatment
Infertility and homeopathy

Possible remedy choices:
- Cimicifuga racemosa
- Pulsatilla
- Folliculinum
- Natrum muriaticum
- Sabina
Sabina

• Physical characteristics
  – specifically with complaints of the uterus
  – pain extending from coccyx to groin and thigh
  – loss of clear blood with dark lumps
  – tendency of miscarriage, esp. in 3rd month

• Psychological characteristics
  – caring and helping to others
  – ignorant of her own complaints
Cimicifuga racemosa

- **Physical characteristics**
  - irritation of the ovaries
  - cramping pain in the uterus
  - heaviness of the limbs
  - cramping pain in the muscles

- **Psychological characteristics**
  - talkative
  - strong emotiones: sadness + fear + anger
Sepia

- **Physical characteristics**
  - menstruation irregular: too early, too late, too little or too abundant
  - uterine prolapse
  - pain with intercourse

- **Psychological characteristics**
  - irritation
  - exhausted
  - aversion to company
Reasons for using Homeopathy

• NO HARMFUL SIDE EFFECTS
• GENTLE
• HOLISTIC
• INEXPENSIVE
• PREVENTATIVE
• NOT TESTED ON ANIMALS
• EASY TO TAKE
• PATIENT INVOLVEMENT
• INVALUABLE FOR FIRST AID
• THE MEDICINE OF THE FUTURE
FAQ’s about homeopathy

• Does homeopathy always work?

– A lot can be achieved, but there can be circumstances that influence the treatment negatively, such as: wrong diet, environment, medication, irreversible damage.
FAQ’s about homeopathy

• Are there any side-effects to homeopathic treatment?
  – Sometimes an initial aggravation of symptoms
  – Increased discharge of urine, faeces, perspiration, skin rash
  – Direction of cure is from within → outwards
  – Old symptoms may temporarily return
  – Example: asthma - eczema
FAQ’s about homeopathy

• How fast does homeopathy work?
  – This depends on:
    • How long the present complaints exist
    • The vitality of the client
  – In acute situations homeopathy works acutely, in minutes to hours
  – In chronic situations it works longer, weeks/months to resolve issues
Hahnemann would say...

- Eat Healthy Fats
- Milk from Plants, not Cows
- No Soy (unless fermented)
- Eat Colorfully
- Fermented Foods
- Safe Sweets (stevia, xylitol, limited honey & molasses)
- Organic, Local, Whole, Fresh
- Try for less Carbs, especially refined
Hahnemann would say...

- Deep Green Leafy’s and other brightly colored fruits and veggies

- Water, Water, Water & Clean (remove microbes, heavy metals, pharmaceuticals)
Hahnemann would say...

- No Microwave
- Few Supplements - whole food based
- Essentials include:
  - Essential Fatty Acids (EFA’s)
  - Vit D
  - Multi
  - Magnesium
  - Probiotics/Prebiotics
Supportive Supplements

- **Omega 3 Essential Fatty Acids (EFA)**

  Inflammation is the primary response to acute or chronic disease. EFA’s have potent anti-inflammatory properties that promote immune system enhancement & improve many auto-immune responses.
Omega 3 EFA’s continued:

“Epidemiological studies suggest that a diet with a high content in marine fatty acids (fish oil) may have beneficial effects on inflammatory conditions.”

Supportive Supplements

• **Pro-biotics**

The human body is made up of an estimated 100 trillion bacterial cells from at least 500 species, not including viruses and fungi. These bacteria’s (probiotics) are referred to as "friendly" bacteria and are responsible for several important biological functions. Some of these functions include assisting with digestion, keeping other harmful bacteria at bay and stimulating the immune system.

Joseph Mercola, MD:  www.mercola.com
Supportive Supplements

• **Vitamin D3**
  Chronic low-level exposure normalizes immune function and enhances immune cell production. This reduces abnormal inflammatory responses such as found in autoimmune disorders, and reducing occurrences of infectious disease.
  Joseph Mercola, MD:  www.mercola.com

• **Conditions Improved:**
  Psoriasis  Cavities  Cancer  Fertility
  Rickets & other bone tissue  Asthma  Cognition  Fibromyalgia
  Thyroid Conditions  Autoimmune  HTN  Mood Disorders
  Inflammatory Bowel Disease  and many more!

Mayo Clinic 1/28/15
http://www.mayoclinic.org/drugs-supplements/vitamin-/evidence/hrb-20060400
Hahnemann would also say...

- Breathe deeply and from diaphragm
- Daily Movement/Exercise
- Get Outside - barefoot if possible
- Sleep (adults 7 hr min, kids more! And earlier in evening vs. later)
- BM’s 2X/day
Hahnemann would also say...

- Avoid EMF’s
- Natural vs. synthetic
- Alkaline vs. Acid Balance
- Eliminate Air Fresheners & Plug In’s
- Free & clear Soaps, Cleaners and Detergents
- Simple vs. overscheduled
- Be of Service
Resources

FOR BASIC UNDERSTANDING:

• Everybody’s Guide to Homeopathic Medicines, by Cummings & Ullman
• Your Natural Medicine Cabinet by Burke Lennihan, RN, CCH
• The “Homeopathic Emergency Guide, by Thomas Kruzel
• Homeopathic Self-Care: The Quick and Easy Guide, by Ullman & Reicheberg-Ullman
• Homeopathic Medicine for Infants & Children, by Dana Ullman
Find A Homeopath

National Center for Homeopathy: www.NationalCenterForHomeopathy.org

Homeopathic Nurses Association: www.nursehomeopaths.org


“The highest ideal of cure is rapid, gentle and permanent restoration of the health, or removal and annihilation of the disease in its whole extent, in the shortest, most reliable, and most harmless way, on easily comprehensible principles.”

Samuel Hahnemann