



more thing. I've decided the main focus of my quarterly newsletters will be homeopathy. I will mention and write about other therapies and topics from time to time, and I'm sorry if some of you are disappointed. That said, homeopathy is a huge subject and I'll be sure to put the extra space to good use. So, a very belated Happy New Year to you all. I hope you enjoy this newsletter.

## **AILMENT OF THE MONTH - COUGHS**

Last October's ailment of the month was Influenza. In this newsletter we're going to take a look at the main remedies for an uncomplicated Cough. There's probably going to be some crossover between the two in some patients. If you're unlucky, you may find that you are suffering from 'flu-like symptoms and a persistent cough. If you suspect you may be suffering from Covid-19, always contact NHS 111 for medical advice and take a Covid test - especially if you start to experience any breathing difficulties. It's clear that the new strain of virus can bring about a sudden deterioration in patients' health so please don't take any chances. You can take your homeopathic remedies whether you test negative for Covid or test positive and have to self-isolate.

As ever, look for the remedy that matches or fits your own symptoms most closely. Remember, the match does not need to be identical and you don't have to be suffering from every one of the remedy's symptoms. What you're looking for is your "most similar" remedy. If you have 'flu like symptoms and a bad cough, check out the Influenza remedies as well and choose the remedy that best covers the totality of your symptoms. If you're finding that difficult, ask yourself which symptom is troubling you the most and focus on that. You can alter the remedy if your symptoms change, but do wait until the new symptom picture has settled and is clear enough to prescribe for.

### **ACONITE**

- **SUDDEN ONSET** after EXPOSURE TO COLD DRY AIR OR WIND
- Cough sudden and violent in nature
- Dry cough, dry mouth, thirst, shortness of breath
- May be accompanied by high fever
- Patient often very anxious or fearful and restless
- **WORSE FOR.** At night, especially around midnight. During sleep. Often just after falling asleep. Breathing in. Lying on either side
- **BETTER FOR:** Lying on back

### **ANTIMONIUM TARTARICUM (ANT-TART)**

- **NOISY, LOOSE, RATTLING COUGH**
- **CHEST FULL OF MUCOUS**
- Shortness of breath
- **RESPIRATION AUDIBLE FROM ANOTHER ROOM**

- Patient TOO WEAK TO EXPEL MUCOUS
- Chilly and very pale
- White coated tongue
- Quivering lower jaw
- Very ill, exhausted
- Great drowsiness
- May be irritable, averse to touch or examination
- WORSE FOR: Anger. Eating. Yawning. Lying flat. Night, especially from 10 pm - after midnight
- BETTER FOR: Sitting. Expelling mucous

### **BELLADONNA**

- SUDDEN HIGH FEVER WITH FORCEFUL BOUTS OF COUGHING
- Each cough causes more irritation in air passages which provokes more coughing
- Severe bursting headache with each cough
- Bright red face with cough
- Marked spine pains during cough
- WORSE FOR: Motion. Deep breath. Dust. Any touch of larynx. Yawning. Cough provoked by sensation of foreign body in larynx.

### **BRYONIA**

- Prominent cough - dry, hard, painful
- DRY COUGH WITH EACH MOVEMENT or deep breath
- SEVERE PAIN felt in whole head and chest
- Must hold chest with each cough
- Sometimes holds head
- Frightened to breathe in
- WORSE FOR: Eating or swallowing. Overheating. Ascending. Lying with head low. Raising arms. Bending head backward
- BETTER FOR: Open air

### **CAUSTICUM**

- IRRITATING, TICKLING COUGH WITH SCANT, DIFFICULT EXPECTORATION
- FEELING OF MUCUS IN CHEST MAKES PATIENT COUGH DEEPER TO TRY & GET IT UP
- Often associated with hoarseness
- Patient can cough at any hour, but one that vanishes completely during the day is an indication of this remedy
- WORSE FOR: LYING DOWN. BENDING HEAD FORWARD. Drafts, cold air. Bathing. Talking. Too hot in bed at night
- BETTER FOR: COLD DRINKS. Rainy weather
- EXPECTORATION: Sticky, greasy or soapsuds. Unable to raise mucus no matter how hard patient tries. Must be swallowed

## **DROSER**

- **SUDDEN BOUTS OF HARD, DEEP OR VIOLENT COUGHING**
- **COUGH DRY, IRRITATING, BARKING, PAINFUL**
- **ONE OF MAIN REMEDIES FOR WHOOPING COUGH**
- **SUFFOCATIVE COUGH** so painful patient cannot cough until presses pit of stomach
- **Cannot cough deep enough to get relief**
- **Coughs so close together cannot catch breath**
- **May choke and retch**
- **Painful. Must hold chest or upper/middle region of abdomen**
- **WORSE FOR: EATING OR DRINKING. LYING DOWN AT NIGHT (AS SOON AS HEAD TOUCHES PILLOW).** May be better lying during day. **AFTER MIDNIGHT, especially midnight - 2am. Talking. Smoke & other irritants**
- **BETTER FOR: Sitting up. Walking slowly. Fresh air. During day**

## **PHOSPHOROUS**

- **EVERY COLD ENDS WITH A COUGH & CHEST INFECTION**
- **Dry, tickling, painful cough**
- **Burning or painful chest from cough, must hold or squeeze it**
- **Marked headache during cough**
- **General trembling and exhaustion during cough**
- **WORSE FOR: EVENING OR TWILIGHT. LYING ON LEFT SIDE.** Sleep, wakes up from cough. **Cold air. Entering or leaving a warm room to come out from, or go into, the cold. Odours, smoke or fumes. Talking**
- **BETTER FOR: Turning on right side. Warmth**

## **PULSATILLA**

- **Often used for childhood acutes if symptom picture fits**
- **CHILDREN WITH NIGHT-TIME COUGHS**
- **Coughs from an allergy, asthma, fluent cold**
- **Dry cough in evening. Loose cough in morning**
- **Loose, rattling cough with yellow or green mucous coughed up in morning**
- **Easy production of juicy green mucous. Bitter sputum**
- **WORSE FOR: EVENING OR AT NIGHT IN BED.** Becoming cold (especially during infection). **WARMTH. STUFFY ROOM (in allergies). Getting wet**
- **BETTER FOR: OPEN OR COOL AIR. GENTLE WALKING. LYING PROPPED-UP ON PILLOWS**
- **Patient will need company**
- **May be weepy, moody, with changeable symptoms**

## **RUMEX**

- **MAIN REMEDY FOR TICKLING, IRRITATED COUGHS**
- Continual , violent, tickling cough with scant expectoration
- **INTENSE TICKLING IN LARYNX & TRACHEA. WORSE FOR COLD AIR**
- Covers mouth when goes out into cold air
- Dry irritated cough. Also hard productive cough
- **WORSE FOR: ENTERING OR LEAVING WARM ROOM. TO OR FROM COLD. CHANGES IN AIR FLOW. UNDESSING/UNCOVERING. PRESSING PIT OF THROAT EVEN LIGHTLY. AT 11 PM. Bending head backwards. Changing rate or rhythm of breathing**
- **BETTER FOR: Turning onto right side**

## **SPONGIA**

- **BARKING, CROUPY OR IRRITATED COUGH** often with constriction or tickling in larynx
- Dry hacking cough from allergy, asthma or infection
- Suffocative cough
- Cyanosis (bluish discolouration of skin) with cough
- Marked burning in throat, larynx and chest with each cough
- **WORSE FOR: Cold dry air. Cold drinks. Before or at midnight. Both day and night**
- **BETTER FOR: EATING OR DRINKING. Warm drinks or food. Constantly sucking “cough drops”. Bending head forward**

## **ACUTE REMEDIES THAT DON'T WORK**

It can be so disappointing when you select a remedy that you really believe is your patient's “simillimum” - i.e. the remedy that most closely matches or fits their individual symptom picture. You buy the remedy in the correct potency, give the patient the correct dosage - and guess what? There's either no response or the patient's symptoms return very quickly. I suspect that lots of people give up on homeopathy at this stage and turn to something else. Please don't be one of them. There are lots of reasons why an acute remedy may not act as expected - a few of them are listed below. If you've already read about this on my Facebook Page or on Instagram, take a look again and have another try. Homeopathy is like everything else, the more you practice the better you get. If you've had a disappointment with a family member or close friend, try self-prescribing for a few months until you feel more confident. That said, if you read on you'll soon see that it may not be your fault at all!

- **THE REMEDY IS OF POOR QUALITY OR TAINTED.** Always buy a homeopathic remedy that has been produced by a good homeopathic pharmacy such as Helios or Ainsworth's. It's the only way to be absolutely sure that your remedy is of the highest possible quality.

- # **THE REMEDY IS NO LONGER ACTIVE.** Check the use-by date. Even therapy centres and health stores miss them. Stored properly (see article in previous bulletin) homeopathic remedies can stay active for many years. However, this won't apply if ...
- # **THE REMEDY HAS NOT BEEN STORED PROPERLY.** In some shop premises remedies are stored next or close to a heat source, direct sunlight or very strong smelling substances for far too long. If this is the case in your local shop buy elsewhere or order from a homeopathic pharmacy. You can do so online or over the phone and your remedies will be dispatched very quickly. One of the commentators to my Facebook Post suggested buying a first aid or emergency remedy kit. That's good advice (see article in previous bulletin).
- # **THE SHOP DOES NOT SELL THE REMEDY YOU NEED.** There are thousands of homeopathic remedies. Most retail outlets only stock the most popular for commercial reasons or because they lack the space to stock a larger range. If you are sure about the remedy you need, don't be persuaded into buying something else in the hope that it will do. If you're not sure, order from Helios or Ainsworth's and discuss your remedy selection with one of their homeopathic pharmacists. They really know what they're talking about. That said, always remember that you are the person who knows the case really well and have confidence in your choice of remedy! [Or buy both remedies and see who is right.]
- # **IT'S THE WRONG HOMEOPATHIC REMEDY!** Acute remedies are often chosen on the basis of a few "keynote" physical symptoms. Although these are important, homeopathy is always on the lookout for symptoms that are uncommon, unusual, or specific to the individual rather than their illness or condition. These are the symptoms that can often make the difference between one acute remedy and another. There are lots of really good books and booklets on how to treat acute ailments. Buy two or three and keep them to hand. You won't remember everything in them, but try to make sure you know exactly where to find something in a first aid or emergency situation. The quicker you can administer a remedy the better.
- # **YOU MAY NEED A SMALL OR NEW REMEDY THAT IS MORE UNUSUAL OR RECENTLY PROVED.** These remedies are probably beyond the scope of all but the most experienced and skilful self-prescriber. One option would be to consult a homeopath - many practitioners offer an acute ailments advice service for a fixed fee of £20 - £30 (or more, depending on where you live). Do some research on your local homeopaths and keep their contact details by the phone. When you speak to them, however, you may find that ...
- # **YOU NEED A CONSTITUTIONAL REMEDY RATHER THAN AN ACUTE REMEDY.** An acute illness develops quickly, is intense or severe, has a well-defined beginning & end, and lasts for a relatively short period of time. Once it is over, the patient can expect to be restored to their former state of health. A chronic illness that requires a constitutional remedy is a very different condition. **EXAMPLE 1:** If you suffer from one bout of acute bronchitis in Year 1 and then a second bout in Year 5 with nothing in between, both

episodes can almost certainly be treated as true acutes. **EXAMPLE 2:** If you've had a weak chest ever since childhood and your current symptoms persist, return, are getting worse, and/or have a pattern or periodicity about them (e.g. increasingly severe bronchitis every winter or whenever the weather is damp and foggy) your illness is almost certainly chronic rather than acute. This is especially the case if there is a family history of chronic bronchitis or other respiratory conditions. In these circumstances you would be best advised to consult a qualified homeopath who can prescribe a good constitutional remedy - i.e. one that treats the totality of your symptoms and you as a person, not just your physical symptoms alone.

🚩 **ANY QUESTIONS?** If you're not sure whether you need an acute or constitutional remedy, speak to a professional homeopath. Most offer a free introductory phone call and would be happy to discuss your case and suggest a possible treatment plan. If you'd like to speak to me, visit <https://www.elainegoodehomeopathy.co.uk> and use my website contact form. Just send your phone number, tell me when you'd like to chat, and I'll be in touch to arrange your call.

## **VACCINATION - A BALANCED VIEW**

Now the Covid-19 vaccination programme is being rolled-out, some of you will already have been invited to have your first dose of vaccine (or be expecting to receive your invitation in the near future). It's a contentious, even controversial, issue that can lead to disagreement or even argument. As a homeopath, I will never comment or impose my own opinion on a patient and will always respect their decision, whatever that may be. While some will not take the vaccine, others will want (or need) to be vaccinated as soon as possible. It's a very personal decision which I suspect most people will take according to their age, state of health, lifestyle and family circumstances. So, what follows is not anti-vaccination or an attempt to persuade anyone not to be vaccinated. It's an article about the pros and cons of vaccination in general which may help some people reach an informed decision. I know some readers will already have strong views on the subject, but for those of you who are still undecided or want to know more, I'm going to start with the advantages of vaccination from the perspective of conventional medicine. Much of this concerns child vaccination, but the general principles also apply to adult inoculation. It's a long piece, as I want to do justice to both sides of the argument.

### **CONVENTIONAL MEDICINE**

Described as a miracle of modern medicine, vaccination is regarded as one of the greatest breakthroughs in conventional medicine - a medical intervention that has done more to save lives and improve the quality of life than any other. This is why

- Vaccination prevents up to three million deaths worldwide every year.

- The World Health Organisation has recently listed vaccine hesitancy as one of the Top 10 threats to global health.
- Diseases like measles and diphtheria have been reduced by up to 99.9% since vaccines were introduced.
- Since vaccines were introduced in the UK, diseases like smallpox, polio and tetanus that used to kill or disable millions of people have either disappeared altogether or are rarely seen.
- Before the introduction of vaccination, many thousands of people used to be killed by the smallpox epidemics that used to ravage Europe, while those who escaped death were often left scarred or blinded. Thanks to a worldwide inoculation programme, smallpox was finally eradicated in 1980.
- At one time polio used to threaten millions of people all over the world. At its peak more than 1000 children a day were paralysed by this disease. Since polio vaccination was introduced in the UK in 1955, it has become increasingly rare and is now close to eradication worldwide.
- In 1940 there were more than 60,000 cases of diphtheria and over 3200 deaths in the UK. By 2008 vaccination had almost eliminated this disease.
- Before the 1950s when vaccination was introduced, there were around 120,000 cases of whooping cough every year. By 2008 inoculation had reduced the number of cases to just over 1000.
- Statistics also show what happens when vaccination stops. In the '70s and '80s following a whooping cough "scare" some parents refused to allow their children be vaccinated. This led to three epidemics and the deaths of more than 100 children.
- When Russia's child vaccination programme collapsed with the break-up of the Soviet Union, this triggered a mass epidemic of diphtheria that led to the loss of many lives.
- Measles and mumps cases in England have nearly doubled in the last few years. In 2016 there were 530 cases of measles and 573 cases of mumps. Just two years later in 2018 there were 970 cases of measles and 1061 cases of mumps.
- If 95% of children were vaccinated it would be possible to eradicate measles.
- Vaccination benefits your whole community through herd immunity.
- Vaccination protects those people who cannot be vaccinated because they are too ill or having treatment that damages their immune system.
- Newborn babies are protected against several diseases (e.g. measles, mumps, rubella) by the antibodies that they get from their mother. However, this "passive" immunity only protects them for a matter of weeks or months.
- Vaccination stimulates the immune system into thinking it's being attacked by bacteria, viruses or toxins. The body responds by producing antibodies to fight the disease, just as it does when someone actually falls ill. This is called "active" immunity. If a child contracts a disease they are vaccinated against, their immune system immediately recognises it and quickly produces antibodies that destroy the infection.

- Vaccines are perfectly safe. The bacteria and viruses in them are mass produced in a lab then altered to make sure the vaccine only triggers an immune response and not the actual disease.
- Some vaccines contain live but weakened bacteria or viruses which cannot be given to people with weakened immune systems. These produce a strong immune response and confer long-term protection.
- Others contain bacteria or viruses that have been killed or destroyed. These can be given to people with weakened immune systems but often require several doses or a “booster” to give full protection.
- All vaccines undergo rigorous safety testing before being introduced and are continually monitored for rare side effects afterwards.
- You can read about how vaccines are licensed, tested and monitored on the Oxford University Vaccine Knowledge Project website <https://vk.ovg.ox.ac.uk/v-k/vaccinedevelopment>.
- Anyone can report a suspected side effect to the Medicines & Healthcare Products Regulatory Agency [MHRA] through the Yellow Card Scheme - see <https://yellowcard.mhra.gov.uk>.
- Vaccines do not cause autism. Studies have found no evidence of a link between the MMR vaccine and autism.
- Vaccines do not cause allergies or other medical conditions.
- It is rare for anyone to have a serious allergic reaction to a vaccination. If this happens, it will take place within minutes. People who give vaccinations are trained to deal with allergic reactions and will treat you immediately.
- Vaccines do not contain Mercury (Thiomersal).
- In recent years questions have been raised about some of the other substances commonly found in vaccines. These include -
- **ALUMINIUM:** Most “killed” vaccines contain very small amounts of aluminium-based adjuvants which boost the body’s immune system and make vaccines more effective and long lasting. Although aluminium has been associated with minor reactions (such as redness or swelling around the vaccination site) it is used in very small amounts and is only toxic in high concentrations. Our bodies do not use aluminium so it will be gradually eliminated in our urine.
- **SQUALENE OIL:** This is added in very small amounts to the trivalent ‘flu vaccine for adults aged 65 or over. It is derived from fish oil and is highly purified before use. This substance helps to boost the immune response, makes the vaccine more effective and longlasting, reduces the amount of antigens used, and may also reduce the number of doses that are needed. Squalene oil may cause a minor reaction (such as redness or a minor lump at the vaccination site) but has been shown to be safe.
- **PORK GELATINE:** This is sometimes used as a stabilising agent. There have been a small number of allergic reactions to vaccines containing gelatine. Patients with a known gelatine allergy should consult their GP before they are vaccinated. Religious faith leaders have stated that the use of gelatine in vaccines is acceptable and does not break any religious rules. In the UK the

only vaccines containing gelatine are the shingles vaccine, the children's nasal 'flu vaccine, and one of the two types of MMR vaccine.

- **HUMAN SERUM ALBUMIN & RECOMBINANT ALBUMIN:** HSA (a protein from human blood) is used to stabilise vaccines and maintain their quality during storage. The only serum used comes from screened blood donors. Any further risk of disease transmission is eliminated during the manufacturing process. RA does not contain any animal or human products; it is produced by cells (e.g. yeast cells) that have had the gene for human albumin inserted into them. It is sometimes used in very small amounts as a stabiliser in one of the UK MMR vaccines. Both substances are considered safe.
- **EGG PROTEIN:** The 'flu vaccine is grown on hens'eggs and can trigger an reaction in people who are allergic to eggs. Patients with a known egg allergy can have an egg-free "inactivated" vaccine or a vaccine with a very low egg protein content. The MMR vaccine is grown on chick embryos and does not trigger an allergic reaction.
- **FORMALDEHYDE:** This substance is used in the production of some vaccines to kill or inactivate virus or bacteria toxins. Although it is then diluted out, traces of it may remain in the final vaccine. In high concentrations it can cause harm, but there are no health concerns about the small amounts used in vaccines. Formaldehyde is found in the human blood stream at far higher levels than those found in vaccines.
- **ANTIBIOTICS:** Antibiotics are added to vaccines in order to prevent the growth of bacteria during production and storage. Those associated with allergic reactions (such as penicillin) are not generally used, although some vaccines do contain tiny amounts of neomycin which can trigger an allergic reaction. People who are allergic to neomycin or other antibiotics should speak to their GP or practise nurse before vaccination. They are only found in tiny amounts in the final vaccine.
- A full list of a vaccine's ingredients can be found on the electronic medicines compendium website <https://medicines.org.uk/emc/browse-medicines/>.

Notwithstanding the above, vaccines are amongst the safest medicines with benefits that far outweigh the risks. If there are any side effects, most of them (such as redness or a hard lump) will be minor and disappear shortly after vaccination. Less than one in a million patients will have a severe allergic reaction that involves breathing difficulties and (in some cases) physical collapse. However, even this type of reaction is completely reversible so long as it is treated promptly by trained medical staff.

The benefits of vaccination are invisible in the sense that children do not contract measles or end-up in intensive care suffering from a serious disease. Deciding not to vaccinate can put children at risk of potentially serious or even fatal diseases. Vaccination may not be 100% effective but it is the best defence we have against epidemics that used to kill or permanently disable millions of people. Children in the developing world are still 10 times more likely to die of vaccine-preventable

diseases than those in industrial nations - that's more than three million a year at the last count.

## **THE HOMEOPATHIC PERSPECTIVE**

The British government strongly advocates mass vaccination as a means of eradicating childhood disease. Doctors, health care professionals and local clinics tell parents this is the only way to keep their children healthy. Parents who do not want their children to be vaccinated are often made to feel guilty, irresponsible or uncaring. Sometimes branded as “difficult” they are held responsible for epidemics that put the health of other children at risk. Nowadays the pressure to vaccinate is so enormous that it takes a very strong parent to say “no”. Most people do not even realise it is still legal to refuse vaccination in the UK (although this has probably altered in the light of Covid-19).

Homeopathic and conventional medicine hold fundamentally different views about the cause of disease. The orthodox view is that infectious diseases are caused by bacteria and viruses which have to be destroyed using a range of anti-biotic, anti-inflammatory and anti-viral drugs. Homeopathy believes the activity of pathogens is nothing more than a secondary reaction in a part of the body that is already weak or susceptible to disease. In other words, germs are not directly responsible for disease but secondary to it - if the patient is healthy in body and mind they cannot gain a foothold.

From a homeopathic standpoint, the primary cause of infection is individual susceptibility or weakness. This can either be inherited or acquired and can manifest on any level - physical, mental or emotional. Using repeated doses of antibiotic or anti-inflammatory drugs to suppress physical symptoms will not cure because the patient's individual susceptibility to certain disease is still present. Homeopathic treatment creates good overall health by addressing this underlying problem and strengthening the patient's inherited or acquired susceptibility. Mass immunisation and conventional medicine completely ignore this individual weakness or predisposition to disease.

Pathogens associated with certain types of disease are only attracted to susceptible individuals - i.e. those who can provide them with favourable conditions in which to thrive and replicate. In conventional medicine, doctors have to decide whether the immune system of a patient is strong enough to deal with an infectious disease or whether it needs the help of conventional drugs. Homeopathy takes a very different view. It uses homeopathic remedies to strengthen the entire system and address the patient's underlying weakness or susceptibility before they get ill. If the treatment is successful, the patient will either not succumb to infection or (if they do) will not suffer from serious symptoms.

In her book “An Educated Decision. One Approach to the Vaccination Problem using Homeopathy” author Christina Head describes how she treats children whose parents do not want them to be vaccinated. She starts by looking at the

health of the child in as much detail as possible. Then she takes a full family history from the parents. Finally she treats any symptoms the child has at the time. Once these have cleared and the child is well, she gives the parents a number of homeopathic remedies that have been prepared from infectious diseases (called nosodes) and asks them to give the child one remedy a week. According to the author, she has used this method for over eight years with extremely positive results. Nosode remedies help to strengthen those parts of the body that would otherwise be affected by disease. That said, most homeopaths would say that a good constitutional remedy is what really strengthens the child's system and ensures they do not suffer from severe symptoms. (The same could also be said of elderly adults who are vaccinated every year or younger adults vaccinated on a "need to" basis (going on holiday, working abroad etc.)

When a child does fall ill, it's important to remember there are a number of homeopathic remedies that can be extremely helpful in the treatment of childhood disease (alongside conventional medicine if needed). These include -

- Aconite, Belladonna, Euphrasia, Gelsemium and Pulsatilla for Measles.
- Belladonna, Mercurius, Phytolacca and Lachesis for Mumps.
- Belladonna, Coccus Cacti, Drosera and Kali Carb for Whooping cough
- Apis, Arsenicum album, Lac caninum, Lachesis and Mercurius for Diphtheria

So, some parents will decide not to have their child vaccinated. Instead they will use a combination of nosode remedies, a good constitutional remedy, and acute remedies as and when needed.

Other parents come to a different decision. They allow their child to be vaccinated but use homeopathic treatment as well. This is a "middle of the road" approach that appeals to many parents and is often very successful. In these circumstances the homeopathic remedies used are prepared from actual vaccines (rather than infectious diseases as in the case of nosode remedies). They are given before and after each inoculation in order to clear any side effects that do not resolve by themselves within a reasonable period.

If side effects do occur they will vary in severity according to the individual patient. Many go unrecorded or are put down to some other cause. Some of the more common minor or low grade symptoms include thrush, persistent coughs and colds, sleeplessness, lack of concentration, asthma or eczema. Although rare, there are also patients who suffer from symptoms of anaphylactic shock (rapid breathing, low blood pressure and collapse) following vaccination. Unless they are revived with an immediate injection of adrenaline or steroids, this can be fatal.

Once again, it is individual susceptibility or weakness that determines whether or not a patient will suffer from side effects. Children who are particularly susceptible to the infectious disease whooping cough, for example, will automatically be more susceptible to the side effects of the whooping cough vaccine. This is why some

children have no reaction to a particular vaccination while others react strongly (and on very rare occasions fatally). Treating the side effects of vaccination and then giving a good constitutional remedy is the best way to achieve excellent results, especially in small children.

The problems of vaccination are complicated by the fact that all vaccines contain substances which are designed to disinfect, enhance their action, or bind them together. These include formaline, aluminium hydroxide, aluminium sulphate, aluminium phosphate and calcium phosphate. In the view of orthodox medicine, substances such as aluminium are only toxic in high concentrations and certainly not in the very small amounts used in vaccines. Homeopathy takes a different view, if only because it places far greater emphasis on a patient's mental and emotional symptoms rather than their physical symptoms alone.

When looking at the side effects of vaccination, it is worth keeping in mind the possible toxic effects of these substances. After clearing away any side effects it may still be necessary to treat any remaining problems with other homeopathic remedies such as Alumina (where the symptoms suggest this is necessary).

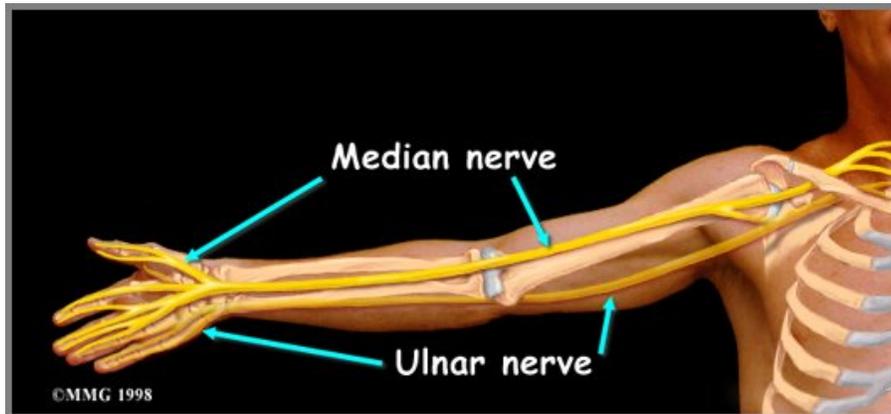
Finally, it is important to remember that many vaccines are made from animal tissue (mainly from monkeys, rats, cattle, chickens or rabbits) and are then tested on animals. Although conventional medicine has long taken the view that "the ends justify the means" we should not forget that millions of animals are killed every year so that we human beings can be "protected" by vaccination. In the third decade of the 21<sup>st</sup> century, can we really justify such widespread animal experimentation and cruelty?

## **THE REMEDY HYPERICUM**

Hypericum (also known as St John's Wort) is a good injury remedy, especially for injuries to the nerves and spine. The keynote symptom of the remedy is the sharp and shooting nature of its pains. As you'll see from the information below, it's an excellent remedy to have in your first aid remedy kit and is best used in the following circumstances -

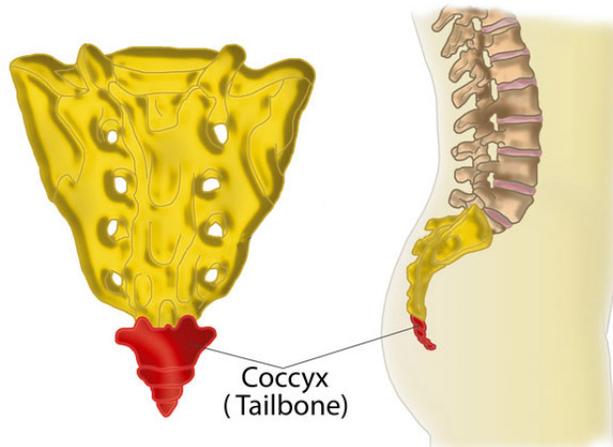
- **FOR INJURIES, BRUISES, LACERATIONS & PUNCTURE WOUNDS TO AREAS RICH IN NERVES - fingers, toes, tongue, teeth, eyes, coccyx, genitalia**
- **Crushing injuries to extremities, especially fingertips (smashing fingernail with hammer etc)**
- **Severe bites or any laceration to tongue**
- **Injury to eye. Corneal abrasions. Foreign bodies**
- **Scars or amputations with shooting pains**
- **Insect bites in nerve rich areas**
- **Splinters in fingers or other nerve rich areas**

- **INJURIES TO NERVES**
- **SHARP, SHOOTING, CUTTING PAINS ALONG NERVES** (extending upward from injured spot)
- **Bruises to nerves from direct blows or other trauma**
- **Neuralgic pains, excessively painful and sore. Worse for change of weather**
- **Injury to larger nerves - e.g. median nerve tear or lacerations**



- **CRUSHED BONES, ESPECIALLY FINGERTIPS**
- **COMPOUND FRACTURE - MAIN REMEDY** (other remedies Arnica, Calendula, Lachesis, Symphytum)
- **PUNCTURE WOUNDS TO FINGERTIPS WITH SHOOTING PAINS**
- **PENTRATION WOUNDS** - especially palms of hand and soles of feet (standing on rusty nail etc.). And if pain shoots up a nerve
- **Prevents infection - even lockjaw and tetanus while seeking medical attention**
- **Injuries to Head**
- **CONVULSIONS** after injuries to head while seeking medical attention
- **FRONTAL HEADACHE** or headache to back of head. Better for **OPEN AIR**
- **Removes the bad effects of shock or fright**
- **INJURIES TO THE SPINE (FRACTURES, SPRAINS) WITH SHARP SHOOTING PAINS, WORSE FOR RAISING ARMS**
- **INJURIES TO THE COCCYX** (Tailbone) due to falls, blows, labour and delivery
- **Pain in coccyx during, after or since (instrumental) DELIVERY**

## Coccyx (Tailbone)



- **PAIN AFTER SURGERY IN TYPICAL LOCATIONS - tongue, genitals etc.**
- **Severe pain after eye surgery**
- **Stitching, shooting pains from surgical site**
- **Phantom limb pains**

## CONCLUSION

So, that's the end of my first quarterly newsletter. I'm really playing around with ideas at the moment, trying to figure out the right format and content. I know I want to focus more on homeopathy and less on other complementary therapies, but I'm not sure whether you will like the longer articles or whether you would rather I covered more topics in less detail. If you'd like to have your say, just send an email to [elainegoodehomeopathy@gmail.com](mailto:elainegoodehomeopathy@gmail.com) and tell me what you think. I'd like to keep the Question & Answer section going though, so do keep your queries coming in. I really like to hear from you. Goodness only knows how long we will be in this latest lockdown, so keep safe and keep happy.

Best wishes

Elaine.

**PS - CONTACT DETAILS ON NEXT PAGE**



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