

Homeopathy for the Autumn

Autumn is with us – bonfires, colourful scarves, hot chocolate and kicking up leaves in the park. It also brings plenty of colds, flu and bugs. So how to get the best out of this golden time of year?

Boost your immune system

A strong immune system will help you fight off colds/flu/viruses that may be going around. Homeopathic treatment can be very effective in boosting your constitution. Other things you might like to consider are:



Echinacea

A good quality supplement or herbal tincture of Echinacea is a traditional remedy for strengthening your defences. It is often advised that it should not be taken on a continual basis as it may lose effectiveness with long term use.

(NB: Please consult a qualified herbalist if you are pregnant, breastfeeding or taking drugs to suppress your immune system.)

Colloidal silver

Supposed to have anti-viral, anti-bacterial and anti-fungal properties and often referred to as nature's antibiotic. Available in spray and dropper bottles.

Vitamins and minerals

Vitamin C and Zinc can help your defence system and can be used daily and especially at the first signs of sore throats, colds, etc. A good quality multi vitamin/mineral supplement is a good start; Biocare and Solgar both have good ranges to choose from.

For children

Kangavites - Multi vitamin and mineral supplement - suitable for children over 2 years.

Dinochews - Multi vitamin and mineral supplement - suitable for children over 4 years.

Please note!

Although we all hate to be laid low with colds and flu there is a school of thought that we do actually need a couple of colds per year and flu every few years in order to give our immune system a good workout, and thereby enhance our immune system function.

Swine flu and Tamiflu

A hot topic at the moment and another controversial vaccine. Any form of flu should be treated with plenty of rest and lots of fluids. Homeopathic remedies are very effective in treating the symptoms of flu, including reducing high temperatures, and it may be helpful to purchase a kit from www.helios.co.uk so that you have a selection of remedies to hand.

Some information from the NHS regarding swine flu:

'For most people, the illness has been mild and self-limiting. The virus has caused severe illness in a minority of people, most of whom had an existing serious condition.'



Newspaper article: 'Side-effects of Tamiflu outweigh benefits for children with swine flu'

Carl Heneghan, a GP and clinical lecturer at Oxford, and Matthew Thompson, a senior clinical scientist at the university, said that the Government was pursuing an "inappropriate strategy". Only children with underlying health conditions should be considered for antiviral treatment. Those with mild cases of swine flu should be given paracetamol, fluids and rest, as with any ordinary case of flu.

The authors of the analysis added that parents and GPs needed to remain vigilant in case of complications, while parents of children with a weak immune system, or conditions such as cystic fibrosis, should discuss treatment with their doctors.

For the full article go to: www.timesonline.co.uk/tol/news/uk/health/.../article6790014.ece

Seasonal Affective Disorder (SAD)

This disorder is thought to affect up to a third of us but it often goes undiagnosed. The cause is still unclear but there are various theories and suggested treatments. It's rare to find people with symptoms of SAD living within 30 degrees of the equator where daylight hours are long and very bright. People who have lived near the tropics for part of their lives and then emigrated to this country may be more vulnerable to SAD.



Homeopathic remedies can be helpful in treating the symptoms of SAD.

Other possible treatments include:

Diet

SAD is thought to be related to lower vitamin D in winter although there is no conclusive evidence to date.

Vitamin D can be found in foods such as dairy products, eggs and oily fish but sunlight is our primary source, providing more than 90% of our vitamin D intake. Estimates say that 15-20 minutes of full body exposure to midday summer sun can generate around 250mcg of vitamin D. (Evidence now suggests that sun exposure is far more beneficial than harmful provided you don't allow your skin to burn.) The equivalent in food terms would be around 30 portions of oily fish, or 500 egg yolks or seven tablespoons of cod liver oil!

There are no government guidelines on a Recommended Daily Intake of vitamin D but a good quality multi-vitamin should be a good start to boosting your intake. Alternatively consult a qualified nutritionist for further advice.

Light therapy

Many people find light boxes helpful. These aren't available on the NHS but some manufacturers and suppliers may be able to offer you a free trial. Lights can be hired from www.sad-lighthouse.co.uk.

Antidepressants

Generally not something a homeopath advocates but in desperate situations you may wish to consult your GP.

More information about SAD can be found at:

The Seasonal Affective Disorder Association - www.sada.org.uk

MIND - www.mind.org.uk/help/diagnoses_and.../seasonal_affective_disorder

Supplements mentioned in this newsletter can be purchased from www.nutricentre.com or call 0845 602 6744 for advice from their knowledgeable staff.

To find out more visit my website or to discuss how homeopathy can help you please email/phone me for an informal chat.

