

Weight, obesogens and homeopathy

🕒 September 28, 2020 📁 [Detoxification](#), [Digestive health](#), [Total Health](#), [Toxins](#), [Weight](#)

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Why do we give antibiotics to animals? I used to think that it is done to treat bacterial infections in animals, especially when animals are grown in overcrowded environments. If only farmers knew about homeopathy, I thought. But the truth is more devious, most of the antibiotics are given to animals as appetite and growth stimulants, to promote fast weight gain, and give more profit to the livestock producers. If antibiotics cause weight gain in animals, will they have a similar effect on people? Are antibiotics the only substances that might cause weight gain?

Obesity is an epidemic in the United States. More than one third (39.8% for adults) were obese and another 31.8% were overweight during 2015-2016.⁹ If the trend continues, more than 85% of the US population will be overweight or obese by 2030.¹⁰ Children's weight have increased as well, and obesity predisposes to heart disease, diabetes, cancer and other chronic conditions.

There are many factors that might contribute to weight gain. Some medical conditions, like low thyroid function can cause a person to gain weight. A connection between sleep quantity and quality, stress and disruption of *circadian rhythms* was found to correlate with weight gain. We inherited an ability to gain more weight in the fall in preparation for the food scarcity in winter (which might not be true now but was in the past). The most obvious reasons that apply to all humans are amount of food that we eat and activities we do. Weight depends on the difference between an amount of energy obtained from food and energy used during physical activities. If it was always as simple as it sounds, it would be easy to lose or gain weight, eat more and exercise less and you will gain weight, do the opposite and you will lose those extra pounds.

Exercise more

Movement is essential for humans, that is how we evolved, by hunting, gathering, running, lifting, and swimming, we need to move to be healthy. Movement affects everything from circulation to digestion. You do not have to exercise to be healthy, if

you move a lot as a part of your everyday life that will be enough to stay healthy. Our modern sedentary lifestyle does not always support enough movements to stay healthy and keep our weight in check, so we need to exercise. When you move more, you burn more calories, you lose more weight. On the other hand, when you move more, you feel more hungry and you eat more. It is not easy to exercise when you have extra pounds, muscles have to work really hard to move all that extra weight. Sometimes, we have to take a break from vigorous exercises due to family and work commitments, or when recovering from a trauma. Weight gain might creep up during those times as the appetite is the same, but level of exercise is significantly less. If you are really contemplating losing those extra pounds, you have to consider other factors as well, like what you put into your body as a fuel for the exercise, and how your body metabolizes that food. Otherwise, exercise alone might not bring a sustainable weight loss.

Eat less

The less fuel you put in, the faster you burn it with movement, you eat less, you weigh less. It is important to keep a balance between lowering food intake and still getting all necessary nutrients. The quality of food we eat plays a big role in staying healthy.

If you eat a diet full of processed foods high in sugar and low in nutrients, foods full of pesticides, artificial coloring and other chemicals you are not going to build health even if you eat less of it. Food addiction is real, research shows that sugar is more addictive than cocaine and it is everywhere.¹⁹ It is not easy to eat less amount of addictive foods, but it is possible. You will lose weight initially, but your starving body will be neither happy nor healthy. Eventually, the body starving from absence of minerals, vitamins, phytonutrients and real fats will not be able to withstand cravings for any food, and you will start eating more of the same favorite processed foods once again.

In order to lose weight for good you have to change not only the amount of the foods you eat, but eat food with high nutrient content. For some people that way of eating will eventually bring sustainable results, but many others will still struggle.

Chemicals in foods and environment

In the modern world we have another player besides exercise and high quality nutritious foods, chemicals. Certain environmental and artificial chemicals can alter our genetic programming that defines how much food it takes to put on weight, and how much exercise is needed to reduce it.

Obesogens

Obesogen is a chemical that causes weight gain and leads to obesity. Obesogens change how energy is stored and used in the body leading to weight gain and obesity.

List of known obesogens is quite long.

“Obesogens are chemical compounds that can promote obesity by increasing the number of fat cells (and fat storage into existing fat cells), by changing the amount of calories burned at rest, by altering energy balance to favor storage of calories, and by altering the mechanisms through which the body regulates appetite and satiety.”

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The idea that chemicals can cause obesity was introduced by Dr. Paula Baillie-Hamilton in 2002 in an article that focused on environmental chemicals and obesity. She suggested that the obesity epidemic is correlated with the increased production of chemicals and identified studies showing that exposures to a variety of chemicals

led to weight gain.¹

In her article, the chemicals that have the ability to cause weight gain included **organochlorine pesticides, carbamates** (insecticides), **PCBs** (polychlorinated biphenyls), **plastics such as phthalates** and **BPA** (bisphenol A), **heavy metals** and **solvents**.

In 2006 Dr. Bruce Blumberg published a paper showing that **TBT** (tributyltin), a compound that was used in marine paint, could lead to weight gain in mice and coined the term obesogen.¹

Drugs

It is well known that certain drugs have side effects of weight gain, drugs like **SSRIs** (selective serotonin uptake inhibitors), **corticosteroids**, **atypical anti-psychotics**, **tricyclic antidepressants**, **antidiabetic drugs like rosiglitazone** (Avandia) and insulin.

Antibiotics have been linked to weight gain for a long time. Low doses of antibiotics have been added into animals feed since 1950s to promote animals growth and weight gain. In a study published in 2012 in the Nature magazine researches discovered that when they fed low dose of antibiotics to mice, the mice gut **microbiome** changed just like in a livestock, and they turned on genes related to lipid conversion in the liver. Similar to farm animals, the antibiotic-fed mice put on weight as well.²

Only in the past decade we have started to understand what role trillions of microbes that we host play in our health, and how disruptive antibiotics and artificial chemicals are for our little tenants. Human microbiome (genetic material of all the microbes, bacteria, fungi, protozoa and viruses, that live on and inside the human body) is 200 times the number of genes in the human genome.¹⁵ Our microbes keep us healthy, digest food we eat, produce neurotransmitters serotonin and dopamine, vitamins and make minerals available for absorption.

Microbiologists Rob DeSalle and Susan Perkins wrote: “It’s not the microbes that cause problems with our health, but rather disruptions in the natural ecology of our bodies that lead to illness. It is only when the co-evolved ecological balance of our body’s cells with the trillions of microbes living in and on us is thrown out of whack that pathogenicity [disease] arises.”¹⁴

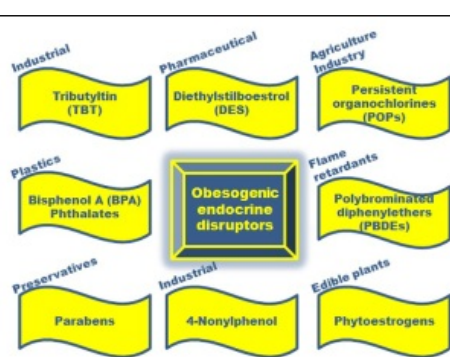
Food additives

Food additive **MSG** (Monosodium glutamate) has a side effect of an activator of brain pathways that cause weight gain in animal models.³

Recent study¹⁶ from Harvard University found that food additive **propionate**, contributes to insulin resistance and high blood sugar, and causes weight gain. Propionate is a short-chain fatty acid that is used as a mold inhibitor in foods created to have a long shelf-life. It is found in innumerable amount of bread products, commercially prepared foods and diet drinks.

Endocrine disruptors (EDCs)

Endocrine disruptors (EDCs) are chemicals that interfere with endocrine (hormonal) system.



Weight gain is controlled by the endocrine system and so is sensitive to disruption by EDCs. It is not surprising that scientists discovered that the same EDCs that cause reproductive and thyroid diseases could cause weight gain.

EDCs interfere with estrogen, androgen and thyroid hormone

signaling. EDCs mimic natural hormones and can cause multiple diseases and dysfunctions in reproduction, learning, memory, and behavior. Hormone disruption can cause endometriosis, fibroids, PMS, PCOS (polycystic ovary syndrome) and menopausal issues. EDCs are found in multiple products, in **pesticides, herbicides, fungicides, flame retardants, surfactants, plastics, plasticizers, sunscreens, cosmetics, cigarettes** (nicotine), **solvents, heavy metals, industrial byproducts, POPs** (persistent organic pollutants), **and personal care products**.¹¹ EDCs exposure comes from air, dust, water, food, placenta, they are hard to avoid and some of them can be active for years. "There are now around 1,000 chemicals designated as EDCs"¹.

Obesity starts in the womb

Not so long ago scientists thought that the placenta shielded unborn baby from chemicals in the environment and foods from the mother. Environmental Working Group (EWG) 2005 study found 287 different industrial chemicals and pollutants in babies' cord blood.¹²

Chemicals like PCBs (Polychlorinated biphenyls), VOCs (Volatile Organic Compounds), dioxins, pesticides, heavy metals like lead, cadmium and mercury, flame retardants, organic solvents were found in breast milk.¹³

There is a direct connection between prenatal environment, early life nutrition and chemicals exposure to later-life obesity. Childhood obesity is associated with maternal smoking during pregnancy, with **nicotine** being an endocrine disruptor.⁴ Neonatal exposure to low doses of **DES** (diethylstilbestrol) causes weight gain and increased fat in females. The connection between **estrogenic chemicals** and obesity is now well known. Developmental exposure to **BPA** (bisphenol A) affects brain satiety centers.

According to multiple human studies from 2000 to 2014 prenatal exposure to the following chemicals are implicated in weight gain in childhood and later in life: **PCBs** (polychlorinated biphenyls), **DDE** (from breakdown of DDT), **hexachlorobenzene** (fungicide), **POPs** (environmental persistent organic pollutants), **PAHs** (polycyclic aromatic hydrocarbons), **persistent organochlorines** (pesticides), **BPA, DDT** (pesticide).⁵

Obesogens have heritable effects

Early exposure to obesogens is inheritable. Pregnant mice were treated with low doses of TBT (tributyltin) produced offspring with larger fat deposits and fatty livers; their gene expression pattern indicated bios towards obesity. These impacts of TBT persisted to the third generation of mice (great-grandchildren).¹⁸

Lower your exposure to obesogens



Each obesogen in the studies presented has a negative effect on human and/or animal body. The synergistic effects of these individual obesogens has never been tested. One can only imagine what effect multiple obesogens have on humans as we are exposed to multiple combinations of obesogens in our environment every day.

It is clear from the research that in order to lose weight in our modern times it is not enough to eat less and move more. We have to reduce toxic body burden, reduce exposure to toxic chemicals and remove obesogens. Only then we will be able to correctly influence our genetic programming that in turn will restore our body's ability to regulate appetite and satiety, properly regulate amount of fat cells created and how fat is stored, improve the way energy from foods is stored and used.

We cannot do much about chemicals that being used outside of our homes but we can lower our exposure by revising what products we use for personal care and cleaning, what foods we eat and containers we use.

Homeopathic Detoxification methods

Homeopathic remedies are made from very small amounts of substances that are diluted and energized. They are effective and safe to use, and they do not cause endocrine disruptions or weight gain. It goes without saying that using homeopathic remedies will not add any toxins to your body.

Detoxification is a fancy word for removing toxins from the body. We have an ability to remove toxins through our detoxification pathways. Organs of elimination, liver, kidneys, lungs, bowels, skin, work hard to remove as many toxins as possible. More and more chemicals are created and introduced into our environment. We live in a toxic world, and the need for toxic load elimination is getting higher and higher. Often, the body gets so overwhelmed with toxins that it needs help removing them before further progress toward better health becomes possible.

To stimulate a toxin release a specific remedy might be used that is made from that specific or similar toxin. High potencies of the remedies are used for detoxification, no toxins are present in the remedies. The remedies gently prompt the body to release and remove the toxins.

Homeopathic remedies are given in a person specific protocol to prompt the body to eliminate multiple toxins and restore the body's homeostasis. Overall support and organ support are given to promote well being during the detoxification process. Gemmotherapy (the embryological tissues of plants), FCT (Field Control Therapy), HDT (Homeopathic Detox Therapy) and other homeopathic methods and natural remedies are used to stimulate the body to release toxins gently and safely. Homeopathic detoxification has to be done under the supervision of a professional homeopath.

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Concerned about Coronavirus? Improve your immunity

🕒 March 3, 2020 📁 Acute Illnesses, Cold & Flu, Education in Homeopathy, Total Health
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MERS virus, Meadle-East Respiratory Syndrome coronavirus, 3D illustration

The new coronavirus, SARS-CoV-2 (severe acute respiratory syndrome coronavirus 2) that causes Covid-19 (coronavirus disease) is a current concern for everyone. News outlets and social media provide us a constant stream of detailed information about the outbreak, cancelled events due to coronavirus fears, quarantines and the number of new cases and fatalities all over the world.

Most of the cases are in China, many cases are in Italy, South Korea and Iran.¹ According to a [recent study](#), published in JAMA (The Journal of the American Medical Association) on February 24th, 2020, researchers looked at 44, 672 confirmed cases in China and characterized 81% cases as mild, 14% as severe, and 5% as critical. Most people that have died were 70 or older or had chronic health conditions.⁵

A healthy immune system is the best defense for any viral disease. Prolonged fear of a possible threat causes exhaustion (often referred to as burnout or adrenal fatigue), immune system dysfunction and other emotional and physical issues.⁶ The best way to stay healthy in the current situation is not to give in to panic, avoid exposure to the virus, strengthen your immune system, and prepare the remedies you might need.

SARS-CoV-2 belongs to a group of viruses called corona viruses, 15-30% of viruses that cause the common cold are corona viruses. It is important to stop the cold naturally as soon as possible, to reduce the chances of it progressing into bronchitis or pneumonia. **Fever** is an important part of the defense mechanism of the body, it helps to fight the infectious agents by triggering a greater number of CD8 T-cells that are capable of destroying infected cells.⁴ Reducing fever, especially right away, is counterproductive in viral diseases.

Avoid exposure

To stay healthy avoid being exposed to the virus and have good hygiene. [Wash your hands](#) and face after you go shopping or socializing. Stay away from people who are

sick and avoid crowds. Do not share food, utensils, cups and other personal things. Follow [travel guidance](#) to avoid unnecessary exposures.

Strengthen your immune system

Increase and maintain your immunity by getting fresh air every day, eating more fruits, vegetables, homemade soups, and eating less processed foods, getting plenty of sleep and physical activity.

Supplements like **vitamin C**, **elderberry extract**, tea made from **ginger**, **lemon** and **honey**, and **apple cider vinegar** are all very helpful before and during colds or flu.

Gemmotherapy extracts **Ribes nigrum** (Black currant) and **Rosa canina** (Briar rose) taken twice daily in water are a wonderful way to support immunity. Use your usual dose if you have taken those remedies before. If the remedies are new to you, take 6-16 drops for children 12 to adults, contact your practitioner for the doses for younger children.

Homeoprophylaxis

A homeoprophylaxis (HP) remedy for Covid-19, a homeopathic remedy made from the virus itself or the most used remedy for a current outbreak (genus epidemicus), is not indicated at this time. Luckily, the chances of getting Covid-19 are low for American public – there are 60 cases of Covid-19 in the US (as of 3/3/20). In comparison, 32 million people in the U.S. have experienced flu illnesses this season, according to a [CDC estimate](#). If the necessity arises, the HP remedy will be available. Please contact your homeopath directly to inquire.

Homeopathic remedies

Homeopathy has a history of tremendous success in epidemics.³ The most often used remedy in the 1918 Spanish flu epidemic was *Gelsemium Sempervirens*, the same remedy that has been suggested as the most likely remedy for cases of Covid-19 as well.

Oscillocochinum – Take at the first sign of cold or flu symptoms; aborts bad colds or flu. If you have to travel, take an extra dose before you start your trip.

Based on reports from China several possible remedies have been suggested by the homeopathic community.

Arsenicum album – Burning pains, anxiety and restlessness; dry cough, cough worse after midnight, worse lying down, better with warmth. Thirsty for small sips of water taken often.

Bryonia alba – Fever, dry hacking painful cough, dry tongue, stitching pain in the chest, pain is worse by breathing or least motion.

Eupatorium Perfoliatum – Severe pains in muscles or bones. Feels like bones are broken or bruised. Thirst for cold drinks. Loose cough.

Ferrum phosphoricum – Dry cough, short painful tickling cough, cough when bending head forward, cough worse outside; tired, apathetic, little thirst or appetite, better from rest and cold applications.

Gelsemium sempervirens – Slow onset with dizziness, dullness, extreme fatigue, chills, and low grade fever. Extreme muscle weakness, trembling and body ache all over. Dry cough. Dull pain on the back of the head, no thirst.

Homeopathic remedies above can be used safely in 30C potency. If you have tried 3-6 doses of a remedy that matches your symptoms the best and do not see any improvement, consult your homeopath for a more specific remedy for you.

Should you have further concerns you would like to discuss, please email or call to book an appointment.

Disclaimer: This information is not intended to replace primary care. This information is not intended to replace the services of any physicians or health care professionals. It is not intended to be a substitute for the diagnosis or treatment of any disease or health condition. This information is for education purposes only.

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Got Acid Reflux? Addressing acid reflux with homeopathy

🕒 September 22, 2019 📁 Acid reflux, Chronic illness, Digestive health, Homeopathy, Homeopathy for the Family, Total Health 🔖 chronic acid reflux, GERD, heartburn, homeopathy, natural remedies, PPI Proton pump inhibitors side effects, reflux 👤 veravolfson@gmail.com

Acid Reflux – Article summary: *Acid reflux affects many people. What is acid reflux? What is GERD? Foods that aggravate acid reflux, what increases your chances to get acid reflux. The causes for acid reflux. Dangers of low stomach acid. Antacid medications linked to serious health problems. Homeopathic remedies for acid reflux.*

Acid reflux is a common condition that makes life very challenging for many people. One out of five people experiences heartburn or acid regurgitation on a weekly basis, and two out of five people experience heartburn or acid regurgitation at least once a month.² The number of people having acid reflux has increased in the past decades.



What is acid reflux?

Acid reflux is a condition where stomach contents flow backward into the esophagus. The esophagus is a muscular tube that connects the throat with the stomach. The stomach contains gastric juices, a mixture of hydrochloric acid, mucus and enzymes, that will irritate any other tissue outside the stomach. There is a mechanism in our body that prevents influx of the stomach contents back into the esophagus. Lower esophageal sphincter (LES) seals off the esophagus from the stomach. LES only opens when we swallow or belch. If the

sphincter becomes relaxed in the wrong time, the stomach content goes back into the esophagus, and we experience unpleasant sensation called acid reflux.

Gastroesophageal reflux disease (GERD)

If the root cause for acid reflux is unaddressed, the condition can worsen and from occasional event acid reflux might start happening twice a week or more. When that happens, it becomes a more severe form of acid reflux called Gastroesophageal reflux disease or GERD. 15-30% of the US population has GERD. ¹ One of the symptoms of GERD is heartburn, but other symptoms might be present as well, chest pain, persistent sore throat, hoarseness, difficulty swallowing, dry cough and bad breath.

Certain foods can aggravate the symptoms of acid reflux.

Foods that can aggravate acid reflux:

- Citrus
- Tomato sauce
- Chocolate
- Coffee
- Tea
- Fried food
- Rich food
- Spicy food
- Alcohol

Risk factors for acid reflux:

- Being overweight, being pregnant, overeating
- Anxiety medications, antidepressants, antibiotics, high blood pressure medications, osteoporosis medications, painkillers ⁸
- Smoking
- Low level of *Helicobacter pylori* (*H. pylori*)⁷
- Being older than 40

What causes acid reflux?

Heartburn is the most frequent symptom of acid reflux. It is unpleasant and can be limiting your activities and foods. Acid reflux affects not only quality of life, it can also have long term consequences. Chronic acid reflux causes the scarring of esophagus that makes swallowing food difficult, and can cause esophageal cancer if left unaddressed for long time. Conventional theory is that the damage to the esophagus occurs because stomach acid is caustic and causes scarring of the esophagus. That is why the goal of conventional medicine is to reduce stomach acid by antacids.

Many acid reducing medications, antacids like Tums, Rolaids, Mylanta, Pepto-Bismol, Zantag and Pepcid (Histamine-2 Receptor Antagonists), Prevacid, Prilosec and Protonix (Proton pump inhibitors) are readily available.

The study⁴ done in 2009 showed that the damage to the esophagus starts from deeper layers of esophageal tissue, not the superficial esophageal tissue layers. That means that the mechanism by which acid reflux causes damage is not really from stomach acid itself but rather because the stomach contents does not belong in the esophagus. When the stomach contents is regurgitated up to the esophagus, the immune system builds a reaction which in turn triggers the damage of deep layers of esophageal tissue. Eventually, the immune reaction proliferates and the cells of superficial esophageal tissues are damaged as well. The study suggested “an alternative concept for the development of reflux esophagitis in which refluxed gastric juice does not directly damage the esophagus, but rather stimulates esophageal epithelial cells to secrete chemokines that mediate damage of esophageal tissue.”⁴ Chemokines are a special type of cytokine (protein, signaling molecule) that attract white blood cells to infected or damaged tissues.

Stomach acid by itself does not open LES. Increased pressure between stomach and esophagus causes stomach contents to go back up. That pressure can be created from being overweight, pregnant, overeating, or bacterial overgrowth and/or low digestive motility. Smoking relaxes LES making it easier for stomach content to go up. Certain medications, like antibiotics, antidepressants, osteoporosis medications (Fosamax), pain relievers and some others⁸ irritate esophageal lining and cause heartburn. Research showed that after eradicating H. pylori with antibiotics people who have low rate of H. pylori bacteria have a higher rate of GERD.⁷

Dangers of low stomach acid

Reducing stomach acid does nothing to address the root cause of the problem, and low stomach acid can actually cause serious health problems including acid reflux.⁵

Low stomach acid causes malabsorption of nutrients from foods. Inability to absorb vitamins and minerals causes heartburn, indigestion, osteoporosis, fatigue, and anemia. Stomach acid also plays an important role in protecting gastrointestinal tract from microorganisms, fungi, bacteria, that are in the food we eat. When the stomach acid is low, candida and bacteria like clostridium difficile and other unfriendly bacteria¹¹ can proliferate and cause bloating, nausea, constipation, diarrhea and other digestive disorders.

Antacid medications are linked to a variety of serious health problems

Prolonged use of Histamine-2 Receptor Antagonists (H2A) antacids medications is associated with cognitive impairment¹⁶ and interferes with sleep and other medications absorption.²¹ H2A antacids effectiveness wears with time, and another class of drugs – proton pump inhibitors, is being used often in chronic cases.

More and more research link popular heartburn drugs called proton pump inhibitors (PPIs), medications that include Lansopazole (Prevacid), Omeprazole (Prilosec), Pantoprazole (Protonix) to a variety of serious health problems. Originally, PPIs were recommended to be used for 2 weeks only, but now millions of people take PPIs for very long time. Long term use of PPIs causes gut dysbiosis¹², serious kidney damage¹⁰, bone fractures¹³, dementia¹⁵, heart attacks¹⁷, osteoporosis¹⁴, pneumonia¹⁸, cancer¹⁹ and is associated with an increased risk of death.⁹

To reduce discomfort from acid reflux:

- Do not overeat
- Avoid trigger foods
- Avoid tight-fitting clothes
- Exercise
- Stop eating three or four hours before bed time
- Keep your head elevated

How to avoid acid reflux

The best way to address acid reflux issues is to address the root cause. In most cases the core reason for acid reflux is impaired digestion. Restore your digestion with the help of natural homeopathic remedies – improve digestive motility, address dysbiosis (bacterial overgrowth or imbalance), improve **microbiome** diversity, detoxify your body. Restore your digestion, and acid reflux will be the problem of the past.

Homeopathic remedies for occasional acid reflux:

Abies nigra- relieves stomach pain after eating, sensation of pain on the top of the stomach, feels as if one swallowed a rock or an egg. Worse after eating.

Carbo vegetabilis- relieves heartburn due to stomach bloating with gas. Slow digestion. Worse rich foods, exhaustion. Better belching, cool air.

Nux vomica- relieves heartburn due to overindulgence in food and/or drinks. Craves spicy foods, alcohol, coffee, tobacco. Worse tight clothes, after eating, cold. Better warm drinks.

Robinia pseudoacacia- relieves heartburn with water brash. Burning in the whole digestive tract. Worse at night and in bed. Worse fat and flatulent foods. Sour belching.

To relieve occasional discomfort consider homeopathic remedies listed above. If you have tried 3-6 doses of a homeopathic remedy and you do not see expected results, or to address chronic acid reflux contact your homeopathic practitioner for more specific suggestions.

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Natural remedies for cold and flu

🕒 October 18, 2018 📁 Acute Illnesses, Cold & Flu, Education in Homeopathy, Homeopathy for the Family, Total Health 📍 flu, influenza, natural remedies 👤 veravolfson@gmail.com

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Cruising with Homeopathy

🕒 July 26, 2018 📁 Education in Homeopathy, Homeopathy, Homeopathy for the Family, Sleep, Total Health, travel 👤 veravolfson@gmail.com

Have you ever been on a cruise ship?

Aconitum Napellus

My friend Luisa and her husband recently went on a cruise for the first time. The night before they were to leave, her daughter Lora, an avid news reader and watcher, could not sleep. She fell asleep but woke up an hour later and went

downstairs where Luisa was finishing packing. Lora went to the refrigerator, gulped a cup of cold water and looked anxiously at her parents' luggage.

She sat on the edge of a chair, then stood up, then sat again. She asked Luisa to tell her more about the trip, although it was discussed in detail weeks ago. "When will you be back?" Lora kept asking. She shared with her mother how scared she was that they were leaving her alone with her grandparents. Luisa was a bit surprised, but after her daughter mentioned that while her parents were busy packing, she watched a scary story on TV right before her bed time, Luisa decided to give her homeopathic remedy **Aconitum Napellus**. Lora fell asleep in minutes after the remedy and slept soundly through the night.

Arnica Montana

In the morning after goodbye hugs to Lora and Luisa's parents, a taxi brought Luisa and her husband to the port. The line to get to the checkpoint and the ship was long, and while Luisa was excited about the cruise, her husband – not so much. Lenny was worried that he will be bored with two days at sea, on a ship with nowhere else to go, and no email to read. Luisa had convinced him not to pay for Wi-Fi access to have a real vacation without any googling, facebooking or emailing. Lenny found himself thinking about that last email he had no time to answer before they left, and missed a step, almost fell over his bag and hit his big toe trying to keep his balance. 'That's great', he thought, but Luisa had it under control. "Here", she stretched out her hand with a tube of homeopathic remedy **Arnica Montana**. By the time Lenny stepped on the deck of the ship, he forgot about his toe discomfort.

Nux Vomica

The ship was amazing – multiple levels, beautiful atrium where people have already gathered for drinks and music, amazing view of the port and ocean. The food was plenty, big buffet with multiple choices of food and drinks, several restaurants with tasty foods, from filet mignon to burgers and French fries, and all for free, 24 hours a day! Needless to say, bored Lenny entertained himself with different foods and drinks while Luisa was busy running from a show to a concert, from bingo games to gaze at the ocean. She was enjoying every moment while Lenny was trying to settle on the ship. By the evening he felt a bit irritated and nauseous, but he recognized the remedy since it happened to him once before – homeopathic remedy **Nux Vomica** to the rescue! **Nux Vomica** is an excellent remedy for over-indulging with food or drinks, or a hangover. Lenny felt better right away and even accompanied Luisa to the late evening show. The theater was cold and roomy, the show entertaining, and all in all the day ended well.

Calendula

In couple days the ship reached sunny Bermuda. Luisa works with computers and does not spend much time outside during work week. She likes walking outside, but in New England there is no way to get ready for sunny weather with occasional short walks. She sighed and reached for her sun block, the most natural sun block she could find but still. She also got her hat with a wide brim, oversized sun glasses and a cover dress to use on the beach. Luisa was very careful on the beach trying not to expose her un-tanned skin to the sun too much. The beach sand was so soft, the turquoise water so clear and enticing, that Luisa could not get enough of jumping in the waves, and waking on the beach. By the time they came back to the ship, she felt her skin burning a little, then a little more. Luisa reached for homeopathic **Calendula** cream and quickly applied couple layers several times until the burning subsided.

Petroleum

The weather was perfect when the ship started on its way back. Luisa was sad to leave the beautiful island but it was time to go home. Even Lenny had to admit that they had a great time on the beaches, walking through old town of St. George, and going down the Crystal cave. The weather started to change in the evening, and by the morning the wind was blowing harder and harder creating high ocean waves, and making walking on the ship a bit tricky. It was funny to watch each other walking with a wide stance, but after a while Luisa felt uneasy. She really wanted to play bingo in the concert hall located at the end of the ship. It was not the game of bingo that attracted her, really, but rather the show the ship's entertainment crew put together during the game. In the middle of the game Luisa felt really nauseous and weak, and after the game ended, she went directly to her cabin. She took homeopathic remedy **Petroleum**, lay down for half an hour and went to dinner, the waves did not bother her anymore.

Coffea Cruda

On the last day of the cruise Luisa and Lenny sat in the Jacuzzi, watched 2 shows, listened to some 'oldies' music, danced, and took as many pictures as they could. Lenny could not fall asleep – after trying to keep up with Luisa he drank 5 or 6 cups of coffee! Homeopathic remedy **Coffea Cruda** saved the night, after 2 doses he felt asleep and when he awoke, the ship was already docking.

Travel naturally with your trusted homeopathic remedies!

Homeopathy and Allergies

🕒 April 12, 2018 📁 Uncategorized 👤 veravolfson@gmail.com

Spring is a wonderful time of the year – the air is fresh, more and more sun every day, and the trees are waking up. For most people spring means a new beginning, time to enjoy longer days and warmer weather. For other people spring means lots of sneezing, runny nose, red and itchy eyes, and low energy. Hay fever comes for them every year, and anti-allergy medications come out of medicine cabinets.



Allergies in general, including hay fever are caused by immune system being out of balance, when immune system over-reacts to non-harmful substances like pollen. It does not

seem like a big issue, since anti-allergy medications are readily available, but let's look a little deeper into the situation.

Anti-allergy medications like Benadryl and other so called anticholinergic drugs have serious side effects. JAMA Internal Medicine Study links anticholinergic drugs like Benadryl to dementia and Alzheimer's.¹ The more you use anticholinergic drugs, the higher the chances to get those diseases later in life. Claritin, anti-allergy medication side effects include nervousness, drowsiness, headaches and stomach aches, just to name a few.³

A randomized controlled trial compared homeopathic remedies versus placebo for perennial allergic rhinitis. Participants who received homeopathic remedies had a 28 percent improvement in nasal air flow compared with 3 percent among those in the placebo group.² Here are several natural, safe, effective homeopathic remedies that

help to alleviate immediate symptoms of allergies.

Allium Cepa – made from common onion this remedy's main symptom is profuse tears that do not irritate the skin, and the nose that runs like a faucet. Eyes are itching, burning, just like when you cut that fresh onion for dinner. There is frequent sneezing and the person is thirsty. Nasal discharge is acrid and makes the upper lip sore. Symptoms are worse indoors, in warm room.

Euphrasia – made from a plant called Eyebright, this remedy has a profound effect on eyes. Eyes water constantly causing burning and itching. Eye discharge is acrid, burning and might be thick. Nose discharge is profuse but not acrid. *Allium Cepa* is the opposite – eye discharge is bland, and nose discharge is acrid. Frequent sneezing is worse at night, but cough is better at night. Sun and wind make allergies worse. Symptoms are better in a dark room.

Gelsemium – made from a beautiful flowering plant it is one of the great remedies for flu and is also helpful for allergies. Nose is tingling and nose discharge is burning. There is a lot of sneezing. The person is thirstless, has dull headache and slight fever. Eyelids are heavy, chills might run up and down the spine. Allergies are worse in humid weather and maybe aggravated by bad news.

Sabadilla – another plant remedy that is very helpful for hay fever. Copious nose discharge with spasmodic sneezing fits. Violent cough attacks which bring tears. Nose and roof of the mouth are itching. Eyes are watery, hot, red, burning lids but the discharge does not irritate the skin. The person is thirstless but the mouth is dry. Constant inclination to swallow. Allergies are better with warm food and drinks.

Homeopathic remedies can relieve immediate symptoms in acute stages of allergies but for permanent relief deeper investigation of the core reasons for your allergies is needed. If every fall or spring you suffer from seasonal allergies, or in winter and summer you react to dust and mold, it is time to seek help from a professional homeopath to address the underlying condition.

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Homeopathy for Travel

🕒 December 23, 2017 📁 Uncategorized 👤 veravolfson@gmail.com

Holidays are the time for travel, either to see friends and family or just enjoy warm weather on the beach. Pack lightly but don't forget your favorite homeopathic remedies. Homeopathic remedies will provide natural, safe and effective relief for many situations you might encounter on your trip.



Do planes make you nervous? Take *Aconitum napellus* for a fear of flying.

Did you eat something at the airport that didn't agree with you? Take *Arsenicum album* for food poisoning.

Was the food on the plane or at the family dinner so good you could not stop eating and drinking? Take *Nux vomica* to help with indigestion.

Are you feeling a bit under the weather from not so fresh air on the plane? Take *Oscillocochinum* for the first sign of flu-like symptoms.

Take *Kali muriaticum* to provide relief from ear discomfort when the pressure in the cabin changes.

Bring *Calendula* cream for a possible sunburn and *Arnica* gel for sore muscles from carrying luggage.

Not sure what remedies to take with you? Discuss with your homeopath what remedies you mostly likely will need on your specific trip.

Safe Travels!

Homeopathy and urinary tract infections (UTIs)

🕒 December 5, 2017 📁 Uncategorized 👤 veravolfson@gmail.com

Urinary tract infections (UTIs) are very common in women, much more common than in men. Women's anatomy is partially to blame – shorter urethra-to-anus distance allows bacteria to easily travel and infect the urinary system. Cystitis (bladder infection) represents the majority of these infections. According to the study from the National Center for Health Statistics in American emergency rooms only pneumonia is treated more often than UTIs.¹ Around 50–60% of women will develop UTIs in their lifetimes.²

Escherichia coli is the organism that causes UTIs in most women. Conventional approach is to treat every UTI with antibiotics, but very often UTI returns. Antibiotics resistant *E. coli* strains are one of the reasons. "Ampicillin, amoxicillin, and

sulfonamides are no longer the drugs of choice for empirical treatment because of the widespread emergence of resistance in 15–20% of *E. coli* in several areas of the USA and other countries.”² Some *E. coli* strains are already resistant even to a new strong class of antibiotics, fluoroquinolones, there is a “recognition of what has been described “stealth pandemic” of *Escherichia coli* sequence type 131 (ST131) that is resistant to both fluoroquinolones and extended spectrum beta-lactamases.”⁴

According to FDA fluoroquinolone antibacterial drugs can have serious permanent side effects that involve the tendons, muscles, joints, nerves, and central nervous system.³ Imagine taking such an antibiotic, risk side effects and still have the UTI.

Many women get yeast overgrowth after even one course of antibiotics. Antibiotics change the gut bacteria leading to gut dysbiosis which in turn causes digestive issues, food intolerances and recurrent infections like UTIs. That leads to more courses of antibiotics, which change gut bacteria balance even more. Homeopathic remedies help to break that vicious cycle.

In some cases bacteria are not found in urine culture, despite symptoms of discomfort. Homeopathic remedies address the urinary tract discomfort whether bacteria is found in urine or not. Homeopathic remedies are used to relieve acute discomfort of UTIs or along antibiotics to improve the outcome. Some of my favorite homeopathic remedies to relieve acute discomfort are listed below. Drinking cranberry extract with water as many glasses as possible during the day is also helpful.

Prevention is always the most important for any condition. When the acute phase is over, homeopathic remedies help restore gut and vaginal flora, improve overall health to prevent UTIs in the future. You have to consult a professional homeopath to find such remedies.

Here are some of my favorite remedies to relieve acute discomfort of UTI:

Arnica montana – this is an excellent remedy for injuries and trauma in general, including trauma of the perineum. It is very useful in cystitis that follows a bruising injury to the perineum after the birth of a baby. There is inability to empty the bladder and some involuntary dribbling of urine.

Cantharis – is the most frequently used homeopathic remedy for UTIs. There is frequency and urgency of urination but very little urine is produced on urination attempt. The urine may feel hot as it comes out, usually drop by drop. Cutting or burning pain before, during and after urination. The pain is excruciating, each drop feels like scalding acid, and it may be easier to pass urine in a hot bath. The urine may have some blood in it. Feels irritable, increased sex drive. Better warmth and rest.

Sarsaparilla – this is the remedy to use when the pain is the worst at the end of urination. It is easier to pass urine while standing up. Worse at night and when cold.

Staphysagria – is helpful for UTIs that come up after sexual activity, pelvic examination, operation, labor or emotional or physical abuse. Frequent urging to urinate but urine comes in thin stream or by drops. Burning pain during urination. Feels angry, offended. Worse walking, riding. Better urinating.

Homeopathic remedies above can safely be used in 30C potency. If you have tried 3-6 doses of a remedy and do not see any improvement, consult your homeopath for a more specific remedy for you.

If you have severe pain in kidney area or you have a substantial amount of blood in urine, go to Emergency room or see your doctor immediately.

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What is Homeoprophylaxis?

🕒 January 5, 2017 📧 Acute Illnesses, Cold & Flu, Education in Homeopathy, Featured Post, Health Freedom, Homeopathy, Homeopathy for the Family, Homeoprophylaxis or "Homeopathic Vaccinations", Total Health 📌 child wellness, childhood vaccinations, flu, homeopathic immunizations, homeopathic prophylaxis, homeopathic vaccinations, homeoprophylaxis, influenza, influenzinum, side effects, Travel first aid, travel vaccinations, vaccinations 👤 veravolfson@gmail.com

"Homeoprophylaxis (HP) is the use of potentized substances in a systematic manner to prevent the development of the characteristic symptoms of disease."- Dr. Golden

Homeoprophylaxis (HP) is a safe way to "educate" the immune system against infectious and contagious diseases, and it has been successfully **used for more than 200 years**. HP is based on homeopathic approach and addresses the whole person to promote health and prevent diseases.

Homeopathic remedies used in HP are ultra-high dilutions, they do not contain molecules of the original substances, and are non-toxic. HP remedies are made from plant, mineral or animal sources or disease products, and are given before encountering a disease to "educate" the immune system. HP remedy works on energetic level of the body and serves as an information message to the immune system.

Law of Similars is used in homeopathy to choose correct remedies, and is also applied for prevention. A remedy that produces symptoms similar to those of the disease will cure an individual that has that disease. The same remedy that will cure

an infectious disease will prevent or reduce the severity of that infection if the remedy is given before exposure to the disease.

Regular vaccines contain small amounts of infectious organisms or disease products. In addition to the disease causing microbes, conventional vaccines contain multiple adjuvants and preservatives and can cause serious side effects. Conventional vaccines are injected directly into the blood stream bypassing the body's natural early defense mechanisms. The goal of conventional vaccines is to produce antibodies. The expectation is that the person who is given a vaccine for a specific disease will develop antibodies to that disease and thus be protected. Dr. Merrill W. Chase made a discovery in 1940s (1) that antibodies or humoral immunity alone do not provide immunity, non-specific, cell mediated immunity that involves action of different types of T-cells is important as well to protect the body from infections.

In contrast with conventional vaccines, HP remedies have no dangerous additives, preservatives, toxins, antibiotics, and no molecules of the infecting virus remain. HP remedies contain *only* the information frequency of the disease. This frequency is delivered on tiny sugar pellets, by mouth, one disease at a time. HP remedy "educates" the immune system about a specific virus. HP does not rely on antibody production, but on changing the susceptibility of the person to the disease. Microbes are not seen as the main cause of diseases, rather terrain, or individual's predisposition to a disease is important – absence of the predisposition to a specific disease makes the person immune to it. Homeopathic remedies are able to remove these predispositions.

Homeopathy has a 200 years history of high success rate in healing and providing protection in epidemic diseases. Dr. Hahnemann, the founder of homeopathy, used homeopathic remedy Belladonna to treat patients with **scarlet fever**. He noticed that those who took the same remedy Belladonna before developing the symptoms of scarlet fever, remained healthy even when coming into contact with the disease. (2) Homeoprophylaxis has been used by many well known homeopathic practitioners like Hering, Boenninghausen, Kent, Allen and Boger, and many other homeopathic practitioners since then.

In recent years large-scale observational studies for homeoprophylactic intervention have been conducted in Cuba for **Leptospirosis** in 2.3 million persons (3), in Brazil for **meningitis** in 85,000 people (5), in India for **Japanese encephalitis** in more than 20 million people (6).

Dr. Isaac Golden from Australia is the world authority on homeoprophylaxis. In 2004 he completed a research on homeoprophylaxis at the Swinburne University, Melbourne. It was a 20 years **Homeoprophylactic Program** for disease prevention from 1985 to 2004 where 2,342 responses were collected. According to the research, the effectiveness of homeoprophylaxis is 90.4% (95% confidence limits 87.6% – 93.2%). Using national attack rates as a control, HP efficacy for three diseases was: whooping cough – 86.2%; measles – 90.0%; mumps – 91.6%. (7)

No method of disease prevention can guarantee 100% protection from any infectious disease. When you are considering any aspect of your health and health of your children, it is important to research and review all factors and information. Conventional vaccines do have risks, and can be contraindicated to people with severe illness, suppressed immune system, or history of previous vaccine reactions. Some people have religious or philosophical objections to conventional vaccines. Homeoprophylaxis offers a safe alternative for those groups of people.

Vaccinations are a personal choice and require thoughtful considerations. I do not recommend or discourage regular vaccinations. I recommend clients to do as much research as possible to make sure they feel satisfied with the choice they make.

Clients make decisions on their own, and some chose conventional vaccines, and others do not. I respect everyone's decision. If conventional vaccines are being used, specific homeopathic remedies might be suggested to mitigate negative side effects of traditional vaccinations.

HP remedies are suitable for infants, children and adults. HP remedies can be used for people who travel to countries where they may be exposed to infectious diseases not present in their home country. HP is based on sound homeopathic principals, is safe and effective, and has been used successfully by many people around the world.

If you are considering homeoprophylaxis for yourself or your children, please [contact Vera](#).

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- *[Vaccine Free: Prevention and Treatment of Infectious Contagious Disease with Homeopathy Paperback](#) – March 23, 2013 by [Kate Birch](#)(Author)*
- *[Raising A Vaccine Free Child](#), by Wendy Lydall*
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REFERENCES FOR FURTHER STUDY

- [Massachusetts Department of Public Health](#)
- [Order Blood Tests to Measure Vaccine Titers](#)
- [National Vaccine Information Center](#)
- [Think Twice, Global Vaccine Institute](#)
- [Dr, Golden](#), leader in homeoprophylaxis research.
- [Free and Healthy Children International](#)
- [National Health Freedom Coalition](#)
- [Studies Show that Vaccinated Individuals Spread Disease](#)

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History of Homeoprophylaxis

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General and historical review of the long term and historical use of homeoprophylaxis over the last 200+ years

- **1799:** Scarlatina epidemic in Germany was managed successfully by Belladonna.
- **1801:** Hahnemann wrote an article, "The prevention and cure of scarlet fever" in his lesser writings. Also published a pamphlet called 'Cure and Prevention of Scarlet Fever', along with each pamphlet, a vial containing Belladonna was distributed. In his footnote to § 73, he wrote, "scarlet fever finds its preventive and curative means in Belladonna."
- **1808:** In the subsequent scarlatina epidemic in Germany, Aconite was proved effective.
- **1808:** Published a paper, "Observation on the scarlet fever," in which he described the individual features of the two previous epidemics.
- **1813:** Hahnemann mentioned in his 'Chronic Diseases' about Bryonia and Rhus tox for the acute miasm of typhus.
- **1831:** Hahnemann selected Camphor, Cuprum and Veratrum album for the prevention and cure of Asiatic cholera.
- **1849:** Boenninghausen successfully used preventives during the cholera epidemic in Europe. The mortality rate was 54-90% in conventional medicine, whereas homeopathy had only 5-16% mortality. In his lesser writings, he had mentioned about his experience on Thuja for the prevention of small pox. Once he said, "Variolinum 200 is far supreme to crude vaccinations and absolutely safe."
- **1833, Constantine Hering:** He suggested Psorinum to prevent an infection of itch miasm.
- **1884, J C Burnet:** He suggested Vaccinum 30 as a preventive for small pox.
- **Dr. H. C. Allen:** He used Diphtherinum for 25 years as a preventive of Diphtheria.
- **William Boericke:** In his Materia Medica, under Baptisia, he writes, "Baptisia in lower dilutions produces a form of antibodies to the bacillus typhosus. It raises the natural body resistance to the invasion of bacillary intoxication."

- **Dorothy Shepherd:** Confirmed the effectiveness of Pertussin in the prevention of whooping cough.
- **Francisco X. Eizayaga.** His protocol of homeopathic prophylaxis was successfully used for four decades in Buenos Aires.
- **1820 – 1904, Dr. Dudgeon:** He reported that 10 allopathic doctors used homeopathic doses of Belladonna on 1646 children as a preventive for scarlet fever, and only 123 cases had the infection. At the same time, 90% of people who had not taken Belladonna got the infection.
- **1838, Dr. Hufeland:** He supported the use of Belladonna as a preventive against scarlet fever, hence, the government of Prussia made its use mandatory in 1838 during an epidemic of scarlet fever.
- **1907, Dr. Eaton:** In 1907, he collated the results of several doctors in Iowa during a smallpox epidemic. As a prophylaxis to small pox, 2806 persons were given Variolinum 30. Out of these 2806 people, 547 persons had definite exposure to small pox. The response was very encouraging. Only 14 cases got the infection, which means the prophylaxis was 97% effective.
- **1918, W. A. Pearson:** W. A. Pearson of Philadelphia collected 26795 cases of influenza treated with Gelsemium by various homeopathic physicians. The mortality was only 1.05%, but the mortality of cases treated by conventional medicine was 30%.
- **1988 – 1994, Dr. Isaac Golden:** Conducted a survey among the customers who had purchased his prophylactic kit against diseases like pertussis, diphtheria, mumps, measles, influenza, tetanus, and poliomyelitis. He then conducted a follow-up survey by sending a questionnaire between 1988 to 1994 to each of the parents. He received 879 replies, out of which, only 2% of the children got the infection. Out of 188 children who had definite exposure, only 20 got infected, that too with fewer troubles. There were no adverse effects from the program. The repeated doses actually helped for the long-term prevention.
- **1974, Brazil:** Guaratingueta in Brazil had faced an epidemic of meningitis. As a prophylaxis, Meningococcinum 10C was given to 18640 children. At the same time another group of 6,340 children did not receive the nosode, hence used as control. Out of 18,640, only 4 cases developed meningitis. And, among 6,340 children, 43 cases developed the disease.
- **USA:** The homeopaths who worked for the public health departments in USA gained great experience by using the nosodes against smallpox epidemics.
- **2007, Cuba:** In October – November 2007, researchers at Finlay institute, Cuba, reported on their successful use of homeopathic remedy for the prevention of Leptospirosis. They prepared a 200C nosode from various strains of the organism, which was given to 2.4 million people. There was a dramatic decrease in morbidity and reached to zero mortality of hospitalized patients.
- **India:** In almost all states in India, homeopathic preventive medicines were distributed during the epidemics of Japanese encephalitis, Swine flu, Chikungunya, Chickenpox, Conjunctivitis, Dengue fever, etc. The responses from the various sources are quite favorable. The success story of prophylaxis from Andhra Pradesh was a much-discussed topic in the public media. The Central Council for Research in Homeopathy (CCRH) is always vigilant on the outbreak of epidemic. They have special research centers to conduct studies on prophylaxis. CCRH also conducted studies on the efficacy of prevention of Japanese Encephalitis in states like UP, WB, AP, Assam (1986-1999). The result was excellent. In India, homeopathic preventives are also distributed by NRHM, State Government departments, Homeopathic colleges, organizations and practitioners. The Government of Kerala has got a special body called RAECH (Rapid Action Epidemic Control cell Homeopathy), which is under the control of the department of homeopathy. It includes medical officers, members from various organizations and also private practitioners in each area. The RAECH has conducted many studies on the efficacy of HP.

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