

ELEMENTS OF HEALTH

Life Care for the 21st Century

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The Psychology of Illness: The Lungs

Last newsletter we looked at the psychology behind the symptoms of the digestive system. Perhaps some of the content was a little confronting, but hopefully it was also thought provoking. If you missed out on reading it, you will find the link on the newsletter page on the website.

This time we are looking at the lungs, an organ very close to my own heart, having been asthmatic my whole life. This, plus very acute hayfever, is what brought me to homeopathy over 20 years ago. While the hayfever improved very quickly, the asthma was a longer term issue and has given me much time to consider the deeper meaning aside from just the physical symptoms.

While the **trigger** for asthma (and other lung conditions) can appear to be environmental, inherited or vaccination-related, closer investigation usually reveals a much deeper cause.

If you have children with asthma, it is worth looking not only at the environment they are growing up in, but perhaps your own childhood environment and the belief systems we have developed from this experience. Taking it a step further back and looking at my own parents' generation, we then come to the war years and this is a whole story in itself!

With small children it is often difficult to see what the cause might be without taking the case of the parents and maybe even grandparents! But frequently looking back through the generations we can discover issues somewhere in the family which result in lung symptoms further down the line. This is especially true if these issues are unresolved or suppressed.

Louise Hay¹ identifies lung problems in general as depression or grief, with a fear of taking in life and a feeling of not being worthy of living life fully. Pneumonia may indicate that we are desperate, tired of life, and have emotional wounds that are not allowed to heal. Since this is often an acute or end of life condition, we can see it may appear when we've had enough! Bronchitis may indicate an inflamed family environment, with arguments and yelling, and here arises another feeling found in lung disease - that of fear.

Annette Noontil² comes from a slightly different angle and provides some other interesting ideas to ponder upon. "If you have problems with the lungs", she says

"make sure you are doing things your way"! In other words don't let other people tell you how to do things - be true to yourself. Lung cancer from her perspective is where a person has been giving in and doing things someone else's way (often to keep the peace) for so long it has become destructive.

"Asthma, she says, "is about self-acceptance and, again, doing the things other people think you 'should do' to keep them happy, or to be noticed" (Melanie - to gain approval). When you cannot breathe, you are not enjoying life because you are not devoted to yourself, ie you are always worrying what other people think!

Interestingly, many people who present for treatment of asthma fit into this category of being 'pleasers' and peace makers. Sometimes they have been born into families where there is a lot of control and a lot of rules which they are fearful of breaking, or of high standards which they feel they cannot achieve leading to unworthiness (see below).

My old friend **Dethlefsen**³ always goes deeply into the origins of his ideas and points out there is a connection between the German word 'atmen' (to breathe) and 'mahatma', which in Hindi refers to a person who has attained perfection, and means both 'great soul' and 'great breath'. One of the deepest issues of lung symptoms is that of feeling unworthy or unable to attain perfection, leading to difficulties with the breath and consequently with the soul!

Dethlefsen also says that the breath is the umbilical cord through which life or prana flows; it is the point at which we experience the external world coming in and then have to choose how we deal with it. The breath, a reflex action, stops us from totally cutting ourselves off from the outside world, from making ourselves impenetrable to what we don't want to experience.

And let us not forget that our lungs are our largest organ of contact with the world. The lungs have an internal surface area of some 70 square metres, while the skin surface actually covers only 1.5 to 2 square metres.

Whereas with the skin we have the choice of touching other people (or things) or leaving them alone, the contact we establish through the lungs being more indirect, is actually mandatory. We cannot prevent it, even if people seem so awful as to 'take our breath away'

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From Melanie's Desk

Our first winter in Tasmania has been fantastic! Although cold, we've been blessed with white frosty mornings followed by gloriously sunny days. It's been an opportunity to prepare for spring with its (hopefully) wet and warm days bringing rapid growth in the garden.



*Believe it or not,
this is frost!*

Our vegie garden has been doubled in size practically before we've started growing! Our intention is to achieve self-sustainability as far as we can. During the winter we've planted 10 heritage apple trees, plums, pears, and peaches, as well as a variety of berries. I've more planned for next winter and look forward to the new catalogues coming out!

Keeping the wallabies out has meant fencing everywhere, but keeping the possums out has required some ingenuity. Floppy wire around the top of our vegie garden is our first solution and we'll see if this works! Possums also love roses and my neighbour's answer to this is to plant so many they can't possibly eat them all!! I love this idea because I love roses, so I'm going to follow suit.

The currawongs have enjoyed the hay we spread on the garden beds and made a huge mess in the process of digging for bugs, but we don't mind as they are funny, mischievous birds to watch. We also have four wedgetail eagles in our valley - 2 adults and 2 juveniles. Bearing in mind there are very few pairs left in Tasmania this is really exciting. No more Tassie Devil sightings after the juvenile stealing our eggs, but we've found a new wombat burrow in the bush and there's plenty of poo around, showing regular activity. Our biggest thrill in recent weeks has been to watch a platypus swimming around in the neighbour's dam. Just an amazing and precious experience!

On the work front, the home clinic continues to thrive with many new distance patients and a lot of old ones too. It's always lovely to catch up on people's news and see photos of children I've know since birth. I can never believe how quickly they grow up!

We've started to update the website photos with our lovely shiny new labels and some of the products have been updated too. The Home Remedy Kit now includes two more remedies and a small HyperCal Cream. This cream has been one of my best sellers alongside Kali Mur/Ferrum Phos, with many positive comments from Mums about its effectiveness for nappy rash and eczema.

In August I opened another Children's Ear Clinic in central Hobart, sharing office space with two other homeopaths. With no ENT specialist in the public health system down here, I'm sure it will thrive in time.

Our first workshop for Adult Education sees Dean and I running a one day session on Natural Childbirth for couples, a subject close to my heart. Covering not just homeopathy, but meditation, visualisation, yoga and reiki, we are looking forward to this becoming a regular event!

Melanie

What Doctors Don't Tell You

The excerpts below are for information only and do not necessarily represent my personal view.

You can read the full articles or subscribe for weekly updates on the WDDTY website.

Why do people die from prescription drugs every year?

Every year around 113,000 Americans die as a direct result of a pharmaceutical drug. But why does this happen, year after year, when there are supposed to be rigorous safety tests in place? And how is it that the drugs industry gets away with it – and, worse, continues to be one of the most successful, and fastest-growing, industry groups around?

Tragically, the true dangers of pharmaceutical drugs are far worse than even the official figures suggest. Many deaths that are caused by drugs go unreported – either because the doctor never suspected that the drug was to blame, or because doctors and hospitals fear litigation from the deceased's relatives, or because drugs often have a 'paradoxical effect. This means they create the very symptoms they are supposed to treat, and so often a disease is blamed as the cause, rather than the drug.

In fact, the Institute of Medicine thinks a truer figure of deaths caused by drugs is closer to 225,000 each year.

Do you know what drugs you're getting in your water?

Every time you drink a glass of water you are absorbing micro-dosages of scores of prescription drugs that have got into the public system.

Tests of public water supplies in the UK and the USA have discovered that processing plants and chlorination are not blocking tiny traces of pharmaceuticals from entering the system. In fact, chloride in the water has a magnifying effect, and is worsening the problem. In the UK, tests have revealed that three major prescription drugs – carbamazepine, diazepam and clofibrate – in the public water supply, along with the chemotherapy drug bleomycin.

Health Authorities cover up truth about MMR dangers

The MMR (measles-mumps-rubella) and other vaccines for our children are more dangerous than we're being told – and it's something our health guardians are deliberately keeping from us.

Researchers at 'WDDTY', the health journal, have discovered a concerted cover-up by government health agencies who are supposed to be looking after our health interests. The results from so-called independent studies have been skewed, while vast numbers of children have been mysteriously omitted from trials to which they had been recruited.

This cover-up is happening globally. A study from Hong Kong found no association between the mercury preservative found in some vaccines and autism. But the study, which was reviewed by eminent scientists before publication, contained so many computational errors that when the findings were re-analysed, there was a significant relationship between mercury and autism.

In the USA, the Centers for Disease Control (CDC) has been suppressing data that suggests many vaccinations come with a far higher risk than we're being told. They claim the data is 'unreliable' – and yet, until the discovery was made, it was the same data that was being released to every study group that was seeking to prove the safety of the vaccines.



Homeopathy for Worms, Nits, et al

Children seem to contract a variety of niggly things which may or may not be recurrent. Any of these acute illnesses would be what I term an acute manifestation of a chronic problem and in the long term would benefit from constitutional treatment.

Most of the conditions below are seen to be highly infectious but careful observation will reveal that it is only certain children (and generally the same ones!) who get the infection. The remedies selected will work in some but not all cases that fit the standard picture. Where they don't work, a deeper acting remedy will be required.

Worms: some children just seem prone to worms. Generally there is a trigger for the event such as stress, although often it's hard to establish. Acute remedies such as *Cina*, *Teucrium* and *Spigelia* can be helpful but because worms have a life cycle need to be used for at least a month to resolve. If the problem is recurrent then it will require constitutional care.

School Sores or Impetigo is a highly infectious bacterial eruption which can be very nasty and recurrent in some children. Again constitutional treatment is advised, but remedies such as *Ant Tart*, *Rhus Tox* and the *Staphylococcal nosode* will help in the acute phases.

Head Lice are often viewed as being caused by lack of hygiene but actually they prefer clean hair! Again this shows an underlying constitutional weakness. While it is important to remove all the adults and eggs to break the cycle, building up the immune system is more helpful. The main acute remedy for headlice is *Staphysagria* and while it can be helpful to take the remedy internally, making it up in a spray can also work well.

Hand, Foot & Mouth is another of those acute illnesses that seems to go around periodically, particularly in daycares. It is often caused by the Coxsackie virus and is rarely serious. Usually starts with a fever and sore throat, with painful blisters in the mouth, progressing to the characteristic blister type rash. The rash is not itchy, whereas a chickenpox rash is. Useful remedies would be *Belladonna*, *Aconite* for the fever, following on with *Ars Alb*, *Merc* or *Cantharis* for the blister rash.

Roseola is a mild virus from the herpes group, which about 95% of children will have had by 2 years old. It typically starts with high fever and then a red raised rash. Remedies such as *Belladonna*, *Aconite*, *Apis* and *Rhus Tox* can be helpful if it requires treatment.

Allergies & Neti Pots

If you have a constantly runny nose, sneezing or blocked sinuses now is the time to discover the benefits of neti pots. This is a form of nasal rinse using salt, which is far more effective than Fes, etc. Neti Pots are our biggest website sellers.



They come with full instructions and are easy (and not unpleasant) to use!!

**Special for
September & October**

\$11.95

Homeopathy Babies

I am very pleased to introduce to you **Baby Olivia**, Kate and Haydn from Geraldton. This lovely photo was taken about an hour after Olivia was born and they are still in the labour ward!



Kate is a midwife and here is her homeopathy story.

"This pregnancy being my first I kept active using yoga and gym work - I cruised through my pregnancy only putting on 5kg!! Therefore I wanted to continue my natural approach with regards to labour. Speaking with a girlfriend she gave me some of your labour drops which I used along with rescue remedy during my labour.

"Now being a midwife myself I was jinxed by all my colleagues (including Doctor) that my labour may not go according to plan as midwives have notoriously bad labours..... Well after a 9 hour labour I certainly proved them wrong giving birth to a healthy baby girl Olivia. Also we are using homeopathic immunisation for Olivia which Haydn and I both feel confident in using as a prophylaxis to childhood diseases."



We also say a big hello to **Baby Skyla**, sister to Joseph and Amelie and baby number three for proud parents, Trudie and Mike. Skyla arrived easily and in record time and in fact the birthing pool had only just been filled! What was

additionally nice was that Trudie's home birth midwife, Sue Cudlipp, also delivered our very own Tom (now 12 years old)!

Trudie had homeopathic treatment through her pregnancy, and used Labour Drops and Aconite during the brief labour (50 minutes!). She has been making good use of her remedy kit for Skyla and herself. Well done Trudie on a successful home birth!

I'm sure both families will be using homeopathy regularly and wish them all the very best for the months and years ahead.

If you have had a baby recently and have a positive story to tell about your experience and homeopathy, drop me a line. It's great to share these events with others!

HOUSEKEEPING

Consultations Fees

The current fee for short phone or email consultations is \$25 and will usually cover a couple of quick chats about the same problem. If more time is required for discussion and investigation the usual fee of \$45 applies.

Newsletter & Email Database

If you change your email address you will need to go to www.elementsofhealth.com.au and add your new address, or drop me an email and I can do it for you.

Stock Orders

Just a further reminder that all orders over \$50 value now ship post free, so bear this in mind if you need to stock up. Some combinations remedies are not displayed on the website but please ask.



In fact disease symptoms often get shunted between the lungs and the skin! A skin symptom that is suppressed (by cortisone, etc) can show up as asthma and once treated changes back into a skin symptom again.

Dethlefsen points out that if we listen to some of the figures of speech around breathing such as 'can't get our breath' or 'feeling suffocated', we begin to touch on the theme of freedom and restriction.

Difficulty in drawing breath is often a sign of anxiety or fear; fear of taking steps towards freedom and independence. As a homeopath I then ask the question "why" and take it a step further back to look at what has produced this fear. The same link between freedom and breath can be seen in people who emerge from some kind of restriction and take their first breath of fresh air, for at last they can 'breathe freely' again, indicating how life could be when we let go of what restricts us.

Dethlefsen also paints a delightful cameo picture of the asthmatic patient! While asthmatics may attempt to shut off the breathing mechanism because of fear or anxiety, another strong factor is a lust for power or feeling of smallness. This lust for power may manifest in allergies, which attempt to control the family and the environment. Puffing oneself up is also seen as a sign of a desire for power and of aggression, and after all, aren't asthmatic symptoms themselves quite aggressive. Some asthmatics are actually better in the mountains where the air is clean (see below) and they can look down on those below!

The allergies, with the need for things to be pure, clean, bright and sterile, bring us further into the psyche with the need to avoid anything that is deep, dark or earthy!

Dethlefsen poses these self-questions in lung problems:

1. What is it that takes my breath away?
2. What is it that I am unwilling to accept?
3. What is it I am unwilling to give out?
4. What is it I am unwilling to come into contact with?
5. Am I afraid to take a step towards some new freedom?

From a homeopathic perspective, while children tend to be treated with a group of remedies which traditionally strengthen the respiratory system and improve function, relative to the family medical history, there is always a need to go deeper!

Supplements, oils and herbs can be helpful in these situations, but rarely if ever resolve the problem long term. Suppression of asthma with conventional medication pushes the symptoms ever deeper, denying us the opportunity to resolve issues which may go back years and even generations. Asthma and other respiratory complaints really do indicate much deeper issues than just problems with lung function, and require skillful and sometimes ongoing treatment.

Perhaps the question to ask is "how much do we really want to release ourselves from restriction to be able to enjoy and breathe in life".

References: Heal Your Body¹; The Body is the Barometer of Soul²; The Healing Power of Illness³

Elements of Health Shop

Free Delivery on all orders over \$50!*

And now . . . for every order received we are planting a tree on our property in Tasmania.

Homeopathy is safe, effective, economical and now reducing your carbon footprint!



Home Remedy Kit

Our updated home remedy kit now includes 2 extra remedies and a 30ml HyperCal cream. This is such great value for a family and even if you already have some homeopathics it's definitely cheaper than buying the individual remedies to create your own.

Now contains 25 x 12g remedies + Rescue Remedy + Kali Mur/Ferrum Phos + 30ml HyperCal Cream for an amazing price of \$149.95

Home Remedy Kit - 20 remedies

If you don't really need a **Travel Kit** but don't want to carry your whole kit with you on holiday, we also sell a handy zip around kit containing 20 x 2g remedies. - see main photo above. You could also add **Rescue Remedy** or **Kali Mur/Ferrum Phos** in pilules and you're ready to go. **Normally retails \$89.95, Special Price \$84.95**

Travel Immunisation

I get lots of enquiries about travel immunisation and as long as you're not required to hold a *Certificate of Vaccination* (conventional) on arrival at your destination, homeopathy is safe, easy and effective to use.

A standard kit contains remedies to protect against **Typhoid, Cholera, Malaria** and **Hep A**. Other diseases can be covered on request.

Standard kit of 4 remedies (any disease) **\$50.00**
Additional remedies **\$10.00**

Jetlag Drops

My husband and Mum swear by this combination, as do many other families. Not yet on the website, but do ask if you'd like some for your next trip.

25ml bottle \$15.00

Kalm Kids

I mentioned this combination last time, but mention it again as it really is great if you're travelling with kids or even just living with kids! It is similar to Rescue Remedy but specifically contains some of the more calming remedies. Not yet on the website, so please ask.

25ml bottle \$15.00

Urtica Cream is prepared in a natural Vitamin E base with Colloidal Silver and Rescue Remedy. Made from stinging nettle, it is a great cream for a variety of rashes, including heat rash, bites and stings, allergies, etc.

60g jar \$12.00
30g jar (please request) \$6.00

* Does not include constitutional remedies or remedies dispensed as part of a consult, unless accompanied by an order over \$50.

www.elementsofhealth.com.au

