

'Road to Better Health' News – December 07

Hi everyone

Welcome to the December edition of 'Road to Better Health' News. Please feel free to contact me if you would like more information on anything in this newsletter.

News

➤ 'Homeophobia' must not be tolerated

The recent flurry of news stories involving homeopathy has continued. Rather than forwarding them all to you when I expect you are winding down for the holidays, I am just sending you the link to this article which appeared in yesterday's Guardian (Wednesday 19 December).

It is written by a materials scientist, not a Homeopath, who has carried out a lot of research into the structure of water, supporting the theory that water retains a memory, e.g. in the case of homeopathy, that the memory of a remedy is held by the water in which it is diluted.

<http://www.guardian.co.uk/comment/story/0,,2229446,00.html>

➤ The continuing trials of homeopathy

Homeopath Dr Neil Slade, who has a PhD in infectious diseases and is also a Chartered Biologist, has written an interesting article responding to the various attacks against homeopathy and highlighting some of the research in peer reviewed journals which demonstrates the effectiveness of homeopathic remedies.

http://www.whatreallyworks.co.uk/start/homeopathy.asp?article_ID=1817

Self-help tips

➤ How to combat the effects of too much festive eating and drinking

It's that time of year again when you want to keep up with all the parties, but your body is struggling to cope. If this sounds familiar and you are feeling the effects of too much alcohol and rich food, then the following remedies could offer you fast relief:

🌿 **Nux Vomica 30c** – This is the number one remedy for hangovers, so try this one first. As well as feeling nauseous, you may be oversensitive to noise, light, touch and smells and you may be chilly, with a desire to wrap up warm. You may also feel exhausted and become impatient and snappy.

🌿 **Carbo Veg 30c** – If Nux Vomica does not help or the description does not fit your symptoms, then this remedy may be more suited to you, especially if there has been overindulgence in both food and drink. You may feel bloated and want to loosen your clothing, plus there will be a lot of gas, which you feel better for releasing. Even if you feel chilly, you want to be fanned and feel better for it.

You can buy these remedies in most good pharmacies and health food stores or click here for details of homeopathic pharmacies <http://www.roadtobetterhealth.co.uk/links.html>. Take one pill three times a day for up to three days – stop when you feel better.

➤ **Get your bowels moving again**

Another effect of all the food and drink over the holiday season can be that your bowels become clogged up and constipated. If you suffer from this, then try some of the tips on my constipation factsheet, which you can download at <http://www.roadtobetterhealth.co.uk/selfhelpandadvice.html>.

If symptoms persist, always seek professional advice from your Homeopath or G.P.

Holiday dates

➤ **Homeopathic advice over Xmas and New Year**

Please note that I am away from 22nd December to 2nd January.

For urgent homeopathic advice during this time, you can telephone the homeopathic helpline on 09065 343 404. Calls are charged at £1.50 per minute and you will be advised of a remedy to buy from a pharmacy.

Wishing you a happy holiday season and a prosperous new year

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