Homœopathy for Reproductive Health

Dear Readers,

Reproductive health is an area of increasing concern for many people, and more and more Australians are seeking the holistic benefits of homœopathic treatment. Pioneered by German physician Samuel Hahnemann, homœopathy has become the second most widely used medical therapy in the world with an estimated 500 million users. Homœopathy is one of the most frequently utilised complementary therapies in much of Europe, North America and India, and is becoming increasingly popular in Australia as its clinical success is reported in a wide range of areas. Australian practitioners find reproductive health issues among the most frequent reasons for both men and women to seek their assistance.

Homœopaths have observed over 200 years of successful treatment of conditions such as menstrual disorders, infertility, menopausal symptoms, pregnancy-related problems and male reproductive health issues. This long success has fuelled a substantial increase in research into this promising area using modern scientific methods. A number of recent studies have affirmed the benefits of homœopathic treatment in these areas.

Research has demonstrated the effectiveness of homœopathy in relieving premenstrual symptoms with 90 per cent of women reporting significant improvements. Menopausal complaints, including hot flushes, fatigue, sleep disturbances, headaches and mood, may be improved, and trials have demonstrated success in menopausal women, young women in premature menopause due to cancer therapy, and those who have previously tried hormone replacement therapy without satisfaction.

Infertility has also been a focus area of interest with success rates of 60 per cent reported in assisting couples to conceive, and with Australian work demonstrating up to 85 per cent successful outcomes within four cycles. Homœopathy has demonstrated positive results in the treatment of endometriosis, polycystic ovarian syndrome and low sperm quality and numbers. The benefit of homœopathic therapy in these areas has increased the demand for this therapy by those seeking assistance in reproductive health.

Homœopathic consultations involve an extensive consultation process in order to create a personalised treatment plan designed to meet the needs of each individual and their health concerns. If seeking homœopathic assistance, choose a practitioner registered with the Australian Register of Homœopaths (AROH). All Australian Homœopathic Association Professional Members are AROH registered practitioners and meet high levels of education and professional practice standards.

Greg Cope
Greg Cope, National President, AHA

REFERENCES

ALL YOU WANTED TO KNOW
Homeopathy is a natural, gentle, holistic form of medicinal treatment but most people know very little about it. Here’s the perfect primer to get you started.

What is homœopathy
Homeopathy is a holistic system of medicine. It aims to promote healing responses to diseases by administering specially prepared substances that mimic the symptoms of those diseases in healthy people. Modern homœopathy was founded in the 18th century by a German physician, Dr Samuel Hahnemann, and is now used worldwide, with a 200-year history of clinical experience. It is recognised by the World Health Organization as a valid form of healthcare.

In Britain, for example, there are five homœopathic hospitals available under the National Health Service (NHS), including the London Homœopathic Hospital. The Royal Family has used it since Queen Victoria’s time in 1830, and it has a wide acceptance throughout Europe. In France, the most popular cold and flu medicine is a homœopathic medicine, and in India more than 10,000 doctors use homœopathic medicines to treat their patients.

How does it work?
The word “homœopathy” (also known as homeopathy) is derived from the Greek words homoeos meaning “similar”, and pathos, meaning “suffering”. The cornerstone of homœopathic philosophy is the Law of Similars. This law or principle is based on a long-held belief as far back as Hippocrates, the Father of Medicine, and other ancient healers such as Paracelsus, that substances that produce symptoms in a healthy individual can be used to treat similar symptoms in a sick person. Homœopathic treatment is believed to stimulate the →
It is more metabolically demanding to lactate than it is to be pregnant, so the mother needs to ensure adequate protein (covering the palm of the hand five times a day) along with a variety of foods from all sources and include plenty of complex carbohydrates in the form of vegetables and grains. It is best to avoid all sugars (and this includes fruit) in the early weeks as a high sugar intake causes the lactase (sugar) levels to rise in the milk and this can lead to all the problems that baby may encounter with sugar.

Keeping it simple (boring) and nutritious with an emphasis on zinc-rich foods (includes all seafoods, nuts, seeds and grains) does much to ensure smooth sailing in the early weeks. Zinc promotes wound healing and is a co-factor in the production of the enzyme that breaks down lactase in the baby’s intestine. Hair loss, stretch marks, poor appetite, white spots on the nails and wind (burping and flatus) are good indicators that maternal zinc levels are low. New mothers should try to include seafood in all its forms in the diet daily and consider taking a zinc supplement as well.

Patricia Hartley, Breastfeeding Consultant, AHA Professional Member, Kenmore Hills, Qld

EASING MENSTRUAL PAIN

Dealing with monthly pain, whether as a teen or adult, can be made easier with homœopathy.

Knowing how to best support our own needs or those of our daughters when menstrual pains are severe can be confusing for health-conscious women. While painkillers and the oral contraceptive pill can be made easier with homœopathy.

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Choosing a practitioner

It is important to note that not all homœopaths are homœopathic. For the best outcomes, it is important to choose a qualified practitioner. AHA Professional Members are registered with AROH and are recognised by all the major health insurance funds for rebates on ancillary benefits.

Homœopathy

Homœopathy is a system of medicine that is based on the principle that “like cures like.” This means that a substance that can produce symptoms in a healthy person can be used to treat similar symptoms in a sick person. Homœopathic medicines are made from a variety of sources, such as plants, animals, and minerals. They are prepared according to strict guidelines set out in international pharmacopoeias, and under the control of the Therapeutic Goods Administration (TGA). Homœopathic medicines are highly diluted and act gently. These medicines can be given in the form of liquid, granules, powders or tablets.

Choosing a practitioner

When choosing a homœopathic practitioner, you should consult a registered practitioner. All Professional Members of the Australian Homœopathic Association (AHA) are registered with AROH and are recognised by all the major health insurance funds for rebates on ancillary benefits.

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**For preparing to Conceive**

**PREPARING FOR PREGNANCY**

Homeopathy can help prepare a body for pregnancy after miscarriage.

Joy first visited in March, seven months after her miscarriage. She was Joy's increasing anxiety. She felt almost as if something out of her control might rob her of her chance of having a child. She felt (such as libido and ovulation signs) were lacking. Most concerning was Joy's increasing anxiety. She felt almost as if something out of her control might rob her of her chance of having a child. She felt that her ovulation within a few months of stopping the OCP, but Joy's first ovulation was 12 months later. The delayed ovulation indicated that Joy might respond to the individualised homoeopathic treatment prescribed for circumstances like this. A medicine was also prescribed to help address Joy's fears for the recovery of her healthy menstrual cycle.

Since her miscarriage, Joy had suffered from candida. Candia can create an unfavorable vaginal environment for sperm and can interfere with ovulation and transportation of eggs. Her husband reported a slight decrease in his sperm motility test. He was given hormones to improve his sperm motility. We were prescribed appropriate supplements, including a herb, two mineral nutrients and an amino acid.

At the first follow-up consultation in April, Joy reported a 30-day period, reported that 89 per cent of patients reported from daily hot flashes at the start of the study and this had reduced to 39 per cent at completion. Of those still suffering, the number of hot flashes experienced daily fell significantly. Initially, 54 per cent of menopausal women with homeopathic treatment — Results of an observational study, 2000. Hot flushes don't need to dominate the menopausal years. They can create an unfavourable vaginal environment for sperm and can interfere with ovulation and transportation of eggs.

**HORMONAL HAVOC**

Hot flushes shouldn't mean you need to dominate the menopausal process.

Homoeopathy can present a good alternative for the treatment of menopausal symptoms. A double-blind placebo-controlled study of 489 patients who presented for the treatment of hot flushes showed a 90 per cent improvement in the number of hot flushes, as well as a significant corresponding improvement in quality of life. Which homoeopathic medicine do you need to take to achieve the most common reasons for considering hormone replacement therapy? (HRT).

It is common to see that with homoeopathic treatment there can be a gradual improvement in some or all of a woman's symptoms. In this study 75 per cent of women reported improvement in their menopausal symptoms within a month. Christine Poope, AHA Professional Member, St. Ives, NSW.

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### Homeopathy During a Pregnancy

#### A homeopathic treatment to suit one woman’s needs through all her trimesters.

Wendy experienced a variety of complaints during her pregnancy. Each problem was addressed in turn with homeopathic medicine, relieving symptoms and bringing peace of mind. During the first trimester Wendy was prescribed a medicine for nausea associated with morning sickness. The nausea abated but Wendy was also experiencing headaches and felt fatigued. These symptoms called for a deeper-acting medicine that most suited her constitution.

The headaches disappeared a few days after and Wendy reported feeling “more balanced and able to cope with the day-to-day tasks again”. Later in the pregnancy, Wendy felt some anxiety and fear around having her second baby. Although Wendy fully appreciated the complexities of her delivery, she didn’t have time to contemplate anything so much. In the second trimester, Wendy reported feeling “amazed at the transformation that took place” over the few weeks she was taking the medicine. She felt herself “openly emotationally” and face each of her fears. “It hard to put words into but it felt almost spiritual,” she said.

During the last few weeks of her pregnancy, Wendy felt very connected and was looking forward to the impending birth. A skin irritation that she had experienced earlier was affecting her forehead. Her husbands’ skin test results were normal.

#### On Fertile Ground

Homeopathy offered one couple welcome relief after news to try for conceiving after five years.

Infertility is becoming an increasingly common problem in Australia and many factors may be implicated, such as stress, health and environment. There is a trend to delay starting a family due to career, finances or forming a committed relationship later in life. Treatment options for infertility may include making lifestyle changes, trying new therapies or techniques such as IVF.

For one woman, the homeopathic treatment was the answer after a long journey of trying to conceive. Kylie and her husband had been actively trying to conceive for five years and had not been using any contraception for that period of time. A pregnancy became possible after three cycles of trying to conceive. Kylie and her husband had been actively trying to conceive for five years and had not been using any contraception for that period of time. A pregnancy became possible after three cycles of trying to conceive.

### Homeopathy and Labor

How homeopathy can help women prepare for the birth of a child.

The birth of a child and how a woman prepares herself for this represents a very important life event. In Australia, there are more than 250,000 births each year, the options for pain relief and assistance during labour are numerous. Homeopathy is an excellent choice for use during pregnancy and labour.

Nisha was 34 weeks pregnant with her first child when she sought assistance for labour. Her pregnancy was progressing well until she began having strong feelings with the urge to “nest” and clean the home. This could have been considered within the range of a normal response to a pending birth. However, she also experienced a strong sense of urgency and panic about the birth process with fear that something awful was going to happen to a family member.

This was not helped by symptoms of congestion in her nose, which prevented her from breathing with ease; and palpitations, which started during the pregnancy.

After taking a full history of Nisha’s pregnancy as well as her current and past state of health, a medicine was prescribed to minimise the physical and emotional discomfort. At the follow-up, Nisha expressed that she felt more relaxed about the birth, even though she was very busy preparing the home for the baby. The congestion in her nose had improved by almost 50 per cent and the palpitations had stopped. The remaining treatment was discussed with both Nisha and her husband, the medicines that might be needed during the delivery of the baby.

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Every homoeopathic treatment is tailor-made for each patient and their specific needs. With homoeopathy, you are an individual, not a number or a disease. This is not just a platitude or a feel-good statement. It is the way homoeopathy works. Homoeopathy views many symptoms in order to treat the underlying causes of ill-health, taking into account not only the condition itself but the whole person. This includes your lifestyle, medical history, likes and dislikes and mental and emotional aspects as well. It is often the small idiosyncrasies that are “the real you” that help the homoeopath to select the medicine that best fits your needs.

You may have noticed that no specific medicines have been mentioned in this lift-out. This omission has been deliberate, because we do not wish to give the impression that there is a “one medicine fits all” approach with homoeopathy. If you have a skin condition or a stomach complaint, the homoeopathic medicine that has been given to someone else who seems to have the same complaint will not necessarily work for you, too. This is because their condition, although it sounds the same, is unique to them and their makeup. It is often the small idiosyncrasies that are “the real you” that we do not wish to give the impression that there is a “one medicine fits all” approach with homoeopathy. If you have a skin condition or a stomach complaint, the homoeopathic medicine that has been given to someone else who seems to have the same complaint will not necessarily work for you, too. This is because their condition, although it sounds the same, is unique to them and their makeup. It is often the small idiosyncrasies that are “the real you” that help the homoeopath to select the medicine that best fits your needs.

Maria’s fourth bout of mastitis occurred when her second baby was two weeks old. Maria had successfully breastfed her first child and she felt sure the mastitis she was experiencing was not due to feeding or attachment issues. She recovered from each infection within 10 hours or so, but the recurrence of pain and a high temperature were depleting her considerably. Maria suspected that her emotional beliefs and patterns begin to shift considerably. She says, “I was able to recognise and let go of many issues. It left me with a much clearer view of how I want to be as a mother.” She was looking for a medicine that was also able to address the underlying emotional patterns that might be at the root of the problem.

The first consultation involved listening carefully to Maria and taking into account her unique set of physical signs and symptoms, and related emotions. The important points were analysed and matched to the most similar homoeopathic medicine.

Within days of taking the medicine, Maria felt her emotional beliefs and patterns begin to shift considerably. She says, “I was able to recognise and let go of many issues. It left me with a much clearer view of how I want to be as a mother.” She also reported feeling much more relaxed about nurturing herself and her children. This emotional shift included letting go of self-blame and guilt. The medicine also addressed the mastitis, which did not recur.

Individualised treatment is our specialty.