

Health Reflections



Sticks and Stones and the New Year Kickabout

New Year's greetings! No, they're not belated: well, only by a few centuries when the Welsh *Calan* was moved from the 13th of January to the 1st to coincide with a new calendar.

Man-made markers of time may have changed yet memories persist the world over. Here in Wales, the time-honoured tradition of giving and receiving new year gifts, known as *calennig*, is continued to this day alas now 13 days earlier than in days gone by.

Elsewhere, new year traditions include door-to-door carol singing in Portugal, heartfelt sprinklings of salt (*Nat mur*) on Turkish doorsteps and the hanging of onions (our trusted *Allium cepa*) in Greek doorways – all thought to bring good luck to the rebirth of the seasons. The Hungarian timewheel is a more recent

commemoration of inclusion and connection and is filled with glass granules (think *Silica*) to resemble sand in a timer, and is reset each year. As rich or as frivolous as you wish to regard these customs, their essence seems to traverse time and borders.

Back home, bygone and rather bemusing is the idea of a new year parish kickabout called *Gŵyl Cicio'r Bêl*. This would have involved a feast at dawn, followed by a fierce and drunken football match and many a broken bone - or so goes the lore.

Of course, new year football matches are still popular today, perhaps serving the subconscious memories of older traditions, *Gŵyl Cicio'r Bêl* included. Could the chasing of a football also be serving as deep recollection of the ancient hunt through forests and fields?

Hopefully there are fewer broken bones these days per match, but if by ill-fate you're a keen sportsperson cast in plaster right now, you can find some common remedies overleaf, traditionally used to stimulate your innate healing ability, and to hasten your return to the field of your dreams.

Homeopathy: the most empowering new year gift yet?

*Calennig, calennig
a Blwyddyn Newydd Dda.*



THINK BEFORE YOU SPEAK ♥ READ BEFORE YOU THINK*

The Practical Handbook of Homoeopathy: Colin Griffith (Watkins Publishing, 2006);

Silicea: David Lilley (www.britishhomeopathic.org, 2001);

Homoeopathy for Sport, Exercise and Dance, Emlyn Thomas (Beaconsfield, 2000);

Homeopathy and Cell Salts for Healing Broken Bones, Natalia Iwanekyj (www.swanmothers.com - accessed January 2019);

Sports Injuries, Fiona Dry (<https://www.britishhomeopathic.org>).

*Fran Lebowitz - Social Studies

The Backbone of Homeopathic Medicine

For medicine to be homeopathic, the prescriber needs to follow four basic principles. Here's a condensed explanation of the four principles which find unity in the spirit of eyes-wide-open inquiry.



Like Cures Like – Match the person with a similar remedy picture. If the two descriptions are not similar, the remedy will simply not be homeopathic to the person and reselection will be needed.

Individualisation - Treat the person, not the disease label. Look out for what makes the individual's suffering different to anyone else's in a similar scenario.

Totality – Look out for a wide range of clues, not just the main symptom. These could include temperature, level of thirst, pain tolerance and emotional state.

Less is More - The most common potency in a home prescriber's kit is 30c, and how often you administer a remedy in an acute scenario will depend on the intensity of suffering. As symptoms improve, reduce the frequency of the remedy. Once better, stop.

BONE SUPPORTERS

To support the healing of those with broken or fractured bones, ensure that medical attention **including all available x-rays and casts** have been suitably provided **before** selecting the most fitting homeopathic remedy. *Arnica* - a wise addition to any handbag and sports bag and glove compartment – is an exception and can be taken straight away.

Administer the minimum dose required by the individual patient, and seek the advice of a professional homeopath to track your progress.

Arnica 30C or 200C : The go to remedy following a sporting injury, possibly whilst waiting for an ambulance or on your way to hospital. It is indicated by injury, shock, a bruised feeling and tendency to decline help (“Honestly, I'm fine.”) It might need to be repeated frequently at first, until shock subsides and a different remedy picture emerges.

Symphytum 30C or 200C : Known within the herbal tradition as a powerful knitter of fibres, this remedy can also be employed homeopathically and should generally be taken after the bone has been set in plaster (it might otherwise fuse in a crooked position). It can be taken 3-4 times daily or more frequently if it is found to alleviate the individual's pain, which is likely to be pricking and sore in nature .

Bryonia 30C or 200C : If the pain from a fracture is sharp or stitching in nature and aggravated by the tiniest of movements, consider the help of Bryonia. Discomfort might seem worse in the evening and better from lying absolutely still, sometimes on the injured side.

Ruta 30C or 200C : If the recovery period becomes marked by depression or dissatisfaction or despair about getting better, consider Ruta. This remedy has an affinity with the main joints, with leading symptoms including injured periosteum and extreme pain or soreness around the site of fracture. There might also be physical and / or mental weakness and constipation.

Calc phos & Silica 6x : These mineral remedies can be instrumental in supporting the process of restoration. In low potency (6x or 9x are most commonly stocked in shops) they can be taken several times daily and in alternation during recovery.

For further assistance on remedy selection, potency and dosage please contact your own local homeopath or the Homeopathic Helpline (09065 343 404)



*Symphytum officinale /
Comfrey or Knitbone*

Each Health Reflections article and blog has been written for those who wish to learn about the true meaning of health, who desire to think broadly and who are ready to take responsibility for their own personal choices. All information shared is of educational nature and should not replace medical advice. No guarantees are made regarding accuracy or completeness of content, or its applicability to any condition or personal circumstance. If you choose to implement any of the ideas or principles described, you are taking full responsibility for your actions. In times of illness, seek professional healthcare.

AUDE SAPERE – MENTRA WYBOD – DARE TO GET IT

Elin Alaw – Professional Homeopath and G.A.P.S.™ Practitioner
elinalawhomeopath@yahoo.co.uk / 07989 491 417 / www.elinalaw.com