

Health Reflections



Calendula and Friends

Outside the Heulfryn clinic, the medicinal garden is now well established and generating some great conversations! This year's additions have included the Camphor plant, *Ruta graveolens*, *Hypericum perforatum* and two beehives homing *Apis mellifera*.

Before anyone pops that old FAQ ("Do you make your own remedies?") the answer is no – all of the homeopathic medicines that I prescribe to my patients come from a certified pharmacy such as Helios in Tunbridge Wells or Freeman's in Glasgow. This is because I am a *homeopath*, trained in consulting with patients and selecting medicines to suit them, whilst the people in charge of Helios and Freeman's (and many others!) are *pharmacists*, qualified to produce medicinal products of the highest standards.

Of course, Hahnemann - the great chemist himself - would have liked us all to make our own medicines, but for legal reasons, stick with today's rules of pharmacy we must!

I should add here too that there are several differences between a herbalist (which I am not) and a homeopath (which I am). For example, whilst a herbalist uses material plant-based tinctures and teas, a homeopath's full arsenal of medicines includes plant energy, gasses, minerals, animal and man-made sources too, in potency of course.

But back to the garden where I enjoy spending some of my free time; what else is here? Crucially there is a step on which I sit with my early morning cuppa; research points to how exposure to sunlight first thing after waking has a cascade of positive effects on health. But really, we need only notice the daisies and sunflowers and marigolds to realise how natural it is to show our faces to the sun.

There are also native companions – *Taraxacum*, *Equisetum* and *Prunella vulgaris* (or *Self-heal*, reminding us of that innate ability) - as well as confidantes I planted years ago like the *Artemisia*s and *Pulsatilla*s and *Symphytum*s. And there's the old wrought iron gate over which I got chatting recently to a neighbour, who was keen to lift the spirits of NHS hospital staff during the early stages of a pandemic.

What could I offer? I wouldn't be baking any cakes as sugar depresses the immune system and flour tends to feed pathogens in persons under stress. Instead, I involved members of my Little Stockpots G.A.P.S. group who decorated seed envelopes with pictures and thank-yous. These were then filled with *Calendula* seeds from my border, ready to gift. We also made skin salves as those hospital hands were having a hard time, with harsh sanitisers drying up the skin and its natural biome. The ingredients included nourishing tallow and *Calendula* tincture and a whiff of lavender. And of course, there is no GAPster in my group who can't whip up a batch of stock for herby cup-a-soups – we hope they were enjoyed! How healing for us to recognise our skills and gifts, and to pass them on.



THINK BEFORE YOU SPEAK ♥ READ BEFORE YOU THINK*

A Physician's Posy: Dorothy Shepherd (Indian Books & Periodicals, 1993);

Get Well Soon – A Guide to Homeopathic First Aid: School of Homeopathy (Yondercott Press, 2010);

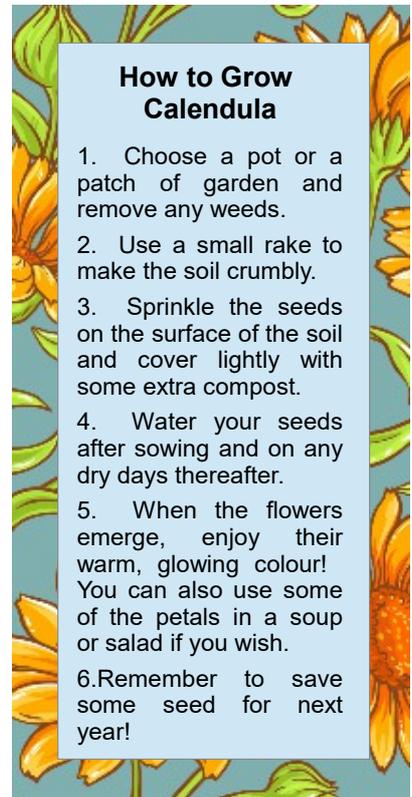
Homeopathy for Plants: Christiane Maute (Narayani, 2011);

The Bitter Truth About Sugar: Robert Lustig with Hilda Labrada Gore (www.westonaprice.org, 2020);

Why Sunlight is as Important as Nutrition and Exercise for Health and Lifespan: Katie Wells with Ari Whitten (www.wellnessmama.com, 2020).

*Fran Lebowitz - Social Studies

Here's a template for a seed envelope. Why not make one as a gift, and bring a smile to someone's face?



"Calendula is a homeopathic antiseptic, in part because of its organic iodine content. It helps a wound resist infection and aids in the healing of wounds and burns by promoting granulation of tissues. When externally applied, it prevents pus formation and is soothing and nourishing to the skin. Calendula also promotes degranulation of scars, helping to break them down to create new, healthy tissue."

Homeopathic Medicine for Children and Infants: Dana Ullman (Tarcher-Putman, 1992).

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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