

# Health Reflections



## Mrs Mop and the U.T.I.s

As a homeopathic practitioner, I've seen a fair number of women with urinary problems. On this subject, homeopathy educator Paola Brown calls herself "the reigning queen of UTIs and cystitis," giving us an idea of how common water infections are in practice.

Urinary Tract Infections, or U.T.I.s for short, can sometimes bother men and also children. U.T.I.s may occur in the urethra or bladder (when it is called cystitis) or higher up in the ureter or kidney (in which case prompt professional attention is in order). No two people will give an identical account of their suffering because every single case is different. Enter homeopathy.

If this is your first ever bout of an U.T.I. and you address it quickly, then homeopathic treatment can be straightforward, matching the individual picture with a similar acute remedy. But, in my experience, those who seek help are well into the chronic phase of recurrent infections, repeated antibiotics and general misery.

So what part does Mrs Mop play? Well here, she symbolises countless holistic practitioners who educate patients about the cleaning up job required as we work our way out of the vicious cycle of infections and antibiotics.

Mrs Mop works hard at explaining to patients that although antibiotics can be lifesaving in certain situations, slapdash usage can engender many long-term effects



from gut issues to neurological problems to altered mental wellbeing. After this pep talk, helping the liver to detox may be Mrs Mop's next challenge.

She will make it explicit that in killing off troublesome microbes with antibiotics, our beneficial microbes can also be wiped out of the body. This in turn may weaken the individual's immune system, meaning an increased risk of further infection in a few weeks or months' time. And so the cycle continues - *until the day we do things differently*.

She also reminds us that the body is a tad literalist. It's not uncommon for those with UTIs to be holding grief and unwept tears. And it's hardly a surprise when the words '*pissed off*' crop up when exploring the lead-up to an UTI. Any illness involving water **BEGS** an examination of the emotional state of affairs; suppressing its symptoms effectively asks the messenger to redeliver at a later date.

**Mrs Mop's Top Tip:** In recurrent scenarios, seek treatment from a professional homeopath. Your home prescriber kit is indeed a treasure, but only when used safely and within your layman's limits of one-off *acute* prescribing.

**Mrs Mop's Hot Hint:** Be prepared to work alongside your homeopath for at least several months. Healing is a dynamic process and your symptoms may not dissolve in an instant. There may be emotions to work through, grievances to resolve and predisposing factors to address.

**A Final Word of Wisdom:** If you feel a new infection creeping up in between appointments, it's probably wise to let your homeopath know. By all means keep your GP informed too as per usual (unless your homeopath happens to be your GP too) to sound out all treatment options and remedy reactions. Don't leave it until next month's homeopathy appointment – surely we'd rather not have to get out that old mop *again!*

### THINK BEFORE YOU SPEAK ♥ READ BEFORE YOU THINK\*

*The Downward Spiral: Antibiotics and Recurring Infections:* Joette Calabrese (www.joettecalabrese.com, 2017);

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

*Don't Confuse Real Healing With Suppression Of The Disease:* Dana Ullman (Huffpost.com, 2011);

*Drug Muggers:* Suzy Cohen (Rodale, 2011);

*Homegrown UTI / Cystitis Workshop:* Paola Brown (www.paolabrown.com, 2019).

\*Fran Lebowitz - Social Studies

## REMEDIES TO CONSIDER DURING ACUTE CYSTITIS

*In a one-off acute case of cystitis, consult this short list (by no means fully comprehensive) of remedies that may be homeopathic to your suffering. Choose a single remedy and take a single dose every 20 minutes or so for up to 3 doses, then reassess the symptoms. Always keep to the minimum dose and seek help in cases of no improvement.*

**Cantharis 30c or 200c** A top consideration for when cutting and burning pains occur **before, during and after** urinating, with a 'job-incomplete' feel. Pee may have a jelly-like appearance and the urging for urination may be frequent and accompanied by unquenchable thirst.

**Equisetum 30c or 200c** Here, the cutting and burning pains occur **during** urination, but may be preceded by a prickling and itching sensation during the urge to pee. A feeling of fullness remains despite profuse urination.

**Apis 30c or 200c** Again, burning and stinging is experienced **during** urination, and the last drop in particular burns and smarts. Despite general restlessness, urine flow can be slow and the patient may have to bear down to pee. Thirst is absent and the patient more likely to seek fresh air and cold applications than any warmth.

**Sarsaparilla 30c or 200c** Think Sarsaparilla when pain distinctly happens **at the end** of urination, and when passing water is easiest when standing (e.g. in the shower). Urine is likely to be scanty and the pain intense.

**Staphysagria 30c or 200c** Burning pains are pronounced **in between** visits to the loo, and are actually alleviated during the flow of pee. Thirst is absent. Under the surface will be a sense of being wronged, humiliated, angered, embarrassed or invaded e.g. by catheterisation or intercourse or emotional manipulation.

**Berberis 30c or 200c** Again, the cutting and burning urethral pains occur **in between** toilet visits, although the short relief provided during urination may be replaced by pain in the loins or thighs instead. Urine may be mucousy.

*If none of the above match your situation, contact your family homeopath or Homeopathic Helpline (09065 343 404) for advice. In the case of any accompanying nausea or fever, or if there is blood or pus in the urine or any other cause for concern, seek prompt medical advice.*

## Why Buy an Acute Remedy Kit ?

The first step to using a homeopathic first aid kit is to own one! By their very nature, acute illnesses can crop up quickly and swift administration of a remedy is of the essence. You therefore need a good selection to hand, especially if you are keen to protect your microbiome and long-term resilience to disease.



There are many kit options available to purchase from many excellent pharmacies worldwide. For example, kits of 18 or 36 acute remedies can be purchased from Helios Pharmacy in Tunbridge Wells, a Mother and Child Kit is available from Ainsworth's Pharmacy in London, and the travel friendly Homeocard can be purchased from [www.mirandacastro.com](http://www.mirandacastro.com).

If you're already seeing a homeopath and have a particular susceptibility such as a tendency for cystitis, he or she may recommend additional acute remedies to supplement your main kit. These may well bear a complementary relationship to your long-term remedy.

Whatever medicine you choose - whether homeopathic, herbal, Chinese or emergency allopathic - it is wise to complement it with a nutrient dense diet and sufficient hydration. Processed breakfast cereals, boxed fruit juices and dietary sucrose all commonly invoke inflammation and are best avoided long-term.

For a newcomer to homeopathy, it may be hard to grasp just how valuable a home kit can be, not just for urinary complaints but for all kinds of ailments. This customer review from Neal's Yard Remedies may help -

"I brought this after a recommendation from a friend for an alternative to Calpol (which constipates my baby) for teething. It comes with a booklet and I wasn't aware of how many uses there are for a kit. Thanks so much. X"

*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**

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