

# Health Reflections



## Eisteddfod-itis

March 1<sup>st</sup>, St David's Day, and sermons about 'doing the small things' get resurrected. But here in Wales it's also the month of local Eisteddfodau meaning that small children will be undertaking the mammoth task of stepping up on stage.

One or two young competitors will thrive on such experience but another one or two will cringe at the thought of public performance. Somewhere in between will be dozens of budding singers and reciters and dancers needing nothing more than a bit of encouragement, a smile or a wink to help calm those nerves.

For those who find the stage a frightful place, here are three homeopathic options which might help alleviate the ordeal. (Of course, they can also come in useful for adults who are scared of speaking in public).

**Arg nit 30c** (*Silver nitrate*) – If the desire to perform is all mixed up with the fear of failing, or if the child is prone to stage fright, this remedy might help. It's suitable for a flatulent person who craves fresh air, or for somebody who is prone to diarrhoea or vomiting before appearing in public. *See overleaf for how the singer Paul Rodgers praises Arg nit.*

**Pulsatilla 30c** (*Pasque flower*) – This is the remedy for when a child is obviously lacking in confidence but easily consoled and easily encouraged. With a noisy stomach and possibly a loose stool leading up to the competition, the child will tend to stay close to mum - although the temperament can change as quickly as a weather-cock. *If you've been to the Heulfryn clinic you will have passed the Pulsatilla flower by the front gate and yes, it does change its appearance according to the weather!*

**Lycopodium 30c** (*Stag's horn clubmoss*): This remedy comes into consideration when low confidence is well hidden e.g. the child conceals it by being more talkative than usual. Lycopodium types can wake at 4a.m. and refuse breakfast, but will then devour sweets. He or she might also be constipated or pass sour flatus.



***Lycopodium clavatum / Stag's horn clubmoss***

Stag's horn clubmoss is an easily missed moorland plant, and although only a few inches tall it holds the importance of being amongst the earliest forms of plant life.

During the Carboniferous era (once upon a time and long, long, long ago!) the clubmoss is believed to have been the tallest plant of the forests at 150 feet or so. What a mean fate then to end up not only close to the ground, but to have been squeezed down *under* the ground to form coal.

In my job as a homeopath, Lycopodium pops its head up quite often, especially in helping those children who are lords of the manor at home yet painfully shy elsewhere...but that's a story for another day. In the meantime, I give thanks for homeopathy's ability to harness the energy of the world's details, and to help little competitors find their inner strength.

The Eisteddfod season might be marching on, but please take a moment to contemplate the power of small things.

*Give one pillule of one homeopathic remedy at a time. In the case of Eisteddfod-related nervousness, one pillule every 30 minutes could be appropriate. If no relief is observed after three doses of the same remedy, choose the next best match. Once the child starts to feel better, the frequency of dosage should be lessened or stopped.*

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

*The Family Guide to Homeopathy*: Dr Andrew Lockie (Hamish Hamilton, 1998);

*The Homeopathic Revolution*: Dana Ullman (North Atlantic Books, 2007);

*Easing Stage Fright With Homeopathy*: Dr Jonci Jensen ([www.drjoncijensen.com](http://www.drjoncijensen.com), 2018);

*Fourth Phase of Water*: Gerald Pollack (Ebner and Sons, 2013);

*The Leek – National Emblem of Wales*: Ben Johnson ([www.hitoric-uk.com](http://www.hitoric-uk.com) - last accessed March 2020);

*Vitamin N*: Richard Louv (Atlantic Books, 2016).

\*Fran Lebowitz - *Social Studies*

## The Allium (Onion) Family

Fresh air, sunlight and contact with nature's prebiotics – try not to miss out on any of these even at busy times because they all play a part in maintaining a healthy immune system.

If you need another reason for going outside, then March is the ideal time for gathering wild ramsons. They can be found in woods and near water and sometimes there will be a clue in place names too : Crafnant, Craflwyn and Abercraf



Ramsons / Wild Garlic

all refer to the prominence of wild garlic in the area. As well as enjoying their lively taste right now, ramsons can be snipped and mixed into pure butter then frozen in cubes for later in the year. They also provide a fresh twist when added to homemade soups and sauerkraut.

\* \* \*

Despite legend and history (think St David), poetry and drama (think Shakespeare) and sacred medicinal knowledge (think Physicians of Myddfai) the trend for wearing a leek in your flat cap has yet to catch on... However, there does seem to be a local memory here in Wales of carrying onions in pockets as a preventative for colds. I have no alliums in my own pockets but I am familiar with the homeopathic version – *Allium cepa* – as a contender in alleviating the symptoms of seasonal colds and sneezes. Here's a description of its symptoms along with two other friends from the first aid kit.

**Allium-cepa 30c:** A watery nose with acrid burning is one of the signs leading to *Allium-cepa*, along with bland discharge from the eyes and spasmodic sneezing.

**Aconite 30c:** This can be useful *in the early stages* of illness but it's unlikely to help a few days into a cold. Reach for Aconite at the very first sign of a sneeze or sore throat, especially if the weather has been cold and dry.

**Arsenicum album 30c:** Alongside paroxysms of sneezing and a runny nose, the Arsenicum state brings exhaustion as well as restlessness. It also brings chilliness but with an element of burning e.g. a chilly body with a hot head or burning pain.

There are *many* more remedies but the above is a starting point – take the best match then watch and wait. Boosting natural defences is also a wise step towards protecting ourselves from colds and seasonal flus so remember to stay hydrated, take plenty of homemade stock, get enough sleep and sunshine, exercise moderately and of course include a variety of edible Alliums in your diet. Go well and bless you!

## Follows Well

*Champions of Water*

**Saint David:** We don't seem to know a great deal about Wales' patron saint, but he is reputed to have been a keen drinker of water. He is also said to have encouraged the appreciation of small things. Suits me!

**Dr Samuel Hahnemann:** By the time this medical pioneer had completed his sixth edition of the Organon circa 1842, he had moved on to prescribing medicines in water rather than in dry doses. Described by The School of Homeopathy as “the high water mark of medical philosophy,” this final edition instructs today's homeopaths too on how to dilute and enliven liquid nanodoses before administering to patients.

**Dr Edward Bach:** Following a career as physician, pathologist, bacteriologist and influential homeopath, Dr Bach turned to the harnessing of flower essences. In the 1930s he spent some of his time in Abersoch and Dolwyddelan and made use of local wells in creating the likes of *Rescue Remedy*. This gem is a common ally for singers and performers to this day.



Dr Bach's Rescue Remedy

How remarkable that all three voices remain influential in the 21<sup>st</sup> century. Long live their insights and wisdom about water.

“A voice is not just a voice, it is your whole self. You have got to look after yourself physically, mentally and spiritually to keep the level of what you put out as a singer. Part of my meditation that I do includes a lot of deep breathing. It is very beneficial to breathe in a lot of clean air.

There is also a homeopathic medication that I take. There is a guy I see that gives me *Argentum nitricum* [silver nitrate]. I would not recommend just taking that. You have to see the proper guy. It helps keep my voice nice and clear.”

*Paul Rodgers*

*quoted in Dana Ullman's Homeopathic Revolution*

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**AUDE SAPERE – MENTRA WYBOD – DARE TO GET IT**

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