

Health Reflections



The Tale of the Panty Girdle

As a child, I spent many a day with a spirited Auntie. One source of marvel was an item of clothing she wore - a panty girdle – which I understood to be a subject for giggling amongst females only. I loved being in on the secret.

Wearing such tight slimming knickers cannot have been a joke though, and one evening in front of the TV the elastic became unbearable. Off they came then and there. Then came a knock on the front door.

Auntie shoved the panty girdle behind a cushion and went to the door to find her best friend wanting to introduce her fiancé. In they all trundled and the fiancé sat on the very seat of the hidden underwear. Auntie put on a sedate act, but as the evening progressed she grew more hot and anxious as the stray article came peeking into sight.

We'll return to the story shortly, but this article isn't really about knickers, just so you know. It's about suppression.

The Moral of Auntie's Panties This, my friend, is how the moral of the panty girdle goes. There is no fail-safe hiding place for your secrets or symptoms – not behind the cushion, not under the carpet, not beneath a layer of steroids or painkillers or anti-depressants, not behind a brave face.

Sussing suppression Let's backtrack. To understand *suppression*, the meaning of *symptom* must be clear. A symptom is an indicator of a broader condition. It's a warning of *something else*. A panty girdle, for example, might warn of a woman ill at ease with her figure.

Here's another example. Before applying steroid cream to eczema we should understand skin complaints as a *warning of imbalance elsewhere*. As long as the cream masks the warning, the root problem remains unaddressed, and when discontinued, the symptoms can come back into view.

Removal of a body part takes suppression a step further. Before agreeing to tonsillectomy for example, we would be wise to ask *why they tonsils are inflamed in the first place*. Otherwise, the body may be robbed of its avenue of communication. And before we tell a child not to cry and to be brave instead, we should seriously consider the implications of discrediting someone's pain, and what could evolve from its internalisation.

Some feel that symptoms are ugly, embarrassing, socially awkward or plain scary. 'Get rid' might be the only thought. But suppression is so overtly masculine in its doing, scolding, hiding, mutating and fighting that it can't always be healthy.

Suppression, in essence, is an inability to sit presently with the truth and to feel the way towards honest regards for our own susceptibilities. Suppression degrades the accepting, feminine aspect in us all by attempting to kill what it simply doesn't like. It distorts the mirror of health.

Holding the Mirror Thankfully, Auntie knew how to laugh at her own weaknesses and friends would chuckle, howl and sometimes wet themselves in the sharing. She was quick to notice the *gwastad* (her own word for folks who pretended to have ironed out all personal imperfections) and to see a more wholesome picture.

We can all work with such reflection. If undergoing homeopathic treatment, you're already in the process of addressing an observed like with like, teasing out personal discomforts from behind the soft furnishing, so to speak.

Innocent as the story now seems, the emergence of the girdle was mortifying for Auntie until she later came clean and the incident became somewhat of a family legend.

We too can learn not to clam up but to fess up and grow up instead, well-rounded, comfy and worldly wise. Oh, and girdle-free.

THINK BEFORE YOU SPEAK ♥ READ BEFORE YOU THINK*

Susceptibility & suppression: The School of Homeopathy (homeopathyschool.com, 2017);

Shut UP! How taking drugs shut up symptoms and causes new, more sobering ones later on:

Joette Calabrese (<https://joettecalabrese.com/podcast1/podcast-16>, 2015);

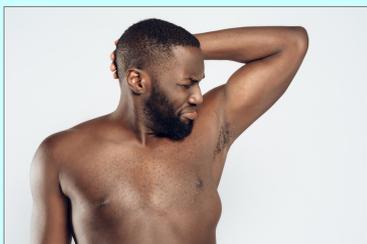
Don't Confuse Real Healing With Suppression Of The Disease: Dana Ullman (Huffpost.com, 2011);

Mal(e)practice: Robert Mendelsohn (Contemporary Books, 1982);

Tutorials on Homoeopathy: Donald Foubister (Beaconsfield, 1989).

*Fran Lebowitz - Social Studies

Easy Deodorant



Here's an alternative to conventional anti-perspirants.
It has three main advantages –

- 1) It **DOES NOT SUPPRESS** the body's natural (and important) function of sweating;
- 2) It **does not contain aluminium-based complexes or synthetic fragrances**;
- 3) From patient feedback, it seems to work a treat at keeping pits smelling fresh all day.

So here we go. Take equal amounts of **UNREFINED COCONUT OIL** and **BICARBONATE OF SODA** – let's say a tablespoonful of each. Heat them up in a bowl placed over a pan of simmering water and stir well.

Pour into a clean container - a 30ml / 1oz glass jar is ideal. To each 30ml jar add 12 drops of **CYPRESS ESSENTIAL OIL**, (*Cupressus sempervirens*) stir, lid and label. If you have a personal sensitivity to this particular oil, choose a skin-safe alternative such as Petitgrain or Lavender to suit you.

In temperate climates, the mixture will soon harden up, ready for use. Straight after showering, apply a small amount of the mixture to your armpits using a clean fingertip. Simple as!



Always respect the power of essential oils, even when used in seemingly small amounts. Please buy from ethical sources and avoid oils from endangered species of plants. If you intend to substitute any of the essential oils listed here with another, do consult with a definitive guide such as Tisserand & Young's Essential Oil Safety first, or seek the advice of a qualified aromatherapist. Not all essential oils are safe for skin exposure or for all individuals or for use near children.

Suppressing Symptoms: What's The Big Deal?

The big deal according to Samuel Hahnemann, the founder of modern homeopathy:

"If the topical symptom is topically annihilated by external means (by a physician of the hitherto school who is of the opinion that he has thereby cured the whole disease). . . nature makes up for this by heightening the disease."

Samuel Hahnemann, 1842 / 1996
Organon of the Medical Art (Birdcage Books)



The big deal according to The School of Homeopathy (present-day training college in Stroud):

"Suppression means stopping or limiting an action. Frequently we limit the vital energy in our body by the use of conventional 'cures'. How often do we use a cream to 'remove' a rash, a pill to take away a pain, a medicine to calm our nerves? The main action of these medicines, however, is to palliate the symptom and to moderate its expression rather than to address the susceptibility behind it. They can never constitute a long-term cure."

Susceptibility & Suppression
www.homeopathschool.com



And the big deal as posed within the eloquent writings of homeopath, Roland Guenther:

"When I die one day, what will I leave behind?"

Sometimes pharmaceuticals are important. There is no doubt about that. But how often is it that we take an Aspirin simply because we do not want to take the time to listen to our body, to listen what it has to say? Or did we buy into the hubris that we know better? How often we come up with ideas about a solution for our environmental crisis, but did we take the time to first listen to Earth or are we convinced we know better than She does?

Taking care of our environment starts with keeping our inner world as free of pollution as possible. It starts with listening to the wisdom of our body and the bigger body of Earth."

Toxic Waste
www.vancouverislandhomeopathy.com

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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