

Unit 1- Pre-conceptual Biology to Weaning

Contents

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- Genetic “accidents” and chromosomal disorders
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Breast feeding

- Why is breast milk so important?
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- Why many of us are obsessed with eating

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- Common symptoms of breast disorders
- Homeopathic treatment of breast disorders

Introduction

After nearly 25 years of using homeopathic medicines and riding the waves of contempt for homeopathy I can confidently say that in my opinion it is a most profound model of treatment for people at all stages of their life. Most people present with a specific problem but it is astonishing how frequently I find that whatever the problem it was originally set in stone in childhood. Issues relating to childhood experiences could always be treated well with remedies proved by Hahnemann and his followers but recent provings have given us a collection of remedies which address areas of childhood maybe never even reaching the surface before. I am thinking about remedies such as Placenta (Welsh), Hydrogen and Helium and several new Lac remedies such as Lac maternum and Lac Humanum. In this first unit we look at The Beginning- the moment at which a new Human Being is conceived and then follow subsequent development through birth to weaning. It is increasingly clear that nurture is as important, if not more important, than nature in the creation of a healthy Human Being and so we also look closely at how a baby bonds with its mother through the placenta and breast feeding.

The psychological impact of breast feeding

One of the areas of particular interest to the homeopath is the psychological effect of separation at birth of mother and baby. When treating children it is always imperative to take a good case history including the details of the birth and including the APGAR score. The homeopath is interested to know whether the baby was born at term naturally or whether it was necessary to intervene. How quickly a baby is born seems to indicate its subsequent pace of life: e.g. a baby requiring the remedy Calcarea carbonicum may have been overdue, taken a long time to arrive during labour and presents with a sluggish digestive system. A baby requiring Phosphorus may have arrived very quickly and be hitting all the developmental stages early. Interestingly, there is a suggestion that babies born by elective Caesarian section may expect life “on a plate” when compared with the baby who had to struggle to be born. Many children who display “pathological” separation anxiety may have been separated from the mother at birth (for any reason) and empirical studies have shown that homeopathic remedies can greatly reduce this anxiety in the child. Many children

with eating “disorders” may have had difficulty after birth with breast feeding for many reasons including difficulty latching on to the breast, excessive hunger or no appetite or digestion difficulties with breast milk or bottled formulas and again homeopathic remedies are excellent at treating these problems. Many of the remedies prepared from milk such as Lac humanum, Lac maternum, Lac caninum etc are especially well indicated for disordered feeding. The remedies such as Phytolacca, Bellis perennis, Lac caninum are also excellent for problems with the breast from insufficient milk production to cracked nipples (and RCTs are not needed to show their effectiveness!) and remedies for colic such as Colocynthis, Magnesium carbonicum or Chamomilla can change a howling monster into an angel in a matter of minutes. We find that we are increasingly prescribing remedies for children who are suffering from Type B malnutrition. Feeding difficulties may have originated at birth and continued into childhood with parents finally “caving in” and allowing excessively sugary foods and foods with artificial flavourings and colourings to dominate the diet in the hope that some food would be consumed. This can then lead on to the malnutrition of wealth (Type B) as opposed to the malnutrition of poverty (Type A) experienced in many Third World countries. Homeopathic remedies such as Saccharum officinale, Lac humanum, Chocolate, Cina and Lycopodium are amongst many that can control the defective nutrition in these situations.

Unit 4- Digestive System

Contents

- A little bit of revision of where everything is
- Inflammation of the digestive system
- Finding the symptoms in the repertory
- The nature of problems arising in the digestive system
- Repertorisation of gastro-intestinal symptoms
- General symptoms of disorder in the GI tract
- Medical history and physical examination
- Protection of the GI tract

Specific disorders of the GI tract

- Disorders of the mouth
- Disorders of the oesophagus
- Disorders of the stomach
- Disorders of the intestines

Disorder in the GU tract caused by disordered nutrition

- Malabsorption

When problems arise as a result of microbial infections

When problems arise in the GI tract as a result of mental-emotional stresses

- Eating disorders

Disorders of the accessory glands

- Liver
- Gallbladder
- Pancreas

(Throughout this section I have used the terms alimentary tract, gastro-intestinal (GI) tract and digestive system to mean the same thing.) I am starting with a cautionary tale!

Peacock pie
by
Walter de la Mare

“It’s a very odd thing
As odd as can be
That whatever Miss T eats
Turns into Miss T”.

Introduction

Kent’s repertory has 91 pages of Mind symptoms and 247 pages of rubrics pertaining to the alimentary tract. This is testimony to the numerous symptoms which the human being can produce in this very fundamental body system! More than any of the other body systems the gastro-intestinal system (GI) is blatant in its operational status and most obviously linked with the emotions. It is quite open about how it feels and reacts and often does so very spontaneously. In terms of general parlance many of our most basic linguistic phrases are scatological (apart from sexual) and many are reminiscent of the products of the GI tract. Much humour across the world is fuelled by scatology and flatulence certainly seems to provide universal entertainment (in my experience particularly amongst males!)

Disorder in the GU tract caused by disordered nutrition

So how does the digestive system deal with the presence of foreign objects, parasites and defective nutrition? The first response would normally be vomiting within a few hours followed by diarrhoea with or without further vomiting. This is a very effective means of purging which should be encouraged as long as the patient doesn’t become dehydrated. Allergies and food intolerances might lead to eructation (belching), bloating and cramping pains in the stomach and abdomen. When the delicately balanced flora and fauna of the gut is disturbed other micro-organisms can capitalise and encroach and multiply at speed with subsequent pain, bloating and rumblings

caused by gas production. Infestation with a parasite which travels around the body can lead to hepatitis and jaundice and chronic inflammation and all the symptoms mentioned already. Many people in the world suffer from malabsorption disorders such as coeliac disease and lactose intolerance after weaning and in fact it is more unusual to be able to tolerate lactose than to be intolerant. Lactose intolerance has been discussed at length in Unit 1. Increasing numbers of people are becoming intolerant of wheat possibly as the cultivation of strains of wheat with high chromosome number increase world wide. A difficult condition to accommodate is allergy to gluten as is the case in people with coeliac disease as this is a genetic disorder. Many people may suffer from this disorder without realising it and can continue to endure the symptoms which include damage to the villi in the small intestine. If cereals with gluten are replaced with maize, rice, millet or buckwheat it is possible that the cells in the intestine can recover.

Malabsorption

READ Merck pp 734-736 on Malabsorption.

Malabsorption of any essential nutrient can lead to compromise eventually of all body systems and consequently is very serious.

Activity 4.14

Copy out the table on p 735 Merck on symptoms of nutrient deficiencies. How could you readily address such deficiencies? What advice would you give your patient?

Another major problem which is induced by diet or medication is Candida (thrush) which occurs when the gut flora is decimated by antibiotics and the fungal opportunists take their place causing all the symptoms of grumbling, bloating, eructation and flatulence from the abdomen but which can become chronic and affect absorption and lead to a general malaise and enervation. Many homeopathic remedies alongside a pre and pro-biotic nutrient supplement can assist the body to restore the natural balance.