Clodagh Sheehy

Reach for a Remedy

Sample text

Reach for a Remedy

from Clodagh Sheehy

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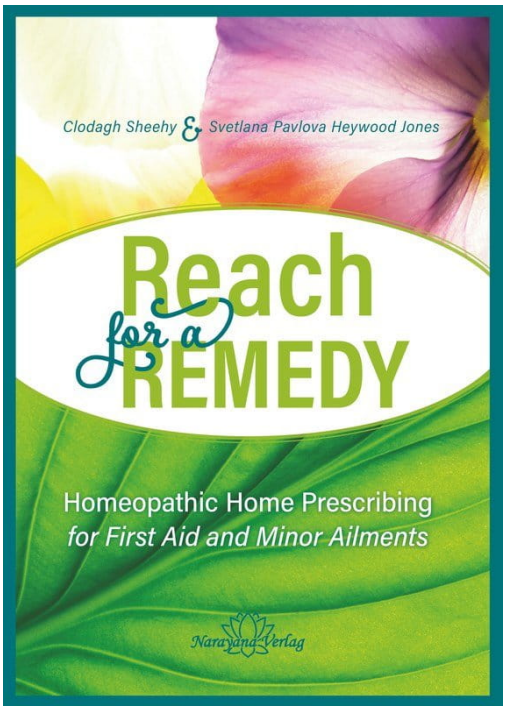

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Who we are:

Clodagh Sheehy is an award-winning journalist who has been on the staff of national media groups, including the Irish Press and Independent News and Media, for more than four decades.
She has been a qualified homeopath for almost 20 years.

Clodagh graduated from the Irish School of Homeopathy in 1999 and completed a further year's postgraduate study to become a registered member of the Irish Society of Homeopaths. She was a member of the Society's national committee from 2006-2009. She is currently an external examiner for the Irish School of Homeopathy.

Clodagh has also studied Reiki and flower essences. Her website www.irishhealing.ie tracks news and research for all forms of alternative medicine both in Ireland and internationally.

"My Dad's death from bowel cancer in 1974 sparked my interest in alternative medicine. Research at the time by an

Irish doctor showed a link between bowel cancer and a lack of fibre in the diet. I also felt there was some link between illness and stress. I worked for a medical newspaper at the time and read a lot around the subject but was still puzzled.

When I was introduced to homeopathy in the 1980s I felt I'd found the missing link. Homeopathy took into account the connection between illness, the mind, the body and the emotions. This, to me, made sense and, even more important, the remedies worked.

Homeopathy has led me on a journey through many alternative therapies. I think the word 'alternative', in a way, is a bit misleading. If you are seriously injured in a car crash you need surgery and everything orthodox medicine can give you. Homeopathy can work side by side with all of this to speed up your recovery so I prefer the term 'integrated medicine', where everything works together. Nothing is excluded." – ***Clodagh***

Svetlana Pavlova Heywood Jones a native Bulgarian, studied sociology in Sofia and completed a Masters in European Studies in Aachen, Germany. She pursued a career in the area of health insurance in Bulgaria for 2 years and in Ireland for 12 years.

During this time she became conscious of the huge costs of providing conventional medical health care vs. the cost effective holistic alternatives.

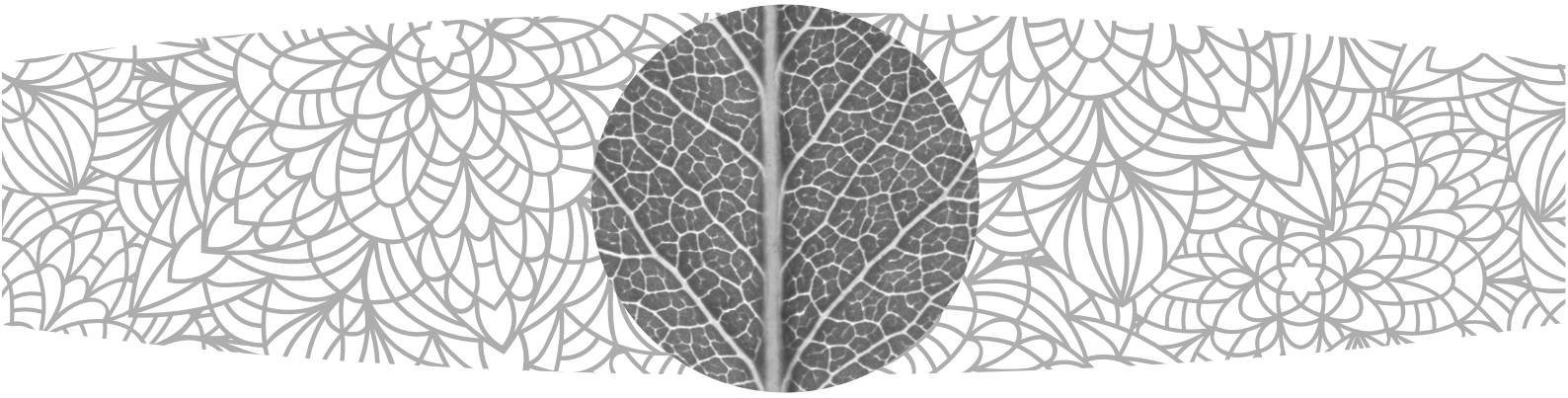
This prompted her to pursue her homeopathic studies, completing her qualification in the Irish School of Homeopathy in Dublin in 2015. She is a registered member of the Irish Society of Homeopaths.

Svetlana uses homeopathy, herbs and foods as healing modalities. She has lived with her family in Ireland since 2001.

"I come from a long ancestral line of using herbs. My great grandmother was my role model. She never took medicine in her life and was a great believer that the cure for all ailments is in us and in the plants and herbs around us. My grandmother and mother followed in this tradition.

It was only after some years in the health insurance industry that I became more and more conscious of the lack of alternative healing modalities in conventional medicine. A GP's warning that a third surgery would seriously impair the hearing of one of our children forced me to look for holistic alternatives.

It was in this search that I discovered the wonderful potential of homeopathy. Those parental responsibilities together with my childhood experience and the growing awareness in my career choice drove me to my present occupation.
Now it's my turn to pass on the knowledge and experience, not only to my children and their children but to everybody who is interested in it." – ***Svetlana***



Introduction

WHY HOMEOPATHY?

If you've heard of *Arnica*, you've heard of homeopathy.
If you've used *Arnica*, the top choice remedy for bruising, you have used homeopathy and you know that it works.
Homeopathic remedies are powerful, gentle, inexpensive and safe. They have no toxic side-effects and so can be used for babies, tots, teenagers, pregnant mums, busy parents, in fact by all age groups from birth to the golden years.
The integrated approach to health and wellness is a fast growing trend. Homeopathy is part of this trend. The remedies can be used on their own but can also be used side by side with conventional treatments.
Worldwide, homeopathy is regularly used by 200 million people and is included in the national health systems of countries like Switzerland, Brazil, India, Chile and Mexico. Almost one in three EU citizens uses homeopathic medicines in their day-to-day healthcare.

WHAT IS HOMEOPATHY?

Since ancient times healers have recognised that the body has a life-force or energy running through it. The presence of this life-force marks the difference between a living person and a deceased one.

Illness is seen as a disturbance or blockage of this vital energy. Homeopathy uses remedies to unblock the obstruction.

Homeopathy does not 'treat' specific conditions. It works with the energy of the whole body to stimulate the body's own healing ability.

Homeopathy, like Ayurvedic and Traditional Chinese Medicines, supports the delicate energy balance between the mind, the physical body and the spirit.

Experience over thousands of years has proven the effectiveness of this approach.

MATCHING MEDICINE

The symptoms of an illness are like flashing lights on the car dashboard telling you there is an issue you need to address.

In homeopathy these symptoms are used as a guide to select a remedy. A match is made between the person's unique individual symptoms and the remedy. The remedy then supports the whole body to heal itself.

How does this matching work? A few examples will give you a better idea.

Too much coffee can keep you awake at night. A remedy made from coffee can be used to help sleeplessness when you are wide awake and tense and your mind is racing – the matching remedy is *Coffea*.

Cutting onions can make your eyes water and sting. Hay fever can also make your eyes water and sting. A remedy made from onion is good for hay fever – the matching remedy is *Allium cepa*.

If you are stung by a nettle you may break out in a red, itchy rash. A remedy made from nettle can ease hives or a red, itchy rash caused by an insect bite – the matching remedy is *Urtica*.

HOW TO PICK YOUR REMEDY

Every single homeopathic remedy can help a wide range of conditions and there are volumes written about each remedy. We have condensed this knowledge to make your choices easy.

This book is about everyday first aid emergencies and minor day-to-day illnesses. It cannot be used to treat serious or complex conditions which would need professional treatment.

You must decide first if the condition can be helped at home or if you need professional help. If you decide it is a minor health issue which could be treated at home then check the relevant section of the book – *Cough*, *Sports injuries*, *Emotional trauma*, *Digestion* etc.

ALERT

We have used this box throughout the book to warn you that serious conditions need medical help.
In these situations you should contact your doctor or the emergency services or go straight to hospital.

To pick your remedy follow these easy steps:

1. Identify the condition and find it in the book.
2. Pick your most important symptoms, both physical and emotional.
3. Match these symptoms to the most appropriate remedy description.

Then Reach for a Remedy.

How to pick your most important symptoms

Your symptoms are the signposts to the best remedy. Learning to pay attention to your strongest symptoms will help you to reach for the right remedy.

Homeopathy works on both the mind and body so remember to look at both physical AND emotional symptoms.

You could feel angry, sad, irritable, jealous or fearful. These emotional symptoms matter just as much as the physical ones.

Symptoms to look for

Specific information about symptoms is very important in homeopathy. The choice of remedy can be influenced by things like thirst, food likes and dislikes, your mood, the side of the body that is affected and sometimes the specific time of day or night that the symptom is worse or better.

This is a simple guide to help you know what to look for.

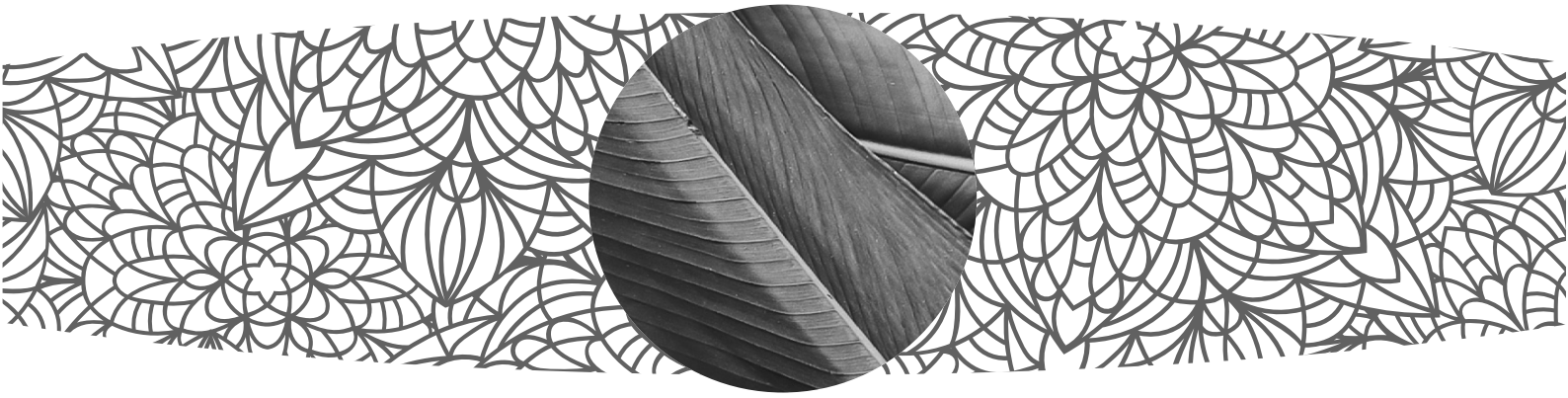
Location	Where in your body is the main problem located?
What side?	Is it on the right side or the left side?
Time	Is it worse or better at a particular time of the day or night?
Temperature	Are you hot or cold, feverish, shivering, sweaty or burning?
Pain	How intense is the pain? Is it burning, throbbing, stinging or shooting?
Energy	Are you restless, overactive or listless? Do you want to keep moving or lie perfectly still?
Mood	Are you angry, sad, clingy, irritable, fearful, jealous, silent, talkative or apathetic?
Thirst	Are you thirsty or not? Do you want hot drinks or cold? Do you want to sip or gulp?
Food	Is there any food that you crave or can't bear? Does any particular food make you feel better or worse?
Specifics	Does anything make the symptoms feel better or worse?

Matching your symptoms to the remedy

To make the matching easy we have arranged the information in each section to guide you through the choices.

On the left hand side of the page we list the most commonly used remedies for the condition.

On the right hand side we have descriptions of the remedy. Make a match between your symptoms and the descriptions of the remedies on the right hand side. You will find the name of your remedy on the left.



Dental

If your gum or face is swollen or throbbing, your temperature is rising and you feel generally unwell, there is a high chance you have an infection. You could have an abscess or a gum boil forming. Even without pain you could have an unpleasant sensation when you bite. This could be a sign of a broken tooth or filling.

Contact your dentist immediately.
Try these remedies, or *Bach Flower Rescue Remedy*, while you wait.

	HOW MANY PILLS:
Emergency:	One to two pills every 10-15 minutes until the person stabilises – up to six doses.
Acute conditions:	One to two pills every two hours up to six doses.
Less acute conditions:	One to two pills three times a day up to seven days. *If symptoms persist or worsen, consult a healthcare professional.*
Dose:	It is recommended that all of the remedies in this section be taken in the 30C potency.

Abscess and gum boil

A dental abscess or boil is an inflammation of the tissue in or around the tooth. It usually indicates some underlying dental condition. You could try one of these remedies while you wait for your dental appointment.

BELLADONNA ***Take at the first hint of an abscess***
The abscess can be red, hot and throbbing.

HEPAR SULPH ***Speeds pus formation***
This remedy is a good choice where pus is not ready to discharge. This will help it clear.

GUNPOWDER ***Abscess with toothache***
Take it while waiting to see the dentist.

MERC ***Abscess pain can go up into your ear or jaw***
You have lots of saliva – and a metallic taste in your mouth.

PYROGEN ***Abscess deep and slow to develop***
You may feel as if you have flu coming on with aches all over. You have putrid breath.

Teeth damage from injury

If your teeth become damaged from an injury you could take remedies while you wait for the damage to be assessed by a dental professional.

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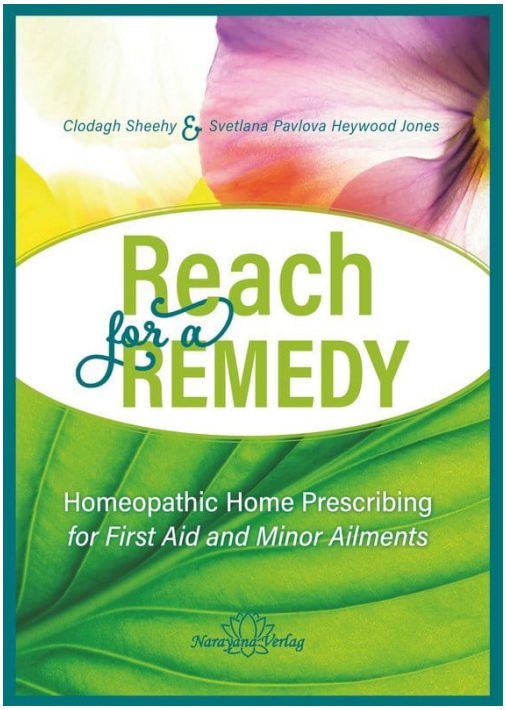

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