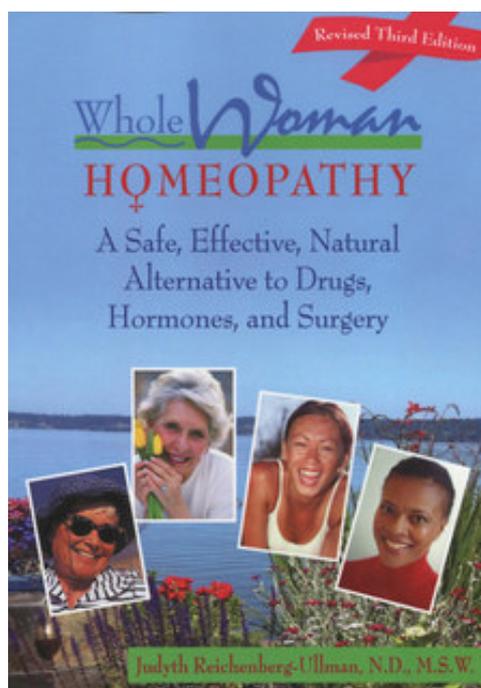


Judyth Reichenberg-Ullman Whole Woman Homeopathy

Reading excerpt

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Naturopathic Suggestions to Complement Homeopathic Care

- Drink at least six glasses of water a day on an ongoing basis.
- If you have a tendency to recurrent bladder infections, you may want take cranberry concentrate or capsules on a regular basis to acidify you urine. Cranberry juice is adequate if that is all you have available, but the sugar content is high. Once you have been on an effective homeopathic medicine for a couple of months, you can generally discontinue the cranberry supplements.
- Go to the bathroom as soon as you feel the urge. Do *not* put it off.
- Urinate after you make love.
- During an infection, take bladder herbs such as Oregon grape, *Bucchu*, *Pipsissewa*, *Uva ursi*, and cornsilk every two hours until your symptoms improve. The dosage will depend on whether you take them in the form of a tea, capsules, or tincture.
- If you tend to develop a bladder infection from getting chilled, bundle up and stay warm.
- Some women find that citrus fruits aggravate their cystitis. If so, avoid them.

Breast Cancer

My Own Story

The diagnosis of ductal carcinoma in situ (DCIS) took me quite by surprise. I was the only one in my circle of friends to get breast cancer. What became exceed clear to me right off was that I wanted, if possible, to live a long, healthy life.

My parents lived to eighty-seven and eighty-nine, and I wasn't ready to die at fifty. I had seen some women who put all of their faith in natural medicine die of breast cancer, and, being a naturopathic doctor, I wanted the best of both worlds. When I was told that my particular type of breast cancer was noninvasive and that with a mastectomy there would be a 98 percent chance that the cancer would not return later in the same breast, the odds sounded pretty good. No chemotherapy or radiation was even recommended for DCIS.

I did a lot of things very quickly. I found two surgeons in whom I had great confidence. I contacted a woman homeopath in India and asked her to take me on as a patient, found a wonderful spiritual healer (actually two), and got a great deal of support from my friends and, most of all, my husband. I was already taking a ton of supplements and had changed my diet dramatically a year before to the Zone. Turns out, the cancer had been developing for six or seven years.

Not everyone agreed with all of my decisions, even my husband. But I knew inside that I was immensely fortunate to have a noninvasive rather than an invasive type of

breast cancer, which would require my facing the difficult choice of whether or not to have radiation and/or chemotherapy.

The surgery went quite well. I believe the homeopath I chose did find the correct medicine for me. The whole experience really made me reexamine my values and has led to our moving to a smaller home on an island in a community-oriented, rural setting. I try to remind myself not to work so hard, although it seems to be my nature to do too much.. I was diagnosed with invasive ductal carcinoma in the other breast twelve years later, fortunately also without any lymph node involvement. Again I chose surgery, along with naturopathic and homeopathic treatment.



Description

Breast cancer is an abnormal, undifferentiated, and out-of-control growth of cells in the breast. One in every 8 or 9 women in the United States will develop breast cancer, although the actual risk is only 1 in 2,500 at age twenty, 1 in 63 at age forty, 1 in 28 at age sixty, and 1 in 8 at age ninety. Breast cancer is the number one cause of cancer death in women in this country in women aged forty to forty-five; however, heart disease does kill six times more women than breast cancer.¹ Approximately 1 out of 4 women with breast cancer dies of it.

The degree and extent of the breast cancer varies tremendously. The main risk factors seem to be a family history; a high intake of fat, alcohol, and sugar; early menarche; late menopause; lack of pregnancies or late first pregnancy; or excess estrogen. This said, many women with an overall low risk for breast cancer do find themselves inexplicably diagnosed with the disease.



Symptoms

Four out of five women discover breast cancer themselves in the form of a lump found during a breast self-examination. Less often there is pain, cyclic breast cysts, discharge, inflammation, lumps in the armpit, or other visible changes in the breast such as discoloration or pulling. In many cases, such as with ductal carcinoma in situ (DCIS), you may have no symptoms and the condition may be discovered on a routine mammogram. If you suspect that you might have DCIS, request a magnified mammogram. This is the only way my DCIS was found; it was confirmed by a stereotactic biopsy.



Complications

Disfigurement due to lumpectomy or mastectomy can be a problem, but the most severe consequence of breast cancer is prolonged deterioration, suffering, and loss of life.



Conventional Treatment

The recommended treatment varies greatly with the type and extent of cancer and ranges from lumpectomy to mastectomy, radiation, chemotherapy, and bone marrow or stem cell transplants.



What to Expect from Homeopathic Treatment

Although the homeopathic literature documents cured cases of breast cancer, particularly in India, the medico-legal situation in this country, the potentially severe risks of depending on only one therapy, and the availability of numerous studies corroborating the effectiveness of other therapies, both conventional and alternative, makes it unwise to rely on homeopathy alone. I have treated over twenty-five women who used homeopathy as an adjunct to their conventional treatment with considerable success.

Most of my breast cancer patients have rebounded quickly from surgery and have had fewer and more manageable side effects from radiation and chemotherapy. Naturopathic and homeopathic treatment has provided hope, encouragement, and healing. I have been able to help them educate themselves, sort through their options for conventional treatment, and provide suggestions on positive attitude, empowerment, and spiritual connection.



Naturopathic Suggestions to Complement Homeopathic Care

- Eat a low-fat, vegetarian or primarily vegetarian diet with lots of fiber, legumes, and fresh fruits and vegetables.
- Buy organic produce. If you can't, then wash the produce with one of the commercial products that removes pesticide and chemical residues.
- If you choose to eat poultry, limit it and stick to free-range, hormone-and antibiotic-free brands.
- If you are a fish-eater, salmon, cod, and herring are recommended.
- Fish oil capsules can supplement your omega-3 fatty acids.
- Use olive oil rather than saturated fats.
- You'd be wise to avoid, or at least minimize, dairy products.
- Minimize or eliminate alcohol, caffeine, and sugar.
- Eat lots of soy (realize that there is some controversy about this and do your homework) and flax.
- Drink at least six glasses of water a day.

- Lipotropic factors, particularly in combination with liver herbs such as dandelion root and milk thistle, can help the liver break down estrogen.
- Do not smoke.
- Get rid of your underwire bras.
- Increase your intake of cabbage-family vegetables (including broccoli, cauliflower, cabbage, Brussels sprouts, rutabagas, bok choy, and kale).
- If you have had breast cancer, hormone-replacement therapy is not advised.
- Take a high-quality megamultivitamin and mineral, including vitamin E, 400 to 800 IU; and vitamin D, 400 to 1,000 IU; daily.
- Take 300 milligrams a day of Coenzyme Q₁₀. Ashwagandha is an Ayurvedic herb with tumor-reducing properties that I include in my daily regimen.
- Drink lots of green tea (decaffeinated is available), or take green tea supplements (one capsule can be equivalent to two or three cups).
- Decrease stress and do what you love.

Cervical Dysplasia

(See Genital Warts)

Depression

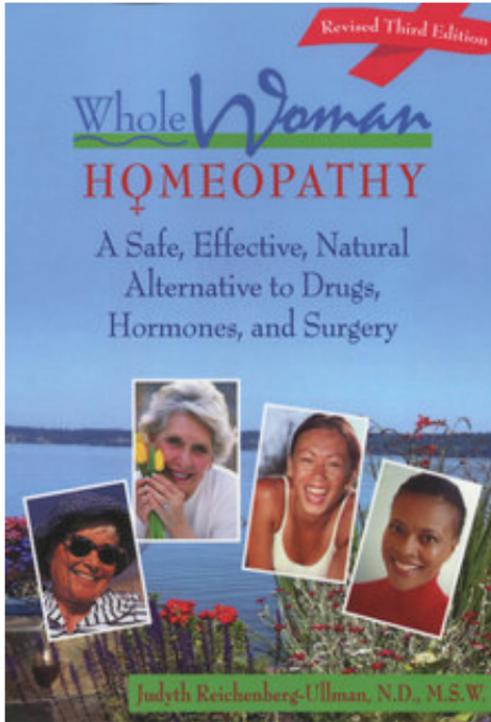
Lisa's Story

I turned forty the year that I finally made an appointment for myself with Judyth. After I had made sure that she treated the rest of my family, all four children and my husband, then I could take my turn. As a mom, I felt it was my duty to get everybody else the help they needed first. Three of my four children had been diagnosed with ADHD (attention-deficit/hyperactivity disorder) and my husband had relied on anti-depressants for several years. But when all of the 'fixing' of the rest of my family didn't fix me, I realized I needed help, too.

For most of my life, I was convinced there was a 'black hole' in my heart that nothing could fill. I had suffered intense loneliness most of my life, even though I was surrounded by family and friends. Nothing and no one ever filled it.

I gave birth to my first baby when I was twenty-three. After a completely uneventful pregnancy, all of a sudden I started crying the very next day and didn't stop for the next twenty-one years! Five miscarriages followed over the course of the next five years. I bounced up and down on such a hormonal roller coaster that I couldn't even watch Pampers commercials without bawling. Finally, after being told that I could never give birth to any more children, we adopted a son. I believed he would fill the hole in my heart, but he didn't.





Judyth Reichenberg-Ullman

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