

Editor's Note



Last week I was looking through the *Organon* to find a particular aphorism relating to a homeopathy history lecture I was scheduled to teach. Reading the aphorisms on case-taking, I was reminded of how important it is to note down the **patient's own account** of his/her disease. This means reporting the patient's words verbatim and not a summary of them. This is especially important when trying to differentiate between lesser known remedies. It is what helped me to successfully prescribe Lac Leoninum to a woman who told me she *roared* when she got angry. Of course, there were other reasons for prescribing Lac Leo, but the patient's expressions really helped clinch it.

In this issue, I am sharing with you a case of my own. It is given in the patient's own words. Read the case without turning to the second page. What remedy would you have given this patient? The remedy and follow-up are given on Page 2.

Also on Page 2, is information about our next seminar on 26 May. Both students of homeopathy and practicing homeopaths are welcome to attend. It's a great opportunity to learn more about homeopathy in a friendly atmosphere. I hope you enjoy the newsletter. Have a happy and prosperous couple of months.

Kathy

INSIGNIFICANT and ALONE

A 47-year-old woman came to me suffering from depression and anxiety. The most striking things about her when she walked into my clinic were her large, sad eyes. As she told her story, she cried, rarely maintaining eye contact.

Her story is abbreviated due to space restrictions but her own words have been used so you can get a sense of her state. Words in bold have been repeated often and represent the centre of the case

Manages a bar. Separated; married twice. Five children (ages 7 – 30).

Came with depression; nervousness. Low blood pressure. Feel really **alone**. I only hear from my sisters when they want something.

Feel like no-one understands me. Feel really **insignificant** – like I don't matter. Like I **don't mean anything**.

My sister was taking my Mum up to see another sister and they didn't invite me – why can't I be part of it? **Why am I being left out?** I see myself in a corner with my arms crossed over my heart. Just me. Holding on to myself...totally alone.

I feel like I am **different**. Nobody is like me. Do I isolate myself because of it? Feel totally **misunderstood** because of it. **Want people to approve** of me because I am different. Want to be accepted. Feel as if I am sitting outside looking in judging myself.

Will people approve of me if I don't have an opinion? I always feel as if my opinion is wrong. I want people to react to me in a positive way.

I **don't matter** – makes me feel anxious because I feel like I don't want to be around. My whole life, it felt like it didn't matter if I was there or not.

Felt like this as a child. Older sister was Dad's favourite. Younger sister was Mum's. And then there was me. Mother was **abusive**. Mum used to **put me down**. If Mum puts me down, I would turn around and say I was sorry, even if I hadn't done anything. I always had to **defend** myself because I got **blamed** for things I never did. I know my parents loved me but they didn't love me how I wanted to be loved. Would have liked parents to hug me and tell me they loved me. I **miss my parents** and think about them all the time.

Attract abusive men.

I **cry a lot**. I feel like I'm going to lose it. I feel frustrated.

I'm defensive because people judge me. They don't understand what I mean.

I have **no sense of family** any more. Family is all about getting together, eating food, talking and laughter but my parents are dead; my friends don't reciprocate my invitations...I'd rather be **on my own**. There's a saying, *If you don't care, I don't care*.

I do everything on my own. My boys spend a lot of time with their Dad. When they are home, I am aware that we don't laugh. I hug my kids and tell them I love them every day but it's not enough.

Haven't been in a relationship for a long time. I'm aware I attract the wrong people. Afraid of attracting the same sort of **judgemental**, put-down type of people.

I love cooking, jewelry, painting. I love it that I am creating something that has come from me. When painting, I am **doing something for me**. My paintings tell me that I am doing something right. Paint naked women – I have a tit wall. I see beauty in naked women – a woman's body is all curves...and is so **beautiful and is there to be loved**.

People are shocked – I say they [paintings] are there for me and not for you. I shoot them down before they can put me down.

Fears the **death of her children**; going mad; heights, falling. Has panic attacks – always a scaredy child. Hates the cold.

Loves food. Chocolate is better than sex. Loves ice-cream. Toss and turn while sleeping. Wake at 2am, worrying about my oldest boy. Where is he? Is he safe?

Dreams: I've killed someone and buried them in concrete. My sister told me I had killed someone and I had to **defend myself**. Dream as a child: Someone on the end of my bed waiting to hurt me. Dreams of my Dad – talking to him. Family History: Emphysema. Stomach ulcers. High blood pressure. Heart attack.

Medical History: Mumps at 20. Tonsils out at 21. Blood clots giving birth to last child at 41. Couldn't breast feed her daughter.

Sensitive breasts during menses.

Observations: Wore lots of jewelry – large rings; gold bangles and large dangly earrings. Low, revealing top. Attractive, dark haired. Dark, sad eyes. Cried a lot.

Prescription: Lac Deffloratum 1M (one dose).

Follow-ups (4 weeks and 8 weeks):

Dreams of traveling in car/train with a feeling of *I'm on my way; moving forward*. Sleeping better.

No depression or panic.

Was offered job of managing a restaurant and said, *Yes*. Previously wouldn't have had the confidence to do this even though it was what I always wanted. Excited about the new restaurant. The owners have so much belief in me. It will all be OK.

Not worrying about things like before. It's like, *Oh, My God, my head's so quiet*. Feel really organized in my head.

Feel so different. The confidence has amazed me. I now look people in the eyes. People talk to me and I don't feel a lesser person.

More focused on my needs and what's good for me. Planned a trip to Fiji. Spoke on the phone to my oldest son about meeting me there. He said I sounded different. I said, *It's all about me now – time to take care of me*.

I don't need people that take and don't give back. I'm over it. Time for me to make me happy.

All round I feel heaps happier. Before I really focused on how much I missed Mum and Dad and cried a lot. Now I feel happy they are together and it's time to move forward.

I don't care what people think now. I've been wearing what I want to wear and not what I think other's think I should wear. Some guys commented on how great I looked.

Instead of getting angry, I'm more assertive. I can say what I want to say without aggression.

Always used to feel I was letting people down by not chasing after their needs. Now I don't bother. I feel happy in my space at home.



I can't believe how much I used to cry. I would feel so alone. Now I feel it's all good. I'm happy for the right reasons and moving ahead. Lost a bit of weight in the bum. No eating chocolate like I used to – every day. I'm eating lots of fruit now. No more ice-cream. Went to doctor for a check-up and he said my blood pressure was like that of a young girl's.

Observations: Lots of eye contact. Looked lighter and happier. Smiled and laughed a lot. Wore a black and white leopard-skin print top.

For more information on Lac Deffloratum:

📖 R. Sankaran: *The Soul of Remedies*

📖 F. Vermeulen: *Prisma*

📖 Homeopathic Links: *The Materia Medica of Milk*.

Kathy Thomas

Homeopathy Family Clinic



SEMINAR NEWS

The next seminar is on **Saturday 26 May**.

In the morning session, Ros Lyall, will be presenting a review of Canadian homeopath John Melincher's seminar on *Autism and Asperger's and Similar Syndromes* which was delivered in Wellington in November last year. Ros will also look at cases and present information about a lesser known remedy that is useful in treating such disorders.

Pratibha Dalvi is taking the afternoon session: *Practice oriented differentiations and difficulties*. She will be presenting a case study to show how to differentiate between closely related remedies.

**Seminar dates for the remainder of 2007 are:
4 August and 27 October.**

The seminar days run from **9am to 4pm**; lunch break from 12 – 1pm. ACCH senior students are required to attend the day.

To register in advance, please contact the ACCH office by phone or email. Attending the seminars is free to all ACCH students. Charges to others who attend are as follows:

ACCH Graduates: \$15 for the day.

Other practitioners/students: \$30 for the day.

FOR SALE:

Second-hand homeopathy books:

📖 Chitkara's *Word Index of Expanded Repertory of Mind Symptoms*

📖 Dorland's *Medical Dictionary*

📖 Scholten's *Homeopathy and Minerals*.

Email: MHutton@wwwf.org.nz.

TO RENT:

Consulting rooms at a chiropractor's clinic in High Street, Auckland CBD. One or two rooms available for 20 – 25 hours a week. Modern, contemporary surroundings; fully-furnished, clean rooms.

Contact Kimberley McLean at:

drk_mclean@hotmail.com.

CLINICAL TRAINING:

Mary Glaisyer is holding a clinical training weekend in Nelson on 16th and 17th June. The course is open to all students of homeopathy, as well as those who attended the previous weekend. Live and video cases will be discussed. Email Mary at: glaisyer@iconz.co.nz.

Articles for ACCH newsletters are welcome.

Submit your article via email to the editor (Kathy Thomas) at pukekahu@xtra.co.nz. We accept: Letters to the editor; articles on homeopathy; case studies; book reviews; editorials; photographs; cartoons; information regarding future courses or seminars.