

October 2015

Homeopathy

Phone Amanda to
book for the

Tuesday

Low Cost

Children's
Homeopathic
Clinic



Amanda Bate
RSHom

Practice times in
Abbots Langley::
Mon-Fri 9-5
evening & Saturday
am appointments
and Home visits by
arrangement. Skype
appointments
possible too

Clare James in Kings
Langley is my
nearest independent
Health Food Shop
stocking remedies.

Amanda Bate RSHom.

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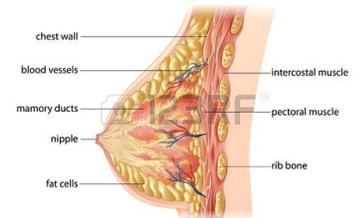
2 topics- Breast Cancer & Breastfeeding

This month is **Breast Cancer Awareness month** and this last week there has been an online documentary series called A global Quest-The Truth About Cancer. One episode covered breast cancer where doctors were speaking out about how orthodox medicine does not recognize how effective, and powerful natural medicines such as Homeopathy, and Nutrition are, and what a

brilliant cure rate they have. Part of the message from the doctors in the USA who were speaking out, was, many breast cancers take 8 to 12 years to grow to a size detectable by mammogram ; thermography can see the hotspots of cancer in breasts years before a mammogram can; nutrition and homeopathy and other alternatives are viable options if you are

not keen on chemo- and radio-therapies. In other words **you have choices and the time to investigate them!**

Female Breast Anatomy



Choices and Time frame

My advice to my patients is-if you discover a lump in your breast you may feel shocked and fearful-though not everyone does. Stop! and take some deep slow, breathes; take **arnica 200 and aconite 200** for shock and fear. Then phone your homeopath and GP and arrange appointments. If you can afford it a thermograph may be a better option to a mammogram.

Your homeopath can

talk you through options regarding homeopathy and nutrition, using these on their own or alongside orthodox treatments of surgery, and/or chemo- and/or radiotherapy.

It is important to remember that YOU have **choices** and the time to explore them, GP's and homeopaths should respect and support your choices.

You may choose not to go the orthodox route

but you can still use the NHS for check- ups and tests and you can always change your mind to begin or stop a particular treatment or therapy.

The choice is yours.

There are other therapies and treatments and you can find information about them on 2 websites

<http://thetruthaboutcancer.com/>

<http://www.canceractive.com/>



Breastfeeding-is it always best?

We all know that our breasts make milk ready for our new baby and it is to *suit that baby at that time*. i.e a premature baby needs different milk to a full term baby and a full term baby needs different milk to a 3 month old...and so on. Our clever body makes what we need.

It is rare for a mother to

not to be able to make what her baby needs. If you are having problems of any kind around feeding the very best people to talk to are the breastfeeding counselors of the La Leche League. Their help is free, they have meetings and give online and phone support.

<https://www.laleche.org>.

uk/

But sometimes for whatever her reason a mother does not want to, may not like to, or has decided she would like to bottle feed. That is FINE!

A relaxed mother is better for a baby than a stressed one.

Each family should be supported to do what works for them.

Breastfeeding problems and remedies

Not every mother and baby takes to breast feeding immediately and may need a bit of help and practice. Do read the La Leche League handbook-it is beautiful and called *The Womanly Art of Breastfeeding*, or phone the LLL-see website above.

Homeopathy can help with feeding problems too-cracked nipples,

blocked milk ducts and mastitis may all be helped with the remedy **Phytolacca**.

Other remedies to consider for mastitis include **Belladonna** for hot, red, throbbing breast pain, **Bryonia** when any movement makes the pain worse.

A word of caution here... mastitis needs to be healed quickly, so if

new to homeopathy or if unsure of the remedy do phone a homeopath, or see a doctor.

Bellis Perennis is a remedy for any injury to the breast, a blow, a bruise, a cut and also I suggest one tablet is taken before and 3 times a day for 2 days after a mammogram, as this procedure can be very painful. Use it too after breast surgery.

You are an individual.

Remember Homeopaths treats people not diseases. This means that although many people will respond well to the remedies suggested above in the situations mentioned above, some will not. This

is because we are all individuals and need a remedy which suits us and the way we experience the illness or condition or injury.

Homeopathy is used by pregnant mothers, during childbirth, for

newborn babies, toddlers, school children, teenagers, and adults. Talk to a Homeopath today.

If you have Any questions contact me! I am happy to help.

