

McKenzie's Food for Thought

Informed insight into the latest medical news & what it means for you

CALPOL - SYMPTON SUPPRESSANT

It has become part of Western culture, administered unquestioningly to the youngest babies at the slightest suggestion of discomfort or infection. But every symptom is caused by an intelligent immune system response to something not quite right in the body. They should never be suppressed. The same goes for symptoms in children. Unless a child is obviously in severe pain and a diagnosis has been made it's worth rethinking your attitude to Calpol. Take a look at the ingredients:

Paracetamol – potentially fatal when used too regularly or above the recommended dose. Paracetamol is one of the commonest causes of liver failure in the UK. If it were submitted for licensing today it would not gain the approval of the UK's Committee on Safety of Medicines as an over-the-counter drug. It has been associated with kidney damage and asthma. Some researchers caution against using drugs to block fever in case it interferes with normal immune development in the brain, resulting in neurological disorders in susceptible children. **Carmoisine** (strawberry flavour E122) associated with hyperactivity, asthma, hives and insomnia. **Glycerol** (E422) can cause headaches, thirst, nausea and high blood sugar. **Sorbitol** (E420) associated with flatulence, diarrhoea and bloating. **Methy hydroxybenzoate** (E218) can cause hyperactivity, asthma, skin problems, insomnia and numb mouth. **Xanthan gum** (E415) can cause asthma, skin irritation and hay fever.

So what are the other options?

Firstly, don't panic if the child has a fever – only when it gets very high does it become of serious concern. Don't ignore it. Fever means the body is dealing with stuff – fighting infection and “burning up” bacteria. Cold bathing is one option. Also if your child professes to feel well enough to run around or refuses to stay in bed, cold damp socks on their feet is a great way of drawing the fever down and out of the body without actually suppressing it.

Assorted homeopathic remedies can be considered:

Aconite – fever that comes on suddenly, often at night, generally after midnight. Often after exposure to dry cold winds or chilling of the body after overheating, especially when warm and sweaty. Frequent chilliness, great heat, anxiety and restlessness, violent thirst. **Belladonna**: General

heat with chills, little or no thirst, cold extremities, possible throbbing headache, skin hot and burning. **Bryonia**: patient lies quiet as any movement makes them worse. Pain in the whole body, tongue may well be coated white, much thirst for large quantities of water at long intervals. **Nux vomica**: fever brought on from exposure to cold of any kind, starting with stopping of the nose, great heat yet patient feels chilly when uncovered.

Gels: often used for flu type symptoms. Great general prostration, fever with no thirst, aching in body.

SID THE SLUG IS SILLY

According to Dr. James le Fanu, the UK Govt.'s £4m anti-salt campaign and all those crusading to reduce salt in our diet, are barking up the wrong tree. He believes that it is lack of exercise rather than excessive salt intake which is responsible for the Western World's epidemic of high blood pressure. The process by which the human body survives millisecond by millisecond is called “homoeostasis”: literally, ‘staying the same’. The chemical and liquid levels of thousands of body states are constantly monitored and adjusted. Correct, stable blood pressure is one of the body's most vital factors. At the last count, 40 balancing and counterbalancing ways had been identified, none of which is the salt level. The body's salt level is, nonetheless important for the correct function of many other processes but thanks to the kidneys, any excess salt in the body is immediately excreted in the urine. Only massive, sustained salt intake, or kidney disease, would overwhelm their work.

Even if the kidneys are not functioning properly, and salt levels in the body went unhealthily high, it would not affect blood pressure. The 40 balancing functions try at all costs to ensure that, defying gravity, the right pressure of blood reaches the brain. Adjustments are made to achieve this end every time we change position. What does eventually disrupt homoeostasis is being unfit and lacking in muscle. The more muscle in the body, the more vessels the blood has to run through, keeping pressure down.

FOLLOWING PAGES:

Learning Corner – Relationships

Breast cancer & antibiotics

Aluminium in vaccines.

Homeopathy – all in the mind?

ALUMINIUM IN SALT

Commercial refined (white) salt is not only stripped of all its minerals but also heated to such high temperatures that its chemical structure changes. It is also chemically cleaned and bleached and treated with anti-caking agents which prevent salt absorbing water in salt cellars. Unfortunately, anti-caking agents perform the same process in the body, stopping the salt dissolving and combining with fluids in stomach and digestive system. Instead, it builds up in the body, leaving deposits in organs and tissues, causing severe health problems.

The most commonly used anti-caking agents are sodium aluminosilicate (E554) and calcium aluminosilicate (E556), both sources of biologically available aluminium, which has been implicated in several chronic diseases, including Alzheimer's. Worse, because the aluminium leaves a bitter taste, manufacturers often add sugar in the form of dextrose. Refined salt severely disrupts the equilibrium of the body and has been associated with over 60 diseases.

RECYCLING

Old cans are turned into new ones for just 5% of the energy it takes to turn aluminium ore into cans. New recycled cans are usually back on the shop shelves within six weeks. The energy saved by recycling one aluminium can will power a 100 watt bulb for 20 hours, a computer for three hours or a TV for two hours.

DO ANTI-BIOTICS INCREASE RISK OF BREAST CANCER?

A new study has shown a link between the long-term use of antibiotics and increased risk of breast cancer. Further studies are needed to establish whether antibiotics actually cause breast cancer or whether a weakened immune system leads to higher rates of both. In the meantime researchers urge women to be cautious about long-term use. Other comments include the fact that chronic illness (which sometimes involves the long-term use of antibiotics) often includes prolonged inflammation in parts of the body and long-term inflammation of breast tissue can raise levels of oestrogen, which have been strongly linked to breast cancer.

ALUMINIUM IN VACCINES, INCLUDING PEDIACEL.

Mercury may be being more or less successfully removed from vaccines but other common vaccine ingredients are extremely dangerous. In "The Truth Behind the Vaccine Cover-up", Russell Blaylock, features aluminium hydroxide and aluminium phosphate. Blood levels of aluminium triple following vaccination with a vaccine containing either compound. The aluminium they introduce into the body and brain can cause a wide range of problems, e.g. people who have a flu jab 5 years in a row appear to develop a tenfold increase risk of Alzheimer's.

Macrophagic myofasciitis, a condition that causes profound weakness and a wide array of neurological

problems, can sometimes destroy the myelin sheath which surround the nerve fibres in a very similar way to multiple sclerosis. It can also involve visual loss, bladder dysfunction and cognitive and behavioural disorders. The bad news is that the five-in-one Pediacel jab recently introduced for two month old babies in the UK contains aluminium phosphate. It also contains formaldehyde (which was banned from children's mattresses to reduce cot death).

In 2004 the UK Department of Health announced that all of its vaccination programme, including its new 5-in-1 Pediacel (against diphtheria, tetanus, whooping cough, Haemophilus influenza type B (Hib) and polio) would shortly be thimerosal-free. Campaigning organisation 'Health Advocacy in the Public Interest' have recently discovered that, in the USA at least, thimerosal-free does NOT mean mercury-free. To save costs, vaccine manufacturers had continued to use thimerosal when manufacturing the vaccines, then tried to filter it out afterwards. Sadly, filtering did not remove all the mercury as it binds persistently to proteins in the vaccine. The independent analyses also discovered that all four vaccines tested contained aluminium compounds which increases the toxicity of mercury still further and has been implicated in brain cell death in people with Alzheimer's disease.

INTO THE FUTURE BASED ON THE PAST?

Several leading biotechnology foundations have discovered that the most promising new cancer treatments are based on the use of a sufferer's own blood cells combined with stimulants that enhance the number and fighting power of one's own natural defensive agents. These treatments will not be expensive per se although, like traditional homoeopathy, they will require and will rely on fine tuning for what is best for each individual patient in order for the treatment to be as effective as possible.

SEMINARS & COURSES: RELATIONSHIPS

Do you settle for less than you deserve, or less than would make your heart soar? Are you jaded and disillusioned? Have you downsized your heart, hoping and wishing that your intimate relationship would miraculously improve?

Would you like more joy, laughter, trust, understanding and passion in your relationship? If so, spend the day learning some useful skills to enhance your relationship or to use when you embark on a new one.

The day is packed with information and useful tips including the Disciplines of Love, the differences in men's and women's approaches to love, life and sex, the concept of eroticism and .how to resolve conflicts.

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HOMOEOPATHY – FOR OR AGAINST?

I have been in practice long enough to not really be surprised by the recent attack on homoeopathy. When I was a student (over 12 years ago now) there was a most interesting documentary on whether homoeopathy was placebo. The scientist on the QED programme admitted to having set out to disprove something so “dilute and bizarre” as the “little white pills”. He admitted that the more experiments he carried out, double blinds, triple blinds, the less he was able to maintain that stance. He showed case after case where it was clear that homoeopathy worked over and above any possible placebo effect.

The Indian government has also spoken out against the latest negative press pointing out that one study is not enough to overturn an entire system of medicine, used in 66 countries, with millions being successfully treated.

What Homoeopathy is and isn't

My feeling is that it is the increasingly widespread use and success of homoeopathy that has led to such an unethical and flawed report. The experiment used one remedy on 10 patients and when there wasn't a great response homoeopathy was condemned. Yet such an experiment flies in the face of the principle of homoeopathy. **Homoeopathic medicine is prescribed on the individual's symptoms – elicited in detail and analysed often to the “nth” degree – left side, right side, sharp, piercing, stabbing and so on.** Many of those reading this who have consulted a homoeopath will understand the detail taken. Thus to prescribe a “general” remedy for “sore throat” will no doubt result in significant failure for it is not how homoeopathy needs to be prescribed. **Based on a holistic approach the whole person must be generally be considered for an accurate prescription.** Of course there are general remedies such as “aconite” – good for the onset of colds & fevers & “nux vomica” – useful for overindulgence but for the most part prescribing... As the Indian report stated, *“it is a new science with a rational philosophy...not merely seeking to cure disease but treating disease as a sign of disorder of the whole human organism...health should be defined as physical, mental, social and spiritual well-being and as homoeopathy deals with the man in a holistic way. Its potential to show improvements in all aspects of life is immense and that too without any adverse effects. It is a form of medicine closest to the body's natural healing processes, approximating the essence...body's ability to heal itself... a system of healing that trusts and supports the human body in a deep, healing process at a physical, mental and emotional level.”*

Placebo and Allopathy

Placebo is a very strong tool in many cases and allopathy has used it for decades, if not centuries. Yet that doesn't mean that homoeopathy is founded on such

a principle. I have seen too many cases, particularly in babies and animals where they could not even understand that something was “going to make them better”, even adults who are in despair and have invested much in allopathic medicine in their attempt to restore their health. If homoeopathy functions purely on placebo, I would love an explanation why allopathic medicine doesn't have such a ‘powerful’ placebo effect? Patients of allopaths are just as keen to “believe” that the medicine they are taking will cure them, remove their symptoms. All too often it doesn't do that. The ferocity of the condemnation is surely illustrative of the fear the billion-dollar drug industry is having about such a cheap source of medicine and cure. Both the Glasgow and Bristol Homoeopathic hospitals have plenty of studies to show the efficacy of homoeopathic medicine.

Placebo and Homoeopathic Remedy

Over the years I have seen remarkable cures that must go way beyond any placebo effect. Some cases I have seen turn around even when I quietly was in despair, so there wasn't even “my mental input” to influence the outcome. One dramatic result was a skin case on a little boy in the slum clinics in Kenya, whose parents had already seen allopathic doctors. **About 80% of this body was covered in a large scaly eruption of unknown origins. He was shivering with coldness even in the hot tropical sun. He couldn't move very well due to the pain in the skin. The only conventional diagnosis available was the non-specific catch all phrase of “dermatitis A”. No doctor had been able to cure him until we came. Given just two doses of the appropriate homoeopathic remedy his skin was 90% clear within 6 weeks.** He had lived with the eruption for over 3 years... Did he believe that “our” medicine was going to be more effective? Unlikely and in any case it cost considerably less than any previous treatment so it wasn't even as if there was a greater financial commitment, to ensure it “had to work”...

Just recently I was called by the mother of a young boy I treat. He tends to have a lot of allergic reactions. **They were at their wit's end for as a keen swimmer he was emerging after every swim with hugely sore, inflamed, itching eyes – from the chlorine. Conventional eye drops and creams were useless. I prescribed chlorine in the controversial homoeopathic dilution – no more problems.** Placebo? If so, why? I didn't spend hours with him as some allopaths have contended –that it works due to the time spent with a patient. I merely spoke with the mother, elicited the symptoms and prescribed. I didn't even speak to the boy himself. And what of the child with **chronic suppurative otitis media**, aged 13. **Since the age of five months she suffered with recurrent ear, nose and throat problems, had 2 ear surgeries and years of antibiotics. On a homoeopathic remedy for a few months and she had the first winter in her whole life where she had no cold, infection or congestion.**