

*Ian Webster DSH, MARH
Registered Homeopath
Bramblebye Cottage
Buckfast TQ11 0HN
tel: 01364 644717
0791 764 4413*

www.flyinghomeopath.co.uk

October 2018

Welcome to my Autumn newsletter. I'm beginning the newsletter with discussing PTSD (post traumatic stress disorder). PTSD is defined by the NHS as: 'an anxiety disorder caused by very stressful, frightening or distressing events'. There can be many causes. I'm approaching the topic by discussing someone I recently treated; something I haven't done before in a newsletter. John (not his actual name) is a retired Army Sergeant major. I have his permission to discuss his treatment and he has approved the content prior to my releasing the newsletter.

On the recommendation of his wife, John contacted me for treatment in June last year. John aged 49, had joined the Army when he was 18 and had enjoyed Army life until he was sent to Bosnia during the Balkan Wars and witnessed ethnic cleansing. He was subsequently sent on 12 operational 'tours' of the Middle East. I'm not going to recount here the ghastly horrors of what John experienced throughout the 15 years in the Balkans and the Middle East other than to mention that through it all he also lost 33 mates...30 killed in action, 3 by suicide.

At the time I saw John, his main symptoms were – severe mood swings; periods of depression marked by intense self-loathing and feeling worthless; sudden outbursts of anger; insomnia and nightmares in which scenes of war horror recur; low motivation; not wanting to get out of bed and what he described as 'a pit of hatred, wanting to destroy everything you've got... One day you're in carnage, you come home and the next day you're pushing a trolley through Tesco's'. After the Balkans, he started binge-drinking for days on end and then gave up drinking 10 years ago with the help of AA. All of this is completely out of character with the young man he was prior to the Balkans. He had been offered no help by the Army throughout his career or on retirement and said the Army way is to typically drink your way through it.

In PTSD, the trauma penetrates deeply into the subconscious mind. I use the analogy of a deep wound that subconsciously festers, producing what we recognise as symptoms such as John's. These symptoms are unsuccessfully controlled by the person's logical and rational mind as the rational mind is overwhelmed by the subconscious. Successful treatment 'cleans out' the wound so that symptoms significantly diminish. There is usually a sensitive scar that remains but the person is much freer from the trauma so they can enjoy their life.

One month after commencing treatment, John reported "I'm feeling brilliant.... got my mojo back". We then went through all of the main symptoms he had reported in the initial consultation; all had significantly improved. He also mentioned he feels much less guilty; something that hadn't been covered in the first consultation. Fifteen months later, John is still really well and enjoying his life. I've asked John and his wife to contribute to this article:

John: *I didn't understand what was going on with me, I was a different character- anger, depressed, self loathing and erratic behavior which had a dramatic negative effect and hurting people around me, especially my wife and family. I felt at times if I were able to end everything it would end all the pain I was feeling and causing. My wife had already had great success with homeopathy in the past, she suggested it would be a positive direction to recovery. I decided to take the homeopathy route because it's natural and I wanted to avoid talking to doctors who would prescribe anti-depressants I wanted a more holistic approach to my recovery. The homeopathy for me has been very successful and I feel without it I would be still be in a dark place. I would recommend it to anyone. As it is a truly life changing experience.*

John's wife: *For many years I saw my husband's personality deteriorate and although on the surface he seemed to be functioning the cracks would start to appear then the episodes would start. This would be massive mood swings and unpredictable behaviour. From my experiences of homeopathy, I believed this was the safest and most positive route to take to recovery. And it worked.*

I've discussed the treatment of PTSD in this way to illustrate what homeopathy can do for a debilitating condition that many people would consider is beyond the scope of successful homeopathic treatment. John's recovery is also a huge testament to his honesty and courage and his wife's love and support.

Onto something completely different now.... menopause! Many menopausal women I have known and treated find the physiological and at times psychological changes really hard to cope with. 'I don't know myself' is a common statement. I have seen excellent improvement at times with homeopathic treatment with a good 'constitutional prescription' (treating the whole person). Well known menopausal remedies such as *Sepia* work well only if the indications are for *Sepia*.

Many women are also looking for a well-balanced and informative understanding of menopause and its changes. They often find themselves though caught between the conventional medical approach which is usually HRT oriented and the New Age approach which is not helpful when physiological changes are causing considerable suffering. There seems to be little in between, a 'middle ground' that offers genuinely holistic information and understanding.

A group has recently been formed near Sidmouth to address this lack of middle ground. The group has been set up and is led by Sharon Conn and Sue-Clair Morris who between them bring decades of practitioner and teaching experience. If you are interested, contact Sharon on 07915 262202 or Sue-Claire on 07913 891804.

If you have received this newsletter in the post, I don't have your email address. If you are online, would you please email or text me your email address so I can save on unnecessary use of paper and postage costs. I would really appreciate your feedback on this newsletter. Please take a few minutes to let me know.

*With best wishes,
Ian*