



*Men – this one's for you ... but since men are notoriously bad at looking after their health. I'm hoping that the ladies who love them will have a little read too!*

Of course it is a huge generalization to assume that issues like high blood pressure, heart disease and alcohol dependency belong only to men – but as I have not covered them in other newsletters, this seems like a good enough time to do so. Don't be offended!

**High blood pressure** (hypertension) is an increase in systolic and diastolic pressures above the normal, and a reading of 140/90 is considered as the upper limit of normal pressures. Risk factors include obesity, alcohol and salt intake, heredity, environment and humoral factors may be present. Early symptoms of high blood pressure include headache, giddiness, palpitation, dyspnoea (=uncomfortable, difficult breathing; shortness of breath) – but also none may exist. Homeopathy has at least 15 - 20 remedies suited to this condition and the choice of prescription would be made according to your specific expression of the condition. Whilst the medical profession has it's answer to high blood pressure – the medication is often seen to be 'for life' and is often accompanied by side-effects. Remember that homeopathic remedies are safe, non-toxic, gentle and harmless. And yet, they are very effective and can sometimes bring down blood pressure effectively enough that remedies can, in time, be stopped. This is the ideal, long-term solution.

Apart from dealing with 'heart' specific problems, there are some excellent remedies for simply enhancing and supporting healthy heart function.

**High cholesterol**, is most often asymptomatic and only discovered through 'routine' checks. As we know, the primary line of defense is a change in diet. However, as two-thirds of our cholesterol is metabolized by our liver, it is also critical to offer the liver support. Homeopaths have in their toolkit a host of what they call 'organ-support' remedies – and there are several that can support healthy, effective and efficient liver and pancreas function.

**Alcohol dependency** is many people's 'solution' to the stresses of modern life. It is easily disguised as 'social' drinking – but many people would be hard pushed to do without their regular tittle. Most importantly – what ALL addictions, of any sort, mask is an underlying anxiety. Homeopathy would look first and foremost at addressing the underlying and 'maintaining' mental and emotional causes for the dependency. Thereafter, we would, once again set up a programme of liver support. In addition, I personally, would use EFT (Emotional Freedom Techniques) to support my treatment of addictions. This also applies to smoking and over-eating.

**Gout** is associated with inflammatory arthritis. Crystal deposits are salts of urate in connective tissues, and it is best to avoid beer, red meat and avocados and to eat as many cherries as possible! One-third of the uric acid pool is secreted through the gut,

which is very efficient, and two-thirds via renal excretion, which is less efficient. Too much uric acid can cause kidney stones and is generally destructive to the kidneys. Over-production and under-secretion of uric acid is the primary cause. Renal disease, drug therapy, hypertension, lead toxicity, hyperthyroidism are common causes. In this case we would treat with a range of homeopathic kidney support remedies and ease the discomfort with remedies prescribed for the acute pain.

Burn-out, stress and performance anxiety are the primary causes of **lack of libido and impotence**, and addressing these would form an important part of the homeopathic treatment plan. Many patients with impotence have no definable organic cause and a careful history of physical disease, related symptoms, stress and psychological factors, together with drug and alcohol abuse, must be taken. However, one of the most common physical causes is autonomic neuropathy, most often a result of diabetes mellitus. Vitamin supplements, including C and E are excellent supports. You may be pleased to know that Homeopathy has its own answer to Viagra!

**Prostate problems** seem to be on the increase – the most common being benign hypertrophy which occurs most often in men over 60. The condition is progressive and can lead to various urinary disorders: frequent urination, first noticed in night-time trips to the loo, hesitancy in urination, difficulty in starting/stopping urination, dribbling afterwards, sensation of incomplete emptying and occasional haematuria (blood in the urine, which in very small amounts may give the blood a smoky appearance) Another clue is a forked stream of urine, or having to adopt a strange position to get the urine stream going. The other common prostate disorder is prostatitis, which is an inflammation of the gland, usually associated with infection by staphylococcus streptococcus, E-coli or gonococcus. It may be acute or chronic. There is usually attendant pain, swelling and tenderness and aching or discomfort. Again – these symptoms are treatable with homeopathy over a fairly extended length of time. An excellent herbal support is Saw Palmetto. A few drops are taken in a little water two or three times daily. It tastes pretty horrible but is apparently very effective!

**Business 'Failure':** Men (as well as women these days) are often 'over'-identifying with their sense of business prowess and measurable success. Perceived failure can be the result of making a poor but far-reaching business decision; due to voluntary or imposed redundancy and cut-backs – especially in these 'credit crunch' times, or simply setting such high and unattainable personal goals as to always feel that you are falling short of some yardstick. It can result from being overlooked for promotion. Another – (often underestimated) time of adjustment is at retirement. Whilst everyone assumes that this is everything you have ever looked forward to, for many, it is accompanied by a sense of : 'what now?' or 'what was it all about anyway?' or 'now I am a useless 'old' person'. We need to not assume that it is always plain sailing.... Again, Homeopathy has a remedy for these and a host of other problems.

PLEASEN REMEMBER!! Homeopathic remedies have an excellent track record for addressing both physical and emotional difficulties.