



Homeopathy Newsletter

Spring is the time for a fresh start, so I am very pleased to announce the launch of the first 3Fold Homeopathy Newsletter which will be issued ones every two months. It is a newsletter for all people who have or had homeopathic consultations at the clinic of the same name. Homeopathy, a modern medicine, has been around for more than two hundred years and has gone from strength to strength. The aims of this newsletter are to inform you about the possibilities of this beautiful medicine; how it works and in what ways you could benefit from the different services provided by 3Fold.

Consultation fee is 50,- Euro incl. remedy.

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Enjoy this newsletter. Regards,
Jeroen Holtkamp, I.S.Hom.

www.homeopathy3fold.com

Beside the 3Fold homeopathy newsletter I would like to introduce the new website. The main objects of the website are to explain homeopathy in more depth and to provide practical information about the clinic. The website is still under construction but contains most information at this stage. In the near future you

will be able to download the newsletter from this website.

Refresher on homeopathy

In this issue I would like to give you a few tips about what plants to look for in your garden; Plants with healing powers that can be released through a special process, called potentization. Not only plants, but also animal substance, minerals, etcetera are used to make homeopathic remedies. These crude substances are diluted according to certain procedures to such extent that all chemical properties are replaced by curative properties. Take for example Coffea Tosta a homeopathic remedy made from coffee. We can experience the primary, chemical effect on our organism when we drank too much of it. One can be troubled with sleepless nights due to excitement and a racing mind. Or even complain of palpitations. The more homeopathic diluted the coffee, the more it loses its chemical effect on our organism and the stronger the response of our recovery mechanism. This response would be that it tempers the over excitement, slows down the racing mind and the rate of the heart.

A person doesn't have to be overdosed with coffee to develop these symptoms. The symptoms mentioned above can be for example caused by mental excitement after having a life changing insight or after mental exertion. Anybody who presents similar symptoms can benefit from potentized coffee. Like the short example of coffee given above there are thousands of remedies known in homeopathy, which are compiled in the material medica.

Plants with healing power in your garden

Spring is the season of birth. With the first warm sun beams birds reappear and build their nests.

The fields and forests sparkle with life. Flowers and so-called weeds pop up in your garden. Do not get rid of those weeds before having a little homeopathy exploration through your garden. You will be surprised what can be found. Most people did hear stories from the past times when herbs from around the house were still used for healing purposes. For most of the Western population unfortunately this is only something from the past. However the healing power of plants always existed and will be at our disposal as long as the Earth is spinning around. In this first newsletter I would like to give a few tips about what plants to look for. Homeopathic remedies only should be taken on prescription from a registered homeopath.

Yes! The dandelion, known as taraxacum in homeopathy, has many healing properties. It grows almost in all types of soil. The



homeopathic remedy that is derived from this plant can be applied in cases of liver complaints. The person has jaundice or is troubled with gallstones.

Very characteristic are the cramping pains in different parts of the body. But stitching pains could be present as well. People who need this remedy might admit that they are constantly muttering to themselves. They are troubled with irresolution and they could appear to be very talkative. They are inclined to talk, laugh and be merry. At the same time they might characterise their life as being bitter. People who need this remedy could complain of a bitter taste in the mouth after eating. The symptoms

that I just mentioned are just a few of the entire list of symptoms that this remedy can produce in healthy people during a homeopathic proving.

Well, you can't fail to notice this one! It is the hawthorn, or as we call it, *crataegus oxyacantha*. In homeopathy we call all remedies by their Latin name. Farmers in Ireland have the tradition of using these thorny bushes as natural fences. The white blossoms are dominating the colours in the beautiful Irish landscape during spring time and in the autumn the berries spread a brown red glow. This remedy has a special affinity with the heart. Especially irregularity of the heart, lowered blood pressure and pulse are characteristic for this remedy. It is a sedative in cross, irritable patients with cardiac symptoms. People who need this remedy will have relief of these complaints when walking outside or when a few windows are opened. They might appear apprehensive and despondent. The skin feels cold and there is blueness of the fingers and toes. There are many remedies in the homeopathic materia medica that have an affinity with the heart and or circulatory system.



Doesn't it look cute, the bulbous buttercup, which can be found in hayfields and in your lawn. Its scientific name is *ranunculus bulbosus* and is a member of the *ranunculaceae* family. In homeopathy several members of this plant family are used. It is no coincidence that they have also healing properties in common. The bulbous buttercup has in common with its family members that it needs attention and support in a big way. The patient has a negative opinion of herself and doesn't feel understood. She furthermore is afraid to show her feelings even to family members. They are workaholics and can be very irritable at times. In general they feel worse from cold, cold weather or a change in weather. Peculiar is the general aggravation this patient feels after drinking a little alcohol. The patient might complain of a cold sensation in chest and lungs. Chest problems could get worse from motion and inhalation. Other complaints are rheumatic and arthritic pains, especially in the back.

Ranunculus bulbosus can also be useful for people who suffer from the shingles. In homeopathy there are many remedies with a curative effect in cases of shingles.

There are many more plants that might grow near your house which are also used in homeopathic medicine. I would love to tell you more. Other native plants that I might deal with in future newsletters are the daisy, monkshood, the greater celandine, the purple foxglove (a beautiful plant widespread throughout Ireland with a great affinity to the circulatory system.), belladonna and many more.

Homeopathy and conventional medicine

Patients can also avail of my services in the Greenstreet Medical Centre in Castlepollard. Homeopathy works very well in combination with conventional medicine. When people take conventional medication it is important that they continue taking their medication until they feel the healing effect of the homeopathic remedy. Patients might reduce or stop their conventional medication, after deliberation with their GP or specialist.

Feedback

If you appreciate this newsletter and would like to receive it for free every two months, please let me know. To confirm just send me a text with your full name and your E-mail address, if you have one. You can also mail me or just call. I am looking forward to send you the next newsletter, but I prefer to do this via E-mail. It saves money and the environment.

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Looking forward hearing from you!



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