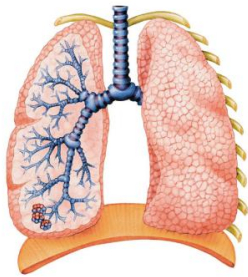


Relieves the lungs



Breathing in and out fresh air; most of us take it for granted, but it is estimated that currently about 110.000 people in Ireland are suffering from ailments that obstruct a free respiration and that number is rising. The medical name for diseases that obstruct the free flow of air in our lungs is Chronic

Pic.1 Obstructive Pulmonary Disease, in short COPD. COPD is the co-occurrence of chronic bronchitis and emphysema. Being diagnosed with COPD means for many people a life long medical drug dependency. In contrast to asthma COPD gets progressively worse. **Depending on the individual case homeopathy can relieve the symptoms associated with COPD significantly and possibly reduce the medication dependency to nil without side effects.**

A great offer for anyone who presents this newsletter at first homeopathic consultation! A reduction: from € 60. - to only € 50. - per consultation and the remedies are for free.

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Enjoy this newsletter. Regards,

Jeroen Holtkamp, I.S.Hom.

Homeopathy and the lungs

We all know to what high extent our breathing is affected by our state of mind.

If you are tense and agitated you are inclined to have a shallow breath. When you have relationship problems or have something else emotional on your mind you intent to sigh frequently. When relaxed our breath is more deeply and slow. To the homeopath the lungs are intimately connected with the mental and emotional state. **Thanks to this holistic approach the homeopathic remedies can have a profound healing effect on the respiratory system and the mind at the same time.** The medical word inspiration for inhalation bears evidence of the widely acknowledged close connection between mind and body in the past. The medical term for a hampered respiration, dyspnoea, comes from the Greek word pneumatic, which means spirit. Our lungs have a structure that resembles the tree to some extent. At day when we are more active and trees produce oxygen our intake of oxygen is at its highest. The diaphragm (the muscle just below the lungs in picture 1) and the muscles



Pic.2

between the ribs make the lungs expand at every inspiration. Air rushes through the trachea and splits up into two directions via the Bronchi to the lungs. From there the network of airways is becoming more and more refined. At the very end at the lung sacs, which look like bunches of tiny grapes, the oxygen is absorbed in the blood.

Homeopathic remedies

Homeopathic remedies are not chemically engineered but derived from plants, animals and minerals. All homeopathic remedies are tested on healthy people. A group volunteers take a remedy of which they don't know the name. Over a period of time they produce temporarily mental, emotional and physical symptoms.

These symptoms are recorded in to huge volumes which we call the materia medica. Over the years the number of remedies grew to an excess of 5000. Each remedy recording describes a holistic mental, emotional and physical picture. The homeopath prescribes a remedy with characteristics that are most similar to the overall state of the patient suffering from a hampered respiration. The most similar remedy will stimulate the mind-body organism to bring about relief of its own accord.

The individual experience

The homeopathic remedy Lobelia would suit people with mild but hindering respiratory difficulties. They could appear bluish from suffocation but the lungs are clear and function normally. They are serious and closed people and very anxious about their health. **The homeopathic remedy made from Opium** can be used for people who have a very slow, noisy and obstructed respiration. But this remedy can only have a beneficial effect if it is generally similar to the patient. Beside loud snoring and the respiratory problems they might complain about episodes of overwhelming sleepiness and everything might appear to them as if in a dream. This patient might tell with certainty that her breathing difficulties started after a terrible fright.

Proper breathing and relaxation

Breathing properly decreases the suffocative feeling and gives peace of mind. Sit up straight on a chair and lay your hands on the stomach just above the bladder. Inhale through the nose and feel the hands coming up first. Breathing through the mouth is ok when if the nose is blocked. Slowly the chest expands up ward as well. Start the exhalation through the mouth before the muscles in the shoulders come in motion. This exercise may also be done while lying on the back.

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