

Homeopathic remedies for the changing season

With the change of season coming around many people with arthritis prepare for the worst. Approximately one out of every six Canadians is affected by arthritis, which accounts for a whopping 4.2 million people in Canada alone. But what if arthritis didn't have to plague you this fall? What if you were able to walk about and see the change in the fall colours without worrying about arthritis pain? What if you were actually able to stimulate your body to be able to overcome your arthritis pain?

Homeopathy is a medicine that dates back to Hippocrates. Over 2000 years ago he talked about the two approaches to healing, one being medicine using the principles of contraries (Our medical system today) and another being the principles of Similars (Homeopathy). The body is naturally a self-healing organism, but when an illness/disease plagues the body, our systems are overwhelmed and unable to overcome the mistunement. Homeopathy has had great success in treating such conditions as arthritis by stimulating the body using similar principles to respond to the symptoms the individual is experiencing thus tuning the body to focus on the mistunement and correct it. This is why homeopathy is so effective.

The two most common types of arthritis are rheumatoid arthritis and osteoarthritis. Homeopathic remedies that are effective for arthritis include:

Arnica: for chronic arthritis with a feeling of bruising and soreness. The affected parts feel worse from being moved or touched. Aurum metallicum: for wandering pains in the muscles and joints that are better from motion and warmth and worse at night.

Bryonia: for stiffness and inflammation with tearing or throbbing pain, made worse by motion and cold dry weather. Relief can be had from pressure and from rest. The person may want to stay completely still.

Calcarea carbonica: for deeply aching arthritis involving node formation around the joints. Inflammation and soreness are worse from cold and dampness; problem areas are the knees and hands.

Causticum: for deformities developed in the joints, in a person with a tendency toward tendon problems, muscle weakness, and contractures. The hands and fingers may be most affected, although other joints can also be involved. Stiffness and pain are worse from being cold, and relief may come with warmth. The person often feels best in rainy weather and worse when the days are clear and dry.

Calcarea fluorica: for arthritic pains that improve with heat and motion. Joints become enlarged and hard, and nodes/lumps or deformities develop.

Ledum palustre: Arthritis that starts in lower joints and extends to higher ones are candidates for this remedy. Pain and inflammation often begin in the toes and spread toward the ankles and knees. The joints may also make cracking sounds. Cold relieves the swelling and pain.

Pulsatilla: for changeable rheumatoid arthritis pain or when the flare-ups move from place to place. The symptoms are worse from warmth, and better from fresh air and cold applications.

Rhododendron: for swelling and soreness flare up before a storm, continuing until the storm blows over. Cold/dampness aggravate the individual's symptoms. Discomfort is often worse toward early morning, or after sitting still too long.

Rhus toxicodendron: for rheumatoid arthritis, pain and stiffness that is worse in the morning and first motion, but better from continued movement. Better in warmth. The condition is worse in cold, wet weather.

Ruta graveolens: for osteoarthritis, feeling of stiffness and lameness, worse from cold/damp and worse from exertion. Tendons and capsules of the joints can be deeply affected or damaged.

Remedies provided by Jessica Ernewein, DCHM (Hons), HD(RHom)



Sudbury Homeopathic Clinic

Homeopathy... Safe and effective. For people of **all ages** from infants to seniors.



Jessica Ernewein
Classical Homeopathic Practitioner
DCHM (Hons), HD(RHom)

1500 Paris Street
Sudbury, ON P3E 3B8 **705-805-0508**

www.sudburyhomeopathicclinic.com