

A case of asthma and eczema.

Neil Spence RSHom

Linda was five when first treated for eczema and asthma. She is a stout girl with a marked wheeze; a sweaty head; labouring for breath; constant cough, congested chest. Eczema of the arms and legs, also spreads onto her face: little raw inflamed patches of skin, it looks like impetigo in one or two areas: crusty, suppurating clear sticky fluid which crusts over on top. Linda scratches but it's sore. It is worst around the bends of her elbows and on her upper arms.

History

Impetigo has been treated with antibiotics a few times when she was younger. Eczema started at weaning time, the first time she ate eggs. At five, she developed asthma. In foggy weather Linda wheezes and coughs. She can cough so much she gets an asthma attack or diarrhoea or even both at the same time. The change of temperature as the sun goes down seems to affect her chest badly. She has a history of fevers and aching joints and flu-like symptoms if she gets soaked. She is very cold after she swims, she takes ages to warm up again. She has a large crop of warts on her fingers

Personality

Linda is a cheerful girl, quite confident, able to talk easily with me. She can be quite dominant, especially with her older brothers, who tend to give in to her. She does not have a temper. When she is well she is happy to be independent; when she is not well she argues with everyone and is very hard to please.

The homeopathic remedy *dulcamara 30* was prescribed, one dose per day initially. Occasional doses of *tuberculinum 200* were also given when indicated.

Two months later, Linda's asthmatic attacks had reduced about 50%. Treatment continued for two years. When I last saw Linda, her cough had gone, her asthma was much better and her skin was clear. Linda does not use her puffers at all now. She needs an occasional top-up dose of homeopathic remedies.



Neil Spence RSHom

Neil qualified as a nurse in 1979 and worked for several years in intensive care. His search for a more holistic approach to health then led him to homeopathy. He studied for four years, began practice in 1993 and two years later achieved Registration with The Society of Homeopaths.

Call reception for appointments: 01224 636378

Relaxation and Bodywork contd.



Laura Davison

Laura has been a Shiatsu practitioner for 18 years and is Principal of Aberdeen College of Shiatsu. The College runs 3 year training courses in Aberdeen. Laura added Craniosacral Therapy in 1996 and regularly uses both therapies in her practice at The Rosemount Centre.

Bodywork and relaxation release the experience from the body. We hold memories of experiences within our bodies as well as our minds. The importance of non-verbal communication is often missed. Not all problems can be spoken about, and speaking about them can be stressful, it can lock you back in the time when the trauma happened and over focussing on this can re-traumatise.

Different methods work best for different people. If relaxation is hard for you then using complementary therapies such as massage, aromatherapy, reflexology and shiatsu can help you to relax as someone is working on your body. You need to feel safe with the practitioner, ask them what they are going to do if you are not sure. If you have any areas that you do not wish them to work then say so.

Massage has a good rhythm which is relaxing; the strokes help to release tension in muscles. It can help to take you to a still and quiet place within. Relaxation through bodywork can help you to move on from an argument with a partner, a stressful time at work, or to come to terms with trauma from years ago. A recent stressful time may be resolved in a few sessions; if the origin of the problem goes back years then it will take longer to shift, but you can usually see some results immediately.

My main focus of work is Shiatsu and Craniosacral Therapy, Shiatsu is a more active form of bodywork the practitioner working on meridians of energy to help bring your energy system back into balance. Craniosacral Therapy is more passive, feeling into the body and responding to the pulls of tension, letting the body lead the way in.

The more relaxed we are then the easier it is to deal with our lives, work and relationships. If you have never tried bodywork then give it a go, you don't know what you are missing!

Appointments with Laura are available by telephoning 01224 636378