

I had however, not developed a vocabulary of medical or health related terms, but one of tools, and electrical and plumbing systems. Eventually help turned up in the form of a friendship with an American who had lived in Venezuela for 30 years, and who had been a physiotherapist there.

I started a small clinic from home 1 – 2 days a week plus home visits on occasion. These were initially musculo-skeletal problems in the main, necks, shoulders, backs and tennis elbows. This spread to repetitive strain injuries among the office workers on keyboards, and finally I treated a lovely local taxi driver who had horrendous work hours and severe cluster migraines. He spoke little English and my Spanish was improving. After 3 weeks he had no more headaches and was controlling his extra hours better and had told all his colleagues. I then had another great success with a lady suffering from infertility. I brought herbs back from the U.K. for her. She had a miscarriage following IVF but then went on to conceive naturally and have a healthy pregnancy.

I spent the last 2 years that I was there studying Chinese herbs with the College of Integrated Medicine by distance learning. I am now completing the final clinical year here in the U.K. after which I can tailor make prescriptions for individuals. Chinese Medicine has a wide Pharmacopoeia and is “descriptive” of the patient's condition rather than “prescriptive” as in Western Medicine's use of pharmacy. It extends the range of practice wonderfully to aid the patient.

Sue May is available at The Rosemount Centre on Thursdays.

## A man with multiple allergies and hayfever treated with homeopathy

Aged 20

by Elaine Cairney RSHom

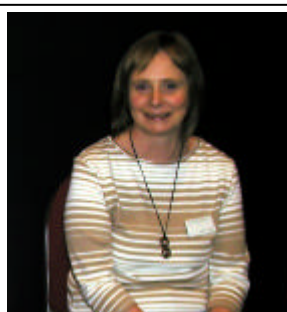
This young man was suffering allergies to grass, pollen, dust, cats and dogs. Since a child he always suffered hay fever; symptoms were gunky runny itchy eyes, sneezing, itching of palate and itching skin. Since the age 14 (puberty) his symptoms have become worse and now he is allergic to cat and dog hair. This makes life very difficult as most of his family have an animal in their home.

He suffers catarrh of the nose and throat and becomes congested then gets wheezy. The wheeze is worse late evening between 9pm and midnight. He is also worse if playing sport and falling on wet grass and for any change of temperature. He can have a cough, which at times is too deep to cough up and has recently been prescribed inhalers from his G.P, which, helps for an hour, or so and then symptoms return.

He recently heard about Homeopathy and took some hay fever remedies from a chemist. Euphrasia and Cat Hair. Since taking these remedies he feels his symptoms have got much worse.

He is a family man and likes the company of family and friends, he is at his happiest when playing sport and being a member of a team. Being with people always makes him feel better. He is conscientious and a team builder at his work. He is fair skinned with light hair and blue eyes.

The Remedy Pulsatilla was prescribed, as it is this man's constitutional remedy. This remedy brought about a permanent relief of all his symptoms. He was able to go to anyone's house where there was an animal and suffer no symptoms. A constitutional remedy is one that suits the nature of the person as well as the symptoms they suffer. The reason the hay fever remedies did not work was because they were treating a single symptom and not similar enough to the whole person to make any impact. He has now stopped his inhalers and has required no further treatment with remedies since I saw him 3 years ago.



**Elaine Cairney RSHom**

I was introduced to Homeopathy 25 years ago in New Zealand after being given a pill by a Homeopath. The results were amazing and I became so intrigued by this system of medicine that it became my first call in health care. On returning to Scotland I began to study Homeopathy professionally and graduated in 1997. Since then I have worked at The Rosemount Centre alongside a group of very dedicated therapists and love every minute of it.

Elaine runs her homeopathic clinic on Wednesdays.