

Healing Naturally

September/October
2014

Moving
Meditation
Tai Chi

Natural Treatment
for
Asthma

Good
Berry
**Wild
Rice**

Beat
**Bloating
and Gas**

How Food Affects
Osteoporosis

Lifestyles
**Starting New
in the Fall**

Guest Author on
**Fever and
Homeopathy**



Healing Observations

About HEALING NATURALLY MAGAZINE

HEALING NATURALLY MAGAZINE is dedicated to the understanding that we each have immune/healing capabilities that can help us heal from issues we experience not just physically, but in all areas of our life. The MAGAZINE addresses various common chronic illnesses and other issues we experience, and suggest natural actions we can take to become well. We invite you to consider the approaches suggested herein as perhaps more natural for you, even if they seem more “unconventional”.

We know that in acute situations, there is still much use of the many artificial approaches of conventional health care because emergencies call for the quick use of whatever procedures and substances that will arrest the emergency. When the emergency has passed, and for any non-emergency healing needed, we can naturally return to wellness by using the natural procedures and substances that support returning to wellness. This is why more people every day are seeking information about natural approaches to healing.

HEALING NATURALLY MAGAZINE is dedicated to providing you that information and making the products, services and other sources of information such as courses, videos, books, and other Internet and non-Internet based products available to you that will accomplish exactly that...HEALING NATURALLY. We will provide information that you can use for specific healing issues; information that you can use immediately; information that has been demonstrated to help many other people experiencing what you are experiencing and information that has a research basis for the suggestions described.

We also recognize that healing goes beyond the absence of illness. So also look for articles, products and services that will continue to enhance all aspects of your life.

In September and October we're getting re-started in Fall. This issue of the MAGAZINE features a number of ways to benefit your health as you get that “new start.” We also are starting a new “Guest Author” section of the MAGAZINE with an article on “Fever and Homeopathy.” The table of contents provides more details.

To further clarify our purpose, WE STATE THIS DISCLAIMER. The information in HEALING NATURALLY MAGAZINE does not diagnose, prescribe for, cure, prevent, or treat disease. You are requested to consult the appropriate health care professional sanctioned by your government to diagnose any problem you have and prescribe the appropriate solution to your problem. Once you have this information, including options from a sanctioned source if you so desire, you are then in a position to choose your course of treatment from any source.

To further enhance this publication, we would like to hear from you about areas where you would like further information. You also might have information that you would like to add to HEALING NATURALLY MAGAZINE to let others know what works for you. We solicit any and all feedback that you would like to provide.

You can email us at healingnaturally2013@gmail.com. We look forward to hearing from you.

Enjoy this issue of HEALING NATURALLY MAGAZINE.

David Cunningham
Editor

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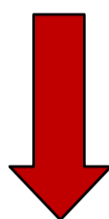
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REALLY APPRECIATE IT IF YOU WOULD
PROVIDE US WITH A REVIEW AND A RATING IN
APP STORE.**

IT WILL JUST TAKE A FEW SECONDS!



RATE THIS MAGAZINE



Homeopathy & Fever



Don't Put the FIRE OUT!

by Deborah Holcomb, DSHM

Lets begin with a simple question:

When was the last time you had a cold with a fever?

Many people might say that they can't remember when their last cold or fever occurred. Others may say they are always fighting something. In either case these are extremes and can indicate a confused, weak or compromised auto-immune system. The results are indicative of one of two things. A small percentage of individuals may have such a strong immune system that the body has not recognized a virus for a while, or in other and more often cases the body is working on issues which are deeper than the common cold or flu. Your body's first defense is it's auto-immune system and it is actually important for this system to engage with a fever once or twice a year to continue building a strong auto-immunity.

We have become a global community with heightened stressors resulting in greater bouts of anxiety, sleeplessness, allergies, digestive disorders and obscure (but now quite common) auto-immune disorders. Many things have contributed to this change including the quality of our foods (soils), water, toxicity, air pollution and excessive latex exposure.

When a change of seasons is upon us, with sometimes tremendous shifts in temperature and weather, we must adapt to these environmental changes. Most of us begin to prepare for the chance that we may face a cold in these times of tremendous change. We are impacted with numerous commercials and advertisements that promise relief of our discomforts and the elimination of a fever. But have you ever stopped to ask what is really happening when you catch a cold and why it is important for your health?

Encountering bacteria and viruses are a symbiotic part of the human condition with regard to strengthening the immune response. When taking a cold relief medicine it may temporarily improve your symptoms but what is it really doing to your immune system? A healthy individual encounters one or two colds throughout a year and if managed properly uses this opportunity to improve their auto immune responses.

When you do get a cold with a fever how do you and your body respond to it?

In a normal healthy human being the natural auto-immune system creates antibodies to fight these colds and viruses as the body works to heal itself. These auto-immune protocols within the body, if given an opportunity, further to strengthen the immune response when facing similar colds and flu's in the future.

A healthy immune system actually welcomes opportunities to continue building itself and its arsenal of antibodies at the rate of one or two colds a year. Commonly we recognize symptoms such as fever, runny nose, cough, sneezing, headaches, chills, congestion, sore throats, and inflammation as signs of the common cold or flu. The next question is what can you do when you are faced with the common cold?

Continued interruptions to our natural ability to find balance can cause confusion to the build in the auto-responses of the body over time. Add to this the additional myriad of side effects associated with suppressive drugs and the playing field for our immune system certainly becomes muddy indeed.

Once a cold has presented with a fever, the body has fully engaged in its auto-immune response by making antibodies to effectively control the infection of the cold or flu. Vaccinations can result in a fever in similar response.

In the United States we are highly impacted with over stimulation including media and technology, over worked with the stresses of career expectations and family obligations, under rested thinking the elimination of rejuvenating sleep is the only room in many schedules controllable, and easily misled nutrition by the misguided notions that processed and fast foods are acceptable substitutes for good nutrition. These factors have greatly contributed to a cycle, which has largely impacted overall health in the past 65 years. As a result of this intense way of life there has been a massive psychological filter, magnifying a need for immediate gratification in just about every sector of living. This of course impacts our health.

What is the first thing you do when you contract a fever with a cold or flu?

Is it any wonder that we want immediate relief with little or no concern to what is the root cause of our ailments? The discomfort gets in the way of our agendas, our lives, our schedules. We don't have time for pain, disruptive digestive issues or insomnia (only to name a few).

As we'll explain later, Homeopathy has a considerably different approach than that of conventional medicine, instead of the focus being immediate relief of the acute symptoms through the means of suppression. Simple examples of this conventional approach are the use of painkillers and fever reducers.

Painkillers used for a headache work to relieve the presence of pain by blocking those neural receptors that are the body's way of indicating a disturbance, which needs to be addressed. This approach does nothing to support the healing process with regard to the root cause of the pain. Exploration into why the pain is present helps to determine why and gives an opportunity for the imbalance to be addressed. Is the pain due to inadequate diet, hydration, environmental exposures, stress, issues with eyesight, or a deeper and more threatening issue? The ability to simply block the pain can actually make matters worse as it can mask the root of your body's call to help with something that is out of balance.

Over the counter fever reducers work in a similar fashion as pain inhibitors, in that where there is an interruption in the natural functioning of the body's auto immune response.

So some questions you may now want to begin to ask yourself include:

- Where in my system am I most vulnerable or how does a cold normally effect me?
- Is there a pattern to a season or are there triggers that seem to lead me to becoming ill?
- What makes me feel better or worse during an illness?
- How long does it take for me to feel better and to completely rid myself of a cold?
- How suddenly did the fever/cold arrive?
- How are the other symptoms presenting? i.e.: what kind of sore throat, what does the pain feel like, what and how is the congestion appearing, is there a headache and where on the head?

This is a more comprehensive look at deeply understanding the process of the onset of your cold or flu. This is the beginning of the approach taken in Homeopathy.

Homeopathy itself is built on the premise that 'like cures like' by matching a 'similar' remedy portrait to the full spectrum of an individual's symptom picture. It supports the body's own means of strengthening itself through a single 'minimum dose' of a correctly selected remedy. In addition, the remedies are highly diluted to where they are easily used with conventional medicines without any counteractions.

This is also why homeopathy requires a thorough inquiry into the broader expression of an individual's symptoms including multiple sectors of their lives, not just the main complaint. Career, environment, relationships, diet, stress, sleep, nutrition, hydration, exercise and libido are all important facets to determining the remedy best suited as a 'similar' frequency.

Samuel Hahnemann the father of Homeopathy noted in his publication; Organon of the Medical Art, Aphorism #38; how scarlet fever will suspend cowpox. "... on the eight day cowpox becomes interrupted by the beginning case of scarlet fever. During the body's focus on the scarlet fever the red areola of the cowpox disappeared until the scarlet fever was over, whereupon the cowpox immediately resumed its course and went on to its regular termination." There are cases where measles and small pox also relate to each other in similar ways.

Homeopathy acknowledges that each human being is unique and although as a group we can face epidemics, it is as an individual that we face these disturbances with disease on our own individual terms. Even twins that are born identical are anything but identical. They can have different areas of weakness or predispositions causing allergies in one and not the other.

As life progresses this becomes even more evidently pronounced. With the perspective of 'like cures like' Homeopathy works to allow the body to heal itself with the use of carefully selected remedies that in their crude substance, give 'SIMILAR' symptoms to what the individual is exhibiting.

In the case of a headache, Homeopathy finds importance in the location of the pain as well as a clear description of the pain itself, when it occurs, and what modalities make it better or worse. For example what impact does heat, cold, light, sound or movement have on the headache. Once a clear understanding of this description is taken, a remedy that produces similar headaches, when taken as its crude substance, can be used as a remedy for that particular ailment. The body moves into the frequency of the remedy and begins to drop the distracting physical symptoms which further allows the body to focus in response to the root cause of the headache. As the healing progresses the remedy wanes and will no longer be needed.

Attending to fevers is addressed in a similar way. Using the body's natural means of defense, it acknowledges that a chain of events is occurring with a building of antibodies and white blood cell defenders.

There are 292 remedies associated with general fever symptoms, so identifying the correct one means looking more closely to the overall symptom picture as well as the nature of the presenting fever. For example: Some have chills without perspiration, others are hot with profuse sweating. Some have appetites and others are without thirst.

A correctly matching Homeopathic remedy determines the results of its effectiveness. Here are a few common Homeopathic remedies used for fevers where the symptom pictures match well:

Aconite: Useful in early stages of colds, fevers and inflammations. Complaints come on suddenly, with cause possibly from cold / dry winds, shock or fright.

Belladonna: High fevers that come on rapid, delirium, bright red flushed face often right side more than left, head hot, hands and feet cold, dilated pupils and can have intense headache.

Bryonia: Dryness of all mucus membranes, great thirst for large amounts of water, must lay absolutely still, worse slightest movement. Better firm pressure.

Chamomilla: Over sensitivity, pains intolerable or appear out of proportion to the illness. In children one cheek may be red.

Gelsemium: Shivering up and down spine, trembling, aching muscles with heaviness of the head and eyes, but with mental alertness.

Phosphorus: The main indicator for this remedy is the presence of a cheerful mood with thirst for cold drinks.

Pulsatilla: Ear infections, very changeable symptoms, moody, tearful and crave company. Children will be clingy and whine. Thirst-less, and much worse in a stuffy room - and although ill, are much improved in fresh air. Discharges are thick, bland, yellow-green. May be brought on by chilled feet or getting wet.

A simple way of experiencing the body in its ability to re-balance itself is the natural way it regulates normal healthy individual temperature. Have you ever noticed how when taking a very hot bath your body will become somewhat chilled soon after getting out of the heat of the tub? This is a natural movement of the body to stabilize itself by moving to cool itself when it is overheated. We begin early in life unintentionally interrupting these natural responses including through the overuse of fever reducing drugs.

Another example of how we unknowingly interfere with our body's natural ability to heal is how we react to burning ourselves while in a kitchen. Most chefs know that when encountering a burn from cooking it is recommended to place the burn in very warm water immediately.

This is against what we are taught as children. Our mother's often ran for ice and cold water.

When a burn occurs on the surface of the skin the body immediately engages in a cascade of miraculous responses to cool and heal the affected area. The nervous system remarkably sets in motion everything that is necessary. However, when we immediately cool the burned area, the body halts its movement to heal. It is interrupted and slows down or stops the auto-response. This can often result in blisters and delayed healing.

If the opposite is done and the surface burn is introduced to very warm water - it accelerates the healing response that is already naturally occurring. This oftentimes results in a quick return of healthy surface skin with little indication of the burn's original existence.

Did you know the human body with its individual susceptibility will normally focus on one infection/condition at a time, starting with the most invasive? This translates into how the immune system engages to protect us. The body also resonates with a single frequency throughout itself or in other words your nose resonates at the same frequency as your big toe.

The body will not recognize a disease it may become exposed to if it is already focused on another disease / condition which is more threatening to the body. Additionally, if there are two diseases of similar strength, one can interrupt that of the other.

There are some exceptions in cases where the vital force of an individual is so compromised that it no longer has the ability to rebound on its own and in these cases the symptoms of multiple diseases may be present. Layered contributions of multiple auto-immune dysfunctions can be reflective of this as well.

The body therefore although exposed to many different viruses, bacteria, fungus and microorganisms; systematically determines what is most threatening to its survival based on its susceptibility. It then concentrates its energy to isolate and eliminate this most threatening imbalance. Our individual susceptibility is what allows us to actively invite or engage with any of these micro relationships to become a more aggressive expression, as with a cold or flu.

A fever is an outward sign that your body is fighting an invasion. Each fever is different and needs to be taken seriously. If there are no signs of a cold but a fever and pain are present anywhere in or on the body, it is important to seek out your medical doctor immediately. A serious infection could be brewing requiring immediate medical care.

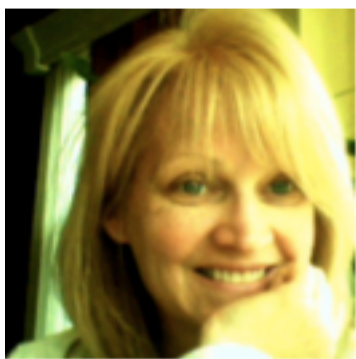
With the common cold some fevers come with no chills while others have continued chill with profuse sweats. Some show unquenchable thirst while others present thirstless. It is important to watch fevers in everyone.

Children can have a tendency to spike as high as 103 degrees F for short periods but only for short periods and should be seen by a medical professional immediately if the fever continues for very long or grows hotter. This can be an indication of a more serious condition such as a severe ear infection or disease.

In an adult, a steadily rising fever with a cold or flu needs to be watched. Monitoring the temperature as frequently as every 15 to 30 minutes to see if it reaches beyond 101.5 degrees F is a good practice. In an otherwise normal healthy adult if it reaches 102 degrees F for longer than an hour, taking one aspirin or similar fever reducer (of which you are comfortably able to take without adverse reaction) will allow the fever to continue to work but does not eliminate the auto-immune response entirely.

If the fever should remain above 100 degrees F for more than a few hours taking EmergenC or similar brand can further support the electrolyte functions in the body. This boost of Vitamin C with the much-needed B Complex vitamins can be taken several times a day without any worry of side effects. When in doubt about the cause of any fever or if it continues for any length of time without breaking it is wise to contact your health care professional.

When a cold presents, it is important to drink plenty of fluids and eat foods that are supportive of strengthening your body and most importantly getting plenty of rest. This means that staying in bed and allowing the body to rebound naturally will make you stronger in the long run. Suppressing the fever may allow you to work or stay on your schedule BUT it does little to strengthening your immune system for the future and may in fact cause you greater grief in the long run. These are some of the things to consider when you are faced with your next common cold fever.



Deborah Holcomb, DSHM is a Homeopath committed to educating those interested in empowering themselves towards better health with responsible nutrition, vitamin/mineral supplementation, classical homeopathy and other modalities beyond the limitations of western medical methodologies.

A graduate of Classical Homeopathy from The Canadian College of Homeopathic Medicine, Toronto, Deb works with Chiropractors, Physicians, and Veterinarian's across the United States.

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The Center on High, 3208 N. High Street, Columbus, Ohio 43202

DHolcomb@AlchemyOfLife.org

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