

CLINIC TOPIC: MEN'S HEALTH & HOMEOPATHY.

I have chosen Men's health for 2015's first clinic topic, I hope you will come and speak to me in the pharmacy where I will be happy to discuss your health free of charge during the clinic times 10am to 1pm Thursday & Friday's in January.

Symptoms, Causes & Homoeopathic Treatment

The present day typical lifestyle has considerably increased the health risks for men, and understanding the health risks is a crucial part in maintaining a healthy life. Changes in lifestyle can help address men's health concerns including stress, headache, heart disease, hyper/hypo tension, obesity, diabetes, stroke and conditions unique to men such as diseases of prostate, low libido, erectile dysfunction, male infertility, low sperm count and low quantity of semen. Homeopathy offers effective remedies for all these conditions.

In my experience, a lot of men use homeopathy and have homeopathic constitutional consultations. So why do men ask for homeopathy? The same reasons as women and children: allergies and intolerances, arthritis, skin problems, weakened immunity causing lots of coughs and colds or influenza, gastro intestinal problems, help with recovering more quickly on both mental and physical injuries after accidents, anxiety, depression, loneliness, sleep problems, anger management, problems with confidence and/or bullying in the workplaceThere can be bullying whether you work in a factory or in the stock exchange. The workplace climate with emphasis on constant target setting can be conducive to a bullying climate in itself. We may not be able to do anything about the bullying but homeopathy may be able to help you deal with it. Sometimes the bully may not realise there is a problem. Stress, anxiety and exhaustion are likely to make you feel much more sensitive to atmosphere and comments than you might feel ordinarily. Men traditionally are not meant to allow these things affect them. They are meant to be tough and resilient.

Talking about these problems in the consultation followed by taking homeopathic remedies can help to put these feelings in perspective and allow you to work out a way of handling the situation in a way that is better for you.

Men also ask for help with traditional male problems, prostate enlargement and/or frequent urination because or despite it, erectile problems, problems with confidence in relationships, help with becoming healthier before trying for a baby..... Again, as with all homeopathy we look at the whole person, what makes you, you. We discuss things that might be worrying you, lifestyle, loneliness, relationships, any factors in your lifestyle that may be contributing to ill health. Often patients know what isn't doing them any good but are not yet at a stage to consider or want to change their lives. I am not here to preach or force you into anything, the impetus comes from you. Eventually the idea is that you feel well enough to make decisions about your life. You may even then decide that you are not going to say, give up smoking. It's your body and you have to make your own decisions without judgement from anybody else. Homeopaths are meant to be unprejudiced observers. We can suggest things that may improve your health but the first step in your recovery is you taking responsibility for you.

Contrary to popular belief that men don't like talking or talking about themselves and therefore are unlikely candidates for homeopathy, I see a lot of adult male patients. Whether you are the strong and silent type or chatty and jokey type, men do benefit from the homeopathic consultation and the remedies that follow. The first consultation is an opportunity for me to get to know you and work out what makes you unique so I can find a remedy that will help the most. We talk about things that you are interested in, and maybe some things that you are less interested in. The idea is that, as for all patients, the consultation is a conversation in a confidential setting and should be a pleasant experience. If you don't want to talk about something you don't have to. Sometimes confidence has to build up over time before you are able to share some things that you want help with. That is entirely normal and absolutely fine.

Homeopathy may be an alternative therapy worth trying as it offers an in depth diagnostic look at your whole health and then the Homeopath prescribes the appropriate remedy, that can be used alongside your other medication.

How can our Homeopathic consultation and remedies help with men's health?

We have many options for getting the right remedy and a good response to your symptoms. After a detailed consultation we would look initially at various relevant remedies, (supplied by the **Royal Family's homeopathic pharmacy, Ainsworths**. We are also recognised by **Aviva insurance**, so your consultation is potentially without charge.)

Homeopathy is an effective and scientific system of healing which assists the natural tendency of the body/mind to heal itself. It recognises that all symptoms of ill-health are expressions of disharmony within the whole person and that it is the patient who needs treatment not the disease.

As a case study, some years ago, a man of 56 came to see me. He told me, "I'm worried I'm going to have another breakdown (this had happened some years previously). I'm just feeling so stressed again. I wake up in the morning feeling so anxious. If there's something I don't want to face at work I find ways to avoid it. A while ago I just broke down in floods of tears and I had to have some time off. Now if someone comes to the door or the phone goes I make myself scarce. I've been having panic attacks. I'm having problems with impotence."

He was indeed worryingly close to a breakdown. In addition he had significant problems with indigestion and flatulence. He had joint pains and was not sleeping well. It is so common that, when we get ill, we are affected on all levels of our being: physically, emotionally and mentally. I felt that Lycopodium would be a good medicine for him. Lycopodium is a remedy strongly indicated in people who lack confidence even though the ability is there. They have the tendency to run away from problems. Nearly always an individual needing Lycopodium will have some kind of digestive upset. A few doses of Lycopodium worked miraculously for him. Not only did he feel much happier and able to take problems easily in his stride, but all his physical complaints cleared up.

Homeopathy is safe and can be used by the elderly, children and even babies as there are no side effects. It is non-invasive, non-addictive and simple to use. It can be used with other types of medicines and it's even safe to use in pregnancy. It's a holistic treatment that stimulates the body's own healing power by identifying and addressing the cause rather than suppressing the symptoms.

I have been treating patients for over 27 years and I am confident I can make a real difference with a holistic approach to your wellbeing. Please contact Dr. F. Perez for a no obligation consultation, available 24x7 as a mobile service to you or weekly on Thursdays and Fridays at **Cranleigh Pharmacy**.

Surrey's only mobile alternative therapy service available 24 hours of every day!

Disclaimer: *I would not advise people to discontinue any treatment prescribed by their doctor, instead I strongly advocate an integrated approach to healthcare, where complementary and conventional medicines are used responsibly together to provide the best care for the patient. Dr. Michael F Perez MD MARH is an allopathic. Any views or advice in this article should not be taken as a substitute for medical advice or treatment, especially if you know you have a specific health complaint.