

CLINIC TOPIC: HOMEOPATHY FOR DIGESTIVE DISORDERS.

Homeopathy for Digestive Disorders:

Homeopathy is a safe and useful way to treat various digestive disorders, including indigestion, stomach-aches, bloating, gas, ulcers, constipation, diarrhoea, acid reflux, irritable bowel syndrome, heartburn, and Crohn's disease. The homeopathic approach views these symptoms as the body's attempt to correct an imbalance. The homeopathic doctor and patient work with the body, using remedies that act as a catalyst to aid the body's innate healing ability. This allows the patient to better detect and respond more quickly if a more serious condition becomes apparent.

How Does Homeopathy Treat Digestive Disorders?

When someone has a stomach-ache, the body is signalling that something is not right within the patient. By using a painkiller, the patient masks the pain and does not treat the underlying imbalance. This can lead to other, worse conditions for the patient. Homeopathic remedies do not mask symptoms. Rather, they *hone in on* the underlying cause of problem. For example, if a patient has diarrhoea caused by anxiety, the treatment addresses the anxiety to permanently eliminate the disorder.

Some of the common ailments of Gastro-intestinal tract includes:

Indigestion : Eating can cause a number of symptoms such as pain in the upper abdomen or behind the breast bone (heart burn) nausea and belching (flatulence). These symptoms can often be alleviated if you avoid foods that are rich, fatty or spicy or if you replace large meals with smaller but more frequent snacks and drink extra milk, antacid indigestion tablets can also help but they interfere with the absorption of iron. The symptoms of indigestion are heartburn, wind (gas) and cramping pains. They are usually caused by eating too much too quickly, especially if you are eating very rich food and drinking alcohol.

The most useful remedy is "**Nux vomica**", the digestive system seems stuck, heavy and sluggish and the feeling is that you would feel much better of the undigested food would move up or down or out! Another remedy that is sometimes helpful is-- "**Lycopodium**"

Trapped wind (gas) can cause extreme discomfort. Late after noon or early evening is often the worst time for this and the feeling is sometimes accompanied by anxiety. The remedy often works well on people whose gastric system is the weakest part of their constitution.

Gastro enteritis : Gastro enteritis is the inflammation of the stomach and intestines that can follow various infections, dietary indiscretions such as too much alcohol or spicy food or certain drugs including antibiotics. Symptoms include pain vomiting and diarrhoea -Homeopathic medicines can be very helpful in easing the discomfort severe inflammation of the stomach and intestines, usually as the result of a bacterial infection from contaminated food or water is called gastroenteritis, it causes diarrhoea severe intestinal pain, fever, head ache and fatigue, it often occurs when people are traveling abroad, sensible precautions include drinking only bottled water, refusing drinks with ice cubes washing and peeling fruit and avoiding salads and foods that may have been kept warm for a long time.

Constipation : Infrequency of bowel action often causes unnecessary anxiety as it is not unhealthy to have a bowel action only twice a week if the stool is soft, the symptoms of constipation are infrequent, hard stools that are painful to pass and may cause bleeding from the rectum. If you do have a tendency to constipation it may help to eat a diet that is higher in fiber, try eating more fruits and vegetables, pulses and whole meal flour or bread and whole grains such as brown rice, if you have been used to adapt to the different foods that you are eating, try to drink at least 2 litres / 3 pints of liquid per day and more in hot weather or when you are abroad in a hot climate you should always consult your doctor straight away if you suddenly become constipated for no apparent reason. Regular bowel movements are vital for full bodily health but 'regular' can vary for each person.

Belching and Flatulence ; The sudden expulsion of gas from the stomach through the mouth known as "belching" often occurs after eating certain foods. Especially highly seasoned foods peas and beans, some vegetables and fruit that have a high carbohydrate content, flatulence is also often present with digestive upsets such as indigestion or when you suffer from a stomach problem if you have swallowed excess air when you are rushing and eat a meal too quickly.

Indigestion and Heart burn : Indigestion is the discomfort that is felt in the upper abdomen which usually occurs after eating too much food, eating too quickly or eating fatty or highly spiced food, emotional stress

can also be a factor however the term indigestion is often also used to describe a variety of symptoms including belching nausea and vomiting and also heart burn. Heart burn is a burning pain behind the breast bone that can be caused by the back flow of stomach acid during pregnancy, a hiatus hernia (protrusion of part of the stomach into the chest) or obesity, it is aggravated by lying flat by bending over and by drinking alcohol.

Diarrhoea and Colitis ; Gastro enteritis is the inflammation of the digestive tract and it is the most frequent cause of diarrhoea, inflammation that is confined to the colon (part of large intestine) is called colitis and here the diarrhoea usually contains blood and mucus and may also be accompanied by abdominal pain and fever, colitis is a feature of crohn's disease and ulcerative colitis. Whenever there is blood present in the stool, you should consult your doctor immediately.

Symptoms and some helpful Homeopathics Medicines

Loss of appetite, a craving for acidic foods, the belch tastes of the food just eaten -**Antimonium crudum**
Belching accompanies stomach upsets pain over stomach, which radiates to all parts of the abdomen -
Argentum nitricum
Belching heaviness, fullness and sleepiness occur together, belching is worse when lying down ----**Carbo vegetabilis**
Much flatulence that is not relieved from bitter regurgitation, belching is worse after eating fruit ---**China officinalis**
A burning sensation in the pharynx, food tastes sour, abdomen is bloated -**Lycopodium**
Flatulent colic accompanied by belching of gas bending double provides relief --**Magnesia Phosphorica**
Sour bitter difficult belches ---**Nux vomica**
Belches large quantities of wind straight after eating -**Phosphorus**
Heart burn with loud belching, craving for indigestible things -**Calcarea carbonica**
Indigestion after eating fruit, acidic foods ice cream or cold drinks -**arsenicum alb.**

How can our Homeopathic consultation and remedies help your digestive problems?

To start with, the homeopathic enquiry is a very profound one and very often during a consultation various factors come to light, which may be creating the problem in the the patient's life. A discussion as to how they may be overcome, removed or mitigated, can often be very helpful.

Discussion itself can be extremely therapeutic. In many cases the patient is anxious or worried because nobody has taken time to talk to them. The homeopathic physician spends a lot of time with patients.

Having carefully assessed the patient, taking into account not only his illness and how he is reacting to it, but his whole make-up, the homeopathic physician then tries to work out the patient's constitutional remedy. If he succeeds in selecting the right remedy, the patient's wellbeing, resistance, resilience, general health and ability to cope are enhanced and many digestive problems can be helped. There are a number of polychrests (medicines of many uses) often prescribed constitutionally, which are particularly appropriate for different sorts of digestive disorders.

I have many options for getting the right remedy and a good response to your symptoms. After a detailed consultation we would look initially at some of the above remedies, (supplied by the **Royal Family's homeopathic pharmacy, Ainsworths**. We are recognised by **Aviva Insurance and others**, (so your consultation is potentially reimbursable.) 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 me for a no obligation consultation, available 24x7 and at my weekly health clinics every Thursday and Friday, at **Cranleigh Pharmacy**.

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 doctor not registered with the General Medical Council, I dedicate my practice to homeopathy. 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.