

## **From Homeopathy Today, December 2003**

### **An acid test for homeopathy - How homeopathy kept this family together - December 2003**

by Jenny Malyon, RSHom, PCH

This story begins in 1990 when I was expecting a child and suffering from repeated kidney infections. I was in a new relationship and also had children from a previous marriage still at home. After the birth, the urinary infections continued and so did the cycle of antibiotics until I realized that this was going nowhere—and went to see a homeopath. After taking the homeopathic remedy prescribed for me, I felt wonderful and never had the urinary symptoms again. So I was naturally quite excited about the whole experience.

#### **Rewarding outcomes all around**

All very familiar, of course, to those who have experienced homeopathy's effectiveness. Nothing remarkable so far about my story! But there was a backdrop to this tale. My previously loving partner had become verbally abusive during that pregnancy in 1990, leaving me confused and anxious. Subsequently the abuse escalated into another familiar tale, and life was very difficult for me. However, my excitement about this strange thing called homeopathy continued to thrive, and my partner bought me Miranda Castro's *The Complete Homeopathy Handbook*. I began buying remedies and treating my children, as well as anyone else who was interested, with rewarding outcomes all around.

#### **A fateful hand**

At this point fate took a hand. My partner developed a painful earache after swimming in the surf during a holiday. He asked for a remedy and I pored over Miranda Castro's remedy descriptions. You may not be too surprised to hear that I decided that Nitric acid seemed to fit the bill with its affinities for painful inflammations and ears, and a violent temperament. Knowing relatively little about potency, I phoned Helios Pharmacy and ordered Nitric acid 12C. It seemed like a low potency to me, but I didn't want to guess at a high potency either. The remedy arrived the next morning. He took one tablet daily, and five days later he not only had no earache, but all the long-standing warts on the palms of his hands had cleared. Spooky!

It was not the warts that I was aiming for but the earache. The warts were a bonus, along with his obvious emotional improvements. This made me see homeopathy as a "totality treatment," although I would not have used that phrase then.

#### **Best door was yet to open**

Now this may still sound very ordinary but the best was yet to come: a moment of realization for me. Because I had read in *The Complete Homeopathy Handbook* about the remedy "pictures" with concomitant mental and emotional symptoms, I could see my partner's treatment of me as a part of his pathology and not as a crime. That was a momentous shift in my own understanding. I understood that people's negative traits are symptoms of their own "dis-ease."

I began to give my husband Nitric acid when he seemed unduly stressed out. I tried other potencies but 12C was always the best potency for him. He became calmer, less angry each time, but he also realized that these terrible rages and bleak feelings were defined by a Nitric acid state and could be overcome with its use. He wanted to feel better, like we all do. He became an active and willing partner in getting better.

These improvements in how he felt opened the door for us to talk about the situation on a different footing without having to blame. We were both able to observe what was happening and talk about it. I began to experience our relationship as having a chance of success after all. It showed me the incredible power of homeopathy.

#### **To treat or not to treat**

So I went to college and became a full-time homeopath. My husband and I went for some family therapy and he went for individual counseling. Life still had its hurdles but we worked at it.

I now know that it is not recommended that a homeopath treat close family members because of the difficulties inherent in being objective, etc. But I was not a homeopath when I began

treating my partner, and I was in dire straits. I can only say that I am glad for what I did not know at the time. It also raises an interesting question for me. Who knows us better than a loving family member?

### **A warty postscript**

There is a postscript to this tale. When she was seven years old, our daughter developed filiform warts (long thin warts with finger-like extensions to them) all over her face, including on her eyelids and mouth. There were about fifteen of them—they looked truly dreadful.

By then I was in practice and I was treating other children with similar warts and they were disappearing, but my daughter's were not. For months I tried many remedies but the warts just got worse and worse. By the time she was eight, I had all but given up and so had she.

Then I remembered that at the time of her conception her father was in a Nitric acid state—that was the remedy that had helped him so much, and what do doctors use to burn off warts? Nitric acid of course! It was only in making that connection that it suddenly made me think of that very remedy for her. She was a lovely little girl and did not have any angry traits. There was not one aspect of her personality, particularly in one so young, that would have led me to think of Nitric acid. The connection became meaningful in the context of seeing an inherited remedy pattern and yet with only one physical symptom to go on, I gave her Nitric acid 12C. In a few days all her warts had disappeared.

### **Happy, healthy, together**

So here we are. We are all together when we could so easily not have been. I am a homeopath instead of something far more boring. My partner is now my husband (we hadn't married in 1990 when our first child was born). My husband is in infinitely better mental and physical health. Thank you, Miranda Castro. And God bless homeopathy.

Sidebar:

#### **Nitricum acidum**

Here are some indications for prescribing the remedy Nitricum acidum (also known as Nitric acid), adapted from *A Homeopathic Guide to Stress* by Miranda Castro, FSHom, RSHom(NA), CCH.

#### **Emotional state**

These are cheerful, compassionate, strong-willed types who hold strong opinions and are profoundly affected by the sufferings of others. They are generally impatient, that is, they don't suffer fools gladly. They have an irritable streak which is worse in the mornings when they will snap if spoken to; this makes those who live with them tip-toe around them.

They are very sensitive to conflict, quarrels, and arguments and react by quickly becoming angry and even abusive verbally. Then in the aftermath, they complain and blame others for what has happened, feeling vindictive towards those they have quarrelled with or those who have offended them. They may use the word "hate" when describing the object of their derision. When in this unforgiving state, they are not interested in apologies and carry this hatred around with them, plotting and scheming revenge or fantasizing how they will "get back" at the "enemy." In this state, their anger can explode in unpleasant outbursts of rage where they shout and swear freely. Afterwards, they tremble and carry on feeling angry. This eats away at them like an acid, and they become negative and depressed.

They have a lot of anxiety about their health and may well consult doctor after doctor in order to find out what is wrong, not believing the diagnoses, particularly if they are told they are not seriously ill. They believe they have a serious health problem, are frightened of death, and get cross with doctors who try to reassure them.

Under stress, they may throw themselves into their work and then become irritable and worn out mentally, swinging to the opposite extreme of not wanting to work at all. In this state, they become oversensitive to noise, especially shrill noises, which make them jump. They also become forgetful; they can't collect their thoughts and their minds go blank when they try to.

#### **General symptoms**

These are chilly types—worse for cold in any form, including drafts. They are sensitive to being

touched or jarred—and to pain, which typically feels like needles or splinters and comes and goes suddenly. Although they are worse for jarring, they can feel better when going out for a ride in a car.

Their urine smells strong, like a horse's; and their sweat also smells. They can have smelly, sweaty feet. They crave fatty, fried foods and adore the fat on meat. They suffer from nervous exhaustion caused by too little sleep and then they always feel better for lying down.

### **Cracks, ulcers, warts**

Once run down, they suffer from cracks: cracks in the corners of the mouth, in the fingers and hands, in the anus. These can be deep and painful and can bleed easily. The tongue is also cracked, with a crack down the center or lots of cracks all over. They can also have cracking joints: the ankles crack while walking (and are generally weak), and the jaw cracks while they eat. They can find themselves biting their inner cheek while eating or talking. Ulcers are another strong guiding symptom. These are painful, with stitching pains, and sensitive to touch. They are found in the mouth, on the lips, and even in the nostrils.

The warts of Nitric acid are many and varied—they can be soft or hard, painless or sensitive. They can get so bad they are downright painful with stitching pains that are worse for touch. At their worst, the warts can even ulcerate. See *Homeopathy Today* November 2003 for a comparative materia medica of 5 common remedies for people with warts (“wart remedies”).

### **About the author:**

Jenny Malyon, RSHom, PCH, qualified in 1997 from the College of Homoeopathy, London, England, and practices full time in Farnborough, Hampshire, England. She is currently studying for a Diploma in Naturopathy as she believes that poor diet and dehydration interfere with many remedy reactions.