

Arnica Portsmouth VII – 22nd November – with Alastair Hay – homeopathical

1. What are symptoms?

How do you know you're coming down with something?

How do you know you *may* come down with something?

Remember, **prevention** really is better than cure.

Conclusion – Understand that they're **YOUR** symptoms... YOUR body produced them as a REACTION to what's going on.

2. What do YOU do if you get symptoms? *This is the crux of surviving winter...*

GENERAL THOUGHT THAT Infection is bad, infection causes fever, fever is bad, reduce fever... yet fever is our body fighting back!

EVIDENCE? Page 4

3. What do I recommend you do?

Live '*near to nature*':

This includes what you feed or 'nourish' yourself with:

By feed yourself with, I don't just mean what you eat... I mean everything you take on board...

Live, eat, think, be

EAT

Ever look at the ingredients in your food? My rule of thumb is, if you can't buy the ingredients in Sainsbury's, it's bad for you. For example, you can buy sugar, but not glucose/fructose syrup or aspartame, or sorbitol... You can buy cornflower, but not modified maize starch... you can make butter but you can't make margarine... and generally, if you can't pronounce it, it's bad too. The further what you eat is from nature, the more work your body has to do to make it part of you, detoxify it, store it, or eliminate it... and... never eat on the go... **Fight/flight v rest/digest.**

Take a look around you... The opposite of fight/flight is rest/digest

- How much daylight do we have right now... and how much daylight have you had?
- What are you doing ½ hour before you go to bed?
- How much sleep are you getting... It's Winter... Look what nature is doing, there's no leaves on the trees, all the energy is in the ground, it's returned to the soil... If you continue to work against nature, it'll bite you in the bum.

Summary: Rest and digest! When you get ill, it will stop you 'doing'... Ignore or suppress those first signs at your peril.

4. Things to aid recovery and prevent illness: - Medications that work WITH nature:

Sage, Thyme, Echinacea, Vit C, Vit D3, multiVit, Vit B&C (bioavailable nutrients) if under a lot of 'stress', Zinc, Whole Leaf Aloe vera (inner leaf is better for IBS and inflammation) propolis, garlic, onion, Immunovite®, Elderflower, (diaphoretic) elderberry, peppermint (any mint actually), cayenne (tabasco even), ginger, steam inhalations, olbas or more natural EOs, MINDFULNESS!



Product	Indication / use	Source	Contraindication(s)	cost
Sage	Sore throat, tonsillitis,	Can easily get hold of dried herb, but I'm a fan of tinctures ¹	Pregnancy ⁴ , high blood pressure, epilepsy, blood in urine	low
Thyme	Sore throat, respiratory infections, dry cough		Pregnancy ⁴	low
Echinacea	To stimulate our immune response. Best used at the onset of a cold or if one is lingering	Tincture ¹ is better than dried herb or capsules.	Auto-immune conditions.	mid
Vitamin C	To increase resistance to infections. Over-stressed	Citrus fruits (that's where the 'c' comes from), Acerola cherries, blackcurrants, guava, parsley, kale, green peppers, elderberry, rosehips. Get it in a bio-available ² form in a supplement if not from food		low
Multi Vitamin	As above but if generally run-down	A decent nutritional company ³		mid
Vitamin B&C	If over-stressed	As above (vegetarians and vegans have a tendency to be low in Vitamin B unless meat is appropriately substituted).		mid
Zinc	Appropriate stimulation of our immune system	High in pumpkin and sunflower seeds. Absorption increased with citrus fruits and reduced with wheat-rich diet, coffee and alcohol.		mid
Aloe Vera (Whole)	Immune regulation	There's good and useless aloe out there.	Pregnancy, unless directed by an appropriate health professional	Mid to high
Propolis	Acute inflammation of throat and/or tonsils	I use a tincture from Neal's Yard Remedies ³	Made by bees so if severe allergy to bees, best to avoid. Can exacerbate 'wet' eczema	Mid to high
Garlic	Respiratory infections, cold and 'flu prevention, catarrh.	Fresh is best and not overcooked. Deodorised capsules tend to be much less effective	Vampires and if you want to breathe on anyone... Joking aside... high doses	low

			can interfere with blood pressure and blood thinning medications (that's probably the link with vampires!) since garlic has a beneficial effect on the cardiovascular system	
Onion	Boosting immune defence (same botanical family as garlic, chives and leek)	Fresh is best... Lots of historic blends available on the net		low
Imunovite®	Combination product focussed on immune optimisation	I still believe fresh is best but sometimes we may need a supplement for a month or two. Made by Cytoplan ³	Seek practitioner advice	Mid to high
Elderflower	Encourages sweating to manage a fever. Alleviate catarrh or very runny nose	Dried in tea bags is fine since it's not in season in Winter. Tincture also available		low
Elderberry	Rich in vitamin C	Dried berries and tincture available out of season		low
Peppermint (spearmint to a lesser extend but milder)	Catarrh, congestion	Loose tea, tea bags, fresh in season, tincture, essential oil	Use the essential oil with caution, it's pretty strong stuff! Not recommended for under 5s	Low to high
Cayenne	'sluggishness'	Chillies, Tabasco, (Tincture a bit strong!)	Use sparingly	low
Ginger	As above but milder		Kidney disease	low
Olbas®, Karvol® etc	Bunged up	Over the counter products readily available to either steam-inhale, or rub on diluted in a vegetable oil		low to mid

1. Tinctures are herbal preparations extracted in alcohol, drawing out all the properties necessary to retain a therapeutic value whilst being self-preserving, ie they have a long shelf-life.
2. Bio-available supplements are those that your body can actually process! Most supermarket-bought vitamin and mineral supplements are not easily absorbed, so although they may appear better value, your body can't effectively break down the ingredients.
3. Decent natural medicine stockists...
 - cytoplan.co.uk** supplements. Also consider Solgar, Viridian, BioCare.
 - nealsyardremedies.com** tinctures, essential oils, dried herbs, nutritional supplements
 - Your local independent health food store** **eg Health Matters, Natural Medicince Centre** and rather interestingly, Nutri products in larger branches of Tesco(!)
 - ...also Napiers and Baldwins**
4. Pregnancy... Sage and thyme in culinary doses is fine during pregnancy but 3 cups of herb tea a day will need professional guidance to be considered safe.

As a general rule of thumb, if you're taking any prescribed medications or already seeing a complementary practitioner, seek their advice about taking any natural medicines. Although they're natural, they're still medicines!

Do feel free to ask me any questions 😊

REFERENCES

High temperature of a fever triggers the immune system into fighting the infection.

Read more: <http://www.dailymail.co.uk/health/article-2543630/How-flu-remedies-help-leave-workmates-feeling-worse-Drugs-actually-help-bugs-spread-easily.html#ixzz3PwzNnRRn>

He said: 'Don't take anti-fever drugs; stay home and avoid contact with others; get plenty of rest and eat chicken noodle soup.'

David Price, professor of family medicine at McMaster, said: '**As always, Mother Nature knows best.**

Fabulous fever?

The frightening idea that treating a fever might sometimes kill people stems from a study in which Young was involved, published in the journal *Intensive Care Medicine* in 2012.

It looked at over 600,000 intensive care patients and showed that in those with infections, the higher the fever in the first 24 hours after admission, the lower the death rate.

"There's a cost that comes with having a fever," says Young. "You tend to have a higher heart rate, you tend to breathe faster and the metabolic demands on your body are generally increased. In the absence of infection this might be a bad thing. But if you have an infection, the fever seems to help kill the bugs."

Whether leaving a fever alone could make the difference between life and death is being tested in a follow-up study. The results should be available this year.

More recently, it's been shown treating fever:

- increases death rates from infections in animals
- worsens nasal symptoms in children with colds
- prolongs blisters in children with chickenpox
- **blunts the immune response triggered in children in response to vaccinations.**

"Basically everything that's more evolved than a cartilaginous fish gets a fever when they get an infection. For it to have evolved and been preserved across all of biology without having a [useful] purpose would be very unusual."

In contrast, fevers from infections happen because they trigger a resetting of the "thermostat" in our brains. In general, this probably causes our bodies to "mount a response aimed at raising our temperature only to a level that's needed to kill the bugs," Young says.

Also: Young says there isn't evidence that treating fevers reduces the risk of febrile convulsions.

Fever is not known to cause damage to the brain or other organs.

Paracetamol (acetaminophen) has a different action from other antipyretics. It halts the production of prostaglandin in the brain but not in the periphery, solely lowering fever.

Kramer 1991 suggested that fever may have a beneficial effect of enhancing host resistance to infection. Shann (1995) suggested that antipyretic drugs could increase mortality in severe infections, prolong viral shedding, and impairing antibody response to viral infection.

A study published in 2000 by Philip Mackowiak (chief of Medical Care Clinical Centre at the Maryland VA Health Care System) suggested that antipyretics such as aspirin and paracetamol may prolong the duration of influenza A infection. The study was retrospective and examined data from vaccine studies conducted between 1978 and 1987.

In the influenza A group, the patients who had received antipyretics had a significantly longer duration of illness than those who did not. (8.8 vs 5.3 days) Similarly, the duration of another illness studied (*Shigella sonnei*) was also significantly longer among subjects who took antipyretics. (4.6 vs 1.9 days)

http://www.theecologist.org/green_green_living/behind_the_label/268787/behind_the_label_lemsip_max_cold_flu_capsules.html - good article - below...

Behind the label: Lemsip Max Cold & Flu Capsules

Pat Thomas

As doctors can tell you, the best remedy for colds and flu is the traditional one: rest, warmth, fluids – and time. Drug manufacturers want you to believe otherwise. But, as Pat Thomas reports, pharmaceutical ‘cures’ may be more than just a waste of money

INGREDIENTS: *Paracetamol, sodium lauryl sulphate, croscarmellose sodium, titanium dioxide (E171), quinoline yellow (E104), patent blue V (E131), erythrosin (E127), tartrazine (E102), phenylephrine hydrochloride, magnesium stearate, caffeine, aluminium hydroxide*

Most of believe there are only four seasons; but actually there is a fifth season that runs from November to February – the cold and flu season. Out of a UK population of 48 million adults aged 16 and older, around 33 million will suffer from at least one cold or a bout of flu annually, so the odds are that at some point you are going to catch a cold. For healthy individuals, the best medicine is rest, warmth and lots of liquids – this combination being the age-old remedy that best facilitates recovery from a cold or flu.

But convenience culture has become as prevalent in over-the-counter (OTC) medicines as it is in food and other consumables. So, if you do succumb to a cold or flu this winter, there are now literally dozens of OTC remedies that claim to relieve cold and flu symptoms.

However, most have been found – through objective, scientific studies – to be useless. The most popular varieties use a scattergun approach, mixing several different types of ingredients. And the more ingredients, the greater the chance of a variety of side effects, which means that you may ultimately end up substituting one type of symptom for another.

Crucially, people who regularly purchase cold and flu remedies are usually ill when they make their purchases, and this phenomenon, known as the ‘distress factor’, is a real boon to manufacturers. Sick people don’t think, they simply want relief – immediately. They don’t care how it works and they don’t usually care how much it costs. The distress factor, along with continuing government policy that encourages self-medication wherever possible, means **that commercial cold and flu remedies are finding happy homes for increased sales not just in pharmacies but also in supermarkets, newsagents, petrol station forecourts and 24-hour convenience stores.**

In the UK, the ‘winter remedies’ market – comprised of cold treatments, cough liquids, decongestants and cough/throat lozenges – is worth around £200 million a year; and the Lemsip brand, made by Reckitt Benckiser, is the market leader, with a 12 per cent share of total sales.

Pushing too hard...

So, in spite of the fact that nothing you can buy will cure your cold, a huge number of us have succumbed to the hit-it-hard-and-hit-it fast remedies such as the Lemsip ‘Max’ range, which predominate on the pharmacist’s shelves and promise that you can happily continue to work long hours and enjoy a full social life, even if your body is telling you to slow down.

As medical and scientific studies have repeatedly shown, the best remedy for the common cold is rest and time; and when you reflexively reach for a product that temporarily suppresses a range of minor but irritating symptoms, you may only end up making things worse.

For instance, Lemsip’s active ingredients may produce quick effects, but in the long run have no real curative value. Non-steroidal anti-inflammatory drugs (NSAIDs) such as aspirin, acetaminophen and ibuprofen can relieve pain and lower fever, but may actually increase nasal symptoms. While not strictly an NSAID, the paracetamol in Lemsip Max Cold & Flu Capsules also relieves pain and lowers fever.



The catch, according to a recent study in Nature Immunology, **is that mild fevers actually disrupt the ability of viruses that thrive at body temperature to multiply. The influenza virus grows best at a temperature of 34-35°C but poorly, if at all, at temperatures greater than 37°C.** So lowering fever with drugs may actually prolong the agony of a cold or flu.

Lemsip's other active ingredient, phenylephrine hydrochloride, is what is known as a vasoconstrictor – a drug that narrows blood vessels and is associated with higher risk of hypertension (high blood pressure). Other potential side effects, according to the information leaflet, include headache, vomiting and palpitations.

Faking it with colours

Lemsip Max is also choc-full of artificial colours, which may make the product look impressive and give it a strong 'identity', but which have no therapeutic value at all.

There are currently more than 100 dyes and colouring agents approved for use in pharmaceutical preparations. This in spite of the fact that exposure to dyes and colorants in medications has been associated with a range of hypersensitivity reactions, including the classic triad of allergic symptoms – asthma, hives and, ironically, rhinitis (a runny nose). These can occur in anyone but can be particularly severe in some people – for instance, the two to 20 per cent of asthmatics who are also aspirin-intolerant. Many synthetic dyes are also potential human carcinogens.

Vegetarians and vegans should note that the so-called 'inactive ingredients' magnesium stearate (which has its own potential toxicity, see table opposite) and gelatine are derived from animals, and shellac is derived from insects.

Effects

Paracetamol: Painkiller (analgesic). Used in the treatment of mild to moderate pain and to reduce fever.

Paracetamol is liver-toxic in high doses. By reducing fever, it also reduces the body's ability to naturally fight off cold and flu viruses.

Sodium lauryl sulphate: Disintegrator, surfactant. Promotes the breakup of the capsule contents in the body. The same substance is commonly found in shampoos, foaming bath products and washing-up liquids. It has been shown to build up in the heart, liver and brain of experimental animals.

Croscarmellose sodium: Disintegrator. Promotes breakup of the capsule contents in the body and brings the ingredients into better contact with bodily fluids and improves their bioavailability. Widely used but poorly studied in respect of its cancer-causing, mutagenic, teratogenic or reproductive effects.

Titanium dioxide (E171), quinoline yellow (E104), patent blue V (E131), erythrosin (E127), tartrazine (E102): Synthetic colours. Tartrazine is known to provoke asthma attacks and skin rashes, altered states of perception and behaviour and hyperactivity. Quinoline yellow may cause asthma, rashes and hyperactivity. Aspirin-sensitive people should avoid it. Erythrosin is an iodine-containing dye linked with sensitivity to light and learning difficulties; it can increase thyroid hormone levels and lead to hyperthyroidism, and was shown to cause thyroid cancer in rats. Patent Blue V is linked with dermatitis and purpura.

Phenylephrine hydrochloride: Nasal decongestant, vasoconstrictor. It works by triggering the contraction of blood vessels in the walls of the mucous membranes in the nose and sinuses. With less fluid travelling through the mucous membranes, the production of mucus is also reduced. Vasoconstrictors like this are associated with high blood pressure, angina and arrhythmias. They also affect the central nervous system, causing headache, excitability, restlessness and tremors. Phenylephrine may also induce skin rashes and is a potential reproductive toxin.

Magnesium stearate: Anti-caking substance. Frequently used in high-volume manufacturing processes to speed the flow of ingredients through the machinery. It is a hydrogenated fat that may impede the absorption of certain nutrients and can interfere with liver function and the body's immune response.

Caffeine: Stimulant. Claimed to enhance the painkilling effects of paracetamol. It has no therapeutic value on its own. In high doses, caffeine is addictive, can reduce adrenal function and the body's immune response. If taken close to bedtime it may interfere with sleep.

Aluminium hydroxide: Stabiliser, preservative. Can cause constipation and occasionally skin allergy. Leeches calcium and phosphorous from the body and interferes with absorption of folic acid. **Neurotoxic.** Used as a preservative in vaccines, aluminium hydroxide has been linked to symptoms associated with Parkinson's, amyotrophic lateral sclerosis (ALS), and Alzheimer's Disease.

This article first appeared in the Ecologist April 2007

Self-help and AI help:

drlockie.com helios.co.uk and finally, me... I'm free for advice!



The immune-brain loop

When Maier talks about the immune system, he's not talking about the specific immune response of t-cells, b-cells and antibodies that most psychoneuroimmunologists study. He's more interested in what's called the "**nonspecific immune response**"--the body's rapid, first-line defence against infection or injury that's initiated an hour or two after infection.

This nonspecific immune response is often called the "sickness" response because it triggers a series of physiological and behavioural changes, including fever, changes in liver metabolism, reduced food and water intake, reduced sexual activity, reduced exploration and increased anxiety. It also activates a classic stress response, releasing stress hormones such as cortisol.

According to Maier, the sickness pattern is an orchestrated attempt to produce energy for fighting infection and to preserve energy through behaviour changes. Knowing that signals from the brain--in particular the hypothalamus--trigger these sickness responses, Maier and his colleagues set out to tease apart the molecular machinery at work. The first step was to figure out how the brain knows there's an infection in the first place.

The key lay in molecules called pro-inflammatory cytokines, which include interleukin-1, interleukin-6 and tumour necrosis factor alpha. Immune cells called macrophages, which are the first on the scene of any infection, create these molecules and experiments showed that they act inside the brain to trigger the sickness response.

For example, when Maier and his colleagues inactivate these cytokines or block the receptors in the brain that bind them, animals show no sign of sickness after infection. And if they administer these cytokines to the brain, the animals show all the signs of infection even when no infection exists.

But, Maier and his colleagues found, it's not the cytokines produced in the blood by macrophages that tell the brain you're sick. They're too big to get past the blood-brain barrier. Instead, the message moves from the bloodstream to the vagus nerve, which delivers it to the brain.

"If I cut your vagus," said Maier, who has done such in rats, "your brain doesn't know you're sick."

How does the body translate a blood-borne signal into a neural signal? Sitting along the vagus are pockets of neurotransmitters, called paraganglia, which have on them receptors for interleukin-1--one of the cytokines released by macrophages.

"So, the way this all works is really clever," explained Maier. "Your macrophage chews on a bacteria, it releases interleukin-1 into the neighbouring space, the interleukin-1 binds to receptors on the paraganglia, which send neurotransmitters to activate the vagus nerve," which sends a signal to the brain. This signal triggers the brain to make its own interleukin-1 and that sets off the sickness response and sends signals back to the immune system, further activating immune cells.

"We have a complete, bidirectional immune-to-brain circuit," said Maier.

Stress makes you sick

It turns out that stress taps into this very same circuit, but starting in the brain rather than the immune system. Maier and his colleagues find that if they stress animals--by socially isolating them or giving them electrical shock--they see massive increases in interleukin-1 in the hippocampus.

"Stress and infection activate overlapping neural circuits that critically involve interleukin-1 as a mediator," said Maier.

And, not only does stress produce the expected stress response, it also produces exactly the same behavioural changes--including decreased food and water intake and decreased exploration--and physiological changes, including fever, increased white blood cell count and activated macrophages seen in the "sickness response."

"These animals are physically sick after stress," said Maier. "You see everything you see with infection."

The implications of this shared neural loop are that stress and infection sensitize the body's reaction to the other. In other words, an infection primes the circuit so that it has an exaggerated response to later stress and vice versa.

"How you react to a stressor or an infectious agent depends critically on events of the other type in the past," said Maier. And, he added, the effect isn't short-lived. He's measured it out to 10 days.

And so it appears that stress enhances immunity--at least the nonspecific, first-line immunity, said Maier, which makes some evolutionary sense. If we're under stress-- about to be attacked by a wild animal, for example--we would want to prime our first-line immune response to be ready in case of injury.

"Stress is another form of infection," he said. "And the consequences of stress are mediated by the activation of circuits that actually evolved to defend against infection."

Next ARNICA meet-up – probably 17th January 2019.