Homeopathy for Seniors

- A Case of Varicose Veins
- How many Seniors Use Homeopathy?
- How Does Working with Seniors Differ from Working with Younger Populations?
- Getting Seniors On Board with Homeopathy
- Case Outcome
A Case of Varicose Veins

• Seventy-one year old woman
  – My veins are shot, there’s no blood return
  – The veins go from my inner calves to my feet
  – The spider veins started appearing when I was in my 20’s
  – I first noticed the veins becoming lumpy and blue about 20 years ago
  – I bruise easily and even a light bump is very painful
  – I’ve had constant pain for the last 10 years
  – I also have a deep thigh pain that goes into my pelvic area
A Case of Varicose Veins

– My legs and feet are very swollen, esp after standing, although walking is not as bad
– When my legs start to cramp up, especially the left leg, that is the first sign that real pain is coming
– I get a thrumming sensation up and down my legs and then the intense throbbing pain begins
– The pain wakes me every 2 hours at night
– Eating salty things like potato chips will bring on the leg cramps
A Case of Varicose Veins

– I have thick scabs near my ankles. My doctor told me not to pick at them because they lead directly into a vein and can cause severe bleeding if they break open

– I’m very tense with this constant pain

– A warm shower relaxes me but doesn’t do anything for the pain

– I’ve learned to live with it, but it’s gotten a lot worse this past year so I’ve decided to have them surgically removed
A Case of Varicose Veins
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A Case of Varicose Veins
How Many Seniors Use Homeopathy?

- Stanford 2000 survey of 728 seniors
  – First study focusing on CAM use among elderly

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<thead>
<tr>
<th>Factors Influencing Use of CAM Therapies</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>General health improvement</td>
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<td>Dissatisfaction with conventional medicine</td>
<td>36%</td>
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<td>Pain management</td>
<td>34%</td>
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<td>32%</td>
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<td>Stress reduction</td>
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<td>Chronic medical problems</td>
<td>18%</td>
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<td>Desire for personalized attention</td>
<td>13%</td>
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**How Many Seniors Use Homeopathy?**

- Stanford 2000 survey of 728 seniors

<table>
<thead>
<tr>
<th>Therapy</th>
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<td>Chelation therapy</td>
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</tbody>
</table>
How Many Seniors Use Homeopathy?

- Stanford 2000 survey of 728 seniors
  - Percentage of respondents reporting “a lot” or “quite a lot” of symptom relief
How Many Seniors Use Homeopathy?

- Stanford 2000 survey of 728 seniors
  - The most frequently cited medical reasons for seeing a CAM provider
    - Back problems (43%)
    - Chronic pain (26%)
    - General health improvement (25%)
    - Arthritis (20%)
How Many Seniors Use Homeopathy?

• AARP/NCCAM 2010 survey
  – Nationwide survey of 1,013 elderly
    • 41% reported using CAM within the previous year
    • 6% of those aged 50-64 and 3% of those over the age of 65 reported using naturopathy, acupuncture, or homeopathy
How Many Seniors Use Homeopathy?

• AARP/NCCAM 2010 survey

![Bar chart showing CAM use in the past 12 months among U.S. adults by age category.]

- 18–29 years: 36.3%
- 30–39 years: 39.6%
- 40–49 years: 40.1%
- 50–59 years: 44.1%
- 60–69 years: 41.0%
- 70–84 years: 32.1%
- 85 years and older: 24.2%

*Base: All adult respondents 18+ (n=23,393)
Source: National Health Interview Survey, 2007
How Many Seniors Use Homeopathy?

- AARP/NCCAM 2010 survey
How Many Seniors Use Homeopathy?

- AARP/NCCAM 2010 survey

### Reasons for CAM Use

- Prevent illness for general wellness: 77%
- Help reduce pain/treat painful condition: 73%
- Treat specific health condition: 59%
- Supplement conventional medicine: 53%

*Base: Respondents who used CAM in past 12 months or ever (n=539). Sampling error: ± 4.2 percentage points. Respondents could choose more than one answer. Source: AARP/NCCAM Survey of U.S. Adults 50+, 2010
How Many Seniors Use Homeopathy?

- AARP/NCCAM 2010 survey
  - Primary Source of CAM Information

![Bar chart showing the percentage of respondents using different sources of information for CAM. The sources include Family/friends, Internet, Physician, Publications, and Radio/TV. The 2010 data shows a higher percentage for Family/friends than the 2006 data.]
How Many Seniors Use Homeopathy?

- AARP/NCCAM 2010 survey
  - 75% of all seniors take at least one prescription medication
How Does Working with Seniors Differ from Working with Younger Populations?

– Elderly are more subject to complex diseases
  • Organon (Aph 40-41)
    – “... much more frequent are morbid complications resulting from inappropriate medical treatment (the allopathic method) produced by constant repetition of unsuitable medical agents which gradually coalesce with and complicate the chronic malady ...”
    – “... the new disease joins the old one that is dissimilar to it and forms a complex disease so that each of them occupies a particular locality in the organism, namely the organs peculiarly adapted for it ..."
How Does Working with Seniors Differ from Working with Younger Populations?

• The elderly are in a state of health decline
  – Morbid physiological /pathological changes
    • Tissue destruction and the end products of disease
  – They have conditions that require more care, are more disabling, and are more difficult to treat
    • Concentrate on reducing the severity of symptoms and slowing the disease progress
    • Total or long-lasting relief may not be achievable
    • Managing symptoms is okay
How Does Working with Seniors Differ from Working with Younger Populations?

- The elderly are in a state of health decline
  - Past physical trauma can affect cognition and motor skills decades after an injury
    - Polyarthritis (5 or more joints affected) follows traumatic injury to a single joint
    - Neurodegenerative conditions such as ALS follow traumatic injury to the head
How Does Working with Seniors Differ from Working with Younger Populations?

• Elderly are more subject to polypharmacy
  – Multiple medications / over prescribing
    • No studies have been done on the effects of taking more than one medication
    • Results in huge suppression of symptoms
    • We end up treating drug side effects instead of the true symptoms of the disease
  – Long-term use of medications
    • 20-30 years or longer
    • Contributes to impaired organ function
      – Drugs are cleared through the liver and kidneys
How Does Working with Seniors Differ from Working with Younger Populations?

- Lower vital energy
  - Slower healing
  - Shingles
  - Acute illnesses lead to chronic conditions
    - Influenza → chronic bronchitis → COPD → Emphysema
  - Complications from mild symptoms
    - Dehydration from a mild gastroenteritis
    - Disorientation from a fever leads to falls and fractures
  - Cachexia (keh KEK see uh)
    - General physical wasting and malnutrition associated with chronic disease
How Does Working with Seniors Differ from Working with Younger Populations?

• Impaired hearing and eyesight affect most seniors
  – Vision
    • Cataracts, night blindness, glaucoma, macular degeneration
  – Hearing
    • Can be mistaken for impaired cognition
    • Emotional health is particularly poor for those with hearing impairment
How Does Working with Seniors Differ from Working with Younger Populations?

• Reduced Cognition
  – Short-term memory loss
    • “I know we just had a phone conversation but I don’t remember what we talked about . . .”
  – Impaired mental processing
    • Delays in answering, repetitive or rambling speech
    • Cannot make decisions for themselves
      – Interface with a caregiver
How Does Working with Seniors Differ from Working with Younger Populations?

- Not just years, but decades of . . .
  - Overconsumption of sugary / processed / fatty foods
  - Sedentary lifestyle
  - Stress
  - Recreational drug use (alcohol, tobacco, marijuana, cocaine)
  - Exposure to environmental toxins
Getting Seniors on Board

• How can Homeopaths best engage with seniors?
  – Understand their most pressing health concerns
    • Loss of physical/mental abilities
      – Immobility, Instability, Incontinence, and Impaired Intellect or memory
    • Leads to . . .
      – Diminished quality of life
      – Loss of autonomy
      – Isolation and depression
  – Become familiar with their most common ailments
    • Arthritis, hypertension, sinusitis, orthopedic impairment, hearing loss, heart disease, cataracts, diabetes, dementia
• How can Homeopaths best engage with seniors?

  – Sincerity goes a long way
    • Show a genuine interest – many seniors are isolated with limited family/friend contact
  
  – Optimism and encouragement will help you connect with the elderly
    • Long term chronic conditions wear down the human spirit
    • More difficult to remain positive as we age
Getting Seniors on Board

• How can Homeopaths best engage with seniors?
  – Instill confidence and establish trust
    • Share what you know about your client’s health condition—doctors almost never do this
    • Explain what you can do to help them
    • Respect your client’s beliefs and attitudes about healthcare
      – i.e. They trust their doctor and have faith in western medicine
      – i.e. They may not be interested in reducing their medications
    • If your therapy is successful then firmly entrenched attitudes can begin to change
Getting Seniors on Board

• How can Homeopaths best engage with seniors?
  – Be accommodating
    • Help with ordering supplies/remedies
      – Need for larger size remedy pills / vials
      – Need for larger font size on printed instructions
    • Forms and follow-ups
      – Computerized communication / transactions may not be an option
“Will homeopathic remedies interfere with my medications?”

- Not in C potencies but . . .
- Mother tinctures and low X potencies can pose a risk
  - *Hypericum* should not be taken with some antidepressants
  - *Hydrastis* can interfere with blood pressure, blood thinners, and heart medications
  - *Crataegus* and *Allium cepa* can increase the risk of bleeding when taken with blood thinners
  - Some Gemmotherapy remedies have contraindications
Getting Seniors on Board

• “I won’t remember what to do”
  – Seniors often feel more comfortable taking remedies on a daily basis
    • Low potencies are safe and can be taken daily
  – Provide a monthly protocol that includes
    • A list of remedies / potencies
    • When / how to take the remedies
    • Brief description of what each remedy is for
    • Instructions, adjuncts, supplements, medications
    • It helps YOU remember too!
### Getting Seniors on Board

**Protocol – Aug 2013**

- **Vip** – Vipera 12C, 1 x day, alternate every two weeks with Fl-ac (leg pain)
- **Fl-ac** – Fluoric acid 9C, 1 x day (varicose veins / ulcers)
- **Coll** – Collinsonia 6X, 3 x day (pelvic / portal congestion)
- **GemSC** – Gemmo Service Tree, 3 drops, 3 x day for 3 weeks (venous congestion / ulcers)

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**Note:** pain will subside before veins begin to shrink.

**How to make remedies (except Gemmo Service Tree):**

1. For each remedy, start with a new 4 or 8 oz. bottle of spring of filtered water (preferably not fluoridated). You can use an old bottle as long as it hasn’t had another remedy in it.
2. Pour water out leaving approximately 4 ounces in the bottle
3. Tap out 2-3 pills into the vial cap and add to the water (try not to touch pills)
4. Take 1 teaspoon from the bottle (1 capful) 15 minutes before or after food/drink, or brushing teeth
5. Succuss bottle (strike bottle on palm) 3 or 4 times before each dose
6. Write the name of the remedy on the bottle with a felt-tip pen and the date you started taking it.
7. Refresh remedies every 2 weeks with fresh container of water and pills.
8. Things that will antidote your remedies: camphor, eucalyptus, menthol, coffee
Case Outcome

• Aug 2013
  – Vipera 12C / Fluoric acid 9C, alternate bi-weekly
    • Varicosis of lower limbs
    • Inflammation of the veins with great swelling
    • Veins sensitive with bursting pain
    • Cramps in lower extremities
  – Collinsonia 6X, 3 x day for 3 weeks, 1 week break
    • Pelvic/portal congestion
    • Venous engorgement with sense of heaviness
  – Service Tree Gemmo, 3 drops, 3 x day for 3 weeks
    • Venous congestion; varicose veins; ‘weird’ feelings + heaviness of limbs
  – Lemon Tree Gemmo, 3 drops, 3 x day, for 3 weeks
    • Blood fluidifier for varicose veins
Case Outcome

• September 2013
  – Pain reduced by 30%
  – Thrumming sensation 80% better and long periods of the day/night completely free of it
  – Purple feet are almost flesh colored again
  – Spider veins diminishing
  – Deep thigh pain completely gone
  – Sleep much improved
  – Continued for another month then stopped
  – Cancelled surgery (Yay!)
Case Outcome

• February 2014
  – Symptoms gradually returned but never progressed to the full extent before treatment
  – Repeat protocol

• May 2014
  – Experienced the same good effects as before
  – Lasted 3 month before symptoms started creeping back
Case Outcome

• November 2014
  – Completed radiation treatment for recurrence of breast cancer
  – Vascular symptoms worsened and ankle ulcers reappeared
  – Repeat protocol

• February 2015
  – Legs are fine again
Questions?

Thank you for your attention and participation!