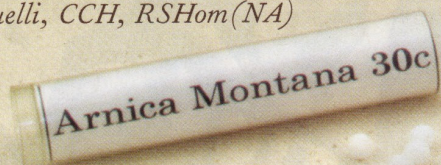




Homeo-relief

Homeopathy for sports injuries

Nicole Duelli, CCH, RSHom (NA)



Did you know that soccer superstar David Beckham and tennis celebrities Martina Navratilova and Boris Becker have had success with homeopathy? You, too, can use homeopathy to treat sports injuries—for soreness after a workout—or after pattering around the house.

Relying on the principle *like remedies cure like diseases*, homeopathy uses minute amounts of medicine that cause similar symptoms in healthy people in order to facilitate healing.

Speed of action is homeopathy's greatest value, according to Jean-Marcel Ferret, MD, team doctor for the 1998 World Cup-winning French soccer team. Along with providing a quick recovery, homeopathic medicines are drug-free and improve overall health and well-being.

ARNICA FIRST

Arnica is the single-most important homeopathic remedy, soothing pain and reducing swelling and bruising by mobilizing the body's own healing response. While *Arnica* is almost

always the first choice, the success of homeopathy lies in its attention to individual signs and symptoms.

BRUISES AND BLOWS

Choose *Arnica* first; then follow with *Ledum* for black eyes or bruises that require an additional remedy. *Bellis perennis* is a specific treatment for injuries, such as blows to the breast; *Ruta* is effective for shin injuries or bruised bones.

EXHAUSTION AND OVERUSE

Arnica relieves bodily soreness and exhaustion as well as shin splints caused by muscle soreness rather than tendon inflammation. Try *Rhus tox.* if stiffness tends to appear after—not during—a run. For tendon inflammation that is taking

Help with homeopathy

Unless otherwise indicated, choose the most suitable remedy in a 30c potency, 3 to 5 pilules on the tongue, five to 10 minutes before and after food or drink. Repeat three times daily for up to three days, unless otherwise noted.

In homeopathy, take the remedy less often and stop as you feel better. If you do not experience relief after three doses, change remedies.

Consult your doctor for diagnosis of any serious injury or pain that does not respond well to treatment.

time to heal, use *Ruta* 6c daily for up to three weeks.

SPRAINS AND STRAINS

If you've twisted a knee, ankle, or shoulder, use *Arnica* first. Follow with *Bryonia* if the pain worsens with movement, or *Rhus tox.* if stiffness and soreness improve by limbering up. If these remedies don't do the trick, consider *Ledum*, which is helpful if bruising and icy coldness develop.

Ruta (6c daily for up to three weeks) will heal repetitive strains or injuries involving tendons, such as tennis or golfer's elbow. When combined with attention to technique and/or sports gear, including footwear, *Ruta* can address the root cause of the discomfort.

“Along with providing a quick recovery, homeopathic medicines are drug-free and improve overall health and well-being.”

FEAR OR FRIGHT

When accidents happen, occasionally a person will be overcome with fear or hysteria. Aconite (30c) brings quick calm to the distressed individual. I have never needed to give a second dose, but if necessary, you may repeat every 10 to 15 minutes, up to three times after the initial dose.

To learn more about homeopathy and sports medicine, check out Homeopathy Awareness Week by visiting csoh.ca or worldhomeopathy.org. **a**

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RICE: complementary treatment speeds recovery

REST: Stop your activity, and even if you feel better, give your injury time to fully heal. Re-injuries resist treatment and take much longer to improve.

ICE: for 10 to 15 minutes, then reapply as needed, always allowing the area to warm up between applications.

COMPRESSION: Wrapping the injury helps to reduce swelling.

ELEVATE: to reduce swelling and minimize pain.

Homeopathy Awareness Week (HAW)

When: April 10 to 16, 2008

What: provides information, seminars, and discounts on homeopathy and related products and services

Why: in celebration of the 253rd birthday of Samuel Hahnemann, founder of homeopathy

Theme: this year's theme is sports medicine

An ounce of prevention...

- Wear the most up-to-date gear to protect your body from injury, such as good-quality runners, helmets, and pads. Teach kids to use these items, as well.
- Warm up and cool down for at least 10 minutes to prevent strain and soreness.
- Don't push too hard; increase your training slowly and avoid training with someone who is in better shape than you.
- Learn proper technique and teach kids the rules of the game as well as to watch out for others.