

Eileen Nauman

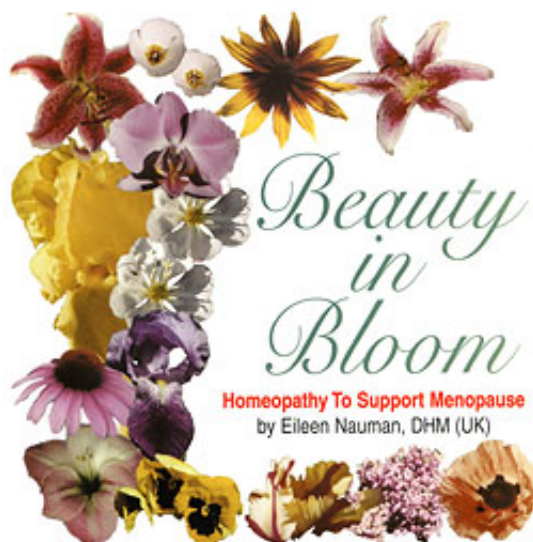
Beauty in Bloom: Homeopathy to Support Menopause

Reading excerpt

[Beauty in Bloom: Homeopathy to Support Menopause](#)

of [Eileen Nauman](#)

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INTRODUCTION

I started peri-menopause at age 40. Suddenly, my life was transformed by terrible night sweats, where I felt as if a fire was sweeping up from my feet and engulfing my whole body. As these internal (and infernal!) flames roared through me, I would break out into such a heavy sweat that my bed sheets would be soaked through. For someone who had never sweated much in the past, this was extremely upsetting. And there seemed no end in sight!

Soon, another "symptom" joined the night sweats—hot flashes by day. Just when I least expected them, my upper chest and face would flush, and within minutes, I'd feel dampness under my armpits and would begin worrying about ruining my clothes.

It didn't take long for the homeopath in me to declare "enough is enough!" I analyzed my symptoms and came up with the homeopathic remedy, Folliculinum, a non-drug form of natural estrogen that has helped many women breeze their way through menopause. It worked for me, too. Thanks to Folliculinum, I never had a hot flash for the time that the remedy was working with my vital force and constitution.

During my 30 years as a practicing homeopath, I've treated hundreds of women, and every case reinforces my respect for this subtle, yet powerful form of healing. The results have ranged from satisfying to the near miraculous!

Sofia, a woman in her mid-forties, called me one day in a panic. She was bleeding uncontrollably from fibroids she'd acquired in her twenties. Now, she was moving through menopause. "You must help me," she begged. I quickly checked her symptoms and came up with a wonderful remedy that helps women with menstrual and menopausal bleeding: Kali Muriaticum (Kali Mur.). Her daughter ran to the nearest health food store and bought the remedy in a 6X potency. I told her to take one tablet every five minutes and to call me in an hour.

I was quite sure that, if the bleeding didn't stop, she was going to be bound for the emergency room and probably have a DNC. Happily, Sofia called me an hour later, utter relief in her voice. "After I took the third tablet," she reported, "my bleeding slowed down so much, it seemed like a regular period." The clots and heavy bleeding were gone—and never returned.

Within these pages are stories of women whose lives changed when they tried homeopathy. Some of them had been suffering with symptoms of drug and hormone therapies. As soon as they stopped taking the pills, their bodies immediately began to heal, their symptoms disappeared, and a stronger, healthier person emerged.

If homeopathy is so effective, why doesn't everyone use it? Many people do! In fact, for centuries, since the late 1700s when Dr. Samuel Hahnemann discovered homeopathy, it has been practiced widely throughout Europe and Asia. In 1850, homeopathy came to the United States. By 1900, one out of every five doctors were homeopaths.

Then penicillin was discovered, and the American Medical Association (AMA) lobbied vigorously to promote this "cure-all." Homeopathy took a back seat to conventional or allopathic medicine among physicians until the 1980s. Since then, there has been a tremendous resurgence of interest in homeopathy. Today, hundreds of practitioners cannot keep up with the demand for their services.

The arguments for using homeopathy are certainly impressive.

- # Homeopathy gently and naturally stimulates the organs and systems of the body to help it rebalance and heal itself.
- * Homeopathy has no adverse side effects, no allergic reactions, and no addictive influences.
- # Homeopathy works with the body's natural defense system. Drugs, on the other hand, often damage vital organs defending the body against these "foreign" invaders.
- * Homeopathic remedies are a fraction of the cost of drugs. Some are used only one time to get the desired results!

Allopathy, or conventional medicine, may be the automatic answer to "What can I take to feel better?" but it isn't necessarily the best one! In fact, drug taking always involves risk. First, the medicine offered might not be appropriate for the patient. All too often, a doctor will "try out" a drug to see if it works. The patient is, in fact, a guinea pig—sometimes with unpleasant results.

Second, because the drugs are usually in synthetic form, the body reacts to these invaders by rejecting them. Therefore, very large doses are given to destroy the symptom. When this finally occurs, the patient is declared "cured." But, in fact, the condition may reappear after the drug is stopped, or it may return months or years later in another form.

Third, because large toxic doses are used to make the symptoms disappear, the patient's organs may be damaged. Has your doctor ever told you that liver damage can occur with high drug doses? Because the liver is closely associated with the immune system, large amounts of drugs stall the liver's ability to keep us healthy. Particularly these days, with a number of immune-system diseases rampant, it's certainly advisable to avoid taking drugs whenever possible.

Fourth, drugs given as vaccinations can overwhelm the body's natural defense system. And while the immune system is being attacked by the vaccination, the condition it is supposed to "cure" may come back. For example, millions of children injected with the measles vaccine may now get measles again. Why? The original vaccine did not prevent recurrences, as hoped.

Fifth, when drugs are used to eliminate (and suppress) a medical condition, the disease may hide and return with a vengeance, or show up a year or two later in another form. Take Dawn, a young woman of sixteen whom I recently saw at the Navajo Reservation. Dawn had gotten a mild case of acne across her forehead, cheeks and chin when she was fifteen. When she was given drugs, the rash disappeared for three weeks, then returned worse than before.

Dawn, now afraid of an even worsened condition, insisted she was finished with the white doctor's medicine. I agreed with her and gave her a single dose of *Arsenicum Album* 30C. A month later, Dawn proudly showed me her smooth, newly healed face. She no longer had to hang her head from embarrassment.

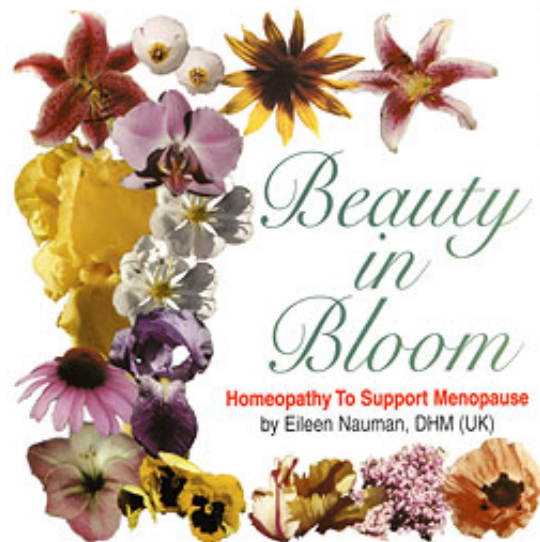
When a woman becomes menopausal, she is poised on the brink of a great adventure. It can prove to be either exciting or terrifying, depending upon some choices she must make. Suddenly, she's facing the Big Decision: should she take Hormone Replacement Therapy? This is not as simple as the family doctor might imply. If she takes hormone replacement therapy, which is strongly promoted by the medical profession, she might avoid heart attack and also osteoporosis, if

she has a genetic predisposition to the disease (it is not a symptom of menopause!). But HRT has proven to be a risk for uterine and breast cancer. It's like asking a woman if she wants to jump off a bridge, or walk in front of traffic. Not much of a choice, is it?

Homeopathy offers an alternative to this difficult choice. Within these pages, women will learn how homeopathy can help them achieve their objective of perfect health—yes, perfect health—without hormones, without drugs.

Because this particular book project was very close to my heart and I was going through menopause, I decided at age forty-eight, as I entered the time frame when most of us get our menopause symptoms, to not take anything homeopathically for it because I wanted to be able to talk from a point of experience about menopause. You read in so many books that some women, for example, get insomnia. Well, what causes it? What is it like? I wanted to find out. I did not know if I'd get this symptom (I did) and as a result, I have a wonderful understanding of it.

As you go through the various chapters, I will add my own personal experience and I hope, in doing so, that it will alleviate many of your concerns and worries. At age 53, I feel wonderful despite these symptoms that come and go. Pretty soon, I will be through menopause completely. I hope that the information in this book will make your transit through this marvelous time easy and carefree!



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