

Homeopathic Help In Menopause



An interview with Janee Niebler, Homeopath

The Best Kept Secret: In simple, layman's terms, describe how homeopathy works.

Janee Niebler: Homeopathy works by stimulating the body's immune system to react to a chosen remedy. It's a little like a vaccine response in that minute doses are given. The Homeopath's task is to match each person's symptom picture to the remedy that sounds the most alike in its collection of symptoms that it treats. We have over 3000 remedies to choose from.

TBKS: How can homeopathy help women who are experiencing the less pleasant symptoms of perimenopause?

JN: Perimenopause which is the beginning of some irregularity in the menses usually around 5 years before menopause, may signal the early stages of hormone changes but I am seeing women who are experiencing this earlier than ever before.

The homeopath simply takes the collection of presenting symptoms and prescribes one of many remedies to choose from. Each of us experience these changes differently and that all depends on whatever else is going on in the body at the same time.

TBKS: You say that the healthy menopausal woman never feels any symptoms? Come on. No one can go through menopause symptom free can they?

JN: The answer is yes. Women are forgetting that menopause is a natural transition, not a pathology state. It is a little like puberty in reverse. Not all young

children go through puberty the same. It is an individual response and very much based on the general health status of each person.

TBKS: Tell me more about a constitutional case-taking.

JN: Homeopaths use constitutional case-taking which is a process of searching for all that is going on in the body at the same time. We do not isolate symptoms the way that conventional medicine does. In other words, if a person has chronic headaches & bladder infections, then this will be taken into serious consideration together when choosing a remedy, not one med given for the headaches and another for the bladder infections.

Our bodies have different susceptibilities; we all are prone to different things. This is the beauty of homeopathy. It is the quintessential holistic form of treating illness.

TBKS: What is a homeopathic prescription? Is this the same as prescription drugs?

JN: When a homeopath prescribes a particular remedy chosen, it is the one which the client purchases at a pharmacy selling homeopathics. Many of the doses prescribed by the Homeopath are not on the shelves and will have to be ordered in if the pharmacy doesn't have them in stock. The ones you see on the shelves are very low doses.

TBKS: If I've been prescribed something to relieve my menopausal symptoms, how soon can I expect to see results?

JN: Results are seen according to the vitality of the patient. Very frail people with a lot of health issues will take longer to react. Most of the women I treat feel better generally within about two weeks after beginning the remedies. Again, this always depends on what else is going on in the body at the same time. Most women are very stressed by the time menopause arrives, with the attending burnt out adrenal glands etc. and these states are treated and take time to respond.

TBKS: Should I be worried about side effects?

JN: There are no side effects to these potentized remedies. (preparation of homeopathics is a complex topic) They are not crude herbs and this needs to be understood. The Black Cohosh blends are herbal, not homeopathic. There are side-effects to herbs. When anyone takes a good homeopathic, which is well-selected to match the general state, the body may experience a healing reaction such as a slight cold, or diarrhea which is considered a good response to treatment as the body is literally throwing off an illness.

TBKS: How is the practice of homeopathy regulated in Canada?

JN: Homeopathy has seen various stages of regulation in Canada over the last two centuries. It is in the process now of being re-regulated under the same umbrella as naturopathy with separate boards. The Ministry of Health has long recognised the validity of homeopathy and the regulation method chosen at present is designed to ensure that all homeopaths are trained alike. This includes the British Homeopaths who work here as well as medical doctors from other countries who have chosen to study & practice homeopathy here. Some interesting trivia. I wonder if it is known that Women's College Hospital in Toronto was a Homeopathic hospital under the guidance of Emily Stowe who was a trained Homeopath.

TBKS: If I take HRT along with homeopathy am I nullifying either one? Do they cancel each other out in other words?

JN: As far as Hormone Replacement Therapy is concerned, there is a lot of controversy about chronic use. I would advise women who are reluctant to use it to first be treated "constitutionally" by a Homeopath, not do both at the same time. This may be all that is required. I feel that we do not need to be chronically medicated for this natural occurrence in all women's lives. We just need some help temporarily. Some women though are hugely uncomfortable and it is good that there is another option. Homeopathy, Chinese medicine and other "alternative" forms of natural treatment are perfectly suited to the treatment of menopause. In the end it can be that using several other things such as pampering oneself, getting regular massages, having some regular "me" time etc are all good additions. Many cultures celebrate this changing time as a gift which signifies all the attributes of the "wise woman".

TBKS: Can you relate some stories (before and after perhaps) of women who came to you during perimenopause who were successfully treated?

JN: If I did not see wonderful results with this type of treatment, I would not be doing this with my time. I see so many women with menses changes and irregularities around the perimenopause time. I treat what I see in front of me...this separate individual with her own specific set of symptoms, unlike anyone else. Often fibroids, ovarian cysts, candida and herpes can be part of the picture and these all affect a person's health differently. Each person that I see reacts differently too...some are much better very quickly and others take longer to reach a healthy state. Some pathologies are past the window of turn-around and we can only palliate. The earlier I see people, the better the chances of recovery.

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