

**MENTAL
HEALTH
OR
HORMONE
IMBALANCE?**

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Carolyn Garland – About Me

I am a qualified registered homoeopath. I trained at the North West College of Homoeopathy in Manchester, graduating in July 1991. I am in constant postgraduate training, ensuring that I am up to date with all developments and research.

My practice is chiefly based at my home in Brighouse but I also work at the Colne Valley Clinic in Marsden on Thursdays and the Medico Acupuncture Clinic on Fridays.

My background is that of a Chemist and Bacteriologist in the Water Treatment Industry. I then ran my father's business manufacturing and supplying furniture and furnishings to the Nursing Home Industry. Prior to studying homoeopathy I owned a Delicatessen and Health Food Business in Pudsey.

I have worked in all areas of homoeopathy but for many years have specialized in working with children with behavioural, learning and developmental problems. I was involved in a research project in this field and also in one specific to Autism.

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INTRODUCTION

Throughout history females have been persecuted purely because their hormones were out of balance.

They have been, at the worst, institutionalised and given all manner of mental health labels from psychotic or mad, through manic depressive or depressive, to anxiety neurosis including nervous breakdown.

They have been given a variety of prescribed drugs from heavy anti-psychotic drugs through anti-depressives, mood lifters and calmers, anti-anxiety drugs through to HRT – hormone replacement therapy.

Some women have even resorted to self prescribing – social drugs etc., just to combat the “sense of going mad”.

Cultural attitudes and political health policies sway thus influencing how females cope in their control over behaviour around life’s phases of hormonal changes.

As a homoeopath, I have seen these changes nowadays start as early as age 7 and last as late as age 73 . If this was all in one person it could leave a woman in almost lifelong anguish.

Isaac Newton stated that every action has an equal and opposite reaction. This is as true in human health as it is in physics.

WHAT IS HEALTH?

Health is about balance – like the fulcrum of a see-saw with a positive(+ve) and negative(-ve) as shown in figure 1.

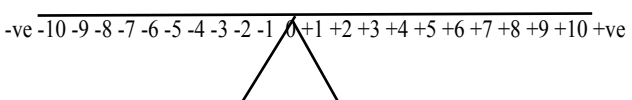


Figure 1

If e.g. Oestrogen levels begin to increase along the scale 1-10 in the upward surge seen at the onset of periods i.e. THE MENARCHE; the rate at which that increase happens seems to determine the level to which the psychological symptoms seem to manifest themselves.

In contrast an emotional shock e.g. a fully balanced female in her thirties who lost her twin sister to leukaemia caused her periods to stop and her ability to conceive ceased. Artificial hormone treatment in that scenario did nothing to alter the physical symptoms and anti-depressants did nothing to alleviate the emotional/mental shock. Homoeopathy, however, considers both the mental / emotional and physical symptoms. In this person's particular circumstances homoeopathy brought about a return of the periods and relief to the grief by releasing the shock to the system.

Given that we all have our physical body, the mind and emotions always changing and evolving, be it under the sway of external factors or purely engaged in development, as one level may shift ahead faster than another level, an imbalance is likely to occur and that imbalance can cause a reaction.

HOW CAN HOMOEOPATHY HELP?

Homoeopathy understands that everyone does not develop or evolve in the same way or at the same time.

The normal age for the menarche is 11 to 14 years old. Those who start their periods earlier and later and more inclined to suffer mentally and emotionally. An early menarche can bring with it more symptoms of pains and heaviness of flow, bringing more tiredness leading to more irritability etc. Those who start late are likely to have feeble flow, short periods and are more

inclined to be withdrawn, sulky, moody and sluggish.

However the menarche presents itself, if it is out of balance and causing symptoms homeopathy can help re-establish that balance. It is a known fact that women living together usually menstruate at the same time – this is how it should be – in accordance with the 13 lunar moon phases – menstruation at the full moon and ovulation at the new moon. (Assilem, 1996)

The MENOPAUSE is a biological phenomenon unique to our species. The menopause can be and often is a mirror image of how the menarche presented itself. 35 to 40 years of menstruating is considered to be the norm.

Like the menarche it is a Right of Passage. It is a time of Great “CHANGE”. Western culture still believes that the menopause is a catalyst to deteriorating mental health, loss of attractiveness and physical capabilities.

Loss of sleep that can come from endless nights of hot sweats can in itself bring low mood, poor memory and other consequences of sleep deprivation.

There are also many positive aspects to the menopause. It is a time when a woman's perspective on life evolves into one of reflective understanding through to deep wisdom. Some women take up teaching or creative ideas flourish where they never had seed before.

Reference:

Assilem, M., 1996, “*Women Ripening Through The Menopause*” Berkeley CA, Idolatry Ink.



**Torso of Goddess Isis
Egyptian Goddess of
Fertility and Motherhood.**

www.giustgallery.com/images/106-torso_goddess_iris.jpg