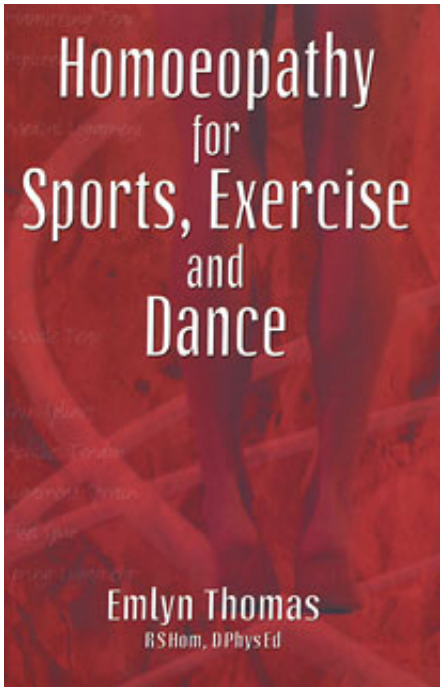
Emlyn Thomas
Homoeopathy for Sports, Exercise and Dance

Extrait du livre

Homoeopathy for Sports, Exercise and Dance
de Emlyn Thomas
Éditeur : Beaconsfield



http://www.editions-narayana.fr/b2996

Sur notre librairie en ligne vous trouverez un grand choix de livres d'homéopathie en français, anglais et allemand.

Copyright :
Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Allemagne
Tel. +33 9 7044 6488
Email info@editions-narayana.fr
http://www.editions-narayana.fr

Les Éditions Narayana/Unimedica sont spécialisées dans le publication d'ouvrage traitant d'homéopathie. Nous publions des auteurs d'envergure internationale et à la pointe de l'homópathie tels que Rosina Sonnenschmidt, Rajan Sankaran, George Vithoulkas, Douglas M. Borland, Jan Scholten, Frans Kusse, Massimo Mangialavori, Kate Birch, Vaikunthanath Das Kaviraj, Sandra Perko, Ulrich Welte, Patricia Le Roux, Samuel Hahnemann, Mohinder Singh Jus, Dinesh Chauhan.

Les Éditions Narayana organisent des séminaires spécialisés sur l'homéopathie. Des orateurs de renommée mondiale comme Rosina Sonnenschmidt, Massimo Mangialavori, Jan Scholten, Rajan Sankaran & Louis Klein attirent plus de 300 participants à chaque séminaire.

Introduction

1
The Injury Problem in Sport, 1
Dance Injuries and Treatment, 2
Homoeopathic Medicine, 3
Basic Principles, 3
The Advance of Alternative Therapies, 3
Who Can Use This Book? 4
Consult a Specialist, 4
How to Use This Book, 4

Homoeopathy — A Basic Outline

1 Towards Speedy Recovery
6
Injury and the Whole Person, 6
The Healer Within, 7
Recognising the Symptoms, 9
Matching the Symptoms to the Remedy, 9
Homoeopathic Symptoms, 11
Acute and Chronic Conditions, 11
Traumatic Injury, 11
Homoeopathic Case-Taking, 12
Common Symptoms, 12
Observation, 13
The Constitution, 13
The Constitutional Remedy, 14
Safety, 15
Limitations and Risks of Homoeopathic Medicine, 15
Your First Steps to Homoeopathic Treatment, 16
When to Use Homoeopathy, 16
Homoeopathy in Conjunction with Other Treatments, 17

2 Homoeopathy in Practice **18**
Homoeopathy for Injuries, 18
Orthodox Drugs, 18
The Patient, Not the Pathology, 19

Narayana Verlag, 79400 kandern, Tel.: 07626 974 970 –0,
Leseprobe von Emlyn Thomas,
Homoeopathy for Sports, Exercicse and Dance

Questions and Observations, 21 Take
Time to Choose the Remedy, 21 The
Effects of Injury, 22 Age and Fitness,
22 Inflammation, 23
Heat, Redness, Swelling and Pain, 24
Mental and Emotional Symptoms, 25
The Importance of Feelings, 25

3 The Principles of Homoeopathic Treatment 27
The Vital Force, 27
The Origins of Homoeopathy, 27
Samuel Hahnemann, 28
Development of Medicines, 29
Treatment with Similars, 29
Differentiating Between the Remedies, 30
Differential Analysis of Two Cases, 32
'Proving' the Remedies, 32
Clinical Experience, 33
Accidental Provings, 33
How Remedies are Made, 34
Which Potencies to Use, 35
Whether to treat the Specific Complaint or the Whole Person, 35
How Can You Differentiate?, 36
Homoeopathic Help and Advice, 36

4 Homoeopathic Symptomatology **38**
Professional Assessment of Injuries, 38
Common Symptoms, 38
Diagnosis, 39
Underlying Pathology, 40
Rapid Traumatic Onset of Conditions, 40
Gradual Onset of Conditions, 40
Recognising Homoeopathic Symptoms, 41
Location, 41
Sensation, 42
Interpretation, 42
Observation, 43
Some Questions to Ask, 43
Concomitants to Injury, 43
Mental Concomitants, 45

Narayana Verlag, 79400 kandern, Tel.: 07626 974 970 –0,
Leseprobe von Emlyn Thomas,
Homoeopathy for Sports, Exercicse and Dance

Physical Concomitants, 45
Modalities, 45
Recognising the Patterns, 46
Causation, 46
Maintaining Causes, 47
A Sample Case Studied in Detail, 47

5 Managing Homoeopathic Treatment 53
Where to Buy Remedies, 53
Taking the Remedy, 53
Rules for Prescribing, 54
Frequency of Doses, 55
When Will the Remedy Work?, 55
Repeating the Remedy, 56
Changing Symptoms, 56
If the Remedy Does Not Work, 57
What Can You Do?, 58
Storing Remedies, 58

Applying Homoeopathy

6 Traumatic Injury and First Aid **59**
Inflammation, 59
Controlling Bleeding and Inflammation: Arnica Montana, 60
Typical Signs, 60
Stopping Bleeding, 61
Dissolved Arnica, 62
Preventing Fatigue, 62
Older Players, 62
After Old Injuries, 63
Other First Aid Remedies, 63
Nerve-Rich Injuries, 63
Head Injuries and Concussion, 64
Treating an Unconscious Player, 64
Resuscitation, 65
Homoeopathic Remedies, 65
Skin Wounds, 65
Muscle Tears, 66
Tendons and Ligaments, 66
Fractures, 66
Spinal Injury, 66

Narayana Verlag, 79400 kandern, Tel.: 07626 974 970 –0,
Leseprobe von Emlyn Thomas,
Homoeopathy for Sports, Exercicse and Dance

7 Overuse Injuries and Conditions **67**
Warm Up, 68
Warm Down, 68
The Highly-Trained Performer, 69
Performance Stress, 69
Warning Signs, 69
Short-Term, High-Stress Events, 70
Preparation, 71
The Effects of Long-Term Activity, 71
Anxiety and Fatigue, 71
Recognising the Condition, 72
Recognising Changes, 72
Remedies for Stress, 73
Sudden Increase of Activity, 75
Overexertion, 75
Pain as a Signal, 76
Remedies for Overexertion, 77

8 Local Treatment for Specific Injuries **79**

THE FOOT
Bony Injuries, 80
Sesamoiditis, 80
Calcaneum Spur, 80
Bruised Heel, 81
Fractures and Dislocations, 82
Stress Fractures of the Metatarsals, 82
Risk Factors, 82
The Risk to Dancers and Gymnasts, 83
Pain During Exercise, 83
Rest, 83
Return to Activity, 84
Homoeopathic Treatment for Stress Fractures, 84
Hallux Rigidus and Osteochondritis, 85
Gradually-Developing Foot Pain, 86
Ligament Injuries and Conditions, 86
Plantar Fasciitis and Tears, 86
Spring Ligament Strain, 88
Heel Pain - Plantar Fascia Tear, 88
Calcaneal Apophysitis (Sever's Disease), 89

Narayana Verlag, 79400 kandern, Tel.: 07626 974 970 –0,
Leseprobe von Emlyn Thomas,
Homoeopathy for Sports, Exercicse and Dance

Tenosynovitis of Dorsiflexor Tendons, 90
Black Toenail (Subungual Haematoma), 90
Foot Pain in General, 91

THE ANKLE
Ankle Sprains, 94
Long-Term Effects of Ankle Sprains, 98
Weak Ankles, 99
Fractures, 100
Achilles Tendon Rupture, 102
Achilles Tendinitis and Peritendinitis, 103
Osteoarthritis, 104

THE LEG
Shin Splints, 105
Simple Test for a Stress Fracture, 106
Treatment for Shin Pain, 106
Stress Fracture of the Tibia, 108
Chronic Compartment Syndrome, 110
Calf Muscle Tear, 110

THE KNEE
Anterior Knee Pain, 112
Patellofemural Pain (Runner's Knee), 113
Haematoma, 115
Infrapatellar Tendinitis, 115
Osgood-Schlatter Disease, 116
Collateral Ligament Injuries, 117
Long-Term Effects of Knee Injury, 120
Iliotibial Band Syndrome (Snapping Band), 121
Torn Meniscus, 122
Torn Cruciate Ligament, 123
Before Surgery to the Knee, 125
After Surgery to the Knee, 125
Bursae and Bursitis, 126
Posterior Knee Pain, 128

THIGH. HIP AND GROIN INJURIES
Hamstrings, 129
Quadriceps, 130
Groin Strain and Pain, 131

Narayana Verlag, 79400 kandern, Tel.: 07626 974
970 –0,
Leseprobe von Emlyn Thomas,
Homoeopathy for Sports, Exercicse and Dance

Adductor Strain, 134 Bones
and Fractures, 134 Young
People, 135 Nerve Pain, 135

GENITAL INJURIES Male
Genitalia, 136 Female
Genitalia, 138

SHOULDER INJURIES Rotator
Cuff and Tendons, 140 Chronic
Tendinitis, 143 Dislocation and
Instability, 145 Recovery
Remedies, 146 Frozen Shoulder,
147 Acromioclavicular Pain, 150

ARM, ELBOW, WRIST AND HAND
Intramuscular Haematoma, 152
Lateral Epicondylitis (Tennis Elbow), 153
Dislocation of the Elbow, 155
Tenosynovitis of the Wrist and Forearm, 156
Sprains, Fractures and Dislocation of the Wrist, 158
Injuries to Fingers, 159
Tendon and Ligament Injuries, 159
Carpal Tunnel Syndrome, 160

THE BACK AND NECK
Lower Back Pain, 162
Muscular Imbalance in Dancers, 163
Orthodox Treatment, 163
Homoeopathic Remedies, 163
Sacroiliac Injuries, 166
Coccyx Injuries, 167
Prolapsed Disc, 168
Fractures in the Spine, 171

THE CERVICAL SPINE Fracture or
Dislocation, 172
Stiff Neck, 173

Narayana Verlag, 79400 kandern, Tel.: 07626 974 970
–0,
Leseprobe von Emlyn Thomas,
Homoeopathy for Sports, Exercicse and Dance

HEAD INJURIES
Trauma, 174 Scalp
Injuries, 176 Eye
Injuries, 176 Nose
Injuries, 177

9 Treating Common Conditions 178
Alcohol, 179
Altitude, 179
Anxiety, 180
Asthma, 180
Athlete's Foot, 181
Black Eye, 182
Bleeding, 183
Blisters, 183
Burns, 184
Cold Sores, 184
Common Cold, 185
Confidence (Lack of), 186
Constipation, 187
Coughs, 188
Cramps, 190
Diarrhoea (Food Poisoning), 191
Diarrhoea (Nervous), 192
Epistaxis (Nosebleed), 193
Exhaustion, 194
Flying, 194
Food Poisoning, 194
Gout, 195
Grass Burns, 195
Haemorrhoids, 195
Hangover, 195
Hay Fever, 196
Headache, 196
Heat (Weather Conditions), 197
Heatstroke, 198
Homesickness, 199
Indigestion, 199
Influenza, 200
Ingrowing Toenail, 200
Insomnia, 200

Narayana Verlag, 79400 kandern, Tel.: 07626 974 970 –0,
Leseprobe von Emlyn Thomas,
Homoeopathy for Sports, Exercicse and Dance

Mouth Ulcers, 201
Nausea, 202
Nerves (Pre-Performance), 203
Nosebleed, 205
Period Problems, 205
Piles, 206
Sciatica, 207
Sleeplessness, 207
Sore Throat, 207
Sunburn, 208
Toothache, 209
Tinea Cruris and Pedis, 209
Travel Sickness, 209
Tummy Upsets, 210
Verrucas and Warts, 210
Wounds, 210

10 Descriptions of Remedies (Materia Medica) 212
ABC, 212
Aconite, 212
Aesculus Hippocastanum, 213
Allium Cepa, 213 Alumina,
214
Anacardium Orientale, 214
Angustura Vera, 215 Apis
Mellifica, 215 Argentum
Nitricum, 216 Arnica
Montana, 216 Arsenicum
Album, 218 Aurum
Metallicum, 219 Badiaga, 219
Baryta Carbonica, 220
Belladonna, 220 Bellis
Perennis, 221 Berberis
Vulgaris, 222 Borax, 222
Bryonia Alba, 222 Calcarea
Carbonica, 224 Calcarea
Fluorica, 225 Calendula, 226
Cantharis, 227

Narayana Verlag, 79400 kandern, Tel.: 07626 974 970 –0,
Leseprobe von Emlyn Thomas,
Homoeopathy for Sports, Exercicse and Dance

Carcinosin, 227
Causticum, 228
Chelidonium, 229
China, 230 Coca, 230
Cocculus Indicus, 231 Coffea
Cruda, 232 Colchicum
Autumnale, 232 Colocynthis,
233 Conium Maculatum, 233
Cuprum Metallicum, 234
Drosera, 235 Elaps Corallinus,
235 Euphrasia, 225 Ferrum
Metallicum, 236 Gelsemium,
236 Glonoine, 237 Graphites,
237 Guaiacum, 238
Hamamelis, 238 Hecla Lava,
239 Hepar Sulphuris, 239
Hydrastis, 239 Hypericum, 240
Ipecacuanha, 241 Kali
Carbonicum, 241 Lac
Defloratum, 242 Lachesis, 242
Ledum, 243 Lycopodium, 244
Magnesia Carbonica, 245
Magnesia Phosphorica, 245
Mercurius Solubilis, 246
Natrum Arsenicum, 246
Natrum Muriaticum, 246
Natrum Sulphuricum, 248
Nitric Acid, 248 Nux Vomica,
249 Opium, 250 Paeonia, 251
Phosphoric Acid, 251

Narayana Verlag, 79400 kandern,
Tel.: 07626 974 970 –0,
Leseprobe von Emlyn Thomas,
Homoeopathy for Sports, Exercicse
and Dance

Phosphorus, 251 Picric Acid,
252 Piper Methysticum, 253
Plumbum Metallicum, 253
Podophyllum, 254 Pulsatilla,
254 Rescue Remedy, 255
Rhododendron, 256 Rhus
Toxicodendron, 257 Rumex
Crispus, 259 Ruta Graveolens,
260 Sabadilla, 261
Sanguinaria Canadensis, 262
Sanicula, 262 Sepia, 263
Silica, 263 Spongia Tosta, 264
Staphysagria, 265 Sticta
Pulmonaria, 265 Strontium
Carbonicum, 266 Sulphur,
266 Symphytum, 267
Tellurium, 268 Thuja, 268
Urtica Urens, 269 Variolinum,
269

Advanced Uses of Homoeopathy

11 Susceptibility to Injury **270**
Predisposition to Injury, 270
Lessons from the World of Dance, 272
Other Psychological Factors, 272
Treating the Potential for Injury, 276
Treating the Whole Person, 277
Results of Injury, 277
Homoeopathic Remedies for Reaction to Injury, 278
Referral, 281

Narayana Verlag, 79400 kandern, Tel.: 07626 974 970 –0,
Leseprobe von Emlyn Thomas,
Homoeopathy for Sports, Exercicse and Dance

12 Enhanced Performance 282
Minimising the Risk of Infection, 283
Improving Performance with the Constitutional Remedy, 285
Practical Applications, 286
Fatigue, 286
Anxiety and Stress, 287
Mental and Emotional Balance, 288
Artistic Performance, 288
Remedies for Anxiety, 288
Developmental Remedies, 290

13 Other Complementary Therapies and Techniques 293
Acupuncture and Acupressure, 293
Osteopathy, 295 Chiropractic, 296
Healing, 298 Qi Gong, 298
Reflexology, 300 Alexander
Technique, 301 Hypnotherapy, 303

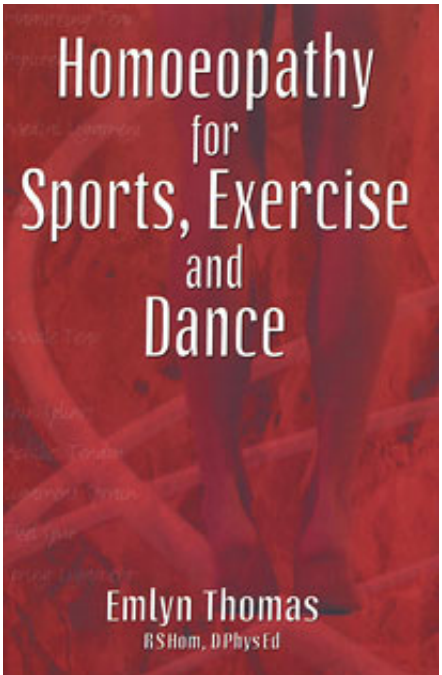
Appendix I: Homoeopathic Suppliers and Organisations, 305

Appendix II: Homoeopathic First Aid Kit, 307 Appendix III:

References and Further Reading, 308 Remedy Index, 310

General Index, 313

Narayana Verlag, 79400 kandern, Tel.: 07626 974 970 –0,
Leseprobe von Emlyn Thomas,
Homoeopathy for Sports, Exercicse and Dance



Emlyn Thomas

Homoeopathy for Sports, Exercise and Dance

344 pages, broché
publication 2000

acheter maintenant

Plus de livres sur homéopathie, les médecines naturelles et un style de vie plus sain
www.editions-narayana.fr