Royal Pains

Prince Harry's vitality may be the direct result of the medical decisions his family has made for generations.

Prince Charles made news in the UK in early May because of his support of homeopathy. The prince had a private meeting

with UK Health Secretary Jeremy Hunt to lobby for National Health Service funding for alternative medicines, including homeopathy.

Opponents of alternative medicine had urged the prince to stay out of the debate and were aggravated by his continual attempts to influence Hunt, who shares the prince's appreciation for alternative medicines.

But the prince has strong opinions on the subject. Both he and his mother, Queen Elizabeth II, are strong proponents of homeopathy and have attributed their good health to its use. In fact, the queen is patron of the Royal London Homeopathic Hospital. (Yes, they still have homeopathic hospitals in England!)

Royal support for homeopathy is nothing new. The royal families of Europe have been supporters of homeopathy since Samuel Hahnemann opened his practice in Paris in the 1800s and significantly contributed to its growth in popularity. At that time, homeopathy was considered fashionable and was the chosen medicine of nobles, clergy and military officers.

The royal families of Germany, Belgium, the Netherlands, Denmark, Sweden, Norway, Austria, Portugal, Spain, Greece, Russia and England were all related and intermarried, so it is no surprise that they shared their successes with homeopathy with one another.

Homeopathy first made its way to Britain in 1835, when Queen Adelaide, wife of King William IV, suffered from a serious illness that the court physicians were unable to cure. She contacted a long-time colleague of Hahnemann, Dr. Johan Ernst Stapf, who cured her with homeopathy. The queen's public support of the new medicine helped to establish homeopathy's popularity among Britain's upper classes.

The first British physician to become a homeopath was Dr. Frederick Hervey Foster Quin. He was a nobleman himself, the son of the Duchess of Devonshire. He often dined with King Edward VII, and he became the court doctor for Prince Leopold and Princess Adelaide before Leopold became king of Belgium.

Sir John Weir was the most famous royal homeopath, serving six monarchs: George V, Edward VIII, George VI and Elizabeth II of England, King Gustav V of Sweden and King Haakon VII of Norway. He was knighted by George V in 1932.

King George VI was so fond of homeopathy that he named one of his racehorses *Hypericum*.

For two centuries, the royals and nobles supported the establishment of homeopathic organizations and hospitals in Europe, many of which are still in operation today.

Why was homeopathy so popular among royalty?

Well, it might have had something to do with the fact that the conventional medicine of the day favored such practices as bloodletting, leeches and heavy metal ingestion. The royal families could afford to look for better, safer and gentler ways.

It is likely that the individualization of treatment also appealed to the royal class, who were more accustomed to being treated as individuals than were the poorer classes.

The most notable reason was that homeopathy worked. Homeopathy was producing impressive results in treating the infectious illnesses of the day, including scarlet fever,

yellow fever, cholera, typhoid and influenza, as well as numerous chronic illnesses that conventional medicine could not cure.

In other words, homeopathy was popular with the noble classes for the same reason that people are turning to it today: it is safe, easy to use and effective.

And one more interesting fact: homeopathy is not a fad or a trend or a drug that will fall out of favor when the side effects outstrip its usefulness. The same homeopathic remedies that worked in the 1800s are still used just as successfully today.

Do you want to experience some of the healing appreciated by monarchs and more for more than 200 years? Check out these key remedies for pain. It is very likely that these exact remedies were used by the nobles of the past two centuries, and they belong in everyone's first aid kit. And when you use them, remember, they once treated royal pains!

Arnica montana 200 – Used for head injuries, bruises, contusions, sprains and bone injuries, *Arnica* is the first remedy to reach for in cases of accidents or trauma. It reduces pain, inflammation and bleeding and promotes healing. It can also be used for sore muscles from overexertion.

Belladonna 6 or 30 – Can be for cutting, throbbing, shooting, sharp pains, particularly if accompanied by redness. It is also used for high fevers and is a top remedy for teething. The sufferer often has cold hands and feet and craves lemons or lemonade.

Bellis perennis 30 – A key remedy for contusions, bruises, lacerations and internal injuries, especially to the trunk of the body. *Bellis* is similar to *Arnica* but deeper acting.

It is also ideal for facilitating recovery after childbirth and for mechanical injury to the breast after a mammogram or from a seat belt injury.

Calendula tincture – Used as a tincture on wounds, cuts, abrasions and burns, this remedy speeds healing, controls bleeding, soothes pain and also acts as an antiseptic. Repetitive application of sterile dressings soaked in *Calendula* to wounds and cuts has been shown to help ward off infection.

Hypericum 200 – This is the premier remedy for punctures, incisions, lacerations and penetrating wounds, especially in nerve-rich areas. When the pain is excessive and incredibly sensitive to touch, *Hypericum* may be the answer. It is excellent for injuries to the brain, to the back and spine and to the tailbone. *Hypericum* has also been known to prevent the onset of tetanus.

Ledum palustre 200 – Relieves pain due to puncture wounds, insect bites or stings and animal bites. This remedy can reduce swelling and inflammation. If the person is cold or the injury site feels cold to the touch, these are key indicators for *Ledum*. *Ledum* has also been known to prevent tetanus.

Magnesia phosphorica (Mag phos) 6X – This is a great remedy for spasms and cramps, particularly menstrual cramps, as well as toothaches, writer's cramp, migraines and colic. *Mag phos* should be considered for any neuralgia that can be ameliorated by heat and pressure. It is often most effective when a dose is given in hot water and sipped.

Ruta graveolens 6 or 30 – Is indicated for sprains, bone bruises or injuries to the cartilage, tendons or bone surfaces. It is also useful for eye strain and pain from bunions. Consider *Ruta* for a feeling of bruised soreness and

injuries to deep muscle tissues especially to the wrists and knees. It is also effective for repetitive stress injuries such as golfer’s elbow, tennis elbow and carpal tunnel syndrome.