



FACE TO FACE WITH TRIGEMINAL NEURALGIA

Smile, laugh, & brush your teeth again without fear!

End the agony of facial nerve pain

by NATALIE HAM, ND



The slightest touch can trigger pain ... brushing the teeth, chewing, talking, smiling, shaving, or feeling a draft of air.

“WOULD YOU PLEASE CALL GRANDMA?” MY FATHER asked. “She’s in extreme pain and can’t get any relief—even though she’s taking the highest dose of her prescription pain medicine.”

My grandmother is a very strong woman, so I knew she was suffering severely with her chronic trigeminal neuralgia if she was asking for help. In fact, this nerve disorder of the face is known for producing perhaps the most excruciating pain one can experience.

I had successfully treated people with this agonizing condition here in Arizona in the Southwest College of Naturopathic Medicine (SCNM) clinic and in my private practice, and I was confident homeopathy could help her, too. However, I find it difficult to be completely objective when treating family members, so I hesitated... but only for a second. It was a Saturday close to Christmas, and my Grandma was suffering. She lived in the cold, snowy Midwest with no classical homeopaths convenient to her—she had nowhere else to turn.

“Of course, I’d be happy to call her,” I told my dad.

Severe face pain

Trigeminal neuralgia usually strikes people over age 50 and is more common in women than men. Also known as *tic douloureux* (or “painful twitch” in French), it is a disorder of the trigeminal nerve, which runs from the ear, across the cheek, and around the mouth and chin. Sufferers report stabbing, shooting, electric-like pain along this nerve path on one side of the face—so severe, that some have nicknamed it “the suicide disease.” The slightest touch or stimulation of the area can trigger pain—such as brushing the teeth, chewing, talking, smiling, shaving, or feeling a draft of air.

Pain attacks are not usually continuous, but they can be incapacitating, lasting from several seconds to several minutes. During a flare-up, attacks can occur from 1 to 100 times a day. Between bouts of intense pain, there is either total relief or, more typically, a dull ache. In the early stages of the illness, attacks can usually be attributed to stimulation of the face, but

over time, as attacks appear more often and closer together, the pain can feel almost constant.

It is unclear what causes trigeminal neuralgia in most cases; theories include compression of the nerve by a blood vessel or age-related degeneration of the nerve. Rarely, a life-threatening disease (e.g., a tumor) can be the cause, so it’s important to be checked by a medical professional. An estimated 1 in 15,000 people suffer with trigeminal neuralgia, although the Facial Pain Association suspects actual numbers are much higher, due to frequent misdiagnosis (often as a dental problem).

Conventional treatment consists of pain management with medication. While often effective in relieving pain, these drugs don’t work for everyone, don’t decrease the frequency of flare-ups, and come with significant side effects. Anti-seizure drugs are typically most effective, but their side-effects (dizziness, confusion, double vision, nausea, liver damage...), their contraindications, and their interactions with common medications make them a less-than-ideal choice for many people, especially the elderly. If anti-seizure drugs cannot be given or the person has built up a tolerance to them, narcotic painkillers are often used (as was given to my grandmother) or muscle relaxants. If these fail, surgery to remove blood vessels or to damage/deactivate the trigeminal nerve may be considered, but these procedures come with their own risks and are not typically recommended for older patients.

MY GRANDMA’S STORY

My grandmother had been suffering from trigeminal neuralgia for years. At first, the flare-ups lasted 2 to 3 days, with about 3 pain attacks a day for several seconds each. Weeks or even months passed between flare-ups. She had more flare-ups during the fall and winter (as is common with trigeminal neuralgia), but she endured them without medication.

Over the years, however, Grandma's flare-ups grew much more frequent and prolonged, to the point where it seemed she was suffering in every season of the year. During that autumn before she asked for my help, she had flare-ups for weeks and months at a time, in which the attacks were so numerous (20 to 80 a day) and protracted (several minutes each), that she almost had no time pain-free. In between attacks, she felt a dull ache.

Her doctor gave her a combination of propoxyphene (a narcotic painkiller) and acetaminophen. Initially, the medication seemed to take the edge off her pain; however, as the flare-ups increased in intensity through the winter, she began taking the maximum dosage but with minimal relief. Her current episode had started about 3 weeks before my father called me, and it was relentless. Given my grandmother's age (82) and the fact that she was alone all day, I was concerned about the side effects the narcotic might

have on her. I hoped that if I could find the right homeopathic remedy, she could stop taking the painkillers.

Even speaking hurts

Grandma's intense pain made it difficult for her to speak, so my father told me what he knew: her pain was a "10" on a scale of 1 to 10. It was on the right side of her face and much worse from talking. It felt lightning-like, as if a switch had been turned on, forcing her to cry out in pain.

I then called Grandma to fill in the blanks. My heart went out to her as she struggled to speak, in spite of the pain. She said she was markedly worse from any cold application or cold air. This was all she could tell me for the time being.

In search of unique symptoms

In considering her symptoms—intense, lightning-like pain, worse from any stimulation of the face, and worse from cold air—I realized they were all *common*

symptoms of trigeminal neuralgia. While I wanted a remedy that would address those symptoms, I knew that relying *only* on the common symptoms of the disease would not help me find the best remedy; I needed unique, individualizing symptoms.

Even for a disease known to cause extreme pain, Grandma's pain was more intense than what I had seen in other patients. I decided that the *intensity* of her symptoms was what was most unique about her case.

Both *Aconite* and *Belladonna* fit her common symptoms, the type of nerve pain, the intensity, and the lightning-like nature of the pain. But how to differentiate between the two remedies? Her pain was right-sided and *Belladonna* is typically a "right-sided" remedy, but I hesitated to rely on that symptom alone... so I asked her one more question to rule out *Aconite*: "Are you the least bit anxious or restless with the pain?" "No..." was all she could reply.

END EXCRUCIATING NERVE PAIN—

People afflicted with trigeminal neuralgia endure not just the excruciating pain of the illness but also the uncomfortable and sometimes intolerable side effects of the drugs given to try to stop their pain. But the drugs don't always work, so beleaguered sufferers turn to surgery—which may or may not help. Homeopathy offers a *SAFE* alternative!

Although trigeminal neuralgia is a chronic illness, the three case examples in the accompanying article were initially treated "acutely," because the patients were seen during an acute flare-up of their chronic condition (known as a "fictitious acute"). Sometimes the remedy used to treat the acute flare-up will also help the person's chronic condition—that is, it will reduce their underlying chronic tendency toward having trigeminal neuralgia flare-ups in the first place. In other cases, a different remedy may be needed to treat the chronic tendency toward flare-ups; if so, this remedy would be given after the acute flare-up had passed and would be aimed at more than just the trigeminal neuralgia symptoms. (Note: For the treatment of chronic conditions, seek the expertise of a classically trained homeopath.)

The homeopathic remedies below are those used most often to relieve an acute flare-up of this painful condition.

Magnesium phosphorica. Pains worse on the right side, worse if body gets cold or if area is exposed to cold, espe-

cially cold wind. Pain is better with warm applications and can be better with pressure. Pains come on like lightning.

Colocythis. Pains feel tearing or stitching, mostly on the left side. Pains are better with pressure, rest, and warm applications. Location of pain may be worse around the eye.

Attacks can be worse in evening around 10 p.m.

China. Pains are mostly left-sided. The skin on the face is sensitive to any light touch or draft, as well as to motion and can be worse with noise. Hard pressure ameliorates the pain. Attacks may come on at the same times every day.

Belladonna. Pains are right-sided with a red face. Muscles of the face may twitch with pains, which are severe and intense. Pains are worse with drafts and motion, especially

WITHOUT SIDE



My father had *Belladonna* 200c and ran it over to Grandma immediately. She began to take it that night, three pellets, once an hour until she went to bed. Since the pain was so intense, I expected to know by the next morning if this was the right remedy, so I called her as soon as I woke up. I was disheartened to hear her still struggling to speak. “It’s a little better,” she said.

Close but...

Maybe she was just saying that so as not to disappoint me. Or if there *was* a slight improvement, perhaps it was just the normal ebb and flow of the disease. Or perhaps the remedy had helped a little because it was “close” but not the best match. At any rate, this was not the reaction I was looking for, and I knew I was missing something in her case.

“What else did you notice last night?” I asked. (Always default to the “what else?” question when you’re stumped—you’ll be surprised at what you learn!)

A-ha!

“Actually, when I drank some hot coffee, this morning, that helped. I wanted to keep it there. I’ve also been holding the right side of my face, and that feels good,” she said.

I asked her what I ask anyone who tells me that pressure and heat relieve their symptoms: “If you could choose one, which would it, be?” “The coffee,” she responded without hesitation.

I could tell that it was getting more and more difficult for Grandma to talk, so I had to figure this out without causing more pain. I already knew she had intense right-sided, lightning-like neuralgic pain, markedly worse from anything cold or from motion of the face. Now I knew she was much better with heat, and a little better with pressure. Nerve pain is usually worsened by any extreme temperature change and rarely improved by either warm or cold; also, the relief from pressure is unusual in trigeminal neuralgia—

so I knew these were important symptoms to pay attention to.

Two good remedies

This led me to consider both *Magnesium phosphorica* and *Colocynthis*, which can be very similar with their presentation of pain. People who need these remedies are ameliorated by warmth and pressure; however, people who need *Mag phos* tend to have more relief from warmth, whereas those needing *Colocynthis* get more relief from pressure. *Mag phos* pain tends to be right-sided, while *Colocynthis* tends to be left-sided.

Mag phos made perfect sense! Its indications include intense, lightning-like pain. Intense aversion to anything cold is also a classic symptom for *Mag phos* pain. Because aversion to/aggravation from cold is also such a common symptom for trigeminal neuralgia, I was not paying close attention to it; in retrospect, however, I realized that cold was what aggra-

EFFECTS



10 REMEDIES TO RELIEVE TRIGEMINAL NEURALGIA

when chewing. Pains appear and disappear rapidly and may worsen at 3 p.m.

Aconite. Pains appear suddenly and are worse on the left side. They are accompanied by restlessness and an anxious look on the face. Pains are intense and are accompanied by anguish. Pains may come on after exposure to or may

clenching teeth, change of temperature, pressure, open air, and motion. Pains involve the chin and lower jaw.

Arsenicum. Pains feel drawing or burning, as if from needles. They are ameliorated by warm applications and aggravated by cold air; they may be worse after midnight. The person is anxious, restless, and thirsty.

Bryonia. Pains are worse with the slightest motion, so the person cannot speak or eat. They are ameliorated by cold and pressure and lying on the painful side. The person has dry mouth and lips, and is likely very thirsty.

Spigelia. Left-sided pains, worse from stooping or moving the head, from noise, during perspiration, from cold water and air, and from chewing. Lightning-like pains come on from morning until sunset. The person has a flushed red face on the affected side, and pains come on at certain times of day.

Dosage

In acute cases when someone is in severe pain, I tend to give a relatively high potency (e.g., 200c) every hour or two at first, until there is a clear easing of the pain (at which point I reduce the frequency to perhaps once a day until the person has been symptom-free for awhile). In severe cases, I hope to see improvement after a few doses and definitely expect improvement after 24 hours; if not, I will search for a better remedy choice.

be worsened by dry cold winds.

Pulsatilla. Pains are worse on the right side, with a drawing or tearing sensation. They are worse from chewing, warmth, and lying on the painful side. The mouth feels dry, but the person does not drink. Pains are ameliorated by cold applications and open air.

Verbascum. Left-sided pains with a pinching sensation as if parts were being crushed by tongs. Pains brought on by

vated my grandmother's pain the most.

I called my father and asked him to pick up *Mag phos* on his way home from work, in whatever potency he could find at the health food store. He found a 12c; I would have preferred a higher potency, since her symptoms were so acute, but the remedy choice is more important than the potency. I told Grandma to take the remedy every hour and call me in the morning.

"I hope this works!" my father said to me. "She's in so much pain, it's hard to see her like that." (No pressure!)

A sweet hello

The next morning, cringing, I called my grandma, expecting to hear her struggling to speak. "Well, hello, my darling!" she said clearly. "I'll tell you, those little pellets worked! I feel a lot better! I did just what you said, and I hardly feel any pain today at all!" Wheww! Once the pellets started to dissolve in her mouth, she said she could feel the pain dissipating and she only had 3 additional attacks since starting the remedy. Also, the dull ache in between the

severe bouts of pain that she'd had for many months was completely gone. My father called me next. He was ecstatic and incredulous that Grandma's pain had gone from a 10 out of 10 to a 1 out of 10 in one night!

Since my grandmother's painful condition was an acute flare-up of her chronic disease, I treated it as an acute illness. In my experience with acute problems, the indicated remedy will often help for awhile, but eventually a higher potency will be needed, so I sent her a bottle of *Mag phos 200c* right away.

After 2 days of taking *Mag phos 12c* every hour, my grandmother's pain started to creep back. The attacks became more frequent, and her pain climbed to "4" on a scale of 1 to 10. Fortunately, the *Mag phos 200c* arrived in her mail, and she began taking a dose every hour. Her pain improved immediately; soon, the attacks were lasting just a few seconds and were not very intense (1 out of 10). Within the next several days, they subsided altogether. At this point, I suggested she lower the dose to once a day for a while, to ensure the pain would not return, and to eventually stop altogether unless the pain returned.

We were so happy that Grandma could enjoy our traditional Christmas Eve family gathering...pain free! She was also able to discontinue the use of her prescription pain pills, never to need them again. Not only was she relieved of the excruciating pain of trigeminal neuralgia, but she was free of the upset stomach and brain fog caused by the painkillers!

We were so happy that Grandma could enjoy our traditional Christmas Eve family gathering ... pain free!

I did not hear about Grandma's trigeminal neuralgia again for the rest of the winter—or during the next spring, summer, or fall, for that matter. This was rather incredible since she had been suffering most of the previous year almost continually! However, about a year after her last symptoms subsided and as the harsh winter weather began to settle in, she started to feel another flare-up. Her symptoms were just like the previous year, so I sent her the next highest potency, *Mag phos 1M*. She began to take the remedy every hour. I called her the next morning and, once again, she was dramatically better. She had gone from 20 to 30 attacks a day to 2 to 3 attacks for the whole day. By her third day taking *Mag phos 1M*, Grandma had only one small attack with a 1 of 10 severity of the pain. At that point, I cut back her dosing from every hour to once a day and eventually to an "as needed" basis.

Several weeks later, I came to town to visit her. "How's your face, Grandma?" I asked. "Fine!" she replied, "I feel just fine!" She smiled at me with appreciation. I was glad to see her back to her old self again.

Ideally, I would like her to get chronic homeopathic treatment to see if we might get rid of her tendency toward trigeminal neuralgia altogether. But right now, Grandma is just thrilled with the symptomatic relief she has gotten from *Mag phos*, without the negative side effects of the narcotics, and so am I.

SHERYL'S GREAT RELIEF

When I was a fourth-year student at Southwest College of Naturopathic Medicine, a 47-year-old patient named Sheryl came to our teaching clinic for help with trigeminal neuralgia. The clinic supervisor decided it was a "good case for homeopathy" because trigeminal neuralgia is difficult to treat with other naturopathic methods. And since I'd been trained on several homeopathy shifts at the clinic, I was assigned to take Sheryl's case.

Sheryl told me she'd been suffering with flare-ups of trigeminal neuralgia for the past several years, especially in the colder months. She had anywhere from 1 to 5 episodes a year lasting from 5 to 14 days each; during an episode, she suffered 5 to 10 attacks a day, each one lasting





pressure would do—it had to be heavy. Light pressure or touch didn't help at all. In fact, light touch caused a severe aggravation of her pain. And any sort of caressing or the slightest draft of air on her face was unbearable.

The slightest draft of air on her face was unbearable ... but “the pain was gone a couple hours after I took the remedy. It's amazing!”

Pain that is worse from light touch is not very unique for people who suffer from trigeminal neuralgia; however, feeling relief from hard pressure is uncommon. I also knew that “pain worse with light touch but relieved with hard pressure” is a keynote symptom for the remedy, *Cinchona officinalis* (more commonly known as *China*). Since *China* has a very

strong affinity for nerve pain, particularly in the face, I kept it high on my list of suspects.

Exquisite sensitivity

Sheryl told me her pain was also worse from motion, such as talking or chewing. But nothing intensified her pain like a light touch or a draft of air, she stressed, saying, “I feel like my nerves are exquisitely sensitive to those things.” Her symptoms also made me think of the remedies *Verbascum* and *Spigelia*, which are often indicated for left-sided neuralgic face pain and for pain that is worse with slight touch and motion. However, *Verbascum* tends to have the sensation of the face being “pinched by little tongs,” which Sheryl did not have. Additionally, neither of these remedies has the symptom “relief from hard pressure,” and the remedy we chose would *have* to cover this strong symptom of Sheryl's.

In the final minutes of our consultation, I gave Sheryl one more opportunity to share anything else about her trigeminal neuralgia. “I don't know if this is important or not,” she said, “but the pain seems very precise. The attacks come on at the same times every day, no matter what I am

doing.” I thanked her for that important piece of information, since it confirmed my remedy choice. The symptom of periodicity is a very strong indication for *China* (i.e., symptoms return at specific times—such as every day at a certain time or every third day or seventh day, etc.).

So we gave Sheryl *China* 30c, to be taken every two hours until the pain began to resolve. Once the pain was gone, she was to take the remedy once a day, in hopes of helping her underlying predisposition to getting the flare-ups.

Pain disappears, energy up

When Sheryl came in for her follow-up appointment the next week, she was not holding her face anymore. I asked how she was feeling, and she replied, “Oh—the pain was gone a couple hours after I took your *China*. I had only taken 3 doses when the pain went almost completely away, and it was all gone by morning! It was quite amazing, actually. My pain has never gone away that quickly before!”

Sheryl was ecstatic to report that her energy picked up as well. “I'm not feeling weak and exhausted as I usually do after a flare-up,” she said. I smiled when I heard this; it was another confirmation that *China* was a good choice since the symptom of “weakness” is also a strong characteristic indication for *China*.

As Sheryl had flares several times a year, I was hopeful to see the long-term positive effects that this remedy might have on her. Unfortunately, I was soon rotated to a different shift and lost track of Sheryl. When I became a resident ND in the clinic, however, I heard about Sheryl again when a student was reporting on her case; Sheryl had come in for help with something unrelated to trigeminal neuralgia.

“I saw her as a student more than a year ago,” I said. “We gave her *China* for her trigeminal neuralgia.” “Yes,” said the student, very excited, knowing the history of the case. “We cured her of that with *China*! She has not had a flare-up since!”

several seconds. Even between flare-ups, Sheryl felt a constant low-level discomfort, and it would take weeks after a flare-up until she felt “normal” again.

Sheryl had tried to treat her pain with natural medicines and acupuncture because she disliked the anti-seizure medications and painkillers prescribed by her primary care doctor. Unfortunately, none of these therapies had given her much relief.

Face in hand

When I first walked into the room to meet Sheryl, I noticed she was holding the left side of her face. (Hint: Whenever you observe a patient trying to alleviate their symptom, inquire about it. What they tell you will usually give you important clues to finding the remedy.) “Why are you holding your face?” I asked. “It's the only thing that gives me any relief!” she replied.

I knew she could be holding her face for any number of reasons, for example, to keep her face from moving, or to apply pressure, or to block any draft of air. So I asked what it was about the holding that was helping. “The pressure is very soothing,” she answered. Upon further questioning, Sheryl revealed that not just any

ROBERT GETS BACK IN GEAR

After graduating from SCNM and completing a year of family practice residency, I began a year of homeopathy-based residency. I was blessed to receive additional homeopathic training, supervise third- and fourth-year students in the clinic, and see many interesting cases, including another person with trigeminal neuralgia.

Robert, 57, was a car mechanic, newly diagnosed with this painful illness. Several months earlier, he had felt some mild pain in his face while brushing his teeth. He didn't know what it was at the time and since it went away on its own, he didn't worry much more about it. By the time he came to see us, however, he was in

occurred the morning of our visit, while he was shaving.

Robert was uncertain about homeopathy and had only come in because his wife made him the appointment. He did not want to take the medication from his doctor, however, because it made him drowsy and less productive. He also had to test-drive the cars he repaired, and the prescription medication would have kept him from doing this.

A quiet guy

I sent one of my seasoned fourth-year students, Erin, to take Robert's case. She came back, looking frustrated and reporting that he was very soft-spoken. "It was difficult to get symptoms out of this gentle-

fore an important symptom. But if nerve pain is ameliorated by *cold* temperature, that is even more unusual! To my delight, most of the students picked up on the peculiarity of the pain resolving with cold applications, too.

This symptom brought to mind several remedies, especially *Pulsatilla*, which is also known to help "tearing facial pain." Other remedies to consider were *Bryonia* and *Coffea*, both of which matched the symptom of neuralgic pain relieved by cold.

I explained to Erin that she almost had the case solved; she just needed to go back and get some confirmatory symptoms so we could choose one of these three remedies. "Well, I didn't want to press him too much," she said, "because he looked like he was going to cry!" We discussed how this could be an important clue to the remedy (*Pulsatilla* is well-known for helping people who weep easily or who weep when telling their symptoms). We also discussed that, even if we're uncomfortable talking about something with a patient, it's best not to avoid an observed symptom; we need to get the totality of symptoms from the patient in order to find the best remedy. Erin went back to see Robert with these thoughts in mind.

Case solved

She came back with a big smile on her face. "I think we have it!" she exclaimed. Erin said that Robert had actually wanted to talk about his emotional state, and once she broached the subject, he felt safe to do so. He said he had been feeling very emotional since the pain started. He had been in pain for days and was tired. He wanted to talk to someone about how he was feeling, but held off because he was "supposed to be the man." He had work to do; he had to provide for his family and could not be a burden on them.

When Erin asked what he was feeling, Robert's eyes began to tear up. "I just feel like no one understands what I am going through..." Robert said. Erin gave him a tissue, which he appreciatively accepted.

Erin had gathered several more useful symptoms. Robert had been lying on his left side because of increased pain with touch and pressure on the right side. He was usually a thirsty person and since the neuralgia started, he found himself drink-



His most recent attack occurred the morning of our visit, while he was shaving.

the middle of a full-blown flare-up. He'd had about 8 to 10 attacks the previous day, brought on by talking, eating, or brushing his teeth. The longest of these attacks had lasted about a minute. Robert's pain level was an "8" on a scale of 1 to 10 during the attacks; between attacks it was a "1" out of 10. His most recent attack

man," she explained to me and the team of students who would be studying his case. "I don't know if we have enough information to prescribe on."

She relayed that he had severe pain on the right side of his face—as if his face was "being ripped open." The pain was worse when he talked or touched his right side. He said his face felt much warmer than usual, and he felt relief when he put something cold on it.

Nerve pain and temperature

Listening to Erin's report, I remembered my grandmother's case where I learned a lesson: nerve pain that is ameliorated by temperature change is unusual, and there-

ing less. This was unusual, since he had also felt much warmer.

These symptoms confirmed our choice of *Pulsatilla*. Although people who need *Pulsatilla* are usually worse as a whole when lying on their left side, their facial pain is aggravated by lying on the painful side—the right side in this case. (This differs from *Bryonia*, which is better from lying on the painful side.) Robert was not weeping freely, due to social stigma, but once he felt it was okay, he let some tears escape. He had the classic *Pulsatilla* feeling of being forsaken or all alone. Robert gladly accepted Erin's consolation, which also fit *Pulsatilla*, as did his increased sensation of heat and reduced thirst. We prescribed *Pulsatilla* 200c every 2 hours and promised we'd check on him the following day.

The next day we learned that his pain was dramatically better! His attacks had gone from a "9" out of 10 to a "2" out of 10, and the frequency had decreased considerably, down to 2 or 3 attacks a day. We asked him to continue taking the *Pulsatilla* 200c and to call if he did not continue to improve.

A change in dosage

I had a hunch that he would not call if he had a concern, so Erin checked on him two days later. He reported that he'd had one full day without any attacks, but just that morning, the pain had returned slightly. "I don't want to complain," he told Erin. "I am much better, overall."

Since it appeared that the remedy was not helping him as much as it had been at first, we decided he needed the same remedy but at an increased potency. We reasoned that the nature of his symptoms had not changed since we first saw him (except for being less intense), and there were no new symptoms—a sign that an increase in potency was the correct move (vs. a different remedy). Robert's pleasing nature was further confirmation that he still needed *Pulsatilla*. We prescribed *Pulsatilla* 1M, to be taken in the same manner as before, until the pain resolved, then once a day after that. Erin asked him to please call if he had no improvement, and she assured him that it was not a burden to us.

Sold on homeopathy

I saw Robert's name on the schedule the following week. Concerned, I sent Erin to find out why he was there. She quickly returned. "He's better!" she said, smiling broadly. "After taking the *Pulsatilla* 1M, his pain went away completely and hasn't returned. He's here today because he's so impressed with those results—he wants to see if we can help him with some of his other problems!"

We took on Robert as a patient for his chronic conditions, such as his allergies and eczema. He was pleased to see continued improvements using the remedy *Pulsatilla*. Eventually we did need to switch remedies, as the symptoms of his chronic case changed. We have only been treating him for seven months, but he has not had a return of his trigeminal neuralgia!

Turn to homeopathy for TN

The pains that sufferers of trigeminal neuralgia endure can be crippling. Yet this intensity of symptoms can also make it

easier for a homeopath to find the individualizing features in the case. Identifying the symptoms that make an individual's experience of trigeminal neuralgia unique will guide you to the remedy that will relieve that person's pain. Given the many unwelcome side effects and contraindications of drug therapy and surgery for trigeminal neuralgia, being able to alleviate this pain with homeopathy will be much appreciated by your patients...or your grandmother!



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