

Questions and Answers on Family Health

The Alternative Approach

Jan de Vries



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QUESTIONS AND ANSWERS ON FAMILY HEALTH

The Alternative Approach

Foreword by Dr Alfred Vogel

Jan de Vries



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USEFUL ADDRESSES

Foreword

It was a fortunate occasion when I met Jan de Vries in January 1959 in the Netherlands. I spoke to him with pleasure and conviction about my 40 years' experience in the field of herbal medicine and my views on diet and nourishment. I soon realised that I had an extremely interested listener who fully appreciated my knowledge of the whole sphere of medical science.

Jan de Vries was not only interested to learn everything about my experiences of when, where and how to collect herbs, he also insisted on taking part in the actual process of extracting their beneficial ingredients. As he was a trained and qualified pharmacist, he was already familiar with the world of plants and herbs and had considerable knowledge in this field. He accepted an invitation to join our firm, which gave us the chance to establish a working relationship which has lasted for many years. He was one of my best pupils, if not the very best, and he grasped the opportunity to further develop his talents in the field of natural medicine.

I was very happy to share with him my enthusiasm for Nature and the world of plants. He was also prepared to accept my principle that herbal medicine should always have priority in the treatment of illness.

As a result of our experiences we both agreed that, when properly used, natural methods and herbal remedies could improve one's health and keep illnesses at bay. Nature itself is capable of healing. Jan de Vries shared my conviction that herbal medicine in combination with a natural diet could create positive responses in the body in order to ward off ailments. By creating the right conditions for the body and supplying it with the correct nourishment, we are able to

activate the body's own regeneration system. In this way it is possible to overcome, as well as cure, ailments. Natural practitioners are becoming increasingly aware that we don't just have an important role to play in the curing of illnesses, but also in the prevention of medical disturbances. This requires us to put greater emphasis on preventive medicine. Prevention is always better than cure. This principle plays a major role in my own approach. In an effort to clarify this to patients and the public at large, I have written several books, such as *The Nature Doctor*, *The Liver as the Regulator of our Health*, and *Nature, Your Guide to Healthier Living*.

Jan de Vries was immediately prepared to share my experiences with his friends and later with his patients and he recommended these books for their information. He is, I am pleased to repeat, my most successful 'pupil'. His success, from which many patients have benefited is not, however, attributable solely to his talents; it is also thanks to the Creator who has supplied so many plants with healing powers.

I am very pleased that Jan de Vries is able to share his knowledge and experiences with us on paper. His books are written in simple language that can be readily understood by both patients and laymen alike. In these books he deals with natural methods using herbal remedies to overcome ailments and illnesses.

It is important to look beyond merely curing the obvious symptoms, as conventional medicine might teach us. We must look for the cause of the illness in order to continue the treatment and find a cure for the source. Very little benefit is obtained by clearing up an ache or easing a sensitivity if we are not able to eliminate the cause. In order to do this we should study the whole person and attempt to recognise which factors have contributed to the condition. There could be many reasons, for example, a breathing difficulty, a movement disorder, or a shortage of oxygen,

rest or sleep. There can be many causes of a biological imbalance.

Jan de Vries has developed an extensive knowledge in this area. With perseverance he builds up an overall picture of total health, never failing to take into account the physical and mental condition of the patient.

I am convinced that in this book he will show many people the right way to recovery in plain and simple language. It is an excellent complement to my own books, as we have both sincerely attempted to serve our fellow men and share with them the knowledge we have acquired from our understanding and experience of the bounty of nature.

Dr Alfred Vogel

Introduction

Questions and Answers on Family Health is the handbook for every household and has been published in direct response to public demand. During the hundreds of lectures that I have given throughout the world over the years, at conferences and public meetings, I often asked for the questions to be written down so that I could answer them from the platform. I kept many of these questions with the intention at the back of my mind of possibly collating them at a later time into a compilation for the interested reader. The infinite variety of topics covered by these questions gives a fair impression of the public's interest in and approach towards Alternative Medicine. Some interesting questions from the many radio and television broadcasts I have participated in, especially the well-known Gloria Hunniford BBC Radio 2 series, have also been incorporated in this book.

It often seems that books on similar subjects contradict each other, and the questions from meetings and lectures are a good indicator of what the public wants to know and learn about. These questions may be so diverse as to cover varicose veins, the use of vitamin E, headaches, verrucas, ME, *Candida*, or cancer. The health problems and concerns experienced by people today are so numerous that it is impossible to assemble them all into one publication. However, this handbook presents a variety of easily used methods and I have tried to keep the contents as useful and varied as possible.

It is my sincere wish that this book will be of help to a great many people and that its readers will find the answers to some of their own questions in this book.

The reader should bear in mind that any advice, remedy or method mentioned in this book, is suggested as a guideline only. I would always recommend that people consult a qualified practitioner for specific advice.

A

ABSCESSSES

How can I avoid an abscess recurring?

An abscess can be an extremely uncomfortable and often painful affliction. It is generally regarded as an accumulation of internal and external toxic material and indicates a high level of toxicity in the body. Although the lymphatic system collects and disposes of most of the body's waste material, sometimes it may not be able to cope with excessive demands. Excessive toxicity in the body is often the result of an unbalanced or unsuitable diet, exacerbated by alcohol and/or nicotine.

I would recommend Echinaforce (15 drops in some water before meals, taken twice daily), Petaforce (ten drops in a little water before meals, taken twice daily) and two tablets of *Hepar sulph.* 4x before going to bed.

I suffer from recurring abscesses for which my doctor prescribes antibiotics. I would like to know if there is a homoeopathic alternative?

In the case of recurring abscesses one should first of all look at the diet. Do not eat fatty foods and ban all pork and pork derivatives e.g. pork chops, bacon, ham, etc. Avoid spices, alcohol and nicotine. Eat plenty of fruit and vegetables. Take ten drops of Petaforce in half a cup of water twice a day. You would also be well advised to use garlic or a garlic-based product. For centuries garlic has been used as a dietary constituent and it is a common ingredient of Mediterranean dishes. In Britain alone, in excess of one hundred million

garlic capsules are purchased every year. Researchers are now beginning to accept that it possesses remarkable effective powers: apart from its benefits to the digestive system, natural garlic may help to maintain normal cholesterol levels in the blood, when used as part of a healthy low-fat diet.

ACNE

What is the cause of acne?

There are two common kinds of acne: acne vulgaris and acne rosacea. As the name indicates, the first is more common, and it is also easier to treat. Acne vulgaris is an inflammatory condition of the sebaceous glands in the skin, mostly affecting the face, neck, chest and back. The exact cause of acne cannot be determined, but it is often thought to result from a hormonal imbalance, which is why teenagers in particular tend to experience this problem. Hereditary influences can also play a role and certain foods have been known to aggravate the condition. Therefore the first rule in treating acne vulgaris is to adopt a healthy diet.

Acne rosacea, however, presents a much bigger problem as it is generally more difficult to control. This is a chronic skin condition affecting the fleshy areas of the face, the nose, cheeks, chin and forehead, which affects both sexes, usually in middle age. This condition is thought to be caused by neurovascular instability, endocrine disorders, allergies and various other factors. The first requirement, once again, is a healthy diet.

The following remedies are recommended for both types of acne: Echinaforce, *Viola tricolor*, Petaforce, vitamin E and Oil of Evening Primrose.

What diet, juices and herbs do you recommend for persistent acne? I have tried almost everything.

Drink plenty of beetroot and carrot juice and take Dr Vogel's Violaforce. Also follow this general diet:

Diet for acne sufferers

Breakfast

Vogel's Breakfast Muesli mixed with the juice of a grated apple or half a banana or other fruit (no citrus fruits).

One or two pieces of Ryvita or wholemeal bread spread with natural vegetable margarine (sunflower or corn-oil margarine).

One cup of tea after the meal, preferably peppermint, rosehip or camomile tea. Bambu coffee may be used as an alternative.

Lunch

One plate of fresh vegetables, especially carrots and beetroot. Some other raw or cooked vegetables. Dress the fresh vegetables with olive or sunflower oil mixed with a little lemon juice or celery juice.

Baked or steamed potatoes in their jackets may be taken with the vegetables.

For dessert, take natural unflavoured yogurt, sweetened with honey if desired.

Dinner

Vegetable soup made with fresh, organically grown vegetables. The water used to prepare the soup can be enriched with a little Plantaforce; this is a delicious vegetable concentrate from the Vogel range and is very easily digested. Use salt sparingly in this soup - a little Herbamare is more beneficial.

Fresh fruit salad may be taken for dessert, although if you are prone to indigestion, do not combine these two.

General advice

Animal fat is prohibited. Use eggs sparingly. No white flour or white sugar (or products made with them). No pork, sausages, bacon or ham. Cut down as much as possible on coffee, nicotine and sweets. Take plenty of exercise in the fresh air.

Please advise on treatment for acne in a teenage boy.

Give the boy one capsule of AkneZyme twice daily.

My daughter has acne. She took antibiotics for six months and it went away. She stopped taking the antibiotics and it came back. The doctor recently again prescribed antibiotics: Minocrin MR, which was accompanied by a warning about possible side-effects. For the first few weeks my daughter was all right, but during the last two weeks she has had very severe (thumping) headaches and sometimes cannot bear to see bright lights. My daughter wants to go back to her GP, but I would like to ask you if you have a safe way of treating acne?

In short, my answer is *yes!* This problem can be approached from several different angles and therefore I would suggest that you and your daughter read my book *Skin Disorders*, which gives details on various treatment approaches.

Can homoeopathic medicine help acne sufferers?

It most certainly can. Please read my book *Skin Disorders* for advice on a wide variety of alternative treatment methods for acne, and also for other skin complaints.

I have suffered from acne since I was a teenager. I am now 37. I have tried nearly all the treatments available on NHS. Can you help?

Read up on the dietary advice you can find in this section. You may like to consider acupuncture treatment, which is often helpful.

ANAEMIA

How do I overcome anaemia?

Anaemia is a condition characterised by a reduced number of red blood corpuscles or of haemoglobin in the bloodstream, which in turn reduces the blood's effectiveness in transporting oxygen throughout the body. It identifies itself by the patient's lack of energy and general listlessness, and is caused by a lack of iron.

Pernicious anaemia is a specific form of anaemia and, fortunately, less common than the type described above. This condition is characterised by lesions of the spinal cord, weakness, diarrhoea, a sore tongue and numbness in the limbs. It is usually associated with an inadequate absorption of vitamin B¹². In addition to the recommended medication, diet is very important. Supplement a balanced diet three times a week with a dessert of four dried pears (sulphur-free) soaked in red grape juice or port wine. Eat plenty of fresh green vegetables and a raw egg, beaten with red grape juice about three times a week. Use *Alfavena* tablets, *Ferrum phos. 6x* and *Kalium phos. 6x*.

ADDICTIONS

Alcohol

In our society it is considered socially acceptable to 'have a drink'. I can put it more strongly, the person who does not take a drink is, often derogatively, labelled a 'teetotaller'. Yet, what is mostly seen as a pleasant social custom too often gets out of hand and ends in abuse. Acupuncture can help to overcome alcohol dependence, in combination with the following remedies: brewers' yeast (4-6 tablets per day) and vitamin C (up to 2 g daily).

Nicotine

Not so long ago it was considered socially acceptable to smoke wherever one liked. Fortunately, this attitude has now reversed and not before time. Today, smokers complain that they are treated as outcasts, but they should remember that indulgence pollutes the surrounding atmosphere. Non-smokers are forced to breathe in stale air and therefore have to partake in a habit which is far from conducive to their health. As with alcohol addiction, this habit is equally difficult to break, but again acupuncture treatment can be helpful together with a homoeopathic nicotine substitute, *Tabacum 4x*. Five drops should be taken twice daily in a little water.

Sugar

This addiction not only causes the obvious weight problems, but it also affects the condition of the skin. Gradually reducing the sugar intake is the best approach, in order to avoid a shock to the system and this can be helped with Oil of Evening Primrose (three capsules taken last thing at night) and ginseng.

ALLERGIES

Why are there so many allergies?

An allergy is an abnormal sensitivity to a specific substance. Not only is it possible to become allergic to certain foods, but also to atmospheric influences, pollutants or pollen for example. If our reserves were strong enough and if we paid more attention to leading a life according to the laws of Nature and investing sensibly in our health, there would be fewer allergies. An allergy only becomes obvious when a person's immune system allows it to do so. A developing allergic trend is, in effect, no more than an alarm bell, an early warning that the immune system is struggling to protect the body against outside influences and is becoming less effective. Pay attention to these alarm signals and remember that the root cause should be treated, rather than the symptom. Concentrate on revitalising the immune system and often the allergy will disappear of its own accord.

What causes allergies? Too often the recommended treatment seems to be aimed at relieving the symptoms and I wonder if they can be overcome by restoring positive and negative harmony?

This can only be achieved by boosting and re-building the immune system.

My sister was stung by a wasp last Thursday. She fainted and woke up in hospital, where she was kept under observation for two days. Is there anything you can suggest so that this does not happen again?

Your sister should use *Harpagophytum* and also follow a good blood-cleansing programme. Read my book *Viruses, Allergies and the Immune System* for further advice.

I would like to find out what foods I am allergic to, but this seems to be an insurmountable problem if the allergies are likely to vary, even within short periods of time.

We must remember that if our diet is balanced and healthy, our immune system will be stronger. If our diet is inadequate, we must take dietary supplements such as vitamins, minerals and trace elements to reduce the chance of allergic reactions.

Can an allergy to dairy products induce hyperactivity in a three-year-old who was allergic to dairy produce as a baby?

This is most unusual, as at that age it is more likely that hyperactivity is caused by excessive sugar intake.

Can one become allergic to *Echinacea* or Echinaforce?

In my experience this is most unlikely as *Echinacea* and Echinaforce are remedies that help to restore the immune system.

My friend was prescribed two homoeopathic remedies - *Harpagophytum* and Echinaforce (she is an artist and has a paint allergy which causes her to cough a lot). For how long should she take these remedies and when can she expect to notice an improvement?

Your friend would be well advised to continue with these remedies for a period of at least three months. The improvement in her condition will be gradual, as these remedies are designed to strengthen the immune system.

My wife has many environmental sensitivities and is now trying to detoxify her system. Does this carry any risk?

No, this is a very sensible approach. A very good detoxification programme is Dr Vogel's Detox Box Programme.

My son is allergic to fish and therefore eats a lot of meat. Is his diet incomplete?

I must point out that soya is also a good substitute for meat. Also ensure that his diet contains plenty of vegetables, fruit and nuts.

I suffer from a total allergy to all antibiotics and painkillers. What do you recommend I do for self-help?

There are alternative remedies that you can use and I would suggest that you seek the help of a qualified naturopath or homoeopath for the correct remedies for specific purposes.

What can be done for a child who is affected by 'E' colouring/additives in food?

No other measures are necessary than to avoid any products which contain 'E' colouring additives. Read the labels when shopping.

I am 62 years old and weigh approximately 10 stones. I drink raw garlic and fresh raspberry tea with a little Epsom salts. I also take garlic pills and cayenne pepper. I eat as many vegetables and fruit as possible, whole grains, etc. I am bothered with allergies in summer. What would you advise?

Although the remedies you take are good, they are not actually effective as an anti-allergy measure. Try 15 drops of *Harpagophytum* in a little water and two tablets of Imuno-Strength, both twice daily.

Could you comment on the relationship between inflammatory pain and wheat? The Homoeopathic

Hospital believes that a wheat-free diet helps, but I am unconvinced.

In cases of a genuine wheat allergy, this substance can certainly cause inflammatory pains. You should try a wheat-free diet to see if the pains subside, but you must persevere for at least three months before you decide whether it is worthwhile.

I have chronic catarrh and I think it is because of an allergy. Can you suggest how I can remedy this?

Only too often I have seen this symptom caused by a dairy food allergy. This usually results in bad congestion. Try eliminating dairy food from your diet.

If one is allergic to something, could it be something that one enjoys especially?

Unfortunately, this is very often the case.

Can you suggest a simple method of testing for allergies?

Probably muscle-testing, known as Kinesiology.

Our mouths are full of metal fillings. What can we do to replace them? What substance should be used to fill our dental cavities?

The best idea is to gradually have all amalgam fillings removed and replaced with composite fillings, but during this period you and your family should take 20 drops of Echinaforce in a little water twice a day.

Could you explain how to detect an allergy to a certain food?

Allergy testing can be done at home and in many cases people have been successful by following a food-elimination programme.

My daughter is allergic to homoeopathic tablets because of the lactose in them. She also seems to be allergic to the tincture. Is there another form these remedies can be taken in?

Usually, a fresh plant extract is best. If allergic to alcohol, put the remedy in hot water so that the alcohol evaporates.

What is the best natural anti-allergy medicine?

For the majority of cases I would suggest taking twenty drops of *Harpagophytum* twice daily in half a cup of water.

What would you recommend for a hay fever allergy?

This is an allergy to pollen. Dr Vogel's Pollinosan is generally beneficial. As far as diet is concerned, try to cut out all dairy foods and salt. Eat plenty of honey.

What does the body attempt to accomplish by sneezing?

Unusually frequent or excessive sneezing is the body's reaction to an allergic condition. Seek professional help.

How can I find out which food or drink triggers IBS (irritable bowel syndrome)?

In my experience the most common causes are coffee, stress or nerves, or a combination of these.

My son is extremely allergic to milk and eggs, which we discovered when he was weaned from the breast at the age of seven months. At 18 months old he was hospitalised for four days with asthma. He takes medication daily for asthma and allergies. Also, at the age of six he still has occasional incontinence. What can help him?

Most allergies do not occur until the baby is weaned and given cow's milk. The latter contains nine times more protein than mother's milk and the baby's digestive system

cannot always cope. Infantile eczema and asthmatic attacks often occur then. For more detailed advice I suggest you read my book *Viruses, Allergies and the Immune System*.

I think I have allergies because my symptoms are congestion, a sore throat, ear infections, fatigue, body aches and ulcers. What can I do?

The best advice I could give you is to make an appointment with a homoeopath or naturopath. If preferred, follow a sensible detoxification programme such as The Detox Box Programme. Cleansing Course.

Is there something to be done for the dark rings under my eyes? I know that I have allergies.

You may have an allergy, but this is not necessarily the cause of your problem. It might also be a sign of kidney problems. Speak to your GP or see a naturopath.

What can someone do who is allergic to all medication?

Follow a desensitising programme.

Is it true that you can crave foods or other substances that you are allergic to?

Yes! Look at a migraine sufferer who is allergic to chocolate. He or she will always indulge when free of migraine.

Do mercury dental fillings cause disorders and, if so, can this be reversed?

Apart from gradually replacing these fillings, I would suggest that you follow a total detoxification programme.

How safe are mercury fillings?

It depends on the immune system. Preferably I would advise to have them replaced with composite fillings.

Can a severe allergy to peanut butter (such as my grandson has) be cured by your methods? The doctor has said that he could die within minutes of eating peanuts.

It all depends on what substance in peanut butter he is allergic to. First of all he needs a very thorough allergy test and based on the results of this a suitable treatment method can be selected.

ANOREXIA

Can you give some advice on how to overcome anorexia?

Twice a day take ten drops of *Centaurium umbellatum* in a little water before meals. Supplementary zinc and Nature's Best's Health Insurance Plus can be helpful too.

Can you give us any ideas on how we can help and support our daughter, who has anorexia?

Please read my book *Stress and Nervous Disorders*, where I have written about this illness in detail.

ANXIETY

Can you recommend a cure for anxiety?

Take, twice daily, ten drops of the Dr Vogel remedy Crataegus in a little water. Also take *Arsenicum album* 4x and *Strophanthus hispidus* 4x. For further help read my book *Stress and Nervous Disorders*.

Could you help a person who suffers from anxiety and nervous problems, e.g. fear of meeting people, and who also has difficulty in relaxing?

Take 15 drops of *Avena sativa* and two Jayvee tablets, both twice daily.