

health news

By Martine Gallie

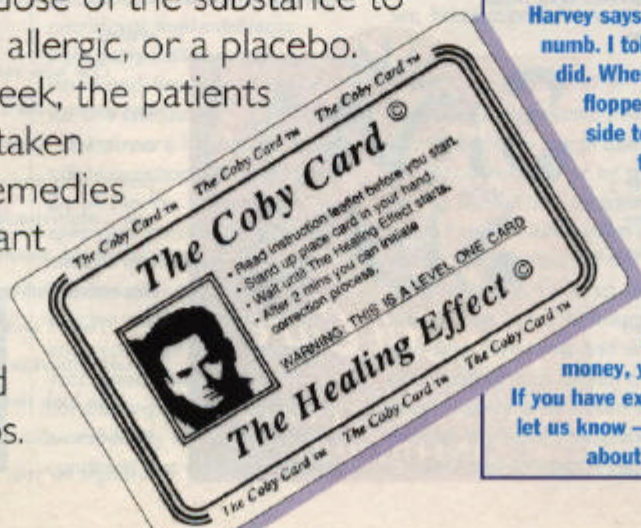
The latest news



NATURAL RELIEF FROM ALLERGIES

Allergies to house dust mites, pollen and animals can be controlled using homoeopathy, according to a study carried out at Glasgow Royal Infirmary. For eight weeks asthma patients at the hospital were given either a homoeopathic dose of the substance to which they were allergic, or a placebo. After just one week, the patients who had taken homoeopathic remedies showed a significant improvement compared with those who had taken placebos.

Photographs / Telegraph Colour Library



'Every day, in every way, I am getting fitter and fitter'

Straightforward aerobics may not be everyone's cup of tea so – if you live in the Berkshire area – why not try holistic aerobics? Synergetics is designed to suit everyone regardless of their age, size or level of fitness. Devised by Loz, who is a registered healer, and Astrid, an experienced aerobics instructor and 'plus-size' model (she's a fit size 18) synergetics combines exercise with positive affirmations and creative visualisations – and positively r going for the burn! Loz and Astrid hold regular classes in Maidenhead and Wokingham, where they also offer one-to-one body image counselling. Details on 01734 78929

Antibiotics falter

Diseases once considered curable are becoming potent killers because they no longer respond to conventional treatment, says a recent Government report – and overprescribing of antibiotics by doctors is partly to blame. Since the late 1980s, bacterial diseases such as typhoid, pneumonia and pneumococcal meningitis have become increasingly resistant to antibacterial drugs and so harder to treat. Some infections, such as those commonly found in hospitals, are now so resistant that there are very few effective conventional treatments left. The Parliamentary Office of Science and Technology report says that 'inappropriate and profligate' prescribing of antibiotics is making the situation worse, and that 'minimising the further spread of drug resistance relies very much on the future prescribing behaviour of UK doctors'.

HEALING ON PLASTIC?

Manchester-based radiant therapist Coby Zvickler claims to be able to transfer his healing powers onto the magnetic strip of a card similar to a credit card, which he has dubbed the Coby Card. The theory is that by simply holding the card, which costs £25, you can instruct your body to perform spontaneous exercises which take away all your aches and pains. After initial scepticism among the HH team, several of us were amazed to find that, when Zvickler came in to demonstrate the card, it seemed to work. Editor Erika Harvey says: 'The first thing I felt was my hand going numb. I told my body to raise my right arm and it did. When I asked for an exercise for my back, I flopped over like a rag doll and swayed from side to side.' The effect was strongest among those who actually met Zvickler, and seemed to diminish as time went on. Hypnotism, auto-suggestion, genuine healing? We don't know. Don Copland of the National Federation of Spiritual Healers has this to say: 'Why rely on a plastic card when, for less money, you can go and see a healer in person?' If you have experienced the Zvickler effect, write and let us know – we'd love to hear from you. For more about the card, call 0161 7731731.