

How old was Karl?

Is this his real name?

Might he be able to be identified by this, and if so, do you think we should change his name and perhaps country to something close but not exactly the same, like Rudolph or Wilhelm from Austria or Switzerland or something?

Karl is not his real name, but Germany is his real country. He's 35 years old. I don't think we need to change anything else in the article. I don't think he'd be opposed to having the article published. I'd get in touch with his family, but the last e-mail address I have for them doesn't get me a response.

“WrapYour Neck!”

Steven Coward, ND

October 1, 2006

Fall is the premier season in the southern Appalachian mountains of western North Carolina where I live and practice. The heat of summer disappears quickly into the cool and colorful fall. And while the colors of fall in the Great Smoky Mountains inspire many, the cold nights and brisk breezes cause trouble for some.

Karl was just such a person. Born and raised in Germany, Karl had moved with his job to the U.S. I had already seen his wife, who was an avid student of homeopathy, and one of his children. He came to see me in late September of 2004, complaining of chronic recurrent head and neck pain. Anyone who has suffered a stiff neck or headache knows how disabling it can be, and Karl suffered from them virtually every day. SO HE DIDN'T HAVE THIS WHEN HE WAS AT HOME IN GERMANY? DO YOU KNOW HOW LONG HE'D BEEN HAVING SINCE HE CAME TO SEE YOU? DO YOU KNOW HOW LONG HE'D BEEN IN THE U.S. AT THAT POINT?

This was a problem of a “few years” standing. That's how I wrote it in my notes. He had been in the US for a “few years” also. I don't know which came first! Hahnemann probably would have taken more careful notes!

There were several interesting characteristics of his pains. They came on during the evening, and were very bothersome when he lay down. If he lay on his side, his fingers would go numb, and if he lay on his back he would snore and dry his mouth out. A good night's sleep was rare. His pain tended to center in the suboccipital area at the back of the head where it meets the neck.

Most noteworthy however, was Karl's sensitivity to cold drafts on his neck. Even a cool gentle breeze to his exposed neck would bring on and exacerbate his head and neck pain. Conversely, wrapping his neck warmly would prevent or alleviate the discomfort. He emphasized this very strongly. Even riding his motorcycle on a cool day was tolerable if he wore his scarf.

Other symptoms in this case were that his head, chest, and neck were consistently sweaty during sleep. Some nights he would even have to change his shirt in the middle of the night. He had raw itchy skin between his toes, and pain in his right hand that would come on suddenly and hurt for two days before suddenly disappearing for two days. His stamina was rapidly decreasing. A physically fit man, he reported having trouble keeping up with his 11 year-old son without losing his breath. I WONDER ABOUT HIS SHORTNESS OF BREATH, WHICH KIND OF STICKS OUT BECAUSE THERE IS NO PARTICULAR EXPLANATION FOR IT. ANY MORE TO SAY ABOUT THIS, LIKE PERHAPS SOMETHING THAT INDICATES A POSSIBLE REASON LIKE MAYBE BECAUSE OF CONGESTION OR SOMETHING? AND, SINCE WHEN WAS HE EXPERIENCING THIS, IF PREVIOUSLY HE WAS PHYSICALLY FIT?

This was something that had developed over the past year, and was not related to mucus, congestion or asthma per se'. It was more an absence of stamina. He got tired and winded more quickly than he was used to.

Lastly, he complained of a green crust around his nostrils every morning on waking.

DO YOU THINK HE HAD SINUSITIS THAT WAS CAUSING THAT HEAD PAIN? (WELL, YOU DON'T NEED TO ANSWER THAT REALLY, I WAS JUST WONDERING. BUT IF YOU THINK SO, YOU MIGHT SAY IT.)

Could be, but I think his headaches and neck pain were from tension, both emotional and physically due to cold.

Karl's personality was pleasant and gentle. Although successful in business, he reported that learning had never come easily. He also disliked confronting both bosses and employees regarding performance issues.

The outstanding characteristic in this case was the great sensitivity of the neck to cold drafts. Hepar sulphuris calcarea, Silica, Aconite, and Cinchona are all sensitive to cold drafts. Both Hepar sulphuris and Silica are also prone to the sweating about the head and neck at night. Aconite and Cinchona do not have this symptom as strongly. Also, the mental disposition characteristic of Aconite [WHAT STATE? BEING ANXIOUS PERHAPS?] Yes – he was not frightful, fearful, anxious or restless as Aconite tends to be. was not at all present, nor were the gastric symptoms of Cinchona.

The final differentiator was in the disposition. While Hepar sulphuris will tend to be indicated in patients who are very irritable, Silica is a better choice for the gentle, yielding disposition Karl described. I prescribed Silica 200C diluted in water, one teaspoon to be taken by mouth.

ANY CONFIRMATORY SXS TO MENTION? LIKE NUMBNESS MAYBE?

ASIDE: I GUESS I JUST MENTION THIS BECAUSE: ONCE A LONG TIME AGO, I TOOK SILICA 6C, 4 TIMES A DAY FOR ABOUT A MONTH AS PRESCRIBED BY A HOMEOPATH. I GUESS I PROVED IT CAUSE I GOT NUMBNESS AND TINGLING ALL THE TIME IN MY LIMBS. LIKE THEY JUST FELL ASLEEP IMMEDIATELY! ALSO: IT WAS WEIRD, MY FINGERTIPS KEPT PEELING AND PEELING. I FINALLY PUT 2 AND 2 TOGETHER AND REALIZED WHAT WAS HAPPENING AND STOPPED THE RX, AFTER WHICH THOSE SXS WENT AWAY.

He did have the symptoms mentioned early in the article which include numbness in his fingertips when he would lay down. I didn't honestly know that that was a big symptom of Silica, but you proved it. I'll have to try it on other patients! If you want to include in this paragraph above that the numbness at night was confirmatory, that's OK.

Virtually all of Karl's symptoms responded quickly to the remedy. Following the initial dose, he had two days of aggravation followed by marked improvement. CAN YOU SAY ANY MORE SPECIFICALLY ABOUT THE AGGRAVATION? WHAT EXACTLY WAS WORSE? He would actually have more pain and stiffness of his neck the first day or two and then great relief. He even drew me a graph of his progress at his second follow up visit. It is such a classic representation of the ideal response to a remedy that I had to save it.

Karl's neck and head pain improved dramatically. His night sweats cleared up, as did the tingling in his arms when he lay down. He reported that his sleep was better than it had been in a "long, long time." He awoke with no crust in his nose. SO ALL THIS RESPONDED WITHIN THE FIRST WEEK, WEEKS, MONTH, OR...? ANY TIME FRAME YOU CAN GIVE IS HELPFUL. Immediate results. He aggravated for two days and then had a period of several days of relief. We repeated the remedy about two weeks later with the same results. In the several months that I treated him, he only needed the remedy a couple times more. The only symptom that didn't respond immediately was the itching skin between his toes. He also didn't tested put his aerobic endurance to any test during this period. DID THEY EVENTUALLY RESPOND? OR YOU DON'T REALLY KNOW BECAUSE HE WENT BACK TO GERMANY? I don't know because I lost touch with him.

After several months of improvement DID HE GET ANY MORE DOSES?, Yes – one dose in two weeks and then a couple more over the next four months or so. Then he was instructed to repeat as necessary when he went back to Germany. Karl moved with his job back to Germany with instructions to repeat his remedy as needed. I was sorry to see Karl and his family go. It's always nice to work with a family that comes from a more "homeopathy-friendly" society. Karl's wife is also an avid student of homeopathy, having even attended NCH summer school classes while living here. I know she was looking for referrals to a good homeopath in Germany, so I trust they are in good hands. ANYTHING TO SAY HERE IN SUMMATION LIKE--KARL WAS THRILLED WITH THE HELP CAUSE HE HAD TRIED OTHER THINGS TO NO AVAIL. OR KARL WAS HAPPY WITH THE HELP--HE EASILY WAS ATTRACTED TO

HOMEOPATHY BECAUSE HE USED THE SERVICES OF A HOMEOPATH IN HIS HOME COUNTRY. OR JUST SOMETHING ABOUT HIM--OR WHAT YOU FELT ABOUT HIM. "I WAS SORRY TO SEE HIM GO BUT TRUSTED HE WOULD BE IN GOOD HANDS SINCE HE WAS USED TO HOMEOPATHIC CARE BACK IN GERMANY." JUST SOMETHING TO SUM UP AND IF THERE IS ANYTHING PERSONAL TO SAY, IT'S A GOOD TIME TO SAY IT.

Whenever someone has such a certain and consistent reaction to a remedy, the remedy will tend to continue to help over a long period of time. CAN YOU SAY ANY MORE ABOUT THIS? LIKE "IN YOUR EXPERIENCE" OR "ALL HOMEOPATHS KNOW THIS" OR --SOME CALL IT THE "CONSTITUTIONAL" RX AND WE DON'T ALWAYS FIND SUCH A RX, BUT WHEN WE DO, IT BODES WELL AND THEY USUALLY CAN GET HELP FOR A LONG TIME AND MAYBE THEIR WHOLE LIVES OR SOMETHING.... JUST A BIT MORE TO EXPLAIN THIS SENTENCE TO THE READER WOULD BE HELPFUL.

As we begin entering yet another cool fall, Karl, and others like him, will find a friend in homeopathy. It doesn't matter the condition or symptom, if the characteristic of the case is aggravation from exposure to cold air, Silica or a similar remedy will cure.

VERY NICE CASE! THANKS, STEVEN!