

## Celebrity Master Chef winner and actress Nadia Sawalha is supporting Homeopathy Awareness Week (June 14-21) to help increase awareness of homeopathy

**W**hen a friend of her sister found homeopathy helped clear her acne, Nadia decided at the age of 21 to seek similar help for her headaches and now she always consults both her GP and homeopath when health issues arise. Nadia shares how important homeopathy is to her.

**Have you always been a fan of homeopathy and complementary health?**

● My family has always been into alternative health such as yoga and I have always been aware of the importance of healthy eating but my exploration of complementary medicine and homeopathy began at 21. It was only after having such a positive experience with homeopathy time and time again over a period of about three years that I became completely convinced of its effectiveness.

I went to the doctor immediately as, with those sort of symptoms, it could always be something more serious. Thankfully the doctor diagnosed it as nothing more than cystitis and prescribed me antibiotics but it kept coming back and every time I took antibiotics I got thrush. My homeopath then gave me a remedy and it went. A few days later it came back but only lasted for a day and then went away and never came back. Considering I used to get it literally all the time, it was a miracle.

**I understand homeopathy helped you get over your eczema? What happened and how did homeopathy help?**

● I'd had a very traumatic birth with my first child because I hadn't prepared for it properly. I was really upset with how it had gone and I wasn't talking

**Do your children use homeopathy?**

● They see a homeopath every few weeks and find the results very beneficial. Every time they have suffered from teething, coughs or knocks and bruises, they have used a homeopathic remedy, which has always worked for them.

If my two and a half year olds' tummy is hurting she will ask for a 'rememy' because even though she can't say it properly yet, she knows it will make her feel better.

**Did you use homeopathy throughout your pregnancy?**

● My homeopath was with me during my second pregnancy. The whole thing was so amazing and powerful and the baby was born so chilled out and smiling. This was amazing compared to the trauma of my first birth.

## Nadia Sawalha on why she depends on home

**When was the first time you used homeopathy?**

● I was having terrible headaches, which took hold almost the same time everyday and was taking painkillers regularly. I didn't know where to turn. At that time my sister bumped into a friend from school who had suffered from really bad acne since a teenager but her skin was now completely clear. She explained that her secret was homeopathy. She had been to the doctors over and over again, been to hospital, spent a fortune on creams and nothing worked. Eventually she tried seeing a homeopath and the remedy they gave her caused her skin to totally clear up. I thought what the hell! I'll try seeing a homeopath for my headaches. I didn't think in a million years it was going to work.

**How did homeopathy help at the time?**

● The homeopath gave me a remedy and after about a week, I felt the best I had ever felt or remembered feeling and my headaches suddenly stopped. Then a few months later I had a really bad case of cystitis – I was always getting it back then and it was so painful.

to anybody about it or seeking help. When my baby was about six or seven months old, I started getting this blistering on my hands and it got so horrendous that there was almost no skin left. I had been out in Spain filming so hadn't been able to speak to my homeopath and saw a doctor in Spain instead. He gave me some hydrocortisone cream which just did nothing at all. The skin started to get infected and I literally had to tie my hands to the bed so that they didn't get knocked in the night.

I went to casualty but they just said there was nothing they could do apart from regularly dress my hands. So, I went to my homeopath and after doing a lot of detective work to find out the real issue behind the eczema, she was able to give me a remedy that worked. It was biblical – I literally watched my hands close up. Just like the cystitis, I had another couple of little flare-ups but nothing again like that. I had suffered so much and it was very traumatic – I couldn't cook, I couldn't even pick up my baby.

**Does your husband use homeopathy?**

● Yes, he used to use his asthma pumps all the time and now he just uses them when he is running because the remedies our homeopath has given him have made his asthma so much better. He was very cynical before he started using homeopathy but he's definitely not now.

**What is the most useful homeopathic remedy you use?**

● Being a busy working mum of two, I find that it pays to be prepared. I have spent many years learning about homeopathy and its remedies. I now have over 200 remedies and my homeopath is always on hand for expert advice. However, if I had to choose then I would say Pulsatilla and Belladonna are the two remedies always on stand-by in my medicine cabinet. Pulsatilla has proven really beneficial for my whole family. We take it at the first sign of a cough or a cold and our symptoms never seem to develop. Then there's Belladonna; this remedy is brilliant for quick pain relief and comes in very handy for toothache and headaches.

# opathy

**Where do you get your remedies from?**

● Either a specialist homeopathic pharmacy in London or from my local chemist.

**If you were to tell somebody one thing about homeopathy what would it be?**

● The really important thing about homeopathy is that it treats the whole person. You cannot separate emotional wellbeing from physical wellbeing, they are often connected – that's the meaning of holistic medicine.

**What messages do you hope people will take away from your experience?**

● I want people to realise that we have choices. Everybody has the freedom to make a choice. There are genius doctors that we must use whenever we need to and there are genius homeopaths. Homeopathy works really well alongside conventional medicine and it can be extremely beneficial as a first line of defence. I always consult both my GP and my homeopath when health issues arise.

**Do you consider yourself healthy?**

● Yes, well other than the four cosmopolitans I had last night! No, I am very healthy; I exercise at least four times a week and eat really well.

**Describe your diet and fitness regime?**

● I believe in a really varied diet, like you get in the Middle East – lots of colours and different dishes and lots of raw food, so salad, nuts, brown rice, grilled meats, and wholemeal breads. I also think it's key that you enjoy your exercise. In the past I have found it really hard to keep fit and stay motivated but I am now lucky enough to have a personal trainer who has got me from being out of breath after two minutes of running to being able to run for two hours and I love it! If you don't like the exercise you are doing, change it.

**Do you have any vices?**

● Yes, cosmopolitans, cheese and onion crisps, butter and white bloomers – the bread not the knickers!

**What is your hangover cure?**

● My hangover cure is the homeopathic remedy Nux Vomica and a coleslaw with cheese and onion crisps sandwich.

**What do you like doing to relax?**

● Strangely, I really like to cook, I find it really relaxing. I have so many things going on in my brain that when I am cooking I am only thinking about the food and the people I am cooking for and I just find that really relaxing. The other thing of course is just chilling on the sofa with my family and watching television.

**What are your medicine cabinet favourites?**

● I don't have anything other than homeopathy, apart from Alka Seltzer Extra. With regard to skin creams and things I use Pure Organic Aloe Vera Gel, Calendula Gel, Manuka Honey and a homeopathic cream for burns. I use Neil's Yard Frankincense Night Cream and Dr Hauschka Rose Cream moisturiser. I use Aveda hair products and colour. I love natural face creams but at the same time I use Clinique makeup as I know it doesn't give me allergies. I've used Clinique Perfume Aromatique for the last 30 years

**What have you been doing this year?**

● I've had a fantastic year filming Instant Restaurant, Junior Master Chef and Eating in the Sun as well as writing my book, 'Stuffed Vine Leaves Saved My Life', which has been really well received so far. I have also been training for the marathon, which has taken up a lot of my time.

**What are your main passions in life?**

● My family, they are my absolute passion! Really, I prefer to be with my family more than anything else. Food, the theatre and the arts are other passions of mine.

**What has been your biggest challenge in life?**

● A natural childbirth, training for the marathon and live television. Every single day is a massive challenge. You're not going to believe this but I am actually really shy. With every single thing I do, I go through absolute terror before I do it and I have to force myself out of the door. It really is a challenge for me every day to go out into the world. I prefer to hide away!

You can download a Homeopathy Awareness Week poster from [www.britishhomeopathic.org](http://www.britishhomeopathic.org)