

# How could we not?

*[Much of the 'Jungle' camp has been demolished since this report was written.]*

The 'Jungle' in Calais has grown up like grass – covering a blasted heath on the Normandy coast, showing humanity at its best and worst.

Why do 'they' want to come? We are told 'they' are 'just' economic migrants, 'they' just want to come to the UK for our benefit system, for our housing, jobs, education and more. They, they, they ...

The Jungle at Calais has grown up in response to our belief in a 'they' – and yet in its very existence it has thrown all that to the wind and refused to buy into the divisive ideas of 'others' and instead has been born to help us understand that we are one.

The camp is as you would expect – squalid, jam packed, freezing cold and damp, with mud creating rivers of sludge between the tents.

Despite the living conditions, the threat of being evicted from the meagre existence that many have carved out for themselves and the frequent, unprovoked aggression at the hands of the French police, the vitality of most of the people we have met on our two trips is staggering.

We prescribed for a wide range of symptoms, especially 'jungle lung' and scabies, affecting both refugees and long-term volunteers. Jungle lung itself seems a mix of grief, damp and pain so lends itself well to the combination of remedies that make up the *Narayani Mix 71 CCA* (see

box below). Much to our delight on our return trip, the majority of cases had resolved!

Other common complaints included constipation, painful rotting teeth, menstrual complaints, piles, fractured bones, bruises, sprains and a hernia. Then there's the trauma, fear, grief and sense of loss and abandonment underpinning all this.

The use of combination remedies seemed most practical. At times, however, there were clear modalities and we prescribed a polycrest.

The use of the remedy machines allowed us to travel light, visiting women and children in tents while still having the opportunity to prescribe any remedy that was required.

In addition to homeopathic remedies we were able to supply multivitamins, vitamin C, cleansing hand sprays, *Traumeel®* gel (see box on page opposite) and colloidal silver.

We met a gentleman from Afghanistan, who speaks various languages including English, who was invaluable as our translator. As a result, he became interested in homeopathy and is now learning more with our support. He has a number of the most frequently used remedies, so

he can continue to support (with our help) between visits from homeopaths.

We heard and witnessed heart wrenching stories, the most difficult are those involving (often unaccompanied) children. These stories have changed us forever.

On our first trip, on 31 January 2016, I was aware amidst the melee of a young boy, very slight, looking between 8-12, who was being helped to try on some shoes. He didn't have proper ones. He didn't have any family. He had nothing to lose. He was intending to get under a train that night, to try to make it to the UK. We have no way of knowing if he made it.

Most of the people we met on that initial trip fled from Afghanistan prior to the return of the Taliban. That's when we met our translator, who had to leave because of his profession and, with others of his family, would have been in huge danger had he stayed. He translated for us and we have set up a support group where he can try to dispense homeopathy using the remedies we have left plus the

View of the camp

## **Narayani Mix 71 CCA 30**

Works on chest, coughs, asthma.

### Active ingredients:

*Ant tart* – Great rattling of mucus – difficult to bring up. Burning in throat. Difficult breathing – coughs and gasps. Emphysema. Impending paralysis of lungs.  
*Bronchi* – Organ remedy working specifically on bronchi.  
*Bryonia* – Dry, hacking cough; must sit up. Worse eating or drinking. Stitching pain in chest. Difficult breathing – must breathe deeply. Phlegm is rust-coloured. Cough worse in warm room. Must hold chest.  
*Ipecac* – Asthma; constant constriction in chest. Wheezing cough. Child becomes blue. Croup. Whooping cough. Hoarseness. Nose bleed.  
*Kali bich* – Profuse, yellow expectoration – sticky and stringy. Tenacious mass. Croup. Metallic hacking cough. Snotty nosed children.  
*Mucous membrane* – Organ remedy working on all mucous membranes in nasal, bronchi and lung areas.  
*Nat sulph* – Humid asthma; rattling of chest; green yellow expectoration. Has to take deep breaths. Pain through lower left chest.  
*Rumex* – Dry cough preventing sleep. Thin, watery frothy expectoration. Raw larynx. Soreness behind sternum on left side. Raw pain under clavicle. Lump feeling in throat.  
*Sulphur* – Burning oppression in chest. Wants window open. Difficult breathing. Rattling mucus. A load on chest. Dyspnoea at night.

Dosage: 6TD until easing – reduce to TDS for a month.





## Traumeel® gel (Heel GmbH)

Traumeel® consists of 14 natural ingredients and is indicated for the temporary relief of arthritic pain, of symptoms associated with injuries (e.g. sports injuries, sprains, bruises) and inflammations of all kinds (e.g. tennis elbow).

### Active ingredients:

- Achillea millefolium* – Treats minor bleeding.
- Aconitum napellus* – Reduces pain after injury.
- Arnica montana* – Reduces swelling and bruising and stimulates healing.
- Belladonna* – Reduces swelling and pain.
- Bellis perennis* – Treats bruising, swelling and soreness.
- Calendula officinalis* – Stimulates the healing process.
- Chamomilla recutita* – Provides soothing pain relief.
- Echinacea angustifolia* – Provides immune support.
- Echinacea purpurea* – Provides immune support.
- Hamamelis virginiana* – Relieves pain and swelling.
- Hepar sulfuris* – Reduces swelling and sensitivity.
- Hypericum perforatum* – Relieves pain.
- Mercurius solubilis Hahnemanni* – Reduces swelling.
- Symphytum officinale* – Relieves joint pain.

kits that Helios donated. We had a 'discussion' about vaccines. He returned to the topic a little while later and said: 'Is it like this? That the vaccine bypasses the firewall and then a Trojan horse is let in?'

There are no official aid organisations in the camps. Everything is run by volunteers. Volunteers come for one

or two days, some stay for a week or more while others have left their jobs to live there. There is no typical volunteer, they come from all walks of life and they are all ages. Ask any volunteer why they are helping the refugees and the most common

### The following organisations have been very generous with donations:

Helios Homeopathic Pharmacy, Nelsons Homeopathic Pharmacy, Viridian, Bio Pathica, Natural Dispensary, Optibac, Neals Yard, Homeopathic Supply Company and Sulis donated a remedy machine.

### Contact details for those wanting to get involved:

Rix Pyke –  
rix@rixpyke.co.uk  
Nikki Redmond –  
nrmdnd@gmail.com  
Sian Collister –  
siancollister@hotmail.com  
Kim Gillies –  
kimisspecks@hotmail.com.



Top left: Inside the homeopathy clinic  
Above (from left to right): Kim Gillies, Sian Collister, Nikki Redmond, Rix Pyke  
Left: Another view of the camp

answers are 'I just want to help', 'because I can' and 'how can I not?'

Nobody is political, at least not openly; everybody is cheerful, hardworking and kind and, if you scratch the surface, angry. At the time of writing, so many just feel so completely helpless. The reason being is the proposed demolition of what is the main part of the camp. Approximately 3,400 people are due to be displaced including 440 children, 291 of which are unaccompanied minors. Aside from the shelters and tents, facilities that will be lost include the women and children's centre, the youth centre, three mosques, one orthodox church and three schools, library, Good Chance Theatre, three aid distribution points as well three hot food distribution points, including the Ashram Kitchen, which serve a total of 2,000 meals a day. Where people will go, nobody knows.

A long-term volunteer came to see me. I asked him how I could help and he replied that he didn't know. I asked what he felt was wrong and, again, he replied that he didn't know. I asked him if he felt ill but he said 'no'. We sat and I began chatting to him, finding out that he had been volunteering for several months. I asked him how he felt about the proposed demolition and he replied that he didn't know what would happen to people, that there was no way of knowing what anyone would do or where they would go or what he could do about any of it. I prescribed for his helpless state but the maintaining cause is insurmountable.

We now have a Gofunding page to support all future trips and an active group on Facebook – Homeopaths Support Refugees – where we coordinate trips and post updates. We have also started an initiative to help those volunteers returning to the UK and refugees who have been granted asylum, allowing those who can't travel but would like to help to offer their services.

We all want to help in any way we are able to – how could we not?

Sian Collister MARH, Kim Gillies, Rix Pyke RSHom, Nikki Redmond MARH □