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 its very existence it has thrown all that to the wind.

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 migrants, the threat of being evicted from the meagre existence they have built and all this.

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

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

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Narayani Mix 71 CCA 30

Works on chest, coughs, asthma.

Active ingredients:


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.


Hoarseness. Nose bleed.


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.


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

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Homeopathy in practice Winter/Spring 2016

View of the camp
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.

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 – nrdmnd@gmail.com
- Sian Collister – siancollister@hotmail.com
- Kim Gillies – kimisspecks@hotmail.com

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 GoFundPage 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 Gilles, Rix Pyke RSHom, Nikki Redmond MARH