

## Letters

Views from readers

### Nuts to nits

Dear *Proof!* I am delighted to share how we got rid of nits once and for all.

We were really at our wits end. Our youngest daughter (age 6) seemed to have been continuously infested for nearly five months. We had treated the whole family over and over again, only to find more of the little beasts partying on her head within days. On each occasion, I fastidiously changed bedding, vacuumed all pillows and mattresses and changed towels, so you can imagine our frustration.

Then I learned that Aloe Vera Gelly is good for getting rid of nits if you use the following procedure:

Wash everyone's hair using lots of shampoo and conditioner. Comb through damp hair with a fine metal nits comb. Rinse or wipe the comb each time it has been put through the hair and make sure every little beastie has been removed from the comb. When you are satisfied you can comb no more, dry the hair.

Apply the Aloe Vera Gelly, smooth it all over the hair of each member of the family. Go to bed for the night, preferably on clean bedding and vacuumed pillows.

Next morning, repeat the shampoo and conditioning, then the comb-out with the metal comb.

You will see really tiny dead lice coming off the hair of the infested person.

Your hair will be in lovely condition, too.

Since doing this eight months ago, we have not been infested.

Isn't it funny that the lice

come off live after treatment with horrible chemicals—yet dead after the aloe vera treatment. I did notice how, after the aloe treatment, the nits were minute and dead, perhaps the chemicals can't get at the new-born lice?

Stephanie Preacher,  
York

### Help for sinusitis

Dear *Proof!* In response to Off's query (*Proof!* vol 1, no 1) about a cheap cure for sinusitis, Lane's of Gloucester's Herbelix Specific (£3.90) is very effective in many cases.

The same edition also highlighted potential problems with ginseng ("Ginseng: and now for the bad news"). In this shop, we always recommend ladies to use Siberian rather than Korean ginseng. Many of the fair sex report "fuzzy heads" or mild headaches with Korean ginseng, so we always alert them to this.

J Clark,  
Chorley Health Food Store,  
7 Fazackerley Street,  
Chorley, Lancs.

### Breaching the divide

Dear *Proof!* I am an alternative practitioner using a number of disciplines and I have found many nuggets of useful information in *Proof!*

I am delighted you are trying to rectify misunderstandings on both sides of the divide, over-rating some alternative therapies by their practitioners, and the poo-pooing of them by the conventional group.

N Marten  
Dorset.

## Case Study

Insight from an alternative practitioner

### Reflexology: helping an anxious child

*Rosalind Oxenford is a member of the Association of Reflexologists. She practices in Bath.*

Child E, who was 8 years old, was brought to me because he was waking most mornings feeling ill, and in tears, not wanting to go to school. It was clear to his mother and to me that there was no serious illness, but rather that his recurring physical complaints were a result of excessive anxiety.

#### Family history

E was the youngest of three children living with their mother only, but seeing father regularly once a fortnight and staying with him two or three times a year. Parents had separated when E was 3 years old. The break had been gradual, in that the father visited every day after work for some months, but sudden, in that another family had come to live in the house with them for a year, causing great change in the way the home was run.

He was born without any complication at home, but he had a frightening experience, nearly choking immediately after birth. Whenever his nose is blocked, he becomes anxious and hates having colds.

E is active, sociable with good friends nearby. Fussy eater, has crazes for things. Craves sweet things. Eats little and quickly becomes hungry again. Finds it hard to go to sleep, worries that he will feel tired next day, or become very hungry or thirsty once in bed. Once

asleep, sleeps well. Very anxious.

E is slight and slender, but spry, energetic. Back looks weak. He stands straight when feeling all right, but frequently droops, spine "giving way" in mid-back (thoracic). No report of back ache. Expressive, often vulnerable eyes. Hands sometimes flutter.

#### Treatment

Treatment was given for 20-25 minutes. In the first session much sensitivity was needed all round the stomach and pancreas and on the spine. There was a significant movement of energy around the chest and bladder. I spent a lot of time on the spine reflexes and in just holding the heart/chest area. During treatment E watched at first and then relaxed. By the end he was nearly asleep and left smiling dozily.

After treatment, the mother reported that E had been very relaxed and cuddly for the rest of the day following treatment (given during the afternoon) and had fallen quickly asleep in bed. Subsequently he seemed more relaxed and definitely more cheerful in the mornings, although still not getting to sleep easily after the first evening. As the week progressed he became less buoyant and the sickness in the morning began to return.

In subsequent sessions I focused on the solar plexus, kidneys, bladder, pituitary, head, neck, stomach and pancreas for the headache