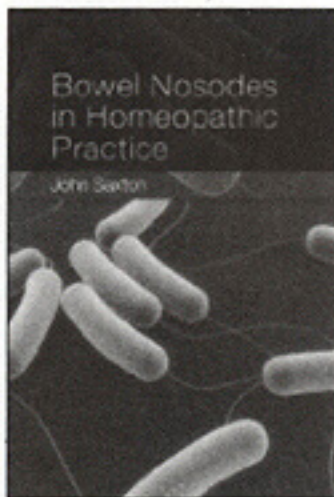


Reviews



Bowel Nosodes in Homeopathic Practice

Saltire Books, Glasgow, 2008,
paperback, 164 pages, £19.00.
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Reviewed by Robert Bridge

Robert Bridge RSHom combines a busy London practice with regular teaching in London, the Lakes and Egypt. To the exasperation of his wife, children and dog, he continues to practice the piano as much as he ever did when he was a full-time musician and organises a series of knitting concerts each year in Putney.

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When I was asked to read a book on bowel nosodes written by a vet I greeted the request with bemused curiosity; passionate as I am about these remedies, a veterinary account of them seemed a somewhat obscure undertaking to say the least. I am very glad that my curiosity got the better of me.

John Saxton is a vet with nearly 40 years' experience as homeopath and teacher, a clinician who applies self-evident rigour to all he does. Whether you regard the bowel nosodes as an indispensable part of your clinical toolkit, or dismiss them as the quirky by-product of an embarrassing British obsession, there is much to be gleaned from this book. Saxton details the history of these remedies, through Bach and Paterson to the modern day, and discusses their clinical application as individual remedies and as adjunctive intercurrents. He offers clear and practical materia medicas for all thirteen nosodes, expanding the observations of Paterson and Agrawal with lesser-known authors and his own clinical experience, and includes a much enlarged table of remedy relationships. This alone would more than justify the presence of this book on any homeopath's bookshelf. But it is the eighteen cases, both animal and human, that set this book apart.

In a current climate where there is a trend towards ever-greater complexity of observation and analysis, it is refreshing to find a practitioner going about his business with little more to go on than a woof and a wag and a keenness of eye, and making straightforward prescriptions that do what they are intended to do.

Saxton's language is as precisely judged as his observations, distinguished by an economy and elegance that borders on the poetic. Whilst some of this information may not easily translate into our own practices - Saxton's appreciation of his client's anal glands doubtless lies outside our remit - there is much that does, as becomes clear when he turns his attention to his human patients. What is most wonderful about this book is Saxton's candour: at no point does he overegg his prescriptions with extraordinary hindsights: rather the opposite. He is quick to criticise, discuss moments of doubt and muse on whether a different remedy or approach might not have fared better. This is casewriting in the tradition of Tyler and Wright Hubbard - not some self-proclaimed magician dazzling a reader with accounts of life-changing epiphanies, but an honest and modest clinician going about his daily work with clarity and dedication. Thank you Mr Saxton.