



# FARMERS VOICES

Farmers own words on how they achieve success with whole health strategies



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**Josette tells of her time on a conventional dairy farm with 280 cows and followers, and how she started to use homeopathy.**

Like every farm, we had some mastitis cases which we used mastitis tubes for. If it was a bad case, we would give the cow antibiotics for several days. The thing that frustrated me most was that we had to divert the milk for a minimum of seven days. Some cows developed more problems and were on a downward spiral, or we couldn't cure the mastitis at all. The frustration it gives you when you are milking is huge, and you wonder where to go next.

One day in 2014, we had a leaflet arrive in the post. It was about a homeopathy course for farmers. That's where the journey began – I didn't know what to expect but the idea of curing animals without antibiotics sounded quite good to me! I remember the first day on the course, I was dazzled with all the information they gave me and while it felt like it all made sense, it also felt like I had to learn a new language.



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Once I had completed the course, I then had to put it into practice – and that was challenging. However, I thought to myself, "No you have to give it a go as it made sense on the course". So, the books came into the parlour and notes were taken about different consistencies, colours, smells etc. The first case of mastitis I cured with homeopathy was amazing! I felt on top of the world, the milk stayed out of the tank for two days and the cow seemed to have no worries. It was a massive cost saver and I saw the difference in the animals as they reacted to the treatment.

For the rest of our time with the herd, we continued to use homeopathy as the first treatment and we had very few problems with the cows. I would read up on the differences between the remedies and tried to find easy to use remedies and combinations to help our workers treat the animals too. When we had cows with a high cell count but no visual signs, we would use ABS (Arnica, Bellis Perennis and Silica). These cows often had a little knock and the infection was quite high up in the udder. A cow that is scared or nasty in the parlour (there is a massive difference if you look at their signals) is quickly helped by homeopathy.



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So are cows that have had difficulty calving or are dirty after calving; a cow that has slipped on the concrete; has bloat, eye problems, diarrhoea or even coughs in calves or an abscess on the tooth or a swollen navel – these can all be dealt with using homeopathy. They are the usual issues that you will get on a dairy farm, it is just very nice to be able to help those animals get better and stay healthy.

I've been part of a WHAg monthly support group for some years now. Here we talk about case taking, problems on our farms and how homeopathy can help to get over them and or prevent you from getting them in the first place. There is a lot of concern about antibiotics and an emphasis on gut health. With a cow being such a ruminant animal, you can be assured that antibiotics will affect them too. The right diet is very important for cows, so we also joined a group to learn Obsalim which is an observational technique all about ruminant health. It has helped us to really fine-tune their nutritional needs.

Our vet bills were 2/3 of what they used to be before introducing the use of homeopathy and our herd expanded by 60%. Their overall health was so much better than it ever used to be.