

Spring is a great time to bring forward new life and it is very welcome after such a chilly wet winter. What better way for Owen Homoeopathics to welcome spring but with the new addition of healing balms to our product range. Read on for more info.

Jan Owen

## Cold sores

This is a viral infection otherwise known as Herpes Simplex. Symptoms consist of itching, burning blisters, usually on the lips but may also be inside the mouth or on the chin or cheeks. After the blisters break there may be a crusty area of broken skin that leads to secondary infection.

Prompt use of indicated remedies at the first hint of symptoms shortens and reduces the duration of the outbreak and gradually the episodes become less frequent.

The usual triggers for cold sores are stress, emotional trauma, and a generally weakened immune system.

The following remedies are the most commonly used for acute symptoms, if episodes persist or are severe then book a consultation with a homoeopath in your area. The AHA website [www.homeopathyoz.org](http://www.homeopathyoz.org) has a full list of registered practitioners.

**Arsenicum:** Chronic symptoms; itchy, burning, cutting pain. Worse from cold and eating shellfish.

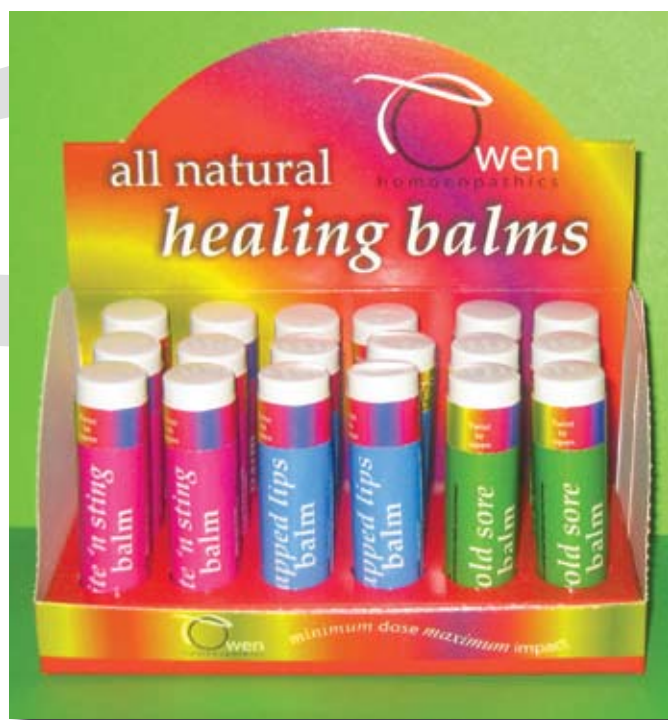
**Cantharis:** Large blisters that smart, burn and may bleed.

**Hepar sulph:** Pus forms in the sores. very sensitive to touch.

**Nat mur:** Watery, pearl like blisters on the lips, puffy and burning. They may appear with a cold or after an emotional upset. Crack in the middle of the lower lip.

**Rhus tox:** Blisters and vesicles that tingle, itch and sting. Ulcers at the corner of the mouth.

**Sepia:** Swelling, cracking of the lower lip. Sores may be on the lips or around the mouth and nose.



## New Owen balms

We are very excited to announce these new additions to the Owen homoeopathics range. Created in conjunction with the WA Hemp balm company we now have a range of topical balms medicated with homoeopathics to complement your remedy kit.

**Cold Sore Balm:** This balm contains the following remedies: **Arsenicum, Calendula, Hepar sulph, Nat mur, Rhus tox,** and **Sepia**. For best results apply the balm at the very first hint of cold sore activity. If the cold sore is established it is better to use a cotton bud to apply the balm so as not to contaminate the product.

**Balm for Dry Chapped Lips:** If you are prone to dryness, cracks and chapping this balm will help keep your lips moist and healthy. Includes **Calendula, Graphites, Nat mur, Sepia, Silica, Sulphur**.

**Insect Bite Balm:** A balm that you can rub straight onto a bite – carry this one in your bag if you or your children are attractive to insects and prone to reactions. **Apis, Calendula, Hypericum, Ledum, Nat mur, Rhus tox**.

The balms are available through your local Owen stockist. Check our website at [www.h-e-c.com.au](http://www.h-e-c.com.au) for the most up to date stockist list.

## Saturday closing from 1.9.08

Thank you to all of our Saturday customers for your support and patronage.

Open hours 10 – 3 weekdays or by appointment.

Saturdays closed - except for booked classes.



## Sydney Homoeopathic Conference 2008

Owen Homoeopathics is proud to sponsor the Public Talk day on 12th September and to be Bronze sponsors of the 6th Australian Homoeopathic Medicine Conference, which is hosted by the AHA and to be held at the Swiss-Grand Hotel in Bondi on 13th and 14th September.

The guest speaker for both the conference and the Public Talk is Dr Peter Fisher, a rheumatologist, physician to Queen Elizabeth and Clinical Director of the Royal London Homoeopathic Hospital.

Encourage your Sydney based friends to attend the Public Talk and learn more about homoeopathy. For general information and registration details for the conference and the public talk go to [www.homeopathynsw.org](http://www.homeopathynsw.org).

## Classes & Study Groups & Talks

### Home Prescribing Classes:

Learn to use your Home Remedy Kit for treating acute symptoms and first aid situations at home. Final class for 2008: Saturday **18th October 12 - 3pm**.

### 1-Hour Introductory Talks:

These 1 hour Saturday classes cover an introduction to homoeopathy and the most common remedies and treatments for the topic. All for \$20 including an information and remedy pack.

**Teenagers, Study & Exams: 18th October 11am.**

**Children's Health: 22nd November 11am.**

### Bach Flower Intensive:

In this very popular 6 hour class we will cover Dr Bach's philosophy and the 38 Bach Flower Remedies in detail. \$95 includes notes and a Bach Flower Remedy.

**Saturday 1st November 10am – 4pm.**

Register online or phone 08 9277 9565

## Book & CD Corner



### Bach Flower Remedies for Women:

by Judy Howard is more than just a book about Bach Flower Remedies.

Learn how to understand and banish anxiety with the remedies, how to relax, cope and enrich your uniqueness and essential quality of life as a woman. **\$24.95**

## Healthy Pets Naturally

### Treating wounds & sores

Recent small cuts and scratches can safely be treated at home with similar remedies to those used for humans. Wounds which have punctured through the skin will be much less likely to become infected after dosing orally with **Hypericum** or **Ledum**. If a splinter, grass seed or claw fragment etc is suspected as remaining in the wound, **Silica 6C** (not a higher potency) can work very well to help with the expulsion of a foreign body.

For painful, infected wounds use **Hepar Sulph**, if the wound is quite sticky, smelly and bleeding, choose **Mercurius**. **Pulsatilla** is a good remedy when there is a more bland pale discharge and the animal allows handling and cleaning of the wound, and seeks attention and affection. To a degree a certain amount of licking of wounds does help with healing, so only bandage if the licking is really being over-done to the extent that it interferes with and delays the healing.

**Dr Clare Middle** - P: 08 9494 1243; [www.claremiddle.com](http://www.claremiddle.com)

## Happy cows

Of the many brands on the market I have found Jalna yogurt to be really well tolerated by people with dairy sensitivity. I was delighted to see the following on their website, making me even happier to recommend Jalna.



"Jalna believes that happy cows produce the highest quality milk, so they are carefully tended to avoid stressing them, which might create illness. The gentle mainly Holstein Friesian cows are only treated with *homeopathic remedies* and no antibiotics or conventional drugs can be used on the BioDynamic herd".

[www.jalna.com.au](http://www.jalna.com.au)

## Owen website

View the latest stockist list or use our new shopping cart facility to book for classes online. And why not save the trees and register online to receive this quarterly newsletter electronically.

[www.h-e-c.com.au](http://www.h-e-c.com.au)