

TRAUMA, TUMMY
TROUBLES, TRAVEL &
TEETHING P2

PET ISSUES, COLDS,
EARACHES AND
WOMENS HEALTH P3

WEATHER,
CLASSIFIEDS,
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CELEBRATE **HOMOEOPATHY**

60 EDITIONS AND GOING STRONG

by JAN OWEN



From just a dream and unbridled enthusiasm in 1995, Owen Homoeopathics has grown to become a thriving Western Australian business - educating, helping and providing 'homegrown' products for an ever-growing base of homoeopathic patients and home prescribers.

It's indeed a pleasure and a privilege to be writing this piece for our 60th homoeopathic newsletter. If someone had told me in 1995 that I'd one day be writing the 60th edition I would never have believed it!

This is a great opportunity to thank those of you who embrace homoeopathy and in particular, Owen Homoeopathics. Special thanks to my wonderful team who journey with me and provide an amazing customer service to so many people, and this includes past staff who have moved on to other pursuits. So, sit back and enjoy these highlights from 15 years worth of homoeopathic news and information. ■

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Holiday Remedies

From Issues 1, 24, 32, 48

Our first newsletter in December 1996 focused on Christmas holiday remedies and so it seems fitting to start this 60th edition on that note.

It wouldn't be the 'silly season' without indulging in some form of over doing it. Whether it's too much work, play or emotional mayhem, homoeopathic remedies can help restore balance and a sense of well being.

When it comes to over indulgence **Nux vomica**, is the stand out hangover remedy. **Pulsatilla** suits aggravation from rich, fatty foods and **Arsenicum**, effects of spoiled food.



Phosphorus is great to help settle over excited kids. For over emotional, hysterical reactions try **Ignatia** and for clingy, weepy, attention seeking kids **Pulsatilla**.

And if you're well and truly Over It and wish everyone would leave you alone a few doses of **Sepia** can bring back the joy. ■

Owen Homoeopathics: minimum dose, maximum impact

IT'S ACCIDENTAL: INJURIES, ACCIDENTS & SPORTS PAIN

From Issues 34, 35

The treatment of rheumatism, arthritis, accidents, trauma, and sport related injuries can be very effective and satisfying. We recommend that sports enthusiasts keep a small remedy kit in their sports bag and attend to injuries promptly with indicated remedies to help reduce damage and promote rapid healing.

The following are common remedies:

Aconite: Shock, fear, fright and agitation. **Arnica:** First remedy for any physical trauma; shock, bruising, concussion, black eye, haemorrhage feels as if 'sore and bruised' and does not want to be touched. Suits muscular rheumatism from exposure to cold, damp and after over-exertion.

Arsenicum: Sciatic pain especially in elderly people. Worse around midnight, restless, anxious and better from warmth. Burning pain down the leg, cramping in calves.

Bellis perennis: Injuries to tissues deep in the body where pain remains despite **Arnica**. Muscular soreness, Gardeners backache from bending and stooping. **Bryonia:** Joints red, hot and swollen. Pain can be stabbing and much worse for movement. Irritable and wants to keep very still.

Hypericum: Nerve damage including

lacerations, crushed fingers or toes. Sharp shooting pains. **Ledum:** Gouty rheumatism starting in the lower limbs and ascending. Stinging, tearing pains. **Mag phos:** Aches, pains, muscle spasms and cramps. **Rhus tox:** Painful stiffness from overstrain or getting wet while hot. Must move, stretch and squirm, better moving, heat and hot bathing. Worse after lying or sitting. **Ruta grav:** Sprains and strains of knees, wrists and ankles. Injuries where bones are close to the surface, e.g. shin. Stiffness, pain and weakness in the joints. Sciatica worse in bed at night. ■



Taking on those Tummy Troubles

From Issue 35

It's easy to underestimate the task of the digestive system to deal with everything we inflict upon it in the way of food, drinks, medications and ingested toxins. As we age it becomes more difficult to maintain balance and the result can be nausea, gas, irritating acids, abdominal pain and diarrhoea or constipation. Consider these remedies to relieve acute symptoms.

Arsenicum: Vomiting and diarrhoea with burning pains. Food poisoning and travelers tummy. **Carbo veg:** Bloating, belching and wind. Weak digestion. **Ipecac:** Nausea not relieved by vomiting. **Mag phos:** Cramps, spasmodic pain, bloating. **Nux vomica:** Pain, nausea, heartburn 2-3 hours after over-indulgence; rich or spicy food, too much alcohol. **Pulsatilla:** nausea, gas and rumbling after rich foods, ice cream, fats. **Veratrum:** Diarrhoea and vomiting; severe cramps, cold sweat, exhausted, dehydrated. ■



TRAVELLING?

Whether travelling across the globe or just across Australia, carrying a small but carefully selected remedy kit to cover known and potential situations can be a life saver.

Arsenicum is a favourite travel remedy as it can help adjust to change. **Arnica**, **Cocculus** and **Kali phos**, can help reduce jet lag. If travelling with little ones check the Travel Info sheet and add remedies such as **Chamomilla**, **Belladonna** & **Pulsatilla** plus **Ledum**.

[From Issue 36]

Teething Tips

From Issue 58

Teething babies are often fussy and miserable - their gums hurt, and they make sure that anyone that's near them knows it! Consider supporting these children on two levels.

There is the acute level with fevers, pain, swelling, rashes and angry

behaviour. This calls for remedies such as **Belladonna** and **Chamomilla**.

And the deeper level where calcium metabolism is stretched with remedies such as **Calc carb**, **Calc phos**, **Silica** to help support the growth and adjustment to change. ■



Healthy Pets: Naturally

Over the years veterinarians, Dr Fiona Thompson and then since 2003 Dr Clare Middle, have contributed many newsletter articles. The key take home message is that many problems resolve if we feed our animals a natural raw food diet, reduce stress by correct training and discipline and pay attention to our own emotional health. Problems often develop after an upsetting change, usually involving a loss of territory, relationship or attention. Health can also be affected by recurrent feelings of tension, anxiety, depression, anger and other emotional upsets in the home. The owner's expectations and attitude towards life can affect the pet's own health and their illnesses often mirror those of the primary person in their life.

Read on for snippets from a few newsletter articles and remember to apply the same principles of matching the symptom picture when choosing a remedy.

Issue 52: Digestion: *Nux vomica* at the top for vomiting or constipation due to eating rich leftovers or raiding the pantry. *Phosphorous* in bright happy animals that vomit soon after eating, *Arsenicum*: Vomiting or diarrhoea after eating spoiled food. *Nux vomica* and *Bryonia* are common constipation remedies.

Issue 34: Joint Pain & Arthritis:

Belladonna: acute symptoms with swelling, redness, pain. **Rhus tox:**

Inflammation, pain and stiffness when getting up after a rest, better once moving.

Bryonia: Worse from movement, better from firm pressure and lying still, **Silica** and other tissue salts support joints and calcium metabolism.

Issue 47: Injuries & Wounds:

Arnica is the key remedy for shock and injuries. For cuts

and puncture wounds use *Hypericum* or *Ledum*. If a splinter, grass seed or claw fragment etc is remaining in the wound, *Silica* can help expel a foreign body. For painful, infected wounds use *Hepar sulph*, if the wound is quite sticky, smelly and bleeding, *Mercurius*. *Pulsatilla* for a bland pale discharge in a passive animal that seeks attention and affection.

Issue 47: Itchy Pets: *Sulphur* can work well in hot, scruffy, smelly animals



or ones that have recently been treated with pharmaceutical drugs/flea chemicals. If they are more chilly, have poor digestion and loose bowels consider *Psorinum*. *Rhus tox* if the pet is noticeably itchier after getting wet. *Phosphorous* if the skin bleeds easily when scratched, and the animal is fearful, hides, and feels the heat. *Thuja* is often useful for skin problems that arise soon after vaccination. ■

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The ever-popular: Colds & Flu!

Looking back over past newsletters it's no surprise to see that this is an ongoing topic. And thanks to the consistency of homoeopathy nothing much has changed since I first wrote about winter remedies in Volume 3. So once you know what works for you, you just need to keep your stocks up. The only change is that we aren't allowed to say Prevention when talking about the likes of *Anas barb*,

we can only describe it as 'may help support'!! Ideally catch them early and stop colds in their tracks; often *Aconite* and *Ferrum phos* will do this if taken at the first sign of symptoms along with a dose of *Anas barb*. Otherwise treat the symptoms as they arise, changing the remedy over the course of the cold based on the changing symptoms. Lift the vitality with a few doses of *Sulphur* as the ailment ends. ■

Fixes for Painful Ear-ache

From Issue 20

Ear-aches can be an ongoing problem; especially at change of seasons, during teething, or for children who swim a lot.

Consider these remedies for the acute symptoms. Recurring conditions can do better with a homoeopathic consultation.

Ferrum phos: Early stages with fever and pain. **Belladonna:** Fever, redness, heat & throbbing. Right ear usually. **Chamomilla:** Restless, cross & irritable. Desire to be carried or constantly pacing. Often left sided. **Pulsatilla:** Pressure & congestion behind the eardrum. Tearful, moody & clingy. ■

Womens Health

From Issue 25

When our hormonal systems are "well tuned" we feel happy and can experience surges of energy and intuition. Generally our hormonal system can take care of itself reasonably well until something comes along to upset it. For example puberty, stopping the Pill, miscarriage or termination, pregnancy or the time afterwards can have our hormones racing all over the place. And what about menopause or the shock of a death or loss.

Remedies like *Sepia* and *Pulsatilla* are often considered to restore balance but many remedies such as *Belladonna*, *Ignatia*, *Nat mur* and *Lachesis* can be indicated, as always it's the individual picture that's important.

There are so many ways that homoeopathy can help women that we have written Info sheets for Mother & Baby and Women's (and girls) health. ■

quick fixes

WORK & STUDY (Issues 57, 55)
Homoeopathy, along with recognizing and balancing the individual stressors, can help maintain a state of wellness at work or while studying even when you're under pressure. **Nux vomica** and **Kali phos**, anticipatory anxiety remedies, eg **Gelsemium**. ■

STRESS, WORRY, SLEEP (50 & 53)
Emotional stress such as that caused by worry, can leave us drained, sleep deprived and prone to illness. Homoeopathy can help rebalance the mind and emotions. Key remedies to consider are **Aconite**, **Cocculus**, **Gelsemium**, **Ignatia**, **Kali phos**, **Nat mur**, **Nux vomica** and **Sepia**. ■

SURGERY (Issue 15)
When surgery is necessary homoeopathics help with the pre-surgery nerves until you have recovered fully. There are several remedies indicated for these stages but by far the most important is **Arnica**. It has a tradition of use to minimise shock, trauma and soft tissue damage. See Surgery Info sheet. ■

CHICKEN POX (Issue 56)
Rhus tox covers many of the classic symptoms; clear vesicles with a dry, extremely itchy base, aggravated by scratching. The person is restless and may be stiff and achy. **Sulphur** and **Pulsatilla** are also commonly indicated. ■

Owen Healing Balms

Our 3 popular healing balms contain classic remedies for each of the balm indications.

Cold Sore Balm: with **Arsenicum**, **Calendula**, **Hepar sulph**, **Nat mur**, **Rhus tox**, and **Sepia**.

Chapped Lips Balm: Ideal for chapped, dry skin conditions: **Sepia**, **Silica**, **Sulphur**, **Nat mur**, **Graphites**, **Calendula**.

Bite 'n Sting Balm: Apply straight onto the bite. **Apis**, **Calendula**, **Hypericum**, **Ledum**, **Nat mur**, **Rhus tox**.

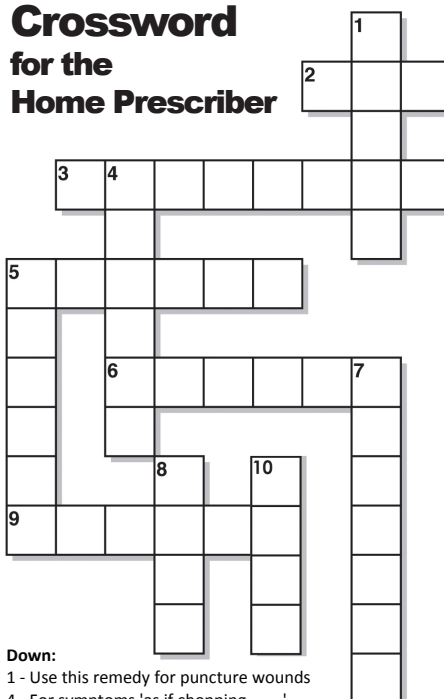


Hay Fever Hits

Finally, the weather has settled and for many hay fever misery is almost behind them. It is ideal to treat your symptoms with the most 'similar' remedy, starting before the season sets in. If this isn't possible our Hay fever complex can help reduce the acute symptoms. It contains remedies such as **Allium**, **Sabadilla**, **Euphrasia**, **Pollens** and **Tissue Salts**. See newsletter issues 23, 31, 39 and 59 for advice and suggestions. ■



Crossword for the Home Prescriber



Down:

- 1 - Use this remedy for puncture wounds
- 4 - For symptoms 'as if chopping
- 5 - Sleepless from excitement and joy
- 7 - Hot feet, has to put them out of bed
- 8 - This can be a trigger for Aconite symptoms
- 10 - The common name for Natrum muriaticum

Across:

- 2 - Apis: 'as if stung by a ...'
- 3 - Dizzy from worry and lack of sleep
- 5 - Pulsatilla is like this with their mum
- 6 - Kali phos is known for its tonic effect on these
- 9 - Feels 'as if bruised and beaten'

Go in the draw to win one of 3 prizes - an I ♥ Homoeopathy bear or mug. Just phone or email the answer to 10 Down.

~CLASSIFIEDS~

Talks, Conferences, Classes

Over the past 15 years I have given dozens of talks and classes to both the public and to professional groups and been involved in several conferences. The all-time favourite remains our 3 hour home prescribing class in which people learn how to use their remedies at home. These are run regularly during the year. Past attendees can attend a refresher course free, providing we have places. Go online or call us to book into the next Home Prescribing Class: on **Saturday March 31st, 12- 3pm**.



In Memorium

In true newspaper style lets celebrate Owen dates of note.

- Attadale Homoeopathic Centre: 1995 - 1999
- Newsletter Launch: 1996
- HEC Guildford: 1998 - 2007
- HEC Mt Lawley: 2000-2007
- Newsletter facelift: 2001
- Owen Homoeopathics - the range launch: 2003
- Newsletter in colour: 2003
- Owen Redcliffe: 2005 -
- Owen Balms launch: 2008
- Owen on Facebook: 2010

WEATHER (Sensitive?)



Many 'weather sensitive' people suffer when the weather is changeable. Several remedies come to mind, one to consider is **Dulcamara**

if disturbed by every change in the weather, from warm to cold and from dry to damp, warm days and cold nights. Better in dry, even weather. Symptoms can include: eyes, skin, rheumatic, respiratory, stomach upsets and diarrhoea. ■

Our Own Bestseller

Over the past 15 years we have featured many excellent books. Callinan's Family Homoeopathy and Boericke Materia Medica are the most popular but I am proud to say that our very own **Homoeopathy for the Home Prescriber** has been the stand-out favorite with an excess of 12,000 copies sold. ■