

Volume 32, December 2004

Once again Christmas is upon us with its peculiar mix of pleasure and stresses. The year has truly flown by and has been one of satisfying growth for the Homoeopathic Education Centre and Owen Homoeopathics. We're very happy to report that people all over Australia are expressing their delight at finally being able to buy a homoeopathic remedy locally!

Over the break, with the Christmas and New Years Day holidays falling on a Saturday, the only days affected by shortened trading hours will be Wednesday, Thursday and Friday 29th – 30th December. We will be open from 10 – 4pm on these days.

May the Christmas and New Year holidays be joyous and blessed for you and your loved ones.

Jan Owen



Christmas and Holiday Remedies

As we discovered on our recent helicopter adventure being prepared with a well stocked Homoeopathic Remedy Kit for holidays and travel is an absolute blessing particularly in remote areas. As well as remedies for accidents and injuries, colds, gastric upsets and emotional upsets I couldn't live without my Owen home prescribing booklet.

I would consider the following remedies to be the bare minimum, with additions to suit the individuals who will be using them, for example, someone prone to sinus pain would want to include **Kali bic.** **Aconite** – fear, fright, chills and the first stage of colds, **Anas barbariae** – a preventative for flu or to be taken four hourly at the first sign of symptoms, **Apis** – bee stings and allergic swellings like hives, **Arnica** – bruising, trauma, shock, **Arsenicum** – tummy upsets from changes in diet, this remedy helps with adjustment to change on all levels, **Gelsemium** – anticipatory anxiety and achy colds and flu with slow onset, **Hypericum** – nerve damage, jammed fingers and toes, scratches and cuts, **Ignatia** – grief and disappointment, **Ipecac** – vomiting and nausea, **Ledum** – mosquito bites, puncture wounds, **Nux Vomica** – overindulgence and upset routines.

I also included **Burn** and **Hyperica** creams – for topical application to cuts, scratches, burns etc, **Calendula** tincture – for washing out wounds, **Peppermint oil** – nausea and blended with **Lavender** to relieve headaches, **Lavender oil** – calming and soothing, great for sunburn, **Tea Tree oil** – antiseptic, **Rescue Remedy** – 4 drops internally or externally as necessary for shock or trauma or try the spray which is so useful for treating burns and wounds.

Christmas and Holiday Specials

These two packs will make great gifts for friends and family - or you can choose from the many products we have in store for that special, individual gift.

Gift vouchers are also available and very popular; they can be redeemed on gifts, remedies, consultations or class fees.

Holiday & Travel Pack - On Special

Retail Value \$72.95

Summer special \$60

Take the worry out of organising your travel remedies and let us do it for you. This travel pack is great value and includes the following important items.

7 Remedy Travel Kit: This pouch includes an info sheet and the following remedies in a handy zip pouch. **Aconite**, **Arnica**, **Arsenicum**, **Gelsemium**, **Hypericum**, **Nux vomica** and **Ledum**. Or you may prefer one of these optional pouches; Kids Travel with **Aconite**, **Arnica**, **Belladonna**, **Chamomilla**, **Ledum** and **Pulsatilla** or Trekking and Camping with **Aconite**, **Arnica**, **Cantharis**, **Glonoine**, **Hypericum**, **Ledum** and **Rhus tox**.

Burn Cream: Containing **Cantharis**, **Causticum**, **Hypericum** and **Calendula** is a very effective cream for burns, sunburn and wound healing.

Rescue Remedy: Bach Flowers to calm and soothe. Ideal for shock, can also be applied to wounds and burns.

Get Froged: A natural roll on insect repellent made from blended oils including **Cypress**, **Geranium**, **Lavender**, **Melissa** and **Tea tree**.

Owen Home Prescriber Booklet: The travellers' friend – small enough for your travel bag yet packed with info.

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Hangover & Party Pack - On Special

Retail value \$46.95

December Special \$35

Fabulous for the party animals amongst us who love to indulge at Christmas parties but then suffer the after effects of over doing it. This pack contains all you need to detox your liver and bolster your spirits for the day ahead:

Hangover Kit: The five remedies in this kit help us to cope with discomfort and detoxification. **Chamomilla** - irritable, cross, sensitive and headachy, **Coffea** - headache like a nail driven in. Insomnia. Hyperactive and sensitive to noise, **Nux vomica** - nausea, vomiting, bloating and irritability, **Pulsatilla** - stomach upsets from rich food, **Tissue salts** - to assist digestion and aid the detox process.

St Mary's Thistle: A herbal tincture to support the liver. Known for its ability to gently detox the system this herb contains some of the most potent liver protective substances and enhances liver function. It can help nausea, headache and digestive upsets.

Aromachology Pack: Three vials of pure essential oil blends to lift the spirits and invigorate - lovely to rub into your temples, burn, or add to a bath.

Home Prescribing Book: Lots of info and advice on remedies for hangover, headache and tummy upsets.

Mag Phos to the rescue

This is Caitlin Ashleigh, my precious little first granddaughter - born in October and 2 days old in this photo. Later that day, when Caitlin was crying with colicky pain, her mum consulted her Owen booklet. Deciding on **Mag phos**, she popped one pilule of 6c from the birthing kit into Caitlin's mouth. Within minutes the baby was relaxed and fast asleep, and her colic didn't return.



Useful web-sites and helpful info:

Earth Care Baby make Tushies disposable nappies and baby wipes which are free from chemicals, great for baby and the environment - www.earthcarebaby.com.au

Bellamy's make pure organic babyfood - www.bellamysorganicfarms.com.au

Gaia and **Beauty from the Bees** both make beautiful pure organic baby products. We have products from these companies in store.

'Gift for Life' vouchers are available from lactation consultant Cathy Garbin 0407 778 183.

Naturopathic News and Views

Although our primary focus is on homoeopathy, we have a trained Naturopath in store and stock a variety of naturopathic and ayurvedic products - all of which have been carefully chosen to support the homoeopathic patient.



Dietary Tip: Over the Christmas and holiday period most of us feel under some degree of stress and pressure. One of the many aids we recommend is Lemon Balm - a herb containing substances that

nourish and nurture the central nervous system. If you enjoy herbal tea we have Whittingtons Lemon Balm Tea at the Centre for only \$8.60.

Executive B Stress Formula: When we are under stress or have overindulged, the nutrients needed to maintain good health plummet. Sadly, those Christmas drinks or huge turkey dinner and extra helping of pudding, washed down with a couple of glasses of wine, play havoc on our systems! Blackmores Executive B Stress Formula is an excellent product full of B Vitamins and herbs to strengthen the nervous system and replace lost nutrients.

Consultation Service

A large part of the service we offer at the Centre is consultations. We have been able to maintain consultation fees unchanged for the past four years. A small increase in our consultation services will occur as of 1st January.

Commencing 2005 consultation fees will be as follows:

Initial consultation: \$85

Follow ups: short \$45 30 - 45 mins \$55

Children and pension card holders:

Initial consultation: \$65

Follow ups - short \$30 30 - 45 mins \$40

Phone consultations \$20 - \$30 according to time.

Missed appointments and late cancellations (less than 24 hours notice) are charged at 50% of the booked fee unless a replacement booking occurs.

A note of apology!

We're currently experiencing 'gremlins' in the Online Store section of our web page. Please bear with us - we're getting it fixed as quickly as we can! Meanwhile, if you experience difficulties, just phone or email your orders through.

Bach Flower Remedies for Serenity and Balance



The Bach Flower Remedies are a simple and natural method of healing which works with the emotional state of a person rather than the physical illness. They act to harmonise and balance the personality, to counteract such things as irritation, fears and guilt which Dr Bach saw as the real cause of illness and unhappiness.

Julian Barnard

The Bach Flower system consists of 38 remedies and you can have a combination made up to suit your particular need. Ask us or your local supplier for more information.

Gorse: Take this flower essence when you feel a sense of deep depression, despair and hopelessness. You feel resigned to your situation and lack the will to rise up out of it. It can be helpful for people who apparently cannot be cured, those suffering a genetic illness or for repeated failure and disappointment. Often combined with **Mustard**.

Jet Lag Drops: If like most of us you struggle with jet lag and adaptation to change with long flights you will find this combination of Bach Remedies and Homoeopathics a god send. It includes **Aspen, Cherry plum, Crab apple, Olive, Walnut** and **White chestnut**.

Classes & Study Group & Talks

The following classes run regularly throughout the year. To receive information, or to reserve a place call 9371 3991.

Home Prescribing Classes: Learn how to use your Home Remedy Kit to treat acute symptoms and first aid situations at home. Free if you buy a Family Home Remedy Kit otherwise \$55. **Saturday 5th February 12 – 3pm and Wednesday 23rd February 10 – 1pm.**

Animal classes: Dr Clare Middle will present a series of lectures again in 2005. These were very popular and well received. See the accompanying leaflet for details and book early to avoid disappointment.

Public talks and seminars: As well as holding classes at the centre we regularly speak to groups on Homoeopathy and how to apply it to their particular needs. In 2004 we spoke to the following groups: Lactation Consultants, New Norcia Studies Day, Aids support group, Dental therapists and nurses, Midwifery conference. Book your event with us early for inclusion in 2005.

One Year Study Course: If you are keen to expand your knowledge this course is ideal for you. Included are workbooks, texts, remedies and classes. It will commence in February 2005 on a Tuesday morning. Book early as numbers are limited.

See the brochure included for details.

Back to Basics with the Tissue Salts



The Twelve Tissue Salts of Dr Schuessler work gently on the physical structure of the body, building, repairing and maintaining health over a period of time. They are prepared by trituration of the mineral to a low potency (6x usually) and pass rapidly into the body through the bloodstream.

Combination U – Calc phos, Calc fluor, Silica, Nat phos. (for the correct absorption of calcium). This combination contains 4 minerals which work together to maximize the ability of the bones and teeth to absorb calcium. Important for growing children, to strengthen the enamel in people prone to decay and where there are bone density problems.

Kali phos – (Nerve Nutrient) Acts as a tonic and nutrient for the brain and nerve tissues as it is a vital constituent of nerve tissue. Strengthens the nervous system and is supportive when under stress and suffering nervous headaches, nervous dyspepsia, insomnia, depression or lowered vitality. Also consider for shingles and nervous asthma (with **Mag Phos**).

Aromatherapy for the Heart & Home



Aromatherapy uses the essential essences of aromatic plants for healing and maintaining vitality.

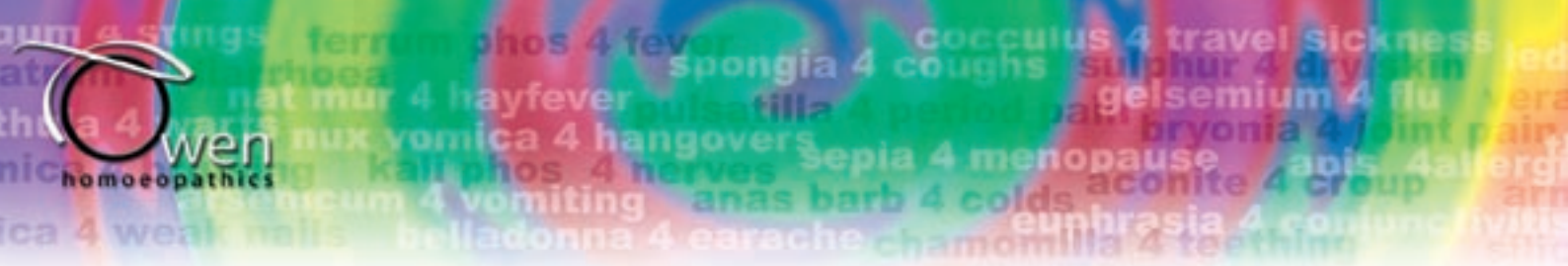
Mild sunburn responds well to a few drops of **Chamomile** and **Lavender** in a lukewarm bath. Severe sunburn (and any other burn) is best treated with **Lavender Oil** in a solution of 12 drops to a tablespoon of cooled boiled water and dabbed onto the burnt area. After too much tanning, **Chamomile** and **Lavender** in **Almond Oil** will reduce the parched, leathery effect of overexposure.

Bergamot and other citrus oils make the skin's melatonin produce cells more sensitive to the sun's rays. This may result in dark uneven patches. It is better to only use these oils on unexposed areas during the summer.

Dehydrated skin responds well to **Lavender** and **Geranium** as well as **Chamomile, Neroli** and **Rose**. Add these oils to your skin care regime during the dry months.

Check with your homoeopath before using essential oils during homoeopathic treatment as some intense oils are known to neutralize the action of remedies.

minimum dose maximum impact



Cats, Dogs & Holiday Arrangements

with Dr Clare Middle

The most important tip is to book early for boarding animals over Christmas. Some boarding kennels/catteries will accept homeopathic nosode disease prevention these days (hurray!), but they may need to discuss this in advance if it is new to them, so don't wait for the Christmas rush. Contact me for a list of "nosode friendly" boarding kennels.

A few days before your dog or cat goes boarding, give a top-up dose of **Kennel cough** or **Cat Flu 30C**. Also give a few days of **Echinacea/five mushroom extract** or other immune boosting herb in the animal's food – from 6 drops daily for a cat or toy breed dog, to 5ml for a large dog. Vitamin C in the food daily is very helpful too – a pinch to a teaspoonful of powder depending on the size of animal.

Remember that grief can be a greater cause of kennel cough or cat flu than the presence of a virus – as the Chinese say, 'the lungs are the seat of grief', so treating to reduce grief from pets missing their owners will do the most to reduce these respiratory ailments. Give homeopathic **Ignatia** in any potency you have, daily for a couple of days before boarding, and/or the Bach remedy combination – **Rescue Remedy** (for stress), **Honeysuckle** (for grief) and **Walnut** (for adaptation to change). Starting as soon as the pet knows 'something is happening' even until the owners return. Many boarding kennel owners can verify the effectiveness of this Bach combination (available from HEC).

Of course all this can apply to animals left in the house with a house sitter, too. Another option is to get the great little book from the RAC on where you can holiday and take your pet with you. Happy Holidays!

Clare Middle specialises in natural therapies only veterinary practice and uses homeopathy, herbs, acupuncture, flower essences and kinesiology as well as standard veterinary diagnosis. Ph: 0403180567

Healthy Pets - Naturally

Presented by Dr Clare Middle BVS Dip Hom

These Saturday classes were so popular that we will be repeating the series in 2005

Intro Class: Saturday 9th April 1 - 3pm

Homeopathic Series of 4:

from Saturday 7th May 1 – 3pm

Bach Flowers for Animals:

2 sessions 10th and 17th September

Diet and Nutrition: Saturday 15th October

Book Corner



A Guide to the Bach Flower

Remedies: Julian Barnard is director of Healing Herbs Pty Ltd and his book captures the essence of each of the Bach Remedies and explains their uses in everyday life. **\$13.95**

Homeopathic Care for Cats and Dogs: This comprehensive book by Donald Hamilton DVM clearly and carefully explains the use of homeopathic medicine for your cats and dogs in very clear language. **\$46.50**

If you've reached a stage where your home prescribing books don't offer enough detail then its time to add an advanced text to your library.

Boericke Materia Medica: The ideal starter dictionary of remedies with small repertory. A must for everyone who takes homeopathy seriously **\$35**

Robin Murphy Materia Medica: This is a very comprehensive Materia Medica of 1,200 remedies and includes many that are rare and unusual. **\$150**

Kent Repertory: A repertory for finding your remedy via the symptom picture. Helps you to put together the case and find the most indicated remedy. **\$37.50**

Robin Murphy Repertory: More than 1600 pages of symptoms written in modern language simplify the task of looking up and finding your remedy. **\$125**

Animal Success Stories

This is super model Chloe who features in our animal posters, and although she looks cute in her babygro it was actually a necessity to prevent her from chewing and pulling at her sutures after a spey operation. The wound was not healing well despite the use of **Arnica**, **Hypericum** and **Staphysagria**.

Fellow homoeopath Madeleine Innocent from Two Legs and Four Homoeopathic Clinic treats many animal clients and immediately recognized the need for **Bellis Perennis**. Two doses and the wound closed and healed beautifully and Chloe was happy to leave it alone as it was no longer irritating.

