

homoeopathy & health care

Volume 36

On a recent business trip to the UK and France I had some time to visit the famous homoeopathic pharmacies Helios, Ainsworths, Nelsons and Goulds. These modern pharmacies are well stocked with medicines, kits and books.

London Homoeopath Francis Treuhertz invited me to dinner with his family and to see his impressive collection of homoeopathic memorabilia. Francis has been collecting antique remedies, storage boxes, kits, books and other fascinating items from all over the world. We talked at length about the state of homoeopathy in the UK and the world generally.

Francis told me about the refurbishment of the Royal London Homoeopathic Hospital in Great Ormond Street and how it had been destined for closure until the homoeopathic community, both professional and members of the public, rallied their resources and made it clear that this was a very unpopular move. As a result the hospital was relocated and the old building refurbished.

It had just been reopened and as it was close to my hotel I couldn't resist a visit. The original entrance and rooms, with their lovely old tiles, are now used as a waiting room for the dispensary and as an information centre. The hospital itself is situated upstairs and consists of a central waiting room and several day clinics with names such as Pulsatilla Clinic.

In Paris I was saddened to see that many of the pharmacies have removed their original Allopathie and Homoeopathie signs from their windows and replaced them with Parapharmacie. Apparently this is to show that they carry a diverse range of products rather than appearing to be specialized. I imagine that this makes the herbalists and so on very happy but it is a great loss for homoeopathy.

Every pharmacy I went into in France sold homoeopathic medicines both on prescription and over the counter. It was inspiring to see that, as in Australia, homoeopathy is alive and well all over the world.

Jan Owen



Right: the Eiffel Tower; Top: the Royal Homoeopathic Hospital in London.

Essential Travel Remedies

As always, whether travelling across the globe or just across Australia, I carry a small but carefully selected remedy kit to cover known and potential situations.

Arsenicum 6c is a favourite travel remedy, it helps with adjustment to change and I take a daily dose starting two days before departure and continuing until settled at the destination. During and after the flight jet lag is reduced with four hourly doses of **Arnica**, **Cocculus** and **Kali phos**, and a dose or two of **Anas barb** helps protect against colds and flu. On a long flight **Nux vomica** comes in handy for the effects of disturbed eating and sleeping patterns.

Around me on the flight I could see many situations calling out for a remedy; The cranky **Chamomilla** baby screaming with irritability after 10 hours of being restrained. The weepy **Pulsatilla** toddler with ear pain on descending. The fearful ones; the trembling quaking **Gelsemium** and the restless, anxious **Aconite**. Not to mention the couple behind me with thick noisy **Hepar sulph** coughs. Thank heavens for **Anas barb**.

Weekend Trading Hours Newsflash

Please note that the opening hours for the Mt Lawley shop have changed. We will no longer be open on the Saturdays of long weekends.

Holidays with Kids

Traveling with little ones can be quite a challenge, especially long air flights or car journeys. Pack a kit of remedies to cover accidents, insect bites, tummy upsets, colds, ear pain and fevers. These include **Aconite**, **Arnica**, **Belladonna**, **Chamomilla**, **Hypericum**, **Ledum** and **Pulsatilla**. Emotional upsets are covered by **Ignatia** or **Pulsatilla**, fear by **Aconite** or **Phosphorus** and irritability that can't be soothed, **Chamomilla**. Children who suffer from travel sickness usually benefit from a few doses of **Cocculus**, **Nuxvomica** or **Ipecac** before and during the trip.



It's a good idea to read up on the indications for these remedies and any others that apply to your family's particular needs and to pack your Owen Home Prescribing booklet for quick reference. Other recommended additions to your travel first aid kit are **Calendula** cream, **Burn cream**, **Rescue Remedy** spray or drops, **Lavender** oil and **Eucalyptus** oil.

Classes & Study Group & Talks

We give many talks through the year to both the public and professional groups as well as running classes for the home prescriber at regular intervals. For a list of classes scheduled for 2006 contact us or check the web-site.

Home Prescribing Classes: Learn how to use your Home Remedy Kit to treat acute symptoms and first aid situations at home. Usually \$55 but if you buy a Family Home Remedy Kit the class is free! The final class for 2005 is **Saturday 10th December 12 - 3pm**. 2006 dates include **Saturday 11th February 12 - 3pm** and **Wednesday March 8th 10 - 1pm**.

Short Courses: These popular courses of five sessions follow on from the Home Prescribing Course and expands remedy knowledge and skills. The only course in 2006 begins in **15th February** on Wednesday mornings. Spaces limited.

Animal Classes: These classes run by Clare Middle have been extremely popular. Contact us or check the website for the 2006 program which starts with an Intro Class on the **4th March**. Book early to avoid disappointment.

Naturopathic News & Views



Although our primary focus is on homoeopathy we also stock a variety of naturopathic and ayurvedic products – all of which have been carefully chosen to supplement the homoeopathic patient

Ginger is a wonderful calmer of nausea and soothes general travel sickness. You can drink ginger tea (made from the fresh root or mix ginger powder into boiling water) or chew on crystallised ginger. It is also a good idea to carry a large water bottle with you to ensure you are getting adequate amounts of fluid – it is easy to become dehydrated while flying and sightseeing!

It can be hard to eat well while travelling as often you are eating on the run or indulging in foreign delights! Taking a good multivitamin like **Tressos B** will ensure you have adequate nutrients to carry you through your travels. 1000mg of **Vitamin C** taken 4 hourly (for adults) during your flight will significantly reduce the effects of jet lag. Taking a drop bottle of **echinacea** or **astragalus** tincture and having 8 drops a day will help protect your immune system against the strain of travelling.

Reader's Travel Story

I have traveled for my work for over 17 years now and find that since using **Arsenicum 6c** pre, during and post a trip I enjoy a sense of being 'more balanced' and 'normal' – just like when you're at home. I find that if I start taking **Arsenicum 6c**, 1 x day from 2 days prior to travel, continuing throughout my travels and for a day or two on my return that travelers tummy issues that can occur with the cultural and psychic changes plus the different food, water and extra alcohol intake either don't occur or if they do, they are quite mild. *Jacqueline Doon*

Seasons Greetings from the Homoeopathic Education Centre!

We wish you a joyous and blessed festive season with your family and friends, and a wonderful start to 2006.

The Mount Lawley Centre will be open on normal trading days during the Christmas Break with modified trading hours on Wednesday, Thursday and Friday 28th – 30th December.

Bach Flower Remedies for Serenity & Balance

The Bach remedies reflect Dr Bach's belief that "dis-ease" is a sign of imbalance in one's emotions, attitudes and life directions.

The remedies are ideal for helping us on an emotional and mental level to cope with stress and are easy to self-prescribe. Contact us or your retailer for a leaflet, to purchase a stock bottle or to discuss having a treatment bottle made up.

Larch: is for people who, although they have the ability, do not believe in themselves so stand back allowing others to take their place. They feel inferior and expect failure. This can prevent real effort.

Rescue Remedy Spray: **Rescue Remedy** is a great standby formula for shock, stress and to promote calm. I wouldn't dream of traveling without a bottle and favour the spray as I can use it internally or apply it easily to burns and wounds. It is also an excellent way to apply **Rescue Remedy** to distressed children, animals, birds and even stressed plants.



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 B: (Calc Phos, Kali Phos & Ferrum Phos)

This combination is used for general debility, nervous exhaustion, convalescence and allied conditions.

Calc Phos is a general tonic that promotes healthy cellular activities and restores tone to weakened organs and tissues. **Kali Phos** is a nerve nutrient and has an antiseptic action and **Ferrum Phos** being the first aid tissue salt is an oxygen carrier.

Nat phos: (Acid neutraliser) Regulates consistency of the bile and is indicated in jaundice, colic, sick headaches and gastric problems. Promotes absorption of water (**Nat Mur** distributes water and **Nat Sulph** eliminates excess water). Deficiency allows uric acid to form salts in joints and tissues, causing stiffness, pain and swelling. Indicated in gout and indigestion from fatty or greasy foods. Discharges are creamy golden-yellow with a similar coating on the tongue.

Tissue salts are supplied by Martin & Pleasance in tablets and spray form. Some of the tissue salts are available on the Owen stand in 6c potency.

Owen Homoeopathics - Now in a Store Near You

As many of you will have discovered, we now have more than 170 retail outlets from as far a field as Darwin, Cairns, Sydney and Hobart stocking the Owen Homoeopathic range. This makes it so much easier for you to access remedies when you need them.

If your local health store, pharmacy or natural health centre doesn't stock the range then why not let them know what they are missing out on or give us their details and we will send them some information.

Visit our website www.h-e-c.com.au to view a list of outlets stocking Owen Homoeopathic remedies. We would like to thank these businesses for their faith in homoeopathy and in our product.



Homoeopathic Conference in Perth 2006

The Australian Homoeopathic Association is holding the 5th Australian Homoeopathic Medicine Conference at the Fremantle Esplanade hotel on the 28th and 29th October 2006.

The name of the conference is *Homoeopathy in the Real World* and the theme will concentrate on helping the homoeopath to adapt and grow their practice in a changing world. The program will include cases, remedies, practice management, computer software info and much more.

This conference will be open to homoeopaths and other health care practitioners. Talks are also planned for the general public.

To receive a brochure or to express interest in the conference contact Keynote Conferences 08 9382 3799 or visit the AHA WA and Conference web-site for a preview: www.homeopathywa.org.au.

Isaac Golden Seminar

Isaac Golden is an Australian homoeopath, educator and researcher with a special focus on Immunisation. Isaac is coming to Perth in January and as well as practitioner seminars he will be holding a public talk at 7pm on **Thursday 12th January 2006** at Technology Park.

If you would like more information on this talk or to book please contact Homoeopath Peter Wong, (08) 9259 5683 or the Homoeopathic Education Centre on (08) 9371 3991.

minimum dose maximum impact



Travelling with pets - Naturally

Nowadays, people often prefer to take their pet with them on holidays instead of leaving them in boarding kennels or with a house-sitter. In general, it is best to sedate them in some manner if they are not used to traveling long distances.

Vets sell sedative pills for the really scared or restless travelers, but as well as this, always give Bach remedies **Walnut** (for adapting to change), **Honeysuckle** to prevent homesickness and wandering once arrived, and **Rescue Remedy** if they are anxious. **Mimulus** is for those specifically scared of traveling, but these ones may be better left with the house sitter!

If your animal doesn't travel too badly and you just want them to be a little more tranquil, a herbal tablet (a quarter human dose for a cat or tiny dog to a whole for a giant breed dog) or mother tincture of one or all of the following can safely sedate them mildly: **chamomile**, Mexican **valerian** (more reliable than valerian), **passiflora** or **hops**.

Give 6 -10 drops of tincture to cats up to 10ml for a giant breed dog. These herbs are generally safe to increase in dose to effect. Occasionally, **valerian** can cause panic due to a feeling of loss of control, but Mexican **valerian** and all the others are very well tested and researched.

For those who suffer travel sickness, put a drop of peppermint oil on their collar, feed them a pinch of dried or fresh **ginger** in their breakfast, and give homeopathic **Petroleum**, **Cocculus** or **Nux vomica** depending on animal. Give a dose of 6C an hour before and at the start of travel.

Some breeds of cat are well suited to riding in cars such as the Bengal. Most dogs love cars, but can be over-enthusiastic. Bach remedy **Vervain** can be given here.

A harness for dogs which doubles as a seat belt connection is highly recommended and is far safer than having the dog bounding around the moving car. It has a large metal "D" which the seat belt runs through. My children call it the dog's "D" string!

The RAC publish a wonderful booklet giving all the camping sites and other places which accept dogs. The tourist bureaus down south have some houses to rent which are pet friendly. Have a great trip.

Dr Clare Middle runs a natural therapies only veterinary practice in Bibra Lake. Ph: 08 9494 1243, www.claremiddle.com.

Book Corner

Homoeopathy A-Z: Dana Ullmans book *Homoeopathy A-Z* provides an informative guide to using homoeopathy for everyday ailments. It also gives one of the better explanations of 'what is homoeopathy' and provides an understanding of homoeopathy's place in healthcare today. The beauty of the illustrations will make it either a wonderful gift book or a worthwhile addition to your homoeopathic library \$26.95

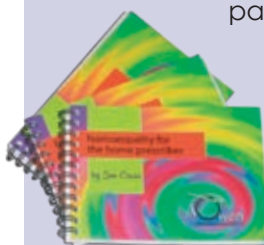


Dogs and Homoeopathy, The Owners Companion, The herdsman's Introduction to Homoeopathy, Homoeopathy for a Healthier Cat.

Mark Elliot and Tony Pinkus. RRP \$15.95 each.

On Jan's travels she picked up a series of wonderful animal books. Covering cats, dogs, and livestock, these books offer a ready-made guide to animal lovers who wish to investigate homoeopathy as a modality to treat their animals. They cover most ailments your animal is likely to experience and are easy to follow, giving confidence in prescribing for your pet.

Homoeopathy for the Home Prescriber: This book, written by Jan Owen, Includes in its 120 pages a section on the Treatment of Common Ailments and a Materia Medica listing key symptoms of 40 remedies in general use at home. It is available from your closest retail outlet stocking Owen Homoeopathics. \$9.95



Below:
Meg Middle celebrates Xmas

