

homoeopathy & health care

We're celebrating....



...issues of Homoeopathic News!

HEC is celebrating the achievement of 10 years and 40 editions of homoeopathic education and service, initially in WA, but now reaching far across Australia. My goal that all Australians will have easy access to homoeopathic medicine and information when they need it is that much closer to fruition.

The WA Branch of the AHA recently hosted a most successful professional conference for homoeopaths here in Fremantle in October and it was a resounding success. See page 2 for a review.

Homoeopathy for the Whole Family, a seminar for the public coinciding with the conference, was well attended and attracted a flurry of media attention. Six practitioners spoke including Linlee Jordan and Isaac Golden who were here for the conference. WA speakers were Melanie Creedy, Clare Middle, Kate Diamantopoulou and I. The afternoon was a great success and we are considering another seminar to celebrate Homoeopathic Awareness Week in April. Keep watching this space.

Some of you will remember the beginnings of this newsletter from my first clinic - the Attadale Homoeopathic Centre where I worked with other practitioners including Barbara Swingler and Joanne Sumpton Wales who later worked at HEC.

Let's just look at the highlights over the years. Volume 1 was a Christmas and holiday edition in Dec 1996 and we suggested simple first aid remedies to cover the festive and holiday season. From Dec 1997 we produced the newsletter from South Guildford

and I founded the Homoeopathic Education Centre with Melanie Creedy. Although we closed the doors at Attadale in June 1999 to focus on the Guildford centre Barbara Swingler and I continue to run classes and courses together.

2000 was a very exciting time with the opening of the Mount Lawley store and the launch of our web site. The new premises were large enough for classes and consultations and I have run hundreds of classes over the ensuing years.

The newsletter had a facelift in Dec 2001 and another to living technicolor in Dec 2003 when we launched the Owen Homoeopathics range. We announced the opening of our manufacturing premises in Redcliffe in June 2005 and are currently building new manufacturing premises. It has been and continues to be a fantastic journey and I thank you for taking it with me and with homoeopathy - I hope that you stay on board for another 40 editions.

To be in the 40th Edition Prize Draw send us some feedback on the newsletters to date and suggestions for future editions.

Jan Owen

Seasons Greetings from the Homoeopathic Education Centre!

Over the Christmas break the Mount Lawley Centre will be open from 10 - 4pm on Wednesday 27th, Thursday 28th and Friday 29th December

Homoeopathy in the Real World

The 'Homoeopathy in the Real World' conference held at the Esplanade Hotel from the 28th - 29th October was a great success. 170 delegates from across the world were able to catch up and share information and ideas. Owen homoeopathics were proud to be Gold Sponsor for the event.

Highlights included:

- Liz Lalor's presentation on her Fertility program with which she has successfully supported over 100 women in falling pregnant. Liz's system generally uses 4 remedies to enhance fertility, these are selected based on the individual consultation.
- Jon Gamble spoke on irritable bowel syndrome (IBS), a generic term for a cluster of symptoms expressed as shifting abdominal pain with alternating constipation and diarrhoea. Jon's research indicated that 70% of IBS cases display sensitivity to or symptoms of intestinal parasites.
- Dr Ivy Dieltiens from South Africa set up free clinics in Sri Lanka following the tsunami to help traumatised victims through mental and emotional symptoms. Ivy was surprised to find that the people did not seem to need remedies such as Ignatia and Nat mur. However, they did appreciate remedies for physical complaints (e.g. Arnica, Hypericum).
- Linlee Jordan's presentation on treatment for troubled kids. Linlee specialises in using homoeopathy to treat children with autism, ADHD and behaviour challenges. Linlee emphasised the need to treat the whole family. The website: www.hhcc.com.au.



Above

Owen homoeopathics staff members at the 'Homoeopathy in the Real World Conference

Naturopathic News & Views

Although our primary focus is on homoeopathy we also stock a variety of naturopathic and ayurvedic products to supplement or support the body.

Dietary Tip: During the festive season we tend to overindulge in one way or another and usually feel the worse for it. As a mum I was driven to distraction by the ill effects on my children of party food at the many Xmas social events we enjoyed.

I managed these parties by giving the children a small healthy meal before we went out so that they were less likely to load up on the wrong food as they weren't hungry.

Crushing slippery elm tablets into honey and getting them to lick it off the spoon to provide some protection to their stomach and intestinal system also helps.

Make sure you pack Pulsatilla and Nux Vomica in your handbag. You'll be glad of a dose if you are overindulging!

Pulsatilla: digestive symptoms after eating too much rich, fatty food (i.e. cake, ice-cream, pastries).

Nux vomica: overindulgence is the key here. Spicy, fatty foods, alcohol, and coffee, etc (sound familiar?) MERRY XMAS!



Classes, Study Groups & 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. Contact us for information or to reserve a place.

Home Prescribing Classes: Learn to use your Home Remedy Kit for treating acute symptoms and first aid situations at home. The first class for 2007 is Saturday 24th February 12 - 3pm, and is \$55.

DVD and CD: Our home prescribing class on CD and DVD has been incredibly popular. Choose the CD if you like to listen as you drive.

Donna Smith is delighted with her DVD and provided this feedback: "It's great, just like sitting in a class - but before it had been playing long I realized I needed to go back to the beginning and take notes on each remedy. It's very clear, just like having a lecture in your lounge room".

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.

Olive: Take **Olive** if you feel exhausted in body and mind, a lack of energy, constant tiredness, feeling weak, debilitated and overworked and that daily life is a joyless struggle. In the **Olive** state, the energy reserves have been drained, it is useful after a long illness, a period of nursing others, a personal ordeal and times of worry and stress.

Rescue Remedy Pastilles: These yummy little pastilles are brand new to the Bach Flower range and are supplied in a nifty round tin that you can carry in your bag. With all the benefits of standard rescue remedy these pastilles are simply brilliant for soothing stress and promoting calm and kids love them.

Reader's Story:

It's never too young to start...

This is Dillon, and at the age of 3½ he appears to be a budding homeopath! Whenever I drive down Beaufort Street, I find myself hurrying past Owen Homoeopathics as Dillon screams at top volume "the homeopathic shop mum!!".

Rather than playing doctors, Dillon prefers to play homeopaths. He has a play-kit of dropper bottles of "homeopathic remedies" and empty pilule vials.

All of Dillon's toys have been successfully treated with his expert care. In fact, the other day his aunty was pretending she was wounded in a 3 year-old's war game.

Dillon ran to his collection, screamed out "open your mouth!!!" and shot a dropper full into the back of her throat. His homeopathic revival worked wonders and she sat bolt upright, coughing and spluttering.

Nicole,

Bayswater, W.A



Xmas Book Sale & New Products

Come in and check out the gift ideas and great new products we have instore. Xmas book specials and packages, 20 – 50% off, are listed on page 4.

The Weleda Range

We now stock natural Weleda products including toothpastes, Wild Rose and Sea Buckthorn moisturisers, teas suitable for breast-feeding mothers and soothing calendula baby creams. Created in Switzerland in 1921, these luxurious products are made from pure botanical extracts, herbs and flowers. Free of synthetic fragrances, colours, emulsifiers and parabens and not tested on animals.



Bod for bubs

Our new bod for bubs baby products are soothing, wholesome and safe for babies' delicate skin. They contain homoeopathics, 100% pure essential oils and certified organic ingredients where possible and no hidden nasties like sodium laurel sulphate or alcohol. The simple packaging is gorgeous too!

Back to Basics with Tissue Salts

Dr Schuessler's Tissue Salts work gently on the physical structure of the body, building, repairing and maintaining health. The mineral is prepared by trituration to a low potency, usually 6x.

Combination F: Kali Phos., Mag. Phos., Nat. Mur., Silica. Migraine headaches are periodic throbbing headaches which usually start on one side. They are brought on by a variety of causes, often certain foods or hormonal imbalance. Comb F can be helpful for sufferers of disabling nervous stress headaches and migraine headaches.

Calc phos: (Nutrition tonic) A deficiency of this salt causes defective nutrition. It restores tone to weak tissues and organs, assists in digestion and assimilation, and is good as a general tonic. It is concerned with the formation of teeth and solidity of bones; therefore it is of great value in growing babies and children. It is important for simple anaemia (with Ferr Phos) and is often indicated when there is pain and spasm and sensation of cold and numbness.

minimum dose maximum impact

Owen
homoeopathics

Healthy Pets Naturally - Cat Fights

Our favourite homoeopathic vet Dr Clare Middle had her audience enthralled when she presented at 'Homoeopathy for the whole family' at the Esplanade Hotel on Friday 27 October 2006.

When Clare's children were young she had great success with the remedies to help them recover from croup, colds and flu. After such success with her children, Clare felt confident that homoeopathy was safe and effective to use with animals.

Clare presented on some common ailments seen in animals such as Cat fight abscesses: Her 'Cat fight kit' available to the public contains:

Ledum: the 'morning after pill' for cat fights! for healing the initial puncture wound.

Apis or Belladonna: for swelling, cellulitis and pain

Pulsatilla: for infected wounds in clingy/sooky animals who will let you treat the wound.

Hepar sulph: for infected wounds when the cat is aggressive and bites.

Silica: for slow healing wounds, it encourages the drainage of pus.

Calc sulph: slow healing wounds with yellow pus, as seen in old cats with a lowered vital force.

Treat wounds externally with calendula tincture or salt water. The fluid of an abscess must be drained or no blood will flow to the skin and you will end up with a hole in the cat! If there is a scab, this can be pulled off to allow drainage.

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

Book Corner

There is something for everyone in our big Xmas book sale. Come in and purchase from a pre-packed set or make your own bargain pack. These include sets for advanced home prescribers and students. These make great presents and we can mix and match packs to suit – just ask.



Roy's Materia Medica, Roy's Philosophy and Allen's Keynotes: Self learning texts, a bargain when bought together. **VALUE \$207.50; NOW \$175**

Tyler's Homoeopathic Drug Pictures & Sensations 'as if': Tyler's is a favourite and 'as if' is a quick way to find elusive symptoms. **VALUE \$56; NOW \$45**

Margaret Roy's Materia Medica: We have a few, as new, second hand copies for sale at huge savings **VALUE \$95; NOW \$65**

Homoeopathy and the New Man, 50 Reasons for being a Homoeopath, Science of Homoeopathy: Texts by Vithoukas and Burnett. Great reading. **VALUE \$34; NOW \$27.50**

Lots of and varied packs of Home Prescribing and Women's Health books at huge savings.

Plus you can choose from our selection of 'buy 2 get the 3rd free' titles.

Reader's Story: Healthy Puppies

I receive the Homoeopathy & Health Care Magazine and just want to let you know how useful and interesting it is - thank you.

We use homoeopathic remedies not just for ourselves, but also for our animals - especially our dogs.

One of our Golden Retrievers recently gave birth to puppies, and I had remedies from the pregnancy & birthing kit handy, although we didn't need to use many as she is such a healthy girl, being on the BARF diet. The puppies have been given the best start possible on the BARF puppy mix & bones, and their new owners are happy to keep them on the same diet.

Mary Tabinor

