

With the great facilities at Redcliffe we plan to host additional classes and seminars in 2008 as well as taking outside bookings. For details see page 3. And on that note check page 4 for Clare Middles book signing and animal talk in December.

In keeping with themeing the newsletter to a particular health issue we are covering urinary problems this time. Many clients file their newsletter so that remedy tips are at hand for quick reference when needed.

Jan Owen



The water works at Murchison Roadhouse

The Urinary System

The body is like a machine. It consumes energy (from breakdown of food products) to carry out function (homeostasis- the perfect state of "Life"), and in so doing produces waste products that must be removed. If the waste products are not eliminated, the "machine" becomes "clogged" up and function ceases.

The kidney, ureters, urinary bladder and urethra make up the Urinary System of the body. Its function is to eliminate soluble waste materials from metabolism of food and water consumed and when this becomes compromised we experience symptoms such as acidity (gout etc), kidney discomfort and bladder ailments.

As well as inadequate waste elimination cystitis can result from infection or an irritation of the bladder, due to antibiotics, stress, food allergies, poor hygiene, overuse of bubble baths and talcum powder, nylon clothing, oral and barrier contraception, or sexual intercourse. Without treatment, a serious kidney infection can develop.

Symptoms include a frequent urge to urinate with burning or stinging sensations, and sometimes aching in the bladder area. Offensive-smelling, cloudy, or discolored urine may be passed.

For acute symptoms repeat the indicated remedy often. If there is no improvement after

a few doses consider another remedy and be prepared to seek professional help especially in very uncomfortable or long-lasting urinary tract infections accompanied by fever, pain in the kidney region, or other serious symptoms. Recurring symptoms, three or more infections in a year, should be investigated by a urologist to eliminate complications such as structural anomalies, chronic stones etc.

Aconite: Sudden onset with anxiety. After becoming cold and chilled or after a shock. Urine may be suppressed or scanty.

Apis: Constant urge. Burning and severe stinging pains. Increased volume of urine. Thirstless.

Belladonna: Sudden onset. Intense pain, fever.

Cantharis: Most indicated remedy. Burning pain and constant desire but can only pass a few drops. Sharp pains before and during urination.

Ferrum phos: For the first stage of cystitis. Frequent urination (or it may be suppressed) and feels 'off colour'.

Nux vomica: An irritable, impatient, chilly person with an irritable bladder and constant need to urinate.

Sepia: Worn out, irritable and dragged down feeling. Frequent urination, involuntary leaking. Staphysagria: Burning before and during urination. 'Honeymoon cystitis' after new or frequent sexual activity.

Christmas & Holiday Hours

Wishing you all a joyous and blessed festive season with your families and friends and a wonderful start to 2008.

The Redcliffe Centre will be closed on Christmas Day, Boxing Day and New Years day. All other trading days we will be open for usual trading hours 10.00 – 3.00.

Open Day

It was delightful to see so many of our regular customers as well as lots of newcomers to homoeopathy at our Open Day in August.

The Open Day was a great opportunity to catch up with many of you, show off our gorgeous new premises and partake in some lovely food and refreshments.

The pictures below speak for themselves.



Readers Story: Cantharis

Thank you for your wonderful products. **Cantharis** gave me immediate relief for cystitis and is the best remedy I have ever found!
Lena G, Greenmount.

Naturopathic News & Views



Although our primary focus is on homoeopathy we often recommend naturopathics to supplement or support the body.

Cystitis: Unsweetened Cranberry juice helps to treat cystitis by stopping e-coli, which help set up infection, from binding to the bladder lining and urethra. It can be taken as a drink or in tablet form.

Stop all types of sugars, in hidden forms like sauces and drinks as well as simple carbohydrates like cakes, white flour. Drink plenty of water.

Drink herbal teas like parsley, corn silk and uva ursi throughout the day. Many health food shops carry very effective brands of urinary tea mix. Lactobacillus preparations along with Echinacea supplements act as a natural antibiotic which is very useful. Heel products Traumeel and Reneel are excellent for addressing the problem and great to have on hand.

For the health of the urinary system It is very important to empty the bladder whenever the urge is felt. To avoid later problems with urinary and prostate function "holding it" is strongly advised against. Emptying the bladder before activity such as bicycling, sex, gym exercises reduces urethral pressure and therefore irritation.

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.



Bach Flowers for the Urinary System: In combination with homoeopathics or herbs. For the irritation and urgency of cystitis; **Crab apple, Impatiens** and **Rescue Remedy**. To help dissolve kidney stones; **Vine, Rescue Remedy, Rock Water, Mimulus** and **Oak**. Incontinence, to tone the system; **Vine, Oak, Larch** and **Mimulus**.

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 J: Ferr Phos, Kali Sulph and Mag Phos. (For fibrositis, muscular pains and allied conditions). Fibrositis and muscular pain (sometimes called muscular rheumatism) is marked by pain and stiffness. It is caused by inflammation of the sheaths surrounding the muscle fibres, which are involved with body movement. This combination reduces the inflammation.

Kali phos: (Blood Conditioner) A deficiency of this salt results in thick, white discharges affecting skin and mucous membranes. Works well with **Calc Sulph** to cleanse and purify the blood and with **Ferr Phos** for conditions affecting the respiratory system – coughs, colds, bronchitis, tonsillitis. Useful for glandular and rheumatic swellings and for digestive disturbances, especially from eating fatty or rich food.

Tissue salts for cystitis: **Ferrum phos** and **Kali mur** are indicated at the first sign of cystitis as they stimulate the immune system and act on inflammation and swelling of the tissues. **Mag phos** helps relieve severe spasmodic pains.

Classes, Study Groups & Talks 2008

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.

Introduction and Children's Remedies: For new comers to homoeopathy. How to use common remedies to treat children's ailments. \$15 includes a starter pack. **Saturday 15th March** 11am - 12

Home Prescribing Class: Learn to use your Home Remedy Kit to treat acute symptoms and first aid situations at home. The first class for 2008 is **Saturday 8th March** 12 - 3pm.

Potentising Workshop: At the last workshop we made a remedy from colostrum. This was so stimulating, interesting and just such good fun that we will be repeating the experience in 2008. This time we will work with 3 materials, to make mineral, plant and animal remedies. Date to be confirmed – register your interest.

Christmas Specials & Gifts

As always Owen Homoeopathics have a great range of gifts in store for everyone in the family. There are kits, books, DVD and CD sets and loads of gifts of choice from. Come in and check out the gift ideas and great new products we have in store.

Pendulum Gift Pack: This pack consists of brass pendulum and directions for use. Mastering the use of a pendulum can be a great help when making everyday choices, even selecting remedies. Pendulums make an unusual and very welcome gift and this pack is a great price at \$15.00.



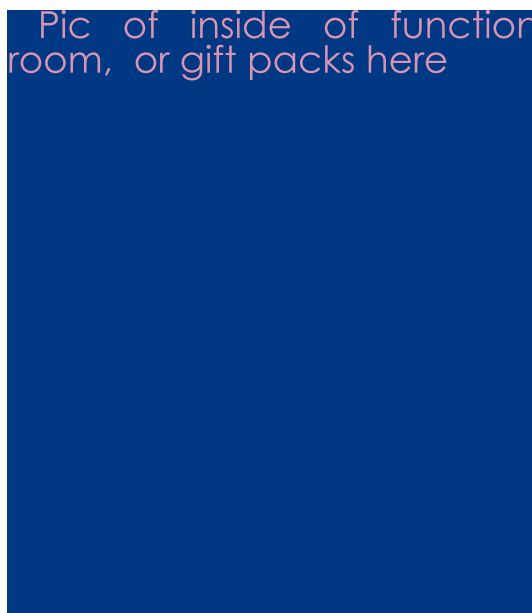
Remedy boxes: Looking for storage solutions for your growing remedy collection? We have an assortment of storage containers in various shapes and sizes to suit.

Seminar & Function Room at Owen Homoeopathics

Included in the facilities at Redcliffe we have a well-appointed function room equipped with audiovisual equipment suitable for seminars and groups up to 80 people.

The function area has a separate entrance to the homoeopathic centre and this makes it very suitable for weekend events. There is a full kitchen on site for your catering needs. Call or email Jenny or Louise for further details.

Pic of inside of function room, or gift packs here



minimum dose maximum impact



Healthy Pets Naturally: Urinary problems

This is a common problem in cats and dogs. A very important point here is that male animals, especially cats, can get an obstructed urethra within hours from the sandy silt accompanying a bladder infection, so any male cat or dog seen repeatedly straining to urinate **MUST** be taken immediately for veterinary attention as this can cause death quite quickly. Female animals have a wider urethra so can often be safely treated at home.

Another important point is that cats and dogs need an acidic urine, ideally about pH 5.5 to 6, with which to dissolve bladder stone silt and make bacterial infection a near impossibility. Therefore, giving plenty of water to drink and ascorbic acid (it must be this acidic form of vitamin C – sodium or calcium ascorbate are respectively alkaline or neutral so cannot be used) can reduce cystitis markedly in hours.

Homoeopathic remedies are as with humans – **Cantharis** is usually effective, **Thlaspi Bursa** or **Lycopodium** can help if 'gravel' is present in the urine, **Staphysagria** is a good remedy for breeding animals.

The correct remedies plus herbs (barberry, couch, parsley, crataeva, dandelion leaf, cranberry, echinacea) can have a greater long term success rate than antibiotics, according to research literature, for chronic or recurrent cystitis, even of bacterial origin.

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

Famous Quotes

In 2002, the Times (of London) reported Michael Caine as saying 'I just want to stay here as long as possible. I take care of myself. I've given up smoking. I don't drink in the daytime any more. I take a lot of homeopathic remedies and vitamins. I walk four miles every day.' (Perry, 2002).

Excerpted from The Homeopathic Revolution: Why Famous People and Cultural Heroes Choose Homeopathy by Dana Ullman, MPH (available October, 2007)

Book & CD Corner



Real Food for Dogs & Cats (\$15.00)

by Dr Clare Middle

At last - a guide to a scientifically balanced natural diet for dogs & cats!

The feeding of natural diets to companion dogs and cats is becoming increasingly popular. However many pet owners may not have sufficient knowledge to provide a fully balanced diet for their pet.

This book will be of benefit to dog and cat owners, breeders, veterinarians and all animal health professionals, interested in learning how to feed dogs and cats a balanced home prepared diet.

Dr Clare Middle is a veterinarian with over twenty five years experience treating dogs and cats with both conventional and complementary veterinary medicine. Clare has combined a wealth of experience with sound science to produce this inexpensive book which is easy to read and use.

Book signing and animal nutrition talk

Come along to Redcliffe on Monday 10th December at 10.30 to purchase your copy of Clare's book at a special discount price.

Clare will be here from 10.30 to sign your book and will be giving a short talk on Animal Nutrition and Health Care at 11.00.

Light refreshments will be available so take advantage of this opportunity to come in and meet Clare, and stock up on Christmas specials and remedies for the holiday season.

