

Australia's beautiful summer weather is ideal for caravan and camping trips. Essential to my holiday packing is a well stocked travel kit to ensure a trouble free experience. In this newsletter you'll find some helpful holiday tips. Don't forget to check our website and see if there's a stockist near your holiday spot.

Jan Owen

Caravan & camping holidays

My advice is that you select the contents for your holiday kit with all contingencies in mind from simple minor ailments to covering unexpected accidents and health crisis. Having had a serious accident in New Zealand this year I can vouch for the benefits of a well stocked remedy kit which saved me from an admission to hospital.

Accidents and injuries: The absolute champion of remedies in the event of accidents is **Arnica**. Taken at the first opportunity it dramatically minimises damage after accidents and injuries. **Hypericum** is valuable for nerve damage; such as jammed fingers, crush injuries, scratches and wounds. **Aconite** reduces shock, for example the shock of witnessing a trauma.

Bites and stings: The Aussie countryside is alive with mozzies, sand flies and other biting insects. Pack your **Ledum**, **Hypericum** and **Apis** and some Hyperica cream or try our new **Bite 'n Sting** balm, which works brilliantly for sand fly bites. If you are very prone to insect bites then one dose per day of **Ledum 6c** has a preventive action.

Heat Exhaustion and Heat Stroke: With confusion, muscle cramps, headaches, weakness and dizziness with pale, moist skin and rapid pulse, sit upright in the shade, hydrate and give **Carbo Veg** every 15 minutes. Seek help if there is not a rapid response. Heat stroke is more severe and requires rapid cooling and medical attention. Use **Belladonna** and **Carbo Veg** every 10-15 minutes.

Sun headaches: **Belladonna** suits a throbbing headache after too much sun. With **Gelsemium** the pain is less violent and the person is lethargic.

Sunburn: **Belladonna** and **Cantharis** suit the initial stage of sunburn with typical symptoms along with homoeopathic Burn Cream and Rescue Remedy spray. Vitamins E, C and Zinc aid skin repair.



Travel sickness: If you suffer the unpleasant symptoms of car, boat or travel sickness start with a few doses of your chosen remedy before the trip. **Nux vomica**, **Cocculus** and **Ipecac** are usually helpful or you may need **Petroleum** or **Tabacum**.

Tummy upsets: Dietary and environmental changes can result in imbalance and tummy symptoms. **Arsenicum** is the favourite for adjusting to change and ailments from dodgy food or water. **Aconite** when upsets come on suddenly especially after being chilled. Overindulgence - **Nux vomica**, and **Pulsatilla**. Nausea - **Ipecac**. Severe cramps with doubling up - **Colocythis**.

Travel with Tots: A camping holiday with very small children can be quite a challenge, especially when preceded by a long car journey. As well as remedies already mentioned add **Belladonna**, **Chamomilla** and **Pulsatilla** for ear pain and fevers. Emotional upsets are covered by **Ignatia** or **Pulsatilla**, fear by **Aconite** or **Phosphorus** and irritability that can't be soothed, **Chamomilla**.

Other additions: I also included Burn and Hyperica creams for topical application to cuts, scratches, burns etc, Calendula tincture for washing out wounds, Peppermint oil for nausea and blended with Lavender to relieve headaches, Lavender oil to calm and soothe, great for sunburn, Tea Tree oil as an antiseptic and Rescue Remedy for shock or trauma; try the spray which is so useful for treating burns and wounds.

Owen Prescriber booklet

The travelers' friend – packed with info for happy holidays. \$12.95



Season's Greetings

Wishing you all a joyous and blessed festive season with your families and friends and a wonderful start to 2009.

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.

Fantastic healing balms

Our new balms have been such a success and we've had some great feedback on their 'healing' qualities.

Jenny says: *I woke on the morning of a special event with that familiar tingle at the start of a cold sore – oh no. Then I remembered that I'd recently bought a Cold Sore balm. I only applied it twice and was absolutely amazed when all symptoms disappeared.*

A camping must – Bite 'n Sting Healing Balm

With **Apis**, **Calendula**, **Hypericum**, **Ledum** and **Rhus tox** this balm is the ideal size for your purse and soothes bites and stings quickly.

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 in 2009 is Saturday, **21 February**, 12 - 3pm.

1 hour Classes: These popular classes will run again in 2009. Included in the class is a remedy and info pack – great for beginners. Children's Health, Saturday **21st February** 11 – 12pm, Cold & Flu Class, Saturday **4th April**, 11 – 12pm.

Homoeopathic Course 2009: We are considering repeating our very popular 1 year course for ardent home prescribers. If you would like more information phone or email your expression of interest.

You can view details of and even book any classes for 2009 online at www.h-e-c.com.au

Healthy Pets Naturally

Holidaying with your Dog

This is actually the title of a great booklet that contains the names of camping, chalet and other accommodation where you can take your dog with you on holiday. You can buy it from the RAC and other outlets like camping shops.

Remedies to take with you would be covered in the basic travelling homoeopathic first aid kit, such as **Apis** for bee stings, **Arnica** for the odd accident or sprain and **Hypericum** for a pulled toe nail. Eating rubbish or someone else's food can lead to a bout of the runs, so **Arsenicum** can be very useful here. Also useful to treat diarrhoea (in any species) is Slippery Elm powder – mix 1 – 2 teaspoons into food or liquid, to soothe the bowel lining quickly and safely.

Contact with other dogs can result in Kennel Cough; a dose or two of **Kennel cough 30C** before you leave on holiday means you won't have to endure a coughing dog keeping you awake in the caravan.

Anxious dogs will manage change better with a few doses of **Ignatia** and **Aconite** or **Arsenicum**. To settle car sickness; mix some ginger into a small meal prior to travel, a drop of Peppermint oil on the collar and the remedies **Ipecac**, **Petroleum** or **Cocculus**.

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

Books 4 Gifts



Gift ideas: Good news - we have several copies of **Boericke Materia Medica and Repertory** in store. If you are becoming adept at using your remedies and have a couple of home prescribing books at home then Boericke is the ideal complement as it gives you access to 100's of remedy pictures. **\$35** It's a great help to have a couple of reference books at home to cover all situations. **Paul Callinan's Family Homoeopathy** book is only **\$24.95** and is the perfect complement to your Owen booklet.

Vaccine Damage

Worried about the very real issue of vaccine damage to your children? We have an excellent booklet by the AVN called **Investigate before you vaccinate: A guide to parents, \$5.50**. Or visit the AVN website for information: www.avn.org.au.