

homoeopathy & health care

It wouldn't be the 'silly season' without indulging in some form of over doing it. Whether it's too much work, play or emotional mayhem, homoeopathic remedies are great to restore balance and a sense of well being.

Jan Owen

Surviving the Silly Season

Over indulgence

When it comes to over doing it the stand out remedy is **Nux vomica**. This is known as the homoeopathic hangover remedy with classic symptoms of irritability; usually worse 2-3 hours after too much alcohol or after over eating, especially rich or spicy foods. Dull headache accompanied by some dizziness. Nausea, heartburn, cramping pain and heavy bloated feeling. This remedy will do much to soothe and calm.

Repeat **Nux vomica**, or one of the following remedies, if better indicated, at hourly intervals and drink lots of water between doses to re-hydrate yourself. If after a few doses you find no relief, try the next best remedy.

If feeling 'as if poisoned', with vomiting, diarrhoea and burning pains try **Arsenicum** especially if you are worse around midnight. Try **Carbo Veg** if you feel weak, faint and clammy with bloating in the upper abdomen and lots of belching and wind. **Chamomilla** is like a "bear with a sore head", wants to be left alone and the headache feels like an intense pressure from within. For nausea that is not improved by vomiting take **Ipecac**, there may also be spasmodic diarrhoea. **Mag phos** suits a bloated abdomen with spasmodic pains relieved by warmth and pressure. Digestive upsets with gas, rumbling and nausea after rich food, ice cream, and fats point to **Pulsatilla**. For a severe reaction with strong cramps, cold sweat, exhaustion and dehydration, use **Veratrum alb**.

Don't drink on an empty stomach; eating something before and while you are drinking alcohol helps avoid a hangover. You can prepare your body beforehand by drinking lots of water and taking some extra vitamin C. After indulging in rich food follow the meal with a herbal tea such as ginger, chamomile, or peppermint to aid digestion and help relieve any digestive discomfort.



Over working

Along with all the festive fun the end of the year can also be a time of deadlines, running around and general overwork and stress. Once again **Nux vomica** is the most indicated remedy; it covers over work and accompanying ailments such as irritability and impatience, insomnia and a craving for stimulants such as coffee and caffeinated drinks, alcohol, drugs and stimulating food.

Over emotional

Ailments such as dizziness, exhaustion and an empty feeling from over caring, loss of sleep and worry about loved ones indicate **Cocculus**. When feelings of disappointment and grief surface around Christmas take **Ignatia** or if resentment and old hurts are an issue **Nat mur** may be better. **Kali phos** helps support the nervous system. **Pulsatilla** is good for weepy, clingy kids who drive you mad wanting attention when you are trying to get everything done.

Over excitement

A great remedy for over excited kids is **Phosphorus**, it will help settle them and allow them to switch off and sleep. When the excitement results in hysterical reactions to everything a few doses of **Ignatia** can work wonders.

Just Over It !!!

And if all the planning, organising and festivities leave you feeling seriously 'over it'; irritable, dragged down and feeling like running away, **Sepia** may be what is needed to bring back the joy.

Have a safe and happy celebration.



CHRISTMAS & HOLIDAY HOURS

Wishing you all a joyous and blessed festive season with your families and friends, and a wonderful start to 2010.



Owen Homoeopathics will be closed on Christmas and New Year public holidays. All other trading days we'll be open as usual **10.00 – 3.00**.

New Classes

Advanced Home Prescribing Class: Come along and increase your confidence and home prescribing skills in this half day class; we'll explore simple case taking, potency and dose, repertorising and some common remedy pictures. **Saturday, 27th March 10.00 – 3.00**

Fee of **\$95** includes morning tea and a light lunch.

"I enjoyed the level of contact and the great handouts that you can refer back to". *Denise, Bayswater*

Homoeopathy & Bach Flowers for Animals: A 3hr class that covers Bach Flower remedies and acute and first aid remedies for your animals using homoeopathy; including case taking, Materia Medica, potency and dose. **Saturday, 26th June 10.00 – 1.00, Fee \$65**

Home Prescribing Classes: Learn to use your Home Remedy Kit for treating acute symptoms and first aid situations at home. The next class is on **Saturday 23rd January or 6th March 12.00 - 3.00**.

Home Prescribing DVD or CD: If distance or other circumstances preclude you attending this class you can still learn about using the 40 remedies in the Owen range. Phone or order online. **Just \$19.95**

You can view details of and even book any classes for 2010 online at www.h-e-c.com.au

Employment Opportunity

Owen homoeopathics continues to grow and blossom and we are now looking for a new team member to join us. The position is in the area of wholesale and dispatch and requires a person who has a tidy, disciplined mind and approach to their work. Work days and times are negotiable. A good basic knowledge of homoeopathy is desirable. **Inquiries to Sue 9277 9565 or sue@h-e-c.com.au**

Healthy Pets Naturally

Cats and Dogs Overdoing it

Christmas over indulgence remedies are similar to those for humans, with **Nux vomica** at the top for vomiting or constipation due to eating rich leftovers or raiding the pantry.

Phosphorous is often indicated when the animal vomits soon after eating, but is generally bright, has no lack of appetite, and often happily consumes the vomit again - a symptom not often seen in humans! A spot of blood in the vomit also can indicate **Phosphorous**. Vomiting can be treated at home when the animal is keeping water down, and is better in 24 hours; otherwise a trip to the vet is needed.

Arsenicum album is the most common remedy for diarrhoea. **Nux vomica** is often indicated when there is straining to defecate and discomfort, and **Bryonia** when the animal is not straining, but has been noticed to not have gone recently and is maybe off its food. A pinch of psyllium to each meal is a great way to prevent constipation. If no results in three days, then an enema at the vet may be needed.

The animals in your family can be as sensitive to the emotional issues that can arise as everyone else and remedies such as **Ignatia, Phosphorus, Sepia** and **Pulsatilla** mentioned on page one can be a great help if indicated.

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

Book Corner



Family Homoeopathy:

An all time favourite this comprehensive guide to self treatment provides detailed pictures of numerous remedies and the treatment of more than a hundred common complaints. There are chapters on babies' disorders, children's ailments, pregnancy and childbirth, common health problems and first aid. The tissue salts and the Bach Flower remedies are covered in their own chapters. **\$22.50**

Boericke's Materia Medica & Repertory:

The ideal starter 'dictionary' of hundreds of remedies, and it even includes a small repertory. This book has a clear and concise format which is a great help in correct remedy selection. A vital addition to your library, a must for everyone who takes homoeopathy seriously. **\$35**