

homoeopathy & health care

Due to its regular appearance in spring and summer Chicken Pox is often referred to as the unwanted Christmas present. This newsletter ensures that chicken pox outbreaks in your family cause minimal malaise and discomfort.

Jan Owen

Chicken Pox & Similar Ailments

This viral infection is spread by droplet contamination and its very infectious incubation stage lasts 10-14 days before the spots appear. The intensity of the illness is very individual; some people have a very mild response with a few flat spots, while others have almost the whole body covered. The first rash like symptoms are itchy fluid filled vesicles clustered, firstly on the trunk and then spreading to the limbs, face and scalp. After the vesicles the clusters of spots form crusty scabs and then start to dry up.

Incubation is generally a silent stage; if you know the illness is in the community or a family member is already diagnosed the prophylactic **Varicella 30c** can be used for the whole family.

The first stage can be either a rapid febrile or feverish state where you use remedies such as **Aconite**, **Ferrum phos** or **Belladonna** based on the symptoms. Alternatively it can be a gradual onset and remedies such as **Gelsemium**, **Bryonia**, **Mercurius**, **Ant tart** or **Rhus tox** may be indicated.

If the child had more pronounced chest symptoms with a rattly, mucousy cough then start with **Ant tart** as it will help bring out the spots and move the illness towards resolution. If the rash is slow to develop a dose or two of **Sulphur** or **Pulsatilla** can help progress the illness.

Once diagnosed and the rash has appeared move onto the appropriate remedies to match the individual symptoms. Keep the nails short and dab vinegar, bicarb soda or Lavender Oil onto the spots.

Rhus tox is a commonly indicated remedy and covers the classic symptoms; clear vesicles with a dry, extremely itchy base, aggravated by scratching. The patient is very restless and may have stiff achey muscles. For vesicles with white pus use **Kali mur**. If the vesicles are large and weep a yellow fluid that crusts like dried honey, later scarring bluish use **Ant tart**; the person may also be drowsy, sweaty and have a rattly



cough. **Pulsatilla** will be thirtless and craving fresh air, company and sympathy. They want to be held and to sleep with the parent. Consider **Mercurius** for sick kids with pus filled lesions with red surrounds, offensive night sweat and nasal discharge.

After the initial fever has cleared give a dose of **Nat mur** daily as it helps prevent the virus lying dormant in the nerve tissues as this can result in shingles later in life. A daily dose of **Calc phos** during convalescence has a tonic effect and aids general recovery. A child who is slow to recover and remains tired and sluggish usually responds well to twice daily doses of **Carbo veg** for a week. Alternatively you could use **Sulphur** especially if the patient fits the general remedy picture; warm blooded, untidy, averse to bathing and worse from a warm bath.

We commonly see that after recovery from this illness the child will put on a growth spurt and make significant developmental advances.

Free Bumper (or anywhere) Sticker INSIDE

We hope you love our free

I ♥ HOMOEOPATHY

stickers as much as we do. They look great stuck anywhere and we will gladly send extras out to you.

minimum dose maximum impact



Xmas & Holiday Hours

Wishing you all a joyous and blessed festive season with your families and friends and a wonderful start to 2011. The Redcliffe Centre will be closed on the Christmas Day, Boxing Day and New Years day holidays. We will be open on regular trading days, from 10.00 – 3.00. Have a safe and happy celebration.

Topical Balm, Oils & Creams

Rather than suppressive pharmaceuticals it is preferable to use homoeopathic or herbal creams, balms or oils. The Owen **Bite n Sting** balm softened between your fingers and smeared on or mixed into a neutral cream or lotion works very well. Or try one of these to cool and relieve the itch. Diluted **Ledum tincture** or **Aloe Vera** gel dabbed onto spots with a cotton bud. **Sandalwood**, **Calendula** or **Lavender** oils also cool and relieve the itch; they promote healing and help prevent scarring.

Soothing Oatmeal Bath

Finely grind rolled oats in a blender or food processor, put a couple tablespoons in a muslin cloth or similar & hang it from the tap as you run the bath. The water will take on a milky look and silky feel as the oatmeal dissolves. Allow your child to soak for 15-20 minutes and take care as the oatmeal can make the bathtub quite slippery.

Classes & Talks 2011

Home Prescribing Classes: Hundreds of home prescribers have attended this class and come away with the confidence to use homoeopathy for their family and pets. You can learn how homoeopathy works and how to use your Home Remedy Kit for treating acute symptoms and first aid situations at home. The next class is on **Saturday 19th February 12 - 3pm. Fee: \$55.**

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 and book classes for 2011 online at www.owenhomoeopathics.com.au.

Healthy Pets Naturally

Remedies for Itchy Animals

When treating itchy pets most people reach for the **Sulphur** and it can work well if the animal feels the heat, is rather scruffy and smelly and/or has recently been treated with pharmaceutical drugs/flea chemicals. I usually find **Psorinum** is the most commonly needed remedy, especially if they are not the best at digesting food and have a tendency to loose bowel motions with undigested food particles. **Pulsatilla** is good for a needy, insecure pet, and if there are 'pox like' scabs over the body. **Rhus Tox** fits the picture if the pet is restless and noticeably more itchy after getting wet. **Phosphorous** is indicated if the skin bleeds easily when scratched, and the animal is fearful and hides, and feels the heat. **Phosphorous** can be needed after pharmaceutical drug use. **Thuja** is often useful for problems which arise soon after vaccination, and if the skin is rough, thickened and dark from long term, low grade itching.

The oatmeal treatment previously mentioned makes an excellent soothing wash to help alleviate the discomfort of irritated itchy skin.

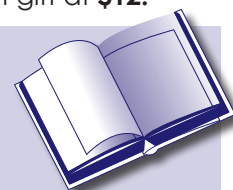
Dr Clare Middle - runs a natural therapies only veterinary practice in Bibra Lake P: 08 9494 1243; www.claremiddle.com

Arcaria Fold-out Guides

These full colour three fold charts are new and packed with information; including detail on 36 Homoeopathic Remedies, Vitamins at a glance and the 38 Bach Flower Essences. A great gift at **\$12.**

Book Corner

We have several books by **Dana Ullman** at great low prices thanks to the US\$; they are an ideal addition to the home library and make terrific Christmas gifts.



A-Z of Homeopathy: A practical and beautiful full colour guide. **\$25**

Everybody's Guide to Homeopathic Medicine: An excellent and popular home prescribing manual. **\$30**

Homeopathy for Infants and Children: If you have littlies this will complement your Owen book. **\$30**

The Homeopathic Revolution: Why Famous People & Cultural Heroes Choose Homeopathy **\$30**