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Wouldn't we all love to still be able to do star jumps off the wall like this. However, sadly for most of us, we find that as we age our joints begin to lose flexibility and become stiff and at times painful. Sports injuries, accidents, dietary indiscretions and sedentary lifestyle all take their toll on joint health.

This Winter newsletter focuses on homoeopathics and general health tips to help you repair any past damage and maintain healthy joints.

Jan Owen

Arthritic and Rheumatic Pain

Homoeopathic remedies are a great help for people who suffer from joint pain associated with rheumatism and arthritis. There are many remedies to choose from and the best results are obtained when you pay careful attention to your particular problem and select a remedy based on the symptom picture.

Attention to diet is extremely important with reduction in the intake of acid forming foods. As much as possible take whole foods to maximize the availability of vitamins, minerals and other important substances used by the body to repair and maintain healthy joints. Include herbs such as **Dandelion**, **Sage** and **Nettle** in your diet for their healing properties as well as the abundant supply of nutrients they contain.

The following remedies may help to relieve symptoms and stimulate healing however you may need to consult a homoeopathic practitioner to choose the correct remedy for a long lasting healing result:

Arnica: Suits muscular rheumatism from exposure to cold, damp and after over-exertion. Limbs ache and feel bruised and beaten. Worse from movement and fear of being touched.

Arsenicum: Sciatic pain especially in elderly people. Worse around midnight, restless, anxious and better from warmth. Burning pain down the leg, cramping in calves.

Bellis perennis: Injuries and muscular soreness in tissues deep in the body where pain remains despite Arnica. Gardener's backache from bending and stooping.

Bryonia: Stabbing pain which is much better from staying very still, from pressure and lying on the painful part. Lumbago. Pain worse from slightest movement. Irritability.

Colocynthis: Shooting pain down the right leg. Numb and weak. Worse cold.

Hypericum: Nerve damage. Sharp, shooting or tingling pains. Injuries to the coccyx.



Ledum: Gouty rheumatism that starts in the lower limbs and ascends. Stinging, tearing pains. Better cold compresses.

Mag phos: Sharp, spasmodic pains. Relieved by pressure, massage and warmth. Sciatica worse right leg.

Pulsatilla: Wandering and shifting rheumatic pains, maybe in the hips, knees and other joints. Tearing, drawing, jerking pains. Constantly changing symptoms. Worse at night and from heat.

Rhus tox: Pain and stiffness from over-exertion, getting wet while hot or being caught in cold damp weather. Worse initially then better from continued movement. Cramping, tearing sciatic pain, stiffness in lower back, worse cold, damp and lying still.. Must move.

Ruta grav: Pain in ligaments and tendons, especially where they meet the bone. Sciatica worse in bed at night, the pain extends from the back to the hips and thighs.

The Treatment of Sports Injuries

The treatment of accidents, trauma and sport related injuries is very effective and satisfying using your homoeopathic first aid remedies. We recommend that you keep a small remedy kit in your sports bag and attend to injuries promptly with indicated remedies to reduce the degree of damage and promote rapid healing. The following remedies are commonly needed:

Aconite: Shock, fear, fright and agitation.

Arnica: First remedy for any physical trauma; shock, bruising, concussion, black eye, haemorrhage. Feels as if 'sore and bruised' and does not want to be touched.

Bellis perennis: Injuries to tissues deep in the body where pain remains despite Arnica. Muscular soreness.

Bryonia: Joints red, hot and swollen. Pain much worse for movement. Irritable and wants to keep very still. Often needed after Arnica to help reduce bruising and swelling.

Hypericum: Nerve damage including lacerations, crushed fingers or toes. Sharp shooting pains. Spinal damage.

Mag phos: Aches, pains, muscle spasms and cramps.

Rhus tox: Painful stiffness from overstrain or getting wet while hot. Better from movement and worse after lying or sitting.

Ruta grav: Sprains and strains of knees, wrists and ankles. Injuries where bones are close to the surface, e.g. shin. Stiffness, pain and weakness in the joints.

Naturopathic News & Views

Although our primary focus is on homoeopathy we also stock a variety of naturopathic and ayurvedic products – all of which have been carefully chosen to supplement the homoeopathic patient.



Dietary Tip: Many people prone to musculo-skeletal and joint problems react to foods from the nightshade family: potatoes, tomatoes, eggplant, and capsicums, are the many offenders. You can try eliminating one nightshade at a time from your diet for 1-2 weeks at a time. This allows you to see exactly which ones if any are affecting you.

Nutritional Supplements for Joint Health: There are some fabulous nutrients that contribute to a reduction in pain and inflammation of joints and muscles. Our powdered magnesium and muscle food, **Ultra Muscle Ease** is a godsend for those with cramping, sore or twitching muscles. Brauer make a wonderful **Joint and Muscle Gel** to be rubbed into aching areas for noticeable relief. To speed the recovery of soft tissue injury and acute inflammation **Traumeel** cream and tablets are fast and effective in relieving swelling, bruising and pain. For the more chronic pains of osteoarthritis, try **Zeel** to increase mobility and reduce pain.

Classes & Study Group & 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 how to use your Home Remedy Kit to treat acute symptoms and first aid situations at home. Usually \$55 but if you buy a Family Home Remedy Kit the class is Free! Book now for one of the following dates, **Saturday 25th June 12 - 3pm** and **Wednesday 27th July 10 - 1pm**.

Short Courses and Study Groups: At regular intervals throughout the year we run short courses covering common home prescribing situations in detail. Explore homoeopathy and expand remedy knowledge and home prescribing skills within a peer support structure. Ring and ask for details of future courses.

Animal Classes: These classes continue to be very popular. Spaces are still available in the Bach Flower classes **9th & 17th September** and the Diet and Nutrition class on the **15th October**. Contact us for booking details.



Owen Homoeopathics Redcliffe

We are thrilled to report that the Owen Homoeopathic range of medicines is now available in more than 90 outlets throughout Australia.

This outstanding growth has necessitated a move to larger premises for the manufacture and packaging of the range, and we have recently relocated this section of our business to premises in Redcliffe WA.

Initially we will be working from temporary premises behind where the brand-new manufacturing centre will be built on Great Eastern Highway.



minimum dose maximum impact

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 at the Centre for a leaflet, to purchase a stock bottle or to discuss having a combination made up to your specific needs.

Hornbeam: This flower essence will help you if you feel fatigued, worn out and that the burdens of life are too heavy. Its hard to get going in the morning as if you are hung-over. Lots of yawning and sighing. Adrenal exhaustion.

Joint Pain Flowers: Often we find that when there is rigidity and stiffness in the joints this is also reflected on the mental, emotional level. The following essences may help: Use Rock water when there is rigidity and hardening of physical structures. Agrimony is for cheerful people who disguise their pain. Oak is bent from one sided activity and over-exertion – especially in older people.

Readers' Party Stress Story

Upon a visit to Esperance to join my gorgeous sister for her 50th birthday, I descended upon a household under stress! My first thought was to find a chemist dispensing Jan Owen's Homoeopathics, and luckily for my sister, her local at Castletown carried the full range. We grabbed a bottle of Pulsatilla, dosed ourselves up and had a fabulous time at the party!
by Deanne Bishop

Homoeopathic & Herbal Creams

There are a variety of herbal and homoeopathic creams and gels available to complement the action of your internal remedies. Ailments catered for include bruising and injuries, bites, fungal infections, warts, hives, rashes, burns, varicose veins and haemorrhoids and slow healing ulcers etc.



Back To Basics with the Tissue Salts



The Twelve Tissue Salts of Dr Schuessler work gently on the physical structure of the body, building, repairing and maintaining health over a period of time.

They are prepared by trituration of the mineral to a low potency (6x usually) and pass rapidly into the body through the bloodstream.

Combination 12: This combination contains all twelve of the tissue salts and is valuable as a general tonic during hard times of hard work, nervous strain or mental fatigue.

Mag phos: (Nerve Relaxant) This salt has an affinity for the nervous system and a deficiency can result in cramps and spasms. Quickly relieves muscular twitches, hiccups, cramps and sharp twinges of pain. It is particularly effective for menstrual pain.

Symptoms are usually worse from cold and touch, and better for heat, pressure or bending double. Take frequently until relief is obtained. **NB:** Works more quickly if dissolved in hot (not boiling) water and sipped.

Joint Pain Salts: Combination M is a great help for rheumatism and allied conditions. The **Nat phos** and **Nat sulph** it contains help reduce acidity and eliminate toxins and waste from blood and tissues.

Aromatherapy for Joints & Muscles



Aromatherapy oils offers relief to sore aching joints and muscles. Warm compresses help to relieve the pain of arthritis and rheumatism as do aromatic baths and regular massages.

To increase the effect bathe the affected part in warm or hot water before the massage to open the pores and increase absorption.

Consider the following blends in **Almond oil**.

Inflamed Joints:

Chamomile, Juniper, Rosemary and Ginger.

Tired, Aching Muscles:

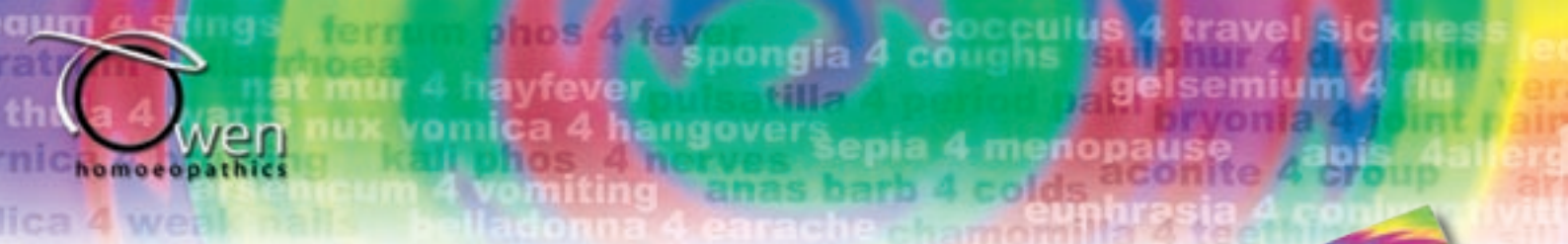
Arnica, Basil, Sage, Lavender and Marjoram.

Strained Muscles:

Lavender, Lemongrass and Rosemary

Check with your homoeopath before using essential oils during homoeopathic treatment as strong smelling oils such as **Rosemary, Eucalyptus, Pine** and **Wintergreen** may affect the action of homoeopathic medicines. If you are taking home prescribed remedies then use mild oils such as **Lavender**.

minimum dose maximum impact



Joint Pain & Arthritis in Animals

with Dr Clare Middle

Animals too can suffer the rigors of growing old, like stiffness and joint pain. There are several things that you can do to minimise their discomfort.

Diet: The first step is to feed a natural diet for an adequate intake of the nutrients required to support ligament and bone repair (especially raw meat and raw bones). Evidence suggests commercial pet foods are often over or under supplied with minerals causing an imbalance detrimental to joint and bone health.

Supplements: The most important is a **Glucosamine/Chondroitin** supplement, available from vets. The second step is to add **Vitamin C** 500 - 2000mg per day depending upon size. It is present in **Wheat Germ** oil, or use capsules. Also important are additional **Vitamin A, D** (in liver/kidneys or **Cod Liver** oil), but once weekly is enough as **Vitamin A** can be overdosed.

Herbs: **Alfalfa**, as a herb or low potency homeopathic, is extremely rich in nutrients and alkalizing, improving the appetite and supporting the digestion and joints by balancing the over-acid system. **Devil's Claw, Yucca, Green-lipped Mussel** and **White Willow Bark** are good anti-inflammatory herbs. **Garlic** is also important for the joints, as it contains selenium.

Homeopathy: There are many remedies which may be indicated and if you have limited success or problems choosing then seek help from one of the excellent books available or from a vet or practitioner who specialises in Homeopathy and alternative therapies for animals. Acute symptoms with swelling, redness, pain and possibly fever responds well to **Belladonna**. **Rhus Tox** suits inflammation, pain and stiffness which is most apparent when the animal gets up after a long rest. Once moving about it starts to loosen and feel better. **Bryonia** symptoms are much worse from movement, better from firm pressure and lying still. **Silica 6x** is important in symptoms when the joint stiffness, pain and distortion gets worse as the animal gets older and can be given regularly with other indicated **Tissue Salts** to support the joints and calcium metabolism.

General guidelines: In addition these animals benefit from sleeping on a padded, flat bed, warmth and non-weight bearing exercise (eg swimming). Physical therapies such as acupuncture, trigger point stretches (which owners can learn to do) and chiropractic/Bowen can often help significantly. It cannot be stressed often enough how important a natural, raw food diet is - and what a turnaround can be seen once a change is made to this more nourishing food!

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

Book Corner



Journal for the Home Prescriber:

This is our very own Home Prescribing manual. Included in its 120 pages is a section on the treatment of common ailments and a Materia Medica listing key symptoms of 40 remedies in general use at home. This book, written by Jan, accompanies the Owen range of retail medicines. **\$9.95**

Homeopathic Treatment of Sports Injuries:

Lyle Morgan discusses treatment of common athletic complaints, from heat-induced illnesses and sinus problems to sprained ligaments and dislocated joints. This is a very useful book for coaches, parents and athletes and to have in the home as a general first aid reference. **\$9.95**

Overcoming Rheumatism and Arthritis:

Phyllis Speight gives wonderful practical advice in the treatment of these debilitating conditions. She includes chapters on homeopathy, herbal medicines, vitamins, epsom salt baths and the power of a positive mind. **\$15.35**

The Healthy Cat:

Madeleine Wright covers many alternative treatments for your cat including homeopathy. As Fremantle veterinarian, Clare Middle states in the forward, 'Cats as a species are particularly sensitive to energetic medicines such as homeopathy and flower essences.' This is a good starter book for those interested in treating minor health problems of their cat with an alternative approach. **\$16.45**

Animal Success Stories

When Walter was suddenly unable to jump up onto his favourite chair or go up or down steps, his owner Merran thought he had pulled a muscle. Indicated remedies such as **Rhus tox**, **Mag phos** and **Bryonia** failed to make much difference and Walter became more miserable. While browsing through homeopathic books, Merran came across **Aesculus**, a slipped disc remedy. It seemed to fit the picture perfectly and a few doses had Wal back to his old, happy, active self.

