

homoeopathy & health care

Volume 38

The world wide celebration of homoeopathy from 3rd – 10th April was a great success. West Australian homoeopaths Sally Moore, Alison Parker and Phillip Hendry are seen here spreading the word at the Midland Markets. Visit the AHA website www.homeopathyoz.org to see what else happened across Australia.

The focus of this edition will be on staying happy, healthy and vibrant through the winter months. Providing that we are well prepared and in tune with our particular needs it is an inexpensive and relatively simple matter to keep our immune systems at an optimum level. Maintaining our mental and emotional health during the wintermonths can also help us to resist viral contagions.

Jan Owen

The Immune System

Our immune system is continually tested by our current lifestyle. Low-graderadiation, chemicals in our homes and our foods, and the stressful pace of life all contribute to weakening our immunity. In winter most of us benefit from taking a good quality immune stimulant with nutritional and herbal components such as **Echinacea**. Attention to diet, exercise and general routines, especially in relation to seasonal changes, is also extremely important.

Speak to the experts at your local health store or come in and ask us about the supplements that will suit you best.

Signs and Symptoms of Low Immunity

Recurrence or a slow recovery rate for colds, coughs, mouth ulcers and so on indicates low immunity and often requires a homoeopathic consult to choose a constitutional remedy.

Colds and Flu: A healthy immune system is vital to ward off colds and flu during the winter months. **Anas Barbariae** is an excellent preventative to take monthly or even fortnightly during the season. In addition use **Aconite** and **Ferrum phos** at the very first sign of symptoms to encourage a healthy immune response to contagions.

Throat Infections: Inflammatory sore throats respond

well to **Aconite**, **Belladonna**, **Ferrum phos** and even **Apis**. Septic throats **Mercurius**.

Mouth Ulcers: Consider **Kali mur** or **Mercurius**. With cold sores, **Nat mur** or **Rhus tox**.

Cold Sores: Blisters with puffiness and burning **Nat mur**. Tingling and itching vesicles, **Rhus tox**. Pus in the sores and crusts, **Hepar sulph**.

Immune Challenges

When our mind and body is put under increased pressure the need for **Vitamin C**, **B Vitamins** and **Zinc** increases dramatically. Listed below are some of the homoeopathics that help to restore balance.

Immunisation: **Belladonna**, **Chamomilla**, **Apis**, for fever. **Hypericum** and **Ledum** for puncture wounds.

Stress, worry and exhaustion: Nervous strain **Kali phos** or **Cocculus**, overwork **Sepia** or **Nux Vomica**.

Surgery and wound healing: When undergoing surgical, medical and dental procedures consult our surgery leaflet for remedies to support healing and recovery.

Rapid Growth: When children are growing quickly **Calc phos** and **Silica** improve absorption of nutrients and support immunity and metabolism.

Travel: Assisting with jet lag and adjustment to change supports immunity. **Anas barbariae**, **Arnica**, **Arsenicum**, **Cocculus** and **Kali phos** can help.

Above: World Homoeopathic Awareness Week in WA
[photo by Madeleine Innocent]



Immunity (contd)

Kids' Immunity

The energy and effort expended at times of rapid growth in conjunction with school expectations can result in recurrent colds and glandular swellings. These children catch cold easily and are inclined to be bored, fussy, whiny and restless. **Calc phos** can be dramatic in alleviating these symptoms as it helps with the absorption and assimilation of nutrients. **Silica** is good for slight, timid children with poor resistance to infection.

Infants and small children in the day care system may be prone to frequent colds as their immune systems are under developed and in some cases undermined by homesickness and separation anxiety. They come into contact with other children with recurrent colds and the cycle of infection can go on for months. Consider **Pulsatilla** or **Ignatia**.

Winter is the ideal time to put your children on a course of multi vitamins and immune care to maintain their vitality. There are many formulas suitable for children including the Blackmores range: **Multivitamins and Minerals for Kids** are a great daily supplement to bridge any gap between the nutrients children get from their diet and what they need for a full and active life.

Constitutional Homoeopathic Treatment

Although Homoeopathic remedies are excellent for treating acute problems like coughs, colds, earaches and tummy aches at home, if you find that symptoms keep recurring it could be time to consider a homoeopathic consultation.

It is usually only when a person's defenses are weakened that infections are able to take "hold". Homoeopaths do not assume that bacteria are the primary cause of infections - we take into account the bacteria and the resistance of the person's defense system.

Certain factors affect our state of health. Firstly, there may be an inherent weakness or predisposition to certain illnesses. We all know of families where migraine or chest problems seem to run in the family. Another factor can be "sudden change of health" such as never being well since vaccination, antibiotics, parental split up, accident etc. This also applies to adults for eg. "never well since the pill" or "my husband lost his job".

The homoeopath will take all of these factors into consideration when choosing a remedy to strengthen your overall vitality.

Reader's Story

Using Aconite to Support the Immune System

Unfortunately my little boy Jaye often suffers from ear infections and ear aches when he is run down or has been out in a chill wind.

As you can imagine it is pretty hard trying to settle a 5 year old whose ear is throbbing in the middle of the night.

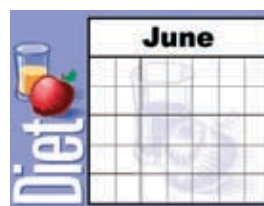
However recently when he was complaining before bed of an itching ear (the tell tale sign for an ear infection brewing) I gave him a couple of doses of **Aconite** and thankfully the ear ache did not eventuate.

Kate and Jaye Meulenkamp



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:

With the availability of our favourite foods most of the time many of us have forgotten the art of seasonal eating. During winter months we should reduce the intake of

cooling foods and increase warming foods such as soups, stews and casseroles.

Food culprits of low immunity are high carbohydrate foods, processed foods and a high sugar intake. Increasing raw and lightly stir-fried garlic and onions in your diet also boosts immunity.

Nutritional Supplements

We have some fabulous immune stimulants and support in the shop. **Millenium Vit C** with added **Selenium**, **Zinc** and **Ferr met** in homoeopathic form, or try the new **Blackmores Echinacea** formula with **Andrographis** and support nutrients.

We also have **Gallium complex**, an immune stimulant which improves lymphatic action and increases resistance to infections. **Lactobacillus** is also worth consideration; it inhibits toxin producing micro-organisms and produces a natural anti-biotic.

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 or your retailer for a leaflet, to purchase a stock bottle or to discuss having a treatment bottle made up.

Mustard: Deep gloom and melancholy like a heavy dark cloud which seems to descend from nowhere. There is no interest or motivation and one feels like they are shut off from the world.

Bach Flowers and the Immune System: Bach flowers also work well on a physical level. To help improve immunity: **Clematis** or **Wild Rose** strengthen the vitality and **Olive** can help if you are feeling mentally or physically exhausted. **Walnut** improves boundaries and can strengthen the immune system against the viruses that cause colds and flu. For lingering illnesses that make you feel frustrated and discouraged try **Gentian**.

Classes & Study Groups

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!** The next class will be on, **Saturday 29th July 12 - 3pm**. Also, this class will soon be available on DVD or CD for \$19.95.

Animal Classes: The dates listed below are the last classes Clare will do with us. They are extremely popular and fill quickly, so book early.

Bach Flower Series: Including a remedy of your choice, **9th & 17th September 2 - 5pm**.

Diet and Nutrition: including a nutritional supplement sample. **15th October, 2 - 4pm**.



Left: New free postcards are now available - for you to give to retailers with our details, so they can stock your Owen remedies.

Huge Book sellout at the Homoeopathic Education Centre

See back page for titles and super prices



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 D: (Kali Mur., Kali Sulph., Calc. Sulph., Silica). This combination can work very well when taken as a course of treatment for skin ailments such as scalp eruptions, eczema, acne, scaling of the skin and allied conditions.

Silica: (Toxic Eliminator) Indicated in imperfectly nourished constitutions, where there is a history of deficient assimilation. It acts on the bones, joints, glands and skin and is indicated wherever there is pus formation for eg. tonsillitis, gum boils, styes, boils and acne. It acts as a tonic for brittle nails and unhealthy hair.

Immunity Salts: Taken at the first sign of fever, pain and illness **Ferrum phos** and **Kali mur** will help to stimulate the immune system. They can be taken singly or in **Combination J**.

minimum dose maximum impact



Healthy Pets Naturally - Immunity

Our pets are more likely to get kennel cough or cat flu in Autumn/early Winter. A good initial remedy for early low-grade fever or early flu which may be the odd sneeze from cats or a throaty cough from dogs, is **Ferrum Phos.**

At this stage, it also helps if you can dose with **vitamin C**, a pinch of powder twice daily in food for cats to a teaspoon of powder or 1000mg tablet for a large breed dog. Additionally, herbs such as **Echinacea, Andrographis, Astragalus, Olive leaf** and **Reishi/Shitaki Mushroom** can help the immune system, given at an eighth to a whole human dose from cat to large dog.

For further on in the course of the disease, when the cough (in dogs) and sneeze/runny nose (in cats) has developed, then good remedies are **Gelsemium**, when the animal just wants to be alone and to rest quietly. **Belladonna** is a good remedy if they are aimlessly wandering and restless with a fever, often feeling hot at the top end of the body but with cold feet.

Allium is good for cats when their eyes and nose drip clear fluid like a tap turned on. **Bryonia** is a good cough remedy when the cough starts up every time the animal gets up to move around, or is worse out on a walk, but settles when resting.

RIP Roger the Clinic Cat

Roger was the clinic cat at East Fremantle Vet Clinic. When he died suddenly shortly after I sold my clinic last May I decided to bury him at the front of my house so that he could continue to 'help' me with my new work as he had done at East Fremantle. My daughter and I planted a pink Geraldton wax bush for him which flowers profusely.

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



Book Corner

Take advantage of this clearance sale of excess book stock. For the month of June the following books with 30 – 50% off.



The Science of Homoeopathy by George Vithoulkas
WAS \$19.50 NOW \$12

Sensations As If by Herbert A Roberts
WAS \$17.50 NOW \$11

Children's Types by Douglas Borland
WAS \$9.50 NOW \$5.50

Homoeopathy, Medicine of the New Man by George Vithoulkas
WAS \$9.50 NOW \$5.50

Allen's Keynotes by H C Allen
WAS \$24.50 NOW \$15

Homoeopathic Drug Pictures by M L Tyler
WAS \$38.50 NOW \$25

Ritalin Free Kids by Reichenberg-Ullman
WAS \$42.50 NOW \$32.50

Various Titles by Dr Miriam Stoppard
WAS \$5.95 NOW \$3.50

Homoeopathic Treatment of Sports Injuries by Lyle Morgan
WAS \$27.95 NOW \$12.50

The Barf Diet by Dr Ian Billingham
WAS \$23.95 NOW \$19.50

A Healthy Horse the Natural Way by Catherine Bird
WAS \$34.95 NOW \$29.50

The Patient's Guide to Homoeopathic Medicine by Reichenberg/Ullman
WAS \$24.95 NOW \$18

Homoeopathy for Emergencies by Phyllis Speight
WAS \$7.50 NOW \$5.00

Homoeopathy for Health and Well-being by Robin Hayfield
WAS \$12.95 NOW \$8.50

Passage to Power by Leslie Kenton
WAS \$21.90 NOW \$17.50

Ayurveda for Women by Dr. Robert Svoboda
WAS \$29.95 NOW \$22.50

Complete Book of Natural Pain Relief by R Thomas
WAS \$21.95 NOW \$17.50

Beauty in Bloom by Eileen Nauman
WAS \$55.95 NOW \$47.50