

homoeopathy & health care

Our business is growing quickly and we will soon move into our brand new headquarters in Redcliffe. The new building is beautiful and well appointed with manufacturing area, dispensary, consult room, library and seminar and meeting rooms. With such excellent facilities at our disposal I have decided to relocate and consolidate the retail and consult divisions from Mount Lawley to Redcliffe. The changes will take effect from mid July 2007. I am very grateful to our regular Mount Lawley customers for their support and loyalty over the past 7 years and trust that you will continue to support us at the new premises.



On 25th of August we will be holding an **Open Day** at Redcliffe from 1200 – 4.00. You are invited to come along, have a look around and enjoy some refreshments with us. We are located at 443 Great Eastern Highway, Redcliffe on the corner of Coolgardie Street. Usual retail and clinic opening hours at Redcliffe are Monday to Friday 10am – 3pm.

Jan Owen

Colds, Influenza & Winter Ills

The following info covers both the prevention of and the treatment of respiratory ailments. The best defense is prevention and people who are prone to frequent colds and flu can take **Anas Barbariae 200c**, for its preventive action, fortnightly or monthly during the winter months.

The first symptoms of a cold or flu can be different for everyone, however these four remedies cover most situations. At the first sign of infection take **Anas Barbariae 200c**, then **Aconite** in alternation with **Ferrum Phos** for rapid onset or **Gelsemium** with **Ferrum Phos** for slow onset.

If and when the illness progresses, consider one of the remedies below, bearing in mind they may cover any or all of the stages, if they fit your particular picture:

First stage with inflammation of mucous membrane & pain. Minimal or no discharge. **Aconite** - burning & pricking in throat, restlessness & heat, fever. **Belladonna** - high temperature, sudden onset,

profuse sweating, flushed face. **Nat Mur** - begins with sneezing. **Bryonia** - great thirst, dry lips & nose, headache over bridge or nose, worse for movement and wants to be left alone. Achey pain throughout body. **Nux Vomica** - shivering if uncovered, can't get warm, wants warm drinks, very irritable.

Second stage with runny nose and clear and heavier mucous changing to white. Eyes may become involved and there is sneezing. **Allium Cepa** - clear, profuse, acrid discharge, corrodes nostrils & upper lip. Eyes water. **Arsenicum Alb** - irritating nasal discharge, better in warm room, hot yet craves heat (drinks, room etc). Restless and easily exhausted. **Nat Mur** - discharge like egg white, violent sneezing, cracked lips, cold sores.

Third stage where the discharge becomes thicker, and changes from white to yellow. **Pulsatilla** - bland, thick yellow discharge, blocked nose indoors, runs in open air, dry mouth with no thirst, poor appetite. **Mercurius** - colds that spread to throat, profuse salivation, intense thirst, bad taste in mouth & bad breath. Night sweats. Mouth ulcers.

Fourth stage where the discharge is now yellow to yellow/green. **Hepar Sulph** - takes cold at the drop of a hat, generally unhealthy, nose blocked when outside, sore throat, sensitive to cold and draughts, cold sores. **Kali Bich** - thick yellow or green stringy, ropy discharge, or tough and jelly-like. May be headachy and so congested that there is no discharge.

Colds, Influenza & Winter Ills (cont'd)

If the cold results in a residual cough take particular note of the symptoms and choose accordingly.

Dry cough: **Ferrum Phos:** short, acute, painful, no expectoration. **Belladonna:** dry, barking, repetitive cough. Flushed face and maybe feverish. **Bryonia:** difficult breathing, dry throat, worse moving including coughing. **Nux Vomica:** dry, fatiguing cough, always worse in the morning.

Spasmodic cough: **Sambucus:** sudden, suffocating, inability to exhale. Blocked nose prevents baby feeding. **Drosera:** tickling, wheezing, worse lying down, holds chest while coughing, worse after midnight. **Mercurius:** wracking cough at night, sore throat, sweat greasy.

Mucus: **Nat Mur:** mucus clear, watery & tastes salty. Excessive discharge. **Kali Mur:** hoarse, rattly cough. Mucus thick, white & difficult to expectorate. **Hepar Sulph:** Raucous, noisy, rattly cough. Splinter like feeling in the throat. Yellow green mucous. **Pulsatilla:** thick bland yellow mucus by day. Cough dry at night. **Silica:** cough with chronic thick mucus. Worse – cold drinks, morning on rising & when lying down at night.

Coughs in babies and toddlers: The following remedies need to be considered for coughs in those who don't respond to indicated remedies.

Chamomilla; persistent, irritating fry tickling cough especially during sleep. Associated with teething.

Calc carb; frequent colds and swollen glands in children at times of rapid growth. Also **Silica**.

Ignatia; frequent colds that won't resolve may be related to emotional upsets such as dad being away, mum starting work again or a family grief.

Phosphorus; suits all kinds of coughs in little ones, Use 2 x day with the indicated remedy.

Ear ache and sinus congestion: Congestion in the later stage of a cold can result in ear and sinus pain. Homoeopathy is excellent for treating these symptoms. Look back to the picture for **Pulsatilla**, **Hepar sulph** and **Kali bic** and add **Ferrum phos** for its anti-inflammatory action. See below for chronic and recurring symptoms.

Lingering and Recurrent Infections

When coughs, colds and influenza symptoms linger or recur despite your best home prescribing efforts it is time for you to consider a homoeopathic consultation. The homoeopath will help you to discover a deeper acting remedy to treat you as a whole. This will improve your overall resistance to viruses thereby reducing the number of and recovery rate from infections.



Naturopathic News & Views



Although our primary focus is on homoeopathy we also stock a variety of naturopathic and ayurvedic products to supplement or support the body.

Colds and Flu: During the cold and flu season I always have a jar of crushed garlic and honey in the pantry on the ready for the first signs of any cold. To make it I put peeled garlic cloves into the blender and while its whizzing drizzle in some organic honey. The honey preserves the garlic stopping it from oxidizing. Store in a clean jar and take 1 teaspoon twice a day until feeling better. If garlic churns your tummy a little take your dose after food.

The following naturopathic lines help during colds. **Millenium vitamin C** is an excellent way to get your 'C' and is a powder with homoeopathic forms of **zinc**, **iron** and **selenium**. **Echinacea/Andrographis** complex is an immune boosting supports that shortens the duration of colds and flu. **Gallium complex** is great for sore throat and swollen glands. **Zymin**, liquid zinc is often all you need to stop a cold. The homoeopathic complexes by Heel, **Engystol** and **Gripp heel**, are very easy to take for all ages.

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.

Red Chestnut: We need to take **Red Chestnut** when we find our selves over caring for the welfare of others. There is a tendency to worry constantly about loved ones and anticipate that some unfortunate thing may happen to them. This remedy allows us to develop a trust that things will work out without our constant interfering.



Bach Flower Intensive:

Saturday **6th October 10am – 4 pm**, costing \$95, held at Owen Homoeopathics in Redcliffe.

In this class we will explore Dr Bach's philosophy and discuss the 38 Bach Flower Essences in detail.

Notes from Dr Bach's book the "The Twelve Healers" and a Bach Flower combination of your choice are included in the fee. Book early as this class is very popular. Morning and afternoon tea are provided, bring your lunch and note-taking materials.

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 next class for 2007 is Thursday **16th August 10 - 1pm**.

Potentising Workshop: This is an exciting new workshop style class where you can roll up your sleeves and get involved in making remedies from scratch. The class will be held at Owen Homoeopathics in Redcliffe and will include light refreshments. **Sept 15th 12 – 3pm**. Numbers are limited so book early.

Relocating & Slashing Prices!

Over the next few weeks, with the move over to Redcliffe we will be drastically reducing our stocks of gifts, health care products, books and selected kits and remedies. Come in and take advantage of the incredible bargains.

Organic Shampoos

While considering the effects of and accumulation of toxins in the system that lead to lethargy, ill health and disease it is really important to take note of what we put on the outside of our bodies as well. Many commercial shampoos and body care products contain harmful chemicals that are absorbed through the skin. These chemicals can then accumulate especially in the lymphatic system. There are now several excellent ranges of organic shampoo and body care products and we recommend that if you are serious about you and your families health you review the products you are using on your bodies and in the home.

Back to Basics with Tissue Salts

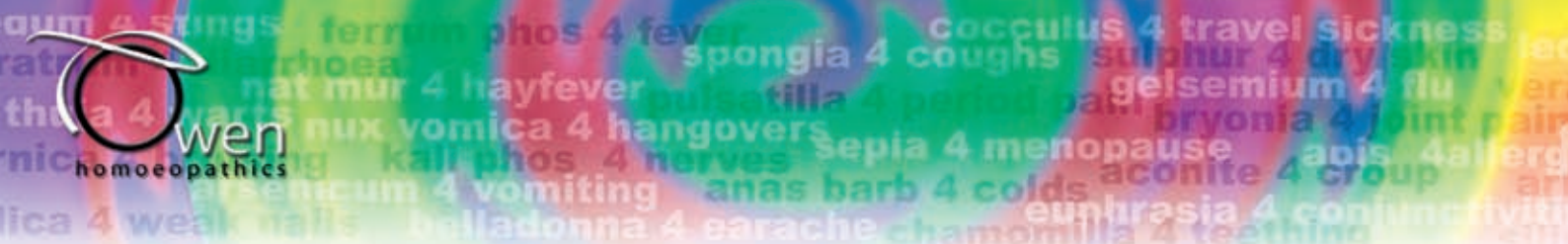
Dr Schuessler's Tissue Salts work gently on the physical structure of the body, building, repairing and maintaining health. The mineral is prepared by trituration to a low potency, usually 6x.



Combination H: Calc. Fluor., Calc. Phos., Kali Phos., Nat. Mur. (For backache, lumbago, piles and allied conditions) At some time in their life most people experience backache. Lumbago is backache in the lumbar region of the spine. The pain may be associated with weakness or a cold numb feeling. Calc Fluor helps to strengthen the elastic fibers of skin, muscle and blood vessels. Local applications of heat and gentle massage may also bring a measure of relief. **Ferrum Phos:** Termed the First Aid Salt this tissue salt is the oxygen carrier. **Ferr Phos** can be used in the early stages of acute disorders, in first aid situations such as sprains and strains and if the person has anaemia. It may also be used, after being crushed into a powder, on wounds, cuts and abrasions where there is bleeding. *Please note:* This is in no way an iron tonic but is used for its nutritional value.

Tissue salts for colds: **Ferrum Phos** and **Kali Mur** are indicated at the first sign of cold and flu symptoms as they stimulate the immune system and act on inflammatory symptoms.

minimum dose maximum impact



Healthy Pets Naturally: Coughs & Sneezes

Just like us, our pets are more likely to get kennel cough or cat flu in Autumn/early Winter, and then in Spring.

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**, **Olive leaf**, **Andrographis**, **Astragalus**, and **Reishi/Shitaki Mushroom** can help the immune system. *Dose range:* from 1/8th of a human dose for a cat or small dog to a whole human dose for a large dog.

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.

For later 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, or **Pulsatilla** if seeking company and bland pale yellow discharge, **Phosphorous** if blood-flecked, **Hepar Sulph** if irritable, with sore/excoriating discharges. **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

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

Doula Conference

The 4th Australian Doula Conference is being held at the Esplanade Hotel in Fremantle on 21st and 22nd October 2007.

This conference is being hosted by A Labour of Love and doula Gabrielle Targett is the convenor.

For further details and registration information go to www.alabouroflove.com.au.

Book & CD Corner



As you can imagine we don't want to take lots of book stock to Redcliffe and we certainly don't want to have to count it all at stock take time so there are some great book bargains in store for you.

These include a few practitioner books such as **Allen's Keynotes**: This is an essential addition to the library of any serious home prescriber or homoeopathic student. **Usually \$24.50 , now slashed to \$12.**

Home Grown in WA; book and CD's

Gabrielle Targett is a West Australian childbirth educator and doula (or birth assistant) who has written and produced a wonderful book and CD's for childbirth.

A Labour of Love: Leigh Dick-Read says it all in the book review; 'Gabby Targett, in her marvelously sensitive book is addressing the need for women and their partners to move back to the "Natural Childbirth" movement, giving self managed, safe and happy choices back to women'. This is an exceptional book and better still its by a West Aussie. **\$26.95**

A Labour of Love, Hypnosis for Birth CD's: Pregnancy Relaxation; Affirmations

This programme is designed to teach safe and effective hypnosis techniques that can be practiced during pregnancy, in preparation for labour and birth. **\$29.95**

Peace at Birth: Completely letting go

The emphasis of this programme is to assist the release of prior programming about labour and birth which can then enable a woman and her partner to establish an inner confidence and trust in the labouring and birth process. **\$29.95**

