

That's 50 homoeopathic newsletters and masses of information and advice over the last 12 years. If you can think of any topics that you'd like covered we'd love to hear from you.

Jan Owen

## Sleep disturbances

It's hard to imagine anything more blissful than 8 hours of a deep undisturbed sleep. Apart from rest and restoration many functions that are important to good health are carried out while we sleep. For varying reasons most of us don't get enough restful sleep; this results in chronic stress and tiredness that compromise us both physically and mentally.

Homoeopathic remedies can be a great help during episodes of sleep disturbance and we have listed a few common remedies and scenarios. If problems recur and are serious or very distressing, consult a professional homoeopath.

## Children & babies' sleep problems

**Nightmares:** **Aconite** - acute fear caused by nightmares. **Arsenicum** - wakes 12-3am restless and fearful from anxious dreams and nightmares. **Calc carb** - nightmares and dreams of monsters in stubborn, sweaty children who are growing quickly. **Silica** - anxious dreams and sleepwalking in slight children with low stamina. **Sulphur** - vivid nightmares, disturbed and un-refreshing sleep. Hot and sleeps in cat naps; wakes at the slightest noise.

**Teething:** **Belladonna** - restless sleep with twitching during teething and fevers; the child has a hot head and can sleep with eyes partially open. **Calc phos** - painful teething in restless, anxious, irritable babies who scream in their sleep and need lots of attention. They whinge, whine and dislike routine. **Chamomilla** - irritable, restless babies who can't be calmed, wanting to be picked up, put down and picked up again. Moaning while asleep.

**Growing pains:** **Calc phos** is the most common remedy for children who are; growing quickly and tend to suffer tummy aches, headaches, leg pains and cramps. They have trouble getting to sleep and then find it hard to wake up in the morning.

**For Parents and Carers:** Sleep deprivation is extremely debilitating and taxing. **Cocculus** - dizzy, exhausted, hollow feeling. **Sepia** - irritable, dragged down and wants to run away. **Nux vomica** - irritable and relying on coffee and stimulants to get through.



## Stress, grief & worries

**Aconite** - acute insomnia with fear and restlessness caused by shock, fright, bad news or grief. **Cocculus** - exhausted and dizzy from sleep disturbance. Worse from loss of sleep for instance when caring for the sick, a restless baby or adjusting to shift work, jet lag etc.

**Gelsemium** - for the insomnia of business men and women who spend restless nights, awoken early in the morning and worry over their business affairs.

**Ignatia** - sleeplessness after a shock, emotional stress, or grief. Yawning, sighing and overwrought.

**Nat mur** - sleep disturbed by a recurring tendency to stew on disagreeable thoughts.

## Over worked & over-stimulated

**Arnica** - good for the effects of physical overwork resulting in a 'bruised and beaten' feeling. **Kali phos** - this nerve tonic remedy is great when exhausted by stress, study or overwork. It supports the nervous system and can be used in conjunction with other indicated remedies. **Nux vomica** - the remedy for over study, overwork, too many late nights or for a disturbed routine. Sleepless after waking up very early in the morning, goes back to sleep just before the alarm goes off, and is then irritable from lack of sleep. **Rhus tox** - restless and stiff after over exertion, must get up out of bed and walk about.





## Hot flushes

When menopausal hot flushes disturb sleep consider **Sepia**, **Pulsatilla** or **Sulphur**. Check your home prescribing manual and choose the remedy that best fits your symptoms.

## Maintaining causes

Because homoeopathy is such a wonderful aid to maintaining good health and strengthening immune function it is easy to make the error of expecting miracles from our remedies.

While considering the treatment of symptoms it is also important to ask the question; Is the cause internal, external or a combination of both?

This is especially important for stubborn and recurring ailments. In this world of hidden chemicals and toxins it can be very surprising to realise just how the foods we eat and our environment can be creating an obstacle to good health.

## Health alert: lead in lipstick

Did you know that the results of testing 33 well known lipsticks show that 61% contain detectable levels of lead. Lead is a toxic metal that is readily stored in the body and has been linked to infertility, miscarriage, aggression and learning problems.

Coupled with the fact the average woman consumes 1kg of lipstick each year it makes sense to search out a natural, non toxic lipstick and skin care products.

## Classes & 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.

**Home Prescribing Classes:** Learn to use your Home Remedy Kit for treating acute symptoms and first aid situations. **15th August 12 - 3pm.**

**2 hour Pregnancy & Birth Classes:** These very special classes for mums include 2 remedies and info pack. \$45 per class or \$80 for both. **12 - 2pm on the following Saturdays:**

**Pregnancy and Birth – 27th June**

**Post Natal Care for Mother and Baby – 25th July**

**Testimonial:** "I love coming to workshops! Keep them coming! This Pregnancy/Baby series has just been so fantastic - so thank you!" *Kristy, Doula*

**Call 9277 9565 to book or view details and book online [www.h-e-c.com.au](http://www.h-e-c.com.au)**

## Healthy Pets Naturally

### Sleep Disturbances & Insomnia

Dogs and cats in their natural state have predators and are territorial, so if anxious due to change such as a house move, new animals next door or even from visitors staying over, they can be on guard at night instead of sleeping.

Good remedies are **Aconite** for a recent problem, when the animal is fearful around 11pm. This is also a great remedy if your dog is keeping everyone awake coughing with kennel cough.

**Arsenicum Album** I frequently prescribe for restless pacing soon after midnight onwards, especially old animals who have some dementia or confusion due to loss of sight or hearing. Use **Phosphorous** for 'over-responsible' or over-vigilant territory guards. New puppies who can't settle at night do well on **Ignatia** and **Chamomilla**. **Phosphoric Acid** is good for an old or unwell animal who can't sleep due to excessive drinking and weeing, which happens more at night than during the day if the adrenal glands are stressed.

**Dr Clare Middle** - runs a natural therapies only veterinary practice in Bibra Lake P: 08 9494 1243; [www.claremiddle.com](http://www.claremiddle.com)

## Book Corner

### Books make great gifts:

**The Complete Homoeopathy Handbook:** The title of this book by world renowned homoeopath Miranda Castro says it all. It is an excellent home prescribing manual and the ideal complement to your Owen booklet. It includes an A-Z listing for external and internal remedies, 10 case studies and specific do's and don'ts to follow when treating more than 70 conditions. **\$42.40**



## About reconciliation contributions

A huge thank you to all who contributed to the Madjitil Moorna - Halls Creek Project. I was one of 20 singers and supporters who have just returned from a week of singing workshops and reconciliation work with the children and families of Halls Creek. Stories and photos in September news or go to [www.madjitilmoorna.org.au](http://www.madjitilmoorna.org.au)

### A Prize

**A prize – a \$50 gift voucher for the first 3 people to tell us the date or topic of our first edition**