

homoeopathy & health care

Volume 54

Here we are again in the thick of the cold and flu season and we have for you a winter newsletter full of tips for relieving the symptoms of sore throat and stimulating the immune system. John and I are really feeling the cold weather having just returned from a month in the Kimberley providing dental treatment. See page 2 for the story.

Jan Owen

Sore Throat

For many people a sore throat is the first sign they have of a lowered immune system and the onset of a cold or flu. The tonsils are the first line of internal defence acting as the lymphatic waste disposal system and removing bacteria from the blood. They also stimulate the immune system to produce infection fighting antibodies.

Tonsillitis may be simply an inflammation of the throat or may be more complex and involve the glands making them swollen and tender. When the tonsils swell it is an indication that the body has become overloaded and is working hard to eliminate waste. Homoeopathy works so well because the remedies don't kill the bacteria directly but rather, they stimulate the immune system to do the healing.

Chronic and recurring problems with your throat and tonsils are best treated constitutionally by your homoeopath. Meanwhile it is important to act immediately at the first sign of recurrence with indicated remedies such as **Ferrum phos** and **Aconite**. Intermittent doses of **Anas Barb** in cooler months improves resistance as does a healthy diet including **Vitamin C** rich foods.

The first remedy to think of is **Ferrum phos** for an inflamed, right sided red throat where the person is feverish and sensitive but not anxious. **Aconite** has sore, dry throat with fever, anxiety and thirst. Symptoms often come on after exposure to cold, dry wind. Use **Belladonna** when the throat is red and shiny especially on the right side, it's painful to swallow and the face is flushed with dilated pupils and bright lips. Sore swollen throat and palate with burning, stinging pains that may travel up to the ears suits **Apis**. The tonsils are purple red and glazed.

The **Hepar sulph** throat has white pits full of pus and has stitching, splinter like pains that can run into the ears or glands on swallowing. The symptoms can come on after cold food or drinks and are better from warm drinks and the person is extremely sensitive to drafts and cold air.



If the throat is red, raw and burning with foul breath, excessive saliva and offensive perspiration that is worse at night consider **Mercurius**, there may be alternating heat and chills. When **Kali mur** is indicated the tonsils are swollen and there is difficulty swallowing and a white coated tongue. There may be white or grey spots on the tonsils.

Repetition of the indicated remedy depends on the person's own vitality and the intensity of symptoms. Usually you would start with frequent repetition reducing as improvement is noticeable. If after 3 or 4 doses there is no change then review the symptoms and look for a 'more similar' remedy.

Immune Support

When unwell with a sore throat or cold symptoms eat plenty of garlic, ginger and onions, as the sulphur in these vegetables helps improve lymphatic waste removal and the immune system's ability to fight off an infection. Decrease acid forming foods such as dairy, sweet foods and wheat and concentrate on an alkaline diet full of vegetables, fruit and broths.

Gargling 2-3 times a day with salty water with added herbs such as **olive leaf, sage** and **Echinacea** helps relieve pain and you can also include some **Vitamin C** powder. Alternatively you can mix a pinch of turmeric and a spoonful of honey in a glass of lukewarm water and drink slowly.



Classes & Talks 2010

Advanced Home Prescribing Class: Come along and increase your confidence and home prescribing skills in this half day class; explore simple case taking, potency and dose, repertorising and common remedy pictures. **Saturday, 16th October 10.00 – 2.30.**

Fee of **\$95** includes morning tea and a light lunch.

Homoeopathy & Bach Flowers for Animals: A 3hr class that covers Bach Flower remedies and acute and first aid remedies for your animals using homoeopathy; including case taking, Materia Medica, potency and dose. **Saturday, 26th June 10.00 – 1.00, Fee \$65**

Home Prescribing Classes: Learn to use your Home Remedy Kit for treating acute symptoms and first aid situations at home. The next class is on **Saturday 12th June or 24 July 12.00 - 3.00.**

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 2010 online at **www.h-e-c.com.au.**

Kimberley Dental Team News

Strong Teeth, Strong Body, Strong Mind

In 2010 John and I continue to provide dental health education and treatment in the Kimberley. In January we travelled to Warmun and Frog Hollow and saw many children and adults for screening and treatment. We returned to Halls Creek and surrounding communities with a team of volunteers in May and will do so again in August. In 2009 KDT distributed 500 toothbrush packs.



May 2-9 also saw the return visit by the **Madjitil Moorna** choir who worked and played with the kids and held community concerts in Halls Creek and Warmun.

www.kimberleydentalteam.com

www.madjitilmoorna.org.au

PS I hope to also get a chance to do some homoeopathy while in the Kimberley!

Healthy Pets Naturally

Inflamed Throats in Animals

Dr Clare Middle is on leave and so it has fallen to me to write this article. Luckily for me the same home prescribing principles apply to animals as for humans. Jan Owen

Inflammation of the throat and tonsils indicates a defensive reaction of the body and calls for **Belladonna** or **Aconite** and **Ferrum phos**. The animal may be off colour; possibly choking, coughing and drooling. There may be loss of appetite and reflex vomiting due to swelling and pain and **Hepar Sulph** can help. If the voice (meow or woof) sounds dry, raw and hoarse consider **Spongia**. If the breath is foul and the animal drooling consider **Mercurius**. **Sepia** is good for breeding females who are tired and irritable, **Baryta Carb** for older weak pets or puppies/kittens who are 'slow' and delayed in their growth or **Calc Phos** if they are thin with delayed growth but otherwise mentally well developed.

Clare suggests extra **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**, and **Astragalus** 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.

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



Book Corner

Children's Types

If you enjoy reading about and understanding homoeopathic constitutional types this little book by English homoeopath Douglas M Borland will be a welcome addition to your library allowing you to build and expand your knowledge base. A Bargain at just **\$11**