

Volume 29, March 2004

A Family Focus

Our first newsletter for 2004 focuses on Homoeopathy for children. It is such a pleasure for us to see so many families turning to homoeopathy as a principal system of family health care.

Not only the children, but hopefully the whole family will be fascinated when you next visit our Mt Lawley store, where Artist Jahne Rees has turned our shop ceiling into a masterpiece. We look forward to showing you.

2004 is set to be an exciting year for us. The recent launch of Owen Homoeopathics and its distribution to outlets nationally means that ultimately, you will be able to purchase an Owen homoeopathic remedy wherever you are in Australia. This has been a long-held ambition of mine, and I'm delighted to finally see it come to fruition.

Jan Owen

Care of your Babies and Children

A recent experience in the Emergency Room of our local hospital reminded me once again of the importance of homoeopathy for families of young children. Anxious parents and miserable children sat for hours waiting for Pain Stop to take effect where those of you with **Belladonna, Arnica, Hypericum, Ipecac** and **Arsenicum** at your disposal would be calm and confident in the comfort of your own home.

A home remedy kit is an invaluable tool for the mother of young children especially babies and toddlers. Babies' problems are often related to undeveloped digestive system and/or problems related to rapid growth, teething etc. Parents notice that their babies brought up with homoeopathics rather than overloading their systems with toxic drugs and treatments are far happier and healthier than their peers.

Toddlers and preschoolers, with their energy and curiosity, often require simple first aid remedies as well as ones to soothe coughs, settle tummy upsets after parties and to calm overexcited or fearful youngsters.

The needs of primary school age children alter rapidly as they grow and change. School is an enormous challenge and sensitive children may encounter situations that tax them beyond their ability to cope. Often you can manage this with home prescribing. If not then consult your Homoeopath to choose a constitutional remedy.

Teething and Rapid Growth

If your little one suffers unduly while teething a low potency remedy such as our teething complex, can be a great support as it aids calcium metabolism and reduces the incidence of fever and other symptoms. The complex contains **5x Calc phos, Chamomilla, Beladonna and Coffea**.

Earaches and Recurring Colds

Occasional earaches and colds usually respond well to home prescribing. If your child suffers stubborn and recurrent ear, nose, throat and chest conditions you should consult with your Homoeopath to select a suitable treatment



Homoeopathy is a fabulous health care system for families with young children

program. This is particularly important in Autumn with the change in seasons.

There are many remedies for coughs – but the choosing the correct ones depend upon the symptoms. For example, there is a different requirement for a dry, spasmodic cough to that of a loose cough. When treating acute coughs pay close attention to the symptoms so as to make an effective remedy choice. Consider the following remedies for wheezy coughs: **Arsenicum, Ant tart, Drosera & Ipecac**.

Head Lice Treatment and Prevention

Head lice are a real problem for many families, so talk to us about safe, effective alternatives that really work. Our head lice treatment kit is very popular and is listed on our specials list for Autumn.

Vaccination Pros And Cons

Many parents struggle with this dilemma, if you are confused and need to make decisions in regards your children then may we suggest that you purchase Isaac Golden's book 'Vaccination? A Review of Risks and Alternatives'. Informed Choice magazine is also an important source of information. Call 02 6687 2436 to arrange delivery of this magazine.

Should you decide to Immunise and wish to minimise side effects we recommend you use our **Vacci Relief** remedy.

www.h-e-c Online Upgrade

In keeping with the Owen Homoeopathic image and new remedy range we have restyled our web-site and trust that it will now be easier for you to use and order on line if desired.

All of our leaflets, recent newsletters and some interesting information can be read or downloaded for future reference at www.h-e-c.com.au.

Autumn Specials

ABC Kids Kit: A great little kit to cover fevers, teething, accidents and injuries. **Aconite, Arnica, Belladonna, Chamomilla & Tissue salts** to resolve inflammation. **\$15**

Cold & Flu Kit: Five remedies to treat the early stages of colds and flu. **Aconite** first symptoms, **Anas barb** flu preventative, **Ferr phos** generally off colour, **Gelsemium** achey flu and **Echinacea** immune stimulant. **\$15**

Head Lice Kit: This mini kit contains remedies including **Pediculosis** to help reduce your child's vulnerability to head lice and is a more effective and safer option than commercial chemical preparations. **\$12.50**

Children's Tonic: A tonic made by us to support growth, improve appetite and balance emotional highs and lows. Contains **Alfalfa, Tissue salts** and **Bach flowers**. 15 ml. **\$10**

Owen Homoeopathics

As many of you will have discovered we now have several retail outlets stocking our range of 40 different remedies. This makes it so much easier for you to access remedies when you need them rather than having to wait for Australia Post or travel across town to pick up them up.

If you would like to enjoy access to remedies may we suggest you ask your local health care practitioner or store to stock this product. Why not encourage them to contact us or ask us to do that for you so you can have Owen Homoeopathic single remedies on your doorstep? The following businesses currently stock Owen Homoeopathics:

Perth Metro Area

Bayswater	Healthy Valley Organic	9371 9903
Claremont	Roy Warner (Osteopathy)	9384 2999
Huntingdale	Thornlie Naturopathic	9452 0722
Inglewood	Inglewood Pharmacy	9271 1130
Kalamunda	Herb Circle	9257 1248
Nedlands	Hollywood Pharmacy	9386 2798
Midland	Notably Healthy (Bowen)	9250 1983
Morley	Galleria Stay Healthy	9276 4309
Mt Hawthorn	Tara Centre	9444 4190
Perth	Aust CollegeBeauty Therapy	9228 4611
Wembley	Wembley Pharmacy	9397 3079

Country/Interstate outlets:

Balingup	Forrest Corner	08 9764 1184
Geraldton	Geraldton Health Foods	08 9921 4489
Kingscote SA	KI Health Foods	08 8553 2765
Launceston	Hatton & Laws Pharmacy	07 9921 4989
New Norcia	Museum Shop	08 9654 8167
Toodyay	Toodyay Pharmacy	08 9574 2393

We would like to thank these businesses for their faith in homoeopathy and in our new product. By the end of 2004 we expect that this range of remedies will be readily available all over Australia so that everyone can benefit from this wonderful system of healing. Many of these businesses are open for extended hours which is very convenient if you need Rhus Tox on a Saturday afternoon. Check the opening hours of the retailer closest to you.

The new dispensers are also proving to be a great success. If you would like them for your remedies, please ask for them when ordering.

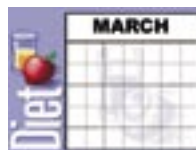
Website and On-Line Ordering

The HEC website offers you access to information, secure online ordering and assistance via e-mail.

www.h-e-c.com.au
jan@h-e-c.com.au

Naturopathic News and Views

Marina Johnson is trained in naturopathy, homoeopathy and iridology and uses ayurvedic principles in her treatments, which are designed to support the homoeopathic patient. Marina is available from Tuesday to Friday for Naturopathic Consultations and advice.



Dietary Tip: Early Autumn is a good time for a mild detoxification treatment followed by a break - preferably a holiday! Gradually decrease cold foods and drinks as the weather cools. Eat a mixed diet of heating and cooling foods

according to the weather each day. Gradually increase acidic foods and decrease carbohydrates, protein and sweets. Increase your exercise and yoga program gently.

Childrens' Winter Supplements: Now that your children have settled back to school and winter is approaching it is an ideal time to start them on a course of multi vitamins and immune care to maintain their vitality through out the year. We carry several Blackmores products that are especially formulated to appeal to and suit the need of children.

Multivitamins and Minerals For Kids are a great daily supplement to bridge any gap between the nutrients children get from their diet what they need for a full and active life.

Cold Defence For Kids has additional **Zinc** and **Vitamin C** to keep the immune system in tip top condition during winter, while **Bounce Back Formula For Kids** with selected nutrients and **Withania**, acts as a tonic during convalescence.



Homoeopathy 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 Homoeopathics range of retail medicines. It is available from your closest retail outlet stocking Owen Homoeopathics, as well as from the Centre and our website for just **\$9.95**.

On Special - School Camp Kit

This zip pouch is great for your children to take on school camp or for overnight stays. Show them how to use it, tuck it in the bottom of their backpack and ensure peace of mind for both of you. (As in the case of my children their friends will also love you for it - especially those needing **Ignatia** and **Pulsatilla**)

Aconite: For chills, colds, fever and earache; scalds with acute pain and shock or eye injuries. Also for cuts and wounds that bleed freely or shock and reactions to fear or fright.

Arnica: For accidents, shock, fright, physical trauma, bruising, concussion, black eyes, or haemorrhage. Generally whenever they are just feeling "sore & bruised".

Arsenicum: For feelings of weakness, exhaustion and fear. Or when restless, chilly and anxious with burning pains. Colds with profuse, clear nasal discharge.



minimum dose maximum impact

Hypericum: For where there is nerve damage of any kind from cuts, grazes and wounds or crushed fingers or toes. Insect or spider bites and puncture wounds with shooting pains.

Ignatia: For sadness and home-sickness. Emotional and mental strain. Sighing, crying and trembling. Feels *better* from eating, exercise and when busy. Worse consolation, touch.

Ledum: For puncture wounds (bites, stings, needle stick injury). Good after **Arnica** for sprains and strains, black eyes & bruises.

Pulsatilla: Feeling weepy, clingy, sad and wanting Mum? Always shy and *better* for sympathy, company and open air? Colds with congestion, ear pain and sticky, yellow nasal discharge. PMT and menstrual pain.

Save \$10 with this special price of \$28.50

Bach Flower Remedies for Serenity and 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.

Crab Apple: For those who feel they need cleansing, and may concentrate on this aspect of themselves obsessively. Self-disgust, shame, and low self-esteem, as well as physical infections are all indications for this remedy. It detoxifies and purifies the body, mind, and spirit, transforming negativity.

Crab Apple is often included in combinations made to treat any infective process in the body as its ability to detoxify helps restore balance on all levels. (See book review on **Herbs for the Soul** in our 'Book Corner, p 4.)

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 R – Calc fluor, Calc phos, Ferrum phos, Mag phos, Silica. (for infants teething pains and allied conditions). This combination helps to address the inflammation, pain and distress some babies experience when the erupting teeth push through the gums.

Calc Sulph – (blood purifier) Calc Sulph helps in the removal of waste products and it has a cleansing and purifying effect throughout the system. This tissue salt supplements the action of Kali Mur in the treatment of acne and catarrh and is indicated if there is a deficiency in the connective tissues where skin eruptions turn to abscesses and ulcers. Calc sulph is known to be useful for the treatment of frontal headaches and neuralgia especially in the elderly.

Tissue salts are stocked as individual and combination tablets or sprays prepared by Martin & Pleasance. They can also be made up to your requirements in liquid or pilules.

Homoeopathic business opportunity

Owen Homoeopathics is undergoing strong growth since the launch of our retail product range in November last year. We are now looking for an enthusiastic user of our product to take on the part-time role of sales and marketing officer.

- Approximately 20 hours per day (within school hours ideal)
- Work mostly from home once underway
- A retainer plus commission salary arrangement
- Must have own transport

This is a very rewarding position involving a range of sales and marketing activities for a person prepared to travel throughout the Metro area promoting Owen products. A good basic knowledge of homoeopathy is desirable. **Inquiries to Jan Owen on 9371 3991**

Classes, Study Groups and Talks

Our very popular **Introductory, Home Prescribing and Study** classes run approximately monthly throughout the year. For further information or to reserve a place phone **9371 3991**.

Free Introductory Homoeopathy Talk: These explain the philosophy, preparation and potency scale of homoeopathic medicines will be held on **Wednesday 17th March** and **Saturday 15th May from 11am – 12**.

Home Prescribing Classes: Learn how to use your Home Remedy Kit to treat acute symptoms and first aid situations at home. Usually \$44 but if you buy a Family Home Remedy Kit the class is Free! Book now for one of the following dates, **Wednesday 31st March 10-1pm** and **Saturday 29th May 12 – 3pm**.

One Year Study Course: The Home Prescriber Study Course 2004 commenced on **10th February**. You can still join us if you wish and we will catch up the missing time for you. The 2004 course will include a monthly study group session with one of our tutors. The syllabus covers philosophy, methodologies, Materia Medica, Repertory study and practical prescribing for common ailments. Included is a selection of text books, remedies and library access. We have structured ample time for discussion.

Study Group: Our class of 2003 enjoyed their year so much that they requested ongoing Study Groups this year to expand remedy knowledge and home prescribing skills within a peer support structure. This runs fortnightly and providing you have a working knowledge of homoeopathy you are welcome to join. Ideal for students in practitioner courses.

Bach Flower Intensives 2004: The Bach Intensive held in September 2003 was so popular that we needed to offer another class in October. If you missed out then mark the date for 2004 in your diary and book early to avoid disappointment. **Saturday 25th September 10 - 4pm**.

Customer of the Month Changes...

With so many of our customers recommending Owen Homoeopathics to their local retailers we have decided that instead of acknowledging one person per month we will send a bonus by way of thank you to each person whose recommendation has resulted in a new retail customer stocking an Owen Homoeopathics stand.

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Homoeopathy for Baby Animals

If you have a new puppy or kitten in your home you will love our selection of baby animal kits. These kits differ from our popular general purpose kits in that they caters for the special needs of the young growing animal.

Our own **Baby Animal kit** contains 15 small remedies and a Rescue Remedy plus full instructions. These remedies cover situations such as accidents and injuries, tummy upsets including adjustment to weaning, teething and growth, respiratory complaints, homesickness, fear and anxiety, travel sickness, worms, flea and insect bite relief. \$37.50.

We also have specialised **Puppy and Kitten kits** from Greenpet in stock for baby Animals. As well as a selection of necessary remedies these kits include a complete food supplement and the booklet *Healthy Pets Naturally*. These kits are great value at \$75 each

The Centre stocks excellent reference books on Homoeopathy, Flower Essences and general health care written by animal experts. We also carry a selection of special shampoos and other products for your furry friends. (See *Book Corner* for a review on *The Homoeopathic Treatment of Small Animals*).

Aromatherapy for the Heart & Home

Aromatherapy is an holistic form of healing that uses the essential essences of aromatic plants for healing and the maintenance of vitality. Many people are turning to the therapeutic benefits of aromatherapy for their health and well being. Check with your homoeopath before using essential oils during homoeopathic treatment.

Juniper Oil: Juniper can be used in assisting the treatment of fluid retention. It works on the emotions to rid the mind of "waste", thereby relieving anxiety. As a purifier of the blood, it can be used to relieve the symptoms of arthritis, joint pain and gout. It also provides relief from the pain and burning sensation associated with cystitis.



Oat Baths for Irritated Skin: Oat baths can be wonderfully soothing to irritated skin. Valerie Worwood (refer the Book Reviews) recommends that you use raw organic oats or oatmeal. Put a pile onto a piece of material and add chosen essential oils, try Lavender and German Chamomile or Bergamot. Securely tie the bundle and attach it to the bath tap, so the water runs through the bag before reaching the bath.

Soothe flaky, dry skin with an oil blend made with 30ml Sesame oil, 30ml virgin Olive oil, 30ml infused Calendula oil and a few drops each of Bergamot and Roman Chamomille.

Homoeopathic Awareness Week

In Australia we celebrate Samuel Hahnemann's birthday, in April, with Homoeopathic Awareness Week. The AHA schedules events to raise the profile and understanding of Homoeopathy and this year we have planned a day trip to New Norcia to experience the

history and revisit our homoeopathic beginnings in WA. Media coverage is planned for this event to focus on our Homoeopathic links with the past as well as the present and future of homoeopathy.

We will be the guests of Dom Christopher Power and the monks and will be given a tour of their community and in particular the museum and library where Dom Salvado's extensive chest of homoeopathic remedies and reference books are housed.

Contacts: WA Branch President - Jan Owen; WA Branch Secretary Madeleine Innocent - Ph: 9296 0152; email: mri@primus.com.au

Book Corner



Herbs for the Soul - RRP: \$19.95

In this book by Tamara Kircher takes a unique view of the complete pharmacopoeia of herbal remedies, covering Western and Chinese herbs and Bach Flower Remedies for emotional healing.

This beautifully illustrated book looks beyond the physical healing properties of herbs to their ability to heal emotional and spiritual ills. Enlivened with anecdote and folklore, Tamara Kircher's inspiring and informative text teaches you not only which herbs to take to enhance your spiritual and emotional well-being but how to find, gather and prepare them.

Aromatherapy for your Child - RRP: \$21.95

We recommend this book by Valerie Ann Worwood. Valerie suggests effective treatments and essential oil blends for childhood ailments, from calming teething pain to childhood asthma to helping anxious teenagers facing exams, in fact solutions for children of all ages.

Homoeopathy for Children - RRP: \$35

This comprehensive reference book by Gabrielle Pinto & Murray Feldman has been written by two leading homoeopaths to address the full needs of families with children.

The presentation is very accessible and includes an A - Z of first aid, an A - Z of common conditions and childhood diseases and their treatment, a section on how to treat your child's emotional and developmental problems and a Materia Medica specifically written with an emphasis on the 'remedy pictures' of children.

The Homoeopathic Treatment of Small Animals - RRP: \$32.95

The author, Dr Christopher Day, is a veterinarian who has successfully treated all types of animals with homoeopathic medicine including horses, farm animals, zoo and wild animals of many types, in addition to domestic pets.

This book is planned as an introductory work for use by both veterinarians and those who have animals and wish to treat them at home. It is extensive in its explanation of the philosophy of homoeopathy and its application in a variety of situations makes it a valuable addition to your library.