

# homoeopathy & health care

Volume 33, March 2005

This Autumn newsletter focuses on children and the effects on their emotional and physical health when adjusting to the change. This includes the stresses of school and the effects of changes in weather in particular the change to cooler nights with warm days.

Speaking of change we welcome Jacqueline Donaldson to our team at Mount Lawley. Joanne Sumpton Wales has left the Centre after several years and will be missed; we wish her well in her future endeavors.

Jan Owen



## Kids and School Stress

By now you will have settled your children into kindergarten and school. This can be such a difficult and stressful time, adapting to hot classrooms, rigid structure after holiday freedom and for some the additional stress of starting school for the first time, changing to high school or moving to a new area.

Homoeopathy has such a lot to offer the young family when dealing with the ups and downs of adjustment and change. Many of you will have used **Ignatia** for homesickness, sadness and emotional upsets, **Pulsatilla** or **Baryta carb** to help shy clingy children to separate from mum and gain some independence and **Phosphorus** to settle excitable fearful behaviour.

In addition **Bach Rescue Remedy** drops can be added to children's drink bottles to help them cope with hot weather and for the calm and reassurance it brings to nervous children.

**Calc phos 6c** twice daily is also very good at this time when children are growing quickly and have the typical tummy aches, headaches, enlarged glands, easy exhaustion and whingy, discontented disposition.

Some situations can be addressed readily using your first aid kit but at other times it is necessary to enlist the help of a professional Homoeopath. This is especially the case when the problem emerges several weeks after school begins. In this situation it is often more difficult to determine the underlying issues and choose an appropriate remedy without assistance.

If you would like advice on this, please telephone the clinic to discuss your problem.

## Ear Ache

Earaches are a common recurring problem for many children especially during the change of seasons. Swimming in communal pools and sudden change from hot to cold weather conditions are a few of the triggers for ear problems.

The following remedies are useful for the acute treatment of earaches. Stubborn conditions do well with a constitutional remedy prescribed by your Homoeopath.

**Ferrum phos:** fever, pain, alternating red & pale face. A good remedy for the early stages especially if symptoms are unclear.

**Belladonna:** Earache with fever, heat & throbbing. Bright red face, restless. Usually the right ear is affected.

**Chamomilla:** restless, cross & very irritable. Desire to be carried or constantly pacing. Often left sided.

**Kali mur:** Congestion and glue ear with hearing loss. Swollen glands. Twice daily for chronic symptoms.

**Pulsatilla:** Pressure behind the eardrum as if pushing out. Tearful moody & desiring fresh air. Ear ache in a plane when it is descending.

As a support to your remedies try one of the following. **Garlic infusion:** Steep coarsely chopped garlic in olive oil for a few days. Wipe out the ear canal with a cotton bud dipped in the infusion. This has an antibiotic, anti-inflammatory effect especially for swimmers ear. A drop of **Lavender** oil in the canal is also soothing. **Onion Juice:** also works well because it has an anti-inflammatory antiseptic effect. Grate an onion, strain the juice and warm then put a little into the ear followed with cotton wool. Repeat hourly or as necessary for pain.

(Continued over page)

## Cold & Flu Preparation (Especially Kids At Daycare)

Autumn with its change to cooler nights is the time to start strengthening the constitution and reduce the predisposition to colds, flu and lingering coughs.

This is particularly a problem for infants and small children in the day care system 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.

You can manage this very effectively with homoeopathy thereby avoiding the undermining effect of course after course of antibiotics. We can help you to plan a course of action to strengthen your child's health and for the management of acute symptoms as they arise.

Autumn is a reminder to check and replenish your home remedy supply. The insert contains details of the important cold and flu remedies.

## Whooping Cough

There is currently an outbreak effecting many children in WA, so parents need to be proactive in protecting their children against this serious illness. If you suspect that your child has been in contact it is important to give the nosode **Pertussin 30c**. Use the supplementary program in your prophylaxis kit or contact the centre. For general protection give a dose of **Pertussin M** and repeat in 4 weeks.

For symptoms you need professional help as well as giving indicated remedies. As the illness progresses **Drosera**, **Coccus cacti**, **Ipecac** and **Corallium** are important. **Carbo veg** helps the vitality when exhausted and run down by illness.

## Journal For The Home Prescriber

Hot off the press is our new Journal especially written for you to record your homoeopathic treatment – both practitioner prescribed and homeprescribed. This allows you to track your own and your family's health and will prove invaluable should you need to see another homoeopath at any time.

If you use a separate booklet for each family member when grown up children leave home they will have a ready reference of the remedies which suit them.



## 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:** Keep your home stocked with lots of fresh fruit and vegies in season as a substitute for processed foods and fizzy drinks that rob kids of the essential nutrients needed for growth.

**Children's 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 throughout the year. We carry several Blackmores products especially formulated to appeal to and suit the needs of children. **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. **Cold Defense 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.

## Reader's Travel Story



We were preparing for a 2,000 km caravan trip and were concerned about possible health issues due to our age – both over 70 years old. Our first aid kit needed to cover: old teeth and gums requiring frequent patch ups; a painful back, sensitive to different car seats; prostate problems with urinary flare ups; and most worrying, any stress would bring on an irregular heart beat necessitating hospital admission. I was worried and thought it safer not to go.

There was the toothache, the backache and the urinary problem - not to mention my own problems! After using the **Mini Kit**, problems simply vanished, without the heart reacting. I couldn't believe how efficiently and gently these remedies acted allowing us to enjoy a delightful holiday: I wish I had this magic box when my children were young! Guess what my young mums got for Xmas?

by Dianne Borlase

## 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. You can purchase a stock bottle or have a combination made up.

**Heather:** People who would benefit from Heather are always seeking companionship to discuss their affairs and drain the others' energy by demanding their attention. There is an element of desperation, loneliness and loneliness. We all have capacity to be like this when confronted with a major problem, this remedy helps us to turn inward for answers.

**Children's anxiety:** In her delightful book, *Growing Up With The Bach Flowers*, Judy Howard recommends the following: If the child is nervous or afraid **Mimulus** increases the sense of security. **Walnut** has difficulty adjusting to change. The **Chicory** child clings, cries and screams to stop you from leaving. **Gentian** encourages the heart and helps kids feel brave.

## Classes & Study Group & 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 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! Book now for one of the following dates, **Wednesday 6th April 10 – 1pm** and **Saturday 14th May 12 – 3pm**.

**Study Group:** Explore homoeopathy and expand remedy knowledge and home prescribing skills within a peer support structure. A block of 5 sessions started in February and will run again later in the year. Providing you have a working knowledge of homoeopathy you are welcome to join in.

**Animal Classes:** By popular request Clare Middle will run our Animal classes again this year. Clare recommends that beginners start by doing the **Intro Class on the 9th April**. You can also choose from a Homoeopathic series, Bach Flowers for Animals and Diet and Nutrition. Contact us for booking details.

### Bayswater Vet Clinic

Dr Edgar Sherard  
2 / 1010 Beaufort Street, Bedford  
Phone: 9371 2456

## 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 5: Calc phos, Ferrum phos, Kali phos, Mag phos, Nat phos** (five phosphates in combination). This combination offers a safe reliable remedy for nerve troubles, neuralgic pain, low energy, debility and allied conditions. It supports and strengthens the nervous system.

**Kali sulph:** (skin salt) Like **Ferrum phos**, it carries oxygen to the cells and a deficiency can lead to chilliness, flashes of heat, and pains in the limbs which move around. Other symptoms may include a yellow slimy coating on the tongue, yellow or green discharge from any mucous surface and scaling of the skin. Is useful for Athlete's Foot, Psoriasis and brittle nails, and helps maintain healthy hair in combination with **Silica** and **Nat Mur**.

**Childrens combination:** During times of rapid growth and change these salts, in combination, are very supportive. **Calc phos, Kali phos, Mag phos, Nat mur**. Use 2 – 3 times daily with other indicated remedies.

## Aromatherapy for Calming & Soothing Kids



Helping your kids to cope with the ups and downs of life is much easier with the aid of a few essential oils. Children love to have a bath in delicately scented oils and respond beautifully to the calming effect on the mind and body.

They also enjoy a gentle back massage just before bed and have a much more restful sleep as a result. Of course the additional effect from this is the precious quality time with mum and dad who of course also benefit from inhaling the oils as they are applied. Choose from one of the following blends.

**For relaxation:** Bergamot, Geranium, Sandalwood.

**Fractions and Irritable:** Clary Sage, Lavender.

**Anxious and Fearful:** Geranium, Frankincense and Cedarwood.

**Sleeplessness:** Orange and Lavender.

To learn more about the qualities and indications for these and other oils we have many Aromatherapy books in store.

minimum dose maximum impact



## The tail-end of the dog

with Dr Clare Middle

As Jan now knows, if you haven't had anal glands enter your life, you haven't lived. Recently her little dog was quite upset, scratching around her bottom end and generally miserable and uncomfortable.



The main "take - home" message here is that there are some ailments that homoeopathy simply can't fix. To prove this, Jan had tried giving Chloe appropriate remedies, and nothing had totally helped, and if Jan can't pick a remedy, no-one can!

I suggested that she take Chloe up the road to see Dr Edgar Sherard at Bayswater Veterinary Clinic (see contact details on previous page). Dr Edgar is a great vet, very caring with the animals and is totally happy to fit in with the homoeopathic treatment of your animal, although he does not use homoeopathy himself. He emptied Chloe's anal glands, and now she is back to her happy self. Some peaceful animals do not get territorial and squirt their anal glands, so they can become blocked and need emptying.

However, over the long term, I find animals are less likely to require anal glands to be unblocked, or to get infected, necessitating surgical removal if they are fed a natural diet with plenty of vegetables (for the fibre, to help empty the glands during defaecation). You can use homoeopathics such as **Silica**, **Calc Sulph** or **Hepar Sulph** for infected glands where appropriate.

**Footnote from HEC :** We make a great spray remedy which can be administered internally and also sprayed around the anus. Includes Silica 6x, Calc sulph 6x, and Crab Apple.

*Dr Clare Middle runs a natural therapies only veterinary practice in Bibra Lake and uses homoeopathy, herbs, acupuncture, flower essences and kinesiology as well as standard veterinary diagnosis. Ph: 0403180567, www.claremiddle.com*

## Book Corner



### The Complete Family Guide to Homoeopathy:

A practical and comprehensive guide to homoeopathy by Dr Christopher Hammond with detailed profiles of more than 80 major remedies. Easy to use tables and over 500 illustrations to. Indispensable as an aid to the home prescriber. **\$34.95**

**Emotional Healing with Homoeopathy:** Peter Chappell has written a wonderfully practical book to help us find the correct medicine to treat emotional traumas. Chappell's definition of traumatic experience extends from the horrible to the emotional challenges of the average human life, all of which generate health-altering psycho-physiological effects. **\$37.50**

**The BARF Diet:** Dr Ian Billingham presents a simple, practical and commonsense alternative to health destroying processed pet foods. His book points out that animals are much healthier when fed their evolutionary diet based on whole raw foods. Complete with tips and recipes. **\$23.95**

**Bach Flower Remedies for Animals:** This is a superb reference book for animal lovers. It offers descriptions of the 38 Bach Flower Remedies and their applications in the treatment of not only domestic animals but also horses, farm animals and wild and zoo animals. Highly recommended. Written by Helen Graham and Gregory Vlamis. **\$27.95**

## Animal Success Stories

This is Toby recovering from a very traumatic experience with a bee in his garden. Within minutes of the sting Toby was distressed and in shock. His owner was quick to act with a dose of Aconite for the shock and several doses of Apis and Toby was soon back playing with his toy puppy as if it had never happened.



It is important to act quickly with remedies in the event of an allergic reaction such as a bee sting. If the reaction is very severe and you are not getting speedy results then consult your veterinary surgeon.