

homoeopathy & health care

Volume 37

April 3rd to 9th is World Homoeopathic Awareness week or WHAW, celebrating the birthday of Dr Samuel Hahnemann who was the founder of Homoeopathy. Dr Hahnemann, born April 10th 1755, began using homoeopathic potencies when he became disillusioned by the poisonous side effects of medications used in his time. His work quickly spread through Europe and the new world, paving the way for homoeopathy as we know it today.

Homoeopaths around Australia are joining their colleagues across the world in celebrating WHAW with promotional events. We invite you to join us in helping spread the word by talking to people about WHAW and just what an excellent system of health care homoeopathy is. Look out for stalls and information booths in your area.

Jan Owen



Skin Disorders & Diseases

This is such a huge topic entailing many disorders; in this newsletter we will try to cover some common problems.

The skin is the body's largest organ and we often find that skin conditions are the expression of an imbalance within the body. This means that the treatment of what may seem to be superficial and isolated symptoms actually requires a more thorough consultation and course of treatment than the home prescriber is able to ascertain by looking at the skin symptoms alone.

While skin ailments can be difficult to treat and often need a constitutional prescription, the following remedies may provide symptomatic relief. However it is important for the home prescriber to know when to seek advice from an experienced practitioner. Even then chronic conditions can take patience and a long course of treatment to resolve.

Apis: Urticaria where skin lesion is swollen, hot, red, very itchy and burning, worse heat, better cold applications.

Arsenicum: Burning pains with itching, must scratch until skin is raw. Better heat and warm bathing, worse night and cold applications.

Graphites: Dry eczema with a honey like discharge, has deep cracks, skin is hard, thick and rough. Eruptions in fold of skin.

Nat Mur: Dry flaky skin and hair. Eczema along the hairline and in the bend of joints. Worse heat, exertion, grief and better for cold.

Rhus Tox: Vesicles and blisters with extreme itchiness and restlessness. Prickly heat, eczema, shingles and chicken pox.

Sepia: Thickening of skin, circular eruptions, dryness that is worse in winter and not usually itchy.

Silica: Unhealthy skin with poor healing. Cracks on finger tips, worse in cold weather.

Sulphur: Skin is very itchy, red and burning. Scratching until raw. Worse night, on becoming warm, and bathing.

The following conditions usually respond well to remedies from your home kit. Stubborn and chronic ailments require a homoeopathic consultation.

Cold sores: Frequent episodes require a consult. The following remedies help with acute outbreaks.

Watery, pearl like blisters on the lips that are puffy and burning. Usually occurs after an acute illness, sun, or emotional upset - **Nat Mur**. Periodic lesions with chapped, raw, or cracking skin - **Sepia**. Itchy, tingling, vesicles that suppurate and leave a crust - **Rhus Tox**. Intense burning. May break open and cause small ulcers - **Arsenicum**. The lesions become filled with yellowish matter. Very sensitive to touch - **Hepar Sulph**.

Hives and nettle rash: Often an allergic reaction to foods, chemicals, plants or an insect sting.

Stinging pains and swelling. Face and eyelids puffy - **Apis**. Hives with hot, red face and headache - **Belladonna**. Clear, watery eruptions from becoming overheated. Allergic reaction to insect bites - **Nat mur**. Blisters or rash, red and swollen. Itching and tingling

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minimum dose maximum impact

Skin (contd)

- **Rhus tox.** Intense, intolerable itching, burning and stinging - **Urtica urens.**

Impetigo: Impetigo, or school sores are highly infectious and need immediate treatment. Thick, yellow, burning, spreading crusts around nostrils and mouth - **Ant Crud.** Moist lesions with splinter like pains, very sensitive to touch - **Hepar sulph.** Moist yellowish brown crusts or pustules on a red, inflamed base. Sore and itchy - **Mercurius.** Eruptions in clusters with violent burning, itching, stinging, and tingling - **Rhus tox.**

Chicken pox and measles like rashes: Childhood diseases are similar in their clinical evolution. They evolve in the following stages. **1. Incubation. 2. Invasion** (with fever **Aconite, Belladonna, Gelsemium, Bryonia**). **3. Rash.** Select remedies to fit the symptoms (e.g. **Apis, Pulsatilla, Rhus Tox, Sulphur**). If there is slow recovery with weakness **Carbo Veg.**

Recently my grand daughter Caitlin developed a Roseola like rash on her torso. The rash subsided very quickly with a few doses of **Pulsatilla 6c** followed by **Sulphur 6c** from the family home remedy kit.



Reader's Story

This is what Jan Prowse's daughter, Abbey, had to say about the remedies, such as **Pulsatilla**, that she used after the birth of her daughter Emily.



"Emily had her first check up yesterday and she has put on half a pound already, she failed the hearing test at birth just like her brother but I am not going to worry as Lewis's was just fluid and it cleared up by itself. I tell you those pills really work I feel fantastic, very happy and positive".

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.



Healthy Skin: While we often want to treat the outer appearance of the skin, it is what is happening on in the inside that ultimately affects our skin. The main nutrients the skin needs to heal are zinc, vitamin C, essen-

tial fatty acids (flaxseed, fish and other cold pressed oils) vitamin E, and vitamin A. Good mineral balance is also very important so a product like **zinc sustain** or tissue salts treat these imbalances effectively. A wholefood diet with plenty of fresh fruit and veggies and filtered water give the skin a healthy glow. Externally, rosehip oil and vitamin E can help prevent scarring and fine lines and we have a wonderful non-toxic skin care range called **Botani** that we highly recommend to safely feed the skin.

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: **Wednesday 8th March** 10 – 1pm or **Saturday 1st April** 12 – 3pm

Short Courses and Study Groups: The centre runs study groups and short courses designed for the home prescriber to further their remedy knowledge.

Animal Classes: These classes run by Clare Middle were very popular in 2005: The Intro Class is **18th March** and the series of four Homoeopathy classes start on the **8th April**. Contact us for details.

Testimonial

I purchased your home remedy kit in April and it is all I use now, homoeopathy is absolutely amazing, thanks to you and your wonderful staff I can now manage my family's health confidently and show my children that there is a better way, so they know this when they have their children! Simone Serenoa

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.

Mimulus is recommended for those who are timid and shy and fear specific things. Often those needing **Mimulus** are nervous, feel intimidated, and tend to keep to themselves

Bach Flowers for the skin: **Crab apple** is the main flower for skin conditions. It is detoxifying and cleansing and is especially indicated for feelings of self-disgust over a skin condition. Also consider: **Holly** if the skin is red and angry, **Impatiens** or **Agrimony** if there is itchiness and irritability, **Walnut** and **Beech** if sensitive or allergic to external influences, and **Chestnut Bud** if it recurs regularly.

Remedy Charts, Leaflets, Newsletters

Vibrant charts, information leaflets and newsletters have been created to make it easier for you and your family to decide on the best remedy from the Owen remedy range to suit your symptoms or particular situation. They are available from your retailer and the Homoeopathic Education Centre.

Charts: The laminated chart is the perfect size to stick on your fridge or cupboard door and is only \$2.95.

Leaflets: These are free and cover: Animals, Mother & Baby, Tots to Teens, Travel, Surgery (incl. dental & medical procedures), and Women's Health.

Newsletters: We have several copies of past newsletters full of tips and beneficial info for the health of your family and pets on various health topics. If you would like to receive back copies or to be placed on the mailing list call 08 9371 3991 or send your address to jan@h-e-c.com.au.



The Placebo Effect

Of late homoeopathy has been receiving some scathing press in relation to a (flawed) research trial reported in the Lancet, a UK medical journal. Doctors were advised of their duty to counsel patients on the uselessness of homoeopathy as it is clearly no more effective than sugar pills. Not only is this an attack on homoeopathy but also on the intelligence of people who use it.

We feel it is important to have the public tell their homoeopathic success stories, as homoeopaths are just not believed by many of the medical profession. We call on all our clients and newsletter readers to send in their stories of a situation that has definitely healed due to homoeopathy and not the placebo effect. For example success in babies, animals, children's physical ailments, improved healing rate after surgery etc.

Please send us in by post, email, fax or carrier pigeon any accounts you have of using remedies which are clearly NOT the placebo effect so that we can amass a dossier of reports and comments from the general public.

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 C: (Mag Phos, Nat Phos, Nat Sulph, Silica) A combination for sufferers of acidity, heartburn, dyspepsia and generally poor and uncomfortable digestion. **Mag Phos** is a nerve and muscle relaxant, **Nat Phos** aids in emulsifying fats, neutralising acids, **Nat Sulph** controls liver function and bile flow, and **Silica** helps eliminate toxins.

Nat sulph: (Water Eliminator) Important for the healthy function of the liver, ensuring disposal of waste fluids which accumulate in the blood and tissues. It is valuable in treating rheumatic problems, flu, biliousness, and other conditions related to the liver.

Skin Salts: **Combination D** is ideal for promoting the healing of minor skin ailments, scalp eruptions, eczema, acne and allied skin conditions.

minimum dose maximum impact





Healthy Skin for Pets - Naturally

Ilchy skins in dogs, and cats who over groom their tummy bare, are all too commonly seen by any vet. They can be complicated cases to solve, even for holistic practitioners. A few common causes are discussed here:

Fatty acid deficient diets are a common cause, and the solution is to feed more fish. Use whatever method is the easiest – raw white bait fish, tinned fish in oil or fish oil capsules, 1-6g from a cat to a large breed dog.

Emotional imbalances (often from a long time ago eg pound, pet shop or re-homed animals) can lead you to the right remedy; **Lycopodium** for those with lack of confidence or fear aggression, **Sepia** for the worn out mothers/carers, **Nux Vomica** for those with chemical overload or a history of processed food. These **Nux's**, and many others, will improve a lot if changed to a fresh natural diet (see my article 'Natural Diet for Dogs and Cats' on my website).

We should never forget a very common cause of itching on the rump, just above the tail - fleas.

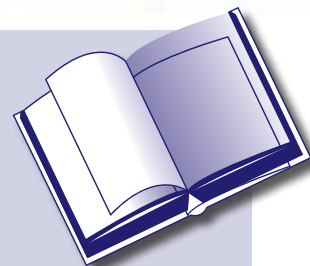
Immune system imbalance can often be accentuated in some prone breeds (Staffies, Rhodesians, Westies, Maltese, Burmese), showing as the itching of allergy or hair loss of demodectic mange, arising a few weeks after conventional vaccination. **Thuja** is the remedy to start with here for dogs, and **Pulsatilla**, **Phosphorus** or **Silica** for cats.

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



Book Corner

Isaac Golden recently held a public seminar in Perth where he explained his research and findings on Homoeoprophylaxis. He also presented the new 6th edition of his book.



Vaccination & Homoeoprophylaxis? A Review of Risks and Alternatives: Review the extensive new material in all sections. Cover the risks and benefits of vaccination, with a full discussion of the homoeopathic alternative. A reference book for parents and practitioners. \$43.95

Vaccination, Investigate before you vaccinate: A guide to parents: This is a small easy to follow guide that can answer some of the main questions asked by parents about the safety of vaccines. The guide contains information not provided by immunisation services and is sourced for medical journals, research articles etc. \$5.95

Mail order is available for all books.

Practitioner Courses

Isaac also offers accredited practitioner courses in homoeopathy by correspondence. Isaac has written these courses, and personally supervises the study. Without the expenses of colleges with city premises he is able to offer the courses at excellent rates. Call 03 5348 3667 for a prospectus or visit users.netconnect.com.au/~i_golden

From the French Countryside

After the story in the December newsletter on homoeopathy in France, a friend, who was actually with me at the same conference in Paris, sent me this photograph taken of a plaque on the outside wall of a pharmacy in the French countryside (pictured left). Thank you Lee for your contribution.