

homoeopathy & health care

In this autumn newsletter we will be exploring a few of the possible causes and homoeopathic solutions for headache.

Of course this is a huge subject and it is impossible to do it justice in these few pages however at least as a start you will be encouraged to consider various possibilities and solutions.

Jan Owen

Headaches and stress

A remarkable 70% of people suffer from headaches. Tension headaches account for about 90% of these with a typical constrictive sensation, soreness and painful knots in tense neck and scalp muscles. Migraine and cluster headaches occur in about 10% of the population, affecting women three times more than men.

There are many possible causes of headaches including eyestrain, hormonal imbalance, nutritional deficiencies, toxicity, sleep loss, digestive disturbances and emotional stress such as grief, worry and anger. Many migraines also involve food allergies and chemical sensitivities.

From the perspective of choosing a homoeopathic remedy the type of headache is not the crucial factor – matching the symptoms of the headache to the remedy produces good results regardless of diagnosis. It is common to find that a different remedy is needed for acute care as opposed to long term cure. For example a person needing **Nat mur** to treat the repetition of headaches often find **Bryonia** to be more effective for the actual acute symptoms.

Taking the correct remedy at the first sign of a headache may prevent it developing further. If the pain has become established the repetition may need to be hourly for several doses

The following remedies may help a simple headache. A long lasting or severe headache with fever requires a professional opinion.

Arnica: Bruised, achey feeling especially after a bump to the head. Sharp pain worse from stooping.

Belladonna: Throbbing and congestion, pupils dilated, face flushed. Worse in the sun or from jarring or sudden movement.

Bryonia: Bruised, sharp, stabbing pain. Much worse from movement, even just the eyes. Better from pressure and lying quietly in a dark room.



Nux vomica can help with frontal headaches, especially after over-work, late nights or over-indulgence.

Gelsemium: Dull, congestive headache and a heavy, drowsy feeling. Tight band around the head especially across the forehead.

Glonoine: Sudden bursting, throbbing headache after exposure to hot sun.

Kali bic: Sinus headache. Pain over the eyebrows or under the eyes, especially the right side. Bones of the head sore. Worse cold and better pressure.

Kali phos: Headache from study, stress and overstrain of the nervous system. A great tonic for students, school children and intellectual types.

Nat mur: Hammering headache with tears and watery discharge from the nose. Misty vision or zig-zag lights accompany the headache.

Nux vomica: Frontal headache with piercing pain and tension in the neck especially after over-work, late nights or over-indulgence.

Headaches in Children & Teens

As well as the previously described causes and remedies there are additional considerations when children are experiencing headaches. Have the vision tested and if the following remedies don't help then seek constitutional care.

Calc phos: At times of rapid growth. There may be fatigue, tummy aches and leg pains. May be whiny, bored and discontented and crave salty foods.

Kali Phos: With humming in the ears. A good tonic when studying hard.

Nat Mur: Hammering headaches preceded by misty vision or zig zag lights. Especially suited to reserved children who are averse to company and consolation.

Phos acid: Rapid growth in height with extreme exhaustion and apathy. After eye and mental strain.



Open Day to Celebrate WHAW

World Homoeopathic Awareness Week or WHAW, celebrates homoeopathy and the birthday of Dr Samuel Hahnemann 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 homoeopathy in general. Look out for stalls and information booths in your area.

In Perth the members of the WA Branch of the AHA will be holding an **Open Day** to celebrate WHAW. We invite you to bring your family and friends to join us at the South Perth Civic Centre on the afternoon of **Sunday 1st April**. During the afternoon there will be talks on homoeopathy, practitioners to chat to and products and information on display.

You can help us encourage interest by handing out Open Day brochures to your friends or leave some at your local school, library, workplace etc. If you'd like a bundle call and we'll send them with pleasure.

Naturopathic News & Views

Although our primary focus is on homoeopathy we also stock a variety of naturopathic and ayurvedic products to supplement or support the body.

Headaches & Stress: Firstly do some detective work and see if you can recognize the trigger. At the start of a headache it can help to use Homoeobotanicals with formula M and N.

Here are some scenarios and suggestions:

- Check blood pressure and eyesight.
- Consider dehydration as a factor.
- If under stress try the liquid formula **Multivital** with B vitamins and herbal adrenal and nervous system support. **Ultramuscleze** tops up magnesium levels and is an antispasmodic.
- For food intolerances eliminate triggers. Inhibit the inflammatory process with **Feverfew**.
- Low or high blood sugar can result in headache. Eat smallish, regular meals with protein and complex carbohydrates and include **Chromium, Magnesium, B vitamins** and **Gymnema**.
- For liverish headaches with nausea use a liver tonic such as **St Mary's Thistle**.
- If hormonal treat liver and adrenals to support the hormonal production loop. **Multivital** and **St Mary's Thistle** are a good start.

Classes, Study Groups & 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 to use your Home Remedy Kit for treating acute symptoms and first aid situations at home. The next class for 2007 is Saturday **19th May 12 - 3pm**.

DVD and CD: Our home prescribing class on CD and DVD has been incredibly popular. Choose the CD if you like to listen as you drive.

Bach Flower Intensive: Saturday **6th October** 10am – 4 pm \$95, at Owen Homoeopathics. In this class we will explore Dr Bach's philosophy and discuss the 38 Bach Flower Essences in detail. The book "The Twelve Healers" and a Bach Flower combination of your choice are included in the fee. Book early as this class is very popular.

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.

Pine: For those who blame themselves for everything. Even when successful they think they could have done better, and are never content with themselves or the results. They are hard working and burden themselves with faults, guilt and responsibility which can result in headaches, stress and tiredness.

Bach Flowers for Headaches & Stress: The remedies most usually indicated for headaches are; **Pine** especially when related to a heavy burden of guilt and responsibility, **Vervain** is suited to tension headaches and eyestrain especially in people who overextend and have trouble relaxing, **Elm** for chronic stress and feelings of inadequacy and self doubt.

Topical Headache Relief

There is a very good homoeopathic product on the market for topical application. This product is applied directly to the painful area and works well for many people at the first sign of headache symptoms. As with all homoeopathic remedies success is dependant on the symptom picture corresponding with the remedies in the products.

The headache stick has the remedies **Kali bic** and **Bryonia** in the formula and the migraine stick topical has the inclusion of **Iris**, a valuable remedy for many migraine symptoms. These sticks retail for around \$12 and are perfect for carrying in your bag.



Back to Basics with Tissue Salts

Dr Schuessler's Tissue Salts work gently on the physical structure of the body, building, repairing and maintaining health. The mineral is prepared by trituration to a low potency, usually 6x.

Combination G: Calc. Fluor., Calc. Phos., Kali Phos., Nat. Mur. (For backache, lumbago, piles and allied conditions) At some time in their life most people experience backache or lumbago. The pain may be associated with weakness or a cold numb feeling. **Calc Fluor** helps to strengthen the elastic fibers of skin, muscle and blood vessels.

Calc sulph: (Blood purifier) is indicated where a condition arises from impurities in the blood stream such as abscesses and ulcers. Works in combination with **Kali Mur** for catarrh, acne, etc and should always be thought of first for adolescent pimples and gum-boils. Also useful for neuralgia and frontal headaches in older people.

Tissue salts for headaches: **Kali phos**, **Mag phos**, **Nat mur** and **Silica** are excellent salts for stress headaches and migraines. **Ferrum phos** works well for headaches of an inflammatory nature.

Reader's Chicken Pox Story

Just a quick note of thanks for your "over the phone" advice. Recently my 3 1/2 and 18 month old children came down with the chicken pox. After speaking with you I started them both on **Rhus tox** and **Sulphur**.

As a result they both had minimal spots (approx 30 and 12 respectively) and apart from mild lethargy suffered no itchiness or flu like symptoms as are often reported. Best of all it was over in five days! An amazing and speedy recovery! Thank you very much from one grateful customer. *Meridith Korcznsky*

Shingles and prevention: In **Family Guide to Homoeopathy**, Andrew Lockie suggests that anyone elderly or infirm who is in contact with a chicken pox sufferer should take 3 doses of **Variolinum 30c** at 12 hour intervals as a preventative.

Feedback please!

As we enter the 11th year of producing this quarterly newsletter we ask for your input as we consider its future.

Your comments on content, distribution and frequency will be of great assistance. We look forward to hearing from you.

minimum dose maximum impact



Healthy Pets Naturally - Stress & Headaches....do animals get them?

Yes, most definitely animals get stressed about things they can't understand, if their owners are stressed, and also if they are in pain. Common stress remedies are **Argentum nit**, **Phosphorous** for storm fear, **Arsenicum** if not sleeping at night, **Stramonium** if scared of the dark.

I am certain I have had many animal patients with headaches, caused mainly from neck pain, or liver/kidney disease which can cause toxins to accumulate in the blood. Remedies for toxic headaches would be **Nux vomica**, **Nat mur**, **Lycopodium**.

Remedies for neck/spinal headaches could include **Arnica** if a history of trauma, or other physical therapies such as acupuncture or Bowen therapy. Headaches may show as continual 'head pressing' against a wall, or following a wall or fence repetitively (**Belladonna**, **Veratrum album**), or just not wanting to get up and do much (**Gelsemium**).

Headache from too much sun or heat exposure could also include **Belladonna** or **Glonoina**.

Jan asked me for a photo of a snail with a headache – I don't seem to have one, but this Beagle has a swollen face from a bee sting allergic reaction, and I suspect his lethargy was indicative of a headache. **Apis** would be the remedy here to help oedema and swelling in brain tissue as well as the more obvious subcutaneous swelling.

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



Book Corner



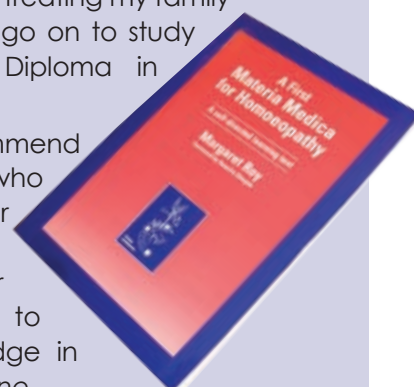
Margaret Roy's Materia Medica: We have a few, as new, second hand copies left of this book. It is an excellent self learning text for sale at huge savings.

VALUE \$95; NOW \$65

Review: Margaret Roy's **A First Materia Medica** was one of the first books introduced to me 5 years ago. Many books on my shelves later it is still a firm favourite, a book you always go back to.

The detailed and insightful pictures given on the remedies helped me enormously to gain a good knowledge on some of the most commonly prescribed remedies. It is a self directed learning manual that is aimed at assessing your own skills and is full of activities and tests that enable you to confidently choose the right remedy in acute situations by differentiating between each one by learning keynotes and modalities. It became my stepping stone for treating my family of 5 children and to go on to study for an Advanced Diploma in Homoeopathy.

I would recommend it to any person who wants to learn or enhance their home prescribing skills or for anyone wanting to further their knowledge in Homoeopathy. Karine



Homeopathy; the practical guide for the 21st century: Beth MacEoin has written an excellent book that takes you through practically all the common medical conditions that are part and parcel of everyday life.

This book, in conjunction with a simple home prescribing book such as **Homoeopathy for the Home Prescriber**, enables you to select the correct remedy and dose using the quick reference remedy tables to priorities your symptoms.

It is full of additional holistic advice and helps you to evaluate results and monitor symptoms. Value at **\$29.95**