

As you can see this is a streamlined version of the usual newsletter. We are trialing this shortened format and, based on your comments and suggestions, we'll continue with it or revert back to the longer format for future editions.

As well as being our newsletter topic, World Homoeopathic Awareness Week 2008 worldwide is focusing on Homoeopathy and Sport.

Jan Owen

Sport & Injuries

What can you use homoeopathy for in the sports arena? Well practically everything from heat exhaustion, dehydration, exposure to chill wind and weather to head injuries and bruises from falls and collisions, sprained ankles, bruised shins, pre game nerves, damaged teeth and swollen lips, broken bones and on and on.

Every homoeopath and ardent fan carries at least **Arnica** in their pocket, purse, car and sports bag. It's the mainstay accident and injury remedy. Depending upon the type of injury it is common to need more than one remedy, sometimes quite quickly, as the injury heals.

We recommend that you keep a remedy kit in your sports bag. Teach your kids to use it for all injuries as immediate treatment reduces the damage and speeds healing.

These remedies are most commonly needed:

Aconite: Shock, fear, fright and agitation are the clue. This also helps others such as a child's parents to calm down. If there is fear and anxiety think **Aconite**.

Arnica: First remedy for any physical trauma; shock, bruising, concussion, black eye, haemorrhage. Feels as if 'sore and bruised' and does not want to be touched. Often say they are fine and don't seem to realise the degree of injury.

Belladonna: Very helpful for heatstroke, heat exhaustion and sunburn. Throbbing headaches and red face.

Bellis perennis: Injuries to tissues deep in the body where pain remains despite **Arnica**. Muscular soreness.

Bryonia: Broken bones, bruises and sprains. Sharp pain much worse for movement even breathing. Irritable and wants to keep very still. Often needed



after **Arnica** to help reduce bruising and swelling.

Carbo veg: When the person passes out. Cold, clammy and needs fresh air and fanning.

Gelsemium: Pre game nerves, weak, trembling and maybe diarrhoea. This makes them think they are 'sickening for something' and can't play.

Hypericum: An excellent nerve remedy. Nerve damage including lacerations, crushed fingers or toes. Sharp shooting pains. Spinal damage.

Ledum: Black eye. Dark bruising, deep red and painful and needs ice yet feels cold. Puncture wounds, animal bites and insect bites.

Mag phos: Aches, radiating pains, spasms and cramps. Relief of general muscle weakness.

Rhus tox: Painful stiffness from sprains and overstrain or getting wet while hot. Must move, stretch and squirm and better from movement, heat and hot bathing. Worse after lying or sitting.

Ruta grav: Sprains and strains of knees, wrists and ankles. Injuries where bones are close to the surface, e.g. shin. Stiffness, pain and weakness in the joints. Wants to lie down and better from it.

When sports injuries result in surgical intervention remember that homoeopathics are ideally suited to assist recovery, repair of the physical damage and in resolving any residual shock. The Owen Home Prescribing booklet lists these remedies in detail.



WHAW 2008 – Homoeopathy & Sport

World Homoeopathic Awareness Week 2008 will be celebrated worldwide with a focus on Homoeopathy and Sport. Help spread the word by talking to people about WHAW and homoeopathy. Look out for stalls and information booths in your area.

In Perth the WA Branch of the AHA will be holding an Open Day focusing on Sport. Join us at Owen Homoeopathics on the afternoon of Sunday **6th April**. During the afternoon there will be talks on homoeopathy, practitioners to chat to and products and information on display.

Creams, Tinctures & Oils for Injuries

There are various herbal and homoeopathic creams and gels, tinctures and essential oils that complement the action of your internal remedies. They can be used for bruising and injuries, bites, fungal infections, hives, rashes, burns.

Arnica Montana make a range of quality rubs, poultices and ointments ideal for sport enthusiasts.

Classes & Study Group & Talks

Home Prescribing Classes: Learn to use your Home Remedy Kit for treating acute symptoms and first aid situations at home. Upcoming classes: Saturday 8th March and 22nd May 12 - 3pm.

For Newcomers to Homoeopathy

One hour seminars introducing homoeopathy and topical information, \$20 includes a starter pack.

Children's Health: Saturday 15th March 11am

Colds and flu: Saturday 12th April 11am

Sports remedies: Saturday 10th May 11am

Pregnancy, birth, postnatal, babies series: dates to be advised. Contact us for details.

Readers Story – Squash Ball Lip

I was very happy to have my sports remedy kit with me during a recent squash game. My opponent hit the ball off course and it smashed me in the face causing a hugely swollen lip. Amazingly, after 2 doses of **Arnica**, there was little sign of the trauma. Message to self: always have your kit on hand and always wear your mouth guard. Ashleigh O, Fremantle.

Yoga @ Owen Homoeopathics

Monday & Wednesday nights, 6.30pm

P: 08 9252 0043 www.yoga.com.au

Healthy Pets Naturally

Racing & Working Horses

Arnica is THE remedy for any accidents, falls, pain, shock, bruising, bleeding, sprains, fractures, surgery or wounds and should be in every animal first aid kit. **Arnica** is especially suited to horses because they have such a physically focused life and many of their ailments are related to injury, overstrain or imbalance of the musculoskeletal system.

Hypericum also assists in the healing of physical injury - especially where damage to the nerves is involved. Use it in situations where there is back or neck pain or lameness due to spinal compression complicating the wound healing process.

Mildly infected wounds generally respond well to **Hepar Sulph**, particularly where the horse is quite sensitive. The quieter horse may be better suited to **Pulsatilla**. Infected wounds that are very slimy, green and bleeding (and where antibiotics have not helped or can't be used) require **Mercurius**.

Recommended reading:

Homoeopathy for Horses – Macleod

Dr Clare Middle - P: 08 9494 1243; www.claremiddle.com

Book & CD Corner



Homoeopathic Treatment of Sports

Injuries: If you're a sport enthusiast you'll find this book by Lyle Morgan a gem. He discusses treatment of common athletic complaints, from heat-induced illnesses and sinus problems to sprained ligaments and dislocated joints. This is a very useful book not only for coaches, parents and athletes but also to have in the home as a general first aid reference and complement to your other home prescribing texts. \$29.95

Remedy Profile: Anas Barbariae

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. Take a moment to review and replenish your remedies in preparation for winter lurgies.

Anas Barbariae is an excellent preventative for colds & flu and can be taken fortnightly or monthly depending on susceptibility, especially the elderly and those who suffer respiratory problems. Also take when in contact with an infected person or 4 hourly for initial symptoms.