

homoeopathy & health care

Volume 49

With the Dental Congress and Exhibition being held in Perth March 12th – 15th it's a good time to be concentrating on Children's oral health with tips and suggestions on maintaining healthy teeth and gums.

Jan Owen

Childrens' dental health & tooth decay

Research shows that children are eating more sugar, more frequently - and this is having a devastating effect on teeth.

Coupled with a dramatic increase in the use of unfluoridated bottled waters and reduction in use of fluoridated toothpastes the rate of decay in children has more than doubled over the last 10 years. In fact a significant proportion of preschool children have such dramatic decay that almost every tooth is affected.

Another startling fact is that the highest rates of dental decay in the community at the moment are in adults in aged care facilities. It has been discovered that the very old, like the very young, are eating too many snacks during the day and they don't floss or clean their teeth properly.

Maintaining healthy teeth

Attention to diet and oral hygiene from birth along with regular dental checks is essential in the maintenance of our dental health. Plaque forms daily even in a healthy mouth and is best removed by regular and thorough brushing and flossing. Sugar reacts with the bacteria in plaque and causes decay. It is recommended that foods rich in sugar be minimised for the sake of dental and general health.

A predisposition to tooth decay despite adequate oral hygiene and nutritional status may be reduced by appropriate homoeopathic constitutional treatment. The most likely people prone to dental decay are the very young, teenagers and the elderly. Infants are susceptible to decay as soon as teeth appear.

The most important factor to cause decay is the prolonged presence of sugary fluids in the mouth. Infants sleeping with a bottle are at risk as are those who sleep in their parents' bed and are breastfed often. This form of decay can be very rapid causing severe damage in a matter of months.

Teenagers are likewise affected by sugary snacks and carbonated soft drinks in between meals and



may develop a reduced interest in their oral hygiene. Regular checkups are important.

Some strategies to help are:

- Avoid sweet and milky night drinks after cleaning teeth.
- Reduce sugary drinks and foods.
- Help children brush their teeth properly until they are approximately 8 years old.
- Sources of fluoride, apart from fluoride in the water supply are crude sea salt, fish, seafood and tea.
- The following combination assists in strengthening enamel in people who are prone to decay. Growing children may need to use it for long periods of time. **Calc fluor, Calc phos, Nat phos & Silica.**

Dental procedures

The following remedies and suggestions are intended as an adjunct to your dental care program. Talk to your homoeopath if you are undergoing dental procedures during constitutional treatment as your homoeopathic remedies may be affected by dental treatment.

When undergoing dental treatment **Arnica** is the most important remedy for bruising and trauma to soft tissue. **Hypericum** helps heal damaged nerves, control pain and promotes regeneration. Include **Ruta grav** when the procedure includes damage to the bone. Reduce any pre treatment anxiety in children with **Phosphorus, Gelsemium** or **Aconite**. A few doses of **Arnica** and **Hypericum** help with discomfort and healing after a scale and clean.

Brand New Website

We have rebuilt the website and improved our on-line ordering facility

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



Owen Homoeopathics at the Dental Congress, Perth, March 2009

Perth is hosting the 33rd Australian Dental Congress and Exhibition and Owen Homoeopathics is a proud sponsor of the poster display and international competition on dental research. This is a great opportunity for us to offer information about homoeopathy to potentially 2,000 dental professionals. As many of you know my background is in dental nursing and oral health education and I am married to an Orthodontist so this is close to my heart.

Madjitil Moorna Choir & Halls Creek

Do you love to sing? Madjitil Moorna means magical sounds of the bush. We are a choir focused on aboriginal reconciliation and healing, we meet and sing on Monday evenings in Forrestfield and we'd love you to join us. For details phone or email Jo Randell: 0409116460 pjrاندell@bigpond.com.

At the invitation of the Halls Creek school a group of us are traveling to the town to sing, run workshops and create a space for reconciliation and healing work. Owen Homoeopathics is a sponsor of this project. On a personal level I will be offering homoeopathic care and my husband John and I will be working on dental health care and education with the children.

This is a fabulous and ambitious project and we are seeking support and funding to make it a reality. If you feel able to or know of a business who would contribute any amount to facilitate our healing work in the Kimberley please send donations to or contact Owen Homoeopathics or Jo Randell.

Book Corner



Information Sheet on Homoeopathy and Dental Health:

We have recently added a Dental Health Information sheet to our selection. This free sheet contains all sorts of relevant information on dental care and remedies and tips for recovery after dental treatment and oral surgery.

The Dental Prescriber and Textbook of Dental Homoeopathy:

Two excellent books by Dr Colin Lessell written for the public, dental surgeons, homoeopaths and health care practitioners. These are highly recommended but not widely available, we have one or two copies. Searching Google or Amazon may bring up some copies as well.

Healthy Pets Naturally

Dental health for cats & dogs

Raw bones are nature's toothbrush for our carnivorous pet animals. Dogs and cats who chew raw meaty bones at least four days a week have clean white teeth and healthy gums. This saves the need for an anaesthetic and intensive treatment to scale or remove teeth later in life.

Cooked bone is not suitable as it is not digestible and can cause problems. Any raw bone that is a suitable size for your animal to have a good chew at (ie get its teeth into!) is safe.

Raw chicken necks or raw white bait fish for cats and toy breed dogs are usually about the right size, and raw chicken wings, raw lamb shanks, or raw chicken frames are good for medium to large dogs. Observe your pet chewing to make sure you have picked a suitable bone. If they are not used to chewing bones, introduce them gradually over about a month so your pet can learn how to digest its new real food diet that nature intended.

Calc Phos supports rapid growth, slow teething, poor appetite and calcium metabolism in baby animals. Whiny and restless. Grumpy, spiteful animals who bite siblings and owners during teething need **Chamomilla**. They whine and squeal and are capricious, wanting to be picked up, put down and carried around.

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

Classes & 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 Owen Homoeopathics on Saturdays.

Home Prescribing Classes: Learn to use your Home Remedy Kit for treating acute symptoms and first aid situations. **2nd May 12 - 3pm.**

1 hour Classes for beginners: Including an intro to homoeopathy and a remedy and info pack.

Cold & Flu Class: 2nd May 11 - 12. \$20

2 hour classes: Including 2 remedies and info pack \$45 per class. **12 - 2pm**

Pregnancy and Birth: 27th June

Post Natal Care for Mother and Baby: 25th July

Call 9277 9565 to book or view details and book online www.h-e-c.com.au