

I am certainly writing direct from the heart in this newsletter as my own family is just going through the process of my dad moving into a nursing home. Having watched my mother cope as a full time carer and experiencing the stress first hand I know how well homoeopathy stands up as a great friend during difficult times.

Jan Owen

Stress and Worry

Emotional stress such as that caused by worry, grief or shock, major life-changes such as moving home or school and workplace stress can leave us drained and prone to illness. Homoeopathy can provide an excellent early intervention and when illness has become chronic, can help rebalance the mind and emotions. Generally you are able to choose effective remedies to maintain physical and emotional health during difficult times. However we often find that people do not fully appreciate the levels of stress they are under and underestimate the toll on their health and quality of life. If you are struggling to choose effectively then treat yourself to a consult with a qualified homoeopath for support.

Exhausted by caring: The effects of prolonged periods of time spent caring for and addressing the needs and demands of babies, difficult children, the elderly or people with special needs can be profound. Not only do you suffer from the sheer exhaustion of sleep deprivation and the physical work involved, but you also have the difficulty of juggling the physical and emotional needs of other family members. It's no wonder that feelings of grief, guilt, anger and exhaustion can be overwhelming.

Useful remedies include: **Cocculus** when exhausted by worry and lack of sleep, nursing loved ones and getting up to sleepless children. There may be a dizzy, empty hollow feeling. Emotional stress, grief, guilt and mental strain with sighing and trembling suits **Ignatia**. The tissue salt **Kali Phos** is valuable for its tonic effect on the nervous system. Take twice daily when under pressure. Consider **Nat mur** if you can't cry easily, want to be left alone and feel sad and



resentful. **Pulsatilla** feels insecure, clingy, abandoned and unsupported whereas **Sepia** is fed up, worn down and indifferent. They are averse to consolation and just feel like running away.

Anxiety about Change and Coming Events: Times of change can be a huge stress for many people. Those who experience anticipatory anxiety and dread about public appearance, an interview or examination, or any new job or task often find **Gelsemium** to be a great help if there is fear, dread and trembling. **Kali phos** supports the nervous system and **Silica** suits quiet people who are capable but nervous and shy. Shy, clingy children, who find it hard to separate from mum when starting preschool or school often do very well on **Pulsatilla**, if they are very anxious, fearful and fussy **Arsenicum** may be better. For grief, sadness and home-sickness **Ignatia**.

Work Stress: If you feel worn down by overwork and worry consider the following; when overworked **Nux vomica** becomes stressed, critical and oversensitive with sleep problems and a craving for stimulants. The nerve tonic **Kali phos** supports the nervous system when overworked or worried. People in the workplace or at home who are over concerned about security, order and neatness are helped by **Arsenicum**. They tend to be restless and fidget and pace. Worry and overwork or overstudy can bring on headaches in **Silica** people with difficulty concentrating and a state of exhaustion, oversensitivity, and dread.



Nutrients for the Nervous System

When under sustained emotional stress, support and strengthen your nervous system with a good quality Vitamin B and mineral combination. A supplement such as Blackmores Passiflora complex can soothe and rest the nervous system and rather than coffee try a calming drink such as Vatta tea when irritable.

Signature Oils

The aroma of familiar scents is known to comfort people so consider adopting an oil blend as a **Personal Signature Blend**. If you need to leave a baby or young child for a time leave them with a clothing item or soft toy that has been close to you and is infused with your signature aroma. When visiting elderly folks wear your blend as they will connect and be soothed automatically through their sense of smell. Suggested oils; Bergamot, Mandarin, Frankincense and Lavender - the mothering oil.

Classes & Talks 2010

Advanced Home Prescribing Class: Come along and increase your confidence and home prescribing skills in this half day class; explore simple case taking, potency and dose, repertorising and common remedy pictures. **Saturday, 27th March 10.00 – 2.30.**

Fee of **\$95** includes morning tea and a light lunch.

"The course was really well structured and broadened my knowledge. I especially valued the section on materia medica and case studies". Robyn G

Homoeopathy & Bach Flowers for Animals: A 3hr class that covers Bach Flower remedies and acute and first aid remedies for your animals using homoeopathy; including case taking, Materia Medica, potency and dose. **Saturday, 26th June 10.00 – 1.00, Fee \$65**

Home Prescribing Classes: Learn to use your Home Remedy Kit for treating acute symptoms and first aid situations at home. The next class is on **Saturday 6th March or 12 June 12.00 - 3.00.**

Bookings can be made at www.h-e-c.com.au.

Goodbye & Thank-you

Speaking of adjustment to change we are also going through some changes at Owen. Derry, who has been the key dynamic force behind kit and remedy production for the past ten years is retiring her position.

Countless people across Australia have benefited from remedies made with love, care and attention and

along with us will miss Derry immensely. As we consider this position to be of pivotal importance in ensuring the healing power of our remedies, great care is being taken to ensure that the remaining team continues producing fantastic remedies for you.

I'm sure I speak for everyone helped by Owen remedies in thanking you very much Derry for your care and attention over the past ten years.

Healthy Pets Naturally

Stressed Pets

I find that animals suffer stress far more often than we may think. They are, after all, living in on the 'territory' of a different species (humans), and often our rules are different to theirs.

It is important to minimise the stress of a newly arrived puppy or kitten, because their behaviour pattern can be learned in these early days. **Ignatia** is a must, for the grief of leaving their animal mother and siblings. If the new arrival wakes and is fearful during the night, **Aconite** is a great remedy, and the best one for treating the basic fright/flight shock response, so common in animals. If there has been bad treatment in the past of a rescued pet, or if a young animal has an accident and injures themselves, **Staphysagria** is the best remedy for releasing the 'been abused' feeling, which can cause a defensive aggression in the future. For dogs that are flown in planes, especially when young, **Argentum Nit** is a great help to reduce the hyperactive, easily over-stimulated response which can follow.

For animals showing fear and/or aggression with house mates or other dogs or humans while out for a walk, **Lycopodium** can reduce the over compensatory self defence.

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



Book Corner

Emotional Healing
by Peter Chappell:

Stress and anxiety can lead to changes that allow illnesses to develop. This marvellous book provides information about emotional traumas and how they affect our lives and create diseases by suppression and denial of feelings. By resolving these issues we can heal our diseases/lives. **\$55**