

# homoeopathy & health care

Volume 57

Autumn, with its warm days and cooler nights, is the ideal time to be thinking about strengthening your immune system and considering measures to maintain physical, mental and emotional balance.

Jan Owen

## Wellness at Work

For many Australians their workplace is an environment where they are breathing recycled air and in some cases harmful chemicals. They may also be confined by an unnaturally sedentary lifestyle, work under pressure and stress, often travel regularly for work and in many cases spend lengthy amounts of time away from the family.

Homoeopathy, along with recognition of and attention to balancing your individual stressors, can help you to maintain a state of 'Wellness at Work' even when you're under pressure.

**Accidents:** The key remedies to have in your work kit for accidents and injuries are **Arnica** for accidents, bruises and associated shock, **Hypericum** for cuts, abrasions and crush injuries, **Ledum** for puncture wounds and **Ruta grav** for sprains and strains.

**Colds & flu:** The workplace can be a great breeding ground for cold and flu viruses. **Anas barb** is the key remedy for prevention and really important for people who easily succumb to colds. In addition take **Aconite** and **Ferrum phos** at the first sign of symptoms. Or if the symptoms are more like classic achy flu with lethargy then try **Gelsemium**.

Repeated sore throats, sinus and/or chest infections suggest a weakened immune response and would benefit from constitutional homoeopathic prescribing.

**Stress, anxiety and over working:** **Nux vomica** is the most indicated remedy for the stress caused by over work; it covers the accompanying ailments such as irritability and impatience, insomnia and a craving for stimulants such as coffee and caffeinated drinks, alcohol, drugs and stimulating food.

**Gelsemium** is great for anticipatory anxiety; when people anticipate even simple things with fear and dread. They become weary, apathetic, withdrawn and can't think. May suffer headaches, frequent, painless diarrhoea, and restless, fitful sleep.



Other possible stress remedies include **Aconite** for acute anxiety, agitation and restlessness. **Argent nit** is also good for "nerves" due to worry about coming events, especially giving presentations. Anxious, nervous, excitable, talkative, impulsive and craving sweets. Restless anxiety, apprehension and dread in high achievers who become overly fussy and fastidious indicates **Arsenicum**. They wake between 12 – 2 with tummy upsets and anxiety. Dizziness, exhaustion and an empty feeling from worry and loss of sleep indicates **Cocculus**.

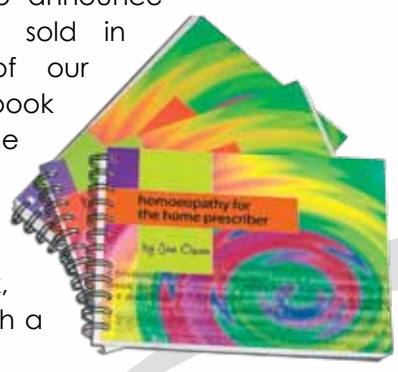
**Shift Work – fly in fly out;** with so many people traveling, especially by air, to and from the workplace homoeopathy is a real boon. **Nux vomica** is the standout remedy for symptoms associated with changes in the body clock from time changes, shift work or long work hours. **Cocculus** with its jet lag like symptoms and the nerve nutrient **Kali phos** are also well indicated to support the nervous system.

For many this kind of life style also has an impact emotionally. Remedies that are commonly indicated are **Ignatia** for the grief and sadness associated with separation from family. **Pulsatilla** if feeling lonely and emotional. **Nux vomica** if, once back home you're irritable and cranky with the family. And if you feel fed up, dragged down, want to be left alone and sometimes feel like running away from it all then take some **Sepia**, it will bring back the joy.



## In excess of 10,000 copies sold of our Homoeopathy for the Home Prescriber

We are thrilled to announce that we have sold in excess of 10,000 of our very own Owen book Homoeopathy for the Home Prescriber. Why not celebrate with an additional copy to keep in your desk, or work bag along with a few key remedies.



## Work Stress Nutrients & Herbs

When you find yourself under sustained pressure and stress, support and strengthen your nervous system with a good quality combination of minerals and B Vitamins. In addition a supplement such as Blackmores Passiflora complex taken at night can soothe and rest the nervous system.

If you're feeling irritable, impatient and restless rather than turning to stimulants such as coffee try a calming drink such as Vatta tea. And if you're too busy to book a massage, self massage is remarkably effective to ease out tension. Add several drops of essential oils to almond oil base and massage into your lower back and limbs after a warm shower or add them to the bath water and have a relaxing soak.

## Classes & Talks 2011

**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 **9th April 12 - 3pm. Fee: \$55.**

**Home Prescribing DVD or CD:** If distance or other circumstances preclude you attending this class you can still learn about using the 40 remedies in the Owen range. Phone or order online. **Just \$19.95**

**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, 10th September 10.00 – 2.30. Fee of \$95 includes morning tea. BYO lunch.**

You can view details and book classes for 2011 online at [www.owenhomoeopathics.com.au](http://www.owenhomoeopathics.com.au).

## Healthy Pets Naturally Pets at Work

I guess we don't tend to think of our pets as 'working' but for carnivorous pack animals, being a good and valued member of the pack can mean survival or not. It is especially their 'job' to follow and copy the pack leader(s), so as to help the pack survive harmoniously and to be retained in the pack themselves.

It is for this reason that I see so many pets with similar personality patterns, and often even similar physical illnesses, to a person in their 'pack'.

Sometimes this can become a problem, resulting in an over dependant pet which follows us around everywhere, being a nuisance, tripping people up or developing separation anxiety. **Pulsatilla** is the remedy here.

Both over compliance and over dominance show an over the top attachment to alpha status, and can respond well to **Lycopodium**.

Animals who are over-responsible, thinking it is their job to look after everyone all the time (often in a nice and caring way) need **Phosphorous**, so they don't wear themselves out and become sick.

**Arsenicum** is the remedy for worrywart who becomes anxious if everyone in their 'pack' isn't complying to a fixed routine.

**Dr Clare Middle** - runs a natural therapies only veterinary practice in Bibra Lake P: 08 9494 1243; [www.claremiddle.com](http://www.claremiddle.com)

## Book Corner



### THE SPIRIT OF HOMOEOPATHIC MEDICINES; essential insights to 300 remedies

I'm excited because we have just received a small shipment of this much loved and long awaited book by French homoeopath Didier Grandgeorge.

Grandgeorge traces the common thread connecting our physical suffering and unconscious motivations and extracts the dominant idea in a case. He takes us deep into the spirit of each remedy with just a few words.

I love this book, not only is it fascinating reading but also it's a great help when you are trying to differentiate between possible remedies. **\$30**