

homoeopathy & health care

Volume 61

This newsletter focuses on hormonal health and while the remedy pictures presented relate mainly to women, homoeopathic remedies may restore hormonal balance for both males and females providing the remedy picture resonates.

Jan Owen

Hormones & Health

Our hormones carry an infinite number of messages from our glands to our cells and these hormones spur our body on to maintain the delicate balance of chemical levels in the bloodstream and keep us in a state of homoeostasis and equilibrium.

It's fluctuations in these hormones especially during times of transition; such as rapid growth, development and change that can result in many unsettling mental, emotional and physical symptoms. Homoeopathy embraces all these symptoms and looks for remedies to stimulate the body's own healing and balancing capacity to restore equilibrium.

The Materia Medica lists many remedies that cover the myriad of symptoms associated with hormonal change. A few of the most common are listed here:

Belladonna: Energetic, enthusiastic people who experience headaches and heavy periods with throbbing pain. Sudden onset of symptoms.

Calc phos: Suits young people who are developing and growing very quickly and are trying to become independent. Bored, restless and keen to make new friends and the start of a life away from home. Often tall, lean and anaemic. Menstrual irregularity.

Chamomilla: Sensitive, quarrelsome and angry. Can't be pleased or appeased. PMS and unbearable colicky labour like pain that may result in vomiting and diarrhoea.

Lycopodium: Bloating, flatulence and abdominal pain. Prone to digestive upset and indigestion. Weak libido and sexual disconnection with inadequacy. Overwhelmed by responsibilities and low in confidence with feelings of failure that can be hidden behind a cloak of intellect or superiority.

Nat Mur: Periods may become scanty and the woman can feel cross, resentful, trapped and irritable. Vaginal dryness, fluid retention and a tendency to prolapse are common. Sexual intercourse may be uncomfortable with diminished desire. Frequent headaches and cold sores.

Nux vomica: Irritable, impatient and fault finding



especially. Stressed and annoyed by hormonal symptoms as they are just distractions from work or other tasks. Overexcited and on edge after excesses of any kind. Cramping spasmodic pain, constipation and digestive symptoms. Insomnia.

Pulsatilla: Changeable symptoms, worse from heat, flushes, mood swings, weepiness, self-doubt, low confidence, poor concentration. Feel unsupported, need lots of company, attention and encouragement. Commonly needed at times of change; puberty, pregnancy, after birth for 'baby blues', and in menopause. Periods are usually late and light and there may be fainting, headache and back pain. Nausea and vomiting may accompany the cutting, tearing pains during menses. Worse in a stuffy room and better in the fresh air.

Sepia: This is a person who likes to be independent, they try to keep the family happy and at the same time pursue their career. This can become 'too much' and they become miserable and worn out with irritability, anger and indifference towards the family and a desire to be left alone. May be hostile and uninterested in or averse to sex. A tendency to hormonal headaches, lower back pain, constipation, PMS with nausea and a dragging sensation as if the insides will fall out, heavy bleeding, hot flushes, fainting and anxiety.

Sulphur: These people have an active mind and vivid imagination. If frustrated they can become overheated, itchy and restless. Hot generally, especially the hands and feet which may be burning and have to be put out of bed. Flushes with burning heat. Frequent waking.



Repetition of Dose

When in a period of transition we may need quite regular remedy doses to keep our hormones in balance. This is especially true around puberty and menopause. Although generally speaking once you are symptom-free you should stop taking the remedy there can be wisdom in returning to an infrequent dose at the first sign of imbalance rather than wait until your hormones are completely awry.

Lifestyle choices must also figure into the picture when thinking of balance. Stabilizing other hormones like insulin through diet and exercise and cortisol through stress management is also important in maintaining a state of balance. People suffering severe symptoms, may get the most benefit from a constitutional remedy prescribed by a professional homoeopath.

Healthy Pets Naturally

Female Dogs & Hormones

It is less common these days to see unsterilised animals, but owners of entire female dogs will know that a pregnant bitch can get quite moody, even stop eating, in which case **Pulsatilla** is the remedy.

Pulsatilla is also the remedy for that strange phenomenon, luckily not occurring in humans, called a false pregnancy. Following a heat the dog acts and looks (even to producing milk!) as if pregnant when they are not. Also adding Progesterone 30C can be helpful as it is caused by progesterone imbalance. If a bitch rejects her puppies, **Sepia** can work like magic.

Sterilised female dogs can suffer oestrogen deficiency urinary incontinence, which can respond to using homoeopathic **Oestrogen** 10X or 6c, a remedy which fits anxiety if present (as the adrenals further weaken the remaining oestrogen production from the pituitary). Sage is oestrogenic so add one to three leaves of fresh Sage daily in food.

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

Homoeopathic Awareness Week 2012

28th April – 4th May

World Homoeopathic Awareness Week for 2012 is focused on fertility - and how homoeopathy can be of help for both women and men. There will be stories and information from the homoeopathic community on this subject at that time.

Meanwhile check out author Ruth Sharkey's books. There are titles such as 'Natural Conception and Fertile Fathers' available at www.sharkeys.com.au.

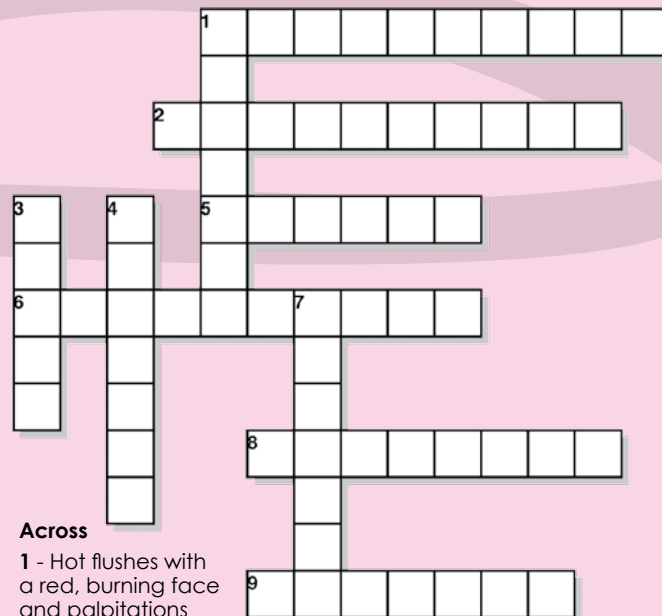
Owen Homoeopathics & Homoeopathic Education Centre
P: 08 9277 9565; F: 08 9277 9192
www.h-e-c.com.au jan@h-e-c.com.au
443 Gt Eastern Hwy, Redcliffe WA 6104

Classes & Talks 2012

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 **31st March, 12 - 3pm. Fee of \$55** includes afternoon tea. Bring along paper and pen for note taking. If you've attended this class before you can come along and refresh at no cost, spaces permitting.

You can view details and book classes for 2012 online at www.owenhomoeopathics.com.au.

Crossword



Across

- 1 - Hot flushes with a red, burning face and palpitations
- 2 - PMS with low confidence, bloating and abdominal pain
- 5 - Irritable, resentful and sad, fluid retention, frequent headaches
- 6 - Needy & weepy at times of change, mood swings & PMS
- 8 - Headaches, tummy aches and irregular periods in teens
- 9 - Soothes spasmodic, crampy menstrual pains

Down

- 1 - Dryness of mucous membranes and prone to constipation
- 3 - Feeling worn down, irritable and indifferent. PMS Hot flushes
- 4 - Hot flushes, itchy skin, cat naps and frequent waking
- 7 - Hormonal imbalance after grief or emotional upsets

Answers at www.h-e-c.com.au

Book Corner

Whole Woman Homeopathy

by **Reichenberg-Ullman** is a very informative book that focuses on women's health. It is very easy to read and understand and includes a section on common women's issues and finding the correct remedy for you. Case studies and Materia Medica sections enhance your knowledge about homoeopathy. A great buy at **\$29.95**, limited stock available.



minimum dose maximum impact