

nomoeopathy Rhealth care

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This Autumn newsletter is full of remedy tips to help get you through the tricky teenage years.

Puberty

Jan Owen

During the adolescent years the teenager is developing a strong drive to separate from the parents and family in preparation for independent living. As we know this can create enormous conflicts incorporating excitement, fear and sometimes aggression. As parents it can be quite a challenge to set aside our own reactivity and provide a safe and loving environment for this development.

Homoeopathy can help families and support teenagers with the challenges faced as they transition from childhood into adulthood. Remember to consider the whole picture when choosing a remedy. For instance dietary cravings can be an important clue e.g. *Calc phos* and *Nat mur* crave salty, *Lycopodium* craves sweet, and *Sulphur* loves junk food.

Acne and Skin Problems

Taking care with diet, cleanliness and a simple skin care regime is essential. Sensitivity to makeup, soaps and skin products can develop or be a result of overuse. **Belladonna** has red inflamed spots and a red face. **Hepar Sulph** has many pustules. Try **Pulsatilla** for those who fit the general picture and have a fair complexion. **Silica** helps heal scarring. In very resistant cases consider **Sulphur**.

Emotional Problems

In difficult and complex situations a constitutional prescription or professional opinion is needed to attain balance. However for acute problems that arise there is much we can do with home remedies.

Aconite, acute anxiety, great fear and dread. Argent nit, anticipatory anxiety with fear and trepidation. Talkative, hurried and impulsive and crave sugar. **Arsenicum**, extreme mental and physical restlessness, particularly at night. Anxiety in overly fastidious high achievers. Bryonia, very grumpy, ill tempered and easily aggravated. **Gelsemium**, anticipates even simple things with fear, trembling and weakness. Weary, apathetic, withdrawn and preoccupied. Hepar sulph, 'touchiness' as a result of fussing. Ignatia, cannot get over the loss of a loved one. This can be to do with losing friends, broken relationships etc, disappointed in love. Lachesis, talkative and euphoric mood alternates with withdrawal and despair, jealousy, irritability and explosive outbursts. Lycopodium, lack courage and confidence, but may be bossy, irritable and sarcastic at home. Terrified of public speaking and fear failure. Crave sweet and suffer wind and digestive problems from anxiety. Nux vomica, agitated, irritable



and short tempered when under pressure. Addictive behaviour and depend on stimulants. *Phosphorus*, extreme sensitivity to others feelings with 'free floating' anxiety in outgoing, sociable types. Fear storms, ghosts, the unknown etc. *Pulsatilla*, clingy, changeable and weepy. They are sweet but can be manipulative and show jealousy towards siblings.

Growth & Calcium Metabolism

Problems can be associated with calcium metabolism and rapid growth and are aided by *Calc Phos 6c* and *Mag Phos 6c* taken regularly. On a mental level the imbalance and need for *Calc phos* may be recognisable as boredom and discontent, with a craving for salty food. See the full picture on Page 2. Growing pains respond well to these remedies, as well as massage with *Lavender* and *Rosemary* and taking extra *Zinc*.

Headaches

If the following remedies don't help then seek constitutional care. Frequent headaches associated with rapid growth and fatigue, *Calc phos*. Strained and painful watering eyes, unable to bear bright light, *Euphrasia*. With humming in the ears, *Kali phos*. Hammering headaches preceded by misty vision or zig zag lights, *Nat mur*. Headaches from poor diet with digestive uneasiness, diarrhoea, wind, *Lycopodium*. In the acute phase consider *Bryonia* or *Belladonna*.

Hormone levels

Erratic hormone levels can result in a very unsettling feeling of instability and loss of control. Well-chosen remedies can be like a miracle in smoothing and regulating hormones. Weepy, despondent, changeable, cries at least thing, craves sympathy and attention, especially pre-menstrually, *Pulsatilla*. Whereas *Sepia* is moody, irritable, sarcastic and wants to be left alone as does *Nat mur* who is closed, sad, resentful and tends to retain fluid.



spongia 4 coughs sulphur 4 dry skin ur 4 hayfever pusatilla 4 period pagelsemium 4 flu vix vomica 4 hangovers sepia 4 menopause 4 joint page kali phos 4 nerves sepia 4 menopause 4 croup anas barb 4 colds aconite 4 croup

Study & Exam Stress

Stress and pressure at exam time can be managed by preparing a program well in advance to care for the mind, body and spirit.

The following remedies may be indicated. Mentally exhausted after working hard for exams, **Anacardium**. Difficult concentration in busy, nosey, jealous people, **Apis**. Anxious, nervous, talkative and impulsive, certain they will fail. Craves sweets. Flatulence, belching and diarrhoea with the anxiety, **Argent Nit**. Can't cope with life, quiet and withdrawn with a fear of failure, **Gelsemium**. Brain fag and nervous exhaustion from excess mental effort, **Kali phos**. Irritability and sleep disturbances from over study, late nights and indulgence in stimulants, **Nux vomica**. Dread of having to make a mental effort. Headache and exhaustion from overwork, **Silica**.

fact Sheets

We are currently writing over 50 one-page fact sheets to provide additional information and complement the Homoeopathy for the Home Prescribing book, Info sheets and newsletters. There are 13 available to date and cover topics such as cold & flu, coughs, sore throat, accidents and injuries, head lice, teething and tantrums, animals and many more. Download or print from our website.

Classes & Talks 2013

Home Prescribing Classes: Learn to use your Home Remedies for treating acute symptoms and first aid situations at home. **Saturday, 22nd June** 12.00 – 3.00. The fee of \$55 includes afternoon tea. Bring paper and pen for note taking. If you've attended before you can come along and do a refresher at no cost, spaces permitting.

Phone or view details of classes and book online at www.owenhomoeopathics.com.au.

Book Corner

Bach Flower Remedies can help teens cope with the many physical and emotional changes they face by addressing the mental outlook, mood, personality trait or temperament of the person so they can live in a more positive and constructive way.

We recommend the following books:

Bach Flower Remedies: Step by Step by Judy Ramsell Howard is a comprehensive guide to selecting and using the remedies. **\$19.50**

Illustrated Handbook of Bach Flower Remedies by Philip M. Chancellor is an informative book with a chapter dedicated to each of the remedies: \$35.00

Healthy Pets Naturally

Pets in the Teens

Generally this is not an issue for most pets, as most have been sterilized surgically before puberty, which is about 6-8 months of age in cats and dogs.

No-one can live with an unsterilized female cat, they drive you mad, and they continually breed, so basically nobody owns one.

However, for those female dogs who do get to come on heat, it is important to know about a strange phenomenon called "false pregnancy" which humans do not get (thank goodness!). This involves the dog acting as though pregnant after being on heat, even though she is not. They can produce milk, their abdomen can fill up with fluid and they collect cuddly toys and nest them. They can become distressed and neurotic, over-demanding attention. *Pulsatilla* is the prime remedy for this syndrome or *Nat mur* if they seem sad and withdrawn. If the mammary glands are engorged, *Apis* or *Belladonna* can help. Because false pregnancy is caused by an excess of progesterone, then *Progesterone 30C* can really help too.

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CALC PHOS: the mineral calcium phosphate

Calc phos is a major constituent of bones, teeth, connective tissue, blood corpuscles and gastric juices. It is a very useful remedy at any time in life when nutrition and growth are especially important. It is therefore a major remedy at puberty when



there is accelerated growth. It promotes cellular activity and restores tone to weakened organs and tissues. It is a very valuable tonic as it assists digestion and assimilation of nutrients.

The person needing **Calc phos** tends to be growing quickly and is prone to leg cramps, tummy pain, glandular swellings and headaches. They are whingy, whining and discontented. Cravings include salty food like bacon and chips.

ANAS BARB & Winter Prep

With a change in weather to cooler nights just around the corner consider adding a fortnightly or monthly dose, depending on susceptibility, of **Anas barbariae** to your wellness program.