

minimum dose maximum impact

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 Can't cope with life, quiet and withdrawn with a fear of failure, **Gelsemium**.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 fog 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.

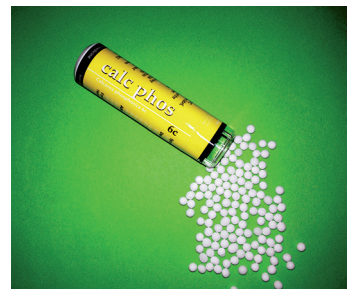
No-one can live with an unsterilized female cat, they drive you mad, and they continually breed, so basically nobody owns one.

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.

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

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 whiny, 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.