

Volume 31, September 2004

**H**Intro about our trip away including visits to centers in the north west Nt & QLD

Despite the blessings of spring for many of us it is a miserable time suffering the discomfort of spring allergies and hay fever. We have included lots of tips and remedy suggestions to relieve these symptoms.



Our 'home-away-from-home' for the next XXX months

Jan Owen

## Hay Fever and Spring Allergies

**H**ay Fever is best treated with a carefully selected constitutional remedy for a sustained result, however relief can be obtained with the use of acute homoeopathic remedies as well as tissue salts, vitamins and minerals and herbal combinations which all have a part to play in strengthening the system.

Attention to spring cleansing the liver after winter can also lessen the allergic response. Limit the intake of dairy and refined starches to reduce production of mucus and increase your **Vitamin C** and **Magnesium** levels with supplements. It can be helpful to fit air filters over open windows and fire places and efficient draught excluders to doors to keep irritating pollens out.

Our own **Hay Fever combination** is enormously popular for acute relief of symptoms and contains remedies such as **Allium 6c**, **Sabadilla 6c**, **Euphrasia 6c**, **Pollens 6c** and **Tissue Salts**. We also stock and recommend **Combination H** tissue salts, **Formula 5 Bio Research complex** and various Brauer remedies such as **Hayplex** depending upon your particular needs.

If you prefer to use a "simplex" remedy for the acute symptoms choose from our home prescribing book or the remedies listed below. When choosing acute remedies it is important to pay attention to your particular local symptoms and try to start the acute treatment of your allergies immediately you sense the problem arising or better still several weeks before the onset of the "season" for best results.

**Allium:** Allergies every spring, often begins with sneezing. Burning smarting light sensitive eyes producing bland tears (as if chopping onions). Acrid, watery discharge irritating the upper lip, sore nostrils. No sense of smell and the nose feels blocked despite the runny discharge. Tickling and burning in the throat. Dry, rasping, tearing cough. Better open air.

**Arsenicum:** Burning eyes, thin watery tears, light sensitive. Violent and painful sneezing caused by a tickle in the nose. Profuse watery burning discharge which irritates the upper lip. Dry irritating cough and burning swollen throat, unable to swallow. Restless, chilly, worried and exhausted.

**Euphrasia:** Eyes swollen, red and burning with acrid, sticky, irritating discharge. Fluent watery discharge from nose. Cough with phlegm. Symptoms worse indoors, from heat and wind.

**Gelsemium:** Eyes heavy and swollen, better in the open air. Violent sneezing with tingling in the nose and streaming irritating discharge which is worse in the morning. Sore throat, like a lump in the throat. Dry cough with sore chest and oppression. Apathetic, listless, giddy and trembling.

**Nux vomica:** Smarting, light sensitive eyes. Stuffy nose, obstructed breathing. Itching inner ears. Dry cough with sensation of something loose, brings on a bursting headache. Migraine type headache, worse stooping. Irritable, nervous, chilly and oversensitive.

**Sabadilla:** Watery eyes with red burning eyelids. Nose stuffed up or running freely and itchy. Spasms of sneezing. Very sensitive to smells eg. flowers. Sore or tickling throat, better for warm drinks. Chilly.

**Sanguinaria:** Mucous membranes very dry with a raw burning sensation in the ears, nose and throat and sneezing with profuse burning secretion. Burning soreness in the chest extending to the abdomen. Hacking cough, worse at night. Better for sleep and in the dark. Hypersensitive to smells. Thirsty.

## Study Pack – Special Spring Offer

Retail value \$72.50 September, bargain price \$55

Exams bring an enormous amount of stress and pressure as the culmination of a year's work and exam time looms.

As well as homoeopathics to address individual problems such as anticipatory anxiety, sleeplessness, self doubt, mood swings and exhaustion we recommend vitamins and minerals to strengthen the mind and body, a healthy diet and adequate exercise and relaxation.

Our **Study Pack** is great value and promises excellent results particularly if you implement it before "the pressure is on".

**7 Remedy Study Kit:** This pouch includes an info sheet and remedies for exam nerves, overwork, sleep problems etc. **Anacardium:** Brain fog, impaired memory, absent minded and lacks confidence. **Argent nit:** Very anxious and nervous, excitable, talkative & impulsive. Is certain he will fail. **Gelsemium:** Physically and mentally weak and exhausted from overwork or anxiety. Dull, apathetic, withdrawn, can't think, wants to be left alone. **Kali phos:** An excellent nerve tonic. Mental and physical depression from overwork or worry, feels exhausted & weak. **Lycopodium:** Great anxiety around coming exams with fear of failing, generally irritable and often sarcastic. **Nux vomica:** Insomnia after studying late at night. Touchy, jittery and hostile. Relying on coffee, sugar, cigarettes, alcohol. **Ruta grav:** Eye strain – eyes red, hot and sore from overuse. Wrist strain from writing or computing.

**Confidence Drops:** A Bach Flower combination including **Elm**, **Clematis**, **Gentian**, **Larch**, and **Rock Rose** to calm the nerves and boost confidence.

**Teenager leaflet:** Lots of tips to help teens cope with study and the other issues which may cause difficulties for them.

**Bassets Multi Vitamin Lozenges:** These chewable lozenges are a favorite with young people and offer nutritional support.

**Owen Home Prescriber Booklet:** Our own home prescribing booklet with sections on exam nerves and study.

## A Travel story - Arnica to the Rescue

On a recent overseas trip I was involved in a failed bag snatch from a car, which lifted me up and dumped me on my left side, with injuries to my knee, hip, elbow and ribs.

Within 10 minutes I was taking **Arnica** from our first aid kit, and felt myself returning into my body. Jan's book for home prescribing and our various remedies were invaluable in helping me deal with my injuries and to change remedies as the bruising changed and deeper strains became evident. I was able to continue the holiday for the next 2 weeks, enjoy it and heal at the same time. *Vanessa Errol*

*Vanessa's story highlights the importance of always traveling with a small but well chosen remedy kit. Carry it on you at all times, its no use to you back at the hotel if you're involved in a serious accident.*

## Naturopathic News and Views

Marina Johnson is trained in naturopathy, homoeopathy and iridology and uses ayurvedic principles in her treatments, which are designed to support the homoeopathic patient. Marina is available from Tuesday to Friday for Naturopathic Consultations and advice.

**Spring Balance:** Spring is a wonderful time for a gentle liver cleanse to alleviate the toxic build up and lethargy which occurs over winter. Consider a gentle homoeopathic detox such as **Brauer Elimitora** or use **Livatone** with liver cleansing herbs. Take either of these tonics with a healthy eating plan and you will soon feel lighter and more energetic.

The addition of Ayurvedic herbs, spices and teas to our lifestyle also assist in coping with the seasonal changes. Spring is traditionally known as the Kapha season and we know that we have a Kapha imbalance when we feel lethargic with slow digestion and suffer from allergies and sinus congestion. This imbalance is caused by excessive rest or sleep (winter hibernation), excessive food intake especially heavy cold food, insufficient exercise, and cold, wet weather. Balancing techniques include warm light food, sustained regular exercise, early rising, exposure to natural sunlight and the addition of **Kapha Churnas (spices)** and **Teas** to our diet.

## Remedy Pouches & Storage Boxes

Wallets and pouches are supplied with or without empty vials.

**7 remedy pouch** Ideal for baby bag, handbag or backpack. **\$7.50** or **\$12** with empty vials.

**20 remedy pouch** For a more comprehensive travel kit. **\$15** or **\$25** with empty vials.

**Storage Boxes:** These popular boxes are an ideal storage solution for a growing remedy collection. The box is divided into 6 sections to help keep the vials upright. **\$14.95**



## Homoeopathy for the Home Prescriber

**This is our very own Home Prescribing manual!**

Included in its 120 pages is a section on the Treatment of Common Ailments and a Materia Medica listing key symptoms of 40 remedies in general use at home.

This book, written by Jan, accompanies the Owen Homoeopathics range of retail medicines. It is available from your closest retail outlet stocking Owen Homoeopathics, as well as from the Centre and our website for just **\$9.95**.



## Bach Flower Remedies for Serenity and Balance



*There is no true happiness unless there is a change in outlook, peace of mind and inner happiness.*

Edward Bach, 1934

The Bach remedies reflect Dr Bach's belief that "disease" is a sign of imbalance in one's emotions, attitudes and life directions. The Bach Flower Remedies have deservedly earned themselves a reputation of excellence and are now used extensively throughout the world. Contact us or your local supplier to purchase a stock bottle or to discuss having a combination made up to your specific needs.

**Gentian:** A great remedy when we feel easily discouraged and pessimistic. We know why we feel disappointed and depressed and Gorse gives us the strength to overcome these feelings. It helps people to face life's challenges with courage when depressed from difficulties such as long term unemployment. It encourages the heart; remember the lion in the Wizard of Oz and all the other Leo's in your life.

### Bach Flower Intensive

**Saturday 9th October 10am – 4 pm \$75**

**This is a very special once yearly class in which we will explore Dr Bach's philosophy and discuss the 38 Bach Flower Essences in detail.**

The book "The Twelve Healers" and a Bach Flower combination of your choice are included in the fee. Book early as this class is very popular.

Morning and afternoon tea are provided, you only need to bring your lunch and note taking materials.

## Classes & Study Group & Talks

The following classes run regularly throughout the year. To receive information, or to reserve a place call 9371 3991.

**Home Prescribing Classes:** Learn how to use your Home Remedy Kit to treat acute symptoms and first aid situations at home. Saturday 11th September 12 – 3pm and Wednesday 3rd November 10 – 1pm.

**One Year Study Course:** This course, which includes texts and a selection of remedies, offers a solid foundation for mastering the art and science of homoeopathy. Book early to start in February 2005 as this is a very popular course.

**Animal classes:** see details of these courses on the back page. Bach Flowers for Animals, a 2 part course, 6th & 13th November and Diet & Nutrition 11th December.

**Bach Flower Intensive 2004:** Saturday 9th October 10 – 4pm. Book early for this very popular class.

## Back to Basics with the Tissue Salts

The Twelve Tissue Salts of Dr Schuessler work gently on the physical structure of the body, building, repairing and maintaining health over a period of time. They are prepared by trituration of the mineral to a low potency (6x usually) and pass rapidly into the body through the bloodstream.

**Combination T** – Kali mur, Nat phos, Nat sulph. (for biliousness, sick headache, digestive disorders) This combination is often called the summer seasonal remedy. Useful when stomach upsets are accompanied by biliousness and sick headache. Useful for morning sickness.

**Kali mur** – (blood purifier) Termed the first aid salt this tissue salt is the oxygen carrier. Ferr Phos can be used in the early stages of acute disorders, in first aid situations such as sprains and strains and if the person has anaemia. It may also be used, after being crushed into a powder, on wounds, cuts and abrasions where there is bleeding. Please note: This is in no way an iron tonic but is used for its nutritional value.

**Hay Fever Tissue Salts:** For best results start your tissue salts six weeks prior to start of the 'season' and take them on a regular basis. Mag phos, Nat mur & Silica.

## Aromatherapy for the Heart & Home

Aromatherapy is an holistic form of healing that uses the essential essences of aromatic plants for healing and the maintenance of vitality. Many people are turning to the therapeutic benefits of aromatherapy for their health and well being. Check with your homoeopath before using essential oils during homoeopathic treatment.



**Mandarin Oil:** excellent for digestive disorders, menstrual cramps and spasms. It helps to move excess fluid in the body and activates the liver. massage into the abdomen, clockwise to relieve colic. It gives a sense of calm and tranquility and is useful for restlessness and insomnia.

**Oils to relieve Hay Fever:** Oils commonly used to relieve the common cold are the first to think of for runny noses and sneezing, especially Lavender and Eucalyptus. However it is more helpful to treat the allergies in general. The best oils for this are Chamomile and Melissa, often used in alternation throughout the pollen season. If the heat of a steam inhalation makes you feel worse try an oil burner, a few drops of oil on a hanky and carried with you or a massage blend. Don't be discouraged if oil aggravates you, it does not mean that all oils will have the effect, be prepared to experiment. Simply diluting the oil further may make it tolerable.

minimum dose maximum impact



## Springtime is Kennel Cough Time

with Dr Clare Middle

If your dogs have had the homoeopathic preventive it is very likely that the springtime round of kennel cough will not affect them at all, as the kennel cough nosode is a particularly effective one.

For those dogs who either have not received any disease prevention, or have been conventionally vaccinated for kennel cough, there is a fair chance of suffering this condition!

It is not a serious disease, just a mild croup-like cough for a few days. The worst of it may be that your dog and maybe your whole family will be kept awake for a night or two by the constant coughing. Occasionally, bronchitis and pneumonia may develop in very young or old dogs, but for most dogs, homoeopathic treatment is very effective.

The **Kennel cough 30c** nosode itself can be given once or twice, and other useful remedies may be **Aconite** for the early stages for a rough, loud, barking (pardon the pun) cough, especially at night. Then later, other remedies to consider include **Bryonia**, **Drosera** and **Ant tart**.

It is very helpful to give **vitamin C** powder, about 2000 - 4000mg twice daily for a few days, and a human dose of immune boosting herb such as **Echinacea**, **Andrographis** or Reishi/shitaki mushroom. A herbal cough medicine with some warm honey can also help a lot.

**Dr Clare Middle has now sold the East Fremantle Veterinary Clinic and has started a veterinary natural therapies consulting room at Bibra Lake. Tel: 94941243; www.clare-middle.com**

## Animal Success Stories

Rachel Blackmore from Henley Brook sent us this story about her 7 month old miniature horse Bubbles.

Bubbles had conjunctivitis on and off in the right eye since birth, despite antibiotic treatment. Rachel then used **Euphrasia 6c** internally and in tincture as an eye wash for 2 days and the problem cleared up.



A week later it recurred mildly, was treated again and hasn't come back.

Rachel is thrilled to have saved on vet costs and she only had to treat him for two days which meant that Bubbles was happy too.

## Book Corner



### Homoeopathic Treatment of

#### Children: This book by Paul Herscu

is a compelling description and impressively practical guide to the use of homoeopathic medicines in treating underlying health problems in children. Herscu's clear and vivid depictions of these constitutional types will help anyone understand children more deeply.

**\$00.00**

#### Growing Up With Bach Flower Remedies:

There are many Bach Flower books but this one by Judy Howard is special as it shows how the remedies can help babies, children and adolescents during the turbulent years of youth. The reader is taken through many stages of childhood; developmental progress, illness, schooling, behaviour, puberty, exams and other milestones when emotional support is needed.

**\$27.95**

#### Portrait in Oils:

The key-stone of this book is the 24 monographs of major essential oils, presenting each oil as an individual entity with detailed and precise characteristics. An understanding of the personality profile of an oil makes it possible to relate its olfactory affinities to the individual. The essences can be precious allies in health care and stimulating personal growth.

**\$17.95**

#### Natural Horse Care:

Over the last 50 years, Pat Coleby has developed a reliable natural and inexpensive way of keeping horses in excellent health. Pat includes the latest information on their natural care and management, explaining the important roles of correct feed rations, vitamins and minerals in the health of the horse, and detailing practical and inexpensive ways of avoiding and curing health problems.

**\$19.95**

## Healthy Pets - Naturally

**Presented by Dr Clare Middle Dip Hom**  
**Bach Flowers for Animals**

**Saturday 6th & 13th November 2 - 5pm**

Seminar fee for both sessions \$80

Emotional healing for animals.

Bach Flower combination included.

### Diet and Nutrition

**Saturday 11th December 2 - 4pm**

Seminar fee \$25

Everything you need to know for a healthy pet

Includes a sample pack nutritional supplement

Afternoon tea included with each seminar.