

# homoeopathy & health care

Volume 35, September 2005

Welcome to our spring newsletter which we have filled with tips and suggestions on using homoeopathy and other natural therapies to soothe and relieve minor digestive upsets.

Jan Owen

## Digestive upsets

For the most part we underestimate the task of the digestive system to deal with every thing we see fit to inflict upon it in the way of food, drinks, medications and ingested toxins. We are lucky that it is so remarkably resilient and forgiving however as we age it becomes more difficult to maintain balance and the result can be nausea, gas, irritating acids, bloating, abdominal pain and diarrhoea or constipation. The liver, as part of the digestive system, also loses it's ability to detoxify at an optimal rate.

A mild liver detox in Spring and Autumn helps to rest and rejuvenate the liver and digestive tract. If you have overindulged in rich food follow the meal with a herbal tea such as ginger, chamomile, or peppermint to aid digestion and help relieve any digestive discomfort.

The following remedies may help to relieve acute symptoms however complicated and chronic digestive symptoms require the attention of a qualified practitioner to determine the cause and appropriate treatment to restore good health and vitality.

**Arg nit:** Bloating and distension especially in nervous, fearful types. Craves sugar and sweets and is much worse for it.

**Arsenicum:** Vomiting and diarrhoea with burning pains, better from warmth. Restless, exhausted, and thirsty for sips. Food poisoning and travelers diarrhoea.

**Carbo veg:** Upper abdomen bloated, tight, and tense. Constant belching and wind. Weak, clammy and craving fresh air.

**China:** Abdominal distention, rumbling and wind. Weakness and debility after prolonged diarrhoea or loss of fluids. Vomiting, great weakness and bitter taste.

**Ipecac:** Nausea not relieved by vomiting. Asthmatic cough with nausea. Diarrhoea in spasms, offensive, yellow-green and frothy.

**Lycopodium:** Lower abdominal bloating with wind and loud rumbling. Often worse after 4pm. Craves sweets and is hungry but easily satiated.

**Mag phos:** Cramping, spasmodic pain and bloating, better from warmth and pressure.



*Nux vomica: Worse from over-indulgence!*

**Mercurius:** Diarrhoea, worse at night with great straining and 'never done' sensation. Sour smelling or offensive. Never feels finished.

**Nux vomica:** Cramping pain 2-3 hours after eating. Worse from over-indulgence of rich or spicy food or too much alcohol. Nausea, heartburn, and heavy bloated feeling. Constipation.

**Pulsatilla:** Gas and rumbling; worse after rich foods, ice cream, and fats. Nausea and possibly vomiting. Stool changeable in colour and frequency.

**Veratrum album:** Cold sweat, exhaustion, and dehydration. Diarrhoea and vomiting with severe cramping pain, worse from slightest movement.

## Free Bumper Sticker Inside!

We've included a complimentary bumper sticker for you to use. If you get great results with homoeopathy and love it like we do, then why not help to spread the word!

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## Children's Tummy Aches

When children complain of stomach ache there are many possible causes to consider such as:

### Anxiety and worry:

Children tend to feel emotions and anxiety in the stomach and this may present as pain. If you suspect that this is the case then the emotional state of your child needs to be considered in conjunction with the physical symptoms when choosing a suitable remedy. Consider remedies such as **Arsenicum**, **Ignatia**, **Kali phos**, **Mag phos**, **Nat mur** and **Pulsatilla**.

**Rapid growth:** The energy and effort expended at times of rapid growth in conjunction with school expectations can result in recurrent stomach pain, headaches, leg cramps and glandular swellings. These children are easily fatigued by mental work and are inclined to be bored, fussy, whiny and restless. **Calc phos** can be dramatic in alleviating these symptoms as it helps with the absorption and assimilation of nutrients.

**Worms:** As well as griping pain around the navel and possible vomiting or diarrhoea typical symptoms may include itching anus, grinding teeth, nose picking, dark circles under the eyes, irritability and an aversion to being looked at or touched. This mostly fits the remedy **Cina** however **Nat phos**, **Spigelia**, **Sabadilla**, **Ant crud** and **Teucrium** should be considered. Treatment may need frequent repetition especially around the time of the full moon when worms are more active.

## Babies' Reflux and Colic

In her book **Homoeopathic Remedies**, Asa Herschoff says, 'intestinal fermentation and an immature digestive system and pancreas in infants can result in painful gas, cramps, and upset bowels, while sensitivity to milk formula, and toxins with in breast milk are also common'. Add to that the job of processing the drugs and immunisations inflicted upon the undeveloped system during the birth or soon after and it is little wonder the gut responds with pain and discomfort.

Intense emotional feelings can also upset babies and need to be considered when choosing a remedy. The following remedies may be helpful however if the situation is difficult to resolve then a homoeopath will be able to help you unravel and treat the cause of the problem.

Colic with the knees pulled up: **Colocynthis**, **Chamomilla**, **Mag phos**. Tendency to arch backwards: **Dioscorea**, **Ipecac**, **Nux vomica**, **Belladonna**. **Aethusa**, **Silica** and **Calc phos** may be indicated for refusal of or milk intolerance. Emotional cause, grief or disappointment - **Ignatia**.



## Naturopathic News & Views

Although our primary focus is on homoeopathy we also stock a variety of naturopathic and ayurvedic products – all of which have been carefully chosen to supplement the homoeopathic patient

**Dietary Tip:** Although our society now avoids bitter foods as a rule, the bitter taste



plays an important role in digestive health. Bitter foods like kale, spinach, alfalfa sprouts, green capsicum, dandelion, lemon, and grapefruit stimulate the digestive

juices to break down foods and aid liver function. Add these vegetables to a meal or make a small drink of the diluted juices and sip before eating.

**Nutritional Supplements for Joint Health:** There are three main areas to focus on when looking at digestive health. One is to increase digestive function, which helps with the break down and assimilation of foods. We recommend **Digestaid** or vegetable enzymes depending on the symptoms described. To help repair the digestive tract **slippery elm**, **Intestamine**, and **Mucosa comp** all work to heal the lining of the intestines promoting better assimilation of nutrients, improved immunity, and overall general health improvement. Replacing good bacteria after illness and antibiotic use is extremely important for digestive health. This can reduce numerous problems including, wind, bloating, and nausea after certain foods.

## Classes & Study Group & Talks

We give many talks through the year to both the public and professional groups as well as running classes for the home prescriber at regular intervals. Contact us for information or to reserve a place.

**Home Prescribing Classes:** Learn how to use your Home Remedy Kit to treat acute symptoms and first aid situations at home. Usually \$55 but if you buy a Family Home Remedy Kit the class is Free! The final dates for 2005 are, **Saturday 3rd September 12 - 3pm**, **Wednesday 12th October 10 - 1pm** and **Saturday 10th December 12 - 3pm**.

**Short Courses:** These popular courses of five sessions allow you to explore homoeopathy and expand remedy knowledge and home prescribing skills within a peer support structure. The final course for 2005 begins on the **8th October** and will be held fortnightly on Saturday afternoons. Spaces limited.

**Animal Classes:** These are still one or two places left in these classes run by Clare Middle although you will need to be quick. **Bach Flower** classes are on the **9th & 17th September** and the **Diet and Nutrition** class on **15th October**. Contact us for booking details.



## Bach Flower Remedies for Serenity & Balance

The Bach remedies reflect Dr Bach's belief that "dis-ease" is a sign of imbalance in one's emotions, attitudes and life directions. The remedies are ideal for helping us on an emotional and mental level to cope with stress and are easy to self-prescribe. Contact us or your retailer for a leaflet, to purchase a stock bottle or to discuss having a treatment bottle made up.



**Impatiens:** Impatient, irritable and nervous the **Impatiens** person wants everything done instantly and gets frustrated if people are slow. They are independent, energetic and tense. The remedy brings relaxation and acceptance of the pace of life.

**Bach Flowers and Digestion:** Use **Star of Bethlehem** when there are stomach disturbances after a shocking event or trauma. The person may become prone to ulceration and spasms. **Agrimony** tries to keep everything inside and can have churning and knotting in an attempt to control the emotions. **Mimulus** helps relieve conditions such as nervous stomach, dyspepsia, and nervous bowel. **Cherry Plum** allows us to let go of trying to control everything and surrender to life.

## Readers' Warts 'n All Story

Using **Thuja** tincture, **Causticum 6c** and persistence, Ruby and I successfully battled warts and won. Ruby had over a dozen stubborn warts on her hands and a large wart on her ankle. It took 3-4 weeks before the warts started to reduce and within 6 weeks they were gone. We tried burning them off and even buying them from her with no success. We are on our second small vial of **Causticum** to finish off the end tail of the warts but to look at Ruby's hands, you wouldn't know they had been there.

by Cathy Catanach

## Hay Fever Season

Hay 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. 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**.

If you prefer to use a "simplex" remedy for the acute symptoms choose from our home prescribing book. 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.

## 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 A: (Ferrum Phos, Mag Phos & Kali Phos)

**Combination A** produces great results in any situation involving the nerves such as sciatica neuralgia and neuritis. **Mag Phos** acts as a nerve relaxant and is quick to relieve pain especially cramping and shooting pain. **Kali Phos** is a nerve nutrient and **Ferrum Phos** is an oxygen carrier combining to have a repairing action.

**Nat mur:** (Water Distributor) Excessive moisture or dryness anywhere in the body is a good indicator for **Nat Mur**, and symptoms are many and varied. For example, colds watery discharge and sneezing, unrefreshing sleep, low spirits with a hopeless feeling, loss of taste and smell, craving for salty foods, dry skin, headache with constipation. One of the most important tissue salts as two thirds of our body is made up of water, and hence dysfunction in this area can lead to widespread problems.

**Digestive Salts:** **Comb E** is excellent for bloating, abdominal pain and flatulence. **Comb C** helps reduce acidity and heartburn and **Comb S** is great for simple stomach upsets and queasiness.

## Owen Homoeopathics & HEC Website

We have had an ongoing battle with various IT 'gurus' and exorbitant quotes to upgrade the online trolley (which would have necessitated price increases for our products). As a result we have decided to experiment with withdrawing the Online shopping cart section of the web site. Instead, we've kept our prices down, and simplified the ordering system to allow online purchasing via email (or fax).

Now, to order from the site you will simply need to list the products you want from our product list in an email, and send it through to us. We can still process your credit card details and post your order out in record time. Apologies to those who were able to make the old shopping cart work for them - but according to our feedback, most people were experiencing frustration with the system.

minimum dose maximum impact



## Healthy Pets' Tummies - Naturally

Starting at the top, vomiting remedies are similar to those for humans, **Arsenicum album** being the usual remedy. **Phosphorous** is often indicated in animals, because the patient vomits a little while after eating, but is generally bright, has no lack of appetite, and often happily consumes the vomit again, only to be brought up a little while later, a symptom not often seen in humans! A spot of blood in the vomit also can indicate **Phosphorous**. If vomiting/constipation is due to eating rubbish or raiding the pantry, then **Nux vomica** is indicated. Vomiting can be treated at home when the animal is keeping water down, and is better in 24 hours, otherwise a trip to the vet is needed.

Diarrhea often responds to **Arsenicum album**. There are many other remedies for diarrhea, but with animals I would look at correcting the diet next. Milk is a common cause (due to lactose intolerance), and again cereal (pasta, bread) and cheap dried food.

There are two main remedies for constipation, **Nux vomica** when there is straining to defecate and discomfort, and **Bryonia** when the animal is not straining, but has been noticed to not have gone recently and is maybe off its food a bit. A pinch of **psyllium** to each meal is a great way to prevent constipation. If no results in three days, then an enema at the vet may be needed.

A problem (possibly?) more common in animals than in people is flatulence. Here the prime remedy is **Lycopodium**, but a common reason also is cheap dried food and any cereal in general for dogs and cats, so try a no cereal diet (see my website articles section, Natural Diet for Dogs and Cats).

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

## Animal Success Stories

One of my fat brown speckled chooks disappeared and I thought she'd been eaten by a fox. But, several weeks later, she proudly emerged from the bushes with 4 fluffy chickens, all of whom I locked up in the chookyard to save them from crows and foxes.

When they were about a week old, I went out one morning to find one chick all squished-looking in the middle of the yard, covered in dirt, eyes shut. I picked him/her up to bury, but noticed s/he was still (but

## Book Corner

**Family Homoeopathy**: At last we have Paul Callinan's much loved home prescribing book in store. Although this book is no longer printed in Australia we obtained some copies through an Indian supply company and highly recommend it as a complement to your Owen Home Prescribing booklet.



This comprehensive guide to self treatment provides numerous detailed remedy pictures and the treatment of more than a hundred common complaints. There are chapters on babies' disorders, children's ailments, pregnancy and childbirth, common health problems and first aid. The tissue salts and also the Bach Flower remedies are covered in their own chapters.

**Mail order available \$22.50 plus postage.**

**The Essential Bath**: a wonderful book for the bath lover or simply for one who wants an essential oil blend to suit every mood. This book provides blends for the perfect bath (or shower) experience whether it be relaxing, energising, healing, passionate, or harmonising. A simple book yet one that will keep you escaping to the bathroom! \$8.95

hardly) breathing. Got a dose of **Rescue Remedy** into him/her and put him/her inside in a box, under a light, and went out to the hairdresser thinking s/he would cark it pretty soon as s/he wasn't moving at all. When I got home the box was empty. (Oh no!) First thought - one of the cats was inside and had dined on fluffy chicken tasties for brunch!

But no...the squished chicken had sprung back to life, got out of the box and off the table and was running around on the floor! She then proceeded to grow into another fat speckled hen like her mum...a **RR** miracle if ever there was one! by Lexy Martin

