

homoeopathy & health care

Volume 39

This newsletter is full of helpful remedy tips to help you enjoy Spring time without the drama of hay fever and allergies. The photos on this page were taken while travelling through the Pilbara and Kimberley regions earlier this year.

The 5th Australian Homoeopathic Medicine Conference will be held soon at the Esplanade Hotel in Fremantle and is open to any one who wishes to attend. The WA branch will also be running a seminar for the public on the Friday. See page 2 for further details on this seminar.

Some of you will have noticed that we have had several changes at the centre over the year. Most notably Marina Johnson left in June to return to Melbourne after 6 years with us. Marina will be sadly missed by the team and by the many people she helped 'homoeopathically' over the years and we wish her well in her new adventure.

Jan Owen

Spring Sneeze Busters

There are many remedies for spring allergies and hay fever and for a sustained result most people benefit from a consultation with a homoeopath to restore balance and reduce the over reaction to allergens which cause these symptoms. However you can make a significant difference by choosing a remedy yourself to treat the acute symptoms.

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".

Allium: Spring allergies that begin with sneezing. Burning smarting light sensitive eyes producing bland tears. The nose feels blocked despite the acrid, watery discharge that irritates the upper lip. No sense of smell. Dry rasping cough and tickling and burning in the throat.

Arsenicum: Violent and painful sneezing. Burning eyes and profuse watery burning discharge. Dry irritating cough and burning swollen throat. Restless, chilly, and exhausted.

Euphrasia: Eyes swollen, red and burning with sticky, irritating discharge. Watery nasal discharge. Phlegmy cough.

Gelsemium: Eyes 'Heavy' and swollen. Violent sneezing with tingling and streaming irritating discharge. Sore throat and dry cough. Apathetic and listless.

Nat mur: Eyes have a watery, bruised feeling. Violent sneezing and itching and tingling in the nose. Watery, frothy nasal discharge. Depressed, touchy and wants to be alone.

Nux vomica: Smarting, light sensitive eyes, stuffy nose, itching inner ears. Dry cough that can bring on a bursting headache. Irritable, nervous, chilly and oversensitive.

Our own **Hay Fever combination** is available from your local retail outlet and is enormously popular for acute relief of symptoms. It contains remedies such as **Allium 6c**, **Sabadilla 6c**, **Euphrasia 6c**, **Pollens 6c** and **Tissue Salts**.



Outback Health Care

On our recent trip to the Kimberley John and I called in to visit to the children and teachers at the Nullagine Community School north of Newman.

John's orthodontic practice had been in communication with the children and had sent oral health care packs containing toothbrushes, tooth paste, stickers and dental health information.

The children were highly excited to see the helicopter arrive and welcomed us. We were shown their class rooms and tooth brushing areas and gave the school footballs and a basketball which were received with great delight.

The visit was organised by the children's teacher Jemma Keys pictured with her daughter Poppy.



Owen Homoeopathics gave Jemma a home prescribing book and children's kit. The kit contained the following remedies suitable for outback life.

Aconite: Colds, croup, earache, sore throat, fevers.

Arnica: Bumps bruises and accidents.

Arsenicum: Tummy upsets with vomiting.

Belladonna: Fever, toothache, headache, earache.

Calc phos: Whiny kids, growing quickly.

Chamomilla: Teething, earache. Cranky, irritable and wants to be picked up then put down.

Ferrum phos: Mild fevers and colds. Off colour.

Hepar sulph: Rattly noisy coughs. Croup. Skin infections.

Hypericum: Scratches, cuts and stings.

Ledum: Mosquito & other insect bites; puncture wounds.

Phosphorus: All kinds of coughs. Nosebleed.

Pulsatilla: Colds with bland, yellow green discharge. Tearful and clingy.

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.

The allergic cascade is a complex process which sits in the immune system. To confuse the situation the immune system can and often will give a late-phase response. This makes it more difficult for you to determine what the allergen was.

Herbs can act as a fantastic support to start taking before the allergy season and are helpful in calming down reactions like hay fever, hives and allergic dermatitis. Herbs of note are **Perilla** seed, **Albizia** and **Scutellaria** as well as **Quercetin** and **Bromelan** that are often packaged with **Vitamin C**.

They all have anti-inflammatory and anti-allergic effects. Blackmores make a great combination called **Perilla** with all of these herbs in it. In the Heel homoeopathic range **Euphorbium Compositum** is the best nasal spray I have ever seen on the market and can be supported by their product **Mucosa Compositum**.

Homoeopathic Seminar

Friday 27th October 2006 12 – 4.30

The Esplanade Hotel, Fremantle



As well as hosting the 5th Australian Homoeopathic Medicine Conference for professionals on the 28th and 29th October 2006, the Western Australian branch of the Australian Homoeopathic Association will hold an open seminar on the 27th October.

The focus of this seminar will be Homoeopathy for the Family and the cost is just \$60 including afternoon tea.

The program will include local and interstate speakers and will cover topics such as troubled kids, ear problems, animal prescribing, first aid for emergencies and general home prescribing tips.

To receive a registration form contact the WA secretary Sally Moore 9295 3470, ask at HEC, or go to the AHA WA web-site www.homeopathywa.org.au.

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.

Oak: These people are strong and brave – they don't give up hope when ill, they ignore the body's call for rest, and struggle on eventually becoming worn down. Because they have overdone things and ignored alarm signals of tiredness or pain, they find their strength is no longer there and **Oak** can help it to rebuild.

Bach Flowers for allergies: Along with other treatments you can use the following Bach Flowers to reduce hay fever symptoms. **Beech** improves tolerance levels, **Walnut** reduces the reactivity to outside influences and **Chestnut Bud** helps us to stop repeating old patterns.

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 E: (Calc Phos, Mag Phos, Nat Phos & Nat Sulph) helps with colicky pain in the stomach and intestines and the symptoms of flatulence, colic and indigestion.

Calc flour: (Elasticity salt) For relaxed conditions of the tissues, e.g. varicose or enlarged veins, piles, chronic synovitis, backache with dragging, bearing down pains. Also of value in conditions which affect surface of bones, cracks and cuts in the skin, or trouble with tooth enamel

Hayfever Salts: The tissue salts **Mag Phos, Nat. Mur** and **Silica** work well to treat the 'allergic' condition of the mucous membranes of the nose, eyes and upper respiratory tract that is common during spring when sensitivity to pollen is severe. It is particularly effective if treatment is started from six weeks before the expected onset of normal symptoms.

Classes, DVD & CD

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.

Home Prescribing Classes: Learn how to use your Home Remedy Kit to treat acute symptoms and first aid situations at home. The final class for 2006 is on **Saturday 18th November 12 - 3pm.**

DVD & CD: Jan has been running regular home prescribing classes for the past 10 years. The hundreds of people who have attended these classes are now confident and proficient in the use of homoeopathic medicine to treat themselves, their family and even their pets.

The great popularity and success of the classes encouraged us to produce a DVD and CD so that more people will be able to benefit from this information especially country and interstate customers. As well as being ideal for home use the DVD is great for groups such as mothers groups.

The **DVD and CD (2 discs)** are **\$19.95** from the centre or from one of our 210 Owen stockists.



DVD Feedback

Just letting you know how much we love your DVD. I had it playing on the TV while preparing dinner and my 8 year old son, Tom, was playing in the room. He still had a cough after a recent cold and I was amazed when he piped up, "Mum I think I need some **Bryonia**, but I'm not really like a grumpy bear". So we decided to look up coughs in your book, and then he listened to the other cough remedies on the DVD and chose **Spongia** for its barking cough. Brilliant!

Kerry



minimum dose maximum impact

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Healthy Pets Naturally - Sneezes

Hay fever and allergic sneezes are very rare in cats, any sneezing usually being due to cat flu. (discussed in a recent newsletter). However, in dogs, respiratory allergies are often seen, sometimes together with the dreaded skin itch which is all too common in dogs. Common allergens for dogs are airborne pollens of plants and grasses, but also watch out for household cleaning chemicals or even perfumes or clothes/dishwashing detergents.

The best way to reduce the dog's tendency to allergy is to feed a natural, no carb, no dried food diet (see my website for Natural Diet article) and plenty of fish and/or fish oil, e.g. up to 6g daily for a large dog, or about 4 large cans of cheap fish in oil weekly included in the diet.

Remedies to try are **Allium** for watery eye and nose discharge (uncommon in dogs), or **Phosphorous** for red or even bleeding itchy skin/mucous membranes, especially if a reaction to a chemical. **Pulsatilla** for pale yellow discharges when the animal likes their eyes and nose to be wiped, **Thuja** if within one or two months after a vaccination or **Rhus Tox** if itchy after getting wet.

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

Millie: A Reader's Story

After adopting our 13 week old puppy from a refuge we expected her to be a little bit anxious and scared. When we brought her home she was very wary of our other dog and had a bad case of diarrhoea.

After speaking to the Marina at the Homoeopathic Education Centre we gave her two doses of **Arg nit 30C**. She instantly recovered from the diarrhoea and has become friendly with our other dog and with us. She is no longer scared of anything and runs happily around our house. **Kate**



Book Corner

Drug Pictures: Margaret Tyler has used her many years of experience to compile a *Materia Medica* which remains a favourite of homoeopaths and students across the world. Margaret has a gift for presenting the insight she acquired into the essence of each remedy's activity upon the sick.

WAS \$38.50 NOW \$25

Homoeopathy: Medicine of the New Man: In this small but profound book classical homoeopath George Vithoukas describes the foundations upon which this seemingly miraculous method is built. Vithoukas' book demonstrates convincingly that homoeopathy is a systematic science which correctly applies the laws of nature to stimulate the healing energies of the human being.

WAS \$9.50 NOW \$5.50

The Barf Diet: by Dr Ian Billingham

The word BARF stands for Biologically Appropriate Raw Food or Bones And Raw Food. The BARF diet presented in this book is a simple, practical and commonsense alternative to health destroying processed pet foods.

WAS \$23.95 NOW \$19.50



Remedy Profile: Aconite

Aconite is one of the most commonly used remedies of the home prescriber. It is a most excellent remedy for fear, fright, shock and for ailments which come on after a fright, excitement and/or exposure to cold winds. A classic example is the school child who develops a sore throat or earache after sports day.

They have usually spent hours out in the elements and that combined with the anticipation, excitement and fear often associated with competition can precipitate an **Aconite** situation. The remedy works well in the first 24 hours of the acute inflammatory process when the patient is anxious, restless, fearful and chilly. They are often very thirsty. **Aconite** is usually included in home use kits, in the 6c or 30c potency, as it is such a common state when we have a disruption to our equilibrium.