

homoeopathy & health care

Volume 43

New beginnings are a feature of this newsletter. The relocation of Mt Lawley and move into our stunning new building is complete and we've ironed out most of the early teething problems.

The new building is proving to be a great success both as a wholesale centre and also for our retail and consult clients. The plentiful parking is an absolute bonus. We are located just 12 minutes from the old store so come along and see us.

The most delightful and affirming thing that happened in the early weeks was the influx of pregnant women and mothers bringing in their babies. Their needs included remedies, kits, books, advice and consults. For me this is very exciting as providing a homoeopathic service for young families is my passion and the purpose of my work.

Jan Owen

A new baby in the family

Everyone knows that bringing a new baby into the family is a wonderful and exciting time however as many of us have discovered there can also be a surprise or two that we didn't envisage. In this newsletter I'll cover a few of the situations that may occur.

Homoeopathy is such a saviour for parents. Not only are the pilules safe and easy to administer even to tiny babies but it allows you to deal with many problems that may otherwise go untreated and cause distress and discomfort and even possible long term imbalance.

For further homoeopathic information ask for our Mother & Baby and Tots to Teens leaflets. As always home prescribing works very well when things are straight forward and uncomplicated but for more difficult issues you should seek professional homoeopathic advice.

Birth trauma: Where the birth has been difficult use remedies such as **Arnica** for bruising, **Hypericum** to heal tears, **Staphysagria** to heal incised wounds. Mother and baby will settle better if these traumas and any grief, anger or disappointment surrounding the birth and post natal period are resolved.



This cute pair are Mia and Saxon whose parents own the famous Lexington's hair salon in Nedlands.

Digestive upsets: Many babies suffer reflux and colic. Medicines and treatments used at and after the birth (including Hep B vaccination), the mothers diet and or emotional issues can all affect the undeveloped digestive system. Remedies to consider are **Chamomilla**, **Nux vomica**, **Mag phos**, **Lycopodium**, **Ignatia** and **Belladonna**.

Exhaustion and sleep deprivation: A certain amount of sleep loss is expected however if you reach a desperate stage use: **Cocculus** – dizzy and spacey from sleep loss & worry, **China** – tired and run down from constant feeding, **Sepia** – irritable and wants to run away, **Silica** – weakness, low energy and weight loss, **Nux vomica** – cranky, irritable and needing stimulants to get through the day.

Special needs: When faced with the difficulties of a baby born with serious health and developmental problems homoeopathy can be the most wonderful friend. It supports the parents both emotionally and physically and offers the baby a chance to develop to the optimum level.

At Owen Homoeopathics we will be opening a special clinic for babies and children with severe problems of growth and development. If you would like information or to be involved then call or email to register your interest.

Sibling rivalry: Especially in these times when our children are indulged and receive a lot of attention it can be quite shocking to a child to suddenly find that parents are distracted, exhausted or simply smitten with another. **Pulsatilla** is great for helping older children to share the mothers attention. These kids are usually quite sweet and love the baby but can be manipulative, clingy and demanding. The remedy helps them to develop independence. Other remedies such as **Lachesis** may be needed if the child is very jealous, spiteful and lashes out.

The Family Pet: 21st century furry friends can be just as indulged as our kids and may suffer all of the above. Animals are also quite easy to treat with homoeopathics and flower essences, ask for our animals leaflet and if you can't resolve the issues then consult your holistic vet.

Doula conference

The 4th Australian Doula Conference is being held at the Esplanade Hotel in Fremantle on 21st and 22nd October 2007. This conference is being hosted by A Labour of Love and doula Gabrielle Targett is the convenor. For further details and registration information go to www.alabouroflove.com.au.

Owen Homoeopathics

Below are our new opening hours. You can also purchase Owen remedies from a stockist in your area, check the list on our web-site. If you don't have a stockist nearby then we suggest you lobby your health outlet to stock an Owen stand.

**Monday – Friday 10am – 3pm
or by appointment**

**443 Great Eastern Highway
Redcliffe WA 6104**

**www.h-e-c.com.au E: jan@h-e-c.com.au
P: 08 9277 9565**

Naturopathic News & Views



Although our primary focus is on homoeopathy we often recommend naturopathics to supplement or support the body.

As children are in a constant state of growth and development it is essential that they have a nutritious balanced diet with as little processed and convenience food as possible.

This can be very difficult for many parents to achieve due to kids fussy eating habits and a hectic lifestyle. A special multivitamin and mineral, like **Blackmores Kids Chewable Multi**, is a wise addition to your child's day. Supplementing the diet with fish oils gives kids the building blocks for brain and nervous system development and is known to help with learning development.

The Omega 3 fatty acids in fish oils also improve skin texture and along with zinc improve eczema and dry scaly skin. **DHA Junior** is a chewable gel cap ideal for kids. A favourite at Owens is **Formula 5** and while you may already use it in winter for colds, flu and allergies it is also a great year around immune support when your child is run down.

Classes, Study Groups & 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.

Home Prescribing Classes: Learn to use your Home Remedy Kit for treating acute symptoms and first aid situations at home. The last class for 2007 is **Saturday 17th November 12 - 3pm**.

Potentising Workshop: This is an exciting new workshop style class where you can roll up your sleeves and get involved in making a remedy from scratch. We have already held one of these workshops and it was a fantastic and surprising experience. The class will be held on **Saturday 15th Sept 12 - 3 pm**.



Bach Flower Remedies for Serenity & Balance

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.



Rock Rose: This is a very important remedy for situations of great shock with fright and terror. It is indicated not only for the person involved but also for those around especially when in the case of accidents or emergencies.

Bach Flower Intensive: Will be held on **Saturday 6th October 10am–4 pm** at Owen Homoeopathics in Redcliffe at a cost of \$95. In this class we will explore Dr Bach's philosophy and discuss the 38 Bach Flower Essences in detail. Notes from the book "The Twelve Healers" and a Bach Flower combination are included in the fee.

Homoeopathy & Birthing

Homoeopathy is a wonderful aid in the birthing process and post natal recovery as well as helping with the establishment of breastfeeding. Ask your stockist for a Mother and Baby leaflet or check your Owen booklet for recommended remedies.

Reader's Story

I just wanted to send you an email to thank you for designing the birthing kit. I used the kit for the delivery of my daughter on the 5 April 2007. Grace Nada was born weighing 3.58kgs at King Edward Memorial Hospital. I used all the homoeopathics in the kit during the birth and after the birth to initiate a speedy recovery and it certainly did that. I did not have any drugs during the birth and believe that using the birthing kit helped me enormously. I healed very quickly after the birth and have a beautiful healthy baby thanks to homoeopathy.

Jessica



Back to Basics with Tissue Salts

Dr Schuessler's Tissue Salts work gently on the physical structure of the body, building, repairing and maintaining health. The mineral is prepared by trituration to a low potency, usually 6x.



Combination 1: Ferr Phos, Kali Sulph and Mag Phos. (For fibrositis, muscular pains and allied conditions). Fibrositis and muscular pain is marked by pain and stiffness.

It is caused by inflammation of the sheaths surrounding the muscle fibers, which are involved with body movement. This combination reduces the inflammation.

Kali mur: (Blood Conditioner) A deficiency of this salt results in thick, white discharges affecting skin and mucous membranes.

Works well with **Calc Sulph** to cleanse and purify the blood and with **Ferr Phos** for conditions such as coughs, colds, bronchitis and tonsillitis.

Useful for glandular and rheumatic swellings and for digestive disturbances, especially from eating fatty or rich food.

Chicken Pox

With the approach of warmer weather we usually see an increase in the incidence of Chicken Pox and it's a good idea to ensure that you have a vial of **Rhus tox** on hand as, with its blisters, and itchy restlessness it fits the Chicken Pox picture perfectly.

Reader's Story

Just a quick note of thanks for your "over the phone" advice. Recently my 3 1/2 and 18 month old children came down with the chicken pox.

After speaking with you I started them both on **Rhus tox** and **Sulphur**. As a result they both had minimal spots (approx 30 and 12 respectively) and apart from mild lethargy suffered no itchiness or flu like symptoms as are often reported.

Best of all it was over in five days! An amazing and speedy recovery! Thank you very much from one grateful customer.

Meridith Korcznsky

minimum dose maximum impact





Healthy Pets Naturally: Lavish Pampering from Whiskers to Paws

At Diamonds in the Ruff Grooming Studio we believe that bathing and grooming are essential to a healthy pet. As well as regular salon visits, it is important to groom regularly at home to avoid excessive shedding and the 'doggy smell'.

A thorough brushing up to three times per week prevents matting and maintains the coat. The two essential grooming items required are a Slicker Brush teamed with a comb to remove any loose undercoat and hidden knots.

Bathing no more than once per week with premium, natural pet cleansers and conditioners will maintain the natural oils found in the skin and keep your pets coat soft, shiny and in a pristine, healthy condition. Spray colognes keep your pooch smelling fresh and huggable. You can make your own pet fragrance by adding a few drops of essential oil to pure water using **Lavender** to calm nervous types, **Eucalyptus** to deter fleas and **Lemon** to condition the coat.

Calm pre-grooming nerves with a dose of **Gelsemium** or **Aconite** and overexcitement with **Phosphorus**. During Canine Cough season, it is wise to protect your pooch with a dose of **Kennel Cough 30c** before all grooming appointments.

We look forward to meeting your fluffy family member soon- happy grooming!

Naomi Van-De-Logt A.C.V.N.
Phone (08) 9250 5122



DIAMONDS IN THE RUFF

Molly and Bindi looking gorgeous after their makeovers. Hair by Naomi Van-De-Logt's of Diamonds in the Ruff Grooming Studio, The Crescent Midland.

Book & CD Corner



We have some great homeopathic books in stock at present so choosing just 2 to review was difficult!

Paul Callinan's book **Family Homoeopathy** is an informative and detailed home prescribing book that covers First Aid pre-

scribing, Scheussler Tissue Salts and Bach Flower Remedies. It looks at chronic illness and the healing and workings of Homoeopathy. It is easy to follow and has a Materia Medica with clear symptom pictures. **\$25**

Challenging Children by Linlee Jordan contains many 'cases of cure' in children on many levels with detailed case pictures by the practitioner. It gives you a great insight into the power of Homoeopathy to be able to heal in many areas. **\$34.95**

The Aurum Project

This independently run, non - profit organization is dedicated to improving the health and wellbeing of children through homeopathic medicine. This is the first natural medicine charity in Australia to have been registered as a deductible gift recipient, meaning that donations over \$2 are tax deductible.

The Aurum Project was developed in response to an increased awareness of the need to provide both the Homeopathic community and the public with practical, specific information about the use of Homeopathy in clinical situations. For information or to support this local Australian endeavour into highly ethical research contact Linlee Jordan, the Director of the Aurum Project, 110/20 Dale St, Brookvale VIC 2100, phone: 02 9905 9415, www.aurumproject.org.au.

Organic baby food home delivered

Organic Beginnings GAGAGOURMET offers handmade, healthy and nutritious frozen baby and toddler meals made from certified organic ingredients and delivered to your door. Fresh, beautiful produce is carefully selected and lovingly prepared in small batches to provide little ones with a great introduction to healthy eating, and solutions for busy families.



For more information contact Hannah 0410 016 421
www.organicbeginnings.com.au