

I hope that you love the nifty Owen key tag enclosed. Why not attach it to your key ring, handbag or somewhere you can show your love of homoeopathy off to the world.

Jan Owen

## Conjunctivitis & eye symptoms

Conjunctivitis is an inflammation of the eye lid and eye caused by cold, infection, allergy, irritation from pollutants or a foreign body, windburn, or exposure to too much sun. Homoeopathic remedies can help to reduce inflammation and ease the discomfort of conjunctivitis.

Eye tissues are extremely sensitive and it is vital that you treat all symptoms seriously; If significant improvement does not take place quickly it is wise to seek professional advice.

Symptoms that recur despite your best efforts suggest a constitutional imbalance and are best treated by a homoeopath.

**Aconite:** Inflammation after removal of foreign object or exposure to cold wind. Sudden onset of symptoms with dry, sore, burning eyes. Feels anxious.

**Allium:** Eyes swollen and red with acrid, burning discharge and accompanied by sneezing. Worse from wind, light, and being indoors. Better open air.

**Apis:** Swollen, shiny, puffy eyes. Red, watery and stinging. Whites inflamed, reddened and bloodshot. Cold applications relieve.

**Arsenicum:** Burning pains with hot tears and light sensitivity. Sensation of grit under the eyelids. The skin on the lids can be dry and scaly.

**Belladonna:** Sudden onset of symptoms, the eyes are bloodshot, red and very painful. Eyes may be staring and glassy with dilated pupils. Worse light.

**Euphrasia:** Profuse hot, burning hot tears with red lids and a feeling of grit or sand. There can be thick yellow pus from the inner corner and a strong desire to blink to clear the mucous.



### Hepar sulph:

Conjunctivitis with extreme sensitivity to touch and cold. Red, inflamed lids and yellow discharge.

**Mercurius:** Conjunctivitis with cold symptoms, severe burning pain and burning tears. Lids swollen, red, irritated and scurfy.

**Nat mur:** Blocked duct, ulceration, inflammation with itching, burning and profuse watering. Constant rubbing of eyes, gritty feeling. Red sore lids.

**Pulsatilla:** Commonly needed for conjunctivitis in children. 'Sticky eye' with profuse yellowish green bland discharge especially on waking. Lashes stick together. Itchy, burning and sand sensation. Stye. Tends to feel better from fresh air and sympathy.

**Silica:** Blocked tear duct or recurrent styes especially in the inner corner. Gritty sensation.

**Sulphur:** Eyes are inflamed, hot, dry and burning. Lids red and swollen in the morning and can look tired and droopy.

### Recovery after eye surgery

Apart from the usual surgery remedies, **Arnica** for bruising and swelling and **Hypericum** for nerve damage, consider the following.

**Aconite** is the principle remedy, considered to be the **Arnica** of the eye, shock and healing. **Ignatia** for violent pains in temples. **Rhus tox** for pains shooting into head. **Bryonia**, pains worse from any movement and accompanied by vomiting. **Thuja** with stinging pains in temples. **Ledum** helps disperse bruising.



## Herbal eye wash

Inflamed eyes can be cleansed using a clean cotton wool pad for each eye and working from the inner eye outward. Use cool boiled water alone or add a few drops of calendula & hypericum or eyebright tincture.

**Calendula** has antiseptic qualities; it soothes and reduces swelling, itching and inflammation due to pollution, allergies and minor injuries. **Hypericum** helps reduce the incidence of infection and aids the healing of internal structures. Use **Eyebright (Euphrasia)** for inflammation, infection and burning, itching eye irritation due to allergies, colds and pollution. It relieves stressed and strained eyes.

## \$50 Voucher - Nash Family, Dunsborough

Congratulations to Lee Nash, who answered the quiz in Newsletter 50, and knew that Summer Holidays was the theme of our first newsletter (Dec 1996).



Lee, who is an avid home prescriber and newsletter collector, attended one of my first classes 16 years ago when Eli (pictured here with Gabriel and Brierty), was just 3 months old. The family are able to stock up on Owen vials at Dunsborough Health Store.

## New Classes

We give many talks through the year to both the public and professional groups.

**Advanced Home Prescribing Classes:** Due to the many requests for a class to increase your skills, we have created a new ½ day class in which we'll explore simple case taking, potency and dose, repertorising and some common remedy pictures.

Saturdays 10 – 2.30; **17th October** or **28th November**  
Fee of \$95 includes morning tea and a light lunch.

**Home Prescribing Classes:** Learn to use your Home Remedy Kit for treating acute symptoms and first aid situations at home. The next class is on Saturday **14th November 12 - 3pm.**

**Home Prescribing DVD or CD:** If distance or other circumstances preclude you attending this class you can still learn about using the 40 remedies in the Owen range. Phone or order online. Just **\$19.95**

**Call 9277 9565 to book or view class details and book online [www.h-e-c.com.au](http://www.h-e-c.com.au)**

## Healthy Pets Naturally

### Conjunctivitis & eye symptoms

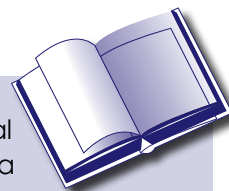
The normal remedies for humans work well for animals with the same indications. As well as treating the symptoms consider the following.

Remember cats with cat flu may have conjunctivitis as a symptom, maybe with the odd sneeze as well, so use the remedy that fits the symptoms plus **Cat Flu 6c** or **30C** as well. Sometimes cats who have been in a fight and have a scratched eye can have a mucky eye. This may develop into an abscess over the next day or so and may need surgery to drain, so always give **Ledum** or **Hypericum** as well as the indicated remedy if you suspect a fight, it could save the cat needing surgery.

Many dogs with conjunctivitis are liver toxic – as the Chinese say, "the liver opens through the eye", so don't feed dried dog food and don't use flea chemicals or vaccines unless they are needed. **Nux Vomica**, **Lycopodium** and **Hepar Sulph** are good liver clearing remedies if indicated by other symptoms.

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

## Book Corner



Peter Chappell's book 'Emotional Healing with Homoeopathy' is a gentle and insightful book that helps us to address and deal with life's traumas. Peter explains how effective homoeopathy is to treat any layers of physical and emotional damage to our system and brings things back into balance in a curative holistic realm. A lovely book to nurture the soul. **\$55.00**

## Madjitiil Moorna Halls Creek Trip & Cd

The Madjitiil Moorna CD is available through the centre and website for \$10 + P&H. For people wishing to sing similar songs a 'how to start a community choir' songbook will be available soon.

View the stories and wonderful photos of our trip to Halls Creek at [www.madjitiilmoorna.org.au](http://www.madjitiilmoorna.org.au). And keep on the look out for the documentary of the choir visit and story to be aired soon.

