

If you are living with students or are one yourself you'll find this newsletter a great help to get through study and exam times without too much stress.

Don't forget to help the rest of the family with remedies if they are being affected by the general mood.

Jan Owen

Study & Exam Stress

Stress and pressure at exam time can be minimized by preparing a program well in advance to care for the mind, body and spirit. A good quality multi vitamin, extra **Vitamin C** and **Bach Flowers** offer valuable support. Basil, Rosemary and Lemon oils in a burner aid concentration and Lavender, Geranium and Bergamot will help unravel frazzled overworked nerves.

Stock up on supplies of the following remedies to ensure a smooth preparation for exams:

Aconite: for acute anxiety, agitation and restlessness before an event like exams or giving a presentation.

Argent nit is also good for 'nerves' due to worry about coming events, especially appearing before an audience. Anxious, nervous, excitable, talkative, impulsive and craving sweets.

Arsenicum alb: for restless anxiety, apprehension and dread in high achievers who may become overly fussy and fastidious. Their sleep becomes affected and they tend to wake between 12 and 2am with tummy upset and anxiety.

Calc phos: for kids who are bored and whine and complain constantly. They can't settle and roam from one thing to another. Headaches with fatigue, stomach ache and leg cramps during periods of rapid growth. Crave salty food like fries and bacon.

Gelsemium: a great remedy for anticipatory anxiety; when people anticipate even simple things with fear and dread. They become weary, apathetic, withdrawn and can't think. May suffer from headaches with drowsiness, heavy droopy eyes, frequent, painless diarrhoea, and restless, fitful sleep.

Kali Phos: for mental and physical depression from excitement, overwork or worry. Headache, weakness and exhaustion in students worn out by fatigue. Humming and buzzing in the ears. Weak sight. This is an excellent nerve tonic to use twice daily during times of stress such as exams and performance.



Include other remedies as indicated.

Lycopodium: lacking courage and confidence. Great anxiety around coming exams with fear of failing, generally irritable and often sarcastic and bossy at home. Headaches from low blood sugar as a result of not eating, digestive uneasiness including 'butterflies' in stomach, diarrhoea or very loose stools, lots of wind.

Nat mur: tired, depressed and pessimistic. Hammering headaches preceded by misty vision or zig zag lights especially in people who are inclined to brood and 'stew' over things.

Nux Vomica: generally jittery, anxious and inclined to be hostile and pick quarrels. Oversensitive to noise, light and smells. Poor sleep from indigestion after rich food, too much coffee or overwork, wide awake between 3 – 5 am and then wakes cranky and irritable. There may be an accompanying cough.

Sulphur: talks, grunts or snores with fitful sleep, sticks hot feet out of bed. Inclined to be lazy, absentminded and to procrastinate. Study with music on, drinks lined up and mess all around them.

Insomnia & Sleep Disturbances: *Arsenicum alb, Bryonia, Coffea, Ignatia, Nux vomica, Sulphur.*

Fear & Anticipatory Anxiety: *Aconite, Argent nit, Arsenicum alb, Gelsemium, Lycopodium.*

Mental exhaustion: *Calc phos, Cocculus, Gelsemium, Kali phos, Nux vomica, Silica*

Headaches: *Calc phos, Euphrasia, Kali phos, Nat mur, Nux vomica.*

Emotional ups & downs: *Ignatia, Pulsatilla.*



Diet & Nutritional Needs

A healthy diet and exercise helps reduce stress during times of increased mental effort. For optimum performance it's important to avoid foods that contribute to unstable blood sugar levels such as excesses of alcohol, coffee, strong tea, chocolate and sugary products. Digesting these foods depletes our vitamin and mineral supplies leaving us feeling increasingly lethargic, headachy and irritable.

Eat regularly to avoid hypoglycaemia; try to snack on nuts, seeds and dried fruit as a healthy alternative to a sugar 'fix'. Drink plenty of water and choose revitalizing or soothing herbal teas. Supplement your levels of **B group vitamins**, Vitamin C, folate, calcium, potassium and magnesium when under stress, combined with a well balanced diet.

Classes & Talks 2010

Advanced Home Prescribing Class: Come along and increase your confidence and home prescribing skills in this half day class; explore simple case taking, potency and dose, repertorising and common remedy pictures. **Saturday, 16th October 10.00 – 2.30.**

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 18th September or 6th November 12.00 - 3.00.**

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**

You can view details and book classes for 2010 online at **www.owenhomoeopathics.com.au**.

Book Corner

Dechacords: Top 10 Indications of 120 Homoeopathic Remedies
by J H Clarke

Dechacords guides you in your remedy choice by providing 10 clues for each each of 120 common remedies. It is a great little book for the home prescriber who is feeling overwhelmed by the mass of symptoms attached to each remedy. **\$15.50**



Healthy Pets Naturally

Show & Performance Stress

Homoeopathy and flower essences can both work very well for 'stage fright' in show animals who are frightened in the show ring (often due to remembering a previous experience such as a dog fight).

Aconite is a good basic remedy for fear, **Gelsemium** for nervous diarrhoea or trembling from fear and **Lycopodium** for dogs or horses who fear being in the presence of animals who may be more dominant than themselves. The Bach remedy **Cherry Plum** is great for animals with a tendency to panic and 'lose the plot', such as horses who kick in the walls of a float or show dogs who rush out of the ring in fear.

Working 'seeing eye' dogs and race horses can have 'off' days where they have less enthusiasm or when they seem to lack concentration for their task. Bach flower remedies **Clematis** or **Hornbeam**, and homoeopathic **Gelsemium** can improve enthusiasm for activity and socialising. Animals who usually work hard and dutifully, but are getting a bit grouchy, can benefit from **Nat Mur** or **Sepia**.

In working situations I generally DON'T use Bach **Rescue Remedy**, as it can result in relaxation to the point that it affects the animal's ability to focus on the job in hand. I prefer to work with specific flower and homoeopathic remedies.

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

Lily's Story

This cute pooch is called Lily, (pictured with Caitlin and Max) and she recently suffered an acute 'ear pain' episode. The onset of symptoms was very sudden; she was restless and the ear was bright red with radiant heat.

Although it was her left ear all other indications led to **Belladonna** and her response to the remedy was immediate.

Lily's story reminds us that although **Belladonna** is usually a right sided remedy occasionally symptoms can be left sided.

