



**Don't you wish you could enjoy the pleasures of Spring without the misery of spring allergies? Read on, as help may be at hand!**

Jan Owen

## Wattle Day & Hay Fever

Although acacias have been considered a symbol of spring in Australia since the early 1800's it was not until 1992 that the first day of September was formally declared 'National Wattle Day'.

Indigenous Australians have a rich tradition of using varieties of the acacia species for medicine, food, shelter, musical clap sticks and for making weapons and implements such as boomerangs.

However even though we love the onset of Spring with its gorgeous blossoms, balmy weather and celebration of new life, for many this is marred by the suffering of hay fever and associated symptoms.

There are many remedies to consider for the acute symptoms of spring allergies and hay fever. When choosing acute remedies it is important to pay attention to your particular local symptoms and try to think about the acute treatment of your allergies immediately you sense the problem arising or better still 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. Hoarseness and dry rasping cough and tickling and burning in the throat.

**Arsenicum:** Violent and painful sneezing. Burning nose and eyes with 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. Sneezing and a watery, bland, nasal discharge. Phlegmy cough or it may be dry and hard.

**Gelsemium:** Eyes 'heavy' and swollen. Violent sneezing with tingling and streaming irritating nasal

discharge. Dry, burning throat and dry cough. Apathetic and listless.

**Nat mur:** Eyes have a watery, bruised feeling. Violent sneezing and itching and tingling in the nose especially after exposure to the sun. Watery, frothy nasal discharge. Lost sense of taste or smell. Feels low, touchy and wants to be alone.

**Nux vomica:** Smarting, light sensitive eyes and itching inner ears. The nose is stuffy inside at night and then streaming in the morning. Dry cough that can bring on a bursting headache. Irritable, nervous, chilly and oversensitive.

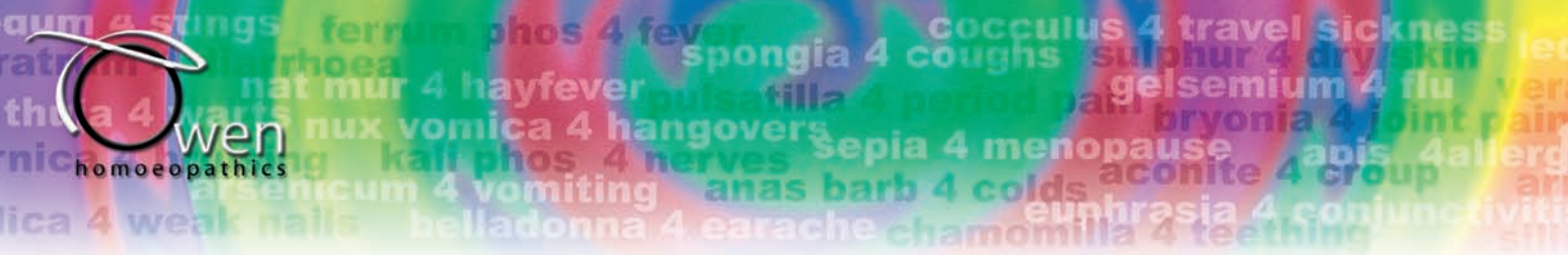
Our own **Hay Fever Complex** is available from your local retail outlet and is enormously popular for acute relief of symptoms. It contains remedies such as **Allium, Sabadilla, Euphrasia, Pollens** and **Tissue Salts**.

## What Else for Hay Fever?

You can also support your immune and digestive systems with a few simple diet and lifestyle changes.

- It may help to reduce your intake of wheat and mucous producing dairy products and embark on a simple liver cleanse program.
- Try supplements such as vitamins C and A, bioflavonoids and zinc, and herbs such as garlic, horseradish, fenugreek and baical skullcap.
- An acidophilus supplement may help your digestive system cope with any dietary allergens,
- Herbal teas such as echinacea, elderflower and eyebright can be helpful and dandelion tea can cleanse and support the liver.
- Increase water intake to help flush the system.
- Bursts of vigorous exercise may provide the stimulation to relieve stuffiness and congestion.

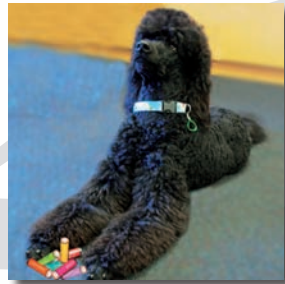




## Homoeopathy's Gone Social

I laugh every time I think back 14 years to my new clinic, and the furniture supplier suggesting I'd need a computer desk – 'it'll never happen' I said. Ha! How things have changed and how social we've become. Now I'm inviting you to share our website with your friends, join us on Facebook and receive your newsletter and specials by email rather than hard copy. Send your email address to [jan@h-e-c.com.au](mailto:jan@h-e-c.com.au) or go online and register through our website.

**Prize winner:** And here's Guinness, who says, "I know I'm going out with mum, when I get my IPECAC so I don't get sick in the car!!". Guinness's human, Angela, is the winner of a our recent Facebook competition.



## Slur Campaign

Homoeopathy is currently under a fierce and focused attack from various fronts, especially the skeptics associations of the UK and Australia. These groups are dedicated to wiping out homoeopathy and put forward negative and biased reports ignoring existing evidence and studies. If homoeopathy is to survive this assault and continue to be available, it's imperative that all of us who love homoeopathy stand up in its defense.

## Reacting to Tissues and Bleached Paper

While writing on allergies I came across the Naturopathy Hervey Bay website and an article by Carolyn White. Carolyn asks you to consider if your allergic symptoms are being aggravated by the use of tissues that have been bleached colored and perfumed. It makes sense to consider going back to unbleached, unadulterated plain and simple tissues or even good old fashioned handkerchiefs.

## Classes & Talks 2011

**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, 10th September 10.00 – 2.30. Fee of \$95 includes morning tea. BYO 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 **5th November 12 - 3pm. Fee \$55.**

You can view details and book classes for 2011 online at [www.owenhomoeopathics.com.au](http://www.owenhomoeopathics.com.au).

## Healthy Pets Naturally

### Spring Allergies

It's not so common for cats to suffer hay fever and allergic symptoms however, in dogs, respiratory allergies are often seen, sometimes together with the all too common dreaded skin itch.

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 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.

Consider the acute remedies mentioned on page 1 such as **Euphrasia** or **Allium** for watery eye and nasal discharge, or **Phosphorous** for red or even bleeding itchy skin/mucous membranes, especially in reaction to a chemical. **Pulsatilla** for pale yellow discharges when the animal is happy to have their eyes and nose wiped, **Thuja** if within one or two months after a vaccination or **Rhus Tox** if itchy after getting wet. And lets not forget **Sulphur** for hot, itchy, boisterous animals that can be quite smelly.

**Dr Clare Middle** runs a natural therapies only veterinary practice in Bibra Lake.  
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## Book Corner

### Real Food for Dogs and Cats

With over 25 years of experience Dr Clare Middle has created a practical guide to give dog and cat owners one of the most important healing tools for their animals. Clare gives you an understanding of the psychological basis for a natural diet and the steps to transition from commercial, processed pet food to a balanced, primarily raw diet. Animals often respond to this diet change with loss of 'doggy' smell, itchy skin and weight with a corresponding increase in energy, glossy coat and cleaner teeth. And as a bonus it's more economical than premium commercial dried foods. **Usually \$19.50; Spring special \$15.**