

While thinking about the newsletter theme I came across this stunning photo. It brings to mind the feeling of emotional turbulence and watery emotions while also conveying a sense of hope and beauty. It is reassuring that homoeopathy can be such a wonderful support when going through rocky times. *Jan Owen*

Emotional Ups & Downs

When considering how we handle the emotional ups and downs of life it helps if we afford the same respect and care to our emotional selves as we do to looking after our physical body.

Homoeopathy has a long history of helping people manage emotional states, including anxiety, despair, loss of confidence, grief, indifference, melancholy, sadness and isolation, anger and irritability. On a physical level the expression can be through many symptoms including disturbed sleep patterns, low libido and sexual problems, eating disorders, headaches, frequent colds or digestive upset.

When emotional issues are intense or of a chronic nature it is important to also seek expert advice and assistance. Grief as the result of a loss is usually a stressful experience and can be supported using homoeopathy. The most commonly used acute remedy is **Ignatia** and it is typical of the confused and contradictory emotional state that touches most people in the early stages of grief. This may include difficulty falling asleep, with much yawning and sighing. There can be an empty hollow feeling and disturbances to the appetite, be it over eating or under eating.

As well as bereavement **Ignatia** helps us to cope with all sorts of losses in life. It is particularly good to help children strengthen their emotional lives. They suffer easily from disappointment and loss; situations such as dad being away from home a lot, mum going back to work, loss of friends, disappointed ideals. This grief can express as changeable and paradoxical symptoms that don't respond to well indicated remedies because the grief pattern has created an obstacle to good health.

Other remedies may be better indicated when we can't cope with emotional stress and strain or are unable to move on and get over a loss; be it the death of a loved one, a broken relationship, losing friends, or a disappointment in something that we have invested our energy.

Use the usual homoeopathic principles when choosing a remedy to suit an emotional disturbance. Is the person emotionally out of balance in a **Belladonna** way or a **Pulsatilla** way?

Arsenicum can help a person who is anxious and busy and suffering from exhaustion or restlessness. It can also help the perfectionist who feels stressed over the need to keep his or her house and belongings perfectly clean and neatly organized. Prone to self-reproach, anxiety and guilty feelings with a fear of losing control.

People suffering the effects of sleep loss and worry about loved ones do well with **Cocculus** if they are exhausted and dizzy, with an empty, hollow feeling.

Chamomilla can be good for both children and adults to help ease irritability and impatience and promote a sense of calm.

As well as the physical effects of disturbed hormone levels these fluctuations can also affect our emotional state. For example **Sepia** has feelings of despair accompanied by irritability that can be associated with hormonal shifts. **Sepia** can help when feeling dragged down and overwhelmed with apathy and indifference to friends and loved ones, low libido and aversion to company.

Pulsatilla is a remarkable remedy for people who become despondent and cry at the least thing,

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Emotional Ups & Downs

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craving sympathy and attention. They are very people dependent, enjoying company and easily become weepy, needy and clingy. It is very effective when these symptoms are the result of hormonal shifts in the body, such as puberty, pre-menses, menopause, or post-partum.

When the **Nat Mur** pattern emerges it is often the result of long-term emotional strain or loss resulting in despair with withdrawal from company and a tendency to brood and ruminate over the past. They rarely cry in public and don't like sympathy.

Sulphur can be bored, lazy and apathetic. Sitting around doing nothing – a sullen apathy commonly seen in teenagers.

Phosphorus is enthusiastic and spontaneous, they want to relate and be the life and soul of the party. However they can become burnt out and exhausted and then want to be left alone. These people are open and love friends and interaction; they can become sad and exhausted by loss of friends and friendship. It can be an important children's remedy.

Classes & Talks 2012

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 **27th October, 12 - 3pm.**

Fee of \$55 includes afternoon tea. Bring along paper and pen for note taking. If you've attended this class before you can come along and refresh at no cost, spaces permitting.

You can view details of classes and book online at www.owenhomoeopathics.com.au.

Crossword: Yes or No?

We need your feedback: have you enjoyed the crosswords that have featured in recent newsletters. If people let us know that they would like them to continue we are delighted to oblige, otherwise we can use the space for other homoeopathic information.

Let us know by phone, email or on our Facebook page.

Photo Competition

Many of you will have seen our recent Facebook photo competition where Owen Homoeopathics stockists uploaded photos of their store displays. The winner of this competition was the Goodlife Ellenbrook store in WA and runner up Latrobe Health Centre in Qld.

Healthy Pets Naturally

Treating Pets' Stress Naturally

Do pets get depressed? I think they do. At least, I have given remedies for depression, and the patient has improved noticeably.

I think some breeds who try too hard to please their owner can become depressed. Staffies seem to predominate here, also Rhodesian Ridgebacks and sometimes German Shepherds. Cats rarely worry too much about anyone other than themselves!

I've had good results with **Arsenicum alb** for dogs that are depressed and tired, in alternation with anxiety and restlessness. **Nat Mur** and **Silica** can really brighten dogs up when symptoms fit. **Silica** patients are timid, shy and withdrawn. **Nat Mur** are not frightened, but self contained, aloof and like their personal space, so this is often a good cat remedy.

Many animals do not move through the grief process when a pet or human in the household has died or moved out, and dramatic improvements can be seen with **Nat Mur** for a quiet, withdrawn depression, or with **Ignatia** when the pet is showing gastro-enteric symptoms, especially anorexia, and has more outward emotional symptoms such as restlessness, following the owner around, howling etc.

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

Book Corner

There are many excellent books available, written by very experienced homoeopaths, which can help you achieve emotional health.

Search online for:

Homoeopathy for Emotional Health
by **Rima Handley**

Homoeopathy for the Soul
by **Cassandra Lorus**

Emotional Healing With Homoeopathy
by **Peter Chappell**



Hayfever

Sadly spring time can also be hay fever time for many Australians. If you are prone to and suffer from allergies at the first sign of Spring flowers now is a good time to stock up on our Hay Fever complex.

It contains remedies such as **Allium**, **Nat mur**, **Euphrasia** and **Sabadilla** and can be a welcome relief if you are struggling to choose an individual remedy.