

owen homoeopathics stockist guide

Owen homoeopathics is a West Australian-owned company that specialises in the provision of single remedy homoeopathics for the public. This guide is an introduction to homoeopathy, and to the use of and sale of the **Owen** range of remedies.

Owen Range & What Can Be Treated

The **Owen** remedy range is made up of 40 of the most commonly requested remedies for the home prescriber in the 6c potency.

These remedies can be used at home to treat every day simple ailments such as bumps, bruises, bites, stings, colds, coughs, tummy upsets, stress, study and exam nerves.

Many minor problems can be treated effectively at home but for recurrent and stubborn cases treatment by a Homoeopath is recommended for a deeper more sustained result.



Finding a Remedy

Choosing a suitable remedy relies on the person recognising their own unique experience of their symptoms. There is not simply one remedy for a particular illness, but rather one remedy, out of a whole group, which is carefully selected on the basis of each person's own variation of that illness. When selecting for a particular ailment have the client look it up under common ailments in the Home Prescribing book or our Information sheets and choose the remedy that most closely resembles the symptoms experienced. If they cannot choose between two remedies go to the Materia Medica and differentiate between the remedies by reading the more complete remedy picture. It's a good idea to inform people that all remedies have many applications and that they can start to build a home prescribing kit at home and learn all the possible uses of their remedies.

Dosage & Potency

Owen homoeopathic medicines are provided in pilules. The potency and dose varies depending upon each person's individual need. The remedies are considered low risk to use and are unlikely to affect or influence prescribed medicines.

Generally the 6c potency is adequate for Home Prescribing. For very intense symptoms give 2-3 doses within an hour or two and then reassess, or even alternate the remedies until there is some improvement. You can then decide which remedy has brought about a change and continue with that remedy. Mild symptoms do not call for such frequent repetition, repeat 2 – 3 times a day for a few days and then reassess. If there is no improvement then change to your second remedy preference.

HOW HOMOEOPATHY WORKS

Homoeopathy is a medical system developed by Dr Samuel Hahnemann more than 200 years ago. Dr Hahnemann, born April 10th 1755, began using homoeopathic potencies when he became disillusioned by the poisonous side effects of medications used in his time. His work quickly spread through Europe and the new world, paving the way for homoeopathy, as we know it today. It is well known in the United Kingdom, America, Europe and Asia and to a lesser extent Australia.

Homoeopathy follows definite scientific laws of preparation, prescription and cure that are as true today as they were in Dr Hahnemann's time.

These remedies have been prepared in a specific way by a potentising or activating process involving dilution and succussion (shaking hard) that is understood by homoeopaths to render the remedy gentle and non-toxic.

Storing & Caring For Remedies

Homoeopathic medicines are quite sensitive and can be easily contaminated. It is better not to touch the pilules but rather to dispense directly from the lid into the mouth. Pilules can be crushed or dissolved in a little water then sipped or administered by spoon. Store remedies away from direct light and heat and away from electrical appliances and strong smelling substances such as essential oils and menthol rubs. Although the remedies have a 5-year expiry date they have been known to continue to act for many years after this date without deterioration when stored correctly.

Homoeopathy For Animals

Animals respond very well to homoeopathic remedies in much the same way we do. Their ailments are similar to our own and the home prescriber can use their remedies to treat simple first aid and acute ailments. As with any ailment the choice of remedy is based on the 'symptoms' presented. The **Owen** homoeopathics Animals Info sheet 6 is full of remedy tips to help people choose.

Giving remedies to animals can be tricky. How do you give a remedy to a chook for instance? Pilules can be crushed between two clean spoons and some of the powder dabbed in the mouth. Alternatively drop a few pilules into a container of clean water. Stir to disperse the energy through the water and syringe a dose into the animals' mouth or put some into their drinking water. Remember that each drink provides a dose.

Educational Aids

HOME PRESCRIBING BOOK

Homoeopathy for the Home Prescriber is written to complement the **Owen** range and we highly recommend it as a home prescriber's manual to accompany home remedy supplies.



The book explains homoeopathy and how to use it for many of the common problems faced at home. The 120 pages include a section on the Treatment of Common Ailments, Materia Medica listing key symptoms of 40 remedies in the range and an Index on page 113.

REMEDY GUIDES

These little A6 sized guides provide a snapshot of the remedy pictures for the 40 remedies in the **Owen** range. The guides educate your customers and encourage return sales and we provide as many as you need **free**. They can be included with each remedy purchase or just given away or used as bag fillers.



INFORMATION SHEETS

As it is designed as a pocket manual the space in the home prescribers book is limited. These **free** Information sheets on topics such as Tots to Teens, Women's Health, Mother & Baby, Surgery, Travel, Dental Health and Animals provide a wealth of more detailed information for your customers.



FACT SHEETS

These one-page Factsheets cover 50 different topics and provide additional information for you and your clients. When stockists display and hand out Fact sheets they potentially increase people's knowledge and encourage them to add further remedies to their home kit and to make use of the remedies that they have at home. Topics covered include coughs, sore throat, skin ailments, digestive upsets, accidents and injuries, study, stress, tantrums and teething and many more.



HOME PRESCRIBING CLASSES

Our 3 hour home prescribing class teaches people how to use home remedies for treating acute symptoms and first aid situations at home. The class is free to stockist staff and covers all 40 remedies in the **Owen** range. It is run regularly at our Redcliffe Centre.

CDS DVDS CLASSES & EDUCATION

For the convenience of your staff and customers we have recorded a home prescribing class. The class is presented in both CD and DVD form.



Balms

This range of three topical healing balms is medicated with homoeopathic remedies and complements the **Owen** range.



Cold Sore Balm: This balm contains remedies that can help heal and reduce the severity of cold sores.

Chapped Lips Balm: Helps with symptoms of dryness, cracks and chapping and can be used on any skin area.

Bite 'n Sting Balm: A balm that can be rubbed straight onto a bite to relieve symptoms.

Complexes

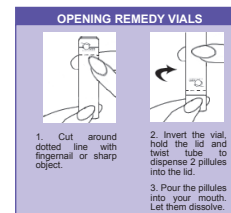
Owen homoeopathics offer a limited range of complex remedies. It is always our preference that people learn to use the single indicated remedy, however at times it is just too difficult to choose and a complex can then be ideal to get people started with homoeopathy.



Complexes cover ailments such as coughs, teething, sinus, cystitis etc. We also provide immune boosting complexes including Children's tonic, Teen tonic, Boost complex and Stress complex.

Opening Vials

Because opening vials can be tricky we provide a display placebo remedy to show customers how to open and dispense the pilules. The instructions are also included on the back of the remedy guide leaflet.



Finding a Homoeopath

Complex, complicated and some chronic problems are often better treated by a qualified practitioner.

As a general rule if you can't find the ailment in the book this may be because the ailment requires more experienced care. To find a qualified local practitioner visit the AHA or ATMS websites for a list of members.