

wellness @ work

For many Australians their workplace is an environment where they are breathing recycled air and in some cases harmful chemicals. They may also be confined by an unnaturally sedentary lifestyle, work under pressure and stress, often travel regularly for work and in many cases spend lengthy amounts of time away from the family.

Homoeopathy, along with recognition of and attention to balancing your individual stressors, can help you to maintain a state of 'Wellness at Work' even when you're under pressure.

Accidents: The key remedies to have in your work kit for accidents and injuries are **Arnica** for accidents, bruises and associated shock. **Hypericum** for cuts, abrasions, lacerations and crush injuries with sharp, shooting pains - it may assist in reducing pain and promoting regeneration of damaged nerves.

Ledum for puncture wounds including needle stick injuries, animal and human bites; and **Ruta grav** for sprains and strains.

Colds & Flu: The workplace can be a great breeding ground for cold and flu viruses. **Anas barb** is the key remedy for prevention and really important for people who easily succumb to colds. In addition take **Aconite** and **Ferrum phos** at the first sign of symptoms. Or for symptoms more like classic achy flu with lethargy then try **Gelsemium**. A runny nose with discharge that burns the nostrils indicates **Arsenicum**; the throat burns, person feels weak, tired and restless with a desire for sips of warm water. Repeated sore throats, sinus and/or chest infections suggest a weakened immune response and would benefit from constitutional homoeopathic prescribing.

Fright & Shock: After a fright, as in seeing an accident, **Aconite** is indicated for feelings of agitation and restless with a fear of death. **Arnica** is useful after mental strain, shock, physical trauma. **Ignatia** for mental hysteria, loss of control, insomnia after grief or disappointed love.

Stomach Upsets: Gastro bugs can occur at anytime of the year and spread especially easily in the work place. Proper hand washing is vital and should always be carried out before eating and after toileting. **Arsenicum** is indicated for vomiting and diarrhoea with burning pains, and better for warmth, person is restless, chilly and thirsty for sips. **Colocynthis**, for diarrhoea with waves of cramping pains, better for doubling over, heat and pressure. **Ipecac** is suggested for constant nausea that is not relieved by vomiting and diarrhoea in spasms.

Stress, Anxiety and Over Working: **Nux vomica** is the most indicated remedy for the stress caused by over work; it covers ailments such as irritability and impatience, insomnia with a



craving for stimulants such as coffee, alcohol, drugs and stimulating foods.

Gelsemium is great for anticipatory anxiety; when people anticipate even simple things with fear and dread. **Lycopodium** suits tense, irritable intellectual people; lacking confidence they become anxious before any ordeal with bloating and flatulence.

Other possible stress remedies include **Aconite** for acute anxiety, agitation and restlessness. **Argent nit** is also good for those with 'nerves' due to worry of coming events, hurried and talkative they crave sweets. Restless anxiety, apprehension and dread in high achievers who become overly fussy and fastidious indicates **Arsenicum**. Dizziness, exhaustion and an empty feeling from worry and loss of sleep indicates **Cocculus**.

Shift Work / Fly-in Fly-out: with so many people traveling, especially by air, to and from the workplace, homoeopathy is a real boon. **Nux vomica** is the standout remedy for symptoms associated with changes in the body clock from time changes, shift work or long work hours. **Cocculus** with its jet lag like symptoms and the nerve nutrient **Kali phos** are also well indicated to support the nervous system.

For many this kind of life style also has an impact emotionally. Remedies that are commonly indicated are **Ignatia** for the grief and sadness associated with separation from family. **Pulsatilla** if feeling lonely and emotional. **Nux vomica** if, once back home, you're irritable and cranky with the family. And if you feel fed up, dragged down, want to be left alone and sometimes feel like running away from it all then take some **Sepia**, it will help bring back the joy.