

TISSUE SALTS

Working at a cellular level tissue salts can help re-balance our systems and improve some of the symptoms of menopause - fatigue, bone thinning, loss of elasticity and digestive problems. Taken on a regular basis they complement homoeopathic treatment and won't interfere with the action of your remedies. Ask for our leaflet.

BACH FLOWER REMEDIES

These remedies help us on an emotional and mental level to cope with stress. Dr Bach felt that "dis-ease" is a sign of imbalance in one's emotions, attitudes and life directions. His aim was to create a safe system for people to be able to self prescribe. Contact us at the Centre for a leaflet or to discuss having a combination made up to your specific needs.

REMEDY INFORMATION

Owen Homoeopathics remedies can be purchased from your local stockist or from us direct. Check the website for a full list of stockists.

www.h-e-c.com.au

BOOKS TO READ

Homoeopathy for the Home Prescriber – Jan Owen
Everybody's Guide to Homoeopathy – Cummings & Ulmann
Australian Family Homoeopathy – Callinan
Homoeopathic Treatment of Children – Herscu
Homoeopathy for Pregnancy, Birth and your Baby's First Year – Miranda Castro
Homoeopathic Medicine for Pregnancy and Childbirth – Richard Moscowicz
Neals Yard Natural Remedies
Aromatherapy an A-Z – Patricia Davis
Aromatherapy for Scentual Awareness – White & Downes

IMPORTANT

Taking of Homoeopathic Remedies:

1. The remedies are absorbed in the mouth, so are best held in the mouth for several minutes before swallowing. In the case of pilules, allow them to dissolve under the tongue.
2. Unless the dose is very frequent, half an hour before meals, or between meals, is the best time to take your dose. However, 10 minutes before or after a meal or taking a drink, is acceptable.
3. Do not use peppermint toothpaste, or drink strong peppermint tea, or ordinary coffee as these may antidote your remedies.
4. Do not smoke, brush your teeth or gargle, or drink alcohol, within half an hour of taking remedies.
5. Do not touch the remedies with your hands. Liquids may be administered on a teaspoon, diluted with water. Likewise, when administering pilules to infants or small children, a teaspoon is helpful. Pilules can be rolled into the lid of the vial, and then dropped under the tongue.
6. If any pilules are dropped, they should be discarded and not returned to the bottle.
7. Store your remedies away from direct light, heat and strong smelling substances, particularly camphor, as the potency of the medicine will be weakened.
8. When using Homoeopathic remedies, do not use products such as "Vicks" or "Deep Heat", as these will antidote the remedy. There are very effective Homoeopathic creams which you can use instead.
9. When taking more than one medicine, separate the doses by at least 10 minutes, preferably longer.
10. Store your medicines away from electrical appliances such as fridge, TV, microwave, clock radio and stereo.

BABIES

It is stressed that these suggestions are intended as a guideline. A trained Homoeopathic practitioner must be consulted if there is any doubt or query.

Homoeopathy is an empowering and satisfying tool for parents in the nurturing and health care of their children. Many problems are treated very effectively with home prescribing but please remember that for recurrent and stubborn cases Constitutional treatment by your Homoeopath will result in a deeper and more sustained result.

Homoeopathy is a medical system developed by Samuel Hahnemann 200 years ago. 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 which are as true today as they were in Dr Hahnemann's time.

Homoeopathic remedies are provided in either pilules or drops and the dose varies depending upon the patient's individual need. These remedies have been prepared in a specific way by a process called potentisation. This is an activating process involving dilution and succussion (shaking hard) which makes the remedies non-toxic and free from side effects.

OWEN HOMOEOPATHICS

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Use the 6c potency unless otherwise specified.

BIRTH TRAUMA

Arnica is usually the remedy of choice following a difficult or traumatic delivery. Also **Rescue Remedy**.

If this does not resolve the problem, consult your Homoeopath as constitutional treatment may be required.

COLIC

Two groups:

1. Those who draw their knees up –

Colocynthis – sharp, cutting pains, writhes and twists. **Chamomilla** – with typical irritability. Severe unbearable pain with abdominal swelling. Can have green diarrhoea. **Mag Phos** – sharp, cramping pains. Tired and exhausted.

2. Those who arch backwards –

Dioscorea – pains radiate from abdomen, worse from pressure. **Ipecac** – colic with foul diarrhoea and nausea. **Nux Vomica** – severe bloating and pressure. **Belladonna** – distended hot abdomen. Hot and restless.

If the mother is suffering from grief or disappointment give **Ignatia** for the baby's colic.

CROUP

First stage use **Aconite 6c** (often 1st hour). If necessary **Spongia 6c** (2nd hour). **Hepar Sulph 6c** (3rd hour). Continue to alternate **Spongia** and **Hepar** as necessary.

EARACHES

Belladonna with **Ferrum Phos**, often for sudden onset of violent pain especially right sided. **Chamomilla** or **Pulsatilla** may be better indicated.

Garlic infused oil, warmed and held in place with cotton wool has an antibiotic, anti-inflammatory effect. **Onion** juice also works very well, grated, strained and warmed – repeat hourly.

EMOTIONAL UPSETS

Children often need their constitutional remedy repeated at intervals while they are growing quickly. At times difficult and stressful situations may occur such as moving house, loss of a loved one or family pet or an

overseas trip to visit relatives which indicate a different remedy. Try the indicated remedy in low potency first as it may be adequate. However when the cause is emotional the potency may need to be higher, discuss this with your Homoeopath.

Gelsemium – anticipatory anxiety, **Aconite** – fear and/or excitement, **Pulsatilla** – jealous and clingy, **Chamomilla** – nervous tantrums, **Lycopodium** – fear and lack of confidence

INTOLERANCE TO MILK

Remedies such as **Calc Carb**, **Silica** and **Aethusa** deserve consideration – it is best to seek constitutional care from your Homoeopath who will consider treating mother and babe to resolve this problem.

SKIN RASHES

When the cause is unknown it may be a reaction to mother's hormonal changes – **Pulsatilla**. Try to avoid suppressive treatments such as zinc cream or cortisone, and seek professional homoeopathic care if it persists.

SLEEPLESSNESS

Nightmares with intense anxiety and fear – **Aconite**. Also **Rescue Remedy**. Sleepy by day, sleepless at night – **Lycopodium**. Sleepy evening, wide awake 3-4a.m. – **Nux Vomica**. Piercing screams & trembling - **Ignatia**.

SORE THROATS AND COLDS

If baby is generally off colour use **Ferrum Phos**, if very hot, feverish and flushed add **Belladonna**. If flushed, thirsty and recently exposed to cold wind add **Aconite**. **Arsenicum** can be useful for 2nd stage with watery discharge, thirst, burning throat and cold sweats and **Pulsatilla** for 3rd stage, rattly cough, bland thick discharge, ear pains and congestion.

Include Childrens strength **Vitamin C** and **multi-vitamin** and **Echinacea** liquid when inflammatory processes are in action.

TEETHING

Chamomilla – unbearable pain. Fretful and angry. Inconsolable and desire to be carried. One cheek red and one pale. Diarrhoea. **Belladonna** – convulsions.

Irritable, flushed, restless and delirious. **China** – the child wets the bed and grinds the teeth. **Mercurius** – excessive sweat and saliva, red gums. **Borax** – mouth ulcers with teething. Dislikes downward motion. Prone to thrush. **Phytolacca** – biting.

TUMMY UPSETS

Arsenicum Alb – vomiting and diarrhoea, as if poisoned. **Aethusa** – cannot digest milk without vomiting. **Ipecac** – persistent vomiting and nausea.

Phosphorus – desires cold drinks but vomits them once they become warm in the stomach.

VACCINATIONS

Countless children appear to begin episodes of chronic disease such as asthma, eczema etc. at the time of immunisation. The immune system has been over challenged.

At the centre we can discuss this with you, offer alternatives including a Homoeopathic Vaccination Kit (with certificate for school enrolment) or suggest ways to help support the child's immune system in the event of Vaccination. We also have excellent articles and books on this subject.

ACCIDENTS – BUMPS AND FALLS

Bruises : **Arnica** and an ice pack.

Puncture Wounds : **Ledum** prevents sepsis or **Hyperica** if there are shooting pains, repeat for several days.

Crushed Fingers and Toes : **Hyperica** repeated often and **Arnica**.

Insect Bites and Stings : **Ledum** - mosquito bites and puncture wounds. Purple or white, puffy and cold. **Apis** – bee, hornet or wasp stings. Rosy red, shiny and swelling. **Hypericum** -bites on fingers and toes, may have shooting pains.

ESSENTIAL OILS – MASSAGE BLENDS

Colic – **Lavender**, **Ylang Ylang** and **Orange**

Sleeplessness – **Lavender**

Skin Rashes - **Hyperica** oil with **Lavender** and **German Chamomile**