

MATERIA MEDICA

ACONITE sudden onset, especially in the middle of the night. First stage of the inflammatory process with restlessness, fear, heat and fever.

BELLADONNA sudden onset of symptoms, face flushed, high temperature, often right sided symptoms.

BRYONIA feverish, irritable, great thirst, dry lips, headache, desire to be very still. Cough is dry, hard and painful. Cranky & immobile with pains.

CARBO VEG when there is lack of appetite and energy after illness. Helps in convalescence.

FERRUM PHOS at the start of illness it is useful in conjunction with other remedies or alone when the picture is unclear – says they feel unwell or off colour.

GELSEMIUM thirstless, weak, shivering and sweating, heat and chills. Suits the slow onset aches and pains type influenza. Eyes droopy and no energy.

HEPAR SULPH final stage of illnesses, there may be yellow/green discharge, rattly thick cough, cold sores, sore throat. After Aconite & Spongia in croup.

MERCURIUS offensive mouth & sore throat, profuse salivation. Alternating Chills & fever.

PULSATILLA measles like eruptions. Swollen glands. Dry cough night, loose in the morning.

RHUS TOX small vesicles with clear fluid, Lesions dry & itchy. Restless, exhausted & feverish. Joint pains.

SULPHUR helps to move the vital force along. Brings out rashes. Aids in convalescence or if well chosen remedy fails to act.

REMEDY INFORMATION

Owen Homoeopathics remedies can be purchased from your local stockist or from us direct. Check the web-site 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 – Ullman
Australian Family Homoeopathy – Paul Callinan
Homoeopathic Alternatives to Immunisation
Family Guide to Homoeopathy - Andrew Lockie
Neals Yard Natural Remedies – Susan Curtis

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 away from all 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.

©Copyright

CHILDREN'S EPIDEMIC DISEASES

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.

Most of the Ailments described in this flyer are considered by Homoeopaths to be an opportunity for the body to fine tune its immune system and its mental and emotional defences in readiness for adult life. Using homoeopathic remedies helps train the body to “bounce back” from illness.

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 medicines are provided in either pilules or drops and the dose varies depending upon the patient's individual need. These medicines 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. This means that the Homoeopathic medicine will not affect or influence any other medicines prescribed for you by your doctor.

OWEN HOMOEOPATHICS

443 Great Eastern Highway Redcliffe WA 6104

Phone: 08 9277 9565 Fax: 08 9277 9192

Email: jan@h-e-c.com.au Web: www.h-e-c.com.au

Use the 6c potency unless otherwise specified.

Childhood diseases, despite being associated with different pathogens, are similar in their clinical evolution. They possess the following stages.

1. Incubation – this is generally a silent stage. If the disorder is current in the community, the appropriate homoeopathic prophylactic can be used for the whole family.

2. Invasion – the fever takes one of two forms. Febrile state – **Aconite** – sudden onset, intense thirst, skin dry, shivering. Anxiety. **Belladonna** - sudden onset, congestion, redness and sweating, mucous membranes dry, red and painful. Much less fear than **Aconite**.

Gradual onset – slight temperature, alternately red and pale. Weak, drowsy. **Gelsemium** – thirstless, weak, red face, shivering and sweating with heat and chills. **Bryonia** – feverish, irritable and dry. Immobile with pains. **Mercurius** – fetid breath, salivation, intense thirst. **Rhus Tox** – restless, exhausted and feverish. Joint pains.

3. Rash – if slow to develop, a dose of **Sulphur** or **Pulsatilla** is often given. Once diagnosed move on to the appropriate remedies. Keep the nails short and dab vinegar, bicarb soda or Lavender Oil on spots.

CHICKEN POX

Rhus Tox – small vesicles with clear fluid. Lesions dry and itchy. **Ant Crud** – scaly, pustular eruptions, burn and itch at night. **Mezereum** – vesicles infected, thick yellowish pus with a white or brownish crust. **Ant Tart** – infected lesions with bluish scars, or very large lesions.

GERMAN MEASLES

Phytolacca – swollen glands and ear pains. **Pulsatilla** – the usual remedy in measles like eruptions. **Belladonna** – if the spots coalesce, producing a scarlatina type appearance.

GLANDULAR FEVER

Use indicated remedies for the presenting symptoms. Rest, do only 75% of what you feel capable of. Take

extra vitamins C and B, Zinc and Evening Primrose Oil. Seek help if resolution is slow.

MEASLES

Pulsatilla – the first remedy to think of once the fever has subsided, dry cough evening and night, loose morning. **Kali Bi** – if **Pulsatilla** fails – swollen glands, eye discharge, catarrhal deafness, stringy nasal discharge. **Euphrasia** – intense headache, swollen eyes, marked aversion to light, copious acrid tears. **Bryonia** – the cough is dry, hard and painful. **Apis** – if the rash goes and a stupor appears with stinging pains and sharp cries, no thirst, desires cool.

MENINGITIS

Requires urgent medical attention if suspected. Meanwhile try **Arnica** – if symptoms follow a head injury. **Aconite** – restless, very fearful, thirsty. **Belladonna** – hot delirious and staring eyes. **Bryonia** – intense headache worse from moving even the eyes. **Apis** – irritable and oversensitive with piercing screams.

MUMPS

Mercurius – offensive salivation, foul tongue, offensive sweat. Especially right sided. **Belladonna** – glands swollen, hot, red and sensitive to pressure, worse right side. **Lachesis** – worse left. Sensitive to least touch and pressure. Face red, eyes swollen, glassy and wild looking. **Carbo Veg** – pale, cold and craving fresh air. Breasts and testicles may be involved. **Pulsatilla** – given routinely to minimise complications especially if breasts and testicles are involved.

SCARLET FEVER OR SCARLATINA

Belladonna – matches the facial, feverish and throat symptoms well. **Mercurius** – offensive mouth and sore throat, profuse salivation. Alternating chills and fever. **Arsenicum** – if the skin comes off in fine powdery scales.

TETANUS

The spores occur in the soil and manure. The condition develops through the infection by spores of an anaerobic wound. It is wise to treat all puncture wounds and minor

injuries with **Ledum**, or **Hypericum** if the wound has shooting pains, several doses a day for a few days preventatively as well as cleaning the wound thoroughly. People who work in gardens or with animals would benefit from **Ledum** prophylactically on a regular basis.

WHOOPIING COUGH

Aconite, **Ferrum Phos** or **Belladonna** for the fever. The croup treatment of **Aconite**, **Hepar**, **Spongia**, **Hepar**, **Spongia** at 2-4 hourly intervals if the symptoms fit or the remedy picture is unclear. **Ipecac** – wheezing, rattling, chest, gagging and vomiting. **Drosera** – dry, frequent, noisy cough. Painful midnight – 2am. **Corallium** – violent, explosive spasmodic cough and profuse vomiting of mucous. **Carbo Veg** – weak and exhausted, to help resolution. Seek help if it becomes too difficult and confusing to treat yourself.

RECOVERY

Consider one of these remedies if the child does not recover fully. **Carbo Veg**, **China**, **Gelsemium**, **Phos acid** or **Sulphur** depending upon the picture presented, twice daily for a few days in 6c potency. Professional help is recommended if you cannot resolve this readily.

VACCINATIONS

Countless children appear to begin episodes of chronic disease such as asthma, eczema etc. from 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 Kit (with certificate for school enrolment) or help you to support the child's immune system in the event of Vaccination. We also have excellent articles and books to allow you to make an informed decision.

CREAMS, TINCTURES AND OILS

Hyperica, a combination of **Hypericum** and **Calendula**, is an excellent soothing and healing cream or dilute the tinctures. Dilute **Witchhazel** cools and soothes. After the scabs have formed **Comfrey**, **Hypericum Oil** or the contents of **Vitamin E** capsules will reduce scarring.