

## ACCIDENTS AND INJURIES

Bruises: *Arnica* and an ice pack

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

Crushed Fingers or Toes: *Hypericum* repeated often and *Arnica*.

Insect Bites : *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

Be aware that **Eucalyptus** and other strong oils may neutralise the Homoeopathic remedy.

Coughs – **Lavender, Frankinsence** and **Bergamot**.

Fractions and grumpy – **Clary Sage** and **Lavender**.

Soothing bath – **Geranium** and **Orange**.

Sleeplessness – **Lavender** and **Orange**.

## 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.

### REMEDY INFORMATION

Owen Homoeopathic 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](http://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 – Callinan  
The Homoeopathic Treatment of Children – Herscu  
Materia Medica and Repertory – Boericke  
The Twelve Healers - Dr Bach

### 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.

## CHILDREN

---

*\*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 in regard to your particular requirements.\**

The needs of primary school age children alter rapidly as they grow and change. School is an enormous challenge and sensitive children may encounter situations which tax them beyond their ability to cope. You may need to consult your Homoeopath and choose a constitutional remedy to support this.

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](mailto:jan@h-e-c.com.au) Web: [www.h-e-c.com.au](http://www.h-e-c.com.au)

©Copyright

Use the 6c potency unless otherwise specified.

## COLDS & SORE THROATS

Generally off colour – **Ferrum Phos**, if very feverish and flushed add **Belladonna**. If flushed, thirsty and recently exposed to cold wind add **Aconite** instead. Symptoms after getting drenched – **Dulcamara** or **Rhus Tox**. **Arsenicum** can be useful for the 2<sup>nd</sup> stage with watery discharge, burning throat, thirst and cold sweats and **Pulsatilla** for the 3<sup>rd</sup> stage, rattly cough, bland thick discharge, ear pains and congestion. Include a childrens **Vitamin C, Multi Vitamin and Echinacea** liquid to support the immune system.

## COUGHS

There are many cough remedies, you will need to note the symptoms carefully. Consider – **Phosphorus, Spongia, Bryonia, Hepar Sulph, Pulsatilla** or seek Homoeopathic help to sort out the remedy picture.

## DENTAL CARE

A good dental health regime is essential to our overall health. People involved with Natural Therapies often shy away from dental treatments, however this is detrimental as rather than resolve, dental problems tend to deteriorate with time. Your child needs regular check ups with a sensitive Dentist. Ask for our Dental flyer on home care.

## EAR ACHES

**Belladonna** with **Ferrum Phos** repeated 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 anti-biotic, anti-inflammatory effect. **Onion Juice** also works well, grated, strained and warmed, repeated hourly. One drop of **Lavender Oil** on the cotton wool is an alternative.

## EMOTIONAL UPSETS

The school years are a time of rapid growth and change and a child may need to have their constitutional remedy repeated at intervals to assist them. At times, difficult and stressful situations may occur such as moving schools, loss of a loved one or family pet or going on school camps or sleepovers which may

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 high, discuss this with your Homoeopath. **Gelsemium** or **Phosphorus** – anticipatory anxiety. **Aconite** – fear and or excitement. **Pulsatilla** – clingy, weepy and becoming “hormonal”. **Chamomilla** – nervous tantrums. **Lycopodium** – fear and lack of confidence. **Ignatia** – grief and loss.

## ENURESIS (BEDWETTING)

Constitutional treatment and support will be invaluable in treating the cause of this developmental delay. You could try: **Causticum** – wetting early in the night and from excitement. **Equisetum** or **Belladonna** – during dreams and nightmares. **Lycopodium** – no desire daytime, copious at night. **Nat Mur** – following an emotional upset.

## FEVERS AND CHILDHOOD INFECTIONS

Fevers are the body’s natural response to fighting an infection and despite causing parental anxiety they are generally not dangerous. Wait until the remedy picture is clear before prescribing. Ask for the flyer on childhood infections (ie. mumps etc.)

## GROWING PAINS AND TUMMY ACHES

Continual problems can be to do with calcium metabolism and rapid growth. Tissue salts or homoeopathics **Calc Phos** and **Mag Phos** taken regularly help as well as massage with **Lavender** and **Rosemary**.

## HEADACHES

Persistent headaches and brain fag often need constitutional care. Try the Tissue Salt **Combination B or F** and a **Multi Vitamin** first.

## IMPETIGO

This infection spreads easily and is difficult to contain. Give **vitamins** and **Echinacea liquid** as well as the indicated remedy. **Antimonium Crudum** – oozing eruptions, yellow crusts. **Graphites** – oozing a sticky substance. **Rhus Tox** – itching, burning and blister like. Seek help if resolution is not imminent.

## LICE

The aim is to make the child’s head unattractive to lice. Use essential oils such as **Rosemary, Lavender** and **Geranium** in shampoo, water spray (for bedding also) and on the hairbrush. Use a hairdryer to dry your hair. Constitutional treatment and the **Pediculosis Nosode** are also effective.

## MINI KITS FOR SCHOOL , CAMPS etc.

Make up a small kit plus **Rescue Remedy** for the minor accidents or upsets which can occur. It is very empowering, increasing confidence and reducing homesickness. Include our mini kit flyer for the carer’s benefit.

## SLEEP PROBLEMS

**Aconite** – nightmares with intense anxiety and fear, also add **Rescue Remedy**. **Lycopodium** – sleepy by day, sleepless by night. **Nux Vomica** - sleepless from mental stimulation eg. Homework. **Coffea** – awake from joy and excitement. Chronic problems need constitutional care.

**SUNBURN** – **Cantharis** for raw and smarting sunburn or **Hypericum**. Also use Homoeopathic **Burn Cream** or dilute **Calendula Tincture or Cream**.

## TRAVEL SICKNESS

Eat lightly and use **Peppermint Oil** for nausea and/or **Lavender Oil** for over excitement.

**Cocculus** – severe nausea and dizziness. **Petroleum** – nausea and dizziness from fumes. **Tabacum** – boat sickness, worse warm weather, violent vomiting. **Nux Vomica** – headache, nausea and feels faint.

## TUMMY UPSETS

**Arsenicum Album** – vomiting and diarrhoea, as if poisoned. **Ipecac** – persistent vomiting and nausea. **Phosphorus** – desires cold drinks but vomits them once they become warm in the stomach. **Pulsatilla** – from rich and fatty food. **Lycopodium** – associated with anticipation and anxiety. Chronic diarrhoea or constipation need professional advice. Giardia can cause continual tummy griping and responds well to the **Giardia Nosode** and **Arsenicum Alb** twice daily.