

ESSENTIAL OILS

The oils used to relieve the symptoms of the common cold are the first to think of for runny noses and sneezing, especially **Lavender** and **Eucalyptus**. However it is more helpful to treat the allergies in general. The best oils for this are **Chamomile** and **Melissa**, often used in alternation throughout the pollen season. If the heat of a steam inhalation makes you feel worse try an oil burner, a few drops of oil on a hanky and carried with you or a massage blend. Don't be discouraged if an oil aggravates you, it does not mean that all oils will have the effect, be prepared to experiment. Simply diluting the oil further may make it tolerable.

TISSUE SALTS

Working at a cellular level tissue salts can help re-balance our systems and improve the symptoms of hay fever and allergies. For best results start your tissue salts six weeks prior to the 'season' beginning and take them on a regular basis. They will complement homoeopathic or other treatments and won't interfere with the action of your remedies. Ask for our leaflet.

Combination H combines **Mag Phos 6x**, **Nat Mur 6x**, and **Silica6x** to relieve symptoms of hay fever, sinusitis and allied conditions.

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

BOOKS TO READ

Homoeopathy for the Home Prescriber – Jan Owen
The Family Guide to Homoeopathy - Lockie
Australian Family Homoeopathy – Callinan
Materia Medica and Repertory – Boericke
The handbook of the Biochemic Tissue Salts

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 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.

HAY FEVER

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.

The information in this leaflet provides a first point of reference for treating hay fever and allergies at home. Most of the remedies are contained in our Home Remedy Kit or can be obtained from the Centre. Chronic hay fever and allergies are helped by home prescribing but long lasting changes are best achieved with constitutional prescribing by a homoeopath.

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

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Use the 6c potency unless otherwise specified

PREVENTATIVE MEASURES

Hay Fever is best treated with a carefully selected constitutional remedy for a sustained result. However relief can be obtained for the acute symptoms by following some of the suggestions set out in this leaflet. Start your hay fever treatments several weeks before the onset of the “season” for best results.

When choosing acute remedies it is also important to pay attention to the local symptoms and try to start the acute treatment of your allergies immediately you sense the problem arising.

As well as using homeopathic remedies consider including tissue salts, vitamins, minerals, and herbal combinations in your regime as they all play a part in strengthening the system.

Attention to spring cleansing the liver after winter can also lessen the allergic response. Limit the intake of dairy and refined starches to reduce production of mucous and increase your **Vitamin C** and **Magnesium** levels with supplements.

It can be helpful to fit air filters over open windows and fire places and efficient draught excluders to doors to keep irritating pollens out.

MAJOR REMEDIES

Listed are some of the major remedies to consider in the treatment of your acute symptoms. Repetition of the dose may vary from day to day depending upon the severity of your reaction. When symptoms are severe you may need to repeat the remedy every hour or two.

Allium Cepa: Allergies every Spring, often begins with sneezing. Burning smarting light sensitive eyes producing bland tears (as if chopping onions). Acrid, watery discharge irritating the upper lip, sore nostrils. No sense of smell and the nose feels blocked despite the running discharge. Tickling and burning in the throat. Dry, rasping, tearing cough. Better open air.

Arsenicum Album: Burning eyes, thin watery tears, light sensitive. Violent and painful sneezing caused by

a tickle in the nose. Profuse watery burning discharge which irritates the upper lip. Thin watery, burning discharge. Burning swollen throat, unable to swallow. Dry irritating cough with a fear of suffocation. Restless, chilly, worried and exhausted. and painful sneezing caused by a tickle in nose

Arsenicum Iodatum: Burning sensation and watery discharge from the eyes. Sneezing and watery nasal discharge with sore nostrils. Burning throat and dry irritating cough. Burning symptoms, dry scaly skin. Tends to be warmer than **Arsenicum Album**.

Arundo: Early hay fever before discharges. Burning and itching in nostrils, roof of mouth and ears with sneezing. Loss of sense of smell.

Euphrasia: Eyes swollen, red and burning with acrid, sticky, irritating discharge. Fluent watery discharge from nose. Cough with phlegm. Symptoms worse indoors, from heat and wind.

Gelsemium 30c: Eyes ‘Heavy’ and swollen, better in the open air. Violent sneezing with tingling in the nose and streaming irritating discharge which is worse in the morning. Sore throat, like a lump in the throat. Dry cough with sore chest and oppression. Apathetic, listless, giddiness and trembling.

Kali Bichromicum: Swollen eyelids with ulceration. Stuffed up nose with thick, ropy or jelly like yellow or yellow-green discharge. Swollen sore throat and a cough with yellow phlegm.

Iodum: Inflamed, swollen eyelids, watering eyes. Sneezing with a “hot” watery discharge. Stopped up ears and tickling in the chest. Symptoms better from walking about. Feels very hot and doesn’t tolerate heat well.

Natrum Mur: Eyes have a watery, bruised feeling. Violent sneezing and itching and tingling in the nose. Watery nasal discharge can be frothy. Coughing and

exposure to the sun make the eyes water. Depressed and touchy. Desires to be alone.

Nux Vomica: Smarting, light sensitive eyes. Stuffy nose, obstructed breathing. Itching inner ears. Dry cough with sensation of something loose, brings on a bursting headache. Migraine type headache, worse stooping. Irritable, nervous, chilly and oversensitive.

Pulsatilla: Discharges are bland and yellow or yellow-green. The nose can be dry and constricted at night and in stuffy rooms but have an abundant discharge in the morning or by day. Chilly but with an aversion to heat and stuffiness. Feels weepy and desires company.

Sabadilla: Watery eyes with red burning eyelids. Nose stuffed up or running freely and itchy. Spasms of sneezing. Very sensitive to smells eg. flowers. Sore or tickling throat, better for warm drinks. Chilly and sensitive to cold drinks, food and cold rooms.

Sanguinaria: Mucous membranes very dry with a raw burning sensation. Hypersensitive to smells. Burning in the ears, nose and throat and sneezing with profuse burning secretion. Burning soreness in the chest extending to the abdomen. Hacking cough, worse at night. Better for sleep and in the dark. Thirsty.

Wyethia: Good for early hay fever symptoms. Itching and dryness at the back of the nose and throat causes a dry hacking cough. Nervous, uneasy and depressed.

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. In Hay Fever **Beech** improves our tolerance levels, **Walnut** reduces our reactivity to outside influences and **Chestnut Bud** helps us to stop repeating old patterns.