

Use the 6c potency unless otherwise specified.

The menopause marks the end of the menstrual cycle as the reproductive period comes to an end. The ovarian egg cell becomes less responsive to hormonal stimulation, and the process of ovulation and menstruation becomes less regular as our system winds down. Oestrogen production, which was the job of the ovaries during reproductive years, is largely taken over by the adrenal glands and for this reason some women experience symptoms such as hot flushes, vaginal dryness, extreme tiredness, and emotional disturbances including depression.

Homoeopathic remedies can deal with the more acute symptoms through home prescribing, aiding in a comfortable passage through this time. However, if any symptom becomes a major life issue, a qualified homoeopath should be consulted.

AGEING

As we begin to age, we often find that things just don't work as well as they used to. Circulation may become sluggish causing puffy hands and ankles, dizziness/vertigo may be associated with hardening of the arteries, and muscles & joint problems may occur. The best protection against all these is regular gentle exercise, good diet and doing what you want to be doing, if you can.

There are homoeopathic remedies to treat all of the conditions associated with the ageing process, and often home prescribing is effective. However, for overall health, a visit to a qualified homoeopath is recommended.

DEPRESSION

Depression is not uncommon, particularly if menopausal symptoms are causing discomfort, but also because of the hormonal changes taking place. This can be alleviated greatly by choosing one of the indicated remedies, as it will usually address both the physical and emotional state. If symptoms persist then treat yourself to a homoeopathic consultation and let us help you.

FLOODING

Periods become irregular and may be missed completely for some months. Bleeding may be negligible, but the opposite can be true, associated with anxiety, fatigue and frequent hot flushes.

Fatigue & exhaustion are marked accompanying symptoms - **China** or **Phosphorus**. Colicky pain better once flow is established, black menstrual blood which is often thick & offensive - **Lachesis**. Heavy & excessive loss, exhausted, tearful, depressed - **Nat Mur**. Periods early & heavy, pulling or dragging cramping pains, constipation, insatiable hunger, loss of libido - **Sepia**. Bright red blood accompanied by weakness, nausea & vomiting - **Ipecac**.

HOT FLUSHES

This is probably the most common problem, and can often cause considerable embarrassment and discomfort, as an optimum temperature is difficult to maintain. Sometimes the overall situation can improve with home prescribing, however it can often be hard to find a suitable remedy and treatment from a qualified homoeopath should be sought.

Red, burning face, palpitations & intolerance of pressure or touch - **Belladonna**. Sweating with flushing & often violent headache on top of scalp. Very talkative, intolerant of tight clothing - **Lachesis**. Tearful most of the time, milder & very variable flushes, hot face, chilly body - **Pulsatilla**. Flushes of heat, tired, indifferent and wants to be left alone - **Sepia**.

NUTRITIONAL NEEDS & SUPPLEMENTS

Eat a healthy diet with plenty of salads & leafy green veg. Cut down on dairy, sugar, salt, caffeine & alcohol for overall good health. Supplementing with vitamins C, B-complex, and E, and zinc, magnesium & iron with a balance of essential fatty acids may help with menstrual problems.

Dong Quai is a Chinese Herb which is particularly effective in the treatment of menopausal symptoms.

OSTEOPOROSIS

This is thinning of the bone caused by loss of calcium. This is best combatted with a generally healthy lifestyle, including regular weight bearing exercise and a healthy diet rich in calcium well before, and continuing through, the menopause.

Calcium supplements may be taken in conjunction with magnesium, however dietary calcium is also important, and homoeopathic constitutional treatment can give your system the best change to absorb the calcium. **Calc Carb**, **Calc Fluor**, **Calc Phos**, and **Silica** have a specific action on the bones, and can be taken in a tissue salt combination on a regular basis to aid cell function.

SELF-NURTURING

Taking time out for ourselves is an important step in enabling us to deal with the rigours of modern life. A massage, a trip to the beautician, a yoga class or a hot bath with our favourite oils, are all good ways to relax and revitalise ourselves physically and emotionally. Meditation and visualisation can aid in coming to terms with the changes not only in our bodies, but in our future lives. A few minutes a day can make a huge difference to how we cope with life generally.

VAGINAL DRYNESS

The vaginal surface becomes less elastic & thins. If thinning is severe there may be dryness, causing discomfort during intercourse, which can lead to itching, burning & tightness, and sometimes infection.

Dryness, obstinate constipation & often dry cough or sore throat - **Bryonia**. Flatulence, ingestion, shy & nervous. External skin dry (opposite Bryonia) - **Lycopodium**. Solitary, tearful, depressed. Local vaginal symptoms are often intensely painful - **Nat Mur**. Pain is considerable from intercourse & resentful feelings are common - **Staphysagria**. Dryness, indifference and aversion to sex - **Sepia**.

Calendula cream is an effective local lubricant & anti-septic skin healing treatment.

TISSUE SALTS

Working at a cellular level tissue salts can help rebalance 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.

ESSENTIAL OILS

Aromatherapy nurtures us through the menopause, relieving unpleasant symptoms & rebalancing us physically & emotionally. Useful oils are *Clary Sage, Geranium, Roman Chamomile, Sage, Rose, Bergamot* used singularly or made into a vaporising, bath or massage blend.

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 web-site for a full list of stockists.

www.h-e-c.com.au

BOOKS TO READ

Homoeopathy for the Home Prescriber – Jan Owen
Homoeopathy for Women – Rima Handley
Everybody's Guide to Homoeopathy – Ullman
Australian Family Homoeopathy – Paul Callinan
Aromatherapy an A-Z – Patricia Davis
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 strong smells particularly camphor or essential oils, as the potency of the remedy will be weakened.
8. When taking 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 remedies away from electrical appliances such as fridge, TV, microwave, computer and stereo.

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MENOPAUSE

** It is stressed that these suggestions are intended as a guideline. A qualified Homoeopath must be consulted if there is any doubt or query.**

Menopause is a gateway into a new phase of life as a woman's body ends its child-bearing years and adjusts to lower hormone levels. For many women menopause is relatively trouble free, but for some it is an uncomfortable time of hot flushes, heavy and irregular periods, and night sweats. Hormones are again adjusting to a new life cycle, just as they did during puberty, and emotional highs and lows can make this a distressing time. Careful eating, attention to lifestyle and homoeopathy can, however, help enormously during this transition.

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 in 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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