

Use the 6c potency unless otherwise specified.

## DIET & LIFESTYLE

Diet is a vital part of a healthy lifestyle at any age, and can help reduce some of the symptoms of stress and allow our body to process food and eliminate toxins correctly.

Exercise is an important element in remaining healthy, even if it is only a short daily walk, which can provide aerobic exercise to help breathing, heart function and eliminative processes.

## GOUT & THE OVER ACID SYSTEM

Change of diet is important and reduction of alcohol, caffeine and smoking. Shooting, tearing pain in muscles and joints, which are red, hot, swollen and stiff - *Colchicum*. Affected parts are purple and puffy, particularly in small joints - *Ledum*. Affected parts bruised and sore - *Arnica*.

## HAEMORRHOIDS

Two types; **Bleeding:** Bleeding profusely and sore as if bruised - *Hamamelis*. Sore, protruding, burning sensation - *Aloe*. Acutely sensitive to touch - *Muriaticum Acidum*. **Non bleeding:** Blind haemorrhoids with sharp shooting pains up the back, dry, burning, itching - *Aesculus*. Very painful before and after bowel action, often with a fissure - *Paeonia*. Constipated, itching anus, worse bathing - *Sulphur*.

## INDIGESTION & HEARTBURN

After too much rich food or alcohol, worse from lack of sleep and stress - *Nux Vomica*. Burning sensation in stomach and along the length of the bowel - *Capsicum*. Problems worse 12-3am, better from heat and sipping warm drinks - *Arsenicum Album*. Indigestion from too much fatty food, craves acids which disagree - *Pulsatilla*. Extreme belching from too much sweet food, craves cheese - *Arg Nit*. Heaviness & excessive gas, better from burping - *Carbo Veg*. Bloating, rumbling, gurgling not better from belching, heartburn after only a little food, especially between 4-8pm - *Lycopodium*.

## OVERWORK & BURNOUT

Many symptoms are associated with working and playing too hard, and if they haven't yet become chronic, should respond to home prescribing.

**Anger & Violence:** Often associated with the following scenarios. Sudden violent outbursts stemming from insecurity and apprehension - *Lycopodium*. Extremely critical, impatient and quick to flare up, often associated with over-work - *Nux Vomica*. Intense anger & violence with swearing and smashing of property - *Stramonium*.

Argumentative, easily offended and worse criticism but recovers quickly - *Sulphur*. Cold, calculated, self-righteous anger which stems from underlying terrifying anxiety. Quick to blame others - *Arsenicum Album*.

**Anxiety:** This can be experienced in many different ways, from mild uneasiness to extremely disabling physical and mental symptoms, including physical tension, digestive problems, difficult breathing, palpitations, hot flushes, poor memory, concentration, etc.

Agitated, irritable, short tempered when under pressure, addictive behaviour or dependence on stimulants - *Nux Vomica*. Trembling & palpitations with anxiety & panic attacks, craves sugar but worse for it, very talkative - *Arg Nit*. Weary & apathetic, withdrawn and self-preoccupation - *Gelsemium*. Extreme mental & physical restlessness, particularly at night. Anxiety in high achievers who may become overly perfectionistic - *Arsenicum Album*. Anticipatory anxiety which causes severe digestive problems including much wind - *Lycopodium*.

**Depression:** May include symptoms from general feelings of sadness, indifference or despair to disturbed sleep patterns, sexual problems and eating disorders.

Chatty and euphoric mood alternates with withdrawal and depression, jealousy, irritability and explosive outbursts - *Lachesis*. Restless, fearful and depressed with anxiety about losing control. Critical and perfectionist - *Arsenicum Album*. Long term emotional strain or loss may result in depression with withdrawal from company, tendency to brood, dislike of support or sympathy - *Nat Mur*. Low libido,

dislike of company but fear alone, complete apathy and indifference to friends and loved ones - *Sepia*.

**Insomnia:** A common symptom of a stressful lifestyle, which is not helped by reliance on stimulants such as coffee, alcohol and sugar. Some orthodox drugs can also contribute, such as anti-depressants and Beta-blockers.

Restless & anxious, with tendency to wake around 1-2am - *Arsenicum Album*. Poor sleep from indigestion after rich food or overwork, may wake irritable - *Nux Vomica*. Sleepless from muscular aches & pains, bed feels hard - *Arnica*. Unable to switch off, wakes at slightest noise - *Coffea*. Talks, grunts or snores with fitful sleep, sticks hot feet out of bed - *Sulphur*. Difficulty falling asleep following bereavement, much yawning - *Ignatia*. Difficulty falling asleep in early part of night from anxiety about work or domestic matters, with dreams related to the daytime problems - *Bryonia*.

**Mental Exhaustion:** Overwork or too much emotional pressure can often bring people to the point of complete exhaustion, often known as nervous exhaustion or nervous breakdown.

Emotionally drained by grief, apathetic, physically exhausted - *Phos Ac*. Headache and exhaustion from overwork - *Silica*. Irritable and sleepless, worse in the morning on waking - *Nux Vomica*.

## PROSTATE PROBLEMS

Prostate enlargement with burning on pass urine - *Baryta Carb*. Urine sometimes with white sediment in large, soft and flabby men - *Calc Carb*. Discharge from penis when straining to open bowels - *Silica*. Frequent & urgent need to pass urine, where prone to warts & desires tea - *Thuja*.

## SEXUAL PROBLEMS

Premature ejaculation or inability to have an erection. Anxiety about intercourse, torn between intense desire for sex and fear of sexual failure - *Lycopodium*. Lack of desire for sex with irritability, self-criticism, despair, sensitivity to criticism - *Nitric Acid*. Lack of desire with apathy and indifference - *Phosphoric Acid*.

Difficulties caused by grief or disappointment in a previous relationship - *Ignatia*.

## ESSENTIAL OILS

More and more men are turning to Aromatherapy to combat the stresses of daily living. As well as the traditional uses essential oils can be added to products such as shampoo, conditioner and moisturisers. Contact the Centre for an Essential Oil leaflet or booklist for more information. The following are a few oil blends useful in a massage oil, vaporiser or added to the bath.

**Pick Me Up:** Orange, Sandalwood & Ylang Ylang.  
**Focus and Clarity:** Lemon, Rosemary & Black Pepper or Basil

**Confidence & Optimism:** Sandalwood, Orange & Jasmin

**Anxiety:** Lavender, Cedarwood & Lemongrass.

**Romance:** Ylang Ylang, Clary Sage & Jasmin.

## 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](http://www.h-e-c.com.au)

### BOOKS TO READ

Homoeopathy for the Home Prescriber – Jan Owen  
Everybody’s Guide to Homoeopathy – Ullman  
Homoeopathy for Emotional Healing – Chappell  
Australian Family Homoeopathy – Callinan  
Aromatherapy for Men – White & Downes  
The Twelve Healers – Edward Bach  
Bach Flowers Remedies for Men – Stefan Ball

### 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, as they are probably contaminated.
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.

© Copyright

# MEN’S HEALTH

*\*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 health and lifestyle problems which men experience are very often overlooked in our modern world, and men are much more likely to suffer in silence, rather than visit their doctor. This flyer has been written to address some of the many issues facing men. We have a variety of information on other men’s issues at the Centre and would be pleased to discuss your personal concerns.

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

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)