

## MATERIA MEDICA

**Aconite** rapid onset of symptoms. Burning & prickling throat, restlessness, heat, obvious fever. Anxiety, apprehension, fear, fright or shock. Repeat often at first.

**Anas Barbariae** Take every 2-4 weeks during winter as a preventative against colds and flu.

**Arnica** "As if bruised and beaten". Shock, bruising, soft tissue damage, concussion, black eyes. Reduces Jet Lag.

**Arsenicum** feeling "as if poisoned", weak exhausted and fearful. Restless, chilly and anxious with burning pains. Second stage of colds with profuse nasal discharge.

**Gelsemium** anticipatory anxiety, may need repeating 4 hourly. Also for summer colds and slow onset flu. Listless, heavy, drowsy. Classic "aches and pains flu".

**Hypericum** nerve damage, jammed fingers or toes, spinal injuries, splinters, puncture wounds, bites and stings.

**Ledum** puncture wounds (bites, stings, needle stick injury), sprains and strains with chilly, painful, stiff areas.

**Nux Vomica** overindulgence in stimulants, late nights. Insomnia and mental strain. Irritable, nervous, chilly, wakes tired & irritable. Stuffy nose inside at night. Constipation.

**Pulsatilla** Styes & conjunctivitis. Colds with thick mucous. PMT, irregular periods, menopause – with mood swings & weepiness. Stomach ache from rich, fatty foods.

**Ruta Grav** Eye strain, the eyes are red, hot and painful. Soothes and heals muscle fibres, ligaments and tendons associated with wrist or elbow strain.

## KIT 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  
Australian Family Homoeopathy – Callinan  
The Family Guide to Homoeopathy – A Lockie  
Materia Medica & Repertory – Boericke  
The Twelve Healers – Dr Edward Bach  
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 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

# OFFICE AND WORKPLACE

*\*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.\**

This leaflet is written as a guide for the workplace, be it the office, surgery or workshop, to treat accidents and minor ailments. Homoeopathy can be very effective in stimulating the immune response to infecting agents and in promoting healing in the event of accident. These suggestions are not intended to replace the usual medical procedures required in the case of accidents and certain illnesses.

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 won't affect or influence other medicines prescribed by your doctor.

## OWEN HOMOEOPATHICS

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Use the 6c potency unless otherwise specified.

**BRUISES** - *Arnica* is the first remedy to reduce bruising, repeat at regular intervals and use an icepack. Apply *Arnica Cream or Oil* if the skin is not broken. *Hypericum* – parts rich in nerves. *Ruta Grav* – bruises to bones and tendons. *Ledum* will help resorb old bruises. Frequent and easy bruising warrants investigation.

**COLDS AND FLU** - Health care practitioners and staff are exposed to infected individuals regularly. Increase resistance with adequate levels of zinc and Vitamin C (either from the diet or supplementation). *Anas Barbariae 200c* – acts prophylactically if repeated fortnightly during “the season”, repeated if in contact with an infected person and increased to 4 hourly for symptoms, with *Aconite 30c*. *Gelsemium* - for slow onset colds with classic "aches and pains" flu. *Arsenicum* – useful in the second stage if there is watery discharge, burning throat, thirst and cold sweats. If a cough develops the symptoms need to be cross matched to the remedy as many have a cough picture. Usual remedies to consider are *Phosphorus*, *Spongia*, *Hepar Sulph*, *Pulsatilla*, *Bryonia* or seek homoeopathic help to sort out the remedy picture. Sinus symptoms may respond well to *Kali Bic*, *Pulsatilla*, *Sticta or Silica*, and a vitamin supplement such as Blackmores *Echinacea with ACE and Zinc*. Repeated sore throats, sinus and/or chest infections suggest a weakened immune response and would benefit from constitutional homoeopathic prescribing.

**CRUSHED FINGERS AND TOES** - *Hypericum* has a selective action on injured nerve fibres and is complimented with *Arnica*. Repeat the *Hypericum* often for pain and use *Rescue Remedy* and *Hyperica Cream* (a combination of *Hypericum* and *Calendula*).

**ECZEMA** – Chronic skin problems are best treated constitutionally. Acquired eczema which produces flaking, dry, and scaly eruptions that itch and are worse from bathing and scratching may be helped with

*Sulphur 6c* twice daily. *Nat Sulph* – yellowish flakes which slough off leaving a red, shiny dry surface. *Petroleum* – dry, scaly eruptions, cracks, especially during the colder months. *Graphites* – skin breaks open and weeps a honey like discharge which dries to form a crust, worse warmth, better from cold.

#### EYE PROBLEMS

Conjunctivitis – which may have resulted from contact of the eye with septic particles. *Euphrasia Tincture* (5 drops in 1oz. boiled water) as an eye wash, 2 hourly. *Euphrasia 30c* 2-3 times daily. *Argent Nit* – severe cases with purulent discharge. *Pulsatilla* – thick, yellow, non-acidic discharge. *Coccus Cacti* – every 10 minutes to assist expulsion of foreign particles from the conjunctival sac.

Injuries – *Aconite* – initially for injuries, it is often called the *Arnica of the Eye*. *Arnica* – inflammation from injuries, rapid resolution of pain and the bruised feeling and swelling associated with a black eye. *Silica* – inflammation persists after removal of foreign body. *Symphytum and Hypericum* - often for pain. *Ledum* – to resolve bruises.

**FRIGHT, SHOCK AND STRESS** – *Rescue Remedy* – needs repeating often after trauma and shock until calm. *Aconite* – after fright, with agitation, restlessness and fear of death. *Arnica* – after mental strain, shock, physical trauma. *Ignatia* – hysteria, loss of control, insomnia after grief or disappointed love. *Kali Phos 6x* - a nerve tonic for weakness and exhaustion. *Lycopodium* - lacking confidence, worrying about the future. *Nux Vomica* - zealous enthusiasm, overwork and irritability. *Pulsatilla* - mood swings, weepy and changeable. Consider nutritional supplements, especially the B vitamins. Seek help if these remedies do not alleviate the problem quickly.

**HOARSENESS AND LARYNGITIS** – Often associated with the overuse which can be experienced in the course of work. *Arum Trip* – where the voice is constantly changeable from hoarse to clear. *Argent Met* – laryngitis with pain in the larynx, worse swallowing

and talking. *Phosphorus* – throat feels sore and dry. *Spongia* – the voice has a definite squeaky quality.

**LACERATIONS AND ABRASIONS** - *Calendula Tincture or Cream* applied topically promotes healthy granulation of tissue and rapid healing. *Hypericum* – reduces pain, promotes regeneration especially of damaged nerves and helps prevent infection. Use often especially for sharp shooting pains. *Staphysagria 30c* – deep cuts and incised wounds. *Hepar Sulph* – acts as an antiseptic for local inflammation and is useful if the wound forms or threatens to form pus. *Arnica* – to control bleeding and bruising.

**PUNCTURE WOUNDS** – and injuries from sharp instruments including needle stick injury, also animal or people bites. *Ledum* 3 times daily for 3 days or longer – especially if they have not bled significantly. If they have bled a lot, *Arnica* is better indicated or used in conjunction. *Hypericum* – for long shooting pains or if *Ledum* is unavailable. Adequate flushing and cleansing of the wound is essential.

**STOMACH UPSETS** – *Arsenicum Alb* – vomiting and diarrhoea, “as if poisoned”. *Ipecac* – persistent nausea and vomiting. *Pulsatilla* – from rich fatty foods. *Nux Vomica* – over-indulgence in food or alcohol, plus *Nat Phos 6x* – relieves dehydration and counteracts acidity and *Nat Sulph 6x* – assists the liver to eliminate toxins. *Lycopodium*, *Gelsemium* and *Argent Nit* come to mind when diarrhoea and nausea are related to anticipatory anxiety.

#### STRAINS

Eye Strain – *Ruta Grav*, 2x daily for several days – the eyes are red, hot and painful from close work. Wrist or Elbow Strain – *Ruta Grav* 3 times daily, for its affinity with ligaments and tendons in conjunction with *Arnica* for its soothing and healing effect on muscle fibers is indicated for wrist or elbow strain. *Arnica* or *Rumartica Cream* are very useful when used topically, or a massage oil containing **Rosemary, Marjoram and Arnica**.