

MATERIA MEDICA

Argent Nit – anxious, nervous, talkative and impulsive. Certain he will fail. Desires sweets, much flatulence & belching. Diarrhoea with the anxiety.

Belladonna – first stage of inflammation. Sore throats, acne etc. Area is sensitive, red & swollen.

Calc Phos – tired, thin, glandular & growing. Stomach, leg or menstrual pains. Craves salty foods.

Gelsemium – weak & exhausted from overwork or anxiety. Can't think, wants to be left alone. Anticipatory anxiety before public speaking, exams etc.

Hepar Sulph – acne, cold sores or ulcers etc which are inflamed, highly sensitive & full of pus.

Ignatia 6c – depression, guilt, disappointment and/or grief especially when things do not follow our ideals. Disappointment in love. Sighing & sad.

Kali Phos – mental & physical depression from excitement, overwork or worry, feels exhausted & weak. Nerve tonic. Headaches from fatigue.

Lycopodium – great anxiety & fear of failure, can be irritable & sarcastic. Overwhelmed. Headaches from poor diet with digestive uneasiness, diarrhoea, wind.

Nux Vomica – touchy, hostile & irritable. Sleepless from late study, overwork & overindulgence in stimulants like coffee & sugar. Often constipated.

Pulsatilla – shy & weepy, better for sympathy, company & open air. PMT, moodiness & menstrual irregularity & discomfort. Worse from heat, stuffiness & rich food.

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

BOOKS TO READ

Homoeopathy for the Home Prescriber – Jan Owen
Everybody's Guide to Homoeopathy – Ulmann
Australian Family Homoeopathy – Callinan
Homoeopathy for Teenage Problems – Smith
The Twelve Healers – Dr Bach
Handbook of the Biochemic Tissue Salts
Aromatherapy and A-Z – Patricia Davis

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.

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TEENAGERS

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 many ways the adolescent years mirror the early childhood years even to the point of needing something in the mouth, usually a sweet, pen, cigarette or a drink. At the same time the teenager is developing a strong drive to separate from the parents and family in preparation for independent living. This creates enormous conflicts incorporating excitement, fear, aggression. As parents it can be very hard to set aside our own reactivity and provide a safe and loving environment for this development. Often constitutional remedies are needed but there is much we can do with home remedies for the acute problems which arise.

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

E-Mail: Jan@h-e-c.com.au Web: www.h-e-c.com.au

Use the 6c potency unless otherwise specified.

ACNE

Taking care with diet, cleanliness and a simple skin care regime is essential. Reactivity to makeup, soaps and skin products can develop or be a result of overuse. **Belladonna** – red faced person. **Hepar Sulph** – many pustules. **Pulsatilla** - in those with fair complexion. **Silica** – with scarring. **Sulphur** – cases resistant to treatment.

DENTAL HEALTH

Attention to diet and oral hygiene along with regular dental checks is essential. The wisdom teeth can often cause problems in teenagers. Ask for our flyer on dental care. Bad breath can be a result of smoking, alcohol, poor elimination and assimilation of food, hormonal changes, chronic sinus or throat infections as well as decay, food traps, mouth breathing or poor oral hygiene.

DIET AND NUTRITIONAL NEEDS

The main error is to take foods rich in sugars and quick convenience foods high in salt, sugar and fat and nutritionally low. A high fibre diet, ideally with a balanced breakfast cereal to start the day (this should contain bran and be sugar free) will help with digestion and elimination and prevent the accumulation of stagnating gassy digesting food. The body will be cleansed by a daily salad of raw vegetables. Raw fruit is also important although the sugar content can contribute to acne problems.

Ignatia – aversion to food but hunger in the evening prevents sleep. **Arsenicum Alb** – continual craving with loss of appetite. **Calc Carb** – excessive appetite, with an empty feeling even after food. **Lycopodium** – hunger, even at night but is easily satisfied.

EMOTIONAL PROBLEMS

Severe behavioural problems are best treated constitutionally by your Homoeopath. As the body is growing quickly the constitutional remedy may require repeating quite often. This only requires review if the symptoms change or the remedy no longer shifts the symptoms completely.

Exams: Stress and pressure at exam time can be minimised by preparing a program well in advance to care for the mind, body and spirit. Blackmores **Student Formula** is excellent to support the system as well as extra **Vitamin C** and **Confidence Remedy** from the Bach Flowers. **Basil,**

Rosemary and **Lemon** in a burner help concentration. **Lavender, Geranium** and **Bergamot** will unravel frazzled overworked nerves.

Homoeopathically: **Apis** – can't concentrate. **Argent Nit** – when long hours have been worked with much mental strain and “nerves” due to worry about coming events, especially appearing before an audience. **Gelsemium** – can't cope with life, fear of failure. **Kali Phos** – brain fag and nervous exhaustion from excess mental effort. **Nux Vomica** – overwork and indigestion. **Silica** – dread of having to make a mental effort.

Grief: Cannot get over the loss of a loved one. This can be to do with losing friends, broken relationships etc. – disappointed in love. Use **Ignatia** in the acute phase. Seek help if this does not resolve.

Mood Swings & Oversensitivity: **Apis** – from jealousy, fright, anger or grief. **Argent Nit** – with impulsiveness. **Bryonia** – very ill tempered and easily aggravated. **Hepar Sulph** – “touchiness” as a result of fussing. **Pulsatilla** – weepy and changeable.

GROWING PAINS & CRAMPS

Continual problems can be to do with calcium metabolism and rapid growth. **Calc Phos** and **Mag Phos 6c** or Tissue Salts taken regularly helps, as well as massage with **Lavender** and **Rosemary** and taking extra **Zinc**.

HEADACHES

Have the vision tested and if the following don't help seek Constitutional care. **Kali Phos** – with humming in the ears. **Nat Mur** - hammering headaches preceded by misty vision or zig zag lights. **Euphrasia** – painful watering eyes, unable to bear bright light.

MENSTRUAL PROBLEMS

Look at nutritional needs and add **Vitamin B6** and **Evening Primrose** or **Starflower Oil**.

Irregular Periods: **Calc Phos** – too early and excessive. **Pulsatilla** – delayed, scanty and protracted especially in fair, blue eyed girls. **Sepia** – delayed in dark haired girls who are moody and indifferent.

Menstrual Cramps: **Calc Carb** - with breast tenderness. **Calc Phos** – with headache. **Lycopodium** – with depression. **Pulsatilla** – sad, weepy and irritable and with painful breasts.

Ovulation Pain: **Belladonna, Apis** or **Lycopodium** – right sided. **Lachesis** or **Colocynthis** – left sided.

Pre-Menstrual Syndrome: **Calc Carb** – with breast tenderness. **Graphites** – with weight increase. **Lycopodium** – with depression. **Nat Mur** – with irritability. **Nux Vomica** – quarrelsome. **Pulsatilla** - weepy. **Sepia** – moody. **Clary Sage, Lavender, Geranium** and **Rose** all balance the hormones and are excellent oils to use for menstrual problems.

SLEEP PROBLEMS

Aconite – with much twisting and turning. **Arnica** – overtired and the bed feels hard. **Belladonna** - jerks on going to sleep and has nightmares. **Calc Carb** – sweating of head during sleep. **Ignatia** – frequent yawning and needs to stick feet out, needs an extra pillow. **Nux Vomica** – wide awake from late study. **White Chestnut** Bach Flower quiets the mind as well as **Lavender** and **Sandalwood Oils**.

SPORTS INJURIES

Arnica – muscle soreness after prolonged exercise. Sprains with bruising. **Rhus Tox** – ligaments and joints painful and rheumatic from over-exertion and sprains. **Ruta Grav** - sprains to the joints and tendons of wrists and ankles. A massage blend of **Arnica, Rosemary, Marjoram** and **Hyperica** works wonders.

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.

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.