

TISSUE SALTS

Working at a cellular level tissue salts can help re-balance our systems and improve the uptake and assimilation of nutrients. This is important for little ones during times of rapid growth. 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

Be aware that **Eucalyptus** and other strong oils may neutralise the Homoeopathic remedy.

Coughs – Lavender, Frankinsence and Bergamot.

Fractionous & grumpy – Clary Sage and Lavender.

Soothing bath – Geranium and Orange.

Sleeplessness – Lavender and Orange.

BACH FLOWERS

The Bach Flower 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. Contact us at the Centre for a leaflet or other information.

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 – Ullman
Australian Family Homoeopathy – Callinan
Homoeopathic Treatment of Children – Herscu
Materia Medica and Repertory – Boericke
The Twelve Healers - Dr Bach
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 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.

TODDLERS AND PRESCHOOLERS

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.

A home remedy kit is an invaluable tool for the mother of a toddler or preschooler. This age group with their energy and curiosity often require simple first aid remedies as well as ones to soothe coughs, settle tummy upsets after parties and to calm overexcited or fearful youngsters.

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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Take in the 6c potency unless otherwise specified.

COLDS & SORE THROATS

Generally off colour – *Ferrum Phos*, if very feverish and flushed add *Belladonna*. If flushed, thirsty and recently exposed to cold wind add *Aconite* instead. Symptoms after getting drenched – *Dulcamara* or *Rhus Tox*. 2nd stage with watery discharge, burning throat, thirst and cold sweats *Arsenicum*. 3rd stage, rattly cough, bland thick discharge, ear pains and congestion *Pulsatilla*. Include a childrens **Vitamin C, Multi Vitamin and Echinacea** liquid when the inflammatory processes are in action.

CROUP

First stage use *Aconite* - often for the 1st hour. If necessary *Spongia* – 2nd hour. *Hepar Sulph* – 3rd hour. Continue the *Aconite*, alternating the other two until well. Also use **Rescue Remedy** and steam inhalation adding **Lavender** to calm everyone.

DENTAL CARE

A good dental health regime is essential to our overall health. People involved with Natural Therapies often shy away from dental treatments, however this is detrimental as dental problems rarely resolve and deteriorate with time. Your child needs regular check ups with a sensitive Dentist. Ask for our Dental flyer on home care.

EAR ACHES

Belladonna with *Ferrum Phos* repeated often for sudden onset of violent pain especially right sided. *Chamomilla* or *Pulsatilla* may be better indicated. **Garlic infused oil**, warmed and held in place with cotton wool has an anti-biotic, anti-inflammatory effect. **Onion Juice** also works well, grated, strained and warmed, repeated hourly. One drop of **Lavender Oil** on the cotton wool is an alternative.

EMOTIONAL UPSETS

This is a time of rapid growth and change and a child may need to have their constitutional remedy repeated at intervals to assist them. At times, difficult and stressful situations may occur such as moving house, loss of a loved one or family pet or starting pre-school or day care or adjusting to a new baby which may indicate a different

remedy. Try the indicated remedy in low potency first as it may be adequate. However when the cause is emotional the potency may need to be high, discuss this with your Homoeopath.

Gelsemium or *Phosphorus* – anticipatory anxiety.

Aconite – fear and or excitement. *Pulsatilla* – clingy, weepy and “jealous”. *Chamomilla* – nervous tantrums.

Lycopodium – fear and lack of confidence.

Ignatia – grief and loss.

ENURESIS (BEDWETTING)

Constitutional treatment and support will be invaluable in treating the cause of this developmental delay.

You could try:

Causticum – wetting early in the night and from excitement. *Equisetum* or *Belladonna* – during dreams and nightmares. *Lycopodium* – no desire daytime, copious at night. *Nat Mur* – following an emotional upset.

FEVERS AND CHILDHOOD INFECTIONS

Fevers are the body’s natural response to fighting an infection and despite causing parental anxiety they are generally not dangerous. Wait until the remedy picture is clear before prescribing. Ask for the flyer on childhood infections (ie. mumps etc.)

SLEEP PROBLEMS

Aconite – nightmares with intense anxiety and fear, also add **Rescue Remedy**. *Lycopodium* – sleepy by day, sleepless by night. *Nux Vomica* - sleepy in the evening, wide awake 3-4a.m. *Ignatia* – waking with piercing screams and trembling. Chronic problems need a constitutional remedy.

TEETHING

Chamomilla – irritable, fretful, angry. Inconsolable and desire to be carried. One cheek red, one pale. Greenish diarrhoea. *Belladonna* – convulsions. Irritable, flushed, restless and delirious. *China* – the child wets the bed and grinds the teeth. *Mercurius* – excess sweat and saliva, red gums. *Borax* – mouth ulcers with teething, prone to thrush. *Phytolacca* – desire to bit gums together, sometimes on people.

TRAVEL SICKNESS

Eat lightly and use **Peppermint Oil** for nausea and/or **Lavender Oil** for over excitement.

Cocculus – severe nausea and dizziness. *Petroleum* – nausea and dizziness from fumes. *Tabacum* – boat sickness, worse warm weather, violent vomiting. *Nux Vomica* – headache, nausea and feels faint.

TUMMY UPSETS

Arsenicum Album – vomiting and diarrhoea, as if poisoned. *Ipecac* – persistent vomiting and nausea. *Phosphorus* – desires cold drinks but vomits them once they become warm in the stomach. *Pulsatilla* – from rich and fatty food. *Lycopodium* – associated with anticipation and anxiety. Chronic diarrhoea or constipation need professional advice. Giardia can cause continual tummy griping and responds well to the *Giardia Nosode* and *Arsenicum Alb* twice daily.

VACCINATIONS

Countless children appear to begin episodes of chronic disease such as asthma, eczema etc. from the time of immunisation. The immune system has been over challenged. At the Centre we can discuss this with you, offer alternatives including a Homoeopathic Kit (with Certificate for school enrolment) or help you to support the child’s immune system in the event of Vaccination. We also have excellent articles and books to allow you to make an informed decision.

ACCIDENTS AND INJURIES

Bruises - *Arnica* and an ice pack

Puncture Wounds - *Ledum* prevents sepsis or *Hypericum* if there are shooting pains, repeat for several days.

Crushed Fingers or Toes - *Hyperica* repeated often and *Arnica*.

Insect Bites - *Ledum* - mosquito bites and puncture wounds. Purple or white, puffy and cold. *Apis* – bee, hornet or wasp stings. Rosy red, shiny and swelling. *Hypericum* - bites on fingers and toes, may have shooting pains.