

Use the 6c potency unless otherwise specified

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. A few minutes a day can make a huge difference to how we cope with life generally.

BREAST TENDERNESS

Our breasts respond quickly to hormonal changes and any kind of pain or tenderness can often fill us with fear. If you have any worrying suspicions go straight to your doctor, although possibly no cause for concern, the sooner you have it checked out the better.

Most changes and lumps in the breast are less worrying - tenderness before periods, glands in the breast can swell when fighting general infection, and benign cysts or thickening of glandular tissue for no known reason are also common.

The remedies most useful for uncomplicated breast tenderness before periods are *Phytolacca* and *Pulsatilla*.

CYSTITIS

Drink plenty of water, eat extra vegetables, drink cranberry juice and avoid acid foods. Constant desire to urinate with burning and stinging, only a few drops pass - *Cantharis*. Constant desire with stinging pains and increased amount of urine - *Apis*. With high temperature - *Belladonna*. Burning between urination worse intercourse - *Staphysagria*. Can also be caused by a proliferation of the *Candida Albicans* organism.

HEAVY & PAINFUL PERIODS

Sociological research suggests that menstruation does not induce uncontrollable emotions, but simply lowers a woman's ability to repress genuine, often difficult emotions which are already present.

Vitamins as above. Reduce red meat & milk & increase fatty acids such as linseed & borage, and Evening Primrose Oil. Check iron levels, increasing naturally is preferable to supplements.

Cramping, labour-like pains in spasms. Heat & pressure relieve - *Mag Phos*. This remedy is best dissolved in warm water & sipped - often the only remedy needed. Colicky, labour like pain with vomiting & diarrhoea, very angry - *Chamomilla*. Cutting, tearing pains, with nausea, vomiting & tearfulness - *Pulsatilla*. Bearing down feeling & low back pain with deep despair and indifference to loved ones - *Sepia*. Pains much worse for movement, must lie still & hold abdomen - *Bryonia*.

INCONTINENCE

No desire daytime, much more at night - *Lycopodium* or *Phos Acid*. During dreams and nightmares - *Equisetum* & *Belladonna*. Desire worse lying down, coughing or passing wind - *Kreosotum* & *Plantago*.

INSOMNIA

With poor digestion or from mental overwork at night. Wakes early and cannot go back to sleep - *Nux Vomica*. Drowsy by day and sleepless at night. Catnaps & vivid dreams - *Sulphur*. From grief, worry, fright or disappointed love, every sound awakens - *Ignatia*. Can't stop thinking especially after happy news - *Coffea*.

PAP SMEARS

Abnormal cells in a pap smear need not be immediate cause for concern, and if your medical practitioner suspects nothing serious and is willing to take a second test after a period of time, constitutional treatment will often resolve any abnormality.

PMT

Dong Quai is a Chinese herb which has particular affinity for menstrual and menopausal problems. Try reducing or eliminating dairy & caffeine (chocolate, cola & coffee) & meat. B6, B12, C, E, Selenium & Magnesium - required by the liver to break down extra & inactive oestrogen. Breast tenderness, fatigue, irritability, angry outbursts, complete indifference to loved ones - *Sepia*. Tearful & moody, craves company & affection, better outdoors - *Pulsatilla*. Irritable, wants to be alone, fluid retention - *Nat Mur*. Craves sweet or fatty food, constipation, very irritable, in a rush about everything - *Nux Vomica*. Worse

for tight clothing, better when flow starts - *Lachesis*.

THRUSH

Reduce sugar & yeast-based foods, wear cotton underwear & avoid using scented soap & other commercial products in the vaginal area. A supplement of *Lactobacillus Acidophilus*, particularly after a course of anti-biotics helps recolonise the flora in the gut. Garlic capsules, evening primrose oil and folic acid can all assist a long term problem. Creamy, bland or yellow/yellow-green discharge, often before period - *Pulsatilla*. Very offensive discharge with marked vaginal & vulval itching - *Sepia*. Clear, thick discharge, like the white of an egg. Worse mid cycle - *Borax*.

DEALING WITH DISAPPOINTMENT & GRIEF

It is important to take time to address these situations as they arise. Suppressing our emotions may lead to physical illness over time.

Miscarriage: *Aconite* or *Ignatia* taken soon after will help in coming to terms with this.

Abortion: remedies will likely be those for period pain to deal with any physical symptoms plus *Arnica*, as well as *Aconite* or *Ignatia*.

Loss of a family member - child, spouse, parent: Sudden death where shock and panic are marked - *Aconite*. Sighs, tears, laughter, anger - or a silent, unspeakable sadness - *Ignatia*. When a normally emotional person cannot express their grief - *Pulsatilla*. Cannot express or experience feelings of grief or anger - *Staphysagria*.

VITAMINS & MINERALS

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.

AROMATHERAPY

A warm bath with lemon grass essential oil is good for PMT and caraway seed oil is beneficial for menstrual

cramps. An essential oil bath, facial spritz, or if you're really lucky, massage, can calm and re-centre us, working on the mental and emotional levels, as well as on a tired physical body.

BACH FLOWER REMEDIES

These are another gentle & effective way of helping us deal mentally & emotionally with life. Pick up our separate leaflet for suggestions on suitable remedies.

TISSUE SALTS

Working at a cellular level tissue salts can help re-balance our systems and improve conditions such as period pain, fatigue, 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.

KIT INFORMATION

Full Home Remedy Kit – 28 remedies etc

Mini Home Remedy Kit – 10 remedies

Pouches with 7 remedies

Travel, Seniors, Surgery, Car or Purse Kit, Mother & Baby Kits with 5 remedies

Breastfeeding, Cold & Flu, Convalescence, Grief Kit, Jet Lag & Travel, Menopause, Mother & Baby, Office, PMS & Period Pain, Study, Family Stress, Sports Injuries, Surgery.

Also kits made to order to your particular need

Remedies in pilules – Small Medium Large

Remedies in drops – Small Large

BOOKS TO READ

Homeopathy for Women - Handley

Everybody's Guide to Homoeopathy - Ullman

The Womens Guide to Homoeopathy – Lockie

Family Homoeopathy - Callinan

Neal's Yard Natural Remedies – Susan Curtis

Aromatherapy for Scentual Awareness –Downes

Twelve Healers – Edward Bach

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 all 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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WOMEN'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.**

Life in the 20th Century is hectic and demanding, and women do not often have the time or energy to cope with their own needs. The menstrual cycle, whether we acknowledge it or not, is the very centre of our being as women. Its hormonal ebbs and flows contribute to our ability to be mothers, sisters, daughters and lovers in a way which is so unique to women. This flyer addresses some of the homoeopathic & natural remedies which can help not just problems in this area, but can aid us in achieving overall good health.

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 remedies are provided in either pilules or drops and the dose varies depending upon the patient's individual need. These remedies have been prepared in a specific way by a process involving dilution and succussion (shaking hard) which makes the remedies non-toxic and free from side effects.

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