



ELEMENTS OF HEALTH

Life Care for the 21st Century

December 2006 Vol 8 No 4

Treat the person, not just their symptoms

Having recently spoken at an afternoon of homeopathy in Fremantle, I realise that many patients still think of The Children's Ear Clinic as just treating ears, and homeopathy generally as addressing only one problem at a time. This is far from the case because of the way in which homeopathic medicine looks at the individual.

Treat the whole person

Whenever I see any patient, be it an adult or a child, I look at the whole person. So regardless of the symptoms they need fixed - ear infections, asthma, depression, arthritis or constipation - I always consider everything that is going on with that patient. I ask about sleep habits, appetite, moods, fears, anxiety/stress levels, other illnesses, and so on, in order to build up a picture of the patient. From this I select a homeopathic medicine that mirrors this image. Because of the way homeopathy addresses the whole person, not only should the ears/asthma/constipation improve, anything else that has been an issue should also improve over time.

Remember that you (or your child) are much more than just your physical symptoms. We are complex beings who often produce symptoms because we have an issue or a situation in our lives that we can't deal with. Symptoms can be a way of compensating and coping. The increase in allergies and related illnesses is the body's way of telling us we are not coping with our environment.

Treat the inherited tendencies

In addition to looking at the physical and emotional aspects, I also look at the family medical history because this tells me where the particular illness has come from and what else a patient may be predisposed to getting. Homeopathy balances the system so well that we are much less likely to actually manifest what people in our family have had in the past. I should also say that a family history of cancer or TB doesn't mean we'll necessarily get those diseases, but rather that we may come down with

something related to them. TB produces respiratory symptoms, allergies and eczema, cancer may lead to obsessive/compulsive tendencies, chronic constipation or insomnia, and can make us susceptible to glandular fever, diabetes or whooping cough.

Treat the acutes

Sometimes patients don't understand that homeopathy is also great at treating those annoying acute illnesses that crop up from time to time. We can also treat acute flare ups of more deep seated illnesses. So perhaps while we are treating a child for ears or chest they have an acute ear infection or an asthma attack. We can easily treat these symptoms, usually without having to resort to anti-biotics or steroids. Overcoming the acute symptoms in this way makes the long term prognosis very good as we know the immune system is strengthened through using homeopathics rather than conventional medicines.

Sometimes during constitutional treatment, while the ideal is to treat the whole person, it doesn't give enough relief if things are very acute, and we must also treat the troublesome symptoms, while working on the underlying cause. *Treating the symptoms without treating the cause won't bring long lasting results - we must treat on the deepest level.*

Treat the cause

The cause or beginning of an illness or condition can be different in every patient and is an interesting and important part of each case. Sometimes it's related to birth trauma, to a shock, grief, or long term stress, it could be vaccination related or inherited, so looking at the cause is important in getting long term results.

Finally, remember that it may have taken your body a long time to get to the state it's currently in and homeopathically it takes time to undo this damage. *I've heard it said you should expect one month of treatment for every year of illness. Since every patient and every case is individual I wouldn't comment on this but do bear this in mind while undergoing treatment!*



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Sacred Space

Sacred Space actually has nothing to do with religion in its conventional sense! It is about creating a place where we feel safe and harmonious, and where we can go to meditate, contemplate or just be at peace. We all need this type of space in our busy world. Not only does it calm us down, but can bring us clarity, energy and help release the negativity we pick up during everyday life.

Dean has had a long ambition to source some of the most powerful but least known items necessary for creating sacred space and make them available in Australia. While some of them originate from the Hindu traditions, no connection to Hinduism is required for them to be effective!!

Shiva Lingham Stones

The Narmada River in Western India is considered the mother and giver of peace. Legend has it that the mere sight of this river is enough to cleanse one's soul. The Ganga is believed to visit the Narmada River once a year in the guise of a black cow, to cleanse herself of all her collected sins, so holy is this River.

Lingam Stones are beautiful egg shaped stones in tones of grey, brown and red. They are naturally tumbled by the river and are highly prized. They represent the power of Lord Shiva, the destroyer of all things, including karma. Used as a focal point in your home a Lingham Stone will repel all negativity and allow you to make way for the positive in your life to manifest. While stones can come two metres high or more, a more portable 12cm stone contains sufficient energy to cleanse and energize your whole house.

Yantras

Constructed of high grade copper plate, a yantra is decorated with symbolic representations of Hindu deities depicting the qualities you wish to transmute or attract. They can be likened to a star gate as they propel you toward your chosen destination or goal, bringing you into the presence of these powerful and enigmatic beings and the powers they bear.

Shiva = destroyer

Ganesha = remover of obstacles

Surya = healing

Lakshmi = love, beauty & prosperity

Alternatively you can choose a general vastu yantra for harmony or another benefit of your choice.

Placed on the front door of your home or upon your altar and acknowledged in ritual or meditation your world will rapidly change for the better!

Our first order of Shiva Lingham stones fresh from the Narmada River in India is on its way as I write. We are also negotiating to buy more yantras, also from India, as these proved very popular on our recent Retreat.

Order online, by email or by phone.

Vaccination Issues

I spoke last issue about the new 7 in 1 vaccination - which after discussions with the Perth Vaccination Clinic some years ago has actually ended up as a 6 in 1 version! This vaccination contains Diphtheria, Tetanus, Pertussis, Polio, Hep B and HIB and is given to babies at 2, 4 and 6 months of age.

Dr Isaac Golden, an expert on vaccination issues, told me recently that many of his patients who have chosen to vaccinate conventionally are asking for the old version of this vaccination (DPT) rather than the all in one. The old DPT may be phased out in time and I believe every parent should take precautions before using this vaccination. According to the AVN it is untested, and if you care to visit their website you can read the list of suspected side effects arising from the individual components of the vaccine.

Every parent has the right to choose and I support your choice whatever that may be. I stress again that you need to take steps to protect your child's immune system before vaccination, and to seek help if they seem unwell in the weeks or months after. Problems can arise gradually over time, sometimes increasing over the course of the vaccination process without anyone realising.

Do consider splitting up the vaccinations where this is possible and putting off vaccination later if you can. Research overseas shows that MMR particularly has far less side effects if given later than 12 months. Think about refusing or putting off non-essential vaccinations such as Hep B and Chickenpox to reduce the stress to the immune system in the first 12 months. Finally, the new vaccine against Cervical Cancer has very little long-term research to back up its safety.

1. **Safe Vacc Pack** - with the new 6 in 1 vaccination in mind, I have recently upgraded this kit to 4 remedies in higher potencies to offer more support to the immune system, as well as adding Aconite 200c to use if there is a strong reaction immediately afterwards. Please consider using this kit along with Vitamin C powder if you have chosen to vaccinate conventionally.

2. **Constitutional care** is advisable during pregnancy and as soon after birth as possible, to have the strongest possible immune system and to deal with family inherited tendencies and other stresses which may compromise the immune system.

3. **Homoeoprophylaxis** (HP or Homeopathic Immunisation) can be chosen as an alternative to vaccination, if you are really having doubts and want a safe, effective alternative.

Isaac Golden (pioneer of HP in Australia) has shown in his recent 15 year study of the effects of HP that not only is it more effective than conventional vaccination (without the side effects!), it also appears to build stronger, healthier children than those who have not been vaccinated at all.

Ask me for further information on any of the above.

A good website for further information is the Australian Vaccination Network www.avn.org.au

Be an informed parent - do some research before you vaccinate so that either way you can be happy and confident with the choices you make for the future of your child's health.



Musculoskeletal Problems

There are many conditions of the joints, muscles and bones that respond well to homeopathy. At home you can treat acute problems which may arise after accident or injury, growing pains, and in the short term flare ups of arthritis and nerve type pain. As always, any symptom which fails to resolve requires professional treatment.

Apis - swelling, heat, tightness and stinging pains of arthritis etc. Better for cold applications.

Arnica - First choice for arthritic/rheumatic pain from overdoing it. Bruised, sore feeling and bed often feels too hard. People feel they've been run over by a bus.

Bryonia - stabbing pain which is much worse for moving and better from bandaging or pressure on the painful part. Joints hot, red and swollen. Use with Hypericum for prolapsed disc and nerve pain.

Calc Fluor - pain on surface of bones, spurs, bony growths such as bunions. Joint enlargement from rheumatism.

Calc Phos - Growing pains, joints feel cold and numb. Pain and stiffness worse when the weather changes. Feel weak when climbing stairs. Broken bones and old breaks and fractures which haven't healed properly.

Dulcamara - limbs become stiff and painful after being chilled or change of weather from warm to cold and/or damp, especially after being overheated.

Hypericum - nerve damage, nerve pain - sharp, shooting, tingling pains or numbness. Injuries to the coccyx, prolapsed disc.

Mag Phos - sharp, crampy pains, spasms or sciatica (worse right leg) better from warmth, pressure and massage. Great for growing pains - compare Calc Phos. Give the remedy in warm water for best results.

Rhodendron - Pain is much worse before a storm.

Rhus Tox - stiffness and pain of arthritic conditions, or from overdoing it generally. Feel much worse on first movement and in cold damp weather, better from continued motion and heat (weather, hot packs and hot showers).

Ruta - Pain in ligaments and tendons, especially where they meet the bones. Better for warmth.

Symphytum - Prickling pain in the bone especially after a fracture when the bone is knitting.



Homeopathy for Home Prescribers

Sunday 18 February 2007 at the clinic
From 10am to 3pm

If you're already using some acute remedies with your family, this is a great day to give you confidence and help you get the most out of your remedies. Avoid the panadol and antibiotics build your family's immune system at the same time. This is also a great refresher as we cover a lot of the principles of homeopathy and bust some of the myths surrounding it.

Cost is \$55 or purchase a home remedy kit (\$120) and the day is free. Numbers are limited so book asap. You can buy your kit now and still attend later on.

Tissue Salts

These 12 salts were isolated by Schussler, a homeopath and biochemist, as being the 12 basic elements required by the body to function well. They are useful to have in a kit and work by helping the body assimilate nutrition, rather than by supplementing the diet.

Calc Fluor 6x

This tissue salt is useful where there is a relaxed condition of the tissues such as enlarged and varicose veins, piles, sluggish circulation, and ulceration. It is also of value for diseases affecting the surface of the bones, ulceration of the bone, bony overgrowth (such as spurs) and deficient teeth enamel. Enlarged, stony hard glands may respond and it has an affinity for certain types of tumors.

Kali Phos 6x

Kali Phos is known as the nerve nutrient and is indicated in nervous headaches, sleeplessness, depression, weariness and lowered vitality. It covers conditions which we might term as "nerves" and is good for people who have overworked or overstudied and seem to be living on their nerves.

These tissues salts can be given individually or combine well - drops are most useful for combinations.

Schussler suggested taking the salts 3 times a day for a minimum of 120 days to get results. From personal experience you should see a change long before this!

Missed Appointments, Late Cancellations & Phone Consultations

Please try to give us 24 hours notice when changing appointments. Missed appointments & late cancellations may incur a charge.

Phone calls regarding acute illness require my full attention and are charged at a minimum of \$15 per call up to 10 minutes, pro rata thereafter. Not all calls are charged for one illness, however, consultations to STD or mobile phones will attract a \$5 charge to cover costs. *Thanks for understanding*





Retreats 2007

Our fifth Retreat in November was a resounding success with many of the attendees coming back year after year!

We were 25% oversubscribed so next year we will be running two retreats allowing more people to relax, enjoy and reap the benefits of a variety of yogic and spiritual practices.

Dates for 2007 are:

Friday May 25 - Sunday May 27

Whaler's Cove Villas, Dunsborough

Stay 2 nights get 1 free

Dinner included (vegetarian's catered for)

Villa Catalpa is a great winter venue with huge wood burners and views over the beach.

Friday November 9 - Sunday November 11

Whaler's Cove Villas, Dunsborough

Dinner included

Put the dates in your diary and look out for the details coming your way soon.

Tuesday Yoga Is Back!

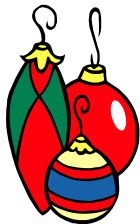
Vinyasa Flow Yoga is a synergy of Hatha Yoga, movement, music and breathing to flex, stretch and tone your mind and body.

Hatha Yoga is the classical more static style of yoga many people are familiar with and is gentle, relaxing and toning.

All our classes include relaxation/meditation at the beginning & end to help release stress.

Monday 7.00-8.30pm	Vinyasa	Riverton
Tuesday 9.30-11.00am	Hatha	Lesmurdie
Wednesday 7.30-9.00	Vinyasa	Lesmurdie
Saturday 8.30-10.00am	Hatha	Lesmurdie

\$15 per class (\$12 concession) or buy a block & save
Bring a mat or towel & a drink
No need to book



Christmas Clinic & Yoga Classes

The clinic will close Tuesday 19 December at 5pm and reopen Tuesday 2 January. I will be overseas but if you need to contact me urgently please call my mobile.

Yoga finishes Monday 18 December and restarts Wednesday 3 January. There will be no Saturday class until the first Saturday in February.

Workshops 2007

Rei-Ki 1 & 2 \$150 for both levels
Rei-Ki Masters \$150

Sunday 4 February

16 Lindsay St, Kalamunda

Rei-Ki 1 & 2 10am to 1pm

Rei-Ki Masters 2pm to 5pm

Tantra Rei-Ki \$75

Sunday 18 March from 10am

16 Lindsay St, Kalamunda

Open up your sexual energy with an attunement to Tantra Rei-Ki. Great for partners - but you are welcome to come alone.

Rei-Ki 1 preferred but not essential

Sacred Space \$75 (early bird \$60)

Sunday 29 April from 10am to 2pm

16 Lindsay St, Kalamunda

The subject of feng shui, vashtu, and geopathic and energetic stress has been a subject Dean has explored in depth over many years. He will include discussion on the uses of yantras and shiva lingham stones

Elements of Health Shop

Our shopping cart is now on-line with remedies, kits (except immunisation), yoga products, books, CDs, plus some new and interesting items for gifts and for the family! Also available from the clinic.

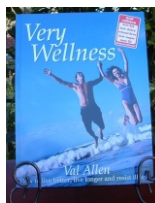
Chakra Banners

These gorgeous batik banners are 1.3m metres long and can be used as part of your sacred space or just as decoration.

Personally I love the strings of Chakra Flags which would great on a verandah. Have a look on-line!



Val Allen; Very Wellness



Val is a well known Perth naturopath specialising in diet and nutrition. This book is a combination of dietary guidance and recipes to help you stay healthy, change your diet and feed families with a variety of intolerances. It's a great book to

have on your shelf and I know you'll use it again and again. **\$39.00**

Cherub Rubs Traveller Pack is a sample pack of all the Cherub Rubs certified organic baby products.

Containing 7 mini products including bum balm, skin soother and cherub calm massage oil, it makes a lovely gift for a new mum or a sensitive kid - big or small!



\$19.95

www.elementsofhealth.com.au

