

Elements of Health

Life Care for the 21st Century

June 2005 Vol 6 No 5

The Power of Nurturing the Self

Year by year the complexities of this spinning world grow more bewildering and so each year we need all the more to seek peace and comfort in the joyful simplicities.

Woman's Home Companion, December 1935

This was written 70 years ago and one can only wonder at the fact that even then people were finding the pace of life a little overwhelming!

We've all heard how important it is to nurture *ourselves*, and that bar of chocolate, aromatherapy massage or a day of retail therapy can bring a brief sense of renewal and rejuvenation. However the greatest and most enduring sense of peace comes from *nurturing the soul*.

Nurturing our soul affects us on a profoundly deep level; it's like we hear the angels sing when we experience something which touches our soul. It fills us with a joy which opens our heart and brings a feeling of deep and lasting peace. It enables us to transcend life's challenges and walk as if invincible through "*the complexities of this spinning world*".

It is the simple things which stir our soul - a piece of beautiful music, watching our children sleep, thinking about a loved one, or seeing the sun set over the ocean can all be deeply moving experiences. They are experiences we can revisit time and time again, allowing that warmth of feeling to envelop us.

Exploring our creative side is an important part of nurturing our soul. We need to balance both sides of the brain to find balance in our lives and our emotions. Everyone has a creative side, and it is usually the side of us which feels easy and natural, and generally involves an encounter with beauty in some form. It may be gardening, craft, music or dance, and even playing sport - yes there's beauty in the relationship between the members of a close knit team! It's that side of us where

our emotions are more in control than our brain, where we work from our intuition.

So many people say to me that they don't have time to explore their creativity, while at the same time they are telling me what chaos their lives are in. Nurturing our soul through creativity brings us to a place of peace. This can help settle our nerves and anxiety, it lets us focus on something pleasurable for a time and, believe me, the experience lasts much longer than the moment itself, permeating our whole life.

While I would encourage everyone to make time to engage in some self-nurturing, if you really can't find time to take up a new craft, paint a masterpiece or sing in a choir, here are some simple things you can try to explore the emotion of peace. You'll find the greatest peace in the things that nurture your soul the most!

- Go to the local library and read some new magazines you wouldn't normally buy or take out some books on art, design or a craft you've always thought about starting. Immerse yourself and enjoy.
- Browse through some gardening catalogues and create your ideal garden on paper. Plan a secret garden for those quiet moments of seclusion.
- Take a relaxing bath with lots of candles, essential oils, a glass of wine and a box of chocolates!
- Have a night in. Rent some movies, make some popcorn, put on your fluffy slippers, and chill out.
- Go shopping somewhere gorgeous, and expensive, and dream - but don't buy anything!
- Start a Gratitude Journal and record at least five things every day to give thanks for. If it's hard because life is challenging, give thanks for the food on the table, the rain, or the person who smiled at you in the street. You'll be amazed at how good your life really is.

Time nurturing ourselves feeds our soul, and helps us get through life cheerfully and lightly. Nurturing ourselves and partaking of a little inner peace positively effects the whole family - so let go of the guilt (even if it's only once a week for an hour) and enjoy!



Plant Remedies

I thought it would be interesting to feature some of the plants we use as homeopathic remedies. While plants have always been used in folk medicine and herbal medicine there

can be risks associated with their use or overuse!

When we make a homeopathic remedy we effectively dilute out the dangerous or toxic aspects and enhance the healing properties. This makes homeopathy a risk-free system of medicine for everyone from pregnant mums to babies, to your pets. Because it no longer contains the physical substance it no longer works in a physical (or chemical) way within the body. Therefore we can use remedies alongside conventional medication because it is working on a different level altogether.

The old myth about the effect of homeopathy being just placebo has long since been busted by quantum physics, which shows that remedies work as a resonant frequency, rather like a microwave or a mobile phone. We can't see the effect, nor can we measure it in the chemistry lab, but we can pick it up through other more subtle tools such as the oscilloscope. Interestingly, the base substance for the remedy *Oscillococcinum* (Oscillo to you) was named because of its "oscillating" nature when viewed under a microscope!

Here are a few of the many hundreds of plant remedies we use in homeopathy. Some you will know and some are a little more unusual:

Chincona Bark (China) was Hahnemann's first experiment or proving and was greatly successful in the treatment of malaria. I still give it out to travellers to malarial areas as a preventative. It is also useful for cramps, symptoms following loss of fluids such as after very bad diarrhea or hemorrhage, and it helps a lot with people with a "Walter Mitty" type imagination.

Belladonna is a remedy we frequently use in children's ear infections and high fevers. It is also useful in cases of autism or ADHD where there is behavior which resembles animals such as tigers, ie growling.

Aconite is highly poisonous as a plant, but homeopathically it helps with symptoms of sudden onset such as colds, high fevers, and of course shock and fright.

Lillium Tigrinum is the beautiful Tiger Lily and is used in women with sexual problems, including hyper-sexuality. We might find they like to dress in animal prints and they may be irritable, self-centred and easily offended - beware the tiger!

Coca leaves are chewed in South America to help with altitude sickness, cold and for its narcotic effect. It is highly addictive in its plant form, however, when potentized it does the same job but safely (not the narcotic

Homeopathic Immunisation Program

Isaac Golden, the pioneer of the homeoprophylaxis (HP or homeopathic immunisation) program used in the clinic, has recently completed a 4 year Doctoral research program at Swinburne University examining different aspects of the subject. Below is a very brief summary of the results of the research. Isaac has published *Homoeoprophylaxis - A Fifteen Year Clinical Study* if you are interested in more detail.

The overall effectiveness of the long-term program was 90.4%.

Reactions to the medicines in the program at a per-dose rate were less than 2%, and typically mild and brief.

The long term safety in children was tested by comparing the rates of certain chronic conditions such as asthma, eczema, ear/hearing problems, allergies and behavioural problems, and different types of disease prevention, including conventional vaccination, HP, general/constititional prevention and no prevention at all. They clearly indicate that long-term safety of HP was high, using the incidence of the targeted chronic illness as markers of overall wellness.

The research confirmed the fact that this particular HP program is associated with an improvement in general health of participants, and that there is no evidence of any long-term weakening of the vital force as a consequence of using an appropriate long-term HP program.

New research also shows that not all programs yield comparable results so ensure your program is in line with the clinic program.

bit of course!). If you're off to climb Everest, don't forget the Coca 30c!

Drosera is a member of the sundew insectivorous plant family. As a homeopathic remedy it has a great affinity for the respiratory organs, helping with violent spasmodic coughs including whooping cough, and has a strong connection with tuberculosis.

Rumex or yellow dock is another cough remedy, particularly where coughing is better by putting the head under the covers.

Secale is actually the fungus ergot, which grows on wheat and is highly poisonous. Among its many uses, it is helpful after a miscarriage or abortion where there is passive bleeding or where the health has been affected since this event.

Missed Appointments, Late Cancellations & Phone Consultations

Your thoughtfulness is appreciated - please try to give us 24 hours notice when changing appointments. Missed appointments & late cancellations may incur a charge of \$25.

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.

Thank you for your understanding & cooperation.

Homeopathy & Hormones

The hormonal system kicks into action during puberty and for women continues until sometime in the 50s or 60s when menopause shuts the system down.

The hormones can affect quality of life enormously, particularly if you experience painful or heavy periods, mood swings, hormonal headaches, acne, or bowel problems. Conception or lack of is obviously related to the hormonal system, as are some weight problems, sleep disturbance and issues with sex drive.

While there are many good herbal treatments, you need to also look at why the hormones are out of balance, not just how. This can be related to early childhood trauma, it can be an inherited tendency and it can also be environmental, such as over-sensitivity to the hormones which are found in cows milk, other animal products and our drinking water.

Conventional treatment includes use of the contraceptive pill, HRT and other strong drugs, which often cause further problems, and there is evidence that use of these drugs result in problems for unborn children (male and female) later on. Hysterectomy is a more radical treatment, which is great for some women, but may lead to other health problems as the underlying issue has not actually been dealt with.

Homeopathic treatment can help deal with hormonal problems regardless of their cause because we look at the whole person including sensitivity to the environment and inherited tendencies, and use remedies to help work through life issues where necessary.

Treatment revolves around the menstrual cycle so I always suggest looking at the problem over at least four periods. Dealing with menstrual problems not only helps you, it can change the family dynamic as tensions are eased and relationships improved!

Yes, of course, we treat men's hormones too!!

Homeopathy in the treatment of patients with uterine Fibroids

In a study carried out in the UK, 84 women suffering from various forms of uterine fibroids were prescribed individualised homeopathic medicines over a period of 1-3 years. Assessments at the end of the treatment found that pain was improved in 79% of subjects, abnormal bleeding was improved in 75% of subjects and in the majority of subjects the treatment resulted in a reduction of fibroid size.

Homeopathic Workshop

Home Prescribers Day

The above day has been rescheduled to

**Sunday 24 July in Kalamunda
From 10am to 4pm**

Please contact me if you are interested in a full day learning to use homeopathic remedies, treat children and the family's minor illnesses, or just want to refresh your memory on the basics of homeopathy.

Cost is \$55 including notes, but if you purchase a home remedy kit or buy the equivalent number of remedies, the day is free.

Come and meet like minded people, ask all your questions and have a laugh too!

Winter Remedies

Do check you have some basics in your cupboard for winter health problems.

Kali Mur/Ferrum Phos 6x drops - beginning of viruses
Oscillo (Anas Barb) 200c - flu/virus prevention
Aconite - sudden symptoms from becoming chilled
Gelsemium - slow onset flu
Belladonna - kids ear infections/tonsillitis

The above remedies are those most likely to be required in the middle of the night or on the weekend!

You can buy these separately from the clinic or purchase a mini kit. Information leaflets can help you with your choice.

In Memoriam

My father, Ray Stubbs, passed away on 2 May 2005 after a brief illness.

He supported me financially during my training and shared the secrets of homeopathy with his friends. His passing was eased with homeopathic treatment.

We will miss him, but know he is now in God's light.

Thanks to everyone for support, kind words and cards.

Melanie

Yoga to regulate your weight

There is more to yoga than relaxation and improved wellbeing. Many of the poses can help with physical ailments and health problems

You may struggle to lose weight through aerobics, jogging and low-calorie diets, but you can just as easily lose weight by standing still in a yoga pose. There is no need to think about your weight, if the body regulates itself.

The exercises and poses of yoga also directly regulate and stimulate the body's finer functions like the heart, the blood vessels, the nervous system and the glands.

When you practice yoga the blood circulation is increased and the internal organs are massaged. Autonomous muscle functions, such as peristaltic movements are relaxed and brought into balance. The excretion of waste products is accelerated and the glands, which produce the hormones of the body, are stimulated. By vitalising the internal organs and the hormonal glands, you give the body a chance to find its own balance, at which point, among other things, it is able to regulate its own weight. (*Excerpt from an article by Morten Jon Jepsen*)



The Plough or 'Halasana' is a pose which assists in regulation of the weight. Because the body is folded as well as inverted, the muscles, organs and glands are massaged, while the back

is stretched. Activity of the pancreas and the adrenal glands is increased, as is production of hormones such as insulin, glucagon and cortisol - all important in metabolism and particularly in fat assimilation.

The pose also regulates the production of chemicals which deal with stress.

NB: It is important to warm up well before attempting this pose in order to avoid damage to the neck and/or back. If you are new to yoga, this pose should be practised as part of a complete yoga program with a qualified teacher.

Yoga Classes

Vinyasa (flowing) Yoga brings tranquillity through working the body in a series of flowing sequences.

Monday 7.00-8.30pm
Wednesday 7.30-9.00

Riverton Leisureplex
Lesmurdie Hall

\$15 per class (\$12 concession) or buy a block & save
Bring a mat or towel & a drink

2005 Retreat

Exploring your Inner Goddess

*Nurture your feminine side to
enhance your relationships,
find new relationships,
feel good about yourself*

*Sat 12 - Mon 14 November
Beachfront accommodation at
Whalers Cove Villas, Dunsborough
Come down Friday for an extra night free*

*A weekend of nurturing, Inspiration &
information through
Yoga, homeopathy, crystals, sound,
meditation, ritual & more*



Full details coming soon
Don't miss it!!

Inspired Life Path Readings

Is there something in your life you are struggling with?

Are you unable to break a particular pattern or move on in your life?

Do you just need some insight into what's ahead?

An Inspired Life Path Reading with Dean and Melanie can help bring clarity and focus, and answer some of your questions.

Looking at the effect the past has on your present, how this relates to the future and what you need to be doing to get inspired to move through difficult times helps clear blocks and motivate us to change.

We use a variety of power decks to bring you these insights and a Harmonic (based on deep acting channelled homeopathics) to stimulate your progress.

A one hour session costs \$60 and can bring insights you may not have expected!

Call Melanie for an appointment.