

Elements of Health

Life Care for the 21st Century

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Finding the Tranquil Space within

As many of you know, the Creedy family has recently returned from a trip to the UK. Whenever we plan a trip we always try to incorporate one or two Sacred Sites in our itinerary, something we have both been doing since childhood - although in those days we didn't call them Sacred Sites!

What is a Sacred Site you may ask! Places such as Stonehenge, Glastonbury Tor, Tintagel (said to be the site of King Arthur's castle) and Avebury Ring, are some of these sites. *But what makes them sacred?* History and literature shows that at some time someone had a spiritual experience at such a site, and countless others around the world. Word got around, long before we had phone or email, bringing more and more people to try and recreate the original experience. Many of these sites have an appeal that is tangible as you enter them, but some are more romantically exaggerated and therefore experienced in different ways. One would imagine that some of the magic dies when these sites become popular tourist attractions, but even on the busiest day, amidst the click of digital cameras, one can reconnect to this original magic either through the heart or in the imagination.

For us the Chalice Well Gardens in Glastonbury produced such a heart-centred experience. This is a site of no great age - dating only from the 1920's - but it has strong connections to the magical tales of the Holy Grail and of healings in the holy spring which runs through the site. The garden in which this small well nestles, was sheer beauty to the senses - the slow hum of bumble bees and of bird song, the intense scent of the plants, and the visual delights of an English spring - daffodils, large banks of comfrey, and glorious magnolia. The connection we felt was of magic, love, peace, spirituality, and a whole variety of other metaphors all rolled into this one experience. The magic of the Chalice Well has remained with us, and our souvenir bottle of holy water from the well is being used sparingly!

Dean's most interesting visit was to Wistman's Wood in

the middle of Dartmoor. Tom and I didn't make the distance over the rough moorland on what was a very cold day, but Dean's pictures do some justice to the eerie spirituality of this site. An ancient dwarf Oak wood, approached through a mine field of huge quartz crystals erupting out of the ground. A Druid Stone, worshipped by many over the millennia, apparently grows out of the moss covered centre of the wood, conjuring up vivid images of pagan worship at this sacred place.

But if you cannot travel to one of these sites or indeed the many sites within our own beautiful land to gain this experience, why not create your own sacred site at home. We are offered a feast of ideas on TV to create beautiful homes and gardens, but it really is the intention that all who enter into your space find comfort and most of all peace, which is the strongest and most important component. All of us are striving to make our home a sacred space - a place which blesses all who enter with love, and which is a nurturing and healing place for us to live.

So gather a few precious items, create a small altar (or just call it a tranquil space!), light some incense and produce your own ceremony of blessing to start invoking the changes you want in your space. Look out for beautiful items when you shop - candle holders, picture frames for photos of your loved ones, some luxurious cushions to lean against and some tranquil music to relax to.

Creating a tranquil or sacred space can help many health issues, sleep problems, and stress and anxiety. We all need somewhere tranquil to unwind and this can extend into your garden as well. You don't need to have a designer home to have a sacred space - we've sat amidst the chaos of renovations and felt tranquil. *It is your intention to create a sacred space which connects you to your own inner sacred space.*

There are many books and websites on the subject of sacred space, or come on our retreat in November for a whole host of ideas to work with this concept. And if you can't manage any of these, call Dean who can guide you and arrange your very own dedication ceremony.

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Winter Remedies

It seems like I only just wrote a column for winter 2005, when here we are again!!

While the middle of winter is a problem for many people with its cold, damp weather, I tend to find the beginning and end of summer actually prove the biggest challenges for many people's immune systems!!

However, below I've listed some of the remedies everyone should have on hand for winter ailments, some because symptoms can come on so rapidly, and others because coughs and colds can linger on.

Remember that if your home prescribing is not proving successful, symptoms are recurrent or a virus just doesn't resolve, you need to seek professional help. In these cases constitutional treatment will work better than acute remedies and is often what's required to help the body get back into balance.

Oscillo (Anas Barb) 200c - while flu strains mutate and therefore require different flu vaccination each year, homeopathy works on the principle of 'similarity'. What this means is that a remedy need only be similar to the symptoms of a disease to be effective over a broad spectrum of bugs. Oscillo has been used for over a hundred years to help prevent flu and viruses, and is the top selling flu remedy in France today. We call it "the homeopathic flu shot"!

Use 3 times a day at the beginning of a virus/bacterial infection along with your selected remedy and it will help speed recovery. Taken fortnightly this remedy helps prevent us catching bugs, giving us greater immunity. Great to give child care and early school years. Oscillo is also the remedy of choice in preventing Bird Flu and can be used as above if an epidemic threatens.

Kali Mur/Ferrum Phos 6x - my all time favorite when symptoms are vague and a remedy is not obvious. Great for the beginnings of anything - colds, ear ache, fever.

Aconite 30c - take cold suddenly, with sore, scratchy throat, dry cough, maybe fever. Frequently after getting chilled. Worse middle of night, usually thirsty.

Belladonna - Sudden onset, flushed face, high fever, throbbing head, hacking cough, sore throat or ear.

Nat Mur - colds which start with sneezing and profuse, clear runny nose, with cold sores.

Allium Cepa - Similar to Nat Mur but discharge burns the nose and eyes are watery. Also consider Ars Album.

Nux Vomica - Obstructed nose in beginning, or runny during the day, obstructed night. Chilly and irritable.

Gelsemium - fluey, heavy feeling especially eyes, achey drowsy, chills up and down spine.

Clinic Notes

Sam Bettinson Please welcome Sam to our team at the clinic. Sam is a second year student at the British School of Homeopathy in Bath, UK and is joining us for some hands on experience and to provide additional cover on a Thursday morning. This means we are open an extra half day for enquiries and remedy orders/collections. As our country patient base grows rapidly this also gives us more time to work on email and telephone consultations.

Bird Flu Having been exposed to the realities of bird flu when we visited Hong Kong and with the threat constantly on the news, I have included notes on the remedy Oscillo (Anas Barb) again. See under *Winter Remedies*. If you have any concerns or questions, give me a call or drop me an email.

Kali Bich - Thick yellow-green, stringy mucous with sinus obstruction and facial pain.

Silica - Colds which are slow to resolve in fragile, slight people who are usually cold. Thick yellow mucous and blocked sinuses.

Calc Carb - Colds which are slow to resolve in well built children and adults, with yellow-green mucous, lingering cough and swollen glands. Tend to be clammy or even sweaty. Also consider Calc Phos in whingey, whiney children.

Echinacea 3x + Olive Leaf Extract 3x For boosting the immune system during winter and winter illness including infections and viruses. In homeopathic potency which improves taste and effectiveness.

Vitamin C powder is one of the best and safest immune boosts around (and is also great to use before vaccination). Powder is more effective, better assimilated and easier to take than tablets. **Matrix Nutritionals Vitamin C Hesperdin & Mineral Powder** 200g (enough for the whole winter) \$17.50

How do your Children grow?

Orthoplex Children's Formula Nutritional Supplement Practitioner brand vitamin & mineral powder is good for smaller children as it can be added to juice. \$19.95

Blooms Organic Iron supplement where diet may be insufficient in iron, particularly in rapidly growing children or young girls. 300ml \$26.50

Calc Phos 6x Tissue Salts Growing pains and/or rapid growth in children. May be irritable, with low appetite and suffer tummy aches and headaches. Combine with Mag Phos 6x for more persistent cramps. 25ml \$9.00
50ml \$13.00

Give 2 or 3 times a day and if no improvement in a couple of weeks see your homeopath!

Homeopathy for Breastfeeding

With a large number of new mums coming through the clinic, and lots of supportive grandmas, homeopathy offers safe and effective solutions to many of the common breastfeeding problems. Homeopathy can help stimulate milk supply, stop milk drying up and reduce the discomfort of mastitis.

Mastitis & Breast Health

Belladonna 30c Breast engorged, hard, hot, inflamed, throbbing, painful and red streaked

Bryonia 30c Breast engorged, hard, hot, inflamed, painful, pale and worse for slightest movement

Phytolacca 30c Breast inflamed, lumpy, with pains while nursing. Mastitis. Cracked sore and painful nipples.

Silica 30c Mastitis, with cutting/stitching pains while nursing, can be worse left breast. Breasts are inflamed, lumpy and painful. Back may ache while nursing. Cracked, sore and bleeding nipples. Inverted nipples

Sarsaparilla 30c Inverted nipples where no other indications.

Sepia 30c Cracked, sore, itching nipples. May get so bad they bleed, but will itch first. Worse in weepy, depressed, overwhelmed new mums.

Sulphur 30c Cracked sore, reddened nipples which burn and itch after nursing.

Milk Supply

Secale 30c Milk supply low with stinging pains in breasts. Exhausted women with severe after pains. Breasts remain small.

Lac Defloratum 30c Milk supply low in women who are generally chilly and exhausted from loss of sleep.

Calc Carb 30c Milk supply low or overabundant in large women who are chilly and often sweaty. Breasts may be large and uncomfortable.

Pulsatilla 6c Milk supply over abundant in weepy, needy women. Worse in a stuffy environment. Continue to use to dry up milk when weaning.

Urtica Urens 6c Milk supply low or overabundant. Helps to establish good milk supply/balance flow in early days where it is slow without obvious cause.

If none of these remedies fit your symptoms, talk to me about individualizing your remedy. Great results are achieved and remedies can mean the difference between a good start to your breastfeeding experience and a challenging one!

Elements of Health Shop

Our complete product list is now on our website, so you can browse the various items available. Combination remedies are not included on the website, but please ask and I can email you this extended list.

While we don't yet have a proper cart system of shopping, if there is anything you would like to purchase, you can do so by phone or email.

Payment is welcome by cheque, credit card or direct credit to our account.

Homeopathic Workshop

Home Prescribers Day

Sunday 2 July at the clinic
From 10am to 3pm

Spend a day learning to use homeopathic remedies to treat children and the family's minor illnesses, or just refresh your memory on the basics of homeopathy.

Cost is \$55 or purchase a home remedy kit (\$120) and the day is free. *You can buy your kit now and still attend later on.* BYO lunch, refreshments included.

If you can't make this workshop, the next one is on Sunday 22 October.

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 Phos 6x

Calc Phos is a constituent of the bones, teeth, connective tissues, and blood. It joins with albumin to give solidity to the bones and is concerned with forming the teeth. Defective nutrition may produce a deficiency of Calc Phos, resulting in weakened organs and tissues, and poor digestion and assimilation of nutrients. It is valuable as a tonic and helps in the uptake of nutrients. It is a useful remedy for growing pains and cramp, and is helpful in slow circulation. Emotionally we find irritability and tiredness in children, as well as "tummy aches and headaches". Can be used daily to aid in growth spurts and general tiredness/weakness.

Nat Mur 6x

Nat Mur is known as the water distributor because of its ability to balance the water within the body. Since about 65% of our body is made up of water, this is one of the most important salts. Excessive moisture or dryness in any part of the system are clear indicators for Nat Mur. Symptoms may present such as colds with discharge of copious watery mucous and sneezing, dry painful throat, constipation (dryness of stool), hay fever, dry lips, cold sores, craving for salty foods. An important function of Nat Mur is the production of hydrochloric acid. Too little acid means slow digestion, especially of calcium rich foods.

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. *Thank you for your understanding & cooperation.*



The 5th Annual Mind, Body & Spirit Retreat

Serenity

*A weekend to Soothe Your Soul
& find Serenity within Chaos*

*Let Dean & Melanie guide you through a
weekend of activities designed
to help you create & maintain serenity
amidst the chaos of everyday life.*

You'll be partaking in all of the following
plus more:

- Creating Sacred Space
- Working with Colors for Health & Harmony
- Tantra Reiki Attunement
- Vinyasa & Tantra Yoga
- Meditation & Guided Journeying
- Aromatherapy Head & Foot Massage

The weekend runs from
Friday 10 to Sunday 12 November
In fabulous beach front accommodation at
Whalers Cove Villas, Dunsborough

Full details available very soon
Don't miss out
Register your interest now!



Yoga Classes

Vinyasa (flowing) Yoga brings tranquillity by working
the body through a series of flowing sequences.
This is yoga like you've never experienced it before!

Monday 7.00-8.30pm **Riverton Leisureplex**
Wednesday 7.30-9.00 **Lesmurdie Hall**

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

Monthly Meditation Group

*Due to popular demand the metaphysical group, will now
focus purely on meditation.*

Working with meditation, we will connect to the angelic
realms, ascended masters, elementals and others, and we'll
undoubtedly work through some issues on our life path.
We will use powerful homeopathic harmonics to enhance
this process, and to build our energy and spiritual courage
for the month ahead. We'll also include a variety of light
body maintenance techniques.

The evening will begin with a brief opening meditation to
set the scene! We'll then relax into a longer meditation/
guided journey and wind up the evening with a closing
prayer/blessing.

No doubt the universe will include some items
From its own agenda for us as well.

The group runs on the first Saturday in each month.
We'll be at 16 Lindsay St, Kalamunda at 7.30pm
Please let us know if you plan to come.

Neti Pots

An ancient solution to a Modern Problem

Jala Neti is an ancient yogic nasal cleansing technique,
using salt water. The benefits are many and I have come to
believe over the years that every house should own one!!

Some of the benefits

1. Helps strengthen the body's natural defences against
nasal infection, hayfever, allergies, sinusitis, upper
respiratory complaints, sore throats, coughs, post nasal
drip, inflammation of tonsils and adenoids, asthma
and bronchitis.
2. Removes dirt and bacteria filled mucous from the
nasal structure and sinuses.
3. Reduces mouth breathing, which chills the lungs and
worsens respiratory complaints.
4. Has a cooling and soothing effect on the brain, which
benefits headaches, migraines and general mental
tension.
5. Can benefit middle ear infections, glue ear and
tinnitus.
6. Can improve the sense of smell and taste, improving
appetite, digestion and interest in food.
7. Clears the tear ducts and brings benefits of clear
vision and sparkling eyes.

We now have both ceramic &
plastic neti pots (useful for
travellers) in stock.

Ceramic \$22.00
Plastic \$15.00

