

Elements of Health

Life Care for the 21st Century

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2005 - YEAR OF CHALLENGE & CHANGE

Numerologically, 2005 is a '7' year. On a personal level this can mean a time to withdraw and focus on spiritual issues, a time to return to or commence a meditation practice, and a time to step back from the hustle bustle of life and to avoid too much change until at least the end of the year.

However, since we are talking globally, rather than personally, the effect on us all is different. Looking esoterically we could say that it is the earth's turn to reflect on spiritual issues and that some of the upheaval we have already experienced in the world is an attempt to return balance where man is currently causing chaos.

Globally there have been and will continue to be many changes which will affect us all worldwide. Severe weather conditions, earthquakes and volcanic eruptions are just a few examples of the events we've seen in 2004 and on into 2005.

You may already have seen a variety of changes in your own life, beginning as last year drew to a close and building in drama through early January. Perhaps you've been faced with new challenges at work or in your home life, maybe there has been illness or financial worries to deal with.

Despite these uncertainties, this doesn't mean we're all in for doom and gloom this year. There will be many opportunities to contribute to creating a better environment for our children, to changing our own lives for the better and to allow us to achieve our full potential more than in previous years. This may mean a period of upheaval as these changes are put into place, such as job losses, house moves, deaths and unexpected and dramatic events.

Difficult though it may be, remaining calm and grounded is the best way you can deal with these events - observing what unfolds without becoming emotionally attached. What may first appear to be a disaster can turn out to be a blessing in disguise, and the progression of events can be interesting and, in some cases, even amusing to watch.

My all time favorite remedy for times like this is **RESCUE REMEDY** - which will take the edge off these intense times, be they happy or sad, and ground the situation. While I use the *Bach Rescue Remedy* as the basis for the remedy I sell, I have begun adding *Homeopathic Lotus* to enhance the calming effect and bring a deeper connection

on an intuitive and spiritual level. This calm then permeates down to the physical levels, preventing shock and trauma producing health problems in the long term.

On an esoteric level, many people can feel a shift in the energies as the level of opportunities are increased to help us grow and develop, and to help us help others at this time.

If you are a sensitive individual you may experience this shift as tiredness or heaviness, depression, allergies or some other form of illness. Some of these experiences can be scary, but be assured you are not alone. Practitioners are all being challenged to look for different ways to treat these situations, and treatment will depend on the therapeutic tools we have chosen to work with. Here are some of the tools I have found very helpful recently for getting through the difficulties to reach the good times ahead:

INSPIRED LIFE PATH READINGS which Dean and I have offered for sometime now are really coming into their own as they offer insight into the future and guidance in dealing with the times ahead. The *Twelve Harmonics for Soul Integration* which are part of the reading are intensely powerful combinations of meditatively-channelled remedies to bring us clarity, courage and progression. I also use these in the clinic alongside or instead of traditional treatments.

BACH FLOWER REMEDIES are something I've started using again only recently after nearly 10 years sitting on the shelf. While there are a wide variety of other flower essences, to me these feel appropriate for some of the issues people (particularly children) are presenting with, and work well before, alongside or instead of homeopathic treatment.

INDIGO ESSENCES are combinations of crystal essences developed by a homeopath in Ireland for some of the issues children (and adults!) experience. The children choose their own essence giving us insight into the problem they are struggling with.

ANGEL HARMONICS are for those of you who have a strong connection with the Angelic realms and want to work more on this level. Again, *a combination of remedies so powerful you'll feel the Angels' wings brush your face!* These are sold as a set so you can work with the full angelic spectrum.

MAINTAINING GOOD HEALTH

As people become more aware that good nutrition is part and parcel of good health, I get more questions about what a good diet is and what supplements to take.

My view on everything in life is that we are individuals and therefore no single path (diet, supplement, health program) is suitable for everyone. What I would say is that you should not stick rigidly to a general diet or nutritional plan if your health is not improving or energy is becoming worse. While it is true that the body needs time to adjust to changes in diet, and sometimes to detox the system, it should not be a huge challenge if done gently. Let's not be sheep, but develop some awareness of ourselves and our bodies in order to work out what agrees with us and what doesn't.

In terms of supplements, I have always believed the best supplementation is via liquid doses and herbs, rather than compounded tablets, which contain fillers and where the original ingredients have been synthesized. Colloidal minerals can also be of great benefit alongside a healthy diet.

The environment we live in and our stress levels play havoc with our system, contributing to health problems in both the short and longer term. The function of the bowel can have a huge effect on our health, and research shows that other problems such as allergies, eczema, asthma, arthritis and depression can be aggravated by an unhealthy digestive system.

The best product I have come across for balancing and nourishing the system is *In-Liven*, a probiotic superfood which is *Australian Certified Organic*, the only product of its kind in the world. With nearly 20 years research and development behind it, *In-Liven* contains 26 living wholefoods, 18 Amino Acids and 13 lactobacillus bacteria which are easily assimilated by the body.

An effective probiotic helps us fight illness, produce natural anti-bacterial and anti-viral agents, digest our food better, detoxify poisons and chemicals from the body, and lots more besides.



RRP \$59.95

acidophillus, delbrueckii, caseii, bulgaricus, caucasicus, fermenti, plantarum, brevis, helveticus, leichmanni, lactis, bifidus, sporogenes.

In-Liven Probiotic Food Supplement

Ingredients

All Certified Organic: Spirulina, Rolled Oats, Brown Rice, Wheat Grain, Pearl Barley, Linseed, Kidney Beans, Mung Beans, Adzuki Beans, Red Lentils, Chick Peas, Wheat Grass, Barley Grass, Alfalfa Grass, Beetroot, Sweet Potato, String Beans, Zucchini, Cabbage, Silverbeet, Spinach, Chinese Cabbage, Asparagus, Broccoli, Malt Liquid, Molasses. All ingredients are certified organic and have not been genetically modified. All ingredients are predigested with organic Lactobacillus;

I cannot overstate the importance of ensuring your digestive system is healthy and I highly recommend this product whether you have specific bowel problems or not.

Water also has huge health benefits and it's free! But do make sure you filter it as tap water has a toxic mix of chemicals added to it. Heavy metals, hormones and steroids have also found their way into our water supplies. 6-8 glasses (or about 2 litres) per day is a general recommendation, but again we are individual in our needs. Too much water can be just as bad as too little, leading to kidney problems and leaching out the vitamins and minerals you've put in.

What you put on your skin and hair is absorbed into your body, adding a further burden to the immune system and organs such as the liver.

Being aware of what's in the products you put on your skin and use in your home is equally important and many of you already know this and seek out the best, most natural products you can. Almost any ingredient is allowed in cosmetics and skin/hair care products and you need to be aware there are different levels of "organic" labelling. Even the most apparently natural products can still contain ingredients which are potentially toxic. Always look for the logo of a certifying body such as *Australian Certified Organic*, without which claims of "organic" and even "certified organic" mean nothing.

Perhaps all this is overwhelming and there is a tendency to feel it will tax the budget. However, if you invest in maintaining good health naturally now, you will require less trips to the doctor, less medication, less time off work and have the energy to do the things you enjoy. Take small steps, changing one thing at a time and you will reap the benefits.

There is more information available on supplements and other health products, and on reading labels from the clinic or look at the One Group website for heaps of information on natural and sustainable living.

I stock In-Liven in the clinic, or you can order on-line and also look at the whole range of Miessence certified organic products.

www.onegrp.com/?homeopath
www.elementsofhealth.com.au

ETHICAL BUSINESS OPPORTUNITY

If you are passionate about good health and organic products, One Group offers the opportunity to be a part of their ethical business plans to spread the word about organics and sustainable living.

There is no hype and no push to sell, just really nice people, and lots of information and support, with good returns. There are plenty of options for advertising and promoting your business, and they encourage you to be an entrepreneur.

If you're interested in this opportunity contact Melanie or look on-line at either of the above websites.

TEETHING REMEDIES

We have a tendency to grab the Chamomilla for teething problems and when it doesn't work, perhaps think that homeopathy has let us down.

There are numerous remedies which can help teething symptoms and since it is a problem with many of the babies I see, here are a few other ideas.

It is worth remembering that teething symptoms can also include diarrhea (sometimes green), nappy rash or worsening of eczema, fever, cough, ear infections or tonsillitis. We generally need to treat the whole baby to get improvement when the problem is ongoing tooth after tooth but sometimes a simple acute remedy will do the trick!

Aconite Painful teething with fever (*with sweating and thirst*). Hot, red cheeks with screaming, restless sleep. Babies may bite their fists.

Belladonna Painful teething with fever (*without sweating and no thirst*). Babies are agitated and angry, and thrash around in their sleep.

Calc Carb Babies who have slow, difficult teething with coughs and colds. Tend to be large or plump babies with a stubborn streak, but generally easygoing and happy.

Chamomilla Slow, difficult, painful teething with green diarrhea. May have one red cheek or a red patch. Baby is angry, changeable, doesn't know what he wants.

Mag Mur Painful teething with colic, and green diarrhea. Baby is sensitive, anxious and doesn't tolerate milk well.

Mag Phos Painful teething better from rubbing or holding cheek and from warmth (eg a wheat bag). Give the remedy in warm water for best results.

Phytolacca Babies have an irresistible urge to clamp their teeth or gums on anything and everything!

Pulsatilla Painful teething where baby is pathetic and whingy, wants to be carried and is happier outside.

Rheum Painful teething with colic and sour pasty diarrhea. Children are "sour" and irritable too.

Silica Slow, difficult, painful teething with colds, coughs and diarrhea. Baby is skinny, shy and chilly.



HOMEOPATHIC IMMUNISATION PROGRAM

Isaac Golden has made some changes to his homeopathic immunisation program, based on research he has carried out and his view of the potentially threatening diseases children may now be susceptible to.

To bring my own program in line there have been some changes as below. Some of the potencies and the order of administration of the remaining remedies have also changed.

Disease protection removed from the program
Diphtheria, Mumps, Hep B, Rubella

Disease protection added to the program
Meningococcal 200c, 10M
Pneumococcal 200c, 10M

If you have already had either of the above remedies from me in a 30c potency, they are now available in higher potency, providing more effective protection than before.

You may continue using your current program with confidence of its effectiveness, and/or you may add any of the above elements. Please call me if you would like to upgrade your kit/card for any of the above, or have any queries on the program.

HOMEOPATHY BOOKS

Miranda Castro; Complete Homeopathy Hbook **\$33.00**
Andrew Lockie; Family Guide to Homeopathy **\$39.95**
Jan Owen; Home Prescriber **\$9.95**
Hayfield; Homeopathy for Common Ailments **\$14.95**

YOGA DVDS

Don't forget our DVD to help you get in more practice at home! The Journey into Peace & Power is a complete workout plus a relaxation in a similar format to our classes. **\$24.95**

YOGA NIDRA CD

This guided relaxation may help with states of tension arising from or leading to insomnia, anxiety, migraine, asthma, pain, pregnancy, and more. Regular use induces complete physical, mental & emotional relaxation. *Suitable for any age group.* **\$19.95**

NETI POTS

We now have *Neti Pots* in stock! They are great for clearing sinuses and blocked ears, and reducing cold symptom. Fill with warm salt water and flush through the nostrils. This process is much more effective than nasal sprays. They come with full instructions and retail at **\$15**.

Missed Appointments, Late Cancellations & Phone Consultations

Missed appointments and late cancellations attract a charge of \$25 please bear this in mind when rescheduling.

Any phone call regarding acute illness requires my full attention and is therefore charged at a minimum of \$15 per call up to 10 minutes, pro rata thereafter. Not all calls are charged in relation to one illness, however, consultations to STD or mobile phone numbers will attract a small charge to cover costs.

Thank you for your understanding & cooperation.

HOMEOPATHY FOR SURGERY

People often ring and ask for remedies to help them through surgery, whether it is dental or major operations. I have put together a mini kit of four remedies (or a more complete kit of seven - see below), containing full instructions, which you can pick up from the clinic.

Arnica Helps the body overcome the trauma of the surgery and the anaesthetic, plus reduces bleeding and bruising. Take before the surgery to prepare the system.

Gelsemium Anticipation and anxiety with trembling and paralysis (of mind and body!).

Hypericum Arnica for the nerves. Helps regeneration of nerve tissue and wound healing. Surgery to parts rich in nerves such as spine or fingers. Use with Arnica.

Phosphorus If prone to bad reactions from anaesthetic such as vertigo or vomiting. Good for anxious kids!

Additional remedies in 7 remedy kit:

Carbo Veg 30c - convalescence, re-oxygenation of system

Pyrogen 6c - infection, inflammation

Staphysagria 30c - pain and/or emotions after invasive surgery such as bladder, circumcision or hysterectomy.

There are other remedies to consider for surgery. Further details are contained in the flyer which accompanies the kit, or is available separately from the clinic. **\$23.95**

NEW KITS

I have recently created a couple of other kits for local practitioners, which have a broad sphere of action. These are also available through the clinic

- *Homeopathics for Pain Relief* **\$23.95**
- *Remedies for Broken Bones & Fractures* **\$23.95**
- *Drops for podiatry (foot) disorders* including spurs, nail problems, infection **\$12.95**

TROUBLED WITH COLD SORES?

Cold sores are nature's way of telling us we're a bit below par, and recurrent cold sores need constitutional treatment. However for a one-off caused by a period of stress, try:

Nat Mur Eruptions appear with a cold or after emotional upset. Watery, swollen, burning, slow to heal.

Rhus Tox Blisters that itch, sting and tingle. May appear at the corner of the mouth.

Also consider Apis, Cantharis, Hepar Sulph, Sepia

A patient told me the other day she makes up Chamomile tea and dabs this on frequently, and I have found applying pure alcohol or essential oil helps.

2005 WORKSHOPS

Due a change in our other commitments we have reduced the number of workshops for this year.

Home Prescribing Workshop POSTPONED

(contact Melanie)

Was Sunday 13 March NOW likely to be April

Please register and I'll let you know

High Wycombe from 10-4pm

Reiki I, II and Masters

Sunday 10 April

Choose the level or do all three - *High Wycombe*

This workshop is booking up rapidly!

Partner Yoga (partners not necessary to join in!) An opportunity to try some of those tricky postures where you need assistance!

Sunday 1 May *Lesmurdie Hall from 1-4pm*

Contact Dean on 9454 4156 for further information on any of the workshops listed above.

INSPIRED LIFE PATH READINGS

These powerful and insightful tools for transformation are offered by Dean & Melanie to bring clarity and confirmation of your life path - past, present, future - and the issues you have chosen to work with.

Using a variety of power tools to show your truth, you also receive one of the *Twelve Harmonics for Soul Integration* remedies to take home and work with.

Shortly the Harmonics will be available as a full set. Contact Melanie or Dean for details.

YOGA CLASSES

Once again, due to a change in our work commitments, our yoga classes have reduced to 2 per week. Do bear in mind that Riverton Leisureplex and Lesmurdie Hall are only 20 minutes apart, so you can still attend both of these classes and use your tickets.

The benefit of reducing our classes is that classes are larger, which creates a better atmosphere and inspires Dean to greater heights of yogic creativity!!

Mon 7-8.30pm

Riverton Leisureplex

Wed 7.30-9.00pm

Lesmurdie Hall, Gladys Rd

\$15 per class (\$12 concession) or buy a block & save
Bringing a drink and something to lie on

Look forward to seeing you soon!