

Elements of Health

Life Care for the 21st Century

September 2005 Vol 7 No 3

Coping with Stress

Stress is the single biggest factor associated with health problems in our society today.

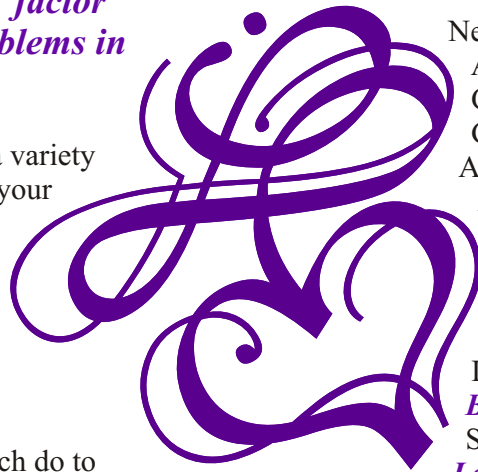
At Elements of Health we offer a variety of solutions to help you manage your stress levels including yoga and meditation, workshops, retreats, Bach Flower Remedies, Inspired Life Path consultations, and of course, homeopathic treatment.

But there is a lot more we can each do to manage the frenetic activity of our day. Stress is frequently a lot to do with our "head space" and there are many simple things we can do to tackle this problem, including just stepping away from the issue and being an observer of our life situation. Breaking patterns we have created over the years, and indeed picked up from our families, is also a key solution to the problem. While some things need stressing about, not everything is worthy of this expenditure of energy - there are far more pleasurable things to reserve our energy for!

Recently I was flicking through my favourite inspirational book "*Simple Abundance, A Daybook of Comfort and Joy*" by Sarah Ban Breathnach, and came across the following. It is a wonderful list for grounding us and helping us live a less stressful life. Why not cut it out and pin it up somewhere you can see it every day!

Cultivate gratitude.

Carve out an hour a day for solitude.
Begin and end the day with prayer, meditation, reflection.
Keep it simple.
Keep your house "picked up".
Don't over-schedule.
Strive for realistic deadlines.



Never make a promise you can't keep.
Allow an extra half hour for everything you do.
Create quiet surroundings at home and at work.
Go to bed at nine o'clock twice a week.
Always carry something interesting to read.

Breathe - deeply and often.

Move - walk, dance, run, find a sport you enjoy.
Drink pure spring water. Lots of it.
Eat only when hungry.
If it's not delicious, don't eat it.

Be instead of do.

Set aside one day a week for rest and renewal.

Laugh more often.

Luxuriate in your senses.
Always opt for comfort.
If you don't love it, live without it.
Let Mother Nature nurture.
Don't answer the telephone during dinner.
Stop trying to please everybody.
Start pleasing yourself.
Stay away from negative people.
Don't squander precious resources: time, creative energy, emotion.
Nurture friendships.
Don't be afraid of your passion.
Approach problems as challenges.
Honor your aspirations.
Set achievable goals.
Surrender expectations.
Savor beauty
Create boundaries.
For every "yes", let there be a "no".
Don't worry; be happy.
Remember, happiness is a *living* emotion.
Exchange security for serenity.
Care for your soul.
Cherish your dreams.
Express love every day.

Search for your authentic self until you find it.

Animal Remedies

Following on from last newsletter when I talked about plants, here are some interesting animal remedies in use by homeopaths. Since only a tiny amount of an animal is required to make a remedy, a little goes a long way and one bug giving it's life for homeopathy helps a lot of people without endangering the species!

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 homeopathy works on a different level altogether.

Quantum physics shows that remedies work as a resonant frequency, rather like a microwave or a mobile phone. This energetic stimulation gives homeopathy it's powerful effect and speeds the recovery period in many situations.

Cantharis (Spanish Fly or blister beetle) Illnesses with great inflammation and scalding or burning pains which progress rapidly to a severe state, such as cystitis or burns. As an aphrodisiac it is also known homeopathically for settling excessive sexual appetite!!

Ambra Grisea or Ambergris comes from the sperm whale and is used to fix the scent of fine perfumes. In homeopathy we may use it in people who are greatly affected by embarrassment!

Sepia derives from the cuttle fish and in people who require this remedy we see the desire to avoid emotional contact by trying to escape in a cloud of irritability (or ink - in the case of the cuttlefish)! It is commonly used in depression - particularly post natal - and similar states where the patient is indifferent and irritable towards everything, including family and children.

Lac Caninum or dog's milk has been used since the time of Pliny in problems of the reproductive system. Homeopathically it is a wonderful remedy for people who lack self-confidence, have an over-active imagination and may suffer tonsillitis and cervical erosion.

Tarentula or wolf spider (not the South American variety) is useful for disorders of the nervous system which may exhibit as restlessness, mania and sudden mood changes. It is useful in behavioral problems in children.

Lumbricus Terrestris or Earthworm has an affinity for the tubes in the body such as the digestive system, the spine and the bronchioles.

Homeopathic Immunisation Program

More and more people are ringing me about alternatives to vaccination, which shows the desire to be better informed about the processes affecting your children's lives and health.

While many children suffer no apparent ill effects during the vaccination process, others are not so lucky. Severe or fatal reactions are rare, although we need to consider the number of SIDS cases each year in this regard. Some children will begin an ongoing saga of ear infections or tonsillitis, followed by many courses of anti-biotics and eventually surgery. In families where there is a history of asthma, eczema or allergies, childhood vaccination can trigger the onset of these conditions, either in a mild form or quite severely.

While every family must make their own decision on what to do about vaccination, it is worth remembering that it is not a legal requirement and you can make other choices for your child.

Putting the vaccinations off until their immune system is stronger is helpful, as is splitting the vaccinations up where possible, so the child's system is challenged by less toxins at any one time.

From a homeopathic point of view, I can offer the "Safe Vacc Pack" to use before and after vaccination to aid the process and give some peace of mind, while constitutional care for the individual child definitely makes it easier going.

It is never too late to treat symptoms which may have resulted following vaccination, bearing in mind that these symptoms may not come on immediately anyway. Give me a call if you'd like to briefly discuss your child's situation.

New Books

Owen Homeopathics have brought out a useful little book called "**Journal for home prescribers**". It is designed for recording the remedies you give your family and the reactions they have, as well as keeping a track of the results of constitutional treatment.

At just \$9.95 this is a really great replacement for those loose bits of paper!! Keep one for each homeopathic patient or use one for the whole family.

I will also have further stocks of **Andrew Lockie** and **Miranda Castro**'s books for home prescribing soon, plus I am expecting copies of **Homeopathy, An Illustrated Guide**, which is a really nice, user friendly, pictorial book

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.*

MONTHLY METAPHYSICAL GROUP

Starting Friday 7 October from 8.00-9.30pm
16 Lindsay St, Kalamunda

Topics covered each month will include:

- * *Metaphysics and advanced tools for the spiritual path*
- * *We'll update you on current info we've received from our contacts around the world*
- * *Share our metaphysical DVD/Video collection*
- * *Look at all things magical, powerful & interesting!*
- * *Meditation and guided journeying will be included*

***If you'd like to join us, register with
Dean on 9257 1564***

Insomnia

For some people, insomnia is a life long problem and there are often underlying reasons. This type of insomnia generally needs constitutional treatment, ie addressing the whole person rather than just the insomnia. However, where insomnia is short term, home prescribing can be helpful. It's certainly worth trying remedies for more chronic problems, but if it doesn't work well, seek professional advice.

Aconite Following a shock or fright, where the patient is restless and excited, and sometimes fearful. Can present in the early stages of acute illness, often after becoming chilled.

Coffea Drinking too much coffee can make some people wakeful, trembly and excitable, which are exactly the symptoms homeopathic coffee will address. Sometimes this picture comes on after too much excitement, excessive joy (winning the lottery for example!), or happy surprises, as well as unexpected bad news.

Nux Vomica Fits the classic insomniac. Falls asleep early but wakes at 3 or 4am with a rush of thoughts or worries. Falls asleep just before dawn then wakes irritable and tired. Also after too much alcohol, coffee, or other stimulants (including drugs), or overwork. These types are irritable and impatient, as well as chilly, nervous and excitable!

Chamomilla patients can be irritable and rude, often with pain or frustration. They may be sleepy all day and then wide awake at night, as seen in teething babies! Can be helpful in pre-menstrual insomnia with irritability.

Arnica Following an accident, over-exertion or strain. Jet lag with insomnia and a bruised, "bed too hard" feeling.

Cocculus Sleeplessness from over-exhaustion after "night watching" or nursing the sick. Sleep may have been interrupted and they cannot break the habit.

Belladonna Sleeplessness with jerking, teeth grinding and restless. Often seen at the beginning of an acute illness.

Staphysagria Sleepless after a fit of anger or a dispute, where they have suppressed the anger and feel wounded!

Gelsemium Anticipation before an event, may be trembly, drowsy and dull, but keyed up as well.

Hay Fever & Allergies

Hay fever season is upon us with the onset of spring weather and its pollens, and this can be such a miserable time for some people.

If you haven't already thought about homeopathic treatment for your allergies, now is the time to act. With constitutional treatment most people find their hay fever and allergies improve substantially from season to season. With symptoms which are year round, improvement is generally seen early in treatment.

Acute symptoms respond well to either the *Hay Fever & Allergy Drops* available at the clinic, or via individually prescribed remedies. Self-treatment with the HF&A Drops will not improve the underlying problem but will bring relief to the more annoying symptoms.

***Don't suffer the misery of hay fever
- ring now for an appointment!***

Homeopathic Workshop Home Prescribers Day

**Sunday 23 October at the Clinic
From 10am to 4pm**

The Homeopathy Day in July was fully booked and with an over-flow list we will be running another day in October. Come along to learn about using homeopathic remedies to treat minor illnesses, accidents and injuries or just as a refresher 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 (24), the day is free.

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

Zip Around Mini Kits

Our handy and durable zip around kits containing 7 remedies now come ready made in the following:

*Mini First Aid Kit
Remedies for Surgery and Recovery
Mother & Baby Kit*

They are also available with empty vials so you can make your own kit to suit your family's needs.

These make great gift ideas, are small enough to pop in a handbag or nappy bag, and will last for years.

Ready made with remedies & instructions \$39.95
Zip around with empty vials \$19.95

Rei-ki Day

Sunday 9 October
16 Lindsay Street, Kalamunda

10.00am-1.00pm
2.00pm-5.00pm

Level 1 & 2
Rei-ki Master

Rei-ki is as much about healing yourself, as healing others. This dynamic process opens you up to your higher potential and strengthens your intuitive skills and awareness.

Cost is \$75 each Rei-ki 1 & 2, \$150 for Master. Includes attunements, handbook and refreshments. You may attend just the morning, just the afternoon, or the full day.

2005 Retreat

Exploring your Inner Goddess

Working with the feminine energies balances our lives and opens us up to the immensely creative potential of the universe. It brings stronger insight and intuition, and helps us create better relationships with our partners (future partners too!) and our children.

Explore your Inner Goddess through ritual, tantra, magic and symbolism, with insights from homeopathy, yoga, guided journeying and hands-on workshops.

This is a weekend to change your life!

Friday 11 - Sunday 13 November

Beachfront accommodation at
Whalers Cove Villas
Dunsborough



*Come for 2 nites and
stay an extra nite free*

Yoga Classes

Vinyasa (flowing) Yoga brings flexibility, tranquillity and can aid in weight loss through working the body in a series of flowing sequences. All classes are suitable for beginners, but not for pregnancy.

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.
No need to book.

Year End Workshop

Clear your past
To make way for your future

Sunday 4 December 2005
16 Lindsay St, Kalamunda

At the end of each year Dean and I like to run a workshop to help you get the best out of the year ahead.

This process is even more important after 2005, being the year of Challenge & Change. During this year many of us have struggled with more challenges than ever before and the emotional and spiritual back lash of this can stay with us long after the event, affecting the future we have planned for ourselves.

Dean & I have prepared a full day workshop which will help you clear out the past year and beyond, and let you make way to create the future you desire - both for 2006 and further ahead.

Clear your Past

Through guided visualization, meditation, ritual, magik and other techniques, we will help you cut the ties that bind you to the past, including karmic and family issues you are already aware of.

Make way for your Future

We will utilize affirmation, the power of manifestation, prosperity wheels, symbolism and ritual, and harmonics specially channelled and prepared for this event.

For registration and cost, see the flyer included with this newsletter or contact Dean or Melanie

Inspired Life Paths Universal Communion with the Divine

*Discover a window into your past
That can ultimately free your Future!*

These are divine opportunities in which to connect to your Higher Self, and understand the issues and challenges you face in this lifetime.

Utilizing inspired Harmonic Remedies as a catalyst for integration & support, we offer you release and transformation.

“Let Karma be a thing of the Past”

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

Call Dean or Melanie now and start to really live.

9257 1564