



ELEMENTS OF HEALTH

Life Care for the 21st Century

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Ten Tips for Better Self Esteem

Some of us have bucket loads of self-esteem, while others struggle constantly with the demon of low self-esteem. It affects our moods and actions, our work, and our relationships with others. Much of this behavior is patterning developed during our childhood and it requires hard work to overcome and rebuild our view of ourselves.

Here are a few self-esteem boosters to help you learn to be happier and to more confidently control your own destiny.

1 Say 'No' to Negativity While we all experience emotions such as anger, blame, impatience and guilt from time to time, recognize when it's time to stop dwelling on these feelings. Find some inspirational words to focus on in these times, use affirmations, or give yourself some 'positive strokes'.

2 Choose How You Respond to people and situations. Hiding behind denial or blame is damaging to relationships and it takes dignity and courage to 'own' the problem and to begin changing this behavior. Choose to behave with dignity, portraying a happy and confident person to those around. In other words think before you speak, and think before you think!

3 Give your Inner Critic a break! If you find yourself criticising others, they are probably mirroring either the qualities you are striving for, or the things you dislike in yourself. Take time to reflect on what is pushing your buttons. Learn to look for the good rather than the bad, then learn to cultivate these qualities in yourself.

4 Experience the power of affirmation. These are short statements, used in the present tense, to enforce how you would like to feel now. Repeat your chosen affirmation sincerely and often, so your subconscious hears constantly how valuable you are as a person. You will come to believe it and manifest your affirmation. Look on the internet for websites on this subject, or check your local bookshop.

5 Dress for success If you're comfortable in your skin (and clothes) this will radiate out to others. A smile is the first thing people notice and sets up the energy for what follows, so work on this!

6 Reward Yourself for good work - and don't feel guilty about it. Set yourself goals such as going to the gym for a month, eating healthily, or not letting your boss push your buttons. Tell yourself you've earned your reward - and believe it!

7 Write Your Own Eulogy This is my favorite, and although it maybe sound bizarre, writing a speech about your good qualities is very uplifting. Try doing it from the perspective of a friend if you find this too confronting. When you've finished your speech and overviewed your attributes, remind yourself frequently of them and bring them to the fore when you are with others.

8 Laugh Out Loud Anita Ryan says open up your clown chakra, a psychic energy point located between the belly-laugh chakra and the milk-spurting-out-of-the-nose chakra. Do this by taking a deep breath and belly-laughing for five minutes straight. Laughter empowers you in seemingly hopeless situations and gives you a sense of control when things get a bit crazy. Laughter brings perspective at times when we may be stressing unnecessarily.

9 Practice Random Acts of Kindness Share abundance and goodwill with others and enjoy the warm feeling it brings. These acts may be your own little secret, but don't let this restrict you!

10 Create a Prosperity Wheel I've written about these before, and some of you will have attended our annual workshop for clearing out the old to bring in the new. Prosperity isn't just about money but whatever we feel we are lacking in our lives. Use this powerful tool to manifest the self esteem you desire.

Thank you Anita Ryan for your inspiring article on which these words are based.

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Exam Stress

It's that time of year again! TEE, uni exams and testing generally bringing stress to those who are having to face their fears, while achieving their best!

Homeopathy has a great range of remedies you can use at home to help your child (or yourself!), and I frequently treat these stresses in the clinic when they don't respond to home prescribing.

Argentum Nitricum students are extremely anxious about their exams, and suffer from excess mental exertion in their efforts to do well. Symptoms may include weakness and trembling, and they may be nervous, restless and impulsive. They may crave sugar to keep them going, but are worse for it producing diarrhea, which may also appear as the exams loom.

Gelsemium is dull, apathetic, withdrawn and wants to be left alone. They want to stay in bed, feel heavy and depressed - basically they're paralysed with fear! Physically and mentally exhausted from overwork and anxiety with anticipation of what's to come.

Lycopodium has great anxiety and fear of failure around forthcoming exams - tries to bolster self-confidence by bragging and general poor behavior. They are overwhelmed by too much to do, but usually do extremely well once they get doing. Symptoms may present as indigestion, loose stool, tummy aches and headaches from low blood sugar. Like Arg Nit they also crave sugar.

Kali Phos is a nerve tonic and helps with mental and physical depression from excitement, overwork or worry. There may be headaches, weak sight and humming or buzzing in the ears.

Nux Vomica students are usually very irritable, very focused and very competitive. They don't tend to have emotional issues around the exams, but will over-do the coffee, sugar, cigarettes, etc in an effort to cram. They can make life miserable for the rest of the family, suffering also from indigestion, headaches and constipation!

Rescue Remedy is an all round emotional saviour! Put in a water bottle with one of the above on the day of the exam and sip as required. If fear or anxiety is very extreme on the day, consider Aconite!

It is also important to give a good multi vitamins & mineral supplement at this time. **Blackmores Executive Stress Formula** has high levels of the vitamin B family which is helpful during periods of stress.

Try some of the above remedies at home, but if your home prescribing doesn't make a difference, make an appointment as soon as you can.

Vaccination Issues

Many of you will have heard of the new 7 in 1 vaccination which is coming out in the near future for babies. Like most people who research the pros and cons of vaccination, I have some real concerns about the safety of injecting an immature immune system with a cocktail of chemicals, plus 7 diseases in one go.

Homeopathically there are a number of options to consider.

1. **Safe Vacc Pack** - a kit of 3 homeopathic remedies to support the immune system and protect the child against potential side effects.

2. **Constitutional care** 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) as an alternative to vaccination, if you are really having doubts and want a safe, effective alternative.

Isaac Golden (pioneer of HP) 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.

Neti Pots & Hayfever

Jala Neti is an ancient yogic nasal cleansing technique, using salt water. The benefits are many and I over the years have come to believe that every house should own one - especially if you have allergies, sinus or hayfever. It is also a must for head colds!

With the hayfever season nearly upon us, this is a fantastic tool for alleviating and reducing symptoms by simply flushing the nasal passages and sinuses with warm salty water.

Ceramic	\$22.00
Plastic	\$15.00



Professional Homeopathy Course

Finally, we have a college in Perth with an accredited homeopathy course!

Paramount College of Natural Medicine is in Malaga, and has details on their website for those of you who are interested in pursuing a career in homeopathy.

If anyone takes the plunge, I am always available to run tutorial groups for students wanting some outside input and help with study.



Homeopathy for Allergies

At this time of year I normally talk about the allergies associated with spring. I also like to remind you that if this is a problem for you, NOW is the time to think about coming for treatment if you haven't been in already.

A couple of treatments a year will normally maintain most people with pollen allergies, with improvement gaining momentum over 2 or 3 years. Minor symptoms can usually be managed with my **Hayfever & Allergy Drops**.

However, in this newsletter I wanted to touch on a problem which is increasing dramatically in all age groups **Food & Chemical Intolerances & Allergies**.

The treatment of allergies and intolerance is becoming a very big part of practice for many practitioners. We can put this down to our environment, food quality, stress and vaccination, among other things. While it is a good idea to work out what the allergens are through testing, and eliminate them to allow the immune system to recover, it is not always possible to eliminate everything for ever. We need to build up our tolerance to our environment in order for us to better adapt to life in the 21st century.

Looking at the function of the body such as the gut or the mucous membranes is only the tip of the iceberg. While I agree with the testing/elimination process in principle, we always need to consider why we are sensitive - or what lies below the tip of the allergy iceberg!

Apart from the reasons I have given above, our inheritance has a big part to play in our sensitivities and this is not just inheriting allergies. Family history of arthritis, cancer, bowel problems, or ear infections for instance, may all indicate allergies becoming a problem, and need treatment at that level. In addition, a family of remedies called Bowel Nosodes have a particular affinity for allergy problems and have worked very successfully with many patients as part of a constitutional program.

Don't let your diet rule your life - homeopathy has much to offer for all types of allergies and intolerances.

Elements of Health Shop

Our online shop is getting teked-up with a shopping cart to make it easier to see and buy what you need! Here are some new stock items. Keep watching!!

Little Yogis - yoga for kids (video format only)

This is a fabulous, fun yoga video for little ones (up to bigger ones), with some lovely animation, plus happy children doing the postures, and singing cute mantras! **\$19.95**

Homeopathy for Pregnancy, Birth & Your Baby's First Year; Miranda Castro

I've been trying to get hold of this book for ages because it's full of great general advice on all sorts of pregnancy and baby stuff, as well as remedy information. If you're pregnant or thinking about it, this will be your health bible! **\$38.00**

Pro-Kids - No1 Selling children's Probiotic in Europe & the USA Comes in a box of 10 fruit flavored sachets for all ages. No refrigeration required. **\$11.95**

www.elementsofhealth.com.au

Homeopathy for Home Prescribers

**Sunday 22 October 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 where possible and build your family's immune system at the same time.

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.*

NB: Interest in this final workshop for the year is very high - if you want to come please let me have your deposit or full payment asap.

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.

Silica 6x

Known as the "toxic eliminator", Silica has an affinity for the bones, joints, glands and skin, and is indicated where there is or threatens to be pus, such as in wounds, boils or abscesses. It is useful in the treatment of tonsillitis where pus has begun to form. Brittle nails and lacklustre hair will respond well to Silica. It is also a good remedy for scar tissue. There is a tendency to offensive smelling feet, and it is a great remedy where there is an accumulation of crystals around the joints and muscles, as in arthritis.

Kali Mur 6x

Known as the "blood conditioner", Kali Mur is good for sluggish conditions and it is concerned with purifying the blood. It is a big remedy for thick, white discharges as we see in mucous conditions or even skin discharges. It is a good remedy for glue ear with deafness and stuffy head colds. Together with Ferrum Phos, it is indicated in inflammatory diseases such as coughs, colds, sore throats, bronchitis, etc. It is a great children's acute remedy, again with Ferrum Phos, and most parents will know it as one of my favorite remedies for the first stage of any children's complaint. There may be white coated tongue and light colored stools, indicating weak digestion, and it is an important remedy in the early stages of digestion generally.

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*





Mind, Body & Spirit Retreat

SERENITY

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

We have a couple of places left, but if you can't join us this time, look out for details of our

PURE YOGA RETREAT

in May 2007

Yoga Classes

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

Monday 7.00-8.30pm Riverton Leisureplex
Wednesday 7.30-9.00 Lesmurdie Hall
Saturday 8.30-10.00am Lesmurdie Hall

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

Pregnancy Yoga

Learn breathing, postures to aid labor & recovery, experience relaxation & meditation
\$90 for 5 classes - booking required

Thursday 7.30-9.00pm Kalamunda Chiro
Sunday 10.30am -12.00pm Kalamunda Chiro

Back Care Classes

If you've had an injury or accident, or just suffer from a dodgy back, these gentle classes are perfect to stretch, tone and strengthen without pain or further trauma. They are held in small groups to enable individual assistance.

\$70 for 5 classes - booking required

Tuesday 9.30-10.30am Kalamunda Chiro
Tuesday 7.30-9.00pm Kalamunda Chiro

Natural Cleaning Products

There are a lot of general cleaning products around, but I've found it hard to source good quality, natural items such as dishwashing powder and rinse aid.

Golden Glow, an on-line health company, stocks ECOVER, a UK brand with very good standing.

Ordering online is quick and easy, and I've been very happy with the service and quality.

They have lots of other natural goodies!

Christmas Dinner

Annalakshmi Restaurant
Barrack St Jetty, Perth
Saturday 9 December

This is early advice that we have made a booking for a Christmas dinner

Annalakshmi is a wonderful Indian restaurant offering a traditional vegetarian buffet dinner.

Cost is around \$25 per head.

If you are interested in coming, let us know so we get an idea of numbers.

Your interest is not a commitment to come!

All patients, friends and yoga students are welcome.

Workshops

September

17 **Siddhi Meditation** 12-4pm \$55.00
24 **One Day Yoga Rejuvenator** 7.30am -3pm
\$85 including breakfast & afternoon tea.
Lesmurdie Hall

October

1 **ReiKi 1&2** 1-5pm \$150
Or \$75 for Reiki 2 only
15 **Construct a Personal Yoga Practice**
12-4pm \$55

November

10-13 **Serenity Retreat**
26 **Yoga Chakras** 12-4pm \$55

December

3 **Karma Clearing & Prosperity Wheels**
Full day workshop \$85

See attached registration form for more detail
or call **Dean** on **9257 1564**

Australian Homoeopathic Association WA Branch

presents

An Afternoon of Homoeopathy for the Whole Family

Friday 27 October 12-4pm
Esplanade Hotel Fremantle

Hear some of Australian's foremost homeopaths talk about homeopathic treatment of troubled children, ear problems, emergencies, homeopathy for animals, vaccination issues, and more.

Price includes a scrumptious afternoon tea.

Visit AHA website for further details.

www.homeopathywa.org.au

