

Elements of Health Newsletter

FAMILY HOMEOPATHY & THE CHILDREN'S EAR CLINIC

April 2010 : Volume 12 : Number 3

Welcome to the April Newsletter

I'm sitting in my office watching the apple pickers in the orchard just below me and know that winter is just around the corner for us here in Tasmania. We've been madly picking tomatoes, beans and blackberries, and digging potatoes. We've had our first crop of heritage apples, greengages and damsons and they are like nectar from the Gods! We've pickled, bottled, jammed, dried and frozen and are about to make our first ever batch of cider.

The Hawthorn berries are heavy on the trees this year which I've heard means there will be a cold winter. If the northern hemisphere winter is anything to go by this may well be the case. Our firewood pile is big enough for a few years and the slow combustion stove in the kitchen is just waiting for some cooler afternoons to start its eternal round of cooking and warming the house!



We've also joined a biodynamic food cooperative to buy organic dry goods in bulk and started stock piling in the pantry in case we are cut off by snow this winter, which can happen where we live.



In early March we took delivery of four ducklings and after keeping them warm at night and safe during the day, they have moved into a pond in the chook yard until they are big enough to range in the orchard with the chooks.

Autumn is a time I really look forward to! Making changes and planting in the garden through the winter, starting (and finishing!) projects such as quilting, knitting and sewing, and looking forward to waking to bright cold mornings and sharp frosts. It's a time for self-nurturing and turning inwards through the days ahead.

It's also the time I start to think about going back onto a regime of Anas Barb weekly or fortnightly to aid in virus prevention, and ensuring my cupboard is stocked with vitamin C, local honey, essential oils and other goodies for winter ailments.

Remedies for Colds & Flu (including Swine Flu)

While winter is not quite upon us in the southern hemisphere, the cold and flu season is starting already and I've had a number of cases starting out with a bad sore throat. For more information on treating colds and flu please refer to the [May 09 newsletter](#) here or on the website.

Below is an excerpt from the Helios UK website on remedies for the Swine Flu, but which are also applicable in most cases of colds or flu. The remedies are all available on the website either singly or in kits such as [Colds, Flu, Sinus or Croup](#).

AGE - Arsenicum-iodatum/Gelsemium/Eupatorium 30 - A combination remedy - this has historically been used as a prophylactic, although no trials have been carried out to date. It is used as soon as any symptoms develop or after contact - one 3 times a day until symptoms improve. *This is available on the website as Flu Combination (AGE).*

Aconite 30 - Sudden onset from cold winds or getting chilled. Fever and chill, restlessness and anxiety, good at the first stage of cold or flu.

Belladonna 30 - The No. 1 remedy for sudden fevers. Patient is burning, red and hot. Eyes may be glassy and the pupils dilated. Thirsty for refreshing drinks. Inflamed sore throat, throbbing headache, better lying down, worse touch, jarring or movement.

Bryonia 30 - Keynote: any movement causes pain - wants to be still. Painful dry cough. Headache and pains, better from pressure and worse movement. Irritable and thirsty for cold drinks.

Camphora 30 - Icy coldness - yet doesn't want covers on - but is sensitive to cold - wants cold drinks. A state of sudden collapse, wants carers present during the hot stage of fever. Anxious.

Eupatorium perfoliatum 30 - intense aching in back, limbs and especially bones - which feel broken. Sore skin and muscles, shivering, chills. Thirst for cold water but may vomit food, drink and bile. Headache with nausea, sore chest with cough.

Nux Vomica 30 - Extreme chilliness - shivery, cannot get warm despite heat. May have fever but feels freezing inside. Aching limbs and gastric problems - nausea. Better from sleep, hot drinks, strong pressure and being left alone.

Gelsemium 30 - Aching, tiredness and weakness felt especially in muscles and limbs. Drowsy, dull, apathetic, dizzy and trembling. Heavy eyelids with bruising headache from the neck to head and forehead. Chill and heat. No thirst.

Convalescence

Tuberculinum Aviare 200 - Practitioners use this remedy for clearing up symptoms after flu, especially when the lungs have been affected, Coughs are irritating, incessant and tickling. There is great debility and weight loss and lack of appetite. This remedy braces up the whole organism, reduces coughs and brings back the appetite. 3 doses in 12 hours. One of the following may also be needed:

China 30c - continued debility and chilliness - anaemic and weak with desire to stretch and move. Worse on alternate days.

Kali Phosphoricum - General weakness with spasm - the slightest labour seems like a heavy task.

Phosphoric Acid - Chronic fatigue after flu. Better from warmth, sleep. Feels apathetic, dull, settled despair, indifferent to everything. Low continued fevers. The above can be taken either in a 6C potency 3 times a day or a 30 potency twice a day.

What's New on the Website

Enviro Sprays

Incorporating a synergistic combination of dynamic botanical, crystal and mineral essences in organic lemon myrtle floral water, these sprays address many of the issues we battle with in daily life; toxins, EMFs and other forms of energetic pollution - both clearing and protecting. Simply spray around the crown or the whole body to help clear these negative energies. Our newest offerings in the range are:

Pre-Natal Protection I have had many requests for a product which will guard and support the immune, nervous and neurological systems naturally during pregnancy. Sometimes it is necessary to have amniocentesis, CVS or multiple ultrasound during pregnancy for obvious reasons but they are not without risk. Visiting the hospital regularly, flying and working in an office also make us vulnerable to absorbing a variety of energies. This spray has been created to protect the unborn child from trauma, EMFs and radiation during ultrasound and other invasive testing and treatments. **50ml bottle \$14.95**

IVF Support It is becoming part of modern life for many babies to be conceived with the support of the medical professional for a variety of reasons. This certainly comes with a range of issues not least the process of the sperm, egg or both being manipulated outside of the normal channels. This spray was created to protect the incoming soul from the effects of drugs and trauma, and the issues associated with IVF and similar procedures. It helps guard and support the bodily processes and systems naturally. **50ml bottle \$14.95**

Electro-Emissions: We are constantly bombarded with radiation and EMF waves from digital/mobile phones and towers, micro-waves, computers, high tech medical equipment and power lines. Tiredness, irritability and stress can often be attributed to this unseen toxic shock to the body.

Regular use will strengthen and rebalance the energetic system and clear the aura.

Enviro-Toxins: There are a wide range of airborne pollutants in our modern environment, such as exhaust fumes, off-gassing from new furniture and carpets, paints, glues, wood treatments, insecticide, water treatment, plastics, moulds, etc. *Enviro-Toxins* stimulates the body to cope with these challenges, rebalances the immune system and strengthens and clears the aura.

Practitioner Support: As practitioners we experience a variety of energies which can drain, exhaust and confuse us, often despite our best efforts at protecting ourselves.

Use *Practitioner Support* before and after each client to clear negative energies, revitalise the aura, strengthen personal boundaries and create a sacred space for healing to take place.

Beautiful Birthing: Create an aura of love, peace, calm and strength in which to birth your baby, whether at home or hospital. Bring down the light of the Angelic Realms, the Goddess and the Christ Vibration. Purify and energise the moment in preparation for incarnation, allowing baby's soul to integrate gently and comfortably into the physical body.

Creams

Our new base cream has just arrived from the lovely Nadia at Pear Tree Products in Perth. This beautiful cream has been specially formulated to be gentle enough for all skin types and conditions. I have also now changed over to use the new HyperCal cream as a base for my individualized creams for eczema patients.

Apart from the new base cream, I have made some well overdue changes to the active ingredients, with homeopathics being added to the tincture-based creams for greater effectiveness.

The new base ingredients are: Purified Water, Apricot Oil, Polowax, Sunflower Oil, Cocoa Butter, Vegetable Glycerine, Rosehip Oil, Cert Org Aloe Vera, Cert Org Calendula, Vitamin E, Bitter Orange Oil, Tea Tree Oil.

The creams still in our range are *HyperCal*, *Thuja* (warts and fungal rashes) and *Arnica* (bumps and bruises), however, I am still happy to make up the Pain Cream, Urtica Cream (itchy rashes and sunburn) and Graphites Cream (crusty, weepy rashes) on request, due to TGA legislation on labelling.

Molluscum Contagiosum & Vaccination

I frequently see both adults and children who have suffered a decline in health since one vaccination or another. One of the most frequent symptoms following vaccination of young children is Molluscum Contagiosum, a simple wart virus which can vary from 2 or 3 warts to a complete covering of the body. The reason I am certain these cases are triggered by vaccination is because when given a vaccine-related or detox remedy most cases resolve quite quickly. The latest vaccination detox I have used is for the Gardasil Vaccination, so the wart virus is not restricted to onset following small children's vaccinations. The virus can become a problem in children with eczema or similar and conventional treatments can be quite radical!! Contact your local homeopath or myself if your child has a case of molluscum which is not resolving over time.

Yoga Essences by Dean

Time, focus, peace...these are some of the things that we never have enough of and are often the reason we feel stressed and anxious, and unable to live our lives as we would like.

I have been a yoga practitioner and teacher since the early 1990s and now I no longer teach, have found time to consider what tools could further enhance a student's practice.

Towards the end of 2009 I was inspired to create a range of essences that would help not only the aspiring Yoga student/teacher to live their lives in alignment with Patanjali's 8 limbs of Yoga (astanga), but would be applicable even to non-yogis living life day to day.

These sprays are all "*intentionally selected*" (*i.e. chosen with the intention for their future action*) combinations of botanical, mineral, crystal & sacred space essences. Their effect is enhanced with mantra, ritual and meditation, with each essence addressing one aspect of life. They are presented in an organic floral water base, either Patchouli or Cedarwood.



The Yoga Essences set includes *Abstinences* (Yamas); *Observances* (Niyamas); *Postures* (Asana); *Breath control* (Pranayamana); *Sense withdrawal* (Pratyahara); *Concentration* (Dharana); *Contemplation* (Dhyana); *Self-realization* (Samadhi).

The Yoga Essences are available on the website and retail for \$14.95 each or the 8 Essence set for \$99.95. If you do not find them on the website when you first look, please email your interest to Dean on dean@elementsofhealth.com.au. Dean is learning to update the website so it may take a few days to get the essences up there!!

Young Living Therapeutic Oils

(Dean & Melanie Creedy #1104038)

As we get into the colder weather, I tend to dedicate more time to homeopathy and less to other things, but I did want to remind you of a few things related to Young Living Essential Oils.

The two combination oils **Purification** and **Thieves** are multi-purpose and are great for all the bugs that float around during the winter. There are a lot of single oils which could be used, but I find the combinations are an easy way to go and in the long run save the expense of buying single oils.

Thieves is highly anti-viral, antiseptic, anti-bacterial and anti-infections!! It can be diffused (see below), applied neat to the bottom of the feet or diluted 1:15 in vegetable oil and massaged onto the chest and in particular the thymus.

Purification cleanses and disinfects so is good to use if family members have been in contact with carriers of winter illness, plus it is good for wounds and also bites and stings.

ImmuPower strengthens immunity and is strongly antiseptic and anti-infections. This could be used prophylactically by infusing or applying to the feet.

Breathe Again Roll-on is a combination of oils to relax the airways and reduce coughing and comes in a convenient dispenser for easy use when throat or nasal congestion strikes.

Diffusing Oils We have just invested in an oil diffuser which sprays the oils in tiny droplets of water into the air. The effect is so much better than any type of burner and greatly enhances the health benefits of the oils. The diffuser we bought from Young Living is a neat little gizmo which can be programmed to diffuse at different intervals and would be excellent to have in the sick room diffusing the relevant oils.



To find out the most economical way to purchase Young Living Oils see the [March 2010 Newsletter](#) and/or contact Dean for your best options. The prices you see on the website are full retail and discounts apply depending on how you purchase.

Clinic Hours

I currently consult in Hobart all day Tuesday, Friday morning (note this is a change from the afternoons) and some Saturday mornings. Consults (including phone consults) are available at Mountain River all day Wednesday, Friday afternoon and some Mondays if I have time.

Homeoprophylaxis (Homeopathic Immunisation)

Please remember to keep me updated if you change your email address as any changes to programs come out via email.

Note: Some of the items in the newsletter are published for general interest and information and do not necessarily represent the view of Elements of Health.

You can contact me at: melanie@elementsofhealth.com.au or phone 0409 089965. Please note the clinic is closed on Thursdays.

www.elementsofhealth.com.au

Until next time,
Warmest wishes

Melanie

Melanie Creedy