

Elements of Health Newsletter

FAMILY HOMEOPATHY & THE CHILDREN'S EAR CLINIC

June 2009 : Volume 11 : Number 5

Welcome to the June Newsletter,

How did we suddenly get to June and where has the rest of the year gone??

I certainly have felt the need to sit down and take stock, and actually had the chance to do just this a couple of weeks ago when I had long awaited eye surgery! Not only did I get the opportunity to "stop and smell the roses" but I now have an altered and more 3D view of the world through my redesigned cornea! See my remedy notes below.



Homeopathy for Surgery

While I do my best to avoid conventional medicine where possible, I always maintain that modern surgery is fantastic. Although I only underwent very mild sedation for the short eye operation, I still had that rather unpleasant falling asleep sensation the following day and found a couple of doses of homeopathic Opium helped very quickly. This is a fantastic remedy for ailments after anaesthesia (such as surgery or epidural in childbirth) and can be particularly helpful for new babies who are either very drowsy or very hyper/sleepless (the polarity of homeopathy!). While the use of Opium is banned in any form in Australia, I make up a vibrational medicine on the Radionics machine which works exactly the same as a pharmacy source remedy, but does not come from a material source.

Having taken Arnica before and after, as well as Symphytum (more famous for broken bones but used here because of its affinity for injuries to the eyes), the healing has been amazingly rapid and I've had no discomfort whatsoever.

In the same week my 85 year old mother-in-law (Joan) also went to hospital for minor surgery which ended up with her in intensive care after internal bleeding. Once she was allowed to use remedies, we gave Arnica (of course) for the bleeding and Carbo Veg for the weakness and coldness which she experienced, and to improve red blood cell production. Jaundice is apparently a complication of blood sitting within the body cavity following a bleed, but we kept on with the Arnica because of its affinity for the blood generally and she was up and about in no time, and is now safely home.

If you are having surgery of any kind (including dental) I can provide you with a program individualized to your needs or you can purchase a [Surgery Kit](#) from the website, which contains the most commonly used remedies and instructions for use.

Broken Bones & Fractures

About 10 years ago Joan (mother-in-law - see above) had a very nasty fall and broke both her ankles. While this was a major drama all round at 75 years old, with surgery, plates, pins, etc, the hospital were amazed at how well and quickly she recovered.

We used Arnica immediately after the fall and continued it through the surgery for a further week for the bruising, trauma and general healing. Then we used Symphytum for 2 or 3 weeks to knit the bones along with Calc Phos 6x (tissue salt) 3 times a day for a couple of months to enhance the action of the Symphytum and rebuild the bone structure.

Joan tells me her ankles work better now than they did before the fall. Surgery or homeopathy - I don't suppose it really matters, except she is now out in the garden all day everyday and I'm sure this contributed to her great recovery from her most recent surgery!!

You will find our [Broken Bones & Fractures kit](#) on the website including instructions for use. The sooner you use the remedies, the better the outcome. The remedies can also be used for pets.

Remedies for Winter Illness including Influenza

Well, Swine Flu seems to have fizzled out, although the health departments would have us believe otherwise. If you are still concerned about the current influenza situation do take the opportunity to read the [May newsletter](#) and/or the [Colds, Flu, Sinus flyer](#) - both on the website. The current flu circulating is accompanied with a very nasty cough which seems to linger and you may find our new [Congestion Combination](#) helps resolve this quickly - see below.



Top Remedies for Sore Throats

Last month we talked about remedies for [Colds & Flu](#) and the month before that remedies for [Coughs](#) including Whooping Cough. You can read this information in the previous newsletters on the website.

Already this month I've treated a few cases of ulcerated throats which responded well to Merc Sol. Hepar Sulph is one of my stand-by remedies for sore throats, but here are some of the other remedies which may be required. Remember, homeopathy works best by picking the remedy which matches most closely the overall picture of illness, not just the symptom of "sore throat", and if home prescribing doesn't work, contact your homeopath as soon as possible. Sometimes what is really needed in these situations is a constitutional remedy to treat the whole person.

[Aconite 30c](#) Sudden onset of sore throat after exposure to cold or cold dry winds. High fever, flushed face with restlessness or anxiety. Pharynx and tonsils bright red without pus, burning and mildly swollen. Painful swallowing though intensely thirsty for cold drinks.

[Apis 30c](#) Redness and swelling of mucous membranes. Dirty grey covering of throat with or without ulcers on tonsils. Swelling of uvula. Stinging or stitching pains. Worse: warmth and warm drinks. Better: cold applications.

[Belladonna 30c](#) No 1 remedy for sore throats with sudden onset. Bright red, inflamed angry looking throat. Swollen glands. Dry burning heat, flushed face with fever. Burning with pain extending to right ear when swallowing. Neck tender to touch. Worse: swallowing, talking, cold air, touch. Better: sitting up in bed.

[Hepar Sulph 30c](#) Pain spreading to ear when not swallowing. Swollen ulcerated tonsils with offensive breath and much saliva. Splinter like pains or, sore, raw and burning. Worse: cold air and drinks. Better: warmth of bed and wrapping up head and throat.

[Lachesis 30c](#) Sore throat starts on LEFT side. Dry, intensely swollen with a sensation of a lump in the throat. Throat dusky, purplish dry with a constant desire to swallow. Worse: left side, pressure and constriction. Better: swallowing solids.

[Lycopodium 30c](#) Sore throat starts on RIGHT side and extends to the left. Throat membrane is grey/white with ulcers. Dryness without thirst. Burning sore, rawness. Worse: swallowing, in the afternoon from 4-8. Better: warm drinks and food.

[Merc Sol 30c \(aka Merc Viv\)](#) Ulcerated throat, tonsillitis. Offensive breath with profuse saliva especially at night. Swollen glands. May have bitter metallic taste in mouth. Sore, raw burning pains or splinter like pains that shoot into ear or neck on swallowing. Worse: night, swallowing, heat or cold. Better: moderate temperature.

[Nitric Acid 30c](#) Horrible pain, often stitching or "like a fish bone" in the throat. Dark red tonsils and pharynx with ulceration. Pain may extend to ears on swallowing. Worse: cold air, swallowing must lower head to swallow.

Phytolacca 30c Throat is dark red, dry and rough. May have white or grey spots on sides of throat. Cannot swallow anything hot. Very painful swollen glands. Pain shoots in both ears on swallowing and pain felt at base of tongue when sticking it out of mouth. Worse: hot drinks and hot food. Better: cold drinks.

Combination Remedies



I have had quite a few positive comments about the new combination remedies I've been producing and I do understand that for some of you they are easier to use than selecting single remedies. However, do remember that if the remedy doesn't work it's not a failure of homeopathy, but rather because the remedy you (or your patient) needs as an individual is probably not included in the combination.

This month I'd like to introduce you to our **NEW combination for mucous**. Combining Hydrastis/Kali Bich/Pulsatilla 30c, we tried to think of a medical name for this remedy and while we call it affectionately "Got Snot?", it will retail as **Congestion Combination!**

While the **Sinusitis Combination** of tissue salts also aims at congestion in the sinuses, you may find the **Congestion Combination** more heavy duty for sticky, stringy, copious and persistent mucous following a cold. Mucous color may vary from white to yellow to green, and it may tend towards post nasal drip, rather than affecting the sinuses (although it can do both), and/or may be accompanied by a brassy, hacking cough from the PND.

For the **month of July**, every order over \$75 will not only receive **FREE standard postage**, but will also receive a **FREE sample** of our **NEW Congestion Combination**.

As always, if your home prescribing does not prove effective, please contact your homeopath.

Vaccination & the Safe Vacc Pack

If you are planning to vaccinate your child conventionally (or are in the middle of doing so) but are still worried and would like to do something to smooth the way, our **Safe Vacc Pack** is designed to give you some peace of mind during the process.

Do remember that an additional option with conventional vaccination is to split vaccinations up where you can to protect the immune system. Overloading the system with multi-vaccinations often results in poor immunity and chronic health problems.

While nothing is ever 100% guaranteed in this life, the remedies in the pack support the immune system through the vaccination process and the pack also includes a remedy aimed at treating acute reactions. The pack contains instructions and a variety of other helpful suggestions.

Price Increase

Some of our kits and combinations will increase in price as from 1 July. While this is regrettable, homeopathics are still fantastic value with around 100 doses in a 10g bottle of pilules or 25ml drops.

By buying a kit rather than single remedies, you actually save around 40% on the cost of the individual remedies. However, if you just need to top up your kit, orders over \$75 receive free standard postage. We are happy to negotiate a discount for large orders of single remedies (20 or over) so please ask.

Postage

We have had some problems with standard postage over the last couple of weeks and I'm sure the Sorting Office staff must have been quarantined for Swine Flu!

Please ask for express post if you are in a hurry for your remedies. While Express Post does not necessarily mean you'll get your order next day, it will get to most places in two days. On occasions standard postage has taken over a week to the West Coast and far North Queensland! Postage times can be very erratic depending on where you live and we really are at the mercy of Australia Post.

If you place an order and want Express Post, we can usually mail out same day if your order arrives in the morning. Because we make up each order individually, this is not always possible if we get your order after lunch.

If you have a full consultation with me, I will always send your remedies by express post, but otherwise it is optional.

Medibank Private

Finally, after much negotiation by our Registering Body, Medibank Private is offering rebates for homeopathy. This is great news for those members who previously have only been able to claim for consultations under their annual bonus or by visiting a naturopath for homeopathic treatment. Your homeopath now has a provider number which needs to appear on your receipt before you can claim. As always check with your provider to ensure you are covered.

Contacting Me

Urgent calls: if you need to contact me on Thursday or outside office hours, please call the mobile and leave a message including the reason for your call. If you do not leave a short message I will assume your call is non-urgent and contact you on the next working day.

I am never too busy to talk if there is an urgent matter or a concern regarding treatment, but you may need to leave a message on the mobile initially.

Users of Homeopropylaxis (Homeopathic Immunisation)

If you have purchased a kit to use with your family, please ensure you keep me updated of any changes in your email/contact details. Sometimes there are changes to the program and I may need to get in touch with you.

You can contact me at: melanie@elementsofhealth.com.au or phone 0409 089965

Please note the clinic is closed on Thursdays.

Until next time,
Warmest wishes

Melanie

Melanie Creedy