

Elements of Health Newsletter

FAMILY HOMEOPATHY & THE CHILDREN'S EAR CLINIC

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Welcome to the August Newsletter,

Well, the Swine Flu which has raged around the country seems to have waned for now and having written so much about it and treated so many patients with it during July and August, it's good to be able to move on for the time being.



Pregnancy, Birthing & Post Natal Care

As spring arrives with daffodils, cherry blossom and lambs making their appearance here in Tasmania, I thought it would be refreshing to talk generally on the subject of new life and homeopathy for pregnancy and birthing.

While this is a big subject because each mum-to-be is different, there are so many remedies which have general indications during pregnancy. The biggest bonus of using homeopathy is that it's safe and non-toxic, so while conventional and even naturopathic medicines can't always be used during pregnancy, homeopathy has a multitude of applications.

Before the birth morning sickness, restless legs, itchy skin, back pain, hemorrhoids and insomnia are just some of the physical symptoms we can treat. Weepiness, anxiety, irritability and a whole variety of other emotional issues respond very well too.



If induction is a possibility, there are remedies which may help to get things going, as well as keep them going during the birth. A short consultation is required to discuss the most appropriate remedies and their use in each case.

After the birth there are remedies for mastitis, low milk supply, healing of an episiotomy, tear or caesarian, difficulty bonding with the baby, emotional highs and lows, and so on.

Many of the more acute things you can treat safely at home from your home remedy kit.

We also say that pregnancy is one of the best times to undergo constitutional treatment yourself as the baby benefits too, and this can also help minimize some of the inherited traits we pass on to our children.

While nutrition is really important for mother and baby during pregnancy, it is also necessary that the body is able to assimilate these nutrients in order to progress through the developmental process and keep the mother healthy as well. One of the great tools for pregnancy is the homeopathic tissue salt **Pregnancy Program** which is available on the website. It comprises 4 bottles of combination tissue salts covering from months 2 through to 9, aimed at working on developing the cells, bones, nerves and tissues, maintaining good fluid balance and iron levels, and helping with digestion. The tissues salts are taken twice a day throughout the pregnancy and can also be tailored to what is happening on an individual level if necessary.



If you are familiar with homeopathy and have a good support person a homeopathic **Birthing Kit** is well worth the investment with higher potencies in some of the remedies you may already have and other more specific birthing remedies, including those for induction and caesarian - planned or otherwise.

Birthing kits can also be tailored to individual needs either via the [Birthing Kit flyer](#) on the website or via a consultation.

Because some people buy their birthing kit and then want to upgrade to a home remedy kit, we also have a [Birthing Expansion Kit](#) so you only get the extra remedies you'll need for home prescribing.

In terms of books, one of the best is [Miranda Castro's Homeopathy for Pregnancy, Birth and Baby's First Year](#). Unfortunately this book is very hard to buy in Australia and after announcing I had stock arriving, my wholesaler tells me it is out of print. However, I am still working on this one.

There is also some good information in [Andrew Lockie's Family Guide to Homeopathy](#) covering pregnancy and childbirth, and this a great book for all ages and stages of a family's health.

If you won't have a Doula or birthing support person, my recommendation is always to get the [Labour Drops](#) and a bottle of [Arnica](#) as the basics for the birth. Labour Drops are a combination to cover healing, pain, exhaustion, anxiety, and similar. The testimonials on this product are always great and many women, having used them during labour, buy them as a gift for their pregnant friends too!

If you have chosen or need to have a caesarian birth there are remedies to assist with healing for mum and baby, as well as for the feelings that can come with an emergency caesar.

Many caesarian births result in unsettled or colicky babies due to the drugs used during the procedure and a consult can bring much needed relief to those sleepless nights and unhappy babies.

Hayfever and Homeopathy

I can't go past spring without of course mentioning hayfever. If you suffer from hayfever I always recommend constitutional treatment before the season gets going and this can be effective combined with an acute single remedy or combination if the symptoms still need treating. Having constitutional treatment a couple of times each year over consecutive years can really improve the level of symptoms over time.

On the website you will find our [Hayfever Combination](#) which has evolved over a number of years to work at an optimum level for the maximum numbers of people. It probably helps about 80% of people who use it and I know there are people who have also found this has helped Hay Asthma, which is often what arises when hayfever affects the respiratory system.

Other useful single remedies and indications are:

Native Pollens & Grasses 30c This often comes as European pollens and grasses, but I have this available in native pollens and grasses. Making up the pollen you are allergic to as a homeopathic can be helpful in desensitising the system naturally. Use alone or with the Hayfever Combination.

Allium Cepa 30c Symptoms are characterized by a strong burning sensation in the nose and eyes with a watery discharge. The eyes are light sensitive, often red and irritated, while the nose can be red and sore from the burning, corrosive mucus. There may be violent sneezing, hoarse voice and a hacking cough. Hay fever which may benefit from Allium cepa is often worse for being in a warm room and better off for cool air.

Sabadilla 30c is a common hay fever remedy, which is most often indicated during the early spring or at harvest time. There can be persistent sneezing, clear watery mucus and an itchy, stuffed up nose. The eyes may water in the open air, from sunlight or whilst sneezing. Symptoms are also worse for cold air and there is usually improvement from warm food and drinks or keeping warm.

Euphrasia 30c Euphrasia has a long history of use by herbalists for eye conditions. It is useful for very watery eyes, where the person feels the need to wipe or rub them constantly. The eyelids (particularly lower) may swell up and there may be thick, infected discharge from the eye itself. There may be the sensation of a foreign body (such as a grain of sand) in the eyes and they may become very gummy and sore. Symptoms are worse for sunlight, at night-time, for windy weather and indoors, and better for the cool, open air. Euphrasia tincture makes a very soothing eyebath.

Arsenicum Album 30c is indicated for hayfever (or colds) with frequent sneezing and a blocked nose with watery discharge. Unlike Allium Cepa the symptoms are worse outside and better for staying in the house and keeping warm. There may be inflammation of the eyes with burning and swelling which may be relieved by warm bathing. The right side is generally more affected than the left and there can be a marked worsening of symptoms during the night, particularly on lying down. Generally the person requiring Arsenicum may be restless or anxious during the attack and find it difficult to get warm - even in hot weather.

Arundo 30c Hayfever begins with burning and itching of the palate and conjunctiva. Annoying itching of the roof of the mouth and in the nostrils sometimes with pain at the root of the nose. Initially the nose can discharge clear mucus which can then turn green and slimy with lots of sneezing.

Ferrum Phos 6x or 30c This is a very useful remedy in the early stages of any inflammation. Taken when allergy symptoms start, it often slows or stops an episode. Symptoms include runny eyes with a burning or gritty feeling, facial flushing, watery nose and short, hard, tickling cough.

Natrum Mur 6x or 30c The most characteristic symptom of Nat Mur is that discharges have the consistency of raw egg white. The mucous is usually white or clear and watery and can be extremely profuse. There is often repeated violent sneezing - especially in the mornings, a loss of smell or taste, and itching in the nose. The eyes may be watery and the throat can be dry and sore. Rhinitis responding to this remedy can often be accompanied by violent, pulsating headaches made much worse by the heat of the sun, or by increased emotional sensitivity. The patient may prefer to be alone and feel quite touchy or tearful. In some cases cold sores can develop around the nose or lips.

Nux Vomica 30c One of the main themes in Nux vomica is 'irritability' which can be seen on the physical or emotional level. The person who needs this remedy may be cross or oversensitive, and have acute sensitivity to the slightest odour or particle of pollen. They may have a very stuffed up nose in alternating nostrils, intense itching of the ears, nose and eyes, and an unsatisfied urge to sneeze. The face can be very hot but the whole person is often rather chilly. The throat can feel rough and dry and, if the hay fever continues, the patient may feel nauseous. This is one remedy to think of particularly if there has been a bad reaction to antihistamine drugs that have produced a disordered liver or digestion. Symptoms are worse in the morning, for stimulants such as coffee or alcohol, for strong smells, for becoming angered.

Sulphur 30c This remedy can have a lot of thick, offensive mucous. The patient may feel hot and symptoms may worsen from becoming heated. The nose and eyes can become inflamed with heat and burning sensations. There can be oversensitivity to odours or changes in temperature. Classically this type of rhinitis can be accompanied by skin rash or by itching anywhere on the body.

Wyethia 30c Intolerable itching felt on the roof of the mouth and behind the nose, sometimes extending into the throat and ears, strongly suggest the use of this remedy. Everything in the person's head feels dry and irritated, but the nose may still be runny.

What's NEW on the Website

HyperCal Cream is now available in 30g, 65g and 120g jars due to popular demand for this item. Great for nappy rash, skin irritation, burns, wounds, etc. This is one of our best selling items with lots of great testimonials about its effectiveness.

Gastro Combination This has been a long time coming, but if you are new to using homeopathics it saves the trouble of working out which remedy you need and then finding you don't actually have it! It covers most causes of gastro, eg bad food and water, viral and bacterial sources, etc, and should give relief in many cases within 24 hours - although often more quickly.

Study/Exam Combination With Year 11 and 12 exams on the horizon, it seemed a good time to introduce this combination remedy. It includes the 4 most likely remedies for symptoms like "brain fag", anxiety, fear of failure, sleeplessness and general fatigue. For chronic loss of sleep with dizziness and disorientation add **Cocculus 30c**. Our own version of **Rescue Remedy** is helpful for pre-exam nerves along with **Gelsemium**, although the combination covers this situation too in most cases.

For the month of September, all website orders will receive a FREE bottle of Arnica in pilules and orders over \$75 will also receive FREE standard postage.

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



Vaccination Issues - Investigate Before You Vaccinate

I regularly update myself on current vaccination issues and have become increasingly concerned as to what is going on behind the scenes in the pharmaceutical companies and the Government, and how this is likely to affect not only our children but

future generations. We all have the right to choose whether to vaccinate or not, and I think part of this needs to be the right to the information to make this choice.

Many of you have gone to great lengths to have a natural birth with no intervention or drugs, to feed your baby organically, use natural or organic products, to avoid certain foods and additives, and to breastfeed as long as possible. But have you looked at the vaccination process in any detail for yourself? Are you aware of the potential side effects of injecting disease products, animal products, mercury and aluminium derivatives, and other toxic materials into a healthy body in terms of your child's overall health? Are your children being put at risk with poorly tested vaccines? *Is vaccination really as safe and effective as we are led to believe?*

My advice to anyone, regardless of your stance on vaccination is to **investigate before you vaccinate**. There is concern in many camps, including from some medical professionals, as to the ethics and safety standards around the most recent rush to produce a vaccination for anything and everything. We need to ask ourselves whether we are giving our children chronic health problems and weak immune systems for life, in exchange for protecting them against some of the acute childhood diseases which are mild and build a healthy immune system as nature intended. We need to ask "is there a better way?". Be informed before you make a life decision for your child. As a practitioner, I do try to be impartial and I do support whatever your choices - vaccination or non-vaccination - with a variety of options designed to protect your child, whatever you decide.

Below is a link to an article printed in the Daily Mail in the UK recently about a previously aborted attempt at Swine Flu vaccination in the 1970's and the problems it left behind. If you are considering Swine Flu vaccination when it becomes available, do consider the fact that apart from one round of trials over a very short time (maximum of 2 weeks), there is no long term research on this vaccine. Shouldn't we expect this for any new medication or vaccine so we can be sure they really are safe to give to both adults and children? This part of the process is more and more often being bypassed in the rush to the consumer.

<http://www.dailymail.co.uk/news/article-1206807/Swine-flu-jab-link-killer-nerve-disease-Leaked-letter-reveals-concern-neurologists-25-deaths-America.html>

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.

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