

Elements of Health Newsletter

FAMILY HOMEOPATHY & THE CHILDREN'S EAR CLINIC

November 2009 : Volume 11 : Number 9

Welcome to the November Newsletter,

Tasmania really is the land of rainbows and particularly at this time of year when we have a lot more sunshine overlaid with gentle rain. Some weeks I see more than one a day in the most brilliant colours I've ever seen, probably as a result of our clean air. Because I see homeopathy in everything around me, every time I see a vibrant rainbow I'm reminded of some of our most beautiful remedies.



All the colours of the rainbow have been made into homeopathic remedies by refracting light through a prism and isolating the individual colours. They are beautiful, deep acting remedies for many of today's conditions and issues. As with the traditional chakra system they all relate to a particular energy centre and can be used on their own or in combination. For example, we know that green relates to the heart centre and the rainbow colour green has an affinity for issues to do with the heart both physical and emotional. While some of you may have difficulty understanding this concept, do remember that homeopathics are not a physical substance like conventional medicine but have measurable resonant frequencies, of which a colour is just one individual frequency.

Homeopathy for Teeth



I'm surprised at how many people suffer from mouth abscesses or need major dental work done at some stage in their lives. More and more children are also producing teeth with insufficient enamel which we are told is due to a variety of factors including too much breast milk! From a homeopathic perspective, insufficient enamel, early decay and similar issues all come from the constitutional and inherited levels and can be treated successfully over time. It's worth consulting your homeopath about these issues as it may be only one of a number of problems that your child has or may present with over time.

Here are some of the remedies in your home kit which you may find useful at these times. During acute toothache, give the remedy as often as is required to keep the pain at bay. If the remedy hasn't made a difference after 5 doses given 10 minutes apart, choose another remedy. Remember, if your home prescribing doesn't work, consult your homeopath. I have also found **Propolis** as a mouth wash is excellent for bleeding gums and **Clove Oil** on a piece of cotton wool applied to the tooth is very good for pain (do not use during pregnancy or in small children).

Arnica - Injuries to the teeth - use as soon as possible, giving frequently. Use before and after extractions, fillings or other dental procedures to help with pain. Hypericum can be helpful for pain at the injection site.

Bryonia - Injured teeth, blows to teeth, loose teeth. Pain is worse for moving even a distant part of the body. Better for pressure, lying on the painful side.

Chamomilla - Difficult teething with irritability, unbearable, throbbing pain. Pain may wake the patient at night. May also be used for adults with strong pain accompanied by irritability. Worse at night, cold air, warm food and drinks. Better for cold drinks.

Hepar Sulph - Severely painful infections, abscess with sharp intense pains. Worse for cold air/drafts, touching the tooth with the tongue. Better for warm applications.

Hypericum - First aid remedy for painful tooth injuries or fractures, for nerve pain and root canals. Shooting pains after drilling or injection.

Merc Sol - Infections (often of the root) with offensive breath, salivation, dirty tongue. Deteriorated fillings with offensive or metallic taste. Throbbing pains in the tooth extending to the whole face. Worse at night, for heat and cold, biting teeth together. Better for rubbing.

Phosphorus - Loose teeth, bleeding gums.

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Pulsatilla - Sore or throbbing teeth, children weep with the pain. Pains wander. Worse evening, for warm drink, food or applications. Better for cold or open air, cold food or drinks.

Silica - Abscess, loose teeth, slow or difficult teething in thin children. Worse night, cold air. Better warm applications.

The following remedies are not in the kit but available from the website or pharmacies as a tissue salt.

Calc Fluor - Fractures or crumbling teeth. Abscess with hard swelling. Exostosis of jaw. Seek constitutional care for symptoms of this nature.

Calc Phos (as above) Delayed or difficult teething with whining and moaning. Decay and easy caries.

Fluoric Acid - Defective enamel, crumbling teeth, caries. Teeth too sensitive to tolerate dental procedures. Available by request only.

Phytolacca - Difficult teething. Painful gums with rigid clenching of the jaw in babies. Constant desire to clench or bite teeth/gums together. Available from the website only.

Environmental Sprays

As you know I am always concerned about the levels of detrimental substances and other toxins in our world; not just in our foods, but in the air, the ground water and in our own home environments. Some of these issues can appear difficult to deal with in conventional ways, particular where they are of an energetic nature.

Dean and I have been working on a collection of sprays containing homeopathics in essence form, which can be used to negate some of the forms of toxic shock to which we are vulnerable.

Produced from a range of remedies specifically created for the age we live in, they are aimed at a variety of situations to which we are all subjected. They are designed to protect us from the potentially harmful effects of our environment by strengthening the energetic body and reducing sensitivity, enabling us to cope more easily with the constant bombardment of our world.

The essences are produced as a spray and are absorbed through the skin (or the aura depending on your viewpoint!) to detox the system, balance the energy and make us less reactive to the detrimental substances. Suitable for adults, children and even pets, they are gentle and effective. Similar products are already on sale in Europe and since we have the knowledge available to us here in Tasmania, we want to make them available closer to home so everyone can start to reap the benefits.

While still in the development stage they should be on the website by the next time I write. We are currently working on sprays for **Electro Emissions** (protection against EMFs, microwave technology, digital and mobile phones, wireless networks, mobile phone masts, power lines and pylons and artificial lights), **Toxic Pollution** (exhaust fumes, insecticides, paints, glues, construction chemicals, off-gassing from new furniture, carpets, flooring, and sensitivity to pollens, dust, moulds, etc), and **Practitioner Protection** for those who become ungrounded, drained, vulnerable to negative energies and generally feel off balance at times through their consulting day.

We will also be producing some sprays for the incarnation of a new baby, for birthing, to use during ultrasounds and other tests, and to help with Vaccination.

Watch this space!

Young Living Essential Oils

I'm very excited to advise that Elements of Health has signed up as a distributor for Young Living Essential Oils, a range of **100% pure therapeutic-grade essential plant oils** of far higher quality than anything we've come across before. **They are organically grown and distilled** based on the ancient techniques of low pressure, low temperature, over a long period of time, enabling the oils to **retain the full spectrum of therapeutic constituents**.

Young Living Essential Oils offer a large range of single oils and combinations, as well as a great range of supplements which also contain essential oils. The oils can be used traditionally for massage and external application, but more importantly **can also be taken internally in drop doses, made into teas, used in cooking and taken in capsules**. The research that backs all of their products is outstanding and this ongoing research is a huge focus of their business.

If you are a massage therapist you may also find their **Raindrop Technique** of interest. This is a protocol of different oils used to heal and cleanse the body, again with good research to back up its effectiveness.

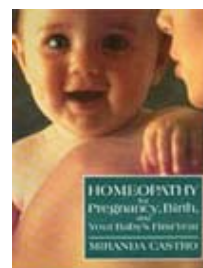
Because high quality therapeutic oils are dynamic, living substances like homeopathics, we feel they will enhance your treatment and support many of the protocols you may already be using in terms of diet and supplements. The company produces an amazingly complete Essential Oil Desk Reference which is now our daily reference!

To read testimonials on the use of these essential oils visit www.oil-testimonials.com (no need to login). For more information on the full range of over 80 single oils and 75 oil blends, or to purchase Young Living Essential Oils and other products at a **discounted member's rate**, please contact us by phone or email.

What's New on the Website

If you read the newsletter last month you may remember we were having some issues around making sure we were TGA compliant in terms of our advertising etc. We've put in a lot of work over the last 4-6 weeks on reading the legislation and the website has now been updated to reflect this. The preference is still to provide a consult for new purchasers and we do think this adds to the experience!

Gift Pack Our small gift pack of 6 remedies has been repackaged into the new flat boxes at a great price of \$29.95. With remedies aimed at families with new babies and small children this would make an ideal Christmas present to introduce a friend or family member to homeopathy. Comes with our Home Remedy Kit flyer which includes instructions.



Our new **Caesarian Kit** makes homeopathy available to those of you who choose (or require) a caesarian birth. Containing 6 remedies which aim to assist with healing and recovery on the physical and emotional level, this mini kit retails for \$39.95.

Soft Sided Remedy Kits will be in stock by the end of November. These beautifully embroidered roll-up kits hold 12 remedies, a perfect number to take away on a short holiday or carry in a nappy bag. Can be purchased either empty to take our standard 10g vials (\$24.95) or complete with 12 home remedies plus a flyer and instructions (\$79.95). Another great Christmas gift.

Miranda Castro; Pregnancy, Birthing & the Post Natal Year will also be back in stock by the end of November!!! **[Place your order now.](#)**

As always orders over \$75 receive FREE standard postage.

Research on Flu Prophylaxis

Last month I asked for people to contact me re using **Anas Barb (Oscillo) 200c** as a prophylactic against the flu this winter. Due to my computer dying I don't have the details of those people who contacted me, but do please email me again. The questionnaire should only take a few minutes to complete and all information gathered is confidential.

Vaccination Issues

With the new **swine flu vaccination** rolled out at the end of September, this is just a reminder to consider the necessity of adding another vaccination to your child's list. Having said this, I did hear that the vaccine has now been deemed unsuitable for use in children under 8 years old since "testing" took place.

If you do decide to go ahead consider using the **Safe Vacc Pack** thru the process and observe your child (or yourself) carefully for at least a month after vaccination. Because of a very short lead time and no testing of the actual vaccine being used (a surrogate vaccine was actually tested!!), we do not know what side effects will appear and within what time frame. We do know however that symptoms can appear for weeks if not months after a vaccination and it can be useful for your homeopath (or other healthcare provider) to be aware of any changes. I have already treated a number of cases of chronic illness following the standard flu vaccination this winter and would expect more given the higher numbers of people accepting the vaccination.

In making your decision, I believe you also have a right to know that the US Government has indemnified the vaccine makers against injury or death caused by this vaccine. Presumably this is because it was fast tracked through the system and has not technically had sufficient testing.

Gardasil Vaccination If your daughter has had this vaccination in the past 2 years and has begun to experience chronic illness or other unusual symptoms, consider that the Gardasil vaccination may be the culprit. In the last month alone I have treated 3 cases in girls ranging from 12 to 20 which are quite serious and I would track back to the above vaccination. The side effects are insidious and can take 2 to 6 months to appear, so don't discount it as a cause in unexplained illness. Homeopathy offers the option to undo these side effects in a variety of ways, including constitutional treatment and vaccination detoxing.

Vaccination Information Database I am receiving more and more information on various aspects of vaccination that I would like to pass on to interested parties. If you would like to receive information related to vaccination please email me and I will add your name to the separate database. All names and email addresses will remain confidential.

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.

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