

# Elements of Health Newsletter

FAMILY HOMEOPATHY & THE CHILDREN'S EAR CLINIC

December 2009 : Volume 11 : Number 10

## Welcome to the last Newsletter for 2009,

*Where did this year go?* I know I'm not the only person asking this and have even noticed children saying this as well. Is it that our lives are so busy we just eat up time or is time in fact speeding up as we head towards 2012, the year when the Mayan Calendar ends and the poles are said to shift. I went to see the new "2012" movie a couple of weeks ago and while it was a good disaster movie of epic proportion, I have a gnawing sense that while politicians argue about emissions trading and the oil supplies dwindle, we are heading towards some event which will reshape our lives.

My one consolation is that should something happen and should we survive it down here in our valley in Tasmania, we will have a thriving fruit and veggie garden and homeopathy to see us through! I believe we should all be looking to the future and to our reliance on technology, oil, conventional medicine and the supermarket, and begin to rebalance our lives with a little more of nature and natural things.

On that note I wish you a good Christmas and a happy, healthy and prosperous start to 2010. If you are planning a trip away over the holidays, don't forget to pack a kit or even just a few remedies to cover those unexpected events!

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## HOMEOPATHY FOR SUMMER

With summer already evident in some states, I thought it would be good to include information on some of the situations we all experience during the hot weather, including bites, stings and sunburn. I've cut and pasted the most relevant information from our Bush Walkers Kit and also our Mini First Aid kit to cover most events, even ailments from the cold, as I know some people head off to the US, Europe and similar at this time of year.

## ACCIDENTS & INJURIES

### Abrasions, cuts & wounds

*Arnica 30c* every ½ hour. *Ledum 30c* every 6 hours (anti-tetanus).

Ensure wound is clean & treat externally with *HyperCal/Urtica drops*.

**Bleeding** For wounds that bleed profusely, give *Arnica 30c* and *Lachesis 30c* every 10-15 minutes.

**Blisters, Corns** *Hypericum 30c* alternated with *Cantharis 30c* every 4 hours and *HyperCal/Urtica drops* externally.

**Bruises** *Arnica 30c* every 2 hours.

**Collapse** *Carbo Veg 30c* every 10 minutes plus *Rescue Remedy*.

**Cramps** *Cuprum Met 30c* twice a day or as required.

**Crush Injuries** *Hypericum 30c* every ½ to 4 hours.

**Exhaustion** *Arnica 30c* every ½ hour.

**Falls** *Arnica 30c* every 10 minutes. Falls on Tailbone - as for crush injuries.

**Foreign Bodies** (splinters, spines, etc) *Silica 30c* every 4 hours.

**Fractures** *Arnica 30c* hourly, plus *Bryonia 30c* as required for pain. *Ledum 30c* if skin is broken. Use *Symphytum 200c* daily once break has been realigned

**Infection** from any bite, sting or wound with thick yellow pus *Hep S 30c* hourly.

**Ligaments & Tendons** Injury or damage *Arnica 30c* for bruising plus *Ruta 30c* every 4 hours.

**Metatarsalgia** Pain in ball of foot or on top of foot *Ruta 30c* every 4 hours.

**Muscles** Pulled, strained *Bryonia 30c* every 10 minutes for severe pain plus *Rhus Tox 30c* 4 hourly.

**Pain** *Arnica 30c* for sore bruised pains. *Hypericum 30c* if nerve pain after crush injury or penetrating wound. *Bryonia 30c* for severe pain worse from any motion. Give as frequently as required.

**Shock** *Arnica 30c* every 2 hours if shock from physical injury. Severe shock with coldness, rapid pulse, etc *Aconite 30c* every 10 minutes.

**Sprains, strains, tennis elbow-type symptoms** *Arnica 30c* alternated with *Rhus Tox 30c* every 2 hours. For ankle sprain use *Arnica & Ledum*.

## BITES & STINGS

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**Bites (Animal)** Clean the wound with alcohol swab. Apply a natural antiseptic such as *HyperCal/Urtica Drops* externally. Give *Arnica 30c* and *Ledum 30c* every 15 minutes.

**Bites (Insects)** If you are prone to being bitten, it is possible to modify the body scent with garlic, Vitamin B1 50mg every 12 hours and *Caladium 6c* daily.

Treat insect bites (including tick bites) immediately with *Bite Drops* or similar externally, and give *Ledum 30c* every 4 hours. If watery blisters develop *Cantharis 30c*. If symptoms develop later on such as pus, flu like symptoms and muscle pain, contact your homeopath. If unable to do so, consider *Hepar Sulph* or *Silica*.

**Jellyfish, Blue Ringed Octopus & Conefish** Give *Ledum 30c* and *Aconite 30c* every 10 minutes. If there is swelling etc, treat as for stings. If there is physical shock/collapse give *Carbo Veg 30c* every 10-15 minutes and *Rescue Remedy*.

**Leeches** Treat as for other animal bites.

**Snake Bite** Give *Ledum 30c* and *Lachesis 30c* every 10 minutes to restrict dispersion of the venom. Administer *Toxic-serpentium (Australis)30c* if available. Give *Aconite 30c* and *Rescue Remedy* every 15 minutes for shock. Remedies can be combined in a water bottle and sipped. For physical shock and collapse give *Carbo Veg 30c* every 10 minutes.

**Spider Bites** Treat as for snake bite and administer appropriate remedy dependent on spider type if available.

**Stings** Give *Ledum 30c* every 15 minutes for up to 5 doses, then reduce to 4 hourly. In addition, for bee-like stings with heat, swelling (including anaphylaxis) and stinging pain give *Apis 30c* (or higher) every 10-15 minutes. Carbolic Acid is also an excellent remedy for tendency to anaphylaxis. For severe pain *Bryonia 30c*, for nerve pain *Hypericum 30c*.

Give *Aconite 30c* and *Rescue Remedy* if there are symptoms of shock. If there is physical shock/collapse give *Carbo Veg 30c* every 10-15 minutes and *Rescue Remedy*.

## COLD

**Chilblains** Red, itchy, painful, worse for heat *Rhus Tox 30c* every 4 hours. Take every 12 hours as a preventative.

**Chilling, exposure, hypothermia** If conscious *Aconite 30c* every 15 mins. If unconscious, icy cold, clammy and blue, *Carbo Veg 30c* alternated with *Aconite 30c* every 15 minutes. If exposure is a possibility, take *Aconite 30c* every 4 hours to improve resistance to cold.

**Frostbite** *Agaricus 6c* alternated with *Rhus Tox 30c* hourly. Treat externally with *HyperCal/Urtica Drops* or similar.

**Snowblindness** or ailments from glare off snow. Make an eye lotion from cold tea and bathe. Give *Aconite 30c* every 4 hours.

## HEAT

**Heat Cramps** *Cuprum Met 30c* hourly

**Heat Exhaustion** *Belladonna 30c* and *Carbo Veg 30c* every 10 -15 minutes.

**Heat Rash/Hives** *Urtica 30c* (small rash, minor swelling) *Apis 30c* (swelling, large rash, worse for heat) give every 2 hours. *Urtica 30c* may be used once a day during exposure as a preventative.

**Oedema** (fluid retention, swelling) *Urtica 30c* or *Apis 30c* every 4 hours

**Prickly Heat** following extended periods in wet clothing/sweating. Caused by blockage of sweat pores *Urtica 30c* every 4 hours.

**Sunburn** Minor burns *Urtica 30c* every 4 hours, major burns with blisters *Cantharis 30c* every 4 hours, plus remedies required for other symptoms. Treat externally with *HyperCal/Urtica drops*.

**Sun Headaches** *Belladonna 30c* every ½ hour.

The information above does not replace medical care. If your home prescribing is ineffective contact your homeopath or healthcare provider. Remedies can safely be taken alongside conventional medication when necessary.

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## What's New on the Website



Our new [Soft Kits](#) are now in stock, with a 12 remedy kit retailing at \$59.95, a saving of over \$60 on the cost of the individual remedies.

With beautiful free-hand embroidery on padded washable black fabric, these Soft Kits are sure to be a hit as a gift for a loved one or a present for yourself!



[Gift Packs](#) come in smaller, easy to wrap boxes contain 6 remedies and instructions. At just \$29.95 they make an inexpensive, but useful gift for families with children, or choose 6 remedies to suit your recipient.

Our new [Breastfeeding](#) and [Caesarean Kits](#) contain 6 remedies (including one combination in each) plus instructions, and retail for \$39.95. The [Lactation Support](#) remedy and [Recovery Combination](#) can be purchased separately.

We also have a range of homeopathic books in stock starting from \$8.95 for [Schussler Tissue Salts](#) and including [Miranda Castro's Homeopathy for Mother & Baby](#) (pregnancy, birth and post natal year) on special for \$34.95, [Homeopathic First Aid for Animals](#) \$27.95 and [Jan Owen's Homeopathy for the Home Prescriber](#) \$10.95.



We are happy to tailor a kit to your price and needs.

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## Young Living Essential Oils

Last month we introduced you to [Young Living Essential Oils](#) and we've had a lot of excitement from you about the products and the quality. I've started sending out some information on their [Everyday Oils](#) starter pack which contains nine combination and single oils to cover all your daily needs. This is what we started with and already we've exhausted some of our oils such as Lemon and Thieves, and are on our next bottles.

I just wanted to share some of our experiences with the products. The [lemon oil](#) is beautiful and really potent. I take a few drops in hot water each morning to cleanse the liver and add it to any water I take from home in a bottle, despite the fact we filter all our drinking water. It tastes so good and they do say if you add it to chlorinated tap water it will clear a lot of the toxins.

I've also used my lemon oil in baking and salad dressings when I haven't had fresh lemons available, and I'm now starting to build a stock of basic herb essential oils to replace my dried herbs in the pantry; eg cinnamon, coriander, cumin, etc because they obviously last a lot longer and the flavour is so much stronger and fresher.

My favourite product is still [Thieves](#), and in addition to the essential oil, I am now use the cleaning product, have an extra bottle of the spray for my handbag, and have the dental floss. At a dilution rate of 1:30 for the cleaning product it is amazingly economical and very effective. Research has shown it is anti-microbial, so great for killing bugs, and you can use it on chopping boards, benchtops, etc. We've used it as a mouthwash, throat gargle, put it in our HyperCal cream for the cat's sore ear and the list goes on. Oh and I almost forgot – it smells amazing – and then so does your house!

If you are really interested I can send you a CD with information about all the products in the Everyday Oils pack which is good listening.

If you don't want to pay full price, sign up for the Preferred Customer discount on the website [www.youngliving.com.au](http://www.youngliving.com.au), quote our name and number ([Dean & Melanie Creedy #1104038](#)) and join our team. The monthly volume it asks you to purchase is optional after your first order and can easily be changed, but we have found so many great things we want to try we are ordering every month!

And if you get really excited, why not think about becoming a wholesale distributor yourself. The ethics are great, the product is fantastic and there really are no strings attached. As your team leader (!! ) I have a great collection of training DVDs and CDs to get you up to speed on all the products and the company itself. Give me a call if you're interested.

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## Environmental Sprays

We have the formulas and the other ingredients ready to go, but we don't yet have any bottles! These sprays will be available when the time is right, probably early January. By this time I hope to have worked out a number of other formulas as well. I'll keep you posted.

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## Clinic Christmas Holidays

I will be working on Thursday 24 December until 4pm and will then close until Monday 4 January. I will be available over the Christmas period for urgent calls and the usual fees will apply. Please text or call the mobile. Emails will be checked each morning.

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## What Doctors Don't Tell You

Is a UK website similar to Dr Mercola which many of you already subscribe to. I've been receiving information from this group even before the internet was around (!! ) and can tell you that their website is backed by a team dedicated to finding out the truth about drugs and procedures. The link below will take you to an article on just one instance of a serious drug side-effect cover up and also to the subscription page, if you are interested in more information.

<http://www.wddty.com/vioxx-manufacturer-might-have-known-deadly-effects-just-a-year-after-launch.html>

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## Vaccination Issues

I am continually updating the Vaccination page of the website with links to sites that have good information, so do look there as a starting point if you have any questions or concerns.

**Vaccination Information Database** If you would like to receive information related to vaccination please email me and I will add your name to the vaccination database. All names and email addresses will remain confidential.

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## Homeoprophylaxis (Homeopathic Immunisation)

Do 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](mailto:melanie@elementsofhealth.com.au) or phone 0409 089965

Please note the clinic is closed on Thursdays.

Until next time,  
Warmest wishes

*Melanie*

**Melanie Creedy**