



ELEMENTS OF HEALTH

Life Care for the 21st Century

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How can we manage winter health?



Winter can be a challenging time for some families and while I encourage people who suffer recurrent illness during this time to come and organise a management strategy before winter really

sets in, there is a lot you can do at home to treat winter viruses.

Oscillo (Anas Barb) 200c is often referred to as the homeopathic flu shot, because it has a similar effect in preventing people picking up everything going around. It is anti-bacterial and anti-viral and can be taken fortnightly through winter by all family members. It is particularly useful for children in child care - in which case I recommend weekly - and can be taken more frequently at the beginning of viral illness to help boost the immune system.

Kali Mur/Ferrum Phos 6x is familiar to many of you and is a great remedy to use if you suspect someone is "sickening" for something. In a reasonably strong immune system this may be all that's required to ward off illness. Ask for **Nat Mur 6x** to be added for families with older children or where sneezing is part of the onset.

Aconite 30c is a great remedy for a cold, flu or ear infection where the onset is very rapid (often in the middle of the night!), with strong symptoms. Colds often start with a scratchy throat and a dry cough. May come on after being chilled the day before. This is the first remedy to use in croup.

Gelsemium is a fluey remedy with muscular aches, pains, heaviness and fatigue. There may be chills and shivers up the spine and the patient looks droopy! If the pains are in the bones with a harsh cough **Eupatorium 30c** may be more indicated.

Allium Cepa starts with hayfever like symptoms: profuse, watery, burning runny nose, sneezing and watery eyes. Just like when you peel onions!

Arsenicum is similar to Allium but the throat burns, the mouth is dry and the patient is weak, restless and tired. They may be thirsty for frequent sips of warm drinks and can feel worst around midnight and when alone. It is also a good acute asthma remedy.

Nat Mur colds begin with lots of sneezing, streaming nose like egg white, cracked lips and cold sores.

Hepar Sulph is a good remedy for the beginning of tonsillitis, with a feeling like a bone in the throat. It is useful in well established coughs which are loose and hacking, with thick, yellow/green mucous. The patient is often irritable and chilly, and may cough more when uncovered. This is good when croup has progressed.

Nux Vomica is helpful in the early stages when the nose is very blocked up at night, but runs freely outside or during the day. There may be frontal headache, irritability, they may be cold and worse for motion.

Phosphorus has a major affinity for anything to do with the lungs - bronchitis, hoarseness, loose or dry, irritating coughs. They usually have strong thirst when sick and always feel better for company.

Pulsatilla is required for colds with yellow/green noses which progress to rattly, chesty coughs, and ear pain is common. There is often loss of smell and taste and no thirst. These patients are often needy, warm and may feel better for fresh air.

Kali Bich is great when the cold goes to the sinuses and the mucous is thick, yellow or green sticky or stringy. Difficult to blow out and seems to be endless.

Merc Sol is another sinus remedy where there is a lot of pain and blood tinges the mucous. Breath is often foul, with bad taste in the mouth and ulcerated nostrils.

For best results use these remedies in the 30c potency. For some naturopathic help see bottom of page 2.

If all of the above fails to resolve things, give me a ring.

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Sacred Space

Dowsing - the Key to Awareness *by Dean*

Dowsing is one of those modalities that can change our lives. It is perhaps viewed at first as being very simple, but inevitably the question "how can I believe it to be truly accurate" comes up.

I believe that dowsing is our stepping stone to true awareness of our connection to the unseen realms that we inhabit i.e. psychic, energetic or spiritual (whichever fits your need at the time).

Dowsing can be performed by simply using a pendulum to dowse over a map or a person. Rods, or even the body as the sensor, can detect underground energies or water. All these tools have been proven effective over thousands of years.

Dowsing works by using the pendulum to answer yes/no questions, starting with very broad questioning and then refining until we reach the specific point of enquiry.

The most frequently asked question is "what pendulum should I use". The other week my pendulum of many years went walkabout, so in my workshop I found a machine nut and suspended it from a piece of string, and that worked really well. My point is that you can spend lots of money acquiring an amazing pendulum or you can use a rock from the garden or even a button. They all do the same job, because it is the subconscious connection that is working - the pendulum is just the result we can actually see.

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More Help for Winter Health

Taking a good vitamin and mineral supplement through winter can be helpful if you are prone to colds, etc. I recommend Tresos B for adults & Orthoplex Children's Formula for under 12s.

Olive Leaf Extract 3x is a potent immune boost in good tasting homeopathic drops which can be helpful during the course of an illness.

Vitamin C powder can assist the progression and comes in combination with horseradish and garlic which breaks down the mucous.

Try to avoid excess sugar, dairy & wheat during illness, and offer plenty of fluids such as water or herbal tea.

Cough drops are available from the clinic if you are struggling to find the right remedy.

If you are travelling during a cold you can purchase **Ear Planes** from a pharmacy. These small ear plugs help keep the eustachian tubes open and prevent pain. They work well - I always use them when I fly. They are multi-use and come in 2 sizes.

Vaccination Issues

This item is always written to inform rather than scare, and no judgement is made on what you ultimately choose to do. I am happy to help you with alternatives.

Vitamin K vaccination is routinely given at birth and most of us don't give it a second thought.

We are told it is safe and we are told it is necessary to prevent haemorrhagic disease of the newborn, which is generally only a problem in the first few days after birth and is rare. One of the immediate side effects of Vitamin K vaccination is jaundice, which is effectively a toxic liver.

Intramuscular vaccination with Vitamin K has been linked with increased risk of childhood cancer particularly leukaemia. A Doctor at a children's hospital in the UK said "It is not possible on the basis of currently published evidence, to refute the suggestion that neonatal intramuscular vitamin K administration increases the risk of early childhood leukaemia". Another doctor said "we all thought there really wasn't a risk but we can't be absolutely certain". While no-one is sure whether it is the high levels of Vitamin K or the other constituents of the vaccine that are the problem, it may be wise to get more information before you vaccinate.

The AVN has the 'Vitamin K Information Pack'. There is an oral form of the vaccination available, so if you are considering this prophylactic measure at birth you might want to look into this.

Challenging Children

Many people don't fully understand the potential homeopathy has in the treatment of children's problems. Not just in the run of the mill problems like ear infections and allergies, but in deeper problems like tantrums, anxiety, grief, ADHD and autism.

My colleague, Linlee Jordan, has recently published a beautiful book which explains how homeopathy works, what it can treat, and gives many cases sent in by experienced homeopaths around Australia - yes I have one in there!! In addition to some fantastic cases, there are drawings by many of the children, a tool Linlee uses in assessing her patients. The book is available in the clinic and on the website.

Visit to Geraldton

Dean & I will be visiting *The Leaning Tree Community School* in Geraldton from 21-24 June. I will be **consulting** and running a **home prescriber workshop**, while Dean will run one of our ever-popular Abundance Workshops - **Live Your Dream**. **Contact us for details.**

Don't forget remedies, books & kits are now available at the school, so if you are live in Geraldton you are welcome to call in and buy. This is also a fundraiser for the school and we hope families will make good use of this resource.



Electro-magnetic radiation & our health

Over the last 2 or 3 years I've noticed that I am treating more allergies and more environmental sensitivities in the clinic. I have said to many patients that I believe it is down to the environment we are living in - pesticides, vaccination, air quality - but often forget about the detrimental affects of radiation from phone towers, mobiles and cordless phones. I recently opened a pack of homeopathic journals from the UK and there was a two part article on just this subject.

I guess we think that there is more of a problem in larger cities like Sydney, London or New York with the increased presence of pulsed microwaves from mobile phone towers and the phones themselves. However, it now becomes evident that digital cordless phones are as much of a danger, as well as your wireless broadband connection, and digital TV and radio - all of which also send pulsed microwaves bouncing around your workspace and home. In some countries they are using less obvious things than the masts we are familiar with, such as 'repeater' boxes on lamp posts to send strong signals straight into your house, and the latest version NextG network in London is trialing a grid of microwave beams over an entire area.

In terms of health, research around the world has shown that constant subjection to electro-smog, as it is being called, can aggravate and cause conditions like cancer, sleeplessness, heavy menstruation and blood noses, hyperactivity and night terrors in children, skin conditions, chronic exhaustion, tinnitus, migraines, candida, leaky gut, learning disorders, or fluctuating blood pressure. Additionally if an individual is already under stress, they are more vulnerable to the effects of electro magnetic radiation (EMR), and may find pre-existing conditions like allergies, asthma or chemical sensitivities worsen.

There are obviously things you can do in your home regarding TV, phones and internet. It is also possible to buy (or perhaps find someone with) a scanner which picks up hotspots. You can also dowse with a pendulum. In Sweden there is help with people shielding their homes if they are in a particularly vulnerable area - what great people the Swede's are!!

Homeopathically there are a variety of remedies you can use to treat this form of radiation sickness as well as to detox the body of heavy metals which make us more susceptible to the effects of EMR.

Various devices are also available which claim to offer protection - although the article's author thought the effects were dubious. Nutritional support through quality supplements is also important.

This column is not designed to give you all the answers but to help you find the information for yourself. We are being bombarded with more and more things beyond our control and our knowledge. While we can control to some extent what we eat, drink and use in our home, this is something we have absolutely no control over!

Homeopathy for Home Prescribers

Sunday 10 June 2007 at the clinic

From 10am to 1pm

Sunday 24 June in Geraldton

From 10am to 1pm

If you're already using some acute remedies with your family, this is a great opportunity to build your confidence and help you get the most out of your kit. Avoid the panadol and antibiotics and build your family's immune system at the same time. This is also a great refresher as we cover a lot of the principles of homeopathy and bust some of the myths surrounding it.

Cost is \$55 or purchase a home remedy kit (\$120) and the course is free. Numbers are limited so book asap.

Tissue Salts

Here are the last two tissue salts in Schussler's series of 12. There are however two more recent additions which I will talk about next newsletter, as they are relevant today.

Calc Sulph 6x is known as the blood purifier, helping with the removal of waste products from the blood stream and cleansing the system generally. It supplements the action of Kali Mur in mucous conditions, and is helpful in acne, abscess, ulcers and boils. Discharges are usually yellow.

Kali Sulph 6x has an affinity for the skin and the mucous linings of all internal organs. Together with Ferrum Phos, this salt carries oxygen to the cells and tissues. A deficiency leads to chilliness, hot flushes, and pain in the limbs which move around. The tongue may be yellow and slimy or there may be yellow or green discharges from the mucous surfaces. It is helpful in the treatment of psoriasis, athlete's foot and brittle nails.

Oprah Winfrey & Neti Pots

Often when I recommend neti pots to people with allergies and sinus, they look at me as if this is a rather weird suggestion!! But now Oprah is backing me up and recommending Neti Pots through her show and on her website as being the best thing since sliced bread! Dean & I would definitely agree with this, as would the many sufferers we have sold them to.

We stock hand made ceramic neti pots, as well as small plastic pots which are ideal for children and travellers. They come with full instructions and are easy (and not unpleasant) to use!!

Ceramic \$22.00

Plastic \$15.00

Missed Appointments, Late Cancellations & Phone Consultations

Please try to give us 24 hours notice when changing appointments. Missed appointments & late cancellations may incur a charge.

Phone calls regarding acute illness require my full attention and are charged at a minimum of \$15 per call up to 10 minutes, pro rata thereafter. Not all calls are charged for one illness, however, consultations to STD or mobile phones will attract a \$5 charge to cover costs. *Thanks for understanding*



RETREAT 2007

Living Beyond Belief

Our annual retreats are always experiential, building on the reading many of us do, and allowing us to explore both old and new ideas in a safe space.

The recent flurry of interest caused by **The Secret** has put many more people in the mindset of living their dream, attracting their desires - effectively living beyond belief!

Our forthcoming retreat will allow us to experience that which is beyond belief. It could be energy, intuition, manifestation, angels or auras - the content has yet to be decided by the universe. It will of course include yoga!!

These retreats fill rapidly, so advise us of your interest so you can receive full details when available.

Friday 9 to Sunday 11 November
Whaler's Cove Villas, Dunsborough
Stay 2 nights get 1 free

Inspired Life Path Readings

These intuitively based readings have helped many clients make some sense of their lives. It is not a fortune telling session so won't give you definite answers, but guidance and insights as to your current potential for positive change. Based on your past life (this life or a previous) it indicates what issues you are currently working on. Combined with a Harmonic Essence selected according to your reading, you have a tangible tool to work with on your life path.

Many clients are now coming back for follow up readings and finding the connections between the past reading and the present, are just amazing.

Call Melanie or Dean on 9257 1334

Dowsing - the Key to Awareness continued from page 2

Obviously trust goes a long way so grab a pendulum and ask the question am I male or female - this establishes your personal yes/no directions. Practice with some other simple questions. See what answers come back - you may be surprised!

During our forthcoming "Live Your Dream" workshops in Geraldton and Perth I will be teaching how to gain the most from what you already know, and that includes Dowsing techniques.

Workshops 2007

Live Your Dream

Sunday 29 July from 10am to 4pm
Cost is \$80.00 including materials
16 Lindsay St, Kalamunda

If you've seen **THE SECRET . . .** come along to this hands on workshop and learn how to physically connect to your power of manifestation. We will show you how to clear some karma to make space for abundance, teach you how to attract what you want into your life, check how you're going with the pendulum & we'll help you create a Prosperity Wheel to start you attracting your dream.

If you're stuck in an unhappy relationship, want a new job, have trouble manifesting money, or are just looking to bring harmony and health to your situation, you will definitely benefit from this fun day.

We've run many of these workshops over the years & we use these tools ourselves - this process works!!

Book now by phone or email - limited numbers

Elements of Health Shop

New Items now in stock:

Kalm Kids People keep asking me for something to calm their kids while travelling or for general use. I've created a combination remedy which should reduce some of the stress. This product is not available on the website. *See note below. Pilules or drops \$13.00*

Challenging Children is a great guide to homeopathy on the treatment of children, collated & edited by Linlee Jordan. *See write up on page 2. \$34.00*

Graphites Cream with Calendula, Colloidal Silver and Rescue Remedy for skin conditions which are moist, crusty, itchy, slow to heal. *\$11.00*

Shiva Lingham Stones

These have been really popular, so if you haven't bought one yet but are thinking about it, you need to get in quick!! *See them in the clinic or ask Dean to choose a special stone just for you.*

10cm \$50

12cm \$70



Please note I am unable to sell combination remedies (eg hay fever drops, labor drops, etc) and immunisation kits via the website but you can order them direct from the clinic.

www.elementsofhealth.com.au

