

# homoeopathy & health care

**H**ow quickly this year is flying by and I hope that all of you are confidently taking steps forward with your use of homoeopathy in the day to day lives of your family and friends.

A vital part of our health routine is the maintenance of healthy teeth and gums and in this newsletter we will focus on Oral Health Care with an abundance of useful tips. Of course space prohibits full coverage of this topic but rest assured we have solutions for all of your Oral Health problems.

Winter is the time to put preventative and immune building practices in place to effectively fight colds, flu and winter nasties. We have many remedies and products in store to help you with this.

Jan Owen

## Oral Health Care

**H**omoeopathic remedies are often indicated in the maintenance of oral health. Many situations respond well to home prescribing but if the response is poor seek professional advice from your dentist and your homoeopath. Your homoeopath will prescribe a remedy which covers your oral symptoms and the whole person.

Attention to diet and oral hygiene from birth along with regular dental checks is essential in the maintenance of our dental health. Plaque forms daily even in a healthy mouth and is best removed by regular and thorough brushing and flossing. Sugar reacts with the bacteria in plaque and causes decay. It is recommended that foods rich in sugar be minimised for the sake of dental and general health.

The following remedies and suggestions are intended as an adjunct to your dental care program. As your homoeopathic remedies will usually be affected by dental treatment talk to your homeopath if you are undergoing dental procedures during constitutional treatment.

**Tooth Decay:** A predisposition to tooth decay despite adequate oral hygiene and nutrition may be reduced by appropriate homoeopathic constitutional treatment. The most likely people prone to dental decay are the very young and teenagers. Infants are susceptible to decay as soon as teeth appear. The most common cause of decay is the prolonged presence of sugary fluids in the mouth. Infants sleeping with a bottle are at risk as are those who sleep with mum and continually breastfeed. This form of decay can be very rapid, with severe damage occurring in a matter of months. Likewise, teenagers are affected by sugary snacks and carbonated soft drinks in between meals and may develop a reduced interest in their oral hygiene. Regular checkups are important.

**Bleeding Gums:** There is no substitute for regular check ups, scaling, efficient cleaning and flossing in the maintenance of healthy gums and teeth. However some people, despite good oral hygiene have a disproportionate degree of gum disease and/or tooth decay. These people are often helped by a Constitutional prescription from their



The fantastic new murals at Owen Homoeopathics by local artist Jahne Rees

Homoeopath and may need to assess their nutritional status especially Vitamin A, C, E and Zinc. *Phosphorus* – is the main remedy for bleeding gums. *Mercurius* – bad breath and excess saliva. Active infection with redness and loose teeth. Pregnancy gingivitis. *Calendula* – open wounds. *Hypericum* – with pain. *Silica* – repeated infections. *Staphysagria* – teeth stained, bone loss and bleeding gums, high decay rate.

**Mouth Ulcers:** Need to be treated for the immediate complaint and for the predisposition to recurrence. *Borax* – hot, tender and bleed easily. Thrush. *Mercurius* – foul breath, tongue large and imprinted by the teeth. *Nitric Acid* – base of the ulcer bleeds, stinging pain. *Hydrastis tincture*, diluted, reduces pain and promotes healing (not to be swallowed). We also make a **Mouth Ulcer Complex** which many people find helpful for acute symptoms.

## Winter Specials

**Anticipatory Anxiety Kit:** A great little kit to help us overcome dental fears and other anticipatory anxiety. It includes *Aconite*, *Argentum nit*, *Gelsemium*, *Lycopodium* and *Tissue salts* to support the nervous system. \$15

**Cold & Flu Kit:** Five remedies too treat the early stages of colds and flu. *Aconite* first symptoms, *Anas barb* flu preventative, *Ferr phos* generally off colour, *Gelsemium* achesy flu and *Echinacea* immune stimulant. \$15

**Orthodontic Kit:** This kit helps with the adjustment to braces and other dental appliances. *Arnica*, *Calendula*, *Mercurius*, *Ruta grav* and *Tissue salts* to assist at a tissue level during this critical phase of growth and change. \$15

**Surgery Kit 2:** Brilliant when oral surgery is necessary. These remedies support the individual through the process, starting with any anticipatory stress before the procedure, right through until the mind and body have fully recovered. *Gelsemium*, *Pyrogen* *Ruta grav*, *Staphysagria* and a mix of *Arnica*, *Hypericum* & *Rescue Remedy*. \$15

## Dental Procedures

When undergoing dental treatment *Arnica* is the most important remedy for bruising, haematoma and haemorrhage. It has a mild central analgesic effect and is recommended routinely for all people affected by accidental or surgically induced physical trauma. *Hypericum* is used for its effects on damaged nerves, controlling pain and promoting regeneration.

**Oral Surgery:** Recovery from surgical procedures is enhanced by using *Arnica* and *Hypericum*, starting 1-2 days prior and continuing for at least 5-7 days. *Staphysagria 30c* – pain at the incision site, promotes repair after any incised wound. *Ruta Grav* – repeat often for bone pain. *Pyrogen* – assists in the prevention of post operative infection and complications. Especially useful where antibiotics are undesirable. *Silica 6c* – taken twice daily helps the expulsion of any retained bone or tooth fragments.

**Anaesthetic Effects:** Many people suffer adverse reactions to anaesthetics. The following remedies may help.

**Local:** *Arnica* used routinely minimises bleeding. *Ruta Grav* – if the bone feels injured by the needle. *Hyperica* – shooting pains. *Apis* – swelling with burning stinging pains. *Ledum* – jaw stiff and cold at the puncture site.

**General:** *Antimonium Tart* – 3 times daily for 3 days prior helps prevent chest complications in vulnerable people. *Ipecac* – nausea and excess salivation. *Phosphorus* – post anaesthetic effects generally.

**Antibiotics:** Sometimes it is a requirement of treatment to take a course of antibiotics. Negative side effects can be reduced by taking extra garlic or garlic capsules, yoghurt and acidophilus. *Nitric Acid* – diarrhoea with antibiotics. *Borax* – thrush with antibiotics. *Sulphur* – twice daily for a week following antibiotics will help rebalance the system.

## Dental Anxiety & Fears

One of the most significant areas in which homoeopathy shines for the dental patient is with the treatment of anxiety and fear. This is probably the most common concern that patients report or experience. When we hear the comment "I hate going to the dentist, I'd rather have a baby" we know that pain is not the issue any more, rather it's the endemic belief that they are going to have a 'bad experience'. Choose from the following remedies and repeat 2-3 times on the day prior and immediately before treatment. Or every 15 minutes until feeling calm.

**Aconite** – acute anxiety, great fear and dread.

**Argent Nit** – trepidation, hurried, incessant speech, diarrhoea. *Chamomilla* – children are disagreeable, capricious and throw things offered. Adults are nervous, sensitive and angry when in pain.

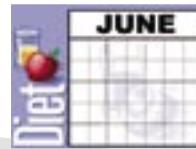
**Coffea** – very sensitive to noise, wants even subtle music turned off.

**Gelsemium** – silent, motionless, trembling and weak.



## Naturopathic News and Views

Just a reminder that we have a Naturopath available Tuesday – Friday to assist with dietary advice. Marina Johnson is experienced in naturopathy, homoeopathy and iridology and uses ayurvedic principles in her treatments. We encourage all our clients to enhance the outcome of homoeopathic treatments by following a complementary eating plan.



**Dietary Tip:** The most satisfactory diet is one which is low in sugars, but high in fibre and fruit. An adequate dietary intake of calcium is necessary for the development and maintenance of teeth and bone and the regulation of calcium metabolism requires adequate Vitamin D. Diets low in calcium or magnesium may contribute to bone loss. Oral disease which continues may indicate an underlying problem such as nutritional deficiencies (e.g. iron, B1, B6, zinc) or hormonal irregularities.

**Nutrition for Oral Health:** If you are suffering from an oral or dental infection or are about to have oral surgery we recommend that you use a nutritional combination such as Blackmores Echinacea with ACE and Zinc to stimulate and strengthen your immune system and facilitate repair. Echinacea helps to improve immune function and the antioxidant nutrients ACE and Zinc are beneficial in maintaining healthy oral tissues.

## Owen Homoeopathics

As many of you will have discovered we now have a retail outlets from as far a field as Melbourne and Launceston in Tasmania stocking the Owen Homoeopathic range. This makes it so much easier for you to access remedies when you need them. By the end of 2004 we expect that this range of remedies will be readily available all over Australia so that everyone can benefit from this wonderful system of healing.

Visit our website at [www.h-e-c.com.au](http://www.h-e-c.com.au) to view a list of outlets stocking Owen Homoeopathic remedies. We would like to thank these businesses for their faith in homoeopathy and in our new product.

### BALINGUP SEMINARS

#### 1. Introduction to Homoeopathy

Friday 17th June – 1 – 3 pm

**\$20 fee** includes afternoon tea and booklet

#### 2. Introduction to Homoeopathy

and using the 40 remedies in the Owen Homoeopathic range for home prescribing

Saturday 18th June 10am – 3pm

**\$65 fee** includes morning tea and lunch

Forrest Corner, Balingup

**Phone 9764 1184 to book**

## Bach Flower Remedies for Serenity and Balance



There is no true happiness unless there is a change in outlook, peace of mind and inner happiness. Edward Bach, 1934

Bach Flower Remedies are the perfect complement to homeopathy. They are designed to heal by freeing up energy blocks caused by conflicts and negative beliefs which we hold onto, often subconsciously. Like homeopathics they are a great self-treatment for you, your children and pets. Contact us at the Centre for a leaflet, to purchase a stock bottle or to discuss having a combination made up to your specific needs.

**Elm:** Take this flower essence when you feel depressed, stressed and overwhelmed by responsibilities. Usually you would be very capable but when you need Elm you can become overwhelmed and feel inadequate. This can happen when you have taken on too much or have been working hard and really need a good holiday. Elm lifts this despairing feeling.

**Dental Fears:** In addition to the remedies mentioned under Anticipatory Anxiety we recommend that you allay dental fears with the following Bach Flower combination. If possible start several days before your appointment and take 4 – 6 times daily. Aspen, Cherry plum, Rock rose, Mimulus, Impatiens, White chestnut & Clematis.

## Classes & Study Group & Talks

The following classes run regularly throughout the year. For more information or to reserve a place call 9371 3991.

**Free Introductory Homoeopathy Talk:** These free talks explain philosophy, preparation and potency scale of homoeopathic medicines. Wednesday 30th June and Saturday 28th August from 11am – 12.

**Home Prescribing Classes:** Learn how to use your Home Remedy Kit to treat acute symptoms and first aid situations at home. Usually \$44 but if you buy a Family Home Remedy Kit the class is Free! Book now for one of the following dates, Saturday 12th June 12 – 3pm and Wednesday 21st July 10 – 1pm.

**One Year Study Course:** Two groups of keen home prescribers commenced their one year course in February. This course, which includes texts and a selection of remedies, offers a solid foundation for effective home prescribing.

**Study Group:** Participants explore homoeopathy, expand remedy knowledge and home prescribing skills within a peer support structure. We will start a new block of 8 sessions in August. This runs fortnightly and providing you have a working knowledge of homoeopathy you are welcome to join. Ideal for students in practitioner courses.

**Bach Flower Intensive 2004:** Saturday 9th October 10 – 4pm. Mark this date in your diary and book early for this popular class in which we will explore Dr Bach's philosophy and discuss the 38 Bach Flower Essences in detail. The book "The Twelve Healers" and a Bach Flower combination of your choice are included in the fee of \$75.

## Back to Basics with the Tissue Salts

Dr Schuessler's twelve Tissue Salts work gently at a cellular level to restore balance in the body. They may be used by themselves or as a complement to other treatments. They pass rapidly into the bloodstream and work gently on building, repairing and maintaining normal bodily functions.



**Combination S** – Kali mur, Nat phos, Nat sulph. (for biliousness, sick headache, digestive disorders) This combination is often called the summer seasonal remedy. Useful for morning sickness and when stomach upsets are accompanied by biliousness and sick headaches.

**Ferrum phos** – (blood purifier) Termed the First Aid Salt this tissue salt is the oxygen carrier. Ferr Phos can be used in the early stages of acute disorders, in first aid situations such as sprains and strains and if the person has anaemia. It may also be used, after being crushed into a powder, on wounds, cuts and abrasions where there is bleeding. Please note: This is in no way an iron tonic but is used for its nutritional value.

Tissue salts are stocked as individual and combination tablets or sprays prepared by Martin & Pleasance. They can also be made up to your requirements in liquid or pilules.

**Dental Tissue Salts:** The following combination assists in strengthening enamel in people who are prone to decay. Growing children may need to use it for long periods of time. Calc fluor, Calc phos, Nat phos & Silica.

## Aromatherapy for the Heart & Home

Bring the magic of touch back into your life with aromatherapy! It provides us with another version of an ancient healing art, and is based on the belief that the best way to prevent illness is to strengthen the body's vitality. Aromatherapy restores the harmony between body and mind so treat yourself to some luxury using our essential oils – we promise you'll never look back.



**Lavender Oil:** Known as the Mothering Oil it soothes, calms and releases worries aiding sleep. Add a few drops to a warm bath for a pleasant drowsiness. It is excellent for tension, tiredness or depression, skin problems and aches or pains. Promotes healing and is antiseptic and soothing to bites, stings, burns and minor first aid. Because it is so gentle it can be applied undiluted to burnt skin or insect bites and is safe to use during pregnancy.

**Tinctures and Oils for Oral Health: Calendula tincture** – promotes healing of tissues, and helps prevent infection and bleeding while reducing pain. Dilute 30 drops in 500ml warm water 3-4 times daily, as a wash, or gauze may be soaked in the solution. Use **Hydrastis** for oral thrush and mouth ulcers - 30 drops in 250ml water (do not swallow). **Hypericum tincture** for nerve damage, often added to **Calendula** in the same dilution. Dilute 5ml of **Myrrh** in 45ml water (1 drop if using the essential oil) for mouth ulcers, gingivitis and ulcerative conditions. An infusion of dried or fresh **Sage** leaves or a drop of the oil in water can be used if **Myrrh** or **Hydrastis** are unavailable.

minimum dose maximum impact



## Dental Health for Cats and Dogs

with Dr Clare Middle

**R**aw bones are nature's toothbrush for our carnivorous pet animals. Dogs and cats who chew raw meaty bones at least four days a week have clean white teeth and healthy gums. This saves the need for an anaesthetic and intensive treatment to scale or remove teeth later in life.



Cooked bone is not suitable as it is not digestible and can cause problems. Any raw bone that is a suitable size for your animal to have a good chew at (ie get its teeth into!) is safe. The puppy above is determined but a little ambitious!

Raw chicken necks or raw white bait fish for cats and toy breed dogs are usually about the right size, and raw chicken wings, raw lamb shanks, or raw chicken frames are good for medium to large dogs. Observe your pet chewing to make sure you have picked a suitable bone. If they are not used to chewing bones, introduce them gradually over about a month, and you will find less and less evidence in the animal's motions indicating that your pet is learning how to digest its new real food diet that nature intended.

*Dr Clare Middle has now left East Fremantle Veterinary Clinic (after 17 years!) and from July will be specialising in natural therapies only veterinary practice, contact phone no. 0403180567. Clare uses homoeopathy, acupuncture, herbs, flower essences and kinesiology as well as standard veterinary diagnosis.*

### Healthy Pets - Holistically

Presented by Dr Clare Middle Dip Hom

Saturday 3rd July 1 - 3pm  
Seminar fee \$25

**A seminar for animal owners and breeders by Holistic Veterinarian Dr Clare Middle.**

As well as Homoeopathy for Animals the seminar includes information on dietary requirements and natural alternatives for maintaining good health and well-being.

Discussion time and afternoon tea follow.

*This is an introductory seminar. Clare will lead a series of 4 lessons later in the year for those who want to further their knowledge on animal care.*

## Book Corner

### Homoeopathy for the Home Prescriber

This is our very own Home Prescribing manual. Included in its 120 pages is a section on the treatment of common ailments and a Materia Medica listing key symptoms of 40 remedies in general use at home. This book, written by Jan, accompanies the Owen range of retail medicines and is available from your closest Owen Homoeopathics stockist, from the Centre or our web-site at [www.h-e-c.com.au](http://www.h-e-c.com.au). \$9.95



### The Dental Prescriber

Written by Dental Surgeon Colin Lessell, this is an excellent booklet, full of valuable information about oral health care. \$12.50

### Textbook of Dental Homoeopathy

Also by Colin Lessell this book is more detailed and is written for dental surgeons, homoeopaths and other health care practitioners. The alphabetical format and explanation of technical terms makes it a valuable practitioner reference. \$47.50

### Practical Aromatherapy

This beautifully presented book by Penny Rich is a complete guide to choosing, massaging and relaxing with essential oils. Not only does it contain a directory of oils, explaining what they are, how they are made, their action and properties but also which oils blend well together. \$9.95

### Healing With Flowers

By Jessica Houdre, this illustrated guide to therapeutic flowers includes easy-to-prepare remedies using oils, herbs and flower essences to treat everyday ailments. Step by step photographs demonstrate how to make flower teas, tinctures and infused oils. \$9.95

## Case Stories

**T**his new segment in our newsletter is about your success stories at home. Everybody benefits from hearing about the success of homoeopathics in treating family members, friends and pets. So if you have a tale to tell, please send words and photo for inclusion in the next newsletter.



Our first story is from Janette Huston from Gidgegannup, who suggested we include customer stories, and sent us an account of the treatment of her dog, Tara. Tara started licking her front leg continuously until a patch became raw and shiny. Numerous things were tried - including wasabi sauce! Janette tried home prescribing various low dose homoeopathic remedies, which seemed effective for a short time, but nothing worked long term. Janette called us for advice, and after one dose of Sepia 200c Tara stopped licking instantly and permanently!