



HOMŒOPATHY: minor ailments

Minor illnesses are a part of our everyday life. With the rise of antibiotic resistance, more and more Australians are seeking the benefits of complementary therapies. Homœopathy, a traditional medicine with a holistic and natural approach, is proving to be one of the modalities people are turning to. Research and recent studies have affirmed the benefits of homœopathy, which is used worldwide by approximately 550 million people. It is a uniquely sustainable form of healthcare as it can be used at any stage of life, from childhood to old age.

This lift-out contains examples of Australians who have found improved health with the assistance of homœopathy for minor ailments. A homœopath may be someone who could assist you or your family with a minor complaint for which antibiotics aren't recommended.

More and more, members of the general public understand the message about antibiotic resistance and are actively seeking out alternatives for themselves and their families' healthcare. Common complaints such as coughs, colds and some flus, candida, skin conditions, rashes, sore throats, earache and hay fever are all considered to be minor ailments.

Antibiotic resistance occurs when bacteria and parasites develop immunity to the drugs that have destroyed them in the past. Each time an antibiotic is used, bacteria either die or acquire resistance.

The single greatest contributing factor to this resistance has been the global overuse of antibiotics in humans and animals. Remember, most infections responsible for colds and flus are viruses and cannot be treated by antibiotics.

Resistance is becoming more widespread and the development of new drugs is not keeping pace. The World Health Organization (WHO) has described this as a "looming crisis" that will make common infections such as pneumonia and urinary tract infections harder to treat. Predictions for future healthcare include longer and consequently more expensive hospital stays, increased healthcare costs and common infections becoming life threatening.

Australia's government has acknowledged antibiotic resistance to be a serious threat to population health and has developed a National Antimicrobial Resistance Strategy.¹ A campaign has also been launched in Australia to fight antibiotic resistance.²

When seeking homœopathic assistance, choose a practitioner registered with the Australian Register of Homœopaths (AROH). All Professional Members of the Australian Homœopathic Association (AHA) are AROH registered and abide by Professional Codes of Conduct and Standards of Practice.

**MAREE ECCLESTON, World Homœopathy Awareness Week Co-ordinator,
AHA National Council**

All you wanted to know

Homœopathy is a natural, gentle and holistic traditional medicine but most people know very little about it. Here's a primer to get you started.

How does homœopathy assist with minor illnesses?

Homœopathy aims to treat the whole person, taking into account lifestyle, personality and hereditary factors in addition to the history of the complaint. Homœopathy recognises that each person is unique so, for instance, headaches in different patients would be treated with different homœopathic medicines according to each patient's unique symptoms, which might also include mental and emotional characteristics.

Homœopathy can be of benefit for people of all ages, at any stage of life: women, men, mothers, fathers, very young and older children, teenagers and the elderly.

What is homœopathy?

The cornerstone of homœopathy is the Law of Similars. This principle states that substances that produce symptoms in a healthy individual can be used to treat similar symptoms in a sick person. Homœopathy is a system of medicine which aims to promote the innate healing responses to diseases by administering a specially prepared substance that mimics the symptoms of the disease.

Homœopathy is now used worldwide and its benefits have



been experienced by millions of people.

Homœopathy has legal recognition as an individual system of medicine in 42 countries and is recognised as a part of complementary and alternative medicine in 28 others.

What to expect during a consultation

The first homœopathic consultation can take an hour or more



Antibiotic resistance

The discovery of antibiotics was heralded, quite rightly, as a major medical discovery. Many lives have been saved through the prudent application and use of antibiotics. The current identified problem of antibiotic resistance has occurred due to the use, over many decades, of antibiotics as the first treatment option in many minor and self-limiting illnesses where our natural self-healing ability would take care of recovery quite efficiently by itself.

Acute bacterial infections are usually self-limiting. In other words, if there are no complicating factors, you recover through your own healing response, supported by sanitary conditions and healthy nutrition.

Rudolf Virchow (1821–1902), the founder of the science of cellular pathology and a contemporary of chemist and microbiologist Louis Pasteur, did not agree with Pasteur's germ theory. His research convinced him that diseased tissue is caused by a breakdown of order within cells and not from an invasion of foreign organisms. This breakdown of order may be due to one or more of the following factors: genetic predisposition, malnutrition, environmental influences, traumas and life stresses. These can cause a stagnant internal environment which is conducive to the development of illness and an inability of your organism to self-heal successfully.

Our innate self-healing response needs to be supported. Some drugs suppress this response, weakening our natural resistance to illness.

I didn't want to take antibiotics

"Just few weeks ago I had a cough and cold. Over the course of a few days it became more serious and turned out to be bronchitis. So I decided to visit my homœopath because I didn't want to take antibiotics — I just wanted to use something natural and safe for my body. She gave me a homœopathic medicine and, in one day, my coughing reduced by 70 per cent and wasn't as painful!

"Previously, I was also suffering from rosacea and twitching on falling asleep. The homœopathic medicine my homœopath gave me significantly reduced the symptoms within a few days! This was amazing because I had tried a lot of creams for my rosacea and nothing had really helped. The twitching has also become less frequent.

"I am very grateful and I really recommend my homœopath as she is a truly kind and professional lady." ~ Mariola Wrona

ANIA DLUGOLECKA, AHA Professional Member, Bondi Junction, NSW

and involves a lengthy enquiry into the patient's symptoms. Treatment then involves the prescription of the most suitable medicine, matching the symptoms and individual characteristics of the patient to the medicine. Your practitioner might also advise general lifestyle changes.

Tell your doctor and homœopath about medications

You should tell your doctor if you are planning to start a course of homœopathic care for your complaint. Never stop taking conventional drugs without the knowledge and approval of your doctor. To get a full understanding of your situation, your homœopath will ask you what conventional drugs you are taking.

Homœopathic medicines

Homœopathic medicines are derived from plant, animal, mineral and microbiological sources. They are prepared according to strict guidelines set out in international pharmacopoeias and under the control of the Therapeutic Goods Administration (TGA). They are highly diluted and may be taken in the form of liquid or pillules.

Choosing a practitioner

If you want to use homœopathy, you should consult a registered practitioner. All Professional Members of the Australian Homœopathic Association (AHA) are registered with the Australian Register of Homœopaths (AROH) and are recognised by many major private health insurance funds for rebates on ancillary benefit tables.

All AHA Professional Members are required to meet a high level of education and professional practice standards. Find a practitioner near you at homeopathyoz.org.



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HOMEOPATHYOZ.ORG

The symptoms vs the cause

Renowned homœopath and author Dana Ullman gives an analogy: antibiotic use can be compared to using pesticides to kill the mosquitoes infesting a swamp. The swamp provides the perfect still-water environment for mosquitoes to lay eggs and reproduce. Insecticide may be sprayed to kill the mosquitoes but the swamp will remain the perfect environment for new mosquitoes to fly in and lay eggs. Over time, with repeated application, some mosquitoes may adapt to the insecticide and, with each generation, pass on an increased immunity to their offspring. Stronger and stronger doses are used but some mosquitoes will continue to survive and thrive.

There are similar examples in the arena of human health. Bacteria may inhabit the body of a healthy person without leading to symptoms. However, symptoms will be produced if there are conditions favouring the growth and multiplication of these bacteria. Antibiotic treatment may remove the symptoms initially; however, it does not change the factors that led to the infection in the first place and thus the bacteria are able to return again and again.

A case of threadworms

Over the past few years, seven-year old Sally had frequent infestations of threadworms. Recently she had been experiencing attacks of nausea and vomiting; her stomach felt heavy all the time and she felt an ache around her navel. Sally's mother used to give her worming medication whenever she saw a recurrence of the threadworms.

Two weeks after Sally was prescribed a homœopathic medicine, she felt much better and told her mum that she felt very happy. Her mum was surprised but pleased that Sally had noticed a change. Not long after, she complained of a fever and a sore throat. Sally was given an acute homœopathic medicine and quickly recovered.

Six weeks after the initial consultation, she felt really well and was very happy. There was no sign of worms.

RHONDA E CAMPBELL, AHA Professional Member, Cronulla, NSW



PRACTITIONER LISTINGS

ACT				
SUBURB	LAST NAME	FIRST NAME	LANDLINE	MOBILE
AINSLIE	Doherty	Jean	02 6257 5430	0427 303 333
BRADDON	Hicks	Sylvia	02 6162 2919	0403 829 313
CURTIN	Lee	Lesley	02 6282 4030	0415 686 485
GRIFFITH	Dendrinis	Gerry	02 6295 6939	0401 300 948
O'CONNOR	Meisel	Linda	02 6247 5334	0407 475 334

NSW				
SUBURB	LAST NAME	FIRST NAME	LANDLINE	MOBILE
ACACIA GARDENS	Kalia	Sarita	02 9626 8919	0414 860 517
ALEXANDRIA	Turner	Kylie	02 9191 7390	0403 754 385
ALLAMBIE	Formica	Lee	02 9938 1090	0403 922 531
ANNANDALE	Coelho	Rose	02 9810 4628	0411 739 063
ANNANDALE	Cunneen	Lynette		0403 061 991
ARCADIA	Biddle	Patricia	02 9653 1231	
ARTARMON	Manning	Ann		0413 010 050
AVALON BEACH	Conroy	Julia		0415 590 954
BALGOWLAH	Rayfield	Deborah	02 9907 6108	0431 168 926
BALGOWNIE	Absalom	Sally	02 4285 7140	0415 424 257
BALLINA	Brierley	Michelle	02 6686 8252	0431 247 741
BALMAIN	D'Aran	Kenneth	02 9818 1086	0407 181 086
BANGALOW	Mackenzie	Fiona	02 6687 2207	
BARRABA	Turland	Jill	02 6782 1085	0413 086 071
BATHURST	Faulkner	Jane		0407 070 547
BAULKHAM HILLS	Sierra	James	02 9686 4553	0409 661 673
BAYVIEW	Heath	Sara	02 9979 4204	0419 201 006
BEACON HILL	Barron	Penelope		0400 473 669
BEGA	Goddard	Sunny		0421 002 717
BEGA	McLean	Mary	02 6492 2222	
BELLEVUE HILL	Weinstock	Vivienne	02 9363 2788	0414 846 618
BELLINGEN	Formica	Lee		0403 922 531
BERALA	Pedersen	Carol		0409 152 040
BEROWRA	Hamid	Lindy	02 9456 0488	0419 998 788
BERRIMA	Mell	Cally	02 4877 1474	0408 781 460
BEXLEY NORTH	Leontsini	Helen		0412 772 397
BLACKTOWN	Danwer	Shonit		0412 191 444
BLAXLAND EAST	Mitchell	Ronald	02 4739 1920	
BOMADERRY	Webb	Christopher	02 4421 8087	0411 342 273
BONDI	Turner	Virginia		0411 201 158
BONDI JUNCTION	McCombe	Diane	02 9369 3288	
BONDI JUNCTION	Schweigert	Kerry	02 9369 3288	0425 222 220
BONDI JUNCTION	Wilson	Leanne		0402 313 104
BOWRAL	Cleary	Michael	02 4861 2900	
BRINGELLY	Bongiorno	Josephene	02 4774 8467	0423 726 527
BRONTE	Burn	Karen		0416 149 446
BROOKVALE	Barron	Penelope	02 9905 9415	0400 473 669
BROOKVALE	Bedggood	Penny	02 9905 9415	0424 178 185
BROOKVALE	Bolton	Susie	02 9905 9415	
BROOKVALE	Ellison	Lorraine	02 9905 9415	
BROOKVALE	English	Bernadette	02 9905 9415	0467 606 000
BROOKVALE	Harrison	Jacqui	02 9905 9415	0415 159 319
BROOKVALE	Jordan	Linlee	02 9905 9415	
BROOKVALE	Mustan	Mariya	02 9905 9415	0468 572 786
BROOKVALE	Powell	Kim	02 9905 9415	
BYRON BAY	Brierley	Michelle	02 6680 7464	0431 247 741
CAMDEN	Vine	Lorraine		0419 411 450
CAMMERAY	Smyth	Judy	02 9959 3019	0408 960 810
CAMPBELL	Natoli	Antonietta		0401 416 560
CARINGBAH	Hosey	Leonie		0414 807 201
CARINGBAH	Kuttichen	Suresh		0424 952 006
CARINGBAH	Strudwick			
CARLTON	Thomas	Gail		0402 169 414
CASTLE HILL	Mathias	Divya	02 8628 0698	0418 439 810
CHATSWOOD	Frederiksen	Neil	02 9415 2333	0419 415 233
CHERRYBROOK	Danwer	Shonit		0412 191 444
CLAREVILLE	Bedggood	Penny		0424 178 185
COFFS HARBOUR	Robertson	Martine		0404 237 087
COOGEE	Ciccia	Donna		0419 686 618
CREMORNE	Hartigan	Felicity		0404 470 736
CROMER	Singleton	Jane		0405 783 332
CRONULLA	Campbell	Rhonda		0400 345 434
CURL CURL NORTH	Frederiksen	Neil	02 9415 2333	0419 415 233
DRUMMOYNE	Wright	Fiona	02 9819 7770	0417 405 941
EARLWOOD	Christian	Helen		0418 285 285
EAST BLAXLAND	Mitchell	Ronald	02 4739 1920	
EAST MAITLAND	Kanjee	Louise		0466 525 404
EASTWOOD	Bhouraskar	Shilpa	02 9874 4647	0424 480 613
EDGECLIFF	Gildart	Phillip	02 6352 1235	0410 343 355
EDGECLIFF	Porwal	Mamta	02 9363 3181	0422 579 110
EDGECLIFF	Zinn	Leah		0407 705 820
ELANORA HEIGHTS	Merriman	Frederique		0412 290 173
EPPING	Cook	Kimberly	02 9011 5380	0408 612 392
EPPING	Reddy	Shashikata		0433 568 141
ERINA	Abrahams	Susan	02 4365 2989	0458 030 154
FAIRLIGHT	Farrelly	Jane		0420 830 793
FIVE DOCK	Billa	Ramya		0415 901 087
FIVE DOCK	Gamble	Jon	02 4228 0977	

NSW listings continued

FIVE DOCK	Levy	David	02 9713 2633	0407 701 725
FORESTVILLE	Avedissian	Keith		0412 231 332
FORESTVILLE	Kulkarni	Mukund	02 8065 7014	0412 046 633
FORSTER	Bentley	Mary	02 6559 3926	0448 629 506
GLADESVILLE	Stratis	Poly		0406 477 011
GLENDENNING	Birdi	Sukhvinder Singh	02 8604 9590	0433 675 217
GLENHAVEN	Fallows	Ann	02 8850 7822	0439 499 085
GORDON	Goodman	Nick	02 9418 1388	
GORDON	Hallinan	Louise	02 9844 5449	
GORDON	Newing	Jo		0408 256 860
GORDON	Zappia	Josephine		0423 848 665
GRAFTON	Beckman	Ayesha		0450 940 173
GREENACRE	Patel	Nayana		0430 714 487
GREENWICH	Walton	Elizabeth	02 9966 5359	0403 902 400
HABERFIELD	Strudwick Thomas	Gail	02 9797 0422	0402 169 414
HANNAM VALE	Royce	Florence		0417 480 556
HOME BUSH WEST	Billa	Ramya		0415 901 087
HORNSBY	Bernecka	Krystyna	02 9476 6366	0413 868 378
HURSTVILLE SOUTH	Koutsoukis	Michael	02 9579 1118	0407 002 288
KATOOMBA	Martiensen	Peter		0408 485 402
KATOOMBA	Salter	Celeste	02 4758 9228	0435 569 693
KENTHURST	Fallows	Ann		0439 499 085
KILABEN BAY	Jacka	Lynette		0408 806 353
KURNELL	Araya	Olga	02 9668 8090	
KURRAJONG	Liberona	Rodolfo	02 4573 2719	0418 225 083
LEICHHARDT	Caruso	Graziella		0409 994 895
LEURA	Martiensen	Peter	02 4782 5272	0408 485 402
LIGHTNING RIDGE	Pederson	Carol		0409 152 040
LINDFIELD	Fordham	Peter	02 9924 2232	0411 342 232
LINDFIELD	Mclvor	Joanne		0410 604 546
LISMORE	Munns	Christina		0428 285 064
LISMORE	Nolte	Tanya	02 6628 4404	0415 150 300
LITHGOW	Gildart	Phillip	02 6352 1235	0410 343 355
MAITLAND EAST	Kanjee	Louise		0466 525 404
MAROUBRA	Carter	Lisa		0415 557 151
MIRANDA	Sam	Punnoose	02 8710 6107	0405 126 409
MONA VALE	Ellison	Lorraine	02 9979 5732	
MONA VALE	English	Bernadette		0467 606 000
MONA VALE	McCarthy	Sherryn	02 9997 2121	0422 778 476
MORTDALE	Connor	Terri	02 9580 9555	0400 203 781
MOSMAN	Mattiolo	Lorena		0418 904 042
MULLUMBIMBY	Buhse	Christina	02 6684 4607	
MURWILLUMBAH	Magee	Judith	02 6679 5855	0414 370 259
NASHUA	Haynes	Suzanne	02 6629 1059	0414 291 055
NEUTRAL BAY	Manning	Ann		0413 010 050
NEWTOWN	Houseman	Miriam		0412 126 647
NEWTOWN	Turner	Kylie		0403 754 385
NORTH BEXLEY	Leontsini	Helen		0412 772 397
NORTH CURL CURL	Frederiksen	Neil	02 9415 2333	0419 415 233
NORTH PARRAMATTA	Shing	Wai Lai Karen		0430 777 411
NORTH TURRAMURRA	Gregory	Claire		0403 287 217
NORTHMEAD	Hassan	Sabiha		0432 100 015
OATLEY	Brickwood	Linda		0410 534 649
OATLEY	Connor	Terri		0400 203 781
OBERON	Faulkner	Jane	02 6336 1224	0407 070 547
PADDINGTON	Woods	Philip	02 9360 5339	0406 766 060
PARRAMATTA	Mahantan	Garima		0424 741 207
PARRAMATTA	Sam	Punnoose	02 8710 6107	0405 126 409
PARRAMATTA	Sharma	Renu		0403 545 038
PARRAMATTA	Thind	Parvinder Kaur		0405 086 018
PARRAMATTA NORTH	Shing	Wai Lai Karen		0430 777 411
PENNANT HILLS	Mustan	Mariya	02 9945 0752	0468 572 786
PETERSHAM	Chope	Ruth	02 9011 6372	0425 205 327
PORT MACQUARIE	Robinson	Jean		0418 546 115
PORT MACQUARIE	Sam	Punnoose	02 8710 6107	0405 126 409
POTTSVILLE	McGann	Michelle	02 6676 4574	
PYMBLE WEST	Goodman	Nick	02 9988 3214	
RANDWICK	Rebuck	Natasha		0413 233 246
RANDWICK	Shepherd	Joanne	02 8084 2420	0412 484 502
RANDWICK	Turner	Kylie		0403 754 385
ROCKDALE	Sam	Punnoose	02 8710 6107	0405 126 409
ROSE BAY	Adkins	Sam		0420 800 725
ROSEVILLE CHASE	Royce	Florence	02 9417 7114	0417 480 556
ROZELLE	Dhuyvetter	Trees	02 9818 2495	0452 584 246
SEVEN HILLS	Billa	Ramya		0415 901 087
SEVEN HILLS	Salter	Celeste	02 4758 9228	0435 569 693
SOUTH HURSTVILLE	Koutsoukis	Michael	02 9579 1118	0407 002 288
SPRING FARM	Vine	Lorraine		0419 411 450
ST IVES	Fallows	Ann	02 8084 0081	0439 499 085
ST IVES	Pope	Christine	02 8084 0081	0414 345 192
ST IVES	Zinn	Leah		0407 705 820
ST LEONARDS	Scase	Genevieve	02 9439 7273	0478 788 296
ST LEONARDS	Tumminello	Peter	02 9439 7273	0401 357 905
ST MARYS	Madhurakavi	Jaya	02 9673 3733	0430 322 757
ST MARYS	McDonald	Stephen	02 9673 3733	0417 283 951
STANMORE	Beaver	Linda	02 9516 5300	
STOKERS SIDING	Fordham	Peter		0411 342 232

A growing awareness

An April 2014 report by the World Health Organization (WHO) states that antimicrobial and antibiotic resistance is now occurring in every region of the world and that “antimicrobial resistance threatens the effective prevention and treatment of an ever-increasing range of infections caused by bacteria, parasites, viruses and fungi”, with many of the most immediate and urgent concerns relating to antibiotic resistance in common bacteria.

The WHO recommends the reduction in the inappropriate use of antimicrobial drugs.

The Pharmacy Guild of Australia adds that Australians are among the highest users of antibiotics in the developed world with around 19 million prescriptions written every year.³

Natural alternatives



Earlier this year, Blackmores Institute announced an inaugural symposium aimed at working with community pharmacy to grow the knowledge of the role that evidence-based, natural medicines can play in improving Australian health outcomes.

Their aim is to explore integrative models and enhance the role of pharmacies in helping patients manage their own wellbeing as well as meeting patients’ needs for advice on herbs and natural supplements in everyday healthcare.

GPs and pharmacy are looking for new options in response to the public’s enquiry into alternatives to antibiotic treatment. Complementary healthcare has been growing steadily as a result of patients realising that treatments with antibiotics for minor ailments, such as uncomplicated urinary tract infections (UTIs), can lead to symptoms such as candida as a result of the destruction of both their good and bad gut flora.

Recurrent urinary tract infection

Mr Singh consulted for homœopathic treatment for recurrent urinary tract infections. He had frequent urination and his urine culture tested positive for Escherichia coli with traces of blood in the urine. He also had an increased leucocytes blood count.

After the first homœopathic medicine, his symptoms decreased, in particular the frequent urge to urinate. On investigation, the urine test culture showed no Escherichia coli and there were no longer any traces of blood in the urine. The blood test also showed a leucocytes count in the normal range. The urine culture test was repeated every month for three months and there was no repeat of any evidence of Escherichia coli organisms in the urine.

PARVINDER KAUR THIND, AHA Professional Member, Parramatta, NSW

Your innate self-healing response

Jonas Salk, the inventor of the vaccine for polio, stated that there are two ways to heal sick people: either control the individual symptoms of the person or stimulate the person’s own immune system to enable the body to heal itself. Conventional medicine tends to use the first approach; homœopathy and other CM modalities use the latter.

We have all experienced the healing forces we have within us. A simple example is the cut or abrasion to the skin, which sees an immediate defensive reaction: a rush of white blood cells to deal with any infection opportunities the open wound presents; the protective scab temporarily places a barrier while the tissues heal beneath. We all have this inherent self-healing ability and this is why minor ailments are often self-limiting without the need for significant treatment in the generally healthy individual.

Treating the shock of injury helped his bones mend

John came to see me after sustaining four broken ribs in a mountain bike accident. He had been in considerable pain for six weeks and had great difficulty moving. Even turning over in bed was a challenge that required help from his wife. After six weeks with no change to his pain levels, John had further testing. He was astounded to see no signs of healing.

For a fit and healthy man of 40 with a strong constitution, this was very unusual. As a homœopath, I questioned what could be blocking his vital force from healing in the usual way. Thorough case taking revealed that at the time of the accident John was in a state of intense shock. He felt terrified, was screaming and thought that he was going to die. He was scared to be alone in case he did die.

The homœopathic medicine prescribed was to address his state of shock at the time of injury. Clearing the shock returned his vital force to its usual robust form and healing began to kick in. Within a week, John noticed a marked change in pain levels, and by week two his mobility was almost back to normal.

MICHELLE HOOKHAM, AHA Professional Member, Windsor, NSW

External triggers

When your natural resistance is lowered, you become susceptible to external triggers such as allergens and micro-organisms. One in three Australians will suffer from an allergy-related condition at some point in their lives. In 2005, over 10 per cent of Australians reported suffering from asthma, and over 16 per cent with hayfever and allergic rhinitis.⁴ These numbers are increasing year by year.

A person with allergies has an abnormal immune response to a substance (allergen) that normally would not cause a reaction. Hayfever is usually understood to be an allergic reaction to an external irritant, such as pollen, and this perception is reinforced by hayfever frequently appearing in springtime. However, not everybody is affected by pollen in the same way. The symptoms of hayfever — sneezing, coughing, watery eyes, congestion — are signs of the body’s innate healing mechanism attempting to rid itself of the irritant.

NSW listings continued

SURRY HILLS	Cleary	Michael	02 9211 3811	
SURRY HILLS	Dlugolecka	Ania		0411 516 308
SURRY HILLS	Harris	Kathy	02 9211 3811	
SYDNEY	Avedissian	Keith		0412 231 332
SYDNEY	D’Aran	Kenneth	02 9247 8500	0407 181 086
SYDNEY	Martiensen	Peter		0408 485 402
TALARM	Foley	Belinda	02 6568 3337	0429 683 337
TERREY HILLS	Sutcliffe	Elizabeth		0406 457 034
TOWRADGI	McGuire	Helen		0407 840 387
TUGGERAH	Sheffield	Frances	02 4304 0822	
TURRAMURRA	Newing	Jo		0408 256 860
TURRAMURRA NORTH	Gregory	Claire		0403 287 217
UKI	Malcolm	Trenna	02 6679 5826	0408 265 070
UPPER BLUE MOUNTAINS	Martiensen	Peter		0408 485 402
VAUCLUSE	Selby	Robyn	02 9337 4413	0413 017 502
WAMBOIN	Reynolds	Belinda		0403 506 391
WARRILLA	McGuire	Helen		0407 840 387
WARRIEWOOD	Hardwick	Margot	02 9999 2211	
WARRIEWOOD	Logan	Maryanne		0438 212 737
WAWERLEY	Houseman	Miriam		0412 126 647
WENTWORTHVILLE	Kalia	Sarita		0414 860 517
WENTWORTHVILLE	Jaya	Madhurakavi		0430 322 757
WENTWORTHVILLE	Saxena	Kanchan	02 9636 6157	0431 818 552
WENTWORTHVILLE	Sharma	Renu		0403 545 038
WEST HOME BUSH	Billa	Ramya		0415 901 087
WEST PYMBLE	Goodman	Nick	02 9988 3214	
WESTMEAD	Patel	Nayana		0430 714 487
WINDSOR	Hookham	Michelle	02 4577 6454	0423 162 001
WOLLONGONG	Gamble	Jon	02 4228 0977	
WOLLONGONG	Hermiston	Nyema	02 4228 0977	
WOLLSTONECRAFT	Soucek	Radek		0405 324 850
WOOLGOOLGA	Hayward	Caroline	02 6654 1996	0403 626 700
YAMBA	Hynson	Ilma	02 6646 9452	0408 239 096
YERRINBOOL	Hermiston	Nyema	02 4883 9639	

QLD

SUBURB	LAST NAME	FIRST NAME	LANDLINE	MOBILE
ALBANY CREEK	Reichman	Petrina	07 3264 8397	0437 673 632
ALEXANDRA HILLS	Timm	Gabriele		0434 153 480
ASHMORE	Fawcett	Donna		0438 647 416
ATHERTON	Beckert	Henny		0434 823 061
TABLELANDS				
BALGAL BEACH	Boeddeker	Helga	07 4770 7459	0437 933 159
BARDON	Lindsay	Jane	07 3368 1300	0407 750 363
BARDON	McIntosh	John	07 3876 2446	
BEENLEIGH	Khan	Halimah	07 3807 7687	
BELLBOWRIE	Tulip	Jane		0412 001 601
BOWEN	Lewis	Denise		0423 709 748
BOWEN HILLS	Joseph	Agimary		0402 675 683
BRACKEN RIDGE	Liddell	Evelin	07 3261 5436	
BRAY PARK	Joseph	Agimary	07 3882 5427	0402 675 683
BUDERIM	House	Glen	07 5456 1161	
BUDERIM	Penhaligon	Alex	07 5476 5889	
BULIMBA	Olorenshaw	Kelly		0407 268 865
BUNDABERG	Boas	Tamar		0413 065 661
BUNDABERG	Hasted	Sonya	07 4153 5913	0422 141 833
BURPENGARY	Koda	Anthony	07 3888 2894	0417 706 286
CABOOLTURE	Joseph	Agimary		0402 675 683
CABOOLTURE	Younger	Barbara	07 5498 9100	
CAIRNS NORTH	Friesen	Judith		0402 857 799
CALOUNDRA	McMahon	Penelope	07 5491 6102	
CAPALABA	Clark	James	07 3245 6451	
CARINA HEIGHTS	Mander	Veronica	07 3394 4111	
CARINDALE	Crook	Megan		0432 544 178
CASHMERE	Fedrick	Renee		0406 200 764
CHAPEL HILL	Eccleston	Maree		0407 772 091
COOMBABAH	Lyons	Rodney		0421 791 553
DEAGON	Smith	Carolyn	07 3269 8822	0414 421 675
DECEPTION BAY	Costigan	Martin		0402 821 959
DUTTON PARK	Olorenshaw	Kelly		0407 268 865
EAGLE HEIGHTS	Venables	Sandra	07 5545 0939	0402 423 127
ELLIOTT HEADS	Boas	Tamar		0413 065 661
FORTITUDE VALLEY	Berryman	Peter		0420 403 320
FORTITUDE VALLEY	Cope	Greg	07 3117 9661	
GARBUTT	Boeddeker	Helga		0437 933 159
GLADSTONE	Lorraway	Ross		0408 875 973
GORDON PARK	Allman	Colleen		0412 791 825
GYMPIE	Sippel	Leanne		0438 684 705
HAWTHORNE	Hanson	Inez	07 3899 1807	0421 007 700
HAWTHORNE	Redding	Willi		0410 136 054
HERVEY BAY	Defina	Judith	07 4125 1231	
HIGHLAND PARK	Wong	Joy	07 5596 6256	0412 570 390
HIGHVALE	Leslie	Rosalind		0409 729 152
HOLLAND PARK WEST	Allman	Colleen	07 3172 5035	0412 791 825
HOLLAND PARK WEST	McWaters	Kerri	07 3172 5035	
IPSWICH	Hanson	Linda	07 3281 2747	0407 640 229
JINDALEE	Peters	Marian	07 3279 6470	0408 070 504

QLD listings continued				
KELVIN GROVE	Molloy	Denise		0422 222 817
KENMORE	Jones	Sharon	07 3378 2672	0409 371 354
KENMORE	Kousary	Raia		0429 861 086
KENMORE	Trefny	Heidi	07 3878 6027	
KENMORE HILLS	Hatherly	Patricia	07 3878 9767	
KIELS MOUNTAIN	Hayes	Rosalind	07 5442 2511	0402 455 908
KIELS MOUNTAIN	Hayes	Roy	07 5442 2511	
MALENY	Koda	Anthony	07 5435 8380	0417 706 286
MAROOCHYDORE	Rocker	Leisa	07 5326 3336	0403 267 963
MILLAA MILLAA	Beckert	Henny		0434 823 061
MT GLORIOUS	Wilks	Glenda	07 3289 0069	0428 112 455
MT OMMANEY	Provan	Fiona	07 3715 8482	0418 184 702
MT OMMANEY	Weiss	Trudy	07 3715 7842	0411 300 081
MUDGEERABA	Dobson	Lynda		0412 270 408
MUDGEERABA	Teixeira	Rita	07 5525 2211	
MURRAY'S BRIDGE via WARWICK	Moulden	Rosemary	07 4667 3117	0400 880 302
NEW FARM	Orr	Dianne	07 3315 2517	0488 993 336
NOOSA HEADS	Graham	Carolyn	07 5412 2702	0431 036 495
NOOSA HEADS	Jarvis	Snehi	07 5455 4019	0438 876 110
NORTH CAIRNS	Friesen	Judith		0402 857 799
PACIFIC HAVEN	Arnold-Stevens	Johanna	07 4129 0840	0425 214 159
PADDINGTON	Blackshaw	Susan	07 3876 2100	0418 716 027
REDCLIFFE	Haug	Sharon	07 3889 3588	
REDGATE	Sippel	Leanne		0438 684 705
REDLAND BAY	Kousary	Raia		0429 861 086
ROSEDALE	Hasted	Sonya	07 4156 5140	0422 141 833
SAMFORD	Leslie	Rosalind		0409 729 152
SOUTHPORT	Magee	Judith	07 5571 0001	0414 370 259
SPRINGFIELD LAKES	Dunne	Monica	07 3818 0370	0416 978 191
STAFFORD	Madden	Gregory	07 3356 3699	0407 121 588
STRETTON	Paliwal	Rukmani	07 3273 3055	0423 716 926
TARINGA	Nicolaou	Barbara		0402 040 248
THE GAP	Watson	Gwendoline	07 3300 6569	0418 191 086
TOOWONG	Rothwell	Janet	07 3217 7780	0406 104 805
TOOWOOMBA	Blackwood	Roslyn	07 4634 8143	0438 267 724
TOOWOOMBA	Externest	Vera	07 4636 4075	
TOOWOOMBA	Mitchell	Maryanne Donnelly	07 4613 1822	0417 626 552
TOOWOOMBA	Stanford	Marggritte	07 4638 4252	
VALDORA	Emans	Karen		0408 748 532
WARWICK	Kousary	Raia	07 4661 2556	0429 861 086
WARWICK	Moulden	Rosemary	07 4667 3117	0400 880 302
WATERFORD WEST	Jessop	Coralie	07 3299 7378	0403 027 923
WAVELL HEIGHTS	Smith	Carolyn	07 3861 5881	0414 421 675
WEST END	Eccleston	Maree		0407 772 091
WEST END	Gold	Camilla	07 3040 2310	0413 057 468
WEST END	Provan	Fiona	07 3844 9639	0418 184 702
WEST WATERFORD	Jessop	Coralie	07 3299 7378	0403 027 923
WOOLOOWIN	Lindsay	Jane	07 3357 4990	0407 750 363
YEPPON	Lorraway	Ross	07 4939 8222	0408 875 973
YEPPON	Worsley	Sandra		0439 718 942

SA				
SUBURB	LAST NAME	FIRST NAME	LANDLINE	MOBILE
ABERFOYLE PARK	King	Kenneth	08 8270 6625	0401 866 037
ALLENBY GARDENS	Chapman	Jill	08 8340 2181	
BEAUMONT	Mast	Jennifer		0477 039 134
ETHELTON	Twohig	Julia	08 8242 3888	
FLAGSTAFF HILL	Rabbah	Victoria	08 8270 6448	0432 171 503
HAHNDORF	Bottin	Hardo	08 8188 1008	0403 092 630
HYDE PARK	Kumar	Rajesh	08 8373 3699	0412 943 376
MAGILL	Oon	Francis	08 8331 3210	0407 971 068
MARION	Khalili	Nahid	08 8177 0563	0403 655 122
MORPHETT VALE	Lepse	Traudi	08 8382 8661	0430 337 673
MOUNT GAMBIER	Cunningham	Nicole		0433 283 682
NORTHGATE	Kumar	Rajesh	08 8266 4634	0412 943 376
PARKSIDE	Marks	Bronwyn	08 7120 2810	
PORT LINCOLN	Armitage	Louise	08 8683 4344	
PROSPECT	Carr	Patricia	08 8344 9154	
SOMERTON PARK	Bourne	Andrea		0413 169 997
SOUTH WOODVILLE	King	Kenneth		0401 866 037
WEST LAKES	Chapman	Jill	08 8353 3777	
WOODCROFT	Patel	Anjali		0430 054 475
WOODSIDE	Stuart-Macadam	Patricia	08 8389 9405	
WOODVILLE SOUTH	King	Kenneth		0401 866 037

TAS				
SUBURB	LAST NAME	FIRST NAME	LANDLINE	MOBILE
GEORGE TOWN	McMahon	Brenda	03 6382 3717	0414 586 120
HOBART	Creedy	Melanie		0409 089 965
HOBART	Gustavsson	Erica	03 6278 2994	0401 240 781
HOBART	Kaur	Kamaljeet		0415 961 168
MOUNTAIN RIVER	Creedy	Melanie		0409 089 965
ULVERSTONE	Webb	Helen	03 6425 1539	0447 642 515

VIC				
SUBURB	LAST NAME	FIRST NAME	LANDLINE	MOBILE
ABBOTSFORD	Mitsios	Peter	03 9419 4190	0409 858 956
AIRPORT WEST	Oberdunhofen	Erika		0403 495 782



Food issues

“My young son had been plagued since birth with ill health due to a variety of food and environmental sensitivities. A number of traditional and non-traditional healthcare professionals had been unable to make a true difference for him. Indeed, during his many reactive episodes, I felt truly alone and unable to get an appointment for several weeks.

All that changed when I found my homœopath. His constitutional homœopathic remedies made such an astounding difference that he has been able to gain and maintain exceptional good health and energy ever since. During the course of this treatment, the homœopath made himself available at all times for any crisis moments that my son would experience. That was a priceless gift in terms of peace of mind and support.

My boy is now approaching Year 12 at school and has been exceptionally healthy for all of the past four years. Our homœopath is a true blessing.” ~ Susanna B, Sterling, SA

HARDO BOTTIN, AHA Professional Member, Hahndorf, SA

Recent homœopathic research

There are over 600 published research studies of homœopathy and more are being undertaken daily. Research shows the effectiveness of homœopathy in managing the symptoms of a wide range of acute, chronic and epidemic conditions in both humans and animals, such as upper respiratory illnesses, ear infections, diarrhoea, eczema, asthma, fibromyalgia, menopausal problems, irritable bowel syndrome and more.

Homœopathy in Hungary

In a recently published study, the use of homœopathy was assessed in the Hungarian health system. Homœopathy has had a long history in Europe and since 1997 a national healthcare strategy for CAM therapies has been implemented in Hungary. As part of this implementation,

a large number of physicians and pharmacists have been trained in homœopathy.

Since the integration of homœopathic care into the Hungarian healthcare system, available data has concluded that, at this point, homœopathy has been accepted as an additional part of the professional healthcare system and its use has increased.

The diagrams below reflect the overwhelming support for continued education of healthcare professionals in homœopathy, and the excellent results achieved with homœopathic care in acute cases.

Source: *Attitudes of Hungarian Healthcare Professionals (MDs, Nurses) According to CAM Homeopathy: A Cross-Sectional, Qualitative Accumulated Survey's Data*, Hegyi G, Csütörtöki K, Pfeifenróth A, Göbölös I, Roberti di Sarsina P, 24 May 2014

Pilot study in Northern Ireland

This study was commissioned by the Department of Health in Northern Ireland with a view to exploring the potential of integrating a range of complementary and alternative medicine therapies (CAM) within the primary care services in Northern Ireland. Homœopathy was one of the modalities chosen.

The results after six months were exciting, with GPs claiming that the health of almost two out of three patients had improved and that they were seeing patients who had received CAM therapies less frequently. Eighty per cent of patients recorded an improvement in the severity of their main complaint and 73 per cent reported improvement in general wellbeing and level of activity. At the end of the study, GPs stated they would be willing to recommend or refer 99 per cent of their patients for CAM therapies.

Source: *Evaluation: Complement and Alternative Medicine Pilot Project*, Department of Health, Social Services and Public Safety, McDade D, May 2008

Preventing possible eye damage

As a homœopath and one-time crew member of a deep-sea fishing vessel, I've seen homœopathy help with sprains, cuts and bleeding noses, as well as provide effective relief for boils, fatigue and constipation — conditions people usually just put up with when days from land.

The case of a bad scratch to the eye from a flicking fish tail stands out in my memory. The sailing master decided to take the injured man back to shore for hospital care and, on the way, homœopathy was given. Twelve or so hours later the master, medic and injured man were so satisfied with the improvement in the man's condition that we continued fishing — including the injured man, who was “feeling much better”.

In this one instance, homœopathy saved possible eye damage, lots of fuel and about one week in transit. Imagine for a moment the sum total of the help, benefits and savings that homœopathy gives every day worldwide!

SARAH PENROSE, AHA Professional Member, Karatha & Port Hedland, WA

Homœopathy is a traditional medicine and may generally be used in conjunction with other treatments and medications without adverse effects.

For any ongoing chronic condition or in case of severe acute symptoms, it is important to be assessed or examined by your health care professional or specialist.

ALWAYS SEEK MEDICAL ADVICE IN EMERGENCIES.

ALPHINGTON	Valentini	Sarah		0408 542 762
BAYSWATER	Murfitt	Teri	03 9720 6234	
BENALLA	Eacott	Julie	03 5762 3867	
BURWOOD EAST	Teichtahl	Samantha		0401 250 480
CARLTON NORTH	Alberti	Serafina		0407 902 488
CARLTON NORTH	Allender	Lauren		0434 611 824
CARRUM DOWNS	Subramanian	Lakshmi	03 8787 7918	0402 924 657
CASTLEMAINE	Kidd	Alana		0403 740 064
CAULFIELD	Sideris	Stamata	03 9505 3539	0431 069 457
CAULFIELD SOUTH	Kahan	Vivienne		0414 613 130
CAULFIELD SOUTH	Shroff	Vanmala	03 9528 3994	0423 923 957
CHELTENHAM	Saunders	Jane		0439 654 693
CHELTENHAM	Tyrrell	Andrea		0458 158 013
CHEROKEE via GISBORNE	Golden	Isaac	03 5427 0880	
CLYDE	Aziz	Soofi		0431 173 270
CRANBOURNE	Soni	Manju	03 5995 3301	0401 401 487
CROYDON	Harrison	Karen		0402 334 976
CROYDON	Parker	Tania	03 9723 2233	0413 026 817
CROYDON HILLS	Oppermann	Grit	03 9876 5637	0419 315 913
CROYDON NORTH	Cooper	Deanna	03 9733 4300	0410 796 674
DAYLESFORD	Kidd	Alana		0403 740 064
DAYLESFORD	Lovell	Shirley	03 5348 2426	0429 481 817
DONCASTER	Lee	Keng	03 9848 7600	0414 433 991
DONVALE	Marr	Ruth		0422 594 114
EAST BURWOOD	Teichtahl	Samantha		0401 250 480
ELSTERNWICK	Lalor	Liz	03 9523 7462	
ELTHAM	Brodie	Gabrielle	03 9439 3565	0416 739 211
ELTHAM	Douglas	Samara		0438 059 243
ELTHAM	Neubacher	Sylvia		0408 327 993
ELWOOD	Robinson	Tanya	03 9531 5255	0425 852 255
EMERALD	MacFarlane	Anne	03 9895 0037	
ENDEAVOUR HILLS	Cook	John	03 9700 0333	0412 421 279
ENDEAVOUR HILLS	Nair	Reena	03 9706 2383	0404 755 084
FERNTREE GULLY	Diesbecq	Clarisse	03 9764 8688	
FERNTREE GULLY	McGrath	Anne	03 9764 8688	
FERNTREE GULLY	Scholte	Yudith	03 9758 5816	0400 225 816
FERNY CREEK	MacFarlane	Anne	03 9895 0037	
FITZROY NORTH	Nestorovska	Katerina		0416 274 807
FITZROY NORTH	Meier	Philippa	03 9482 5822	0434 109 830
FOREST HILL	Kothuru	Raj	03 9077 5044	0425 761 826
FOSTER	Burns	Barbara		0417 035 404
FRANKSTON	Bayer	Phillip	03 9770 5337	0421 490 722
FRANKSTON	White	Deborah	03 9766 0975	
GARDENVALE	Tovbin	Olga		0418 418 227
GEELONG	Bushell	Miranda		0422 962 495
GISBORNE	Golden	Isaac	03 5427 0880	
GLEN WAVERLEY	Glynn	Natalie		0430 149 678
GREENSBOROUGH	Brodie	Gabrielle		0416 739 211
GUILDFORD	Beilharz	Martina	03 5473 4404	0434 994 894
HAMPTON	Lane	Cindy	03 9502 0650	0407 682 046
HAWTHORN	Kikos	Joan	03 9819 0230	
HAWTHORN	Kopatsy	Diana	03 9804 0646	0407 815 785
HEATHMONT	Donald	Narelle	03 9729 5028	0414 878 357
HEATHMONT	MacFarlane	Anne	03 9870 8470	
HEATHMONT	Maiolo	Teresa		0408 440 721
HEATHMONT	Teffaha	Nadine		0412 085 597
HEIDELBERG HEIGHTS	Kothuru	Raj	03 9077 5044	0425 761 826
HEIDELBERG HEIGHTS	O'Bryan	Maureen	03 9077 5044	0450 353 395
IVANHOE	Lovell	Shirley	03 5348 2426	0429 481 817
JINDIVICK	Greenland	Joanne		0419 567 389
KENSINGTON	Southcombe	Kay	03 9376 9286	0423 504 380
KENSINGTON	Valentini	Sarah		0408 542 762
LOWER TEMPLESTOWE	Teichtahl	Samantha	03 9850 5211	0401 250 480
MALVERN	Allender	Lauren	03 9576 3077	0434 611 824
MALVERN	Gough	Margaret		0409 106 487
MALVERN	Nolan	Margaret	03 9576 3077	0412 078 563
MALVERN	Thompson	Robyn	03 9576 3077	0419 209 104
MELBOURNE	Bayer	Phillip	03 9770 5337	0421 490 722
MELBOURNE	Kothuru	Raj	03 9077 5044	0425 761 826
MELBOURNE	O'Bryan	Maureen		0450 353 395
MELBOURNE	Shroff	Vanmala	03 9682 8866	0423 923 957
MILL PARK	Nestorovska	Katerina		0416 274 807
MILLGROVE	Morgan	Brenda	03 5966 9883	0431 957 928
MITCHAM	Bullard	Catherine		0429 140 181
MORANG SOUTH	Pillai	Pradeep	03 8401 4860	
MORNINGTON	Jackson	Karen	03 5977 0117	0429 645 440
MORNINGTON	Saunders	Jane		0439 654 693
MT ELIZA	Deitz	Julie	03 9787 9313	0414 810 180
MT MARTHA	Kopatsy	Diana	03 5988 3622	0407 815 785
MT WAVERLEY	Syamal	Rima		0400 626 340
MT WAVERLEY	Thakkar	Sunita		0410 819 066
MULGRAVE	Palit	Sajal	03 9560 1128	0412 145 387
NORTH FITZROY	Meier	Philippa	03 9482 5822	0434 109 830
NORTH FITZROY	Nestorovska	Katerina		0416 274 807
NORTH CARLTON	Allender	Lauren		0434 611 824
NORTH CROYDON	Cooper	Deanna	03 9733 4300	0410 796 674
NORTHCOTE	Dwyer	Catherine		0432 936 547

VIC listings continued

NORTHCOTE	Teffaha	Nadine	03 9482 1888	0412 085 597
OAKLEIGH SOUTH	Nolan	Margaret		0412 078 563
PATTERSON LAKES	Tyrrell	Andrea		0458 158 013
POINT COOK	Dahiya	Mrinalini		0410 892 040
POINT COOK	Segal	Nina	03 9395 9362	0434 168 418
ROSEBUD	Boal	Susan	03 5986 6737	
SOUTH CAULFIELD	Kahan	Vivienne		0414 613 130
SOUTH CAULFIELD	Shroff	Vanmala	03 9528 3994	0423 923 957
SOUTH MORANG	Pillai	Pradeep	03 8401 4860	
SOUTH OAKLEIGH	Nolan	Margaret		0412 078 563
SUNBURY	Boorman	Lisa		0488 599 068
SUNBURY	Golden	Isaac	03 8099 5536	
TARNEIT	Kaur	Jaspreet	03 9748 0189	0433 176 332
TAYLORS HILL	Djukic	Mirjana	03 8361 5182	0404 998 682
TEMPLESTOWE	Burns	Barbara		0417 035 404
TEMPLESTOWE LOWER	Douglas	Samara		0438 059 243
THORBURY	Meier	Philippa		0434 109 830
THORBURY	O'Riordan	Margaret	03 9480 1823	0418 317 844
TORQUAY	Robinson	Tanya	03 5264 7477	0425 852 255
UPWEY	Thurling	Bronwyn	03 9754 6850	0421 450 446
WARRAGUL	Steele	Jessica		0407 323 307
WARRENWOOD	Oppermann	Grit	03 9876 5637	0419 315 913
WERRIBEE	Segal	Nina		0434 168 418
WHEELERS HILL	Santamaria	Melanie		0488 899 466
WYNDHAM VALE	Speirs	Anne		0412 907 776
YARRA JUNCTION	Morgan	Brenda		0431 957 928

WA

SUBURB	LAST NAME	FIRST NAME	LANDLINE	MOBILE
ALBANY	Copeman	Ann	08 9842 3977	0427 422 459
AUBIN GROVE	Kirpalani	Dimple		0452 223 617
AUSTRALIND	Kalbfell	Pauline	08 9725 2418	
BASSEDEAN	Chavda	Ankitaben	08 9378 2774	0470 134 350
BENNETT SPRINGS	Chavda	Ankitaben		0470 134 350
BENTLEY	Hari	Hament	08 9350 9898	0411 371 562
BIBRA LAKE	Fiocco	Anna	08 9418 7273	
BUNBURY	Kalbfell	Pauline	08 9725 2418	
BUSSELTON	Smoker	Shari Lee	08 9754 1537	0414 459 679
CANNINGVALE	Cubitt	Jill	04 0785 1361	0402 460 404
COCKBURN CENTRAL	Angel	Catherine	08 9417 3553	0423 636 583
COTTESLOE	Blanch	Michael	08 9385 1484	0419 910 141
DENMARK	Waschk	Beate	08 9848 2426	
DUNCRAIG	Goradia	Tirtha	08 6460 9862	0421 453 106
DUNSBOROUGH	Morgan	Paula	08 9755 3949	0407 773 093
FREMANTLE	Greenough	Jasmin		0422 173 401
HELENA VALLEY	Clark	Robin	08 9255 1052	
JOONDALUP	Lang	Penelope	08 9301 1234	
KALAMUNDA	Moore	Sally		0407 287 637
KARRATHA	Penrose	Sarah		0477 285 863
LEEDERVILLE WEST	Volk	Marion	08 6380 2648	0418 945 109
LEEMING	Grewal	Jagkeerat	08 6161 8473	0458 583 202
MIDLAND	Hendry	Phillip	08 9274 1810	0438 298 847
MILLENDON	Innocent	Madeleine	08 9296 0152	
MOUNT NASURA	Angel	Catherine	08 6396 0302	0423 636 583
MT HAWTHORN	Alexander	Paul	08 9444 4190	
PADBURY	Essex	Julie		0434 573 181
PORT HEDLAND	Penrose	Sarah		0477 285 863
REDCLIFFE	Grech	Darren		0412 779 760
SAWYERS VALLEY	Moore	Sally	08 9295 6782	0407 287 637
SUBIACO	Greenough	Jasmin	08 9381 3999	0422 173 401
WEMBLEY DOWNS	Volk	Marion		0418 945 109
WEST LEEDERVILLE	Volk	Marion	08 6380 2648	0418 945 109
WILLETTON	Stanton	Emma		0407 448 664
WINTHROP	Cubitt	Jill	08 9332 2026	0402 460 404

[Local practitioner details here](#)



Homœopathy: my lifeline

"For me, my homœopath and homœopathy are incredible lifelines. I truly feel that, without the guidance of a homœopath and my favourite personal medicine (which feels akin to an internal massage for the weary), I would have found parenting so much more demanding and exhausting. A family homœopath, simply put, is God's blessing to us all. She knows at certain times of the day the phone will ring and an anxious voice will be reeling off a list of symptoms: red cheek, rash upper right side of abdomen, throbbing headaches... So many times have medicines been dropped off to us, alleviating the need to go out in the cold or the intense heat to sit in a waiting room with an annoying TV show and sneezing all around.

"Being able to do something for your sick child is such a confidence boost when you are depleted and sleep-deprived from night feeds, teething, barking dogs. To be able to sit, observe and then methodically go through a list of suitable medicines, seemingly created specifically for your situation, is such a gift. To be truly useful to your baby is a blessing at times when you feel so overwhelmed by their suffering.

"I was introduced to the dramatic effects of homœopathy when I was pregnant with my first child. Doctors thought I had all sorts of things going on, including chronic fatigue.

"My first visit involved being asked the strangest questions to determine my constitution. Did I like butter, dancing...? Then I was given a little glass with clear liquid — oh the relief! Within a few minutes, the nausea and everything else melted away and I felt like me on a good day again.

"Homœopathy is now a constant companion for me and, after attending a homœopathic first-aid course, I call upon these little miracles almost daily for our family and visitors.

"I use my first-aid kit regularly — for bruises, feeling homesick, feeling resentful — and our pets are wormed using a homœopathic medicine. I used to suffer with cold sores and the medicine has been so successful, I don't worry about them anymore. Mouth ulcers, stuffy noses, excess food, mosquito protection ... everything is taken looked after. And two days ago my oldest was stung by a black wasp, and medicines were given to help the pain and swelling.

"Nature has given us all that we need and more, and having the wisdom and guidance of my homœopath has empowered us in so many ways." ~ Patient of:

PAULINE KALBFELL, AHA Professional Member, Australind, WA