



AUSTRALIAN
HOMŒOPATHIC
ASSOCIATION

HOMŒOPATHY & men's health

Dear Readers,

It is common knowledge that most men visit their GP less often than women and that they may try to ignore a niggling health issue in the hope that it will go away. Often they are pushed by their partner or spouse to seek help and will grudgingly go off to see the GP.

Since the global financial crisis, men have been under more pressure and there has been a rise in the incidence of stress and other health issues — indicators of an underlying issue which needs addressing. Counselling and medications are often prescribed and can be helpful. Some men visit a natural therapist where they may be prescribed herbs or supplements; others may lean towards acupuncture or homœopathy.

In the 21st century with its busy lifestyle and demands on leisure time, people are constantly looking for tools to help navigate the challenges of life. There is an increasing awareness of modalities that recognise the link between mind and body. Many Australians look to natural therapies that recognise this mind-body connection as an important part of their healthcare regime.

By seeking to understand and address the underlying reasons for illness or stress, many people report a feeling of greater vitality, reduced symptoms and an improved ability to cope with life. Homœopathic treatment is based on the premise that mind and body are fundamentally linked and that disease on one level is often reflected by disease in the other.

A professional homœopathic consultation involves the practitioner working with the client to understand their specific

symptoms as a part of the whole person, rather than in isolation. The beauty of homœopathy in situations as described above is the way each case is individualised so that every client is prescribed a medicine which addresses their own symptoms and situation. The medicines are given as small doses of naturally occurring substances aimed at assisting the body to trigger its own natural healing mechanisms.

Homœopathy is used by approximately 550 million people worldwide. It can be used at any stage of life, from childhood through to old age, and is a uniquely sustainable form of healthcare. This lift-out contains examples of Australians who have found improved health with the assistance of homœopathic treatment, whether they've experienced a major life event or something much more minor. We invite you to read these stories and consider what stresses in your life may be making you less well than you could be. Perhaps a homœopath is someone who could assist you to find increased health and vitality.

If 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 practitioners and meet high levels of education and professional practice standards.

LEAH ZINN, National President, AHA

All you wanted to know

Homœopathy is a natural, gentle, holistic form of medicinal treatment but most people know very little about it. Here's the perfect primer to get you started.

What is homœopathy?

Homœopathy is a holistic system of medicine. It aims to promote healing responses to diseases by administering specially prepared substances that mimic the symptoms of those diseases in healthy people. Modern homœopathy was founded in the 18th century by a German physician, Dr Samuel Hahnemann, and is now used worldwide, with a 200-year history of clinical experience.

In Britain, for example, there are four homœopathic hospitals available under the National Health Service (NHS), including the Royal London Hospital for Integrated Medicine, previously the London Homœopathic Hospital. The Royal Family has used it since Queen Victoria's time in 1830, and it has a wide acceptance throughout Europe. In France, the most popular cold and flu

medicine is a homœopathic medicine, and in India there are more than 246,000 registered homœopathic practitioners and approximately 7000 homœopathic hospitals/dispensaries.

How does it work?

The word "homœopathy" (also known as homeopathy) is derived from the Greek words *homoios*, meaning "similar", and *pathos*, meaning "suffering". The cornerstone of homœopathic philosophy is the Law of Similars. This law or principle is based on a long-held belief as far back as Hippocrates, the Father of



Medicine, and other ancient healers such as Paracelsus, that substances that produce symptoms in a healthy individual can be used to treat similar symptoms in a sick person. Homœopathic treatment is believed to stimulate the body's ability to fight infection and susceptibility to disease.

Homœopathic medicines

Homœopathic medicines are made from a variety of sources, such as plants, animals and minerals. They are prepared according to strict guidelines set out in international pharmacopoeias and under the control of the Therapeutic Goods Administration (TGA). Homœopathic medicines are highly diluted and act gently. They can be given in the form of liquid, granules, powder or tablets.

Conditions commonly treated

Homœopathy aims to treat the whole person, taking into account personality, lifestyle and hereditary factors as well as the history of the disease. Since all patients are unique, homœopathic medicines are prescribed to treat patients as individuals. For example, headaches in different patients would each be treated with different medicines, according to the patient's individual symptoms. Homœopathy may be of benefit for all ages, at any stage, including pregnant women, mothers, fathers, babies, young children, teenagers and the elderly.

What to expect during treatment

The first homœopathic consultation can take an hour or more. Treatment then involves the prescription of the most suitable medicine, matching all the symptoms and individual characteristics of the patient to the medicine. Your practitioner might also advise general lifestyle and dietary changes.

Tell your doctor or homœopath about medications

You should tell your doctor if you are planning to start a course of homœopathic treatment for your condition. Never stop taking conventional drugs without the knowledge and approval of your doctor. You must also tell your homœopath what conventional drugs you are taking.

Choosing a practitioner

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

Naturopathy and homœopathy

Naturopaths are not homœopaths. Naturopathic training does not meet the government's education standards for homœopathy, although some naturopaths may have undertaken additional studies to meet these requirements. If a person dispenses homœopathic medicines it does not necessarily mean they are a fully qualified and registered homœopath.

PETER TOROKFALVY BSc, GradDipDP, DipHom, AROH Regd, MAHA



Fatigue, malabsorption & sleep issues

A dynamic 65-year-old property developer named John came to my clinic for chronic fatigue syndrome which started in his 40s and worsened when the weather changed to high pressure systems. He had a history of bankruptcy and homelessness, and had been married several times. When he saw me, he was financially doing very well in his current employment and liked the idea of using natural therapies.

John was taking medication for raised cholesterol, high blood pressure and sleep, along with many supplements supplied over the counter by pharmacists, health shops and practitioners. We investigated the Recommended Daily Intake (RDI) of all the supplements and discovered he was taking above and beyond the RDI in some nutrients, which may have been contributing to his bouts of nausea, one of his complaints.

After the first homœopathic medicine was given, he had improvements but complained of indigestion caused by stress. He also mentioned a chest pain he had always had, for which his GP could find no cause. He described it as tightness on the left side. He also often felt his face reddening, had difficulty sleeping and suffered from headaches.

During a follow-up appointment, John's chest pain had disappeared and he was greatly pleased with this. His headaches had also disappeared and his energy had improved somewhat. We investigated his lethargy and decided he may not be absorbing all the nutrients in his food and supplement regime. Another homœopathic medicine was prescribed for malabsorption. John was very focused on a nutrient-dense diet: he believed he needed a diet high in protein and with plenty of fruit and vegetables for peak performance in his demanding work in addition to a daily visit to the gym.

A year later, John's sleep had improved substantially, however he still worried about finances and his business. On the other hand, if he made a conscious effort, he was now able to refocus his thoughts into a positive and optimistic outlook.

At our last visit, the only remaining symptom after 18 months was abdominal bloating and discomfort for which another homœopathic medicine was given. John was very grateful for the improvements to his health and wellbeing.

CATHERINE ANGEL, AHA Professional Member, Mt Nasura/Cockburn Central, WA

HOMŒOPATHY & men's health



APRIL 10-16, 2014
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ACTIVITIES IN YOUR AREA
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HOMEOPATHYOZ.ORG



A serious young boy after a divorce

A concerned father brought his 10-year-old son for homœopathic treatment. The dad had observed that since his divorce a few years earlier his son had become extremely serious and was often tense, nervous or worried. He felt the boy had been affected by witnessing all the emotional upset his parents had experienced during the initial separation phase.

The dad had also observed that, with new circumstances, his son would become very nervous, was always thinking about how things might turn out and constantly talked through the "what ifs" of situations. He worried and fretted whenever his parents had to talk with each other. His school report cards spoke of his intelligence, conscientiousness and good behaviour.

As we discussed these things, this lovely young boy bravely shared how he felt. He revealed how easily he felt embarrassed and angered by others' behaviour, especially if unconventional or unkind; even someone telling a bad joke could trigger deep embarrassment. He was very worried about what people might think of him or his family because of the divorce, that he wouldn't have any friends and would be lonely. Disappointing his dad was a worry too, although his dad constantly reassured him of his love.

When embarrassed, he would become hot and sweaty and experience a sensation "like a punch in the chest". He would walk away and hide from people, breathing deeply to avoid crying. After a few minutes it would pass. Teasing made him feel really sad in his heart; he got a "choking throat" and would go to his room and listen to his iPod and try not to cry so as not to appear "weak".

As he spoke, little tears squeezed from the corners of his eyes despite his best efforts to hold them in, often gulping water to help choke his emotions down. He scored his sadness at 8/10.

We discussed how grief and hurt can get stuck when we don't allow the sadness to heal. Swallowing the tears and emotions had cramped this process and life had become an overly serious matter where he tried to be responsible for the family. He pined for things to be like before, rather than accepting the changes. A homœopathic medicine was prescribed based on this response.

The dad reported a fantastic response to the treatment. He described his son as having become light-hearted again and said things were going smoothly and calmly for him now. The young boy said he felt so happy and so light he could fly!

SUSAN BLACKSHAW, AHA Professional Member, Paddington, Qld

PRACTITIONER LISTINGS

ACT				
SUBURB	LAST NAME	FIRST NAME	LANDLINE	MOBILE
AINSLIE	Doherty	Jean	02 6257 5430	0427 303 333
CURTIN	Hicks	Sylvia		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		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	
ARDLETHAN	Pedersen	Carol		0409 152 040
ARIAH PARK	Pedersen	Carol		0409 152 040
ARTARMON	Manning	Ann		0413 010 050
ASHFIELD	Patel	Nayana		0430 714 487
AVALON	Bedggood	Penny		0424 178 185
BALGOWLAH	Barron	Penelope		0400 473 669
BALGOWLAH	Ryfield	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	
BARADINE	Pedersen	Carol		0409 152 040
BARELLAN	Pedersen	Carol		0409 152 040
BARRABA	Turland	Jill	02 6782 1085	0413 086 071
BATHURST	Faulkner	Jane		0407 070 547
BAULKHAM HILLS	Mathias	Divya	02 8678 0444	0418 439 810
BAULKHAM HILLS	Sierra	James	02 9686 8934	0409 661 673
BEACON HILL	Barron	Penelope		0400 473 669
BEGA	Goddard	Sunny		0421 002 717
BEGA	McLean	Mary	02 6492 2222	
BELINGEN	Formica	Lee		0403 922 531
BELLA VISTA	Hookham	Michelle	02 8824 6792	0423 162 001
BELLEVUE HILL	Weinstock	Vivienne	02 9363 2788	0414 846 618
BELROSE	Sharpe	Janine		0412 076 221
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
BLAXLAND EAST	Mitchell	Ronald	02 4739 1920	
BOMADERRY	Webb	Christopher	02 4421 8087	0411 342 273
BONDI	Turner	Virginia		0411 201 158
BONDI BEACH	Weinstock	Vivienne	02 9363 2788	0414 846 618
BONDI JUNCTION	Burn	Karen		0416 149 446
BONDI JUNCTION	Carter	Lisa		0415 557 151
BONDI JUNCTION	McCombe	Diane	02 9369 3288	
BONDI JUNCTION	Schweigert	Kerry	02 9369 3288	0425 222 220
BONDI JUNCTION	Weinstock	Vivienne	02 9363 2788	0414 846 618
BONDI JUNCTION	Wilson	Leanne		0402 313 104
BONDI NORTH	Kristo	Angela		0405 677 630
BOWRAL	Cleary	Michael	02 4861 2900	
BROOKVALE	Barron	Penelope	02 9905 9415	0400 473 669
BROOKVALE	Bedggood	Penny		0424 178 185
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
CAMPSIE	Natoli	Antonietta		0401 416 560
CARINGBAH	Shepherd	Cornelia	02 9525 4889	0411 219 779
CARLTON	Strudwick	Gail		0402 169 414
CARLTON	Thomas			
CASTLE HILL	Fallows	Ann	02 8850 7822	0439 499 085
CHATSWOOD	Frederiksen	Neil	02 9415 2333	0419 415 233
COFFS HARBOUR	Auch	Daniela	02 6651 7001	0403 500 919
COFFS HARBOUR	Robertson	Martine		0404 237 087
COOGEE	Ciccio	Donna		0419 686 618
COOGEE	Kristo	Angela		0405 677 630
COONAMBLE	Pedersen	Carol		0409 152 040
CREMORNE	Hartigan	Felicity		0404 470 736
CROMER	Singleton	Jane		0405 783 332
CRONULLA	Campbell	Rhonda	02 9544 0477	0400 345 434
CRONULLA	Hosey	Leonie	02 9544 5558	0414 807 201
CURL CURL	Formica	Lee		0403 922 531
CURL CURL NORTH	Frederiksen	Neil	02 9415 2333	0419 415 233
DOUBLE BAY	Sam	Punnoose	02 8018 5058	0405 126 409
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

NSW listings continued

EASTWOOD	Bhouraskar	Shilpa	02 9874 4647	0424 480 613
EASTWOOD	Zinn	Leah		0407 705 820
EDGECLIFF	Gildart	Phillip	02 6352 1235	0410 343 355
EDGECLIFF	Porwal	Mamta	02 9363 3181	0422 579 110
EDGECLIFF	Zinn	Leah	02 9328 4211	0407 705 820
ELANORA HEIGHTS	Merriman	Frederique	02 9913 9781	0412 290 173
EPPING	Cook	Kimberly	02 9011 5380	0408 612 392
EPPING	Perini	Victor	02 9868 3592	
EPPING	Reddy	Shashikala		0433 568 141
ERINA	Abrahams	Susan	02 4365 3660	0458 030 154
FAIRLIGHT	Farrelly	Jane		0420 830 793
FIVE DOCK	Billa	Ramya		0415 901 087
FIVE DOCK	Gamble	Jon	02 4228 0977	
FIVE DOCK	Levy	David	02 9713 2633	0407 701 725
FORESTVILLE	Avedissian	Keith		0412 231 332
FORESTVILLE	Kulkarni	Mukund	02 9972 7647	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
GORDON	Goodman	Nick	02 9418 1388	
GORDON	Newing	Jo	02 4772 9499	0408 256 860
GORDON	Zappia	Josephine		0423 848 665
GREENACRE	Patel	Nayana	0469 856 930	0430 714 487
GREENWICH	Walton	Elizabeth	02 9966 5359	0403 902 400
HABERFIELD	Strudwick Thomas	Gail	02 9797 0422	0402 169 414
HEMEBUSH WEST	Billa	Ramya	02 9007 5225	0415 901 087
HORNSBY	Bernecka	Krystyna	02 9476 6366	0413 868 378
HORNSBY	Hallinan	Louise	02 9987 2238	
HURSTVILLE SOUTH	Koutsoukis	Michael	02 9579 1118	0407 002 288
KATOOMBA	Martensen	Peter		0408 485 402
KILABEN BAY	Jacka	Lynette		0408 806 353
KINGSFORD	Kelly	Joanna		0408 977 406
KURNELL	Araya	Olga	02 9668 8090	
KURAJONG	Liberona	Rodolfo	02 4573 2719	0418 225 083
LANE COVE	Mustan	Mariya	02 8065 2077	0468 572 786
LEICHHARDT	Caruso	Graziella		0409 994 895
LEURA	Martensen	Peter	02 4784 3498	0408 485 402
LIGHTNING RIDGE	Pedersen	Carol		0409 152 040
LINDFIELD	Fordham	Peter	02 9924 2232	0411 342 232
LISMORE	Jones	Cecille	02 6688 2005	
LISMORE	Nolte	Tanya	02 6628 4404	0415 150 300
LITHGOW	Gildart	Phillip	02 6352 1235	0410 343 355
LONG BEACH	Kelly	Joanna		0408 977 406
MAITLAND EAST	Kanjee	Louise		0466 525 404
MIRANDA	Sam	Punnoose	02 8018 5058	0405 126 409
MITTAGONG	Gamble	Jon	02 4872 1063	
MITTAGONG	Hermiston	Nyema	02 4872 1063	
MONA VALE	Ellison	Lorraine	02 9979 5732	
MONA VALE	English	Bernadette		0467 606 000
MONA VALE	Heath	Sara	02 9997 2121	0431 421 614
MONA VALE	McCarthy	Sherryn	02 9997 2121	0422 778 476
MORTDALE	Connor	Terri	02 9580 9555	0400 203 781
MOSMAN	Bird	Neil		0432 638 700
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	Avedissian	Keith		0412 231 332
NEUTRAL BAY	Manning	Ann		0413 010 050
NEWTOWN	Houseman	Miriam		0412 126 647
NORTH BEXLEY	Leontsini	Helen		0412 772 397
NORTH BONDI	Kristo	Angela		0405 677 630
NORTH CURL CURL	Frederiksen	Neil	02 9415 2333	0419 415 233
NORTH PARRAMATTA	Hassan	Sabiha		0432 100 015
NORTH PARRAMATTA	Patel	Nayana		0430 714 487
NORTH PARRAMATTA	Shing	Wai Lai Karen		0430 777 411
NORTH TURRAMURRA	Gregory	Claire		0403 287 217
OATLEY	Brickwood	Linda		0410 534 649
OATLEY	Burgess	Janet		0410 595 702
OATLEY	Connor	Terri		0400 203 781
OVERON	Faulkner	Jane	02 6336 1224	0407 070 547
ORANGE	Faulkner	Jane	02 6391 5900	0407 070 547
PADDINGTON	Woods	Philip	02 9360 5339	0406 766 060
PARRAMATTA	Mahantan	Garima		0424 741 207
PARRAMATTA	Sam	Punnoose	02 8018 5058	0405 126 409
PARRAMATTA	Thind	Parvinder Kaur		0405 086 018
PARRAMATTA NORTH	Hassan	Sabiha		0432 100 015
PARRAMATTA NORTH	Patel	Nayana		0430 714 487
PARRAMATTA NORTH	Shing	Wai Lai Karen		0430 777 411
PETERSHAM	Chope	Ruth	02 9011 6372	0425 205 327
PORT MACQUARIE	Sam	Punnoose	02 8018 5058	0405 126 409
POTTSVILLE	McGann	Michelle	02 6676 4574	
PYMBLE WEST	Goodman	Nick	02 9988 3214	
PYRMONT	Shah	Vaishali		0410 379 407
RANDWICK	Rebuck	Natasha		0413 233 246
RANDWICK	Shepherd	Joanne	02 8084 2420	0412 484 502
ROCKDALE	Sam	Punnoose	02 8018 5058	0405 126 409

Emotional resilience

A 36-year-old man was referred for homœopathic treatment because of night sweats, difficulty sleeping and a blocked sensation in his nose, throat and all mucous membranes. He also had low self-confidence, depression, anxiety and a lack of “power” in his body. He is a perfectionist at work and sets very high standards for himself. His family history includes cancer, diabetes, heart disease, depression, alcoholism and suicide. He had also previously suffered glandular fever.

This constellation of family history and mental and physical symptoms suggested the homœopathic medicine he required. On follow-up 10 days later, he reported increased self-confidence and energy and he had ended a dysfunctional relationship. He had also made important decisions about his future. However, he still had difficulty sleeping and experienced some anxiety. The inflammation of the mucous membranes was a little better, but he was still unable to breathe properly.

It was recommended that he keep taking the prescribed homœopathic medicine. Over the next 12 months, with homœopathic treatment, his health continued to improve and he was able to address many of the unresolved emotional issues from his past as well as present relationship issues.

He remained physically well for the most part, as the emotional healing followed its course. However, after 14 months, he became ill with the flu. We were able to determine that his current symptoms were very similar to the symptoms he had experienced when he had glandular fever. The indicated homœopathic remedy was prescribed and his symptoms resolved over the next two days. Alongside this came more positive changes in his relationships and emotional state.

This patient has continued to consult me over the past nine years and it has become apparent to both of us that when he experiences stubborn physical symptoms, there is usually a significant unresolved emotional issue. With the help of homœopathic medicines and counselling he has been able to work through many of these issues, repair family relationships and create a full and rich life with his close family.

KERRY SCHWEIGERT, AHA Professional Member and psychologist, Bondi Junction, NSW

A happier life

Matt, a tall, slim man in his mid 30s presented with anxiety, restlessness and tremors. Matt’s skin was dry, particularly noticeable on his face, and his right eye was often red and sore especially in the evening. Matt’s sleep was restless and he often woke two or three times during the night.

Matt exhibited a lack of confidence and his main fears were concerns about his health and a fear of failure. Matt’s fear had arisen after being unduly criticised by a family member. He was cautious and chose his words carefully so as not to offend.

To alleviate the anxiety and because of his concerns regarding his health, Matt kept very fit and participated in many sporting events, training at least four times a week. He was an avid reader and often read one or two books a week. He worked in the financial sector and was cautious with his spending.

After a few weeks on the appropriate homœopathic medicine, Matt’s sleep began to improve. It wasn’t until the



second follow-up, however, that Matt mentioned he was concerned about his performance in the bedroom, where he was finding it difficult to maintain an erection and/or experienced premature ejaculation. Matt was very anxious about this and again experienced a fear of failure.

After the homœopathic medicine was given, I followed up with Matt every six weeks, increasing the potency of his medicine at each visit. After five months, his health began to improve significantly, including his sexual performance. Matt communicated more confidently, his skin was no longer dry and flaky, his eye was better, the tremors only just noticeable.

By the seventh follow-up Matt was so much happier. He revealed how much better he felt and how much his sex life had improved, saying it is now only on rare occasions he has any trouble performing. Matt’s wife is very happy too.

ANN FALLOWS, AHA Professional Member, St Ives/Castle Hill, NSW

Anxiety, acid reflux & hives

Mark presented in my clinic with chronic anxiety, acid reflux and skin rashes. This trio of symptoms began to occur after Mark was retrenched from his long-term workplace. Anxiety was the first change Mark noticed.

Mark is very sensitive and sympathetic by nature and likes to be around positive people. He is fastidious when it comes to cleanliness, health and money. Structure and order are very important in his life, so losing his job affected him deeply.

The acid reflux was the first physical symptom to arise. Mark tried various treatments. After a few months the stomach did improve but then he began to develop welt-like hives on his skin which were extremely itchy. His skin welts would become worse with heat, sweating, acidic food (especially tomato), scratching and after a bath.

At Mark’s initial consultation, I investigated his symptoms and obtained an overall picture of his constitution, medical history and life history. I was able to gain a clear idea of him as a whole person, so I could find a homœopathic medicine which matched Mark and his individual symptoms most closely.

At the first follow-up consultation two weeks later, Mark reported that the lower half of his body was healing to the point that only some residual itching and welts remained.

Mark’s symptoms progressively improved. Two months after he first came to see me his stomach symptoms/reflux had completely gone. The skin was 90 per cent better with only some residual itching and rashes remaining. After the passage of more time, Mark developed a sense of calmness within and found that he was less susceptible to negative people. Anxiety levels had significantly decreased.

MARTIN COSTIGAN, AHA Professional Member, Deception Bay, QLD

NSW listings continued

ROOTY HILL	Patel	Nayana		0430 714 487
ROSE BAY	Adkins	Sam		0420 800 725
ROSEBANK	Jones	Cecille	02 6688 2005	
ROSEVILLE CHASE	Royce	Florence	02 9417 7114	0417 480 556
ROZELLE	Dhuyvetter	Trees	02 9818 2495	0452 584 246
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		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
SURRY HILLS	Cleary	Michael	02 9211 3811	
SURRY HILLS	Harris	Kathy	02 9211 3811	
SYDNEY	Avedissian	Keith		0412 231 332
SYDNEY	D’Aran	Kenneth	02 9247 8500	0407 181 086
SYDNEY	Martensen	Peter		0408 485 402
SYDNEY	Shah	Vaishali	02 9221 0030	0410 379 407
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	
TULLAMORE	Pedersen	Carol		0409 152 040
TURRAMURRA	Newing	Jo		0408 256 860
TURRAMURRA NORTH	Gregory	Claire		0403 287 217
UKI	Magee	Judith	02 6679 5855	0414 370 259
UKI	Malcolm	Trenna	02 6679 5826	0408 265 070
UNGARIE	Pedersen	Carol		0409 152 040
UPPER BLUE MOUNTAINS	Martensen	Peter		0408 485 402
URALLA	Munns	Christina	02 6778 4787	0428 285 064
VAUCLUSE	Selby	Robyn	02 9337 4413	0413 017 502
WALGETT	Pedersen	Carol		0409 152 040
WAMBOIN	Reynolds	Belinda		0403 506 391
WARILLA	McGuire	Helen		0407 840 387
WARRIEWOOD	Hardwick	Margot	02 9999 2211	
WARRIEWOOD	Logan	Maryanne		0438 212 737
WAWERLEY	Houseman	Miriam		0412 126 647
WEETHALLE	Pedersen	Carol		0409 152 040
WENTWORTHVILLE	Madhurakavi	Jaya		0430 322 757
WENTWORTHVILLE	Saxena	Kanchan	02 9636 6157	0431 818 552
WEST HOMBUSH	Billa	Ramya	02 9007 5225	0415 901 087
WEST PYMBLE	Goodman	Nick	02 9988 3214	
WESTMEAD	Patel	Nayana		0430 714 487
WOLLOMBI	Bird	Neil		0432 638 700
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

QLD				
SUBURB	LAST NAME	FIRST NAME	LANDLINE	MOBILE
ALBANY CREEK	Reichman	Petrina	07 3264 8397	0437 673 632
ALDERLEY	Gillen	Christine	07 3356 0654	0466 991 856
ALEXANDRA HILLS	Timm	Gabriele		0434 153 480
ATHERTON	Beckert	Henny		0434 823 061
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
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	
BURPENGARY	Koda	Anthony	07 3888 2894	0417 706 286
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
CHAPEL HILL	Eccleston	Maree	07 3254 3834	0407 772 091
COOKTOWN	Doherty	Jean		0427 303 333
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
EVERTON PARK	Reichman	Petrina	07 3162 8411	0437 673 632
FORTITUDE VALLEY	Berryman	Peter		0420 403 320
FORTITUDE VALLEY	Cope	Greg	07 3117 9661	

QLD listings continued

GARBUTT	Boeddeker	Helga		0437 933 159
GLADSTONE	Lorroway	Ross		0408 875 973
GORDON PARK	Allman	Colleen		0412 791 825
HAWTHORNE	Hanson	Inez	07 3899 1807	0421 007 700
HERVEY BAY	Defina	Judith	07 4125 1231	
HERVEY BAY	Turner	Gregory	07 4124 6677	0438 249 642
HIGHLAND PARK	Wong	Joy	07 5596 6256	0412 570 390
HOWARD	Arnold-Stevens	Johanna	07 4129 0840	0425 214 159
IPSWICH	Hanson	Linda	07 3281 2747	0407 640 229
JINDALEE	Peters	Marian	07 3279 6470	0408 070 504
KELVIN GROVE	Molloy	Denise		0422 222 817
KENMORE	Jones	Sharon	07 3378 2672	0409 371 354
KENMORE	Trefny	Heidi	07 3878 6027	
KENMORE HILLS	Hatherly	Patricia	07 3878 9767	
KIELS MOUNTAIN	Hayes	Rosalind	07 5442 2511	
KIELS MOUNTAIN	Hayes	Roy	07 5442 2511	
KIPPA RING	Moffat	Andrea		0420 823 964
LANDSBOROUGH	Rocker	Leisa	07 5439 9813	0403 267 963
MALENY	Koda	Anthony	07 5435 8380	0417 706 286
MILLAA MILLAA	Beckert	Henny		0434 823 061
MOOROOKA	Allman	Colleen		0412 791 825
MT GRAVATT	Rideout Belletty	Andrea	07 3849 3911	0410 678 971
MT OMMANEY	Provan	Fiona	07 3715 8482	0418 184 702
MT OMMANEY	Weiss	Trudy	07 3715 7842	0411 300 081
MUDGEERABA	Dobson	Lynda	07 5593 2288	0412 270 408
MUDGEERABA	Fawcett	Donna	07 5525 2755	0438 647 416
MUDGEERABA	Teixeira	Rita	07 5525 2211	
MURRAY'S BRIDGE	Moulden	Rosemary	07 4667 3117	0400 880 302
NEW FARM	Eccleston	Maree	07 3254 3834	0407 772 091
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	
NORTH CAIRNS	Friesen	Judith		0402 857 799
PADDINGTON	Blackshaw	Susan	07 3876 2100	0418 716 027
PARKINSON	Emans	Karen		0408 748 532
PETRIE	Fedrick	Renee		0406 200 764
PLAINLAND	Meldrum	Fiona		0408 181 265
REDCLIFFE	Haug	Sharon	07 3889 3588	
REDLAND BAY	McKenzie	Julia	07 3829 1155	
SAMFORD	Wilks	Glenda	07 3289 0069	0428 112 455
SCARBOROUGH	Harman	Marilyn	07 3880 0739	
SOUTHPORT	Magee	Judith	07 5571 0001	0414 370 259
SPRINGFIELD LAKES	Dunne	Monica		0416 978 191
SPRINGWOOD	Johnston	Karen	07 3808 6633	
STAFFORD	Madden	Gregory	07 3356 3699	0407 121 588
STRETTON	Paliwal	Rukmani	07 3273 3055	0423 716 926
TARINGA	Nicolau	Barbara		0402 040 248
THE GAP	Watson	Gwendoline	07 3300 6569	0418 191 086
TOOWOOMBA	Blackwood	Roslyn	07 4634 8143	0438 267 724
TOOWOOMBA	Extermest	Vera	07 4636 4075	
TOOWOOMBA	Mitchell	Maryanne	07 4613 1822	0417 626 552
TOOWOOMBA	Stanford	Donnelly		07 4638 4252
VALDORA	Emans	Karen		0408 748 532
WARWICK	Moulden	Rosemary	07 4667 3117	0400 880 302
WATERFORD WEST	Jessop	Coralie	07 3299 7378	0403 027 923
WEST END	Provan	Fiona	07 3844 1911	0418 184 702
WEST WATERFORD	Jessop	Coralie	07 3299 7378	0403 027 923
WOOLLOOWIN	Lindsay	Jane	07 3357 4990	0407 750 363
WYNNUM	Rideout Belletty	Andrea		0410 678 971
YEPPON	Lorroway	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
BELLEVUE HEIGHTS	Lathlean	Jane		0417 803 016
CLAPHAM	Noble	Valerie	08 8277 2430	0428 857 668
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
HEATHMONT	Thurling	Bronwyn		
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	08 8739 9250	0433 283 682
NORTHGATE	Kumar	Rajesh	08 8266 4634	0412 943 376
PARKSIDE	Marks	Bronwyn	08 7120 2810	
PLYMPTON	Patel	Anjali		0430 054 475
PORT LINCOLN	Armitage	Louise	08 8683 4344	
PROSPECT	Carr	Patricia	08 8344 9154	
SOMERTON PARK	Bourne	Andrea	08 8376 9997	
SOUTH WOODVILLE	King	Kenneth	08 8270 6625	0401 866 037
WEST LAKES	Chapman	Jill	08 8353 3777	
WOODSIDE	Stuart-Macadam	Patricia	08 8389 9405	
WOODVILLE SOUTH	King	Kenneth	08 8270 6625	0401 866 037

A motorbike exhaust burn

Seth is a 19-year-old who presented to clinic with an extensive burn to his inner right thigh. He had been riding his motorbike in the bush, wearing shorts, when the accident happened; the uneven ground caused the bike to slide out from under him and Seth landed with his right leg across the exhaust pipe. Unfortunately it was party season, and he was not going to let a measly burn stand in his way of a good time! A few days later, however, his body forced him to take heed since the wound was not healing well. He went to the GP and sought advice. He was informed that the burn varied from first- to third-degree, had tracking inflammation to the surrounding tissue with pitting oedema and signs of cellulitis. A line was drawn with marker pen around the entirety of the inflammation to assess for worsening.

Having had excellent results with homœopathy previously for acute sinusitis and a chest infection, Seth was keen to pursue homœopathy for the burn. His specific symptoms included: bruising and swelling, leg pain and stiffness — “I can’t straighten my leg out properly” — with pain worse on starting to walk but better once walking. He felt run down and tired. The burn itself was sloughy in places, with surrounding tissue bright red, hot and swollen.

Treatment included a single homœopathic medicine three times a day to ease the pain, bruising, swelling and stiffness, and to support his immune system to fight the infection. Topical wound care was performed daily, using a herbal tincture to clean the wound and standard hospital dressings. Education included strong advice to rest and to elevate his leg as much as possible to allow his body to recuperate fully. Seth was also told that if the inflammation did not rapidly improve, then he would be referred back to his GP.

Within 24 hours, the redness around the burn was much less, by 48 hours it was completely gone and the pain and stiffness was much better. By day five, Seth was able to shower as normal and no longer needed additional dressings.

What was Seth’s lesson? “Next time I’m going to wear protective clothing!”

MICHELLE HOOKHAM, AHA Professional Member, Bella Vista, NSW



Relief from gout

A few weeks ago an acquaintance said she needed my help. She was worried about her friend, Jimmy, who had unbearable pain from a gouty foot. “I’ve never seen him so hopeless ... the pain is really wearing him down. He’s tried everything but nothing seems to be working. Can you help?”

Gout is a form of arthritis or joint inflammation caused by an accumulation of uric acid crystal in the spaces or connective tissue of the joint. Gout is more commonly seen in men than women and usually develops in middle age. It is an intensely painful condition. Classic symptoms include excruciating and sudden pain with swelling, redness, warmth and stiffness of the joint. Chronic gouty arthritis can lead to enduring pain, kidney stones and a disabling restriction of mobility.

Jimmy’s experience of gout was typically unpleasant. It had started six weeks prior, after a fall in the garden. Not long after, his left big toe began to become inflamed and swollen. Eventually, his whole foot was puffy, red and hot to the touch. Jimmy reported the pain to be “like a burning sensation”. “If I knock it it’s excruciating,” he said. “If I do any work I really pay for it the next day. The only way to cope is to keep it elevated!”

After a week, Jimmy called me to give me an update. “I’m feeling much better! It began to improve the day I started the medicine and it has kept getting better since. It’s no longer red or swollen, there’s a bit of an ache but nothing like it was. Did I tell you, I could hardly walk last week? I just felt like a cripple. I’m so grateful for the relief.”

LEE FORMICA, AHA Professional Member, Allambie/Bellingen, NSW

What is prostatitis?

Prostatitis is an inflammation of the prostate. Given that the majority of acute cases are caused by bacterial infections, or urinary tract infections (UTIs), it is frequently treated in the conventional medical health system with antibiotics. Patients with a UTI will experience increased urinary frequency and urgency and pain in the pelvis and genital area. They often have fever, chills, nausea and potentially vomiting, all common symptoms of severe infection. The most common symptom men experience is burning when urinating. Chronic prostatitis — a long-term persistent experience of symptoms — can follow frequent attacks of acute prostatitis. It may be related to repeated urinary tract infections but in some cases it is not.

Prostatitis can be an inflammation with no sign, or history, of infection. Chronic non-bacterial prostatitis/chronic pelvic pain syndrome is the most common form of the disease, accounting for 90 per cent of the cases. Patients have no bacteria in their urine but may display all the signs of a UTI. We often assume that prostatitis is an old man’s health complaint but it can affect men of all ages. Homœopathy frequently can help men with this condition. Homœopaths will of course refer patients to their doctor to check for bacterial infections which need to be addressed with antibiotics. Furthermore, all patients must also have an examination to rule out prostate cancer.

From my experience of chronic non-bacterial prostatitis it can frequently be related to a history of repeated recreational drug and alcohol abuse. I strongly encourage men with this condition to consider homœopathic treatment.

LIZ LALOR, AHA Professional Member, Elsternwick, Vic

TAS	LAST NAME	FIRST NAME	LANDLINE	MOBILE
SUBURB				
GEORGE TOWN	McMahon	Brenda	03 6382 3717	
HOBART	Creedy	Melanie		0409 089 965
HOBART	Gustavsson	Erica	03 6278 2994	0401 240 781
HOBART NORTH	Baker	Angela		0466 323 662
MOUNTAIN RIVER	Creedy	Melanie		0409 089 965
NORTH HOBART	Baker	Angela		0466 323 662
ULVERSTONE	Mell	Cally		0408 781 460
ULVERSTONE	Webb	Helen	03 6425 1539	0447 642 515

VIC	LAST NAME	FIRST NAME	LANDLINE	MOBILE
SUBURB				
ABBOTSFORD	Mitsios	Peter	03 9419 4190	0409 858 956
AIRPORT WEST	Oberdunhofen	Erika		0403 495 782
BAYSWATER	Murfitt	Teri	03 9720 6234	
BENALLA	Eacott	Julie	03 5762 3867	
BURWOOD EAST	Teichtahl	Samantha		0401 250 480
CAPE SCHANCK	Boal	Susan	03 5988 5371	
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	Tyrrrell	Andrea		0458 158 013
CHEROKEE	Golden	Isaac	03 5427 0880	
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	
FERNY CREEK	MacFarlane	Anne	03 9895 0037	
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 WEST	Walti	Roger	03 5215 6214	0401 611 972
GISBORNE	Golden	Isaac	03 5427 0880	
GLEN WAVERLEY	Dhingra	Priya	03 9802 0949	0422 281 203
GLEN WAVERLEY	Glynn	Natalie		0430 149 678
GLEN WAVERLEY	Goel	Ranjana	03 9884 6585	0414 763 755
GLEN WAVERLEY	Howden	Ian		0423 223 782
GREENSBOROUGH	Brodie	Gabrielle		0416 739 211
GUILDFORD	Beilharz	Martina	03 5473 4404	0434 994 894
HAWTHORN	Kikos	Joan	03 9819 0230	
HEATHMONT	MacFarlane	Anne	03 9870 8470	
HEATHMONT	Teffaha	Nadine		0412 085 597
HEIDELBERG HEIGHTS	Kothuru	Raj	03 9077 5044	0425 761 826
HOPPERS CROSSING	Hoy	Leanne		0409 013 609
IVANHOE	Lovell	Shirley	03 5348 2426	0429 481 817
JINDIVICK	Greenland	Joanne	03 5628 5236	0419 567 389
KENSINGTON	Southcombe	Kay	03 9376 9286	0423 504 380
KENSINGTON	Valentini	Sarah		0408 542 762
LARA	Brebner	Helen	03 5282 6001	0411 222 832
LOWER TEMPLESTOWE	Douglas	Samara		0438 059 243
MALVERN	Gough	Margaret		0409 106 487
MALVERN	Nolan	Margaret	03 9576 3077	0412 078 563
MALVERN	Thompson	Robyn	03 9576 3077	0419 209 104
MAUDE	Brebner	Helen		0411 222 832
MELBOURNE	Bayer	Phillip	03 9770 5337	0421 490 722
MELBOURNE	Kothuru	Raj	03 9077 5044	0425 761 826
MIDDLE PARK	Shroff	Vanmala	03 9682 8866	0423 923 957
MILL PARK	Pillai	Pradeep	03 9436 5553	
MILLGROVE	Morgan	Brenda	03 5966 9883	0431 957 928
MITCHAM	Bullard	Catherine		0429 140 181
MITCHAM	Teichtahl	Samantha		0401 250 480
MORNINGTON	Jackson	Karen	03 5977 0117	0429 645 440
MOUNT WAVERLEY	Syamal	Rima		0400 626 340
MT ELIZA	Deitz	Julie	03 9787 9313	0414 810 180
MT MARTHA	Kopatsy	Diana	03 5988 3622	0407 815 785

VIC listings continued

NORTH FITZROY	Meier	Philippa	03 9482 5822	0434 109 830
NORTH CROYDON	Cooper	Deanna	03 9733 4300	0410 796 674
NORTHCOTE	Dwyer	Catherine		0432 936 547
NORTHCOTE	Teffaha	Nadine	03 9482 1888	0412 085 597
NORTHCOTE	Valentini	Sarah		0408 542 762
OAKLEIGH SOUTH	Nolan	Margaret		0412 078 563
PAKENHAM	Kaur	Kamaljeet		0415 961 168
PAKENHAM	Robinson	Jean	03 5940 1233	0418 546 115
PATTERSON LAKES	Tyrrell	Andrea		0458 158 013
POINT COOK	Dahiya	Mrinalini		0410 892 040
POINT COOK	Segal	Nina	03 9395 9362	0434 168 418
PRESTON	O'Bryan	Maureen		0450 353 395
RINGWOOD	Donald	Narelle	03 9870 4050	0414 878 357
ROWVILLE	Santamaria	Melanie		0488 899 466
RYE	Ahearne	G	03 5985 8385	
SANDRINGHAM	Lane	Cindy		0407 682 046
SOUTH CAULFIELD	Kahan	Vivienne		0414 613 130
SOUTH CAULFIELD	Shroff	Vanmala	03 9528 3994	0423 923 957
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
THORNBURY	Busko	Tony	03 9480 0906	0425 704 239
THORNBURY	Meier	Philippa		0434 109 830
TORQUAY	Robinson	Tanya	03 5264 7477	0425 852 255
WARRAGUL	Steele	Jessica		0407 323 307
WARRENWOOD	Oppermann	Grit	03 9876 5637	0419 315 913
WERRIBEE	Segal	Nina		0434 168 418
WEST GEELONG	Walti	Roger	03 5215 6214	0401 611 972
WYNDHAM VALE	Speirs	Anne		0412 907 776

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	
BENTLEY	Hari	Hament	08 9350 9898	0411 371 562
BIBRA LAKE	Fiocco	Anna	08 9418 7273	
BUNBURY	Kalbfell	Pauline	08 9725 2418	
BUSSELTON	Guy	Margaret	08 9754 2542	0407 984 000
BUSSELTON	Smoker	Shari Lee	08 9754 1537	0414 459 679
COCKBURN	Angel	Catherine		0423 636 583
CENTRAL				
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	
MT HAWTHORN	Alexander	Paul	08 9444 4190	
MT NASURA	Angel	Catherine	08 6226 9906	0423 636 583
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		0402 460 404

[Local practitioner details here](#)

Turning life around

Harold, aged 47, came to see me in 2006 with the following complaints: chronic insomnia (waking after 2am or 3am and unable to sleep), recurrent indigestion aggravated by salty and spicy foods (although he enjoyed them) and a recurrent upper respiratory infection characterised by an irritating dry cough. He also suffered from an abhorrence of making decisions, regarding both major (career) and minor (grocery shopping) things. He worked in real estate but was immensely dissatisfied and didn't know what he most wanted to do. Being single (never married and having no children), he lived alone. He had a craving for coffee (consuming 15-20 cups per day).

The first prescription was to be taken morning and evening. I didn't venture to offer any other advice at this stage, having found that most men only make lifestyle changes very slowly.

He returned to see me three weeks later. He had developed an aversion to coffee ("I can only drink two or three cups per day now"); his sleep had improved (he had woken after 2am only twice) and he no longer experienced cough or cold symptoms. Most importantly, for him, he had made a significant decision regarding a career change.

Having begun to develop a confidence in our therapeutic relationship, Harold is still a regular patient and pleased with the improvements in his health with the aid of homœopathy.

DAVID LEVY, AHA Professional Member, Five Dock, NSW

Individualised treatment is our speciality

With homœopaths, you are an individual, not a number or a disease. This is not just a platitude or a feel-good statement. It is the way homœopathy works. Homœopathy views many symptoms in order to treat the underlying causes of ill-health, taking into account not only the condition itself but the whole person. This includes your lifestyle, medical history, likes and dislikes and mental and emotional aspects as well. It is often the small idiosyncrasies that are "the real you" that help the homœopath to select the medicine that best fits your needs.

You may have noticed that no specific medicines have been mentioned in this lift-out. This omission has been deliberate, because we do not wish to give the impression that there is a "one medicine fits all" approach with homœopathy. If you have a skin condition or a stomach complaint, the homœopathic medicine that has been given to someone else who seems to have the same complaint will not necessarily work for you, too. This is because their condition, although it sounds the same, is unique to them and their makeup. Your specific condition is a result of your own physical, mental and emotional nature. This is also why homœopathic consultations generally take longer than those you are probably used to with other types of practitioners. Homœopathy is a complementary modality and if symptoms persist you should contact your health provider.

BARBARA ARMSTRONG, former AHA national administrator, Hastings, Vic