Dear Readers,

Life can be stressful. Moving house, divorcing (or marrying!), the death of a loved one, a global financial crisis, natural disasters or even just getting the kids to school on time are all crises that affect us at one time or another.

While most of the time we are able to bounce back without lasting negative effects, we all know someone who traces changes in their health back to stressful triggers like these.

Increasingly, scientists are discovering strong links between states of stress and disease. There are many diseases that may even be considered to have a causative link to stress in some individuals. Shingles, skin eruptions, elevated blood pressure, headaches, muscle pain, anxiety and even some dental problems may potentially make a therapist suspicious of increased stress and its negative effect on the body.

This works in the reverse direction also: a major cause of stress for many individuals is the constant grind of poor health. As people look for tools to assist them to navigate the challenges of life, there is an increasing demand and awareness of methods that recognise the intrinsic link between the mind and the 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 these underlying causes of unwellness, many people report increased feelings of vitality, reduced symptoms and an improved ability to cope and resist the stresses that occur in their life.

Homoeopathic treatment is based on the premise that our minds and bodies are fundamentally linked and disease in one is often reflected by disease in the other. A professional homoeopathic consultation involves the practitioner working with the client to understand their specific symptoms and disease triggers, then prescribing small doses of naturally occurring substances uniquely tailored to assist the body to trigger its own natural healing mechanisms.

Homoeopathy is the second most-used therapy in the world with, according to World Health Organization estimates, around 550 million users. It can be used at any stage of life, in children through to the elderly, and is a uniquely sustainable form of healthcare.

This lift-out contains examples of Australians who have found improved health with the assistance of homoeopathic 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 homoeopath is someone who could assist you to find your own increased health and vitality.

Greg Cope
GREG COPE, National President, AHA

All you wanted to know

Homoeopathy 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?

Homoeopathy 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 homoeopathy 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. It is recognised by the World Health Organization as a valid form of healthcare.

In Britain, for example, there are five homoeopathic hospitals available under the National Health Service (NHS), including the London Homoeopathic Hospital, which the Royal Family has used since Queen Victoria’s time in 1830.

Homoeopathy is widely accepted across Europe. In France, the most popular cold and flu medicine is a homoeopathic medicine. In India, more than 10,000 doctors use homoeopathic medicines to treat their patients.

How does it work?

The word “homœopathy” (also known as homeopathy) is derived from the Greek words homios, meaning “similar”, and pathos or “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. These medicines 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 can 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 as part of a treatment plan.

Tell your practitioner about your 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
It is important to note that 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.

Homœopathy proved an excellent choice for a traveller suffering emotional trauma.

My client witnessed an explosion in a marketplace while overseas three months earlier. She was physically unharmed but saw the horrific aftermath: dead bodies and people with terrible injuries, including burns and loss of limb.

She recalled walking through blood, feeling shocked and shaken. Later that day she began to shake and, even later, “went numb” and began to “intellectualise it”. She noticed she now talked about it coldly.

Since then her sleep hadn’t been the same; she relived the scenes and dreams of the explosion. In the mornings she couldn’t wake up and felt flat and depressed. She had a feeling of having two personalities: “I pretend I’m OK, but inside I don’t feel like me. I’m not OK. I feel broken in half by what I’ve seen and been through.”

Other symptoms were obsessive cleaning and compulsive biting of her nails till they hurt; fear of being alone; sensitivity to light; anxiety from noise; a need to scream and lash out; and private crying. The client’s doctor diagnosed “reactory depression”.

In the initial analysis we found that the client’s shocked state that began three months prior had not been fully processed, leaving the emotional trauma that sat beneath the shock unhealed and allowing it to worsen into reactionary depression. The first homœopathic script needed to address this “shock” layer as this was a clear cause of the depression that had ensued. Homœopathic medicines well known for treating shock were prescribed.

At two weeks follow-up the client reported she had begun to respond within 40 minutes of the first dose. She had felt “woozy” in the head and had needed to rest all day, her thoughts had been busy and she had felt annoyed. One night she had had a sensation as if something was pressing hard on her chest during her sleep and she awoke with a bellowing moan that came from deep, deep within. “It was as if the weight was a block of pain that my chest had wrapped around the explosion, which came up and out,” she said.

Within days of this reaction she had begun to notice that she felt “light, happy and bouncy ... normal”. She had lots of productive energy; she had stopped biting her nails; the light and noise sensitivity had abated. She noticed that she was speaking about the explosion without distance: “It’s like I’m not dragging a ball and chain around any more.”

The client continued with homœopathic treatment and continued to improve after the shock layer had been addressed.

Susan Blackshaw, AHA Professional Member, Paddington, Qld
Post-traumatic anxiety and panic

How homeopathy helped to alleviate one woman’s panic attacks and nightmares.

Considered a variant of anxiety disorder, post-traumatic stress disorder (PTSD) occurs after an individual experiences or witnesses a life-threatening natural or man-made disaster such as an earthquake, a tsunami or the violence of war. Other causative events may be major vehicle accidents or or estranged. These symptoms can be severe enough and last long enough to significantly impair the person’s daily life.

Those who suffer from PTSD often relive the experience through nightmares and flashbacks, have difficulty sleeping and feel detached or estranged. These symptoms can be severe enough and last long enough to significantly impair the person’s daily life.

Yvonne developed similar symptoms of anxiety and panic after she recently witnessed a serious assault. That night she felt sick, was vomiting, and suffered from recurrent diarrhoea. She had a strong feeling of being dirty and unclean. She recalls with painful clarity the details of the injuries she had witnessed which still haunted her: “I just can’t get that picture out of my head.”

In addition to having recurring nightmares in the weeks following the event, Yvonne began to wake in the mornings in a complete state of panic, sweating, shaking and unable to breathe. Sometimes this feeling of panic could last for an hour or two; sometimes it would persist for the whole day. On a bad day she also felt nauseous and suffered from recurrent diarrhoea.

A homeopathic medicine was prescribed, largely based on Yvonne’s unique experience of the event but also taking into account the set of physical signs and symptoms and her strong emotional response. This kind of analysis is sometimes called “symptom matching”: matching the distinctive symptoms of the patient to the equally distinctive symptoms of the homeopathic medicine.

At four weeks follow-up Yvonne said, “I haven’t had a nightmare for three weeks now. The anxiety hasn’t been as bad. I did have a bit of a panic attack last week on Monday morning but it wasn’t a bad one. Now actually everything has settled down well.”

At one year follow-up there was no return of panic attacks or nightmares.

LEE FORMICA, AHA Professional Member, Allenby and Enmore, NSW

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### Homeopathy to the rescue

**Make homœopathic treatments part of your first-aid box.**

Every mother’s nightmare is hearing the recognisable scream of her child after he or she falls off the equipment at the playground. Your heart seems to stop a beat as you scream of her child after he or she falls off the equipment. Eventually your heart rate falls off and your child is okay, but your heart still racing like superwoman to their aid.

My clients’ home was broken into while the family was asleep. For a moment it was like an insecure place for weeks afterward and the memory of the incident will never be forgotten.

It makes no difference to the rescue that everybody had been able to find their balance again. Each family member felt calmer and better able to deal with the situation within hours of taking their homœopathic medicines. Treatment continued for a few weeks and the clients were happy to report that everybody had been able to find their balance again.

**LEAH ZENN, AHA Professional Member, Bondi Junction and St Ives, NSW**
event as our first port of call for sprains, strains, fractures, wounds and other injuries.

We have experienced first hand the benefits of homeopathic remedies in first-aid situations. Studies also highlight the usefulness of the medicine we used for my son for the initial treatment of trauma, bumps and bruises, and even for assisting with muscle recovery in marathon runners.

LESLIE GREIG, AHA Professional Member, Balgowlah Heights, NSW

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**All about Thomas**

**How homœopathic medicines helped to calm an excitable toddler.**

This is the case of Thomas, a toddler whose nine months of foetal life were exceptionally traumatic.

Thomas was a very excitable little boy, smiling, laughing and crying every one-and-a-half to two hours.

During her pregnancy, Thomas’s mother had debilitating morning sickness, vomiting up to 20 times a day for eight of the nine months. She lost 10 kilos, was in and out of hospital with dehydration and would pass out from weakness. She could only lie in bed; going to the bathroom for a shower was the focus of her day. There was the sickness, vomiting up to 20 times a day for eight of the nine months. She lost 10 kilos, was in and out of hospital with dehydration and would pass out from weakness. She could only lie in bed; going to the bathroom for a shower was the focus of her day. There was the possibility the pregnancy may have to be terminated. She felt at the very end of her pregnancy, less excited, was talking or more and had begun to play with toys or sit with a book. Tantrums were of shorter duration and severity.

Tantrums had decreased in duration and severity. He was sleeping more and had begun to play with toys or sit with a book. Tantrums were of shorter duration and severity.

Thomas was a very excitable little boy, smiling, laughing and saying “Wow!” again and again. He had a liking of stimulation, screamed and became red in the face when he wanted something or more and had begun to play with toys or sit with a book. Tantrums were of shorter duration and severity.

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Simon’s story

Homœopathy helped a young boy deal with emotional distress, grief and fear.

Simon at age three was a sensitive, responsive and gentle child who had been excited about his visit to India to see his grandparents. This changed when he witnessed a traumaticising natural disaster.

During the holiday, a sudden flood submerged the entire city, causing widespread damage. Simon’s grandparents lost a lot of their business in the flood and the whole family was trapped on the second floor of their house for four days. The family shared their limited food and water with families in adjoining houses and Simon watched the food being thrown across rooftops.

Simon witnessed all the worry the family was going through: the fear of further damage, the scarcity of food and water, the anticipation of relief packages and the medical issues that would arise. He especially feared that his new-found friend in the neighbourhood might not have enough food or water. An elderly neighbour suffered a fatal heart attack and his wife was forced to consign his body to the flood waters with simple prayers. Simon thought that the man had fallen into the water and died. All in all, it was a very harrowing experience for a three-year-old.

As the floods subsided, Simon’s mother still felt very tense and concerned for her parents. She dimly remembers Simon constantly asking to go home from the holiday and asking if his grandparents could accompany them. Coming back home was sheer joy for this child and he was glad to be back with his father. Then Simon went to his toys and started talking to them. That night he had a nightmare. He had quite a few nightmares and he was always saying that there were creatures in “there”. He mentioned water only once.

As the floods subsided, Simon’s mother still felt very tense and concerned for her parents. She dimly remembers Simon constantly asking to go home from the holiday and asking if his grandparents could accompany them. Coming back home was sheer joy for this child and he was glad to be back with his father. Then Simon went to his toys and started talking to them. That night he had a nightmare. He had quite a few nightmares and he was always saying that there were creatures in “there”. He mentioned water only once.

Simon was given a homœopathic medicine for emotional distress and grief to take once daily for five days but, when reviewed weeks later, he was having nightmares every night. He was given three doses of another homœopathic medicine that had not only addressed emotional distress and grief but also the fear of losing family members and/or friends. This was followed by two more homœopathic medicines over the following six days. Since then, his nightmares have ceased.

DIORPL NHIHALANI, AHA Professional Member, Aubin Grove, WA.
Between heaven and earth

Homœopathic medicines supported an infant’s recovery from meningitis.

In our privileged society we might almost casually accept that many tiny babies have survived both the rigours of an Intensive Care Unit experience and the illness that necessitated it. Danielle was not yet a month old when meningitis catapulted her into the invasive diagnostic procedures and multiple drug treatments needed to save her life. She was subjected to an induced coma while she was progressing normally through her developmental stages. Danielle continued receiving other complementary treatments during the first year following the illness and then gradually tapered off. Danielle was not yet a month old when an Intensive Care Unit experience and the illness that many tiny babies have survived both the rigours of.

Her parents called upon help from both heaven and earth. Assistance was provided by a number of different modalities, but the goals were the same: to mitigate the effects of shock; to address any latent aftermath of the illness; and to support the brain and organs as they eliminated any residue of the life-saving drugs.

Homœopathic medicines can help support these goals. The first medicines prescribed for Danielle were for shock and fear of being harmed. A medicine was also chosen that matched her previous medicines prescribed for Danielle were for shock and fear of being harmed. A medicine was also chosen that matched her previous medicines.

Some years have now passed and Danielle’s parents report a loving, vibrant, trusting, capable child. She is not the only child in her class to wear reading glasses and not the only child who has benefited from speech therapy. Not infrequently, brain trauma temporally disrupts the normal “brain-mapping” processes that continually occur in the baby’s rapidly growing brain. Speech and sound therapies can help the child correctly map and articulate the sound nuances needed for language and reading.

This story illustrates the resilience and wonderful healing capacity of a baby — especially when heaven and earth conspire to help.

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### Individualised treatment is our speciality

With **homeopathy**, 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 homeopathy works.

Homeopathy 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 homeopathy. 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