# Homoeopathy for Reproductive Health AHA

## ear Readers,

Reproductive health is an area of increasing concern for many people, and more and more Australians are seeking the holistic benefits of homoeopathic treatment. Pioneered by German physician Samuel Hahnemann, homoeopathy has become the second most widely used medical therapy in the world with an estimated 500 million users. Homoeopathy is one of the most frequently utilised complementary therapies in much of Europe, North America and India, and is becoming increasingly popular in Australia as its clinical success is reported in a wide range of areas. Australian practitioners find reproductive health issues among the most frequent reasons for both men and women to seek their assistance.

Homoopaths have observed over 200 years of successful treatment of conditions such as menstrual disorders, infertility, menopausal symptoms, pregnancy-related problems and male reproductive health issues. This long success has fuelled a substantial increase in research into this promising area using modern scientific methods. A number of recent studies have affirmed the benefits of homoeopathic treatment in these areas.

Research has demonstrated the effectiveness of homoeopathy in relieving premenstrual symptoms with 90 per cent of women reporting significant improvements. Menopausal complaints, including hot flushes, fatigue, sleep disturbances, headaches and mood, may be improved, and trials have demonstrated success in menopausal women, young women in premature menopause due to cancer therapy, and those who have previously tried hormone replacement therapy without satisfaction.

Infertility has also been a focus area of interest with success rates of 60 per cent reported in assisting couples to conceive, and with Australian work demonstrating up to 85 per cent successful outcomes within four cycles. Homœopathy has demonstrated positive results in the treatment of endometriosis, polycystic ovarian syndrome and low sperm quality and numbers. The benefit of homoeopathic therapy in these areas has increased the demand for this therapy by those seeking assistance in reproductive health.

Homœopathic consultations involve an extensive consultation process in order to create a personalised treatment plan designed to meet the needs of each individual and their health concerns. If seeking homoeopathic assistance, choose a practitioner registered with the Australian Register of Homoeopaths (AROH). All Australian Homœopathic Association Professional Members are AROH registered practitioners and meet high levels of education and professional practice standards.

Greg Cope, National President, AHA

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### **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 homeopathy

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 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. 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 homoopathic medicine, and in India more than 10,000 doctors use homoopathic medicines to treat their patients. 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. Homoeopathic 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 quidelines 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, homoeopathic 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. Homeopathy 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 homoeopathic 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 doctor or homeopath about your medications

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

If you want to use homoeopathic 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 homeopathy

It is important to note that naturopaths are not homoeopaths. Naturopathic training does not meet the government's education standards for homoeopathy, although some naturopaths may have undertaken additional studies to meet these requirements. If a person dispenses homoeopathic medicines it does not necessarily mean they are a fully qualified and registered homoeopath.

By Peter Torokfalvy

BSc, GradDipDP, DipHom, AROH Regd, MAHA



## **BIRTHING THE BABY WAS THE EASY PART**

When things are not straightforward in the days and weeks following a birth, the new mother can sometimes have the feeling that the birth was the easy part! The most common problems encountered by the mother in the early days include being uncomfortable due to bruising and stitches, engorgement and cracked nipples. Mastitis can occur at any time and this can often be complicated by thrush in the ducts, or white spot (a situation whereby milk builds up as a result of nipple occlusion due to blockage of the nipple pore).

For the baby, simple colic, thrush, oesophageal reflux and lactose intolerance are the most common problems. All these can be managed by careful homoeopathic prescribing that takes into account the totality of symptoms. However, the newly delivered mother can assist the situation by close attention to a good diet. Many don't quite appreciate that the mother is still growing the baby even after birth; no longer is the infant reliant on good nutrition being delivered via the placenta but thrives well on mother's milk.

Homopothy for REPRODUCTIVE HEALTH April 28 - May 4, 2012

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It is more metabolically demanding to lactate than it is to be pregnant, so the mother needs to ensure adequate protein (covering the palm of the hand five times a day) along with a variety of fats from all sources and include plenty of complex carbohydrates in the form of vegetables and grains. It's best to avoid all sugars (and this includes fruit) in the early weeks as a high sugar intake causes the lactose (sugar) levels to rise in the milk and this can lead to all the problems that baby may encounter with respect to poor digestion.

Keeping it simple (boring) and nutritious with an emphasis on zinc-rich foods (includes all seafoods, nuts, seeds and grains) does much to ensure smooth sailing in the early weeks. Zinc promotes wound healing and is a co-factor in the production of the enzyme that breaks down lactose in the baby's intestine. Hair loss, stretch marks, poor appetite, white spots on the nails and wind (burping and flatus) are good indicators that maternal zinc status is low. New mothers should try to include seafood in all its forms in the diet daily and consider taking a zinc supplement as well. Patricia Hatherly, Breastfeeding Consultant, AHA Professional Member, Kenmore Hills, Old



## **EASING MENSTRUAL PAIN**

### Dealing with monthly pain, whether as a teen or adult, can be made easier with homœopathy.

Knowing how best to support our own needs or those of our daughters when menstrual pains are severe can be confusing for healthconscious women. While painkillers and the oral contraceptive pill are easily available and may provide relief, many women are concerned about the excessive use of chemicals and, even more importantly, the interruption of the natural cycle of creative hormonal cascades.

The pattern of menstrual pain and accompanying symptoms varies from one individual to another. For example, one person may feel a terrible dragging type of pain and an accompanying increased thirst, whereas another may feel dull pain going around to her lower back and down her legs, accompanied by loose bowels and a chilly sensation.

Once a homoeopath has noted all the individual manifestations of pain, the pattern of the cycle and other aspects of the whole person, a medicine that has jurisdiction over that particular person's symptoms and the underlying causes can then be prescribed. With such a comprehensive picture of the person's history and characteristics, a homograph is then also able to select the most appropriate medicine to manage acute pain on days when extra help is needed.

## DDACTITIONIED LISTINICS

		K LIS		3
ACT	Last same	Elect cons	Landlina	Makila
Suburb AINSLIE	Last name Doherty	First name Jean	<b>Landline</b> 02 6257 5430	Mobile 0427 303 333
BANKS	Hicks	Sylvia	02 0237 3430	0427 303 333
CURTIN	Lee	Lesley	02 6282 4030	
GRIFFITH	Dendrinos	Gerry	02 6295 6939	0401 300 948
NSW				
Suburb ACACIA GARDENS	Last name Kalia	First name Sarita	Landline	Mobile 0414 860 517
ALLAMBIE	Formica	Lee	02 9938 1090	0414 800 517
ANNANDALE	Coelho	Rose	02 9810 4628	
ANNANDALE	Cunneen	Lynette		0403 061 991
ANNANDALE	Natoli	Antonietta	02 9566 1222	0401 416 560
ARCADIA AVALON	Biddle Bedggood	Patricia Penny	02 9653 1231	0424 178 185
AVALON	Robertson	Martine	029 918 8013	0404 237 087
AVALON	Wakefield	Elizabeth		0432 536 625
AVALON BEACH	Harrison	Jacqui		0415 159 319
BALGOWLAH BALGOWLAH HEIGHTS	Rayfield	Deborah Lesley	02 9907 6108	0431 168 926 0421 618 615
BALGOWNIE	Absalom	Sally	02 4285 7140	0421 018 013
BALLINA	Brierley	Michelle	02 6686 8252	
BALMAIN	D'Aran	Kenneth	02 9818 1086	0407 181 086
BANGALOW	Mackenzie	Fiona	02 6687 2207	
Barraba Bathurst	Turland Faulkner	Jill Jane	02 6782 1085	0413 086 071 0407 070 547
BAULKHAM HILLS	Mathias	Divya	02 8678 0444	0432 550 082
BEGA	Goddard	Sunny	02 6492 4543	0421 002 717
BEGA	McLean	Mary	02 6492 2222	
BELLAVISTA	Sierra	James	02 8883 2558	0409 661 673
BELLEVUE HILL BELLINGEN	Weinstock Thornton	Vivienne Phillip	02 9363 2788 02 6655 0429	0414 846 618 0411 221 421
BELMONT	Reynolds	Nicola	02 4945 1800	0424 456 115
BELROSE	Sharpe	Janine		0412 076 221
BEROWRA	Hamid	Lindy	02 9456 0488	
BERRIMA	Mell	Cally	02 4877 1474	0408 781 460
BEXLEY NORTH BLAXLAND EAST	Leontsini Mitchell	Helen Eleni Ronald	02 4739 1920	0412 772 397
BOMADERRY	Webb	Christopher	02 4421 8087	0411 342 273
BONDI	Turner	Virginia .		0411 201 158
BONDI	Zinn	Leah		0407 705 820
Bondi Beach Bondi Beach	Daniels Weinstock	Ingrid Vivienne	02 9363 2788	0402 705 478 0414 846 618
BONDI JUNCTION	Burn	Karen	02 9303 2766	0414 840 618
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 BONDI JUNCTION	Weinstock Wilson	Vivienne Leanne	02 9363 2788	0414 846 618 0402 313 104
BONDI JUNCTION	Zinn	Leah		0407 705 820
BOWRAL	Cleary	Michael	02 4861 2900	
BROOKVALE	Barron	Penelope	02 9905 9415	0400 473 669
BROOKVALE BROOKVALE	Bedggood Ellison	Penny Lorraine	02 9905 9415 02 9905 9415	0424 178 185
BROOKVALE	English	Bernadette	02 9905 9415	0467 606 000
BROOKVALE	Greig	Lesley	02 3303 3 .23	0421 618 615
BROOKVALE	Hallinan	Louise	02 9905 7514	
BROOKVALE	Harrison	Jacqui	02 9905 9415	0415 159 319
BROOKVALE BROOKVALE	Jordan Powell	Linlee Kim	02 9905 9415 02 9905 9415	
BROOKVALE	Shah	Vaishali	02 9905 9415	0410 379 407
BYRON BAY	Brierley	Michelle	02 6680 7464	0431 247 741
AMDEN	Vine	Lorraine	02 4655 6202	
CAMMERAY CARLTON	Smyth Strudwick Thomas	Judy	02 9959 3019	0408 960 810 0426 957 704
ASTLE HILL	Hookham	Michelle	02 8850 7822	
CASTLE HILL	Reynolds	Nicola	02 8850 7822	
CHATSWOOD	Davis	Natasha		0412 452 326
CHATSWOOD	Frederiksen	Neil	02 9415 2333	0419 415 233
Chatswood Cherrybrook	Jain Danwer	Anita Shonit	02 9419 3924 02 9484 8752	0421 436 404 0412 191 444
OFFS HARBOUR	Caporale	John	02 3404 0132	0437 499 513
CONDOBOLIN AREA	Pedersen	Carol		0409 152 040
COOGEE	Ciccia	Donna		0419 686 618
COOGEE COOMA	Kristo Oakley	Angela Alison	02 9398 3699	0405 677 630 0424 063 777
REMORNE	Bird	Neil		0424 003 777
REMORNE	Hartigan	Felicity		0404 470 736
CROMER	Singleton	Jane		0405 783 332
RONULLA	Campbell	Rhonda	02 9544 0477	0400 345 434
CRONULLA DIAMOND BEACH	Hosey Bentley	Leonie Mary	02 9544 5558 02 6559 3926	0414 807 201
DOUBLE BAY	Adkins	Sam	OL 0333 3320	0420 800 725
DOUBLE BAY	Gray	Alastair		0414 691 279
DOUBLE BAY	Sam	Punnoose	02 8013 8548	0405 126 409
DRUMMOYNE	Wright	Fiona	02 9819 7770	0417 405 941
ARLWOOD ASTWOOD	Christian Bhouraskar	Helen Shilpa	02 9559 3864 02 9874 4647	0418 285 285 0424 480 613
DGECLIFF	Gildart	Phillip	02 9328 1066	

#### **NSW listings continued**

NSW distings contain	ueu			
EDGECLIFF	Porwal	Mamta	02 9363 3181	0422 579 110
ELANORA HEIGHTS	Merriman	Frederique		0412 290 173
ENMORE	Formica	Lee		0403 922 531
EPPING	Cook	Kimberly	02 9011 5380	0408 612 392
EPPING	Perini	Victor	02 9868 3592	0487 813 244
EPPING	Reddy	Shashikala		0433 568 141
FAIRLIGHT	Farrelly	Jane	02 9949 1285	0420 830 793
FIVE DOCK	Caldwell	Kim	02 / 220 0077	0421 878 352
FIVE DOCK	Gamble	Jon David	02 4228 0977 02 9713 2633	0407 701 725
FIVE DOCK	Levy Reddy	Shashikala	02 9713 2033	0433 568 141
FORESTVILLE	Avedissian	Keith		0412 231 332
FORESTVILLE	Kulkarni	Mukund	02 9972 7647	0412 046 633
FORESTVILLE	Nicotra	Carmen	02 9402 0404	
FRENCHS FOREST	Paul	Lisa		0419 981 902
FRESHWATER	Bedggood	Penny		0424 178 185
GILGANDRA /	Pedersen	Carol		0409 152 040
COONAMBLE			02 0017 0027	
GLADESVILLE	Stratis	Poly Sukhvinder	02 9817 8837	0406 477 011
GLENDENNING	Birdi	Singh		0433 675 217
GORDON	Goodman	Nick	02 9418 1388	
GORDON	Newing	Jo	02 9499 2477	0408 256 860
GREENACRE	Patel	Nayana	0469 856 930	0430 714 487
GREENWICH	Walton	Elizabeth	02 9966 5359	0403 902 40
HARDYS BAY	Chaffer	Malcolm	02 4360 1383	
HARRIS PARK	Shah	Samiksha	02 9633 3805	0433 999 879
HARRIS PARK	Shah	Samiksha	02 9897 0680	
HOMEBUSH WEST	Billa	Ramya	02 9007 5225	0415 901 087
HORNSBY	Bernecka	Krystyna	02 9476 6366	0413 868 378
HORNSBY	Curtis Shah	Noel	02 9476 1336 02 9482 8113	04.22.000.070
HORNSBY HUNTER VALLEY	Bird	Samiksha Neil	02 9482 8113	0433 999 879 0432 638 700
HURSTVILLE SOUTH	Koutsoukis	Michael	02 9579 1118	0407 002 288
JINDABYNE	Keighley	Virginia	02 9379 1116	0407 002 286
KATOOMBA /		-		
UPPER BLUE MNTS	Martiensen	Peter		0408 485 40
KINGSFORD	Kelly	Joanna		0408 977 400
KOGARAH	Nodelman	Inna		0420 901 114
KURNELL	Araya	Olga	02 9668 8090	
KURRAJONG	Liberona	Rodolfo	02 4573 2719	0418 225 083
LEICHHARDT	Chope	Ruth	02 9011 6372	0425 205 327
LENNOX HEAD	Linden	Elestial		0414 814 531
LEONAY	Castellari	Lynne	02 4735 6891	0425 205 858
LEURA	Martiensen	Peter	02 4784 3498	0408 485 40
LIDCOMBE	Mahantan	Garima	02 8021 9438	0415 299 934
LINDFIELD	Fordham	Peter	02 9924 2232	0411 342 232
LINDFIELD	Manning	Ann	02 6688 2005	0413 010 050
LISMORE LITHGOW	Jones Gildart	Cecille Phillip	02 6352 1235	0410 343 355
LIVERPOOL	Nakad	Said	02 9821 3799	0410 343 333
MANLY	Endre	Gregory	02 9976 5685	0431 012 835
MILLINGANDI	Quaife	Suzanne	02 6494 3309	
MIRANDA	Sam	Punnoose	02 8013 8548	
MITTAGONG	Gamble	Jon	02 4872 1063	
MITTAGONG	Hermiston	Nyema	02 4872 1063	
MONA VALE	Ellison	Lorraine	02 9979 5732	
MONA VALE	McCarthy	Sherryn	02 9997 2121	0422 778 476
MONA VALE	Merriman	Frederique	02 9986 0700	
MONA VALE	Robertson	Martine	02 9997 2121	0404 237 087
MORTDALE	Connor	Terri	02 9580 9555	
MOSMAN MULLUMBIMBY	Bird Buhse	Neil Christina	02 6684 4607	0432 638 700
MURRURUNDI /SCONE	Pedersen	Carol	02 0064 4007	0409 152 040
MURWILLUMBAH	Magee	Judith	02 6679 5855	0414 370 259
NASHUA	Haynes	Suzanne	02 6629 1059	0111310233
NEUTRAL BAY	Bird	Neil		0432 638 700
NEUTRAL BAY	Manning	Ann		0413 010 050
NEWPORT	English	Bernadette	02 9940 2061	0467 606 00
NEWTOWN	Beaver	Linda	02 9516 5300	
NEWTOWN	Houseman	Miriam		0412 126 647
NEWTOWN	Plataniotis	Angy	02 9565 1156	
NORTH BONDI	Bohacikova	Jitka	02 9130 1071	0432 614 320
NORTH BONDI	Kristo	Angela	02 0020 5050	0405 677 630
NORTH CURL CURL NORTHERN BEACHES	Frederiksen Barron	Neil Penelope	02 9938 5959	0419 415 233 0400 473 669
OATLEY	Brickwood	Linda		0410 534 649
OATLEY	Burgess	Janet		0410 534 049
OATLEY	Connor	Terri		0414 774 469
OYSTER BAY	Shepherd	Cornelia		0411 219 779
PADDINGTON	Woods	Philip	02 9360 5339	0406 766 06
PARRAMATTA	Sam	Punnoose	02 8013 8548	0405 126 409
PARRAMATTA NORTH		Samiksha	02 9630 5677	0433 999 879
PICTON	Maitland	John	02 4677 0852	0422 980 017
PORT MACQUARIE	Sam	Punnoose	02 8013 8548	0405 126 409
POTTSVILLE	McGann	Michelle	02 6676 4574	
PYMBLE PYMBLE WEST	Kennedy	Vicki Nick	02 9403 3300 02 9988 3214	
PYMBLE WEST	Goodman Harris	Kathy	02 9988 3214	
PYRMONT	Shah	Vaishali	02 9518 7894	0410 379 407
RANDWICK	Rebuck	Natasha	- 2 JJ10 J117	0410 373 407

There may be a need to refer for further investigation, such as ultrasound or blood tests, but, particularly in the case of young women, menstrual pain is not commonly caused by underlying problems and often simply needs support as the young woman's body takes time to adapt to the fertile years.

athu Harris

AHA Professional Member, Pyrmont, NSW

### Case study

Tracey experienced such strong pains on the first day of her period that she had to miss school and spent the day lying on her bed in the foetal position with a hot water bottle on her belly. She described the pains as sharp, stabbing and knife-like just while the flow was heavy. She would often cry with the pain and even cried when telling her homœopath about it. She was prescribed two medicines, one to take in between periods and one to take as needed for the pain. She noticed a little improvement in the first month, even more in the second cycle and by the third she was not missing any school and had her "drops" on hand if needed. Ten years down the road, she has had two children and has not had any further pain during her menstrual cycle.

## **HORMONAL HAVOC**

## Hot flushes don't need to dominate the menopausal process.

Homoeopathy can present a good alternative for the treatment of menopausal symptoms. A study in Europe<sup>1</sup> of 489 patients who presented for the treatment of hot flushes showed a 90 per cent improvement in the number of hot flushes, as well as a significant corresponding improvement in quality of life.

The above study, which covered a six-month period, reported that 89 per cent of patients suffered from daily hot flushes at the start of the study and this had reduced to 39 per cent at completion. Of those still suffering hot flushes, the number of hot flushes experienced daily fell significantly. Initially, 54 per cent of women reported more than five hot flushes a day. This had fallen to 10 per cent at the conclusion of the study.

Which homœopathic medicine do you need to take to achieve this result? The study showed that 16 different medicines were used to treat the patients who reported a significant reduction in their menopausal symptoms. This highlights one of the most important features of homœopathy. A homœopathic medicine is prescribed for the individual and the symptoms they are experiencing, so no one homœopathic medicine will treat every woman with hot flushes.

What sort of symptoms can homoeopathic medicines treat? The most common menopausal symptoms include hot flushes, palpitations, redness and sweating, irritability and sleeplessness. Eight out of 10 women suffer from these symptoms and they are the most common reasons for considering hormone replacement therapy (HRT)

It is common to see that with homoeopathic treatment there can be a gradual improvement in some or all of a woman's symptoms. In this study 75 per cent of patients reported improvement in their menopausal symptoms within a month. Christine Pope,

AHA Professional Member, St. Ives, NSW

<sup>1</sup> Bordet MF, Colas A, Marijnen P, Masson JL, & Trichard M, Treating hot flushes in menopausal women with homeopathic treatment — Results of an observational study, *Homeopathy* (2008) 97, p10-15.



# PREPARING FOR PREGNANCY

## Homœopathy can help prepare a body for pregnancy after miscarriage.

Joy first visited in March, seven months after her miscarriage. She was very relieved that no abnormalities were found during the investigations that immediately followed her miscarriage. Joy said she had begun to lose faith in her body "performing properly" on its own. Her menstrual cycle since her miscarriage reflected this — it was irregular and lacked the usual healthy signs of ovulation. Joy felt very responsible about the way her body was "performing" and she noted that she also felt very responsible about many aspects of her life and her loved ones.

Joy had become pregnant two years after the cessation of the oral contraceptive pill (OCP). Most women show signs of healthy ovulation within a few months of stopping the OCP, but Joy's first ovulation was 12 months later. The delayed ovulation indicated that Joy might respond to the individualised homœopathic treatment prescribed for circumstances like this. A medicine was also prescribed to help address Joy's fears for the recovery of her healthy menstrual cycle.

Since her miscarriage, Joy had suffered from candida. Candida can create an unfavourable vaginal environment for sperm and Joy willingly followed a candida diet. Her husband reported a slight decrease in his sperm motility test. He was given appropriate supplements, including a herb, two mineral nutrients and an amino acid.

At the first follow-up consultation in April, Joy reported a 30-day cycle and no signs of candida, but other indications of improvement (such as libido and ovulation signs) were lacking. Most concerning was Joy's increasing anxiety. She felt almost as if something out of her control might rob her of her chance of having a child. She felt uncomfortably aware that she was in her late 30s. The program was continued, but this time the medicines were adjusted to address Joy's anxiety. Joy confirmed her pregnancy in May and all is going well. Liz Lalor

AHA Professional Member, Vic

#### NSW listings continue

REVESBY	Tannous	Betty		0425 263 042
ROCKDALE ROCKDALE	Natoli Sam	Antonietta Punnoose	02 8013 8548	0401 416 560 0405 126 409
ROSEBANK	Jones	Cecille	02 6688 2005	0403 120 409
ROSEVILLE CHASE	Royce	Florence	02 9417 7114	0417 480 556
ROZELLE	Dhuyvetter	Trees	02 9818 2495 02 8084 0081	0414 584 010
ST IVES ST IVES	McAfee Pope	Ann Christine	02 8084 0081	
ST LEONARDS	Greig	Lesley		0421 618 615
ST LEONARDS	Tumminello	Peter	02 9439 7273	
ST MARYS ST MARYS	Madhurakavi McDonald	Jaya Stephen	02 9673 3733 02 9673 3733	0430 322757 0417 283 951
STANMORE	Beaver	Linda	02 9516 5300	0417 283 931
SURRY HILLS	Cleary	Michael	02 9211 3811	
SURRY HILLS	Sierra	James		0409 661 673
SYDNEY SYDNEY	Avedissian D'Aran	Keith Kenneth	02 9247 8500	0412 231 332 0407 181 086
SYDNEY	Martiensen	Peter	02 3211 0300	0408 485 402
SYDNEY	Shah	Vaishali	02 9221 0030	0410 379 407
SYDNEY	Smith	Caroline	02 6560 2227	0410 376 882
TALARM TERREY HILLS	Foley Sutcliffe	Belinda Elizabeth	02 6568 3337 02 9986 2214	0418 678 694
THIRROUL	McGuire	Helen	02 4268 3399	0407 840 387
TOORMINA	Thornton	Phillip		0411 221 421
TUGGERAH	Sheffield	Frances	02 4304 0822	01 00 356 060
TURRAMURRA UKI	Newing Endre	Jo Crogory	02 6679 5799	0408 256 860 0431 012 835
UKI	Magee	Gregory Judith	02 6679 5855	0431 012 833
UKI	Malcolm	Trenna	02 6679 5826	0408 265 070
UPPER RIVERINA/	Pedersen	Carol		0409 152 040
WEETHALLE URALLA	Munns	Christina	02 6778 4787	0428 285 064
VAUCLUSE	Selby	Robyn	02 9337 4413	0413 017 502
WAHROONGA	Denne	Roger	02 9489 8865	
WALGETT AREA	Pedersen	Carol		0409 152 040
WARILLA WARRIEWOOD	McGuire Hardwick	Helen Margot	02 9999 2211	0407 840 387
WARRIEWOOD	Logan	Maryanne	OL 3333 LLII	0438 212 737
WAVERLEY	Houseman	Miriam		0412 126 647
WENTWORTHVILLE	Saxena	Kanchan	02 9636 6157	0431 818 552
WESTMEAD WILSONS CREEK	Madhurakavi Clark	Jaya Katharine	02 9891 4983	0430 322757 0419 190 439
WOLLONGONG	Gamble	Jon	02 4228 0977	0415 150 455
WOLLONGONG	Hermiston	Nyema	02 4228 0977	
WOODBINE (CAMPBELLTOWN)	Maitland	John	02 4625 0545	0422 980 017
WOOLGOOLGA	Hayward	Caroline	02 6654 1996	0403 626 700
1-10-01 1 0110-0				
WOOLLAHRA	Billa	Ramya		0415 901 087
WOOLLAHRA	Davis	Natasha	02.6646.0452	0415 901 087 0412 452 326
WOOLLAHRA YAMBA		-	02 6646 9452	
WOOLLAHRA	Davis	Natasha	02 6646 9452 Landline	
WOOLLAHRA YAMBA QLD Suburb ALBANY CREEK	Davis Hynson Last name Reichman	Natasha Ilma First name Petrina	<b>Landline</b> 07 3264 8397	0412 452 326
WOOLLAHRA YAMBA QLD Suburb ALBANY CREEK ALDERLEY	Davis Hynson Last name Reichman Gillen	Natasha Ilma First name Petrina Christine	Landline	0412 452 326 Mobile 0437 673 632
WOOLLAHRA YAMBA QLD Suburb ALBANY CREEK ALDERLEY ALEXANDRA HILLS	Davis Hynson  Last name Reichman Gillen Timm	Natasha Ilma First name Petrina Christine Gabriele	<b>Landline</b> 07 3264 8397	Mobile 0437 673 632 0434 153 480
WOOLLAHRA YAMBA QLD Suburb ALBANY CREEK ALDERLEY	Davis Hynson Last name Reichman Gillen	Natasha Ilma First name Petrina Christine	<b>Landline</b> 07 3264 8397 07 3356 0654	0412 452 326 Mobile 0437 673 632
WOOLLAHRA YAMBA QLD Suburb ALBANY CREEK ALDERLEY ALEXANDRA HILLS ATHERTON BALGAL BEACH BARDON	Davis Hynson  Last name Reichman Gillen Timm Beckert Moffat Lindsay	Natasha Ilma  First name Petrina Christine Gabriele Henny Andrea Jane	Landline 07 3264 8397 07 3356 0654 07 4097 2651 07 3368 1300	Mobile 0437 673 632 0434 153 480 0434 823 061
WOOLLAHRA YAMBA QLD Suburb ALBANY CREEK ALDERLEY ALEXANDRA HILLS ATHERTON BALGAL BEACH BARDON BARDON	Davis Hynson  Last name Reichman Gillen Timm Beckert Moffat Lindsay McIntosh	Natasha Ilma  First name Petrina Christine Gabriele Henny Andrea Jane John	Landline 07 3264 8397 07 3356 0654 07 4097 2651 07 3368 1300 07 3876 2446	Mobile 0437 673 632 0434 153 480 0434 823 061 0420 823 964
WOOLLAHRA YAMBA QLD Suburb ALBANY CREEK ALDERLEY ALEXANDRA HILLS ATHERTON BALGAL BEACH BARDON BARDON BEENLEIGH	Davis Hynson  Last name Reichman Gillen Timm Beckert Moffat Lindsay McIntosh Khan	Natasha Ilma  First name Petrina Christine Gabriele Henny Andrea Jane John Halimah	Landline 07 3264 8397 07 3356 0654 07 4097 2651 07 3368 1300	Mobile 0437 673 632 0434 153 480 0434 823 061 0420 823 964 0407 750 363
WOOLLAHRA YAMBA QLD Suburb ALBANY CREEK ALDERLEY ALEXANDRA HILLS ATHERTON BALGAL BEACH BARDON BARDON BEENLEIGH BELLBOWRIE BONOGIN nr	Davis Hynson  Last name Reichman Gillen Timm Beckert Moffat Lindsay McIntosh Khan Tulip	Natasha Ilma  First name Petrina Christine Gabriele Henny Andrea Jane John Halimah Jane	Landline 07 3264 8397 07 3356 0654 07 4097 2651 07 3368 1300 07 3876 2446 07 3807 7687	Mobile 0437 673 632 0434 153 480 0434 823 061 0420 823 964
WOOLLAHRA YAMBA QLD Suburb ALBANY CREEK ALDERLEY ALEXANDRA HILLS ATHERTON BALGAL BEACH BARDON BARDON BEENLEIGH BELBOWRIE BONOGIN nr MUDGEERABA	Davis Hynson  Last name Reichman Gillen Timm Beckert Moffat Lindsay McIntosh Khan Tulip Dobson	Natasha Ilma  First name Petrina Christine Gabriele Henny Andrea Jane John Halimah Jane Lynda	Landline 07 3264 8397 07 3356 0654 07 4097 2651 07 3368 1300 07 3876 2446	Mobile 0437 673 632 0434 153 480 0434 823 061 0420 823 964 0407 750 363 0412 001 601
WOOLLAHRA YAMBA QLD Suburb ALBANY CREEK ALDERLEY ALEXANDRA HILLS ATHERTON BALGAL BEACH BARDON BARDON BEENLEIGH BELLBOWRIE BONOGIN nr	Davis Hynson  Last name Reichman Gillen Timm Beckert Moffat Lindsay McIntosh Khan Tulip Dobson Lewis	Natasha Ilma  First name Petrina Christine Gabriele Henny Andrea Jane John Halimah Jane Lynda Denise	Landline 07 3264 8397 07 3356 0654 07 4097 2651 07 3368 1300 07 3876 2446 07 3807 7687	Mobile 0437 673 632 0434 153 480 0434 823 061 0420 823 964 0407 750 363
WOOLLAHRA YAMBA QLD SUBURD ALBANY CREEK ALDERLEY ALEXANDRA HILLS ATHERTON BALGAL BEACH BARDON BARDON BEENLEIGH BELLBOWRIE BONOGIN nr MUDGEERABA BOWEN BRACKEN RIDGE BUDERIM	Davis Hynson  Last name Reichman Gillen Timm Beckert Moffat Lindsay McIntosh Khan Tulip Dobson Lewis Liddell House	Natasha Ilma  First name Petrina Christine Gabriele Henny Andrea Jane John Halimah Jane Lynda Denise Evelin Glen	Landline 07 3264 8397 07 3356 0654 07 4097 2651 07 3368 1300 07 3876 2446 07 3807 7687 07 5530 7616 07 3261 5436 07 5456 1161	Mobile 0437 673 632 0434 153 480 0434 823 061 0420 823 964 0407 750 363 0412 001 601
WOOLLAHRA YAMBA QLD SUBURD ALBANY CREEK ALDERLEY ALEXANDRA HILLS ATHERTON BALGAL BEACH BARDON BARDON BEENLEIGH BELLBOWRIE BONOGIN nr MUDGEERABA BOWEN BRACKEN RIDGE BUDERIM BUDERIM	Davis Hynson  Last name Reichman Gillen Timm Beckert Moffat Lindsay McIntosh Khan Tulip Dobson Lewis Liddell House Penhaligon	Natasha Ilma  First name Petrina Christine Gabriele Henny Andrea Jane John Halimah Jane Lynda Denise Evelin Glen Mary	Landline 07 3264 8397 07 3356 0654 07 4097 2651 07 3368 1300 07 3876 2446 07 3807 7687 07 5530 7616 07 3261 5436 07 5456 1161 07 5476 5889	Mobile 0437 673 632 0434 153 480 0434 823 061 0420 823 964 0407 750 363 0412 001 601 0423 709 748
WOOLLAHRA YAMBA QLD SUBURB ALBANY CREEK ALDERLEY ALEXANDRA HILLS ATHERTON BALGAL BEACH BARDON BARDON BEENLEIGH BELL BOWRIE BONOGIN nr MUDGEERABA BOWEN BRACKEN RIDGE BUDERIM BUDERIM BURPENGARY	Davis Hynson  Last name Reichman Cillen Timm Beckert Moffat Lindsay McIntosh Khan Tulip Dobson Lewis Liddell House Penhaligon Koda	Natasha Ilma  First name Petrina Christine Gabriele Henny Andrea Jane John Halimah Jane Lynda Denise Evelin Glen Mary Anthony	Landline 07 3264 8397 07 3356 0654 07 4097 2651 07 3368 1300 07 3876 2446 07 3807 7687 07 5530 7616 07 3261 5436 07 5456 1161 07 5476 5889 07 3888 2894	Mobile 0437 673 632 0434 153 480 0434 823 061 0420 823 964 0407 750 363 0412 001 601
WOOLLAHRA YAMBA QLD SUBURD ALBANY CREEK ALDERLEY ALEXANDRA HILLS ATHERTON BALGAL BEACH BARDON BARDON BEENLEIGH BELLBOWRIE BONOGIN nr MUDGEERABA BOWEN BRACKEN RIDGE BUDERIM BUDERIM	Davis Hynson  Last name Reichman Gillen Timm Beckert Moffat Lindsay McIntosh Khan Tulip Dobson Lewis Liddell House Penhaligon	Natasha Ilma  First name Petrina Christine Gabriele Henny Andrea Jane John Halimah Jane Lynda Denise Evelin Glen Mary	Landline 07 3264 8397 07 3356 0654 07 4097 2651 07 3368 1300 07 3876 2446 07 3807 7687 07 5530 7616 07 3261 5436 07 5456 1161 07 5476 5889	Mobile 0437 673 632 0434 153 480 0434 823 061 0420 823 964 0407 750 363 0412 001 601 0423 709 748
WOOLLAHRA YAMBA QLD Suburb ALBANY CREEK ALDERLEY ALEXANDRA HILLS ATHERTON BALGAL BEACH BARDON BEENLEIGH BELLBOWRIE BONOGIN nr MUDGEERABA BOWEN BRACKEN RIDGE BUDERIM BUDERIM BUDERIM BUPENGARY CABOOLTURE CAIRNS NORTH CALAMVALE	Davis Hynson  Last name Reichman Gillen Timm Beckert Moffat Lindsay McIntosh Khan Tulip Dobson Lewis Liddell House Penhaligon Koda Younger Friesen Emans	Natasha Ilma  First name Petrina Christine Gabriele Henny Andrea Jane John Halimah Jane Lynda Denise Evelin Glen Mary Anthony Barbara Judith Karen	Landline 07 3264 8397 07 3356 0654 07 4097 2651 07 3368 1300 07 3876 2446 07 3807 7687 07 5530 7616 07 3261 5436 07 5456 1161 07 5476 5889 07 3888 2894 07 5498 9100 07 3272 1660	Mobile 0437 673 632 0434 153 480 0434 823 061 0420 823 964 0407 750 363 0412 001 601 0423 709 748
WOOLLAHRA YAMBA QLD SUBURD ALBANY CREEK ALDERLEY ALEXANDRA HILLS ATHERTON BALGAL BEACH BARDON BARDON BEENLEIGH BELLBOWRIE BONOGIN nr MUDGEERABA BOWEN BRACKEN RIDGE BUDERIM BUDERIM BURENGARY CABOOLTURE CAIRNS NORTH CALAMVALE CALOUNDRA	Davis Hynson  Last name Reichman Gillen Timm Beckert Moffat Lindsay McIntosh Khan Tulip Dobson Lewis Liddell House Penhaligon Koda Younger Friesen Emans McMahon	Natasha Ilma  First name Petrina Christine Gabriele Henny Andrea Jane John Halimah Jane Lynda Denise Evelin Glen Mary Anthony Barbara Judith Karen Penelope	Landline 07 3264 8397 07 3356 0654 07 4097 2651 07 3368 1300 07 3876 2446 07 3807 7687 07 5530 7616 07 3261 5436 07 5456 1161 07 5476 5889 07 3888 2894 07 5498 9100	Mobile 0437 673 632 0437 673 632 0434 153 480 0434 823 061 0420 823 964 0407 750 363 0412 001 601 0423 709 748 0417 706 286 0402 857 799 0408 748 532
WOOLLAHRA YAMBA QLD SUBURD ALBANY CREEK ALDERLEY ALEXANDRA HILLS ATHERTON BALGAL BEACH BARDON BARDON BEENLEIGH BELLBOWRIE BONOGIN nr MUDGEERABA BOWEN BRACKEN RIDGE BUDERIM BUDERIM BURENIM BU	Davis Hynson  Last name Reichman Gillen Timm Beckert Moffat Lindsay McIntosh Khan Tulip Dobson Lewis Liddell House Penhaligon Koda Younger Friesen Emans McMahon Lowe	Natasha Ilma  First name Petrina Christine Gabriele Henny Andrea Jane John Halimah Jane Lynda Denise Evelin Glen Mary Anthony Barbara Judith Karen Penelope Kylie	Landline 07 3264 8397 07 3356 0654 07 4097 2651 07 3368 1300 07 3876 2446 07 3807 7687 07 5530 7616 07 3261 5436 07 5456 1161 07 5476 5889 07 3888 2894 07 5498 9100 07 3272 1660 07 5491 6102	Mobile 0437 673 632 0434 153 480 0434 823 061 0420 823 964 0407 750 363 0412 001 601 0423 709 748 0417 706 286 0402 857 799
WOOLLAHRA YAMBA QLD SUBURD ALBANY CREEK ALDERLEY ALEXANDRA HILLS ATHERTON BALGAL BEACH BARDON BEENLEIGH BELLBOWRIE BONOGIN nr MUDGEERABA BOWEN BRACKEN RIDGE BUDERIM BUDERIM BUDERIM BURPENGARY CABOOLTURE CAIRNS NORTH CALAMVALE CALOUNDRA CAMP HILL CAPALABA	Davis Hynson  Last name Reichman Gillen Timm Beckert Moffat Lindsay McIntosh Khan Tulip Dobson Lewis Liddell House Penhaligon Koda Younger Friesen Emans McMahon Lowe Clark	Natasha Ilma  First name Petrina Christine Gabriele Henny Andrea Jane John Halimah Jane Lynda Denise Evelin Glen Mary Anthony Barbara Judith Karen Penelope Kylie James	Landline 07 3264 8397 07 3356 0654 07 4097 2651 07 3368 1300 07 3876 2446 07 3807 7687 07 5530 7616 07 3261 5436 07 5456 1161 07 5476 5889 07 3888 2894 07 5498 9100 07 3272 1660	Mobile 0437 673 632 0434 153 480 0434 823 061 0420 823 964 0407 750 363  0412 001 601 0423 709 748  0417 706 286 0402 857 799 0408 748 532 0431 436 939
WOOLLAHRA YAMBA QLD SUBURD ALBANY CREEK ALDERLEY ALEXANDRA HILLS ATHERTON BALGAL BEACH BARDON BARDON BEENLEIGH BELLBOWRIE BONOGIN nr MUDGEERABA BOWEN BRACKEN RIDGE BUDERIM BUDERIM BURENIM BU	Davis Hynson  Last name Reichman Gillen Timm Beckert Moffat Lindsay McIntosh Khan Tulip Dobson Lewis Liddell House Penhaligon Koda Younger Friesen Emans McMahon Lowe	Natasha Ilma  First name Petrina Christine Gabriele Henny Andrea Jane John Halimah Jane Lynda Denise Evelin Glen Mary Anthony Barbara Judith Karen Penelope Kylie	Landline 07 3264 8397 07 3356 0654 07 4097 2651 07 3368 1300 07 3876 2446 07 3807 7687 07 5530 7616 07 3261 5436 07 5456 1161 07 5476 5889 07 3888 2894 07 5498 9100 07 3272 1660 07 5491 6102	Mobile 0437 673 632 0437 673 632 0434 153 480 0434 823 061 0420 823 964 0407 750 363 0412 001 601 0423 709 748 0417 706 286 0402 857 799 0408 748 532
WOOLLAHRA YAMBA QLD Suburb ALBANY CREEK ALDERLEY ALEXANDRA HILLS ATHERTON BALGAL BEACH BARDON BEENLEIGH BELLBOWRIE BONOGIN nr MUDGEERABA BOWEN BRACKEN RIDGE BUDERIM BUDERIM BUDERIM BUDERIM BUPENGARY CABOOLTURE CAIRNS NORTH CALAMVALE CALOUNDRA CAMP HILL CAPALABA CARINDALE CHAPEL HILL CHERMSIDE WEST	Davis Hynson  Last name Reichman Gillen Timm Beckert Moffat Lindsay McIntosh Khan Tulip Dobson Lewis Liddell House Penhaligon Koda Younger Friesen Emans McMahon Lowe Clark Crook Eccleston Nicolaou	Natasha Ilma  First name Petrina Christine Gabriele Henny Andrea Jane John Halimah Jane Lynda Denise Evelin Glen Mary Anthony Barbara Judith Karen Penelope Kylie James Megan Maree Barbara	Landline 07 3264 8397 07 3356 0654 07 4097 2651 07 3368 1300 07 3876 2446 07 3807 7687 07 5530 7616 07 3261 5436 07 5456 1161 07 5476 5889 07 3888 2894 07 5498 9100 07 3272 1660 07 5491 6102	0412 452 326  Mobile 0437 673 632  0434 153 480 0434 823 061 0420 823 964 0407 750 363  0412 001 601  0423 709 748  0417 706 286  0402 857 799 0408 748 532  0431 436 939  0432 544 178 0407 772 091 0402 040 248
WOOLLAHRA YAMBA QLD Suburb ALBANY CREEK ALDERLEY ALEXANDRA HILLS ATHERTON BALGAL BEACH BARDON BEENLEIGH BELLBOWRIE BONOGIN nr MUDGEERABA BOWEN BRACKEN RIDGE BUDERIM BUDERIM BUDERIM BURPENGARY CABOOLTURE CAIRNS NORTH CALAMVALE CALOUNDRA CAMP HILL CAPALABA CARINDALE CHAPPEL HILL CHERMSIDE WEST COOKTOWN	Davis Hynson  Last name Reichman Gillen Timm Beckert Moffat Lindsay McIntosh Khan Tulip Dobson Lewis Liddell House Penhaligon Koda Younger Friesen Emans McMahon Lowe Clark Crook Eccleston Nicolaou Doherty	Natasha Ilma  First name Petrina Christine Gabriele Henny Andrea Jane John Halimah Jane Lynda Denise Evelin Glen Mary Anthony Barbara Judith Karen Penelope Kylie James Megan Maree Barbara Jean	Landline 07 3264 8397 07 3356 0654 07 4097 2651 07 3368 1300 07 3876 2446 07 3807 7687 07 5530 7616 07 3261 5436 07 5456 1161 07 5476 5889 07 3888 2894 07 5498 9100 07 3272 1660 07 5491 6102	Mobile 0437 673 632 0434 153 480 0434 823 061 0420 823 964 0407 750 363  0412 001 601 0423 709 748  0417 706 286 0402 857 799 0408 748 532 0431 436 939 0432 544 178 0407 772 091 0402 040 248 0427 303 333
WOOLLAHRA YAMBA QLD SUBURD ALBANY CREEK ALDERLEY ALEXANDRA HILLS ATHERTON BALGAL BEACH BARDON BARDON BEENLEIGH BELLBOWRIE BONOGIN nr MUDGEERABA BOWEN BRACKEN RIDGE BUDERIM BUDERIM BUDERIM BUDERIM BURENGARY CABOOLTURE CAIRNS NORTH CALAMVALE CALOUNDRA CAMP HILL CAPALABA CARINDALE CHAPEL HILL CHERMSIDE WEST COOKTOWN COOLANGATTA	Davis Hynson  Last name Reichman Gillen Timm Beckert Moffat Lindsay McIntosh Khan Tulip Dobson Lewis Liddell House Penhaligon Koda Younger Friesen Emans McMahon Lowe Clark Crook Eccleston Nicolaou Doherty Hoppen	Natasha Ilma  First name Petrina Christine Gabriele Henny Andrea Jane John Halimah Jane Lynda Denise Evelin Glen Mary Anthony Barbara Judith Karen Penelope Kylie James Megan Maree Barbara Jean Daniela	Landline 07 3264 8397 07 3356 0654 07 4097 2651 07 3368 1300 07 3876 2446 07 3807 7687 07 5530 7616 07 3261 5436 07 5456 1161 07 5476 5889 07 3888 2894 07 5498 9100 07 3272 1660 07 5491 6102	Mobile 0437 673 632 0434 153 480 0434 823 061 0420 823 964 0407 750 363  0412 001 601 0423 709 748  0417 706 286 0402 857 799 0408 748 532 0431 436 939 0432 544 178 0407 772 091 0402 040 248 0427 303 333 0425 120 240
WOOLLAHRA YAMBA QLD Suburb ALBANY CREEK ALDERLEY ALEXANDRA HILLS ATHERTON BALGAL BEACH BARDON BEENLEIGH BELLBOWRIE BONOGIN nr MUDGEERABA BOWEN BRACKEN RIDGE BUDERIM BUDERIM BUDERIM BURPENGARY CABOOLTURE CAIRNS NORTH CALAMVALE CALOUNDRA CAMP HILL CAPALABA CARINDALE CHAPPEL HILL CHERMSIDE WEST COOKTOWN	Davis Hynson  Last name Reichman Gillen Timm Beckert Moffat Lindsay McIntosh Khan Tulip Dobson Lewis Liddell House Penhaligon Koda Younger Friesen Emans McMahon Lowe Clark Crook Eccleston Nicolaou Doherty	Natasha Ilma  First name Petrina Christine Gabriele Henny Andrea Jane John Halimah Jane Lynda Denise Evelin Glen Mary Anthony Barbara Judith Karen Penelope Kylie James Megan Maree Barbara Jean	Landline 07 3264 8397 07 3356 0654 07 4097 2651 07 3368 1300 07 3876 2446 07 3807 7687 07 5530 7616 07 3261 5436 07 5456 1161 07 5476 5889 07 3888 2894 07 5498 9100 07 3272 1660 07 5491 6102	Mobile 0437 673 632 0434 153 480 0434 823 061 0420 823 964 0407 750 363  0412 001 601 0423 709 748  0417 706 286 0402 857 799 0408 748 532 0431 436 939 0432 544 178 0407 772 091 0402 040 248 0427 303 333
WOOLLAHRA YAMBA QLD Suburb ALBANY CREEK ALDERLEY ALEXANDRA HILLS ATHERTON BALGAL BEACH BARDON BEENLEIGH BELLBOWRIE BONOGIN IT MUDGEERABA BOWEN BRACKEN RIDGE BUDERIM BUDERIM BUDERIM BUDERIM BUDERIM BUDERIM BUDERIM CABOOLTURE CAIRNS NORTH CALAMVALE CALOUNDRA CAMP HILL CAPALABA CARINDALE CHAPEL HILL CHERMSIDE WEST COOKTOWN COOLANGATTA COOLUM BEACH COOMERA WATERS COORPAROO	Davis Hynson  Last name Reichman Gillen Timm Beckert Moffat Lindsay McIntosh Khan Tulip Dobson Lewis Liddell House Penhaligon Koda Younger Friesen Emans McMahon Lowe Clark Crook Eccleston Nicolaou Doherty Hoppen Emans Lar-Badea Ryan	Natasha Ilma  First name Petrina Christine Gabriele Henny Andrea Jane John Halimah Jane Lynda Denise Evelin Glen Mary Anthony Barbara Judith Karen Penelope Kylie James Megan Maree Barbara Jean Daniela Karen Mariana Dennis	Landline 07 3264 8397 07 3356 0654 07 4097 2651 07 3368 1300 07 3876 2446 07 3807 7687 07 5530 7616 07 3261 5436 07 5456 1161 07 5476 5889 07 3888 2894 07 5498 9100 07 3272 1660 07 5491 6102	0412 452 326  Mobile 0437 673 632  0434 153 480 0434 823 061 0420 823 964 0407 750 363  0412 001 601  0423 709 748  0417 706 286  0402 857 799 0408 748 532  0431 436 939  0432 544 178 0407 772 091 0402 040 248 0427 303 333 0425 120 240 0408 748 532 0411 711 500 0417 649 044
WOOLLAHRA YAMBA QLD Suburb ALBANY CREEK ALDERLEY ALEXANDRA HILLS ATHERTON BALGAL BEACH BARDON BEENLEIGH BELLBOWRIE BONOGIN nr MUDGEERABA BOWEN BRACKEN RIDGE BUDERIM BUDERIM BUDERIM BUDERIM BUDERIM CABOOLTURE CAIRNS NORTH CALAMVALE CALOUNDRA CAMP HILL CAPALABA CARINDALE CHAPEL HILL CHERMSIDE WEST COOKTOWN COOLANGATTA COOLUM BEACH COOMERA WATERS COORPAROO CURRUMBIN VALLEY	Davis Hynson  Last name Reichman Gillen Timm Beckert Moffat Lindsay McIntosh Khan Tulip Dobson Lewis Liddell House Penhaligon Koda Younger Friesen Emans McMahon Lowe Clark Crook Eccleston Nicolaou Doherty Hoppen Emans Lar-Badea Ryan Lyons	Natasha Ilma  First name Petrina Christine Gabriele Henny Andrea Jane John Halimah Jane Lynda Denise Evelin Glen Mary Anthony Barbara Judith Karen Penelope Kylie James Megan Maree Barbara Jean Daniela Karen Mariana Dennis Rodney	Landline 07 3264 8397 07 3356 0654 07 4097 2651 07 3368 1300 07 3876 2446 07 3807 7687 07 5530 7616 07 3261 5436 07 5456 1161 07 5476 5889 07 3888 2894 07 5498 9100 07 3272 1660 07 5491 6102 07 3245 6451	0412 452 326  Mobile 0437 673 632  0434 153 480 0434 823 061 0420 823 964 0407 750 363  0412 001 601  0423 709 748  0417 706 286  0402 857 799 0408 748 532  0431 436 939  0432 544 178 0407 772 091 0402 040 248 0427 303 333 0425 120 240 0408 748 532  0411 711 500 0417 649 044 0421 791 553
WOOLLAHRA YAMBA QLD Suburb ALBANY CREEK ALDERLEY ALEXANDRA HILLS ATHERTON BALGAL BEACH BARDON BEENLEIGH BELLBOWRIE BONOGIN nr MUDGEERABA BOWEN BRACKEN RIDGE BUDERIM BUDERIM BUDERIM BURPENGARY CABOOLTURE CAIRNS NORTH CALAMVALE CALOUNDRA CAMP HILL CAPALABA CARINDALE CHAPPEL HILL CHERMSIDE WEST COOKTOWN COOLANGATTA COOLUM BEACH COOMERA WATERS COORPAROO CURRUMBIN VALLEY DEAGON	Davis Hynson  Last name Reichman Gillen Timm Beckert Moffat Lindsay McIntosh Khan Tulip Dobson Lewis Liddell House Penhaligon Koda Younger Friesen Emans McMahon Lowe Clark Crook Eccleston Nicolaou Doherty Hoppen Emans Lar-Badea Ryan Lyons Smith	Natasha Ilma  First name Petrina Christine Gabriele Henny Andrea Jane John Halimah Jane Lynda Denise Evelin Glen Mary Anthony Barbara Judith Karen Penelope Kylie James Megan Maree Barbara Jean Daniela Karen Mariana Dennis Rodney Carolyn	Landline 07 3264 8397 07 3366 0654 07 4097 2651 07 3368 1300 07 3876 2446 07 3807 7687 07 5530 7616 07 3261 5436 07 5456 1161 07 5476 5889 07 3888 2894 07 5498 9100 07 3272 1660 07 5491 6102 07 3245 6451	Mobile 0437 673 632 0434 153 480 0434 823 061 0420 823 964 0407 750 363  0412 001 601 0423 709 748  0417 706 286 0402 857 799 0408 748 532 0431 436 939 0432 544 178 0407 772 091 0402 040 248 0427 303 333 0425 120 240 0408 748 532 0411 711 500 0417 649 044 0421 791 553 0414 421 675
WOOLLAHRA YAMBA QLD Suburb ALBANY CREEK ALDERLEY ALEXANDRA HILLS ATHERTON BALGAL BEACH BARDON BEENLEIGH BELLBOWRIE BONOGIN nr MUDGEERABA BOWEN BRACKEN RIDGE BUDERIM BUDERIM BUDERIM BUDERIM BUDERIM CABOOLTURE CAIRNS NORTH CALAMVALE CALOUNDRA CAMP HILL CAPALABA CARINDALE CHAPEL HILL CHERMSIDE WEST COOKTOWN COOLANGATTA COOLUM BEACH COOMERA WATERS COORPAROO CURRUMBIN VALLEY	Davis Hynson  Last name Reichman Gillen Timm Beckert Moffat Lindsay McIntosh Khan Tulip Dobson Lewis Liddell House Penhaligon Koda Younger Friesen Emans McMahon Lowe Clark Crook Eccleston Nicolaou Doherty Hoppen Emans Lar-Badea Ryan Lyons	Natasha Ilma  First name Petrina Christine Gabriele Henny Andrea Jane John Halimah Jane Lynda Denise Evelin Glen Mary Anthony Barbara Judith Karen Penelope Kylie James Megan Maree Barbara Jean Daniela Karen Mariana Dennis Rodney	Landline 07 3264 8397 07 3356 0654 07 4097 2651 07 3368 1300 07 3876 2446 07 3807 7687 07 5530 7616 07 3261 5436 07 5456 1161 07 5476 5889 07 3888 2894 07 5498 9100 07 3272 1660 07 5491 6102 07 3245 6451	0412 452 326  Mobile 0437 673 632  0434 153 480 0434 823 061 0420 823 964 0407 750 363  0412 001 601  0423 709 748  0417 706 286  0402 857 799 0408 748 532  0431 436 939  0432 544 178 0407 772 091 0402 040 248 0427 303 333 0425 120 240 0408 748 532  0411 711 500 0417 649 044 0421 791 553
WOOLLAHRA YAMBA QLD Suburb ALBANY CREEK ALDERLEY ALEXANDRA HILLS ATHERTON BALGAL BEACH BARDON BEENLEIGH BELLBOWRIE BONOGIN IN MUDGEERABA BOWEN BRACKEN RIDGE BUDERIM BUDERIM BUDERIM BUPENGARY CABOOLTURE CAIRNS NORTH CALAMVALE CALOUNDRA CAMP HILL CHERMSIDE WEST COOKTOWN COOLANGATTA COOLUM BEACH COOMERA WATERS COORPAROO CURRUMBIN VALLEY DEAGON DECEPTION BAY DUTTON PARK EAGLE HEIGHTS	Davis Hynson  Last name Reichman Gillen Timm Beckert Moffat Lindsay McIntosh Khan Tulip Dobson Lewis Liddell House Penhaligon Koda Younger Friesen Emans McMahon Lowe Clark Crook Eccleston Nicolaou Doherty Hoppen Emans Lar-Badea Ryan Lyons Smith Costigan Olorenshaw Venables	Natasha Ilma  First name Petrina Christine Gabriele Henny Andrea Jane John Halimah Jane Lynda Denise Evelin Glen Mary Anthony Barbara Judith Karen Penelope Kylie James Megan Maree Barbara Jean Daniela Karen Mariana Dennis Rodney Carolyn Martin Kelly Sandra	Landline 07 3264 8397 07 3356 0654 07 4097 2651 07 3368 1300 07 3876 2446 07 3807 7687 07 5530 7616 07 3261 5436 07 5456 1161 07 5476 5889 07 3888 2894 07 5498 9100 07 3272 1660 07 5491 6102 07 3245 6451	0412 452 326  Mobile 0437 673 632  0434 153 480 0434 823 061 0420 823 964 0407 750 363  0412 001 601  0423 709 748  0417 706 286  0402 857 799 0408 748 532  0431 436 939  0432 544 178 0407 772 091 0402 040 248 0427 303 333 0425 120 240 0408 748 532 0411 711 500 0417 649 044 0421 791 553 0414 421 675 0402 821959 0407 268 865 0402 423 127
WOOLLAHRA YAMBA QLD Suburb ALBANY CREEK ALDERLEY ALEXANDRA HILLS ATHERTON BALGAL BEACH BARDON BEENLEIGH BELLBOWRIE BONOGIN IT MUDGEERABA BOWEN BRACKEN RIDGE BUDERIM BUDERIM BUDERIM BUDERIM BUDERIM BUDERIM CABOOLTURE CAIRNS NORTH CALAMVALE CALOUNDRA CAMP HILL CAPALABA CARNIDALE CHAPEL HILL CHERMSIDE WEST COOKTOWN COOLANGATTA COOLUM BEACH COOMERA WATERS CORPAROO CURRUMBIN VALLEY DEAGON DECEPTION BAY DUTTON PARK EAGLE HEIGHTS FORTITUDE VALLEY	Davis Hynson  Last name Reichman Gillen Timm Beckert Moffat Lindsay McIntosh Khan Tulip Dobson Lewis Liddell House Penhaligon Koda Younger Friesen Emans McMahon Lowe Clark Crook Eccleston Nicolaou Doherty Hoppen Emans Lar-Badea Ryan Lyons Smith Costigan Olorenshaw Venables Berryman	First name Petrina Christine Gabriele Henny Andrea Jane John Halimah Jane Lynda Denise Evelin Glen Mary Anthony Barbara Judith Karen Penelope Kylie James Megan Maree Barbara Jean Daniela Karen Mariana Dennis Rodney Carolyn Martin Kelly Sandra Peter	Landline 07 3264 8397 07 3356 0654 07 4097 2651 07 3368 1300 07 3876 2446 07 3807 7687 07 5530 7616 07 3261 5436 07 5456 1161 07 5476 5889 07 3888 2894 07 5498 9100 07 3272 1660 07 5491 6102 07 3245 6451	0412 452 326  Mobile 0437 673 632  0434 153 480 0434 823 061 0420 823 964 0407 750 363  0412 001 601  0423 709 748  0417 706 286  0402 857 799 0408 748 532  0431 436 939  0432 544 178 0407 772 091 0402 040 248 0427 303 333 0425 120 240 0408 748 532 0411 711 500 0417 649 044 0421 791 553 0414 421 675 0402 821959 0407 268 865 0402 423 127 0420 403 320
WOOLLAHRA YAMBA QLD Suburb ALBANY CREEK ALDERLEY ALEXANDRA HILLS ATHERTON BALGAL BEACH BARDON BEENLEIGH BELLBOWRIE BONOGIN nr MUDGEERABA BOWEN BRACKEN RIDGE BUDERIM BUDERIM BUDERIM BUDERIM BURPENGARY CABOOLTURE CAIRNS NORTH CALAMVALE CALOUNDRA CAMP HILL CAPALABA CARINDALE CHAPEL HILL CHERMSIDE WEST COOKTOWN COOLANGATTA COOLUM BEACH COOMERA WATERS COORPAROO CURRUMBIN VALLEY DEAGON DECEPTION BAY DUTTON PARK EAGLE HEIGHTS FORTITUDE VALLEY FORTITUDE VALLEY	Davis Hynson  Last name Reichman Gillen Timm Beckert Moffat Lindsay McIntosh Khan Tulip Dobson Lewis Liddell House Penhaligon Koda Younger Friesen Emans McMahon Lowe Clark Crook Eccleston Nicolaou Doherty Hoppen Emans Lar-Badea Ryan Lyons Smith Costigan Olorenshaw Venables Berryman Parmar	Natasha Ilma  First name Petrina Christine Gabriele Henny Andrea Jane John Halimah Jane Lynda Denise Evelin Glen Mary Anthony Barbara Judith Karen Penelope Kylie James Megan Maree Barbara Jean Daniela Karen Mariana Dennis Rodney Carolyn Martin Kelly Sandra Peter Mita	Landline 07 3264 8397 07 3356 0654 07 4097 2651 07 3368 1300 07 3876 2446 07 3807 7687 07 5530 7616 07 3261 5436 07 5456 1161 07 5476 5889 07 3888 2894 07 5498 9100 07 3272 1660 07 5491 6102 07 3245 6451	0412 452 326  Mobile 0437 673 632  0434 153 480 0434 823 061 0420 823 964 0407 750 363  0412 001 601  0423 709 748  0417 706 286  0402 857 799 0408 748 532  0431 436 939  0432 544 178 0407 772 091 0402 040 248 0427 303 333 0425 120 240 0408 748 532  0411 711 500 0417 649 044 0421 791 553 0410 421 675 0402 821959 0407 268 865 0402 423 127 0420 403 320 0411 836 575
WOOLLAHRA YAMBA QLD Suburb ALBANY CREEK ALDERLEY ALEXANDRA HILLS ATHERTON BALGAL BEACH BARDON BEENLEIGH BELLBOWRIE BONOGIN IT MUDGEERABA BOWEN BRACKEN RIDGE BUDERIM BUDERIM BUDERIM BUDERIM BUDERIM BUDERIM CABOOLTURE CAIRNS NORTH CALAMVALE CALOUNDRA CAMP HILL CAPALABA CARNIDALE CHAPEL HILL CHERMSIDE WEST COOKTOWN COOLANGATTA COOLUM BEACH COOMERA WATERS CORPAROO CURRUMBIN VALLEY DEAGON DECEPTION BAY DUTTON PARK EAGLE HEIGHTS FORTITUDE VALLEY	Davis Hynson  Last name Reichman Gillen Timm Beckert Moffat Lindsay McIntosh Khan Tulip Dobson Lewis Liddell House Penhaligon Koda Younger Friesen Emans McMahon Lowe Clark Crook Eccleston Nicolaou Doherty Hoppen Emans Lar-Badea Ryan Lyons Smith Costigan Olorenshaw Venables Berryman	First name Petrina Christine Gabriele Henny Andrea Jane John Halimah Jane Lynda Denise Evelin Glen Mary Anthony Barbara Judith Karen Penelope Kylie James Megan Maree Barbara Jean Daniela Karen Mariana Dennis Rodney Carolyn Martin Kelly Sandra Peter	Landline 07 3264 8397 07 3356 0654 07 4097 2651 07 3368 1300 07 3876 2446 07 3807 7687 07 5530 7616 07 3261 5436 07 5456 1161 07 5476 5889 07 3888 2894 07 5498 9100 07 3272 1660 07 5491 6102 07 3245 6451	0412 452 326  Mobile 0437 673 632  0434 153 480 0434 823 061 0420 823 964 0407 750 363  0412 001 601  0423 709 748  0417 706 286  0402 857 799 0408 748 532  0431 436 939  0432 544 178 0407 772 091 0402 040 248 0427 303 333 0425 120 240 0408 748 532 0411 711 500 0417 649 044 0421 791 553 0414 421 675 0402 821959 0407 268 865 0402 423 127 0420 403 320
WOOLLAHRA YAMBA  QLD Suburb ALBANY CREEK ALDERLEY ALEXANDRA HILLS ATHERTON BALGAL BEACH BARDON BEENLEIGH BELLBOWRIE BONOGIN IN MUDGEERABA BOWEN BRACKEN RIDGE BUDERIM BUDERIM BUDERIM BUPENGARY CABOOLTURE CAIRNS NORTH CALAMVALE CALOUNDRA CAMP HILL CAPALABA CARINDALE CHAPEL HILL CHERMSIDE WEST COOKTOWN COOLANGATTA COOLUM BEACH COOMERA WATERS COORPAROO CURRUMBIN VALLEY DEAGON DECEPTION BAY DUTTON PARK EAGLE HEIGHTS FORTITUDE VALLEY FORTITUDE VALLEY GLADSTONE	Davis Hynson  Last name Reichman Gillen Timm Beckert Moffat Lindsay McIntosh Khan Tulip Dobson Lewis Liddell House Penhaligon Koda Younger Friesen Emans McMahon Lowe Clark Crook Eccleston Nicolaou Doherty Hoppen Emans Lar-Badea Ryan Lyons Smith Costigan Olorenshaw Venables Berryman Parmar Lorraway	Natasha Ilma  First name Petrina Christine Gabriele Henny Andrea Jane John Halimah Jane Lynda Denise Evelin Glen Mary Anthony Barbara Judith Karen Penelope Kylie James Megan Maree Barbara Jean Daniela Karen Mariana Dennis Rodney Carolyn Martin Kelly Sandra Peter Mita Ross	Landline 07 3264 8397 07 3356 0654 07 4097 2651 07 3368 1300 07 3876 2446 07 3807 7687 07 5530 7616 07 3261 5436 07 5456 1161 07 5476 5889 07 3888 2894 07 5498 9100 07 3272 1660 07 5491 6102 07 3245 6451	0412 452 326  Mobile 0437 673 632  0434 153 480 0434 823 061 0420 823 964 0407 750 363  0412 001 601  0423 709 748  0417 706 286  0402 857 799 0408 748 532  0431 436 939  0432 544 178 0407 772 091 0402 040 248 0427 303 333 0425 120 240 0408 748 532 0411 711 500 0417 649 044 0421 791 553 0414 421 675 0402 821959 0407 268 865 0402 423 127 0420 403 320 0411 836 575 0408 875 973
WOOLLAHRA YAMBA  QLD Suburb ALBANY CREEK ALDERLEY ALEXANDRA HILLS ATHERTON BALGAL BEACH BARDON BEENLEIGH BELLBOWRIE BONOGIN IN MUDGEERABA BOWEN BRACKEN RIDGE BUDERIM BUDERIM BUDERIM BUPENGARY CABOOLTURE CAIRNS NORTH CALAMVALE CALOUNDRA CAMP HILL CAPALABA CARINDALE CHAPEL HILL CHERMSIDE WEST COOKTOWN COOLANGATTA COOLUM BEACH COOMERA WATERS COORPAROO CURRUMBIN VALLEY DEAGON DECEPTION BAY DUTTON PARK EAGLE HEIGHTS FORTITUDE VALLEY FORTITUDE VALLEY GLADSTONE	Davis Hynson  Last name Reichman Gillen Timm Beckert Moffat Lindsay McIntosh Khan Tulip Dobson Lewis Liddell House Penhaligon Koda Younger Friesen Emans McMahon Lowe Clark Crook Eccleston Nicolaou Doherty Hoppen Emans Lar-Badea Ryan Lyons Smith Costigan Olorenshaw Venables Berryman Parmar Lorraway	Natasha Ilma  First name Petrina Christine Gabriele Henny Andrea Jane John Halimah Jane Lynda Denise Evelin Glen Mary Anthony Barbara Judith Karen Penelope Kylie James Megan Maree Barbara Jean Daniela Karen Mariana Dennis Rodney Carolyn Martin Kelly Sandra Peter Mita Ross	Landline 07 3264 8397 07 3356 0654 07 4097 2651 07 3368 1300 07 3876 2446 07 3807 7687 07 5530 7616 07 3261 5436 07 5456 1161 07 5476 5889 07 3888 2894 07 5498 9100 07 3272 1660 07 5491 6102 07 3245 6451	0412 452 326  Mobile 0437 673 632  0434 153 480 0434 823 061 0420 823 964 0407 750 363  0412 001 601  0423 709 748  0417 706 286  0402 857 799 0408 748 532  0431 436 939  0432 544 178 0407 772 091 0402 040 248 0427 303 333 0425 120 240 0408 748 532 0411 711 500 0417 649 044 0421 791 553 0414 421 675 0402 821959 0407 268 865 0402 423 127 0420 403 320 0411 836 575 0408 875 973

### QLD listings continued

QLD listings contine	ieu			
GREENSLOPES	Allman	Colleen	07 3394 4111	0412 791 825
HAWTHORNE	Hanson	Inez	07 3899 1807	0421 007 700
HERVEY BAY HERVEY BAY	Baker Defina	Beverley Judith	07 4125 1231 07 4125 1231	
HERVEY BAY	Turner	Gregory	07 4125 1231	
HIGHLAND PARK	Wong	Joy	07 5596 6256	0412 570 390
HOLLAND PARK	Fitzgerald	Tamara	0. 3330 0230	0403 147 225
HOWARD	Arnold-Stevens	Johanna		0425 214 159
IPSWICH	Hanson	Linda	07 3281 2747	0407 640 229
JIMBOOMBA	Cope	Greg	07 3117 9661	
JIMBOOMBA	McDonald	Sarah	07 5548 6955	
JINDALEE	Peters	Marian	07 3279 6470	0408 070 504
JOYNER KENMORE	Foster-Spinelli Jones	Emilia Sharon	07 3378 2672	0412 115 451 0409 371 354
KENMORE	Redding	Willi	01 3316 2012	0410 136 054
KENMORE	Trefny	Heidi	07 3878 6027	0410 130 034
KENMORE HILLS	Fitzgerald	Tamara	07 3878 9767	0403 147 225
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 MAPLETON	Koda Hansel	Anthony Jackie	07 5435 8380 07 5445 7749	0417 706 286
MILLAA MILLAA	Beckert	Henny	07 4097 2651	0434 823 061
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	Fawcett	Donna	07 5525 2755	
MUDGEERABA	Teixeira	Rita	07 5525 2211	
MURRAY'S BRIDGE	Moulden	Rosemary	07 4667 3117	0400 880 302
via WARWICK NEW FARM	Orr	Dianne	07 3315 2517	0488 993 336
NEWMARKET	Molloy	Denise	01 3313 2311	0422 222 817
NOOSA HEADS	Graham	Carolyn	07 5412 2702	0431 036 495
NOOSA HEADS	Jarvis	Snehi	07 5455 4019	
NOOSAVILLE	Howley	Sarah	07 5440 5711	
PADDINGTON	Blackshaw	Susan	07 3876 2100	0418 716 027
REDCLIFFE	Haug	Sharon	07 3889 3588	
REDLAND BAY	Brownsey	Lynda	07 3206 8274	
ROBINA	Dobson	Lynda	07 5530 7616	0/10/120 05/
ROSALIE SAMFORD	Redding Reichman	Willi Petrina	07 3289 3393	0410 136 054 0437 673 632
SAMFORD	Salmond	Carol	07 3269 3393	0427 694 284
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	Dunne	Monica	07 3470 0499	0416 978 191
CENTRAL SPRINGWOOD	Johnston	Karen	07 3808 6633	
STAFFORD	Madden	Gregory	07 3356 3699	0407 121 588
STONES CORNER	Lowe	Kylie	01 3330 3033	0431 436 939
STRETTON	Paliwal	Rukmani	07 3273 3055	0423 716 926
SUNNYBANK	Foster-Spinelli	Emilia		0412 115 451
TARINGA	Chenoweth	Penny		0403 193 909
THE GAP	Watson	Gwendoline	07 3300 6569	0418 191 086
TOOGOOM nr HERVEY BAY	Rotert	Marina	07 4128 0553	0488 770 545
TOOWOOMBA	Blackwood	Roslyn	07 4634 8143	
TOOWOOMBA				<b>Ω</b> 438 267 724
		Vera		0438 267 724
	Externest		07 4636 4075	
TOOWOOMBA	Externest Mitchell	Vera Maryanne Donnelly	07 4636 4075 07 4613 1822	0438 267 724 0417 626 552
TOOWOOMBA TOOWOOMBA	Externest Mitchell Stanford	Vera Maryanne Donnelly Marggritte	07 4636 4075 07 4613 1822 07 4638 4252	0417 626 552
TOOWOOMBA TOOWOOMBA TWIN WATERS	Externest Mitchell Stanford Barkway	Vera Maryanne Donnelly Marggritte Beverly	07 4636 4075 07 4613 1822	0417 626 552 0407 758 020
TOOWOOMBA TOOWOOMBA TWIN WATERS VALDORA	Externest Mitchell Stanford Barkway Emans	Vera Maryanne Donnelly Marggritte Beverly Karen	07 4636 4075 07 4613 1822 07 4638 4252	0417 626 552 0407 758 020 0408 748 532
TOOWOOMBA TOOWOOMBA TWIN WATERS VALDORA WARWICK	Externest Mitchell Stanford Barkway Emans Moulden	Vera Maryanne Donnelly Marggritte Beverly Karen Rosemary	07 4636 4075 07 4613 1822 07 4638 4252 07 5448 8411	0417 626 552 0407 758 020 0408 748 532 0400 880 302
TOOWOOMBA TOOWOOMBA TWIN WATERS VALDORA	Externest Mitchell Stanford Barkway Emans	Vera Maryanne Donnelly Marggritte Beverly Karen	07 4636 4075 07 4613 1822 07 4638 4252	0417 626 552 0407 758 020 0408 748 532
TOOWOOMBA TOOWOOMBA TWIN WATERS VALDORA WARWICK WATERFORD	Externest Mitchell Stanford Barkway Emans Moulden Jessop	Vera Maryanne Donnelly Marggritte Beverly Karen Rosemary Coralie	07 4636 4075 07 4613 1822 07 4638 4252 07 5448 8411 07 3299 7378	0417 626 552 0407 758 020 0408 748 532 0400 880 302 0403 027 923
TOOWOOMBA TOOWOOMBA TWIN WATERS VALDORA WARWICK WATERFORD WEST END	Externest Mitchell Stanford Barkway Emans Moulden Jessop Provan	Vera Maryanne Donnelly Marggritte Beverly Karen Rosemary Coralie Fiona	07 4636 4075 07 4613 1822 07 4638 4252 07 5448 8411 07 3299 7378 07 3844 1911	0417 626 552 0407 758 020 0408 748 532 0400 880 302 0403 027 923 0418 184 702
TOOWOOMBA TOOWOOMBA TWIN WATERS VALDORA WARWICK WATERFORD WEST END WEST END WEST END WOOLOOWIN	Externest Mitchell Stanford Barkway Emans Moulden Jessop Provan Ryan Vanderzeil Lindsay	Vera Maryanne Donnelly Marggritte Beverly Karen Rosemary Coralie Fiona Dennis Philip Jane	07 4636 4075 07 4613 1822 07 4638 4252 07 5448 8411 07 3299 7378 07 3844 1911 07 3217 2991	0417 626 552 0407 758 020 0408 748 532 0400 880 302 0403 027 923 0418 184 702 0417 649 044 0419 778 027 0407 750 363
TOOWOOMBA TOOWOOMBA TWIN WATERS VALDORA WARWICK WATERFORD WEST END WEST END WEST END WOOLOOWIN WYNNUM	Externest Mitchell Stanford Barkway Emans Moulden Jessop Provan Ryan Vanderzeil Lindsay Rideout Belletty	Vera Maryanne Donnelly Marggritte Beverly Karen Rosemary Coralie Fiona Dennis Philip Jane Andrea	07 4636 4075 07 4613 1822 07 4638 4252 07 5448 8411 07 3299 7378 07 3844 1911 07 3217 2991 07 3844 2217 07 3357 4990	0417 626 552 0407 758 020 0408 748 532 0400 880 302 0403 027 923 0418 184 704 0417 649 044 0419 778 027 0407 750 363 0410 678 971
TOOWOOMBA TOOWOOMBA TWIN WATERS VALDORA WARWICK WATERFORD WEST END WEST END WEST END WEST END WOOLOOWIN WYNNUM YEPPOON	Externest Mitchell Stanford Barkway Emans Moulden Jessop Provan Ryan Vanderzeil Lindsay Rideout Belletty Lorraway	Vera Maryanne Donnelly Marggritte Beverly Karen Rosemary Coralie Fiona Dennis Phillip Jane Andrea Ross	07 4636 4075 07 4613 1822 07 4638 4252 07 5448 8411 07 3299 7378 07 3844 1911 07 3217 2991 07 3844 2217 07 3357 4990 07 4939 8222	0417 626 552 0407 758 020 0408 748 532 0400 880 302 0403 027 923 0418 184 702 0417 649 044 0419 778 027 0407 750 363
TOOWOOMBA TOOWOOMBA TWIN WATERS VALDORA WARWICK WATERFORD WEST END WEST END WEST END WOOLOOWIN WYNNUM YEPPOON	Externest Mitchell Stanford Barkway Emans Moulden Jessop Provan Ryan Vanderzeil Lindsay Rideout Belletty Lorraway Worsley	Vera Maryanne Donnelly Marggritte Beverly Karen Rosemary Coralie Fiona Dennis Phillip Jane Andrea Ross Sandra	07 4636 4075 07 4613 1822 07 4638 4252 07 5448 8411 07 3299 7378 07 3844 1911 07 3217 2991 07 3844 2217 07 3357 4990 07 4939 8222 07 4939 1408	0417 626 552 0407 758 020 0408 748 532 0400 880 302 0403 027 923 0418 184 702 0417 649 044 0419 778 027 0407 750 363 0410 678 971 0408 875 973
TOOWOOMBA TOOWOOMBA TWIN WATERS VALDORA WARWICK WATERFORD WEST END WEST END WEST END WOOLOOWIN WYNNUM YEPPOON YEPPOON YERONGA	Externest Mitchell Stanford Barkway Emans Moulden Jessop Provan Ryan Vanderzeil Lindsay Rideout Belletty Lorraway	Vera Maryanne Donnelly Marggritte Beverly Karen Rosemary Coralie Fiona Dennis Phillip Jane Andrea Ross	07 4636 4075 07 4613 1822 07 4638 4252 07 5448 8411 07 3299 7378 07 3844 1911 07 3217 2991 07 3844 2217 07 3357 4990 07 4939 8222	0417 626 552 0407 758 020 0408 748 532 0400 880 302 0403 027 923 0418 184 702 0417 649 044 0419 778 027 0407 750 363 0410 678 971 0408 875 973
TOOWOOMBA TOOWOOMBA TWIN WATERS VALDORA WARWICK WATERFORD WEST END WEST END WEST END WOOLOOWIN WYNNUM YEPPOON	Externest Mitchell Stanford Barkway Emans Moulden Jessop Provan Ryan Vanderzeil Lindsay Rideout Belletty Lorraway Worsley	Vera Maryanne Donnelly Marggritte Beverly Karen Rosemary Coralie Fiona Dennis Phillip Jane Andrea Ross Sandra	07 4636 4075 07 4613 1822 07 4638 4252 07 5448 8411 07 3299 7378 07 3844 1911 07 3217 2991 07 3844 2217 07 3357 4990 07 4939 8222 07 4939 1408	0417 626 552 0407 758 020 0408 748 532 0400 880 302 0403 027 923 0418 184 702 0417 649 044 0419 778 027 0407 750 363 0410 678 971 0408 875 973
TOOWOOMBA TOOWOOMBA TWIN WATERS VALDORA WARWICK WATERFORD WEST END WEST END WEST END WOOLOOWIN WYNNUM YEPPOON YEPOON YERONGA	Externest Mitchell Stanford Barkway Emans Moulden Jessop Provan Ryan Vanderzeil Lindsay Rideout Belletty Lorraway Worsley Venables	Vera Maryanne Donnelly Marggritte Beverly Karen Rosemary Coralie Fiona Dennis Philip Jane Andrea Ross Sandra Sandra	07 4636 4075 07 4613 1822 07 4638 4252 07 5448 8411 07 3299 7378 07 3844 1911 07 3217 2991 07 3844 2217 07 3357 4990 07 4939 8222 07 4939 1408 07 3848 4992	0417 626 552 0407 758 020 0408 748 532 0400 880 302 0403 027 932 0418 184 702 0417 649 044 0419 778 027 0407 750 363 0410 678 971 0408 875 973
TOOWOOMBA TOOWOOMBA TWIN WATERS VALDORA WARWICK WATERFORD WEST END WEST END WEST END WOOLOOWIN WYNNUM YEPPOON YEPPOON YERONGA SA Suburb	Externest Mitchell Stanford Barkway Emans Moulden Jessop Provan Ryan Vanderzeil Lindsay Rideout Belletty Lorraway Worsley Venables Last name	Vera Maryanne Donnelly Marggritte Beverly Karen Rosemary Coralie Fiona Dennis Philip Jane Andrea Ross Sandra Sandra	07 4636 4075 07 4613 1822 07 4638 4252 07 5448 8411 07 3299 7378 07 3844 1911 07 3217 2991 07 3844 2217 07 3357 4990 07 4939 8222 07 4939 1408 07 3848 4992 Landline	0417 626 552 0407 758 020 0408 748 532 0400 880 302 0403 027 923 0418 184 702 0417 649 044 0419 778 027 0407 750 363 0410 678 971 0408 875 973
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## PREGNANCY AND LABOUR

# How homœopathy can help women prepare for the birth of a child.

The birth of a child and how a woman prepares herself for this represents a very important life event. In Australia, where there are more than 250,000 births each year, the options for pain relief and assistance during labour are numerous. Homeopathy is an excellent choice for use during pregnancy and labour.

Nisha was 34 weeks pregnant with her first child when she sought assistance for labour. Her pregnancy was progressing well until she began having strong feelings with the urge to "nest" and clean the home. This could have been considered within the range of a normal response to a pending birth. However, she also experienced a strong sense of urgency and intense panic about the birth process with fear that something awful was going to happen to a family member. This was not helped by symptoms of congestion in her nose, which prevented her from breathing with ease; and palpitations, which started during the pregnancy.

After taking a full history of Nisha's pregnancy as well as her current and past state of health, a medicine was prescribed to minimise the physical and emotional discomfort. At the follow-up, Nisha expressed that she felt more relaxed about the birth, even though she was very busy preparing the home for the baby. The congestion in her nose had improved by almost 50 per cent and the palpitations had stopped. The next step was to select and discuss with both Nisha and her husband the medicines that might be needed during the delivery of the baby.

Well, the good news came. Nisha announced from the hospital she had given birth to a girl. Her nose congestion cleared up before the delivery and no drugs were used during labour. Throughout the labour, she needed one medicine that is well-known for its help in relieving exertion and supporting muscle function during the process of labour. Anita Jain

AHA Professional Member, Chatswood, NSW

## **ON FERTILE GROUND**

## Homœopathy offered one couple welcome news after trying to conceive for five years.

Infertility is becoming an increasingly common problem in Australia and many factors may be implicated, such as health, stress and environment. There is a trend to delay starting a family due to career, finances or forming a committed relationship later in life. Treatment options for infertility may include making simple lifestyle changes or trying natural therapies or techniques such as IVF.

For one woman, homoeopathy was the answer after a long journey of trying to conceive. Kylie and her husband had been actively trying to conceive for five years and had not been using any contraception for the past 11 years. They had just been through eight unsuccessful IVF attempts. Kylie also had a mild chromosome disorder and, although she seemed healthy, it was difficult to determine if this was affecting her fertility. Her husband's sperm test results were normal.

After six weeks of following her prescribed homoeopathic treatment plan, Kylie came back to that clinic for a follow-up appointment and announced that her period was late. A pregnancy test was conducted and it was positive! Kylie was in total disbelief and amazement. She has since given birth to the most beautiful baby girl and has just conceived her second pregnancy after three cycles of homoeopathic treatment.

Inez Hanson

AHA Professional Member, Hawthorne, Qld



## HOMŒOPATHY DURING A PREGNANCY

# There was a homœopathic treatment to suit one woman's needs through all her trimesters.

Wendy experienced a variety of complaints during her pregnancy. Each problem was addressed in turn with homoeopathy, relieving symptoms and bringing peace of mind. During the first trimester Wendy was prescribed a medicine for nausea associated with morning sickness. The nausea abated but Wendy was also enduring headaches and felt fatigued. These symptoms called for a deeper-acting medicine that most suited her constitution. The headaches disappeared a few days after and Wendy reported feeling "more balanced and able to cope with the day-to-day tasks again".

Later in the pregnancy, Wendy felt some anxiety and fear around having her second baby. Although Wendy fully appreciated the complexities of her first delivery, things had not gone quite according to plan. She was experiencing strong emotions that she thought she had dealt with. Wendy was given a series of three medicines, each with a specific purpose. Wendy later described feeling "amazed at the transformation that took place" over the few weeks she was taking the medicines. She felt herself "open up emotionally" and face each of her fears. "It is hard to put into words but it felt almost spiritual," she said.

During the last few weeks of her pregnancy, Wendy felt very positive and calm about the impending birth. A skin irritation that was burning and very painful appeared. The burning disappeared quickly after the administration of the indicated medicine, and the itching and redness cleared up over the next few days. Wendy had now become confident in her body's response to homoeopathic medicines. She used them as a support during her labour and the safe delivery of her baby. "This enriching childbirth experience was all that I had hoped for," she commented.

Jane Lindsay AHA Professional Member Bardon, Qld

SA listings continue	ed			
PORT LINCOLN	Armitage	Louise	08 8683 4344	
PROSPECT	Carr	Patricia	08 8344 9154	
SOMERTON PARK	Bourne	Andrea	08 8376 9997	0/-50 000 317
ST GEORGES UNLEY	Cervantes Noble	Tihui Valerie	08 8357 1602	0459 990 317 0428 857 668
WOODSIDE	Stuart-Macadam		08 8389 9405	0.120 00. 000
TAS	Last name	First name	Landline	Mobile
Suburb GEORGE TOWN	Last name McMahon	First name Brenda	03 6382 3717	Mobile
HOBART	Creedy	Melanie		0409 089 965
HOBART HOBART NORTH	Gustavsson Baker	Erica	03 6278 2994	0401 240 781 0466 323 662
MOUNTAIN RIVER	Creedy	Angela Melanie		0400 323 002
NORTH HOBART	Kressig	Martina		0427 931 481
STH BRUNY ISLAND ULVERSTONE	Kressig Mell	Martina Cally		0427 931 481 0408 781 460
ULVERSTONE	Webb	Helen	03 6425 1539	0447 642 515
VIC	Lastrama	First name	Landline	Mahila
Suburb ABBOTSFORD	Last name Mitsios	First name Peter	03 9419 4190	Mobile 0409 858 956
AIRPORT WEST	Oberdunhofen	Erika	03 9379 0707	0414 305 934
ALTONA ARMADALE	Probert Devlin	Valerie Emmeline	03 9004 3641 03 9500 8656	0404 164 640
BAYSWATER	Murfitt	Teri	03 9720 6234	
BENALLA	Eacott	Julie	03 5762 3867	0.40 5.0 505
BERWICK BRIGHT	Jat Shanley-Danger	Abdul Elizabeth	03 9702 2598 03 5750 1851	0412 542 797 0416 055 438
BRUNSWICK	Kieley	Kara	03 3730 1031	0424 415 767
BRUNSWICK EAST	Giouzeppos	Olivia		0408 014 409
BURWOOD CAPE SCHANCK	Hadjiloukas Boal	Rochelle Susan	03 5988 5371	0400 823 456
CARLTON NORTH	Lee	Gillian	03 3300 3371	0403 273 388
CARRUM DOWNS	Subramanian	Lakshmi	03 8787 7918	0402 924 657
CASTLEMAINE CASTLEMAINE	Drury Kidd	Aurette Alana	03 5472 3825	0434 008 361 0403 740 064
CAULFIELD	Sideris	Stamata	03 9505 3539	0431 069 457
CAULFIELD SOUTH	Kahan	Vivienne	03 9596 1876	0414 613 130
CHELTENHAM CHEROKEE via	Saunders	Jane	03 9583 8964	0439 654 693
GISBORNE CLIFTON HILL	Golden Meier	Isaac	03 5427 0880	0434 109 830
COBRAM	Sims	Philippa Jessica		0434 109 630
CORRYONG	Shepherd	Cornelia	02 6076 2488	
CRANBOURNE CROYDON NORTH	Narayanasamy Cooper	Manjula Devi Deanna	03 5996 2089 03 9733 4300	0401 401 487 0410 796 674
DANDENONG	Lar-Badea	Mariana	03 9733 4300	0410 730 074
DAYLESFORD	Kidd	Alana		0403 740 064
DAYLESFORD DONCASTER	Lovell Bullard	Shirley Catherine	03 5348 2426 03 9844 3048	0429 481 817 0429 140 181
DONCASTER	Lee	Keng	03 3011 3010	0414 433 991
ELSTERNWICK	Lalor	Liz	03 9523 7462	0/10 720 211
ELTHAM ELTHAM	Brodie Burns	Gabrielle Barbara	03 9439 3565 03 9431 3772	0416 739 211 0417 035 404
ELTHAM	Neubacher	Sylvia		0408 327 993
ELWOOD ELWOOD	Lamaro Robinson	Ana	03 9531 3535	0423 475 263
EMERALD	MacFarlane	Tanya Anne	03 9531 5255 03 9895 0037	0425 852 255
ENDEAVOUR HILLS	Cook	John	03 9700 0333	
ENDEAVOUR HILLS FERNTREE GULLY	Nair Diesbecg	Reena Clarisse	03 9706 2383 03 9764 8688	0404 755 084
FERNTREE GULLY	McGrath	Anne		0427 804 888
FERNTREE GULLY	Scholte	Yudith	03 9758 5816	
FERNY CREEK FRANKSTON	MacFarlane Bayer	Anne Phillip	03 9895 0037 03 9770 5337	
FRANKSTON	Walters	Judith	03 3110 3331	0407 751 450
FRANKSTON	White	Deborah	03 9766 0975	0/-01-011-072
GEELONG GEELONG WEST	Walti Walti	Roger Roger	03 5222 3033 03 5215 6214	0401 611 972 0401 611 972
GLEN WAVERLEY	Dhingra	Priya	03 9802 0949	0422 281 203
GLEN WAVERLEY	Goel Howden	Ranjana	03 9884 6585	0414 763 755 0423 223 782
GLEN WAVERLEY GLEN WAVERLEY	Kothuru	lan Raj	03 9077 5044	0423 223 782 0425 761 826
GREENSBOROUGH	Brodie	Gabrielle		0416 739 211
HAWTHORN HEIDELBERG HEIGHT	Kikos	Joan Raj	03 9819 0230 03 9077 5044	0425 761 826
HOPPERS CROSSING	Hoy	Leanne	03 3011 3044	0409 013 609
HOPPERS CROSSING	Speirs	Anne	03 9749 5558	0412 907 776
	Noble	Valerie Shirley	08 83571602 03 5348 2426	0428 857 668 0429 481 817
HYDE PARK				
	Lovell Greenland	Joanne	03 5628 5236	0419 567 389
HYDE PARK IVANHOE JINDIVICK KENSINGTON	Lovell Greenland Southcombe	Joanne Kay	03 9376 9286	0423 504 380
HYDE PARK IVANHOE JINDIVICK KENSINGTON LARA	Lovell Greenland Southcombe Brebner	Joanne Kay Helen		0423 504 380 0411 222 832
HYDE PARK IVANHOE JINDIVICK KENSINGTON LARA LILYDALE LILYDALE	Lovell Greenland Southcombe Brebner Italiano Parker	Joanne Kay Helen Maria (Rose) Tania	03 9376 9286 03 5282 6001 03 9735 1720	0423 504 380 0411 222 832 0425 796 382 0413 026 817
HYDE PARK IVANHOE JINDIVICK KENSINGTON LARA LILYDALE LILYDALE MALVERN	Lovell Greenland Southcombe Brebner Italiano Parker Allender	Joanne Kay Helen Maria (Rose) Tania Lauren	03 9376 9286 03 5282 6001 03 9735 1720 03 9576 3077	0423 504 380 0411 222 832 0425 796 382 0413 026 817 0434 611 824
HYDE PARK IVANHOE JINDIVICK KENSINGTON LARA LILYDALE LILYDALE	Lovell Greenland Southcombe Brebner Italiano Parker	Joanne Kay Helen Maria (Rose) Tania	03 9376 9286 03 5282 6001 03 9735 1720	0423 504 380 0411 222 832 0425 796 382 0413 026 817 0434 611 824 0422 281 203
HYDE PARK IVANHOE JINDIVICK KENSINGTON LARA LILYDALE LILYDALE MALVERN MALVERN MALVERN MALVERN MALVERN	Lovell Greenland Southcombe Brebner Italiano Parker Allender Dhingra Gough Hadjiloukas	Joanne Kay Helen Maria (Rose) Tania Lauren Priya Margaret Rochelle	03 9376 9286 03 5282 6001 03 9735 1720 03 9576 3077 03 9004 0163 03 9576 3110	0423 504 380 0411 222 832 0425 796 382 0413 026 817 0434 611 824 0422 281 203 0409 106 487 0400 823 456
HYDE PARK IVANHOE JINDIVICK KENSINGTON LARA LILYDALE LILYDALE MALVERN MALVERN MALVERN MALVERN MALVERN MALVERN	Lovell Greenland Southcombe Brebner Italiano Parker Allender Dhingra Gough Hadjiloukas Nolan	Joanne Kay Helen Maria (Rose) Tania Lauren Priya Margaret Rochelle Margaret	03 9376 9286 03 5282 6001 03 9735 1720 03 9576 3077 03 9004 0163 03 9576 3110 03 9576 3077	0423 504 380 0411 222 832 0425 796 382 0413 026 817 0434 611 824 0422 281 203 0409 106 487 0400 823 456 0412 078 563
HYDE PARK IVANHOE JINDIVICK KENSINGTON LARA LILYDALE LILYDALE MALVERN MALVERN MALVERN MALVERN MALVERN	Lovell Greenland Southcombe Brebner Italiano Parker Allender Dhingra Gough Hadjiloukas	Joanne Kay Helen Maria (Rose) Tania Lauren Priya Margaret Rochelle	03 9376 9286 03 5282 6001 03 9735 1720 03 9576 3077 03 9004 0163 03 9576 3110	0423 504 380 0411 222 832 0425 796 382 0413 026 817 0434 611 824 0422 281 203 0409 106 487 0400 823 456
HYDE PARK IVANHOE JINDIVICK KENSINGTON LARA LILYDALE LILYDALE MALVERN	Lovell Greenland Southcombe Brebner Italiano Parker Allender Dhingra Gough Hadjiloukas Nolan Thompson	Joanne Kay Helen Maria (Rose) Tania Lauren Priya Margaret Rochelle Margaret Robyn	03 9376 9286 03 5282 6001 03 9735 1720 03 9576 3077 03 9004 0163 03 9576 3110 03 9576 3077	0423 504 380 0411 222 832 0425 796 382 0413 026 817 0434 611 824 0422 281 203 0409 106 487 0400 823 456 0412 078 563 0419 209 104

#### Vic listings continued MELBOURNE 03 9770 5337 Bauer Phillip MELBOURNE Kothuru 03 9077 5044 0425 761 826 Raj MEI BOURNE I ee Gillian 03 9620 9503 0403 273 388 MELBOURNE Meier Philippa 03 9655 9511 0434 109 830 0418 996 915 MELBOURNE Spalding Geofreu 03 9655 9505 MIDDLE PARK Pandya Archana 03 9682 8866 Pradeep MILL PARK Pillai 03 9436 5553 MORDIALLOC Linthorne Margaret 03 9580 5893 0429 133 993 MORNINGTON Jackson Karen 03 5977 0117 0429 645 440 MOUNT CLEAR Speirs Anne 0412 907 776 MOUNT WAVERLEY Glynn Natalie 0430 149 678 MT ELIZA Deitz Julie 03 9787 8152 0414 810 180 MT MARTHA Diana 03 5988 3622 0407 815 785 Kopatsy MT WAVERLEY Syamal 0400 626 340 Rima NEWSTEAD Mellor Elizabeth 03 5476 2695 0428 299 414 NORTHCOTE **Pappas** Pitsa 0433 846 136 Nadine 03 9482 1888 0412 085 597 NORTHCOTE Teffaha **OAKLEIGH SOUTH** 03 9563 8270 0412 078 563 Nolan Margaret 03 5940 1233 **PAKENHAM** Robinson Jean 0418 546 115 PAKENHAM Satherleu Leanne 03 5941 4734 0448 877 754 03 9587 7785 PARKDALE Goodfield Mary Mrinalini **POINT COOK** Dahiya 0410 892 040 POINT COOK Segal Nina 03 9395 9362 0434 168 418 POREPUNKAH Shanley-Danger Elizabeth 0416 055 438 PRAHRAN 03 9690 7666 Gadd Ben RIDDELLS CREEK 0488 599 068 Boorman Lisa 03 9870 4050 0414 878 357 RINGWOOD Donald Narelle ROWVILLE 03 9755 8859 0413 026 817 Parker Tania ROWVILLE Santamaria Melanie 0408 999 930 SOUTH MELBOURNE 03 9690 7666 Gadd Ben SOUTH YARRA Neubacher Sulvia 0408 327 993 0413 193 424 ST KII DA D'Agata Sarah ST KILDA EAST 03 9534 8684 Elliott 0406 524 108 Martin SUNBURY Golden Isaac 03 8099 5536 TAYLORS HILL 0404 998 682 03 8361 5182 Diukic Miriana THOMASTOWN Atray Rashmi 03 9402 6523 0469 823 033 THORNBURY Allender Lauren 03 9416 9872 0434 611 824 THORNBURY Busko Tonu 03 9480 0906 0425 704 239 THORNBURY O'Bryan Maureen 03 9416 9872 0450 353 395 TOROUAY Robinson Tanya 03 5264 7477 0425 852 255 UPWFY Fine Sinead 03 8782 4037 VIEWBANK Neubacher Sylvia 03 9455 3385 0408 327 993 VIOLET TOWN Threlfall Karen 0418 342 674 WARRAGUL Steele Jessica 0407 323 307 WARRENWOOD nr Oppermann Grit 03 9876 5637 0419 315 913 **CROYDON HILLS** WERRIBEE Nina 0434 168 418 Segal WINDSOR Ben 03 9690 7666 **WONGA PARK** Cornick Celia 03 9722 2840 0403 208 940 WYNDHAM VALE Speirs 0412 907 776 Last name First name Landline Ann 0427 422 459 **ALBANY** Copeman 08 9842 3977 **APPLECROSS** Jacqueline Gardam 0431 409 669 08 9498 3788 0452 223 617 ARMADALE Kirpalani Dimple **AUSTRALIND** Kalbfell Pauline 08 9725 2418 08 9350 9898 **BENTLEY** Hari Hament **BIBRA LAKE** Fiocco 08 9418 7273 Anna **BUNBURY** Kalbfell Pauline 08 9725 2418 BUSSELTON Margaret 08 9754 2542 0407 984 000 Guy BUSSELTON 08 9754 1537 0414 459 679 Smoker Shari Lee 08 9450 2113 Hellmuth 0431 966 516 COMO Liesbeth COTTESLOE Blanch Michael 08 9385 1484 0419 910 141 DENMARK Waschk 08 9848 2426 Beate DUNCRAIG 08 6460 9862 0421 453 106 Goradia Tirtha DUNSBOROUGH 08 9755 3949 Morgan Paula 0407 773 093 **FREMANTLE** Greenough Jasmin 0422 173 401 08 9255 1052 HELENA VALLEY Clark Robin JANDAKOT 08 6460 9862 0421 453 106 Goradia Tirtha **JOONDALUP** Lang Penelope 08 9301 1234 KALAMUNDA 0407 287 637 Moore Sally 08 6161 8473 LEEMING Grewal Jagkeerat 0458 583 202 LESMURDIE 08 9291 0510 Diamantopoulo Kate 0417 713 212 MANDURAH Glenn Vanessa 08 9535 9499 0417 011 609 MIDLAND Hendru Phillip 08 9274 1810 MIDLAND 08 9274 5725 Kay George MILLENDON Innocent Madeleine 08 9296 0152 MT HAWTHORN Alexander Paul 08 9444 4190 **NOLLAMARA** Darren 0412 779 760 Grech **PADBURY** 0434 573 181 Essex Julie REDCLIFFE Darren 0412 779 760 Grech SAWYERS VALLEY Moore Sally 08 9295 6782 0407 287 637 08 9259 5683 0412 169 275 SHELLEY Wong Peter Nicole 0410 476 721 STIRLING Moustakas SUBIACO Greenough Jasmin 08 9381 3999 0422 173 401 WEST LEEDERVILLE Volk Marion 08 6380 2648 0418 945 109

WILLETTON

WINTHROP

Stanton

Cubitt

Emma

## INDIVIDUALISED TREATMENT IS OUR SPECIALTY

## Every homoeopathic treatment is tailor-made for each patient and their specific needs.

With homoeopaths, 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 homoeopathy works. Homoeopathy 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 homoeopath 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 homoeopathy. If you have a skin condition or a stomach complaint, the homoeopathic 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 homoeopathic consultations generally take longer than those you are probably used to with other types of practitioners. Homoeopathy is a complementary modality and if symptoms persist you should contact your health provider.

Barbara Armstrong

former AHA National Administrator, Hastings, Vic

# MASTITIS AND EMOTIONAL HEALING

# Homœopathy helped the mental and physical symptoms of mastitis.

Maria's fourth bout of mastitis occurred when her second baby was two weeks old. Maria had successfully breastfed her first child and she felt sure the mastitis she was experiencing was not due to feeding or attachment issues. She recovered from each infection within 10 hours or so, but the reoccurrence of pain and a high temperature were depleting her considerably.

Maria suspected her mastitis was a signal that her body was trying to tell her something. She wasn't just looking for a medicine to treat the mastitis. She was looking for a medicine that was also able to the address the underlying emotional patterns that might be at the root of the problem.

The first consultation involved listening carefully to Maria and taking into account her unique set of physical signs and symptoms, and related emotions. The important points were analysed and matched to the most similar homoeopathic medicine.

Within days of taking the medicine, Maria felt her emotional beliefs and patterns begin to shift considerably. She says, "I was able to recognise and let go of many issues. It left me with a much clearer view of how I want to be as a mother." She also reported feeling much more relaxed about nurturing herself and her children. This emotional shift included letting go of self-blame and guilt. The medicine also addressed the mastitis, which did not recur.

Jane Lindsay

0407 448 664

08 9332 2026 0402 460 404

AHA professional Member, Bardon, Qld