

Homœopathy 2011

Dear Readers, Welcome to the annual homoeopathy

Welcome to the annual homoeopathy liftout. You will find lots of information on this (second most widely used) system of medicine, as well as case studies and a national list of registered practitioners. In line with World Homoeopathy Awareness Week, this

year we feature homoeopathy for musculoskeletal wellbeing. If you have aches and pains or changes in mobility, you might just find a new avenue to help relieve discomfort and restore your health.

Most of you will have experienced musculoskeletal impairment at some time in your lives, from minor sprains and strains, sports injuries, whiplash, fractures, pain and stiffness on moving to more chronic inflammatory conditions. It is essential to have a full medical check-up to understand the extent of the problem, complications and prognosis. Get all the information you need and then explore treatment. There are many options to choose from within orthodox and complementary medicine, including homoeopathy.

With this in mind, I would like to take the opportunity to discuss an alternative approach to thinking about such complaints.

Frequently, we are conditioned to believe that any deviation from health that impairs functionality is not permissible. We go to lengths to avoid it so we can "soldier on". In the case of musculoskeletal injuries, this may involve taking medication so you can continue to work — even if it involves lifting and possibly aggravating the complaint. Masking the pain might prevent you from realising the pain-free position your body needs to be in to relieve the cause of the problem, or keep you from taking the required rest to ensure a speedy recovery.

In some cases, there may be an emotional trigger for some musculoskeletal discomfort. Personally, when I have a stiff neck, I ask myself the question, "What is a pain in the neck in my life at the moment?" Sometimes, just acknowledging the burden will help to release the tension and assist recovery. By turning to our feelings and inner sense of what is wrong we can start to take responsibility for our own health and create the balance we want in our lives. Being in control of our health and healing increases personal strength and autonomy.

Michelle Hookham Michelle Hookham, National President AHA

ALL YOU WANTED TO KNOW

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

What is homoeopathy?

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 German physician Dr Samuel Hahnemann and is now used worldwide, with a 200-year history of effective clinical experience. It is recognised by the World Health Organization as a valid form of health care.

In Britain, for example, there are five homeopathic hospitals available under the National Health Service (NHS), including the London Homeopathic Hospital. The English 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 remedy is a homeopathic medicine and in India more than 10,000 doctors use homeopathic medicines to treat their patients.

How does it work?

The word "homoeopathy" (also known as homeopathy) is derived from the Greek words homoios meaning "similar" and pathos meaning "suffering". The cornerstone

of homoeopathic philosophy is the Law of Similars. This law or principle is based on a long-held belief that dates 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

to strict guidelines set out in international pharmacopoeias and under the control of the Therapeutic Goods Administration (TGA). Homoeopathic medicines are considered safe and free from serious adverse reactions since they are highly diluted. These medicines can be given in the form of liquid, granules, powder or tablets.

Conditions commonly treated

Homoeopathy 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. Homoeopathy 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**

treatmentThe first homoeopathic consultation can take an hour or more. Treatment then involves the prescription of the most suitable medicine, matching all the symptoms and

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 homœopath 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 Homoeopathic 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's 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



HOMŒOPATHIC TREATMENT OF MUSCULOSKELETAL PROBLEMS

A study has shown that homeopathic treatments can decrease the severity of long-term chronic conditions.

Problems relating to our muscles, bones and joints are quite prevalent among all ages but can be especially challenging for older patients. Chronic musculoskeletal and rheumatic diseases are associated with inflammation and pain and might be accompanied by depression, anxiety, physical disability and sleep disturbances. Any of these factors can have a major impact on an individual's general wellbeing and quality of life.

A recently published study of older patients in Germany and Switzerland found that homœopathic treatment can play a beneficial role in the long-term care of patients with chronic conditions such as osteoarthritis, sciatica and lower back pain. The study followed 83 individuals, aged between 70 and 84 years, who were suffering from a chronic condition for an average of at least 11.5 years; 82 per cent were taking conventional treatment in addition to the homoeopathic treatment offered. The most frequent diagnoses were for high blood pressure and sleep disturbance, in addition to sciatica, lower back pain and osteoarthritis.

According to outcome assessments by both the patient and her/his doctor, there was a substantial decrease in the severity of their complaints following homoeopathic treatment. The strongest clinical improvements were described by the patients in the first three months. On average, the severity of the chronic disease was reduced by 30 per cent over this time. In addition, this level of improvement was found to be sustained over the course of the full 24-month follow-up period.

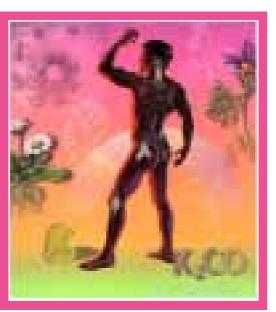
These findings indicate that homoeopathic treatment can be of positive benefit to older patients in reducing the severity of the symptoms of some chronic conditions of long standing. In practice, I have witnessed how any significant reduction in pain and inflammation can have a profound effect on other aspects of health and wellbeing, such as better sleep, more independence, less reliance on conventional pain medications and improved mental and emotional health. Lee Formica

AHA Professional Member Enmore & Curl Curl, NSW

Reference: Teut, M., et al. Homeopathic treatment of elderly patients — A prospective observational study with follow-up over a two-year period. BMC Geriatrics 2010, 10:10. Found at http://www.biomedcentral.com/1471-2318/10/10

Homœopathy for Musculoskeletal Wellbeing 9-15 May, 2011

Find out more about activities in your area on the AHA's website www.homeopathyoz.org



A HOLISTIC APPROACH TO MUSCULOSKELETAL HEALTHCARE

Homœopathy examines more than just physical pain that has brought a patient to a practitioner. It takes into account lifestyle and emotional health as well.

essica arrived at the clinic nursing her right thumb, which had been extremely painful over the past month. She had tried a couple of over-the-counter homoeopathic medicines for the problem but nothing seemed to be working.

The pain was intense, with a tearing sensation and throbbing. She had learned not to fully flex the joint so as to avoid the pain. She couldn't remember any injury or strain associated with the pain. She recalled a history of other pains over the previous year. Her right knee had been very stiff and sore and she had a recurrent bruising pain in her upper back. All the pains were worse at night in bed and she often woke in the

morning with numbness in her right hand.

I was interested in what else was concerning her. Jessica had recently started a new job in an advertising agency and she was keen to make a good impression. She had been experiencing some anxiety at work, especially when giving presentations, and was unsure whether she was really up to the job. She was especially nervous around her new boss. On those days when she felt under pressure to perform, she would invariably get a throbbing headache by the end of the day. The main feature of these "nervous headaches" was a hot feeling in the head and flushing of the face.

In considering both the physical and

emotional aspects of Jessica's story, a homoeopathic medicine was prescribed on a "holistic" basis. The medicine is known to address tearing rheumatic pain in the joints and congestive tension headaches, in addition to feelings of "uneasiness" and anxiety. After the first dose, Jessica reported that she had not experienced any headaches over the past month and she felt more confident settling into the new job. She was sleeping well and had decided to rejoin a yoga class near work. She had not been bothered by either knee or back pain, though the pain in her thumb seemed to be about the same

After the dose of the medicine was repeated, this began to subside so that at her third monthly appointment she could happily report she had regained full use of her hand. One year down the track, she is continuing to do well with only very occasional doses of the medicine.

Lee Formica

AHA Professional Member Curl Curl & Enmore, NSW

PRACTITIONER LISTINGS

ACT					BOWRAL	Cleary	Michael	02 4861 2900	
Suburb	Last name	First name		Mobile	BREWARRINA	Pedersen	Carol		0409 152 040
AINSLIE	Doherty	Jean	02 6257 5430	0427 303 333	BROOKVALE	Ellison	Lorraine	02 9905 9415	
CURTIN	Lee	Lesley	02 6282 4030	0415 686 485	BROOKVALE	English	Bernadette	02 9905 9415	0425 207 492
GRIFFITH	Dendrinos	Gerry	02 6295 6939	0401 300 948	BROOKVALE	Greig	Lesley		0421 618 615
		,			BROOKVALE	Jordan	Linlee	02 9905 9415	0.22 020 020
NSW					BROOKVALE	Powell	Kim	02 9905 9415	
Suburb	Lastasma	First name	Landline	Mobile		Shah			0410 379 407
	Last name				BROOKVALE		Vaishali		0410 379 407
ACACIA GARDENS	Kalia	Sarita	02 9626 8919	0414 860 517	BROOKVALE	Wolstenholme	Nicholas	02 9905 9415	
ALBURY NORTH	Walmsley	Steven	02 6025 0988		BURCHER	Pedersen	Carol		0409 152 040
ALLAMBIE	Formica	Lee		0403 922 531	BYRON BAY	Brierley	Michelle	02 6680 7464	0431 247 741
ANNANDALE	Coelho	Rose	02 9810 4628	0411 739 063	BYRON BAY	Haynes	Suzanne	02 6685 5883	
ANNANDALE	Cunneen	Lynette		0403 061 991	CAMDEN	Vine	Lorraine	02 4655 6202	0419 411 450
ARCADIA	Biddle	Patricia	02 9653 1231		CAMMERAY	Smyth	Judith	02 9959 3019	0408 960 810
ARDLETHAN	Pedersen	Carol		0409 152 040	CAMPBELLTOWN	Maitland	John	02 4625 0545	
ARIAH PARK	Pedersen	Carol		0409 152 040	CARINGBAH	Shepherd	Cornelia		0411 219 779
ASQUITH	MacLean	Ali	02 9482 9795	0.05 152 0.0	CASTLE HILL	Hookham	Michelle	02 8850 7822	0423 162 001
AVALON	Scott	Lorna	02 9918 2288		CASTLE HILL	Reynolds	Nicola	02 8850 7822	
AVALON	Wakefield	Elizabeth	02 9973 4833	0/22 E26 62E				02 0030 1022	
			02 9973 4033		CHATSWOOD	Davis	Natasha	02.0445.2222	0412 452 326
AVALON BEACH	Harrison	Jacqui	02 0007 6100	0415 159 319	CHATSWOOD	Frederiksen	Neil	02 9415 2333	0419 415 233
BALGOWLAH	Pope	Christine	02 9907 6108		CHATSWOOD	Jain	Anita	02 9419 3924	
BALGOWLAH	Rayfield	Deborah	02 9907 6108		CHERRYBROOK	Danwer	Shonit		0412 191 444
BALGOWLAH HEIGHTS	Greig	Lesley		0421 618 615	CLEMPTON PARK	Leontsini	Helen	02 9789 1687	0412 772 397
BALGOWNIE	Absalom	Sally	02 4285 7140		CLUNES	Nolte	Tanya		0415 150 300
BALLINA	Brierley	Michelle	02 6686 8252	0431 247 741	COFFS HARBOUR	Caporale	John		0437 499 513
BALMAIN	D'Aran	Kenneth	02 9818 1086	0407 181 086	COFFS HARBOUR	Dorbecker	Ayesha	02 6651 7001	0450 940 173
BANGALOW	Mackenzie	Fiona	02 6687 2207		CONCORD	Chiu	Shirley		0414 917 822
BARADINE	Pedersen	Carol		0409 152 040	COOGEE	Ciccia	Donna		0419 686 618
BARELLAN	Pedersen	Carol		0409 152 040	COOGEE	Koukedes	Nita	02 9315 8880	0.15 000 010
BARRABA	Turland	Jill	02 6782 1085		COOMA	Oakley	Alison	02 3313 0000	0424 063 777
BATHURST	Munns	Christina	02 6332 3389	0428 285 064	CROMER	Singleton	Jane		0405 783 332
BAULKHAM HILLS	Mathias		02 8678 0444					02.051.1.01.77	
		Divya			CRONULLA	Campbell	Rhonda	02 9544 0477	0400 345 434
BEGA	Goddard	Sunny	02 6492 4543	0421 002 717	CRONULLA	Hosey	Leonie	02 9544 5558	0414 807 201
BEGA	McLean	Mary	02 6492 2222		CROWS NEST	Gray	Alastair		0414 691 279
BELLAVISTA	Sierra	James	02 8883 2558		CURL CURL	Formica	Lee		0403 922 531
BELLEVUE HILL	Weinstock	Vivienne	02 9363 2788	0414 846 618	CURL CURL NORTH	Frederiksen	Neil	02 9938 5959	0419 415 233
BELLINGEN	Jandzio	Anna	02 6655 0536	0431 851 742	DIAMOND BEACH	Bentley	Mary	02 6559 3926	
BELROSE	Sharpe	Janine		0412 076 221	DORRIGO	Jandzio	Anna	02 6655 0536	0431 851 742
BEROWRA	Hamid	Lindy	02 9456 0488	0419 998 788	DOUBLE BAY	Adkins	Sam		0420 800 725
BERRIMA	Mell	Cally	02 4877 1474	0408 781 460	DOUBLE BAY	Gray	Alastair		0414 691 279
BEXLEY NORTH	Leontsini	Helen		0412 772 397	DRUMMOYNE	Wright	Fiona	02 9819 7770	0417 405 941
BINYA	Pedersen	Carol		0409 152 040	EARLWOOD	Helen	Christian	02 9559 3864	0418 285 285
BLACKTOWN	Castellari	Lynne		0425 205 858	EASTWOOD	Bhouraskar	Shilpa	02 9874 4647	0424 480 613
BLAXLAND EAST	Mitchell	Ronald	02 4739 1920	0423 203 030	EDGECLIFF	Gildart	Phillip	02 9328 1066	0410 343 355
BOMADERRY				01.11 21.2 272					
	Webb		02 4421 8087		EDGECLIFF	Porwal	Mamta	02 9363 3181	0422 579 110
BONDI	Zinn	Leah		0407 705 820	ELANORA HEIGHTS	Merriman	Frederique		0412 290 173
BONDI BEACH	Daniels	Ingrid		0402 705 478	ENMORE	Formica	Lee		0403 922 531
BONDI BEACH	Weinstock	Vivienne	02 9363 2788		EPPING	Perini	Victor	02 9868 3592	
BONDI JUNCTION	Burn	Karen		0416 149 446	EPPING	Reddy	Shashikala		0433 568 141
BONDI JUNCTION	Carter	Lisa	02 9369 3288	0415 557 151	EUREKA	Clark	Katherine		0419 190 439
BONDI JUNCTION	McCombe	Diane	02 9369 3288		FAIRLIGHT	Farrelly	Jane	02 9949 1285	0420 830 793
BONDI JUNCTION	Schweigert	Kerry	02 9369 3288	0425 222 220	FEDERAL	Clark	Katherine		0419 190 439
BONDI JUNCTION	Weinstock	Vivienne	02 9363 2788	0414 846 618	FIVE DOCK	Caldwell	Kim	02 9713 2633	0421 878 352
BONDI JUNCTION	Wilson	Leanne		0402 313 104	FIVE DOCK	Gamble	Jon	02 4228 0977	
BONDI JUNCTION	Zinn	Leah		0407 705 820	FIVE DOCK	Levy	David		0407 701 725
50515011011				0.01100000	THE DOCK	Levy	Davia	OL 3113 E033	0.01 101 123

A HUSBAND IN PAIN

Homœopathy can address both the emotional and physical effects of pain.

im, who has recently retired, was accompanied by his wife when he came to visit me. His back pain was brought on by laying bricks in the garden three weeks previously. He had recently endured a five-hour plane ride and could barely move because the pain was so bad. The doctor had given him painkillers to take as required, but Jim was loath to take them. He had taken one dose when he came to see me. He wanted a massage to help his back and kept telling his wife she was "not to fuss". He contradicted everything she said about his back pain.

Jim frequently commented, "I am fine, I can manage," and (to his wife) "Don't touch me." He did not want to take any medicines as he felt that nothing would help. He said he was taking painkillers to keep his wife happy — though he admitted that they helped.

Initially, he allowed me to massage his back and would not consider anything else. There was tightness and rigidity in the middle of the upper back and pain on any movement. I observed that Jim had great difficulty going up stairs, though he stoically denied this. I

suggested he contact me in two days.

Two weeks later, Jim came back to see me at his wife's insistence. Though things had improved, he was still not moving well and still in some pain. He had a second massage and I discussed the option of homoeopathic medicine. He was still saying he was "fine" and that "nothing would work, anyway". He was not sure of homoeopathy and thought it "rubbish".

Once he agreed to try homoeopathy, I gave Jim two homoeopathic medicines to take once daily for three days. The first is indicated for people who suffer from injuries but who don't want to be touched and who say they feel fine. The second is botanically related to the first. It works well on the deeper muscles, which can feel as if they have been trampled on.

I asked Jim to please check with me the next week as my intention was to finish the treatment with another medicine. Jim did not return but his wife reported that he was feeling great and started to improve on the second day of taking the medicines. Three months later, Jim has said he is doing very well and has had no further problems with his back.

Emma Stanton AHA Professional Member, Willetton, WA



BACK PAIN IN PREGNANCY

Homæopathy solved one woman's problem just in time.

argarita was 39 weeks pregnant and due to give birth. She had severe back pain and was nervous about coping with the pain of labour. "How am I going to cope with the birth if I can't even walk?" she thought. "If I'm already in pain, how am I going to cope with the extra pain on top of that?"

Her lower back was sore and tense and there was a sharp pain going down her leg, making it painful to straighten. She couldn't lie on her back at all; lying down was painful and so was turning over in bed. Margarita found herself limping and all her back muscles were sore "as if the bones have come apart; as if my hips are not going to support me any more". It especially felt as if her hips wouldn't support her when she was walking downhill. Margarita had a dream that she was crossing a bridge but the bridge collapsed. In her dream she fell into the water and drowned.

Margarita came to Australia two years ago to marry. She left behind the support of her job, family and friends that she had grown up with. She felt insecure when her husband was away on business and had a lot of uncertainty about the future. A number of years ago, she also had back problems. At that time the family business was in difficulty and there were no funds to support her. Margarita also lost her mother at a young age.

Margarita's dream and life experience tell a similar story to her physical complaints: one of pain and loss of support. This was a strong pointer to the choice of the homeopathic medicine.

Within two days of commencing homoeopathic treatment, all the backache was gone, which was just as well because on the third day Margarita gave birth to a baby boy after only a three-hour labour. The back pain didn't return in the following three months, during which we had contact. Linda Beaver

AHA Professional Member, Stanmore, NSW

NIGHT TERRORS

Homœopathic treatment enables a young girl and her family to overcome the burden of frequent night terrors.

ightmares or night terrors in children can be distressing for both the child and the parents, and the subsequent loss of sleep often impacts negatively on the whole family.

Eight-year-old Ellie started suffering from recurring night terrors soon after her three older siblings left home to go to boarding school in the city. Over the course of a few months, Ellie went from being an independent and confident little girl, who happily went to bed with a kiss and a story, to an anxious and frightened child who woke frequently throughout the night from disturbing and terrifying nightmares.

Bedtime became an issue, with Ellie frequently clinging to her mum and finding excuses for her to stay in the room until Ellie fell asleep. Because she was now the only child at home, her parents allowed more than they normally would have, and an exhausting pattern of late nights and interrupted sleep emerged, leaving everyone short-tempered and oversensitive.

During her homœopathic consultation,

Ellie confided that she often delayed bedtime by asking to watch the news with her parents. Her parents confirmed this and joked that Ellie knew more about what was going on in the world than they did. Further discussion revealed that, although Ellie wasn't easily frightened, she was a sensitive little girl who reacted strongly to sad stories and had a deep fear of any harm coming to her family.

It became increasingly clear in the consultation that Ellie's nightmares were based on her fear of being left alone and of her family coming to harm. These fears were being fuelled daily by the TV news coverage of deaths and tragedies.

Ellie was prescribed a well-known homoeopathic medicine, which helped her to settle at bedtime with less difficulty. In time, she was able to talk more openly about her fears. Over the course of several weeks, the frequency of the nightmares lessened and the quality of her sleep improved. In addition to giving her the medicine, Ellie's parents stopped allowing her to watch the TV news and spent more time reading stories with her, all of which helped to overcome a very difficult time for a sensitive little girl. Maryanne Logan AHA Professional Member Mona Vale, NSW

NSW listings continued

FIVE DOCK	Redd
FORESTVILLE	Aved
FORESTVILLE	Hallir
FORESTVILLE	Kulka
FORESTVILLE	Nicot
FRENCHS FOREST	Paul
FRESHWATER	Bedg
FRESHWATER	Harri
GILGANDRA	Pede
GORDON	Good
GORDON	Pope
GREENWICH	Walto
GUILDFORD	Arnol
GULARGAMBONE	Pede
HARDYS BAY	Chaff
HARRIS PARK	Shah
HARRIS PARK	Shah
HORNSBY	Berne
HORNSBY	Curtis
HORNSBY	Shah
HURSTVILLE SOUTH	Kouts
JINDABYNE	Keigh
KATOOMBA	Marti
KELSO	Munr
KINGSFORD	Kelly
KURNELL	Araya
LEICHHARDT	Chop
LENNOX HEAD	Linde
LEONAY	Caste
LEURA	Marti
LIGHTNING RIDGE	Pede
LINDFIELD	Fordh
LINDFIELD	Manr
LISMORE	Jones
LISMORE	Nolte
LITHGOW	Gilda
LIVERPOOL	Naka
MANLY	Endre
MILLINGANDI	Quaif
MITTAGONG	Herm
MONA VALE	Elliso
MONA VALE	McCa
MONA VALE	Sutcl
MORTDALE	Conn
MULLUMBIMBY	Buhs
MULLUMBIMBY	White

Gregory

MURWILLUMBAH **NEUTRAL BAY** NEWPORT NEWPOR NEWTOWN NEWTOWN NEWTOWN NEWTOWN NUMERALLA OATLEY **ΠΔΤΙ Ε**Υ PADDINGTON PARRAMATTA NORT PENRITH PICTON PORT MACQUARIE POTTSVILLE PYMRIF PYMBLE WEST **PYRMONT** PYRMONT REVESBY ROCKDALE ROCKDALE RO7FI I F SCONE SPRINGWOOD ST I FONARDS ST I FONARDS ST MARYS TANMORE STRATHFIFI D NORTH SURRY HILLS SURRY HILLS SYDENHAM SYDNEY SYDNEY SYDNEY TALARM

TEMORA

THIRROUL

0409 152 040

TERREY HILLS

TOORAWEENAH

Magee Manning Fnalish Wolstenh Carter Houseman Plataniotis Oakley Brickwood Burgess Woods Shah Maitland Sam McGann Goodma Harris Tannous Natoli Sam Dhuyvetter Pedersen Deamer Bell Greig Tumminello McDonald Chiu Clearu Sierra Inhnson Avedissian D'Aran Martiens Shah Foley Pedersen Sutcliffe

McGuire

Pedersen

0407 840 387

0409 152 040

0411 221 421 Thornton 02 4304 0822 TUGGERAH Sheffield Frances 0409 152 040 TULL AMORE Pedersen Carol TULLIBIGEAL Carol 0409 152 040 Pedersen 02 6679 5799 Gregory 0431 012 835 02 6679 5826 0408 265 070 HKI Malcolm Trenna UMINA BEACH 02 4341 9729 Wilson Lunne 0409 152 040 Pedersen Carol **UPPER BLUE MOUNTAINS Martienser** Peter 0408 485 402 VALICI LISE Robun 0413 017 502 Denne 02 9489 8865 0427 850 831 WAHROONGA Roger WARILLA McGuire Helen 0407 840 387 WARRIEWOOD 02 9999 2211 Hardwick Margot 0438 212 737 WARRIEWOOD Logan Maryanne WAVERLEY Housemar Miriam 0412 126 647 WEETHALLE 0409 152 040 02 6845 1313 WELLINGTON Avent Frances WENTWORTHVILLE 02 9636 6157 0431 818 552 Saxena Kanchar WOOLLAHRA Natasha 0412 452 326 Davis 02 4228 0977 WOLLONGONG Gamble WOLLONGONG Hermistor Nyema 02 4228 0977 02 4625 0545 0422 980 017 Maitland WOODBINE WOOLGOOLGA Caroline 02 6654 1996 Hayward YAMBA 02 6646 9452 QLD Mobile 0437 673 632 Suburb ALBANY CREEK Last name **Landline** 07 3264 8397 First name Reichman Petrina **ALDERLEY** Gillen Christine 0488 993 336 Dianne 07 3391 2664 ANNERLEY Butterfield 0417 756 690 Greg 07 3359 2242 ASPI FY Lloyd Beckert Frank 0424 000 901 ATHERTON 0434 823 061 Hennu 07 3368 1300 **BARDON** Lindsay Jane 0407 750 363 RARDON McIntos John 07 3876 2446 07 3807 7687 **BEENLEIGH** Halimah Khan Tulip 0412 001 601 BELLBOWRIE Jane BENTLEY PARK 07 4055 5493 0434 823 061 RONOGIN Dobsor Lynda 07 5530 7616 0423 709 748 BOWEN Lewis Denise Liddell Evelin 07 3261 5436 **BUDERIM** House Glen 07 5456 1161 RUDERIM Penhalig Mary 07 5476 5889 BURPENGARY 07 3888 2894 0417 706 286 Koda Anthon CABOOLTURE Younger Barbara 07 5498 9100 0402 857 799 CAIRNS NORTH Friesen Iudith 07 5491 6102 CALOUNDRA McMahon Penelope CAPALABA 07 3245 6451

CHAPEL HILL Eccleston 0407 772 091 Maree 0402 040 248 0425 120 240 CHERMSIDE WEST Nicolaou Barbara COOLANGATTA Honnen Daniela COOMERA WATERS Lar-Badea 0411 711 500 Mariana COORPAROO 07 3421 7488 0417 649 044 Rodney 07 5533 0291 CURRUMBIN VALLEY Lyons 0421 791 553 07 3269 8822 DEAGON Carolun 0414 421 675 **EAGLE HEIGHTS** Venables Sandra EMU VALE Noffke Cheryl 07 4664 8737 0418 964 591 FORTITUDE VALLEY Berryman Peter **0420 403 320** FORTITUDE VALLEY 0411 836 575 GLADSTONE Lorraway Ross 0408 875 973 GORDON PARK Allman Collee 0412 791 825 GREENSLOPES Colleer 07 3394 4111 Allman 0412 791 825 HAWTHORNE Hanson 07 3899 1807 Inez HAWTHORNE Kylie Marina 07 3395 7203 0431 436 939 HERVEY BAY Rotert 07 4128 0553 0488 770 545 HERVEY BAY 07 4124 6677 Turner Gregoru 0412 570 390 HIGHLAND PARI Wong HOLLAND PARK Fitzgerald 0403 147 225 HOWARD Arnold-Stevens Johanna 0425 214 159 0407 640 229 **IPSWICH EAST** 07 3281 2747 Linda Hanson IIMBOOMBA 07 5548 6955 Cope Greg 07 5548 6955 07 3279 6470 JIMBOOMBA McDonald Sarah 0408 070 504 JINDALEE Marian Peters **JOYNER** Foster-Spinelli **Emilia** 0412 115 451 07 3378 2672 KENMORE 0409 371 354 Jones KENMORE Newing Jeanette 0410 136 054 07 3878 6348 KENMORE Trefny Heidi Tamara 0403 147 225 KENMORE HILLS Fitzgerald 07 3878 9767 **KENMORE HILLS** Hatherly Patricia 07 3878 9767 KIFLS MOUNTAIN Hayes Hayes Rosalind 07 5442 2511 07 5442 2511 Rou 0403 267 963 LANDSBOROUGH 07 5439 9813 MALENY Koda Anthony 07 5435 8380 0417 706 286 MAPI FTON 07 5445 7749 Hansel Jackie 0410 678 971 MT GRAVATT **Rideout Belletty** Andrea 07 3849 3911 MT OMMANEY McGrath 07 3376 3233 0418 184 702 MT OMMANES Provan Fiona 07 3715 8482 0411 300 081 MT OMMANEY 07 3715 7842 Trudu Weiss MUDGEERABA Dobson Lynda 07 5530 7616 MUDGEERABA Fawcett 07 5525 2755 MUDGEERARA Teixeira Rita 07 5525 2211 NEW FARM Dianne 07 3315 2517 0488 993 336 NOOSA HEADS Graham NOOSA HEADS Jarvis 07 5455 4019 Howley Costigan Sarah NOOSAVILLE 07 5440 5711 NORTH LAKES 07 3480 5944

ARTHRITIS AND HOMŒOPATHY

Homœopathy can be used in conjunction with conventional medicine (when appropriate) to treat arthritis.

urprisingly, there are more than 100 different types of arthritis. Some are due to wear and tear, such as osteoarthritis, and others are due to autoimmune and inflammatory conditions, such as rheumatoid arthritis. Even people with the same arthritis often experience their symptoms in slightly different ways.

Homœopathy is prescribed by understanding the symptoms each person is experiencing. For example, is the pain better or worse with heat? Is it worse at night or during the day? Is it accompanied by flulike symptoms or fatigue? Are there accompanying skin complaints? Is there anger or sadness along with the pain? Homoeopaths look at how the symptoms are expressed in each individual and prescribe a medicine based exactly on those symptoms.

Julie had recently been diagnosed with palindromic arthritis, a rare precursor form of rheumatoid arthritis, and was in such pain that she was considering the DMARD (disease-modifying antirheumatic drugs) medications suggested by her specialist. Before



embarking on the medications, however, Julie asked for a threemonth postponement in order to try alternative treatments.

Along with nutritional supplements prescribed by a naturopath, Julie embarked on intensive homœopathic treatment. Before treatment, Julie was experiencing severe pain that would move from joint to joint every 2-3 days, keeping her awake all night during the attacks and causing her limited mobility in each particular area. The pain was so severe that it affected every aspect of her day-to-day life. If the pain was in her hands, she needed her husband to help her get dressed. If it was in her hip, she found it difficult to walk or drive her children to school.

During the flare-ups she would often develop a sore throat and feel like she was coming down with the flu. After describing all her symptoms to her homoeopath, Julie commenced homœopathic treatment. Her homœopath monitored her condition fortnightly, then monthly. At the three-month mark, her symptoms had dramatically reduced in both frequency of attacks and severity of the symptoms.

Her specialist agreed that, as things were going well, they would hold off on the medications and monitor again in three months. At the six-month mark, her condition was 95 per cent improved. Julie is continuing with homoeopathic treatment, in consultation with her specialist, and is better each day. Occasionally, if she has had a particularly hard or exhausting day, she may still have a flare-up, but they are few and far between and nowhere near as severe as they used to be. For the first time in 15 years, Julie is now training to do a fun run with her children later in the year. How far she has come in a relatively short period of time!

08 8270 6448 0432 171 503

David Levy, Professional Member, Five Dock, NSW Lesley Greig, Professional Member, Balgowlah, NSW

FLAGSTAFF HILL

QLD listings continued

ALLENBY GARDENS

4				
ADDINGTON	Barker	Raia	07 3367 3434	0431 739 022
ADDINGTON	Blackshaw	Susan	07 3876 2100	0418 716 027
ARKINSON	Emans	Karen	07 3272 1660	
EREGIAN BEACH	Howley	Sarah	07 5471 2201	
EDCLIFFE	Haug	Sharon	07 3889 3588	
EDCLIFFE	Moffat	Andrea		0420 823 964
EDLAND BAY	Brownsey	Lynda	07 3206 8274	
OBINA	Dobson	Lynda	07 5530 7616	
OCKHAMPTON	Lorraway	Ross		0408 875 973
OSALIE	Newing	Jeanette		0410 136 054
ALISBURY	Barker	Raia	07 3277 1701	0431 739 022
AMFORD	Salmond	Carol		0427 694 284
AMFORD	Wilks	Glenda	07 3289 0069	0428 112 455
CARBOROUGH	Harman	Marilyn	07 3880 0739	
OUTHPORT	Magee	Judith	07 5571 0001	0414 370 259
PRINGFIELD CENTRAL		Monica	07 3470 0499	0416 978 191
TAFFORD	Madden	Gregory	07 3356 3699	0407 121 588
TRETTON	Paliwal	Rukmani	07 3273 3055	0423 716 926
UNNYBANK	Foster-Spinelli	Emilia		0412 115 451
HE GAP	Watson		07 3300 6569	0418 191 086
HE GRANGE	Molloy	Denise		0422 222 817
OOWOOMBA	Blackwood	Roslyn	07 4634 8143	0438 267 724
OOWOOMBA	Externest	Vera	07 4636 4075	
OOWOOMBA	Mitchell	Maryanne	07 4613 1822	0417 626 552
OOWOOMBA	Stanford	Marggritte	07 4638 4252	
ORQUAY	Baker	Beverley	07 4125 1231	
ORQUAY	Defina	Judith	07 4125 1231	
WIN WATERS	Barkway	Beverly	07 5448 8411	0407 758 020
VARWICK	Moulden	Rosemary	07 4667 3117	0400 880 302
VARWICK	Noffke	Cheryl	07 4664 8016	0418 964 591
VEST END	McGrath	Madeleine	07 3844 1911	
VEST END	Provan	Fiona	07 3844 1911	0418 184 702
VEST END	Ryan	Dennis	07 3217 2991	0417 649 044
VEST END	Vanderzeil	Philip	07 3844 2217	
VILLIAMS BRIDGE	Moulden	Rosemary	07 4667 3117	0400 880 302
VINDSOR	Lindsay	Jane	07 3357 4990	0407 750 363
NUNNYN	Rideout Belletty	Andrea		0410 678 971
EPPOON	Lorraway	Ross	07 4939 8222	0408 875 973
EPPOON	Worsley	Sandra	07 4939 1408	
ERONGA	Venables	Sandra	07 3848 4992	0402 423 127
A				
uburb	Last name	First name	Landline	Mobile
BERFOYLE PARK	King	Kenneth	08 8270 6625	0401 866 037
DELAIDE	King	Kenneth		0401 866 037
LLENBY GARDENS	Chapman	Jill	08 8340 2181	
THELTON	Twohia	Iulia	U8 85/15 3888	

08 8242 3888

HAHNDORF	Bottin	Hardo	08 8188 1008	0403 092 630
HYDE PARK	Kumar	Rajesh	08 8373 3699	0412 943 376
HYDE PARK	Noble	Valerie	08 8357 1602	0428 857 668
MAGILL	Oon	Francis	08 8331 3210	
MARION	Khalili	Nahid	08 8177 0563	0403 655 122
MORPHETT VALE	Lepse	Traudi	08 8382 8661	0430 337 673
NORTHGATE	Kumar	Rajesh	08 8266 4634	0412 943 376
NORWOOD	Beheit	Monique	08 8362 6996	
PARKSIDE	Marks	Bronwyn	08 7120 2810	
PORT LINCOLN	Armitage	Louise	08 8683 4344	
PROSPECT	Carr	Patricia	08 8344 9154	
SOMERTON PARK	Bourne	Andrea	08 8376 9997	
UNLEY	Noble	Valerie	08 8357 1602	0428 857 668
WOODSIDE	Stuart-Macadam	Patricia	08 8389 9405	
TAS				
Suburb	Last name	First name	Landline	Mobile
DEVONPORT	Wilson	Christine	03 6424 9690	0409 252 008
GEORGE TOWN	McMahon (Günst)	Brenda	03 6382 3717	
HOBART	Creedy	Melanie		0409 089 965
HOBART	Gustavsson	Erica	03 6278 2994	0401 240 781
HOBART NORTH	Baker	Angela		0466 323 662
MOUNTAIN RIVER	Creedy	Melanie		0409 089 965
ULVERSTONE	Mell	Cally		0408 781 460
ULVERSTONE	Webb	Helen	03 6425 1539	0447 642 515
VIC				
Suburb	Last name	First name	Landline	Mobile
ABBOTSFORD	Mitsios	Panagiotis	03 9419 4190	0419 357 303
AIRPORT WEST	Oberdunhofen	Erika	03 9379 0707	0414 305 934
ARMADALE	Devlin	Emmeline	03 9500 8656	01.22 1.75 262
ARMADALE BALWYN	Lamaro	Ana	03 9500 8870 03 9830 2160	0423 475 263 0412 078 563
BAYSWATER	Nolan Murfitt	Margaret Teri		0412 078 503
			03 9720 6234 03 5762 3867	
BENALLA BRIGHT	Eacott	Julie Elizabeth	03 5750 1851	0416 055 438
BRUNSWICK EAST	Danger	Olivia	03 3730 1631	0408 014 409
BURWOOD	Giouzeppos Hadjiloukas	Rochelle		0408 014 409
CAPE SCHANCK	Boal	Susan	03 5988 5371	0400 623 430
	Lee	Gillian	03 3900 3371	0403 273 388
CARLTON NORTH CARRUM DOWNS	Subramanian	Lakshmi	03 8787 7918	0403 273 388
CASTLEMAINE	Drury	Aurette	03 5472 3825	0434 008 361
CASTLEMAINE	Kidd	Alana	03 3412 3023	0403 740 064
CAULFIELD	Harrould	Carmel	03 9571 2786	0402 659 250
CAULFIELD	Sideris	Stamata	03 9505 3539	0431 069 457
CAULFIELD SOUTH	Grundl	Rainer	03 9523 9999	0431 069 457
CHOLLIELD 3001H	Graffut	Kalliel	02 3252 3333	0422 220 122

A SENIOR CITIZEN WITH SCIATICA

The pain of a pinched nerve is overcome with homœopathic treatment.

rs A presented with acute sciatica on the left side. She complained that the pain was "like a toothache" and was very debilitating. When she pressed on the buttock and hip on the left side, the pain was somewhat reduced. She felt that massage would help. She was irritable with the pain and "just wanted it fixed".

Mrs A had a history of a broken left leg 20 years previously, which had been poorly set, resulting in left knee dysfunction and stiffness. Otherwise, she was in reasonably good health and generally had plenty of energy. Usually, Mrs A was a tea drinker, but she reported that she had desired coffee much more than usual since the condition had flared up. She said coffee seemed to make her feel better.

On further questioning, Mrs A became upset and teary and told me she quite recently had a dispute with her son and was very angry with him. He had been "trying to run my life" and they had an argument about where she should live.

CHEROKEE



Her concerned son was adamant about her need to sell her house and move to more "suitable" living arrangements. She was just as adamant she wanted to stay where she was "until they carry me out".

Mrs A and her son had not been on speaking terms since the dispute. Because the sciatica started just after this dispute, the emotional aspects were important

LILYDALE

03 5427 0880

to consider when selecting the best homœopathic medicine for the situation.

After a couple of doses of the indicated medicine, the sciatica was "much better" the next day. A week later she reported that she had not had any symptoms since taking the medicine.

03 9735 1720 0413 026 817

Dennis Ryan, AHA Professional Member, West End, Qld

LITERONCE	uolueli	Isaac	03 3427 0000		LILIDALC	I di KCi	Tarria	05 5155 1120	0413 020 017
LIFTON HILL	Kieley	Kara		0424 415 767	MALVERN	Allender	Lauren	03 9576 3077	0434 611 824
LIFTON HILL	Sims	Jessica		0438 074 675	MALVERN	Dhingra	Priya	03 9004 0163	0422 281 203
OBRAM	Sims			0438 074 675	MALVERN	Gough	Margaret		0409 106 487
		Jessica	02 5000 0222	0436 074 073			Rochelle	02.0576.2110	
CRANBOURNE	Bayer	Phillip	03 5996 8222		MALVERN	Hadjiloukas		03 9576 3110	
CROYDON HILLS	Oppermann	Grit	03 9876 5637	0419 315 913	MALVERN	Nolan	Margaret	03 9576 3077	
ROYDON NORTH	Cooper	Deanna	03 9733 4300	0410 796 674	MALVERN	Thompson	Robyn	03 9576 3077	0419 209 104
DAYLESFORD	Kidd	Alana		0403 740 064	MAUDE	Brebner	Helen	03 5281 9296	
DAYLESFORD	Lovell	Shirley	03 5348 2426		McKINNON	Tsaganas	Marina		0431 778 693
								03 9770 5337	0431 110 033
DONCASTER	Bullard		03 9844 3048		MELBOURNE	Bayer	Phillip	03 9770 5337	
DONCASTER	Lee	Keng		0414 433 991	MELBOURNE	Howden	lan		0423 223 782
DONCASTER EAST	Cunningham	Nicole	03 9802 7125		MELBOURNE	Kothuru	Raj	03 9077 5044	0425 761 826
DOVETON	Narayana Samy	Maniula Dev	i03 9713 0557	0401 401 487	MELBOURNE	Lee	Gillian	03 9620 9503	0403 273 388
LSTERNWICK	Lalor	Liz	03 9523 7462	0.01.01.0.	MELBOURNE	Spalding	Geofrey	03 9655 9505	0418 996 915
				0/10 720 211	MELBOURNE SOUTH	Gadd	Ben	03 9690 7666	0 110 330 313
LTHAM	Brodie	Gabrielle	03 9439 3565						
ELTHAM	Burns	Barbara	03 9431 3772	0417 035 404	MIDDLE PARK	Pandya	Archana	03 9682 8866	
LTHAM	Neubacher	Sylvia		0408 327 993	MIDDLE PARK	Shroff	Vanmala	03 9682 8866	0423 923 957
LWOOD	Lamaro	Ana	03 9531 3535	0423 475 263	MILL PARK	Pillai	Pradeep	03 9436 5553	
LWOOD	Robinson	Tanya		0425 852 255	MOOROOLBARK	Williams	Robyn	03 9723 2595	
			03 9895 0037	0423 032 233	MORDIALLOC	Linthorne	Margaret	03 9580 5893	0/120 122 002
MERALD	MacFarlane	Anne		0104016550			Julie		
MERALD	Russell	Natalie	03 5968 2886	0431 046 578	MT ELIZA	Deitz		03 9787 8152	
ENDEAVOUR HILLS	Cook	John	03 9700 0333		MT MARTHA	Kopatsy	Diana	03 5988 3622	
NDEAVOUR HILLS	Nair	Reena	03 9706 2383	0404 755 084	MT MARTHA	Thorne	Jackie		0421 323 214
ERNTREE GULLY	Diesbecq	Clarisse	03 9764 8688		MT WAVERLEY	Glynn	Natalie		0430 149 678
ERNTREE GULLY	McGrath	Anne	03 9764 8688	Ω 4.27 8Ω4 888	MT WAVERLEY	Syamal	Rima		0400 626 340
ERNTREE GULLY	Scholte	Yudith	03 9758 5816	0121 001 000	NORTHCOTE	Teffaha	Nadine	03 9482 1888	
					OAKLEIGH SOUTH	Nolan	Margaret	03 9563 8270	
ERNY CREEK	MacFarlane	Anne	03 9895 0037						
OSTER	Matthews	Janyce	03 5682 1661		PAKENHAM	Robinson	Jean	03 5940 1233	
RANKSTON	Bayer	Phillip	03 9770 5337		PAKENHAM	Satherley	Leanne	03 5941 4734	0448 877 754
RANKSTON	Shroff	Vanmala	03 9770 5339	0423 923 957	POINT COOK	Brebner	Helen	03 9395 8443	
RANKSTON	White	Deborah	03 9766 0975		POINT COOK	Segal	Nina	03 9395 9362	0434 168 418
GEELONG WEST	Walti	Roger	03 5215 6214	0/:01 611 072	POREPUNKAH	Danger	Elizabeth		0416 055 438
	Golden	_	03 5427 0880	0401011312	PRAHRAN	Gadd	Ben	03 9690 7666	0110 033 130
SISBORNE		Isaac		0				03 3030 1000	0/-00 500 000
GLEN WAVERLEY	Dhingra	Priya	03 9802 0949		RIDDELLS CREEK	Boorman	Lisa		0488 599 068
GLEN WAVERLEY	Goel	Ranjana	03 9884 6585	0414 763 755	RINGWOOD	Donald	Narelle	03 9870 4050	0414 878 357
GLENROY	Clarke	Erika	03 9323 5972	0415 300 054	ROWVILLE	McClelland	Janine	03 9755 8859	
GREENSBOROUGH	Brodie	Gabrielle		0416 739 211	ROWVILLE	Parker	Tania		0413 026 817
HAMPTON	Kothuru	Raj	03 9077 5044		ROWVILLE	Santamaria	Melanie		0408 999 930
HASTINGS	Torokfalvy	Peter	03 5979 3203	0423 101 020	ST KILDA	Shroff	Vanmala	03 9770 5339	
					ST KILDA EAST	Elliott	Martin	03 9534 8684	
HAWTHORN	Kikos	Joan	03 9819 0230						
HEIDELBERG HEIGHTS		Raj	03 9077 5044		THOMASTOWN	Atray	Rashmi	03 9402 6523	
HOPPERS CROSSING	Speirs	Anne	03 9749 5558	0412 907 776	THORNBURY	Allender	Lauren	03 9416 9872	
NVERLOCH	Matthews	Janyce	03 5674 3181		THORNBURY	Busko	Tony	03 9480 0906	0425 704 239
VANHOE	Lovell	Shirley		0429 481 817	THORNBURY	O'Bryan	Maureen	03 9416 9872	0450 353 395
IINDIVICK	Greenland	Joanne	03 5628 5236	0419 567 389	THORNBURY	O'Riordan	Margaret	03 9480 1823	
					UPWEY	Fine	Sinead	03 9503 5998	0 110 311 044
KENSINGTON	Southcombe	Kay	03 9376 9286						04.00.337.003
LILYDALE	Italiano	Maria (Rose)		0425 796 382	VIEWBANK	Neubacher	Sylvia	03 9455 3385	
LILYDALE	McClelland	Janine	03 9735 1720		VIOLET TOWN	Threlfall	Karen		0418 342 674

INDIVIDUALISED TREATMENT IS OUR SPECIALITY

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

ith homœopaths, you are an individual, not a number or a disease. This is not just a platitude or a feel-good statement it is the way 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 health as well. It is often the small idiosyncrasies that are "the real you" that help the homoeopath to select the remedy that best fits your needs. You may have noticed no specific medicines have been mentioned

in these articles. 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. Getting to know the "real you" takes longer than 10-15 minutes.

Barbara Armstrong, former AHA National Administrator Hastings, Vic

AN INJURY ON THE SOCCER FIELD

A sports fan is able to return to the field thanks to the assistance of a homœopathic medicine.

anelle complained of pain in the chest around the breastbone and ribs. She had taken a heavy blow, full in the chest, from a soccer ball during a game about 10 days before. The pain had subsided somewhat over the period since the incident, but was still troubling her.

She had pain while breathing and with movements such as getting dressed, showering and turning over in bed. Getting to sleep and staying asleep was difficult as she was restless and found it difficult to get into a comfortable position. Janelle would wake up with pain and need to move or turn over, which increased the pain. Lying still helped for a while, but after sleep she would wake with stiffness and pain. This would reduce after getting out of bed and moving about, but after a day at work she felt tired and sore and even breathing caused pain.

Janelle remarked that directing the hot shower on her chest seemed to ease the

Smoker

Blanch

Waschk

Goradia

Tan

Michael

Lila

Beate

Tirtha

08 9385 1484

08 9275 2156

08 9848 2426

08 6462 9862 0421 453 106

pain for a while and applying heat packs also helped. The pain was much worse in the cold weather, especially at night. In particular, the recent cold, rainy weather had increased her discomfort significantly.

She had tried an anti-inflammatory medication with limited success. Janelle also remarked that she loved playing sport and was liable to become irritable if she did not get her regular "activity fix". The injury she sustained had curtailed her usual participation in sport and she was feeling a bit down because of this.

The indicated homoeopathic medicine was prescribed to be taken daily for seven days or until relief was felt. If she felt relief she was to then use the medicine as needed (for pain) and report back in a week.

Janelle came in for a follow-up four weeks later. She apologised for not returning after the first week, but was feeling so well and was so busy at work that she had forgotten



to check in. She told me that after three doses of the medicine the pain and stiffness had almost completely gone and she did not need to take any more. She was back playing soccer without pain and her sleep patterns had returned to normal.

Dennis Ryan AHA Professional Member, West End, Qld

0422 173 401

0421 453 106

0407 287 637

0418 945 109

0458 583 202

0417 713 212

0410 476 721

0417 011 609

0412 779 760 0416 115 434

0412 779 760

0407 287 637 0412 169 275

0403 908 414

0410 476 721

0422 173 401

0407 448 664

Vic listings continued

BUSSELTON

COTTESLOE

DANIFI I A

DENMARK

DUNCRAIG

WANTIRNA SOUTH DUNSBOROUGH 08 9755 3949 0407 773 093 Bhatnagar Shikha 03 9800 4361 0432 280 361 Morgan Paula FREMANTLE GLEN FOREST WARRENWOOD Grit 03 9876 5637 0419 315 913 Greenough Jasmin Oppermann Robin 08 9298 8332 WERRIBEE Segal Nina 0434 168 418 Clark WILLIAMSTOWN Probert Valerie 03 9004 3641 **HELENA VALLEY** 08 9255 1052 0404 164 640 Clark Robin WINDSOR Ben 03 9690 7666 JANDAKOT Goradia 08 9417 3553 Tirtha Lang JOONDALUP WONGA PARK Cornick Celia 03 9722 2840 0403 208 940 Penelope 08 9301 1234 WYNDHAM VALE Mrinalini KALAMUNDA Dahiua 0410 892 040 Moore Sallu 0412 907 776 LEEDERVILLE WEST Marion 08 6380 2648 WYNDHAM VALE Volk Speirs Anne YARRA SOUTH 0413 193 424 LEEMING Grewal 08 6161 8473 Sarah Jagkeerat Neubacher YARRA SOUTH Sylvia 0408 327 993 LESMURDIE Diamantopoulo Kate 08 9291 0510 LESMURDIE Moustakas Nicole MANDURAH 08 9535 9499 Glenn Vanessa Suburb APPLECROSS Last name First name Landline Mobile 0431 409 669 MIDLAND Hendry Phillip 08 9274 1810 08 9274 5725 Kay Innocent George Madeleine Gardam Jacqueline MIDI AND **AUSTRALIND** 08 9725 2418 MILLENDON 08 9296 0152 Kalbfell **Pauline** Hari Hament 08 9350 9898 0411 371 562 MT HAWTHORN Alexander Paul 08 9444 4190 **BIBRA LAKE** Fiocco Anna 08 9418 7273 **NOLLAMARA** Grech Darren BUNBURY PORT KENNEDY Kenworthy 08 9524 5994 Kalhfell 08 9725 2418 Pauline Eva BUNBURY Mackenzie Cheryl 08 9791 6659 0439 359 413 REDCLIFFE Grech Darren **BURNS BEACH** 08 9305 6307 0427 008 143 REDCLIFFE 08 9277 9565 **Edwards** Debra Owen Jan Margaret Shari-Lee 08 9754 2542 08 9754 1537 Sally Peter 08 9295 6782 08 9259 5683 BUSSELTON Guy 0407 984 000 SAWYERS VALLEY Moore

0414 459 679

0419 910 141

0407 275 251

SHELLEY

STIRI ING

SUBIACO

WILLETTON

SPEARWOOD

Wong

Dawson

Stanton

Moustakas

Greenough

Maxime

Nicole

Jasmin

Patricia

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