Homoeopathy works for me!

This publication celebrates the diversity of the homeopathic approach to wellness, as it is used to manage a range of conditions while maintaining adherence to core principles. Throughout homoeopathy's more than 200-year history, it has been the experience of homoeopathic practitioners and their patients worldwide that homoeopathy can make a real difference in managing illness on a whole-person level: mentally, emotionally and physically.

Homoeopaths may approach the homoeopathic treatment of their clients in different ways, but the core principles are universally adhered to.

Individualisation, where the practitioner seeks to find the medicine whose symptom picture most closely matches that of the patient, is one such principle. Treating the whole person rather than one condition in isolation would be another example of such a core concept. Yet another principle would be looking for what homoeopaths call a strange, rare or peculiar symptom: a striking or unique symptom specific to a particular patient, which can often lead the practitioner to the homoeopathic medicine that matches the patient's situation.

Homoeopaths, therefore, do not specialise in particular areas of the body or type of condition. They match the homoeopathic medicine to the patient's state as expressed through all of their symptoms. The presenting ailment is seen and treated as part of a larger whole.

Douglas M Borland MD (1885-1960), head of the Royal London Homoeopathic Hospital during the Second World War, was one of the most famous British homoeopaths of the 20th century. It was said of Borland that he gave the impression of never being in a hurry, always having plenty of time to listen with sympathetic understanding to the many patients seeking help and advice. This is the experience of many who seek a homoeopathic approach: the consultation is not rushed, giving the patient the opportunity to explain their situation in detail. This is, of course, necessary to build a picture of the whole person, rather than just focusing and prescribing separately on the individual ailments a patient presents with.

When seeking homoeopathic care, choose a practitioner registered with the Australian Register of Homoeopaths (AROH). Professional members of the Australian Homoeopathic Association (AHA) are AROH registered and are recognised by many major private health insurance funds for rebates on ancillary benefits tables. Registered practitioners are required to meet a high standard of education and abide by professional codes of conduct and standards of practice. To find a practitioner in your area, go to the AHA website, homeopathyoz.org.

Wishing you all health and happiness,

MARTIN COSTIGAN,
President,
Australian Homoeopathic Association

All you wanted to know

HOMŒOPATHY IS A NATURAL, GENTLE AND HOLISTIC TRADITIONAL MEDICINE BUT MOST PEOPLE KNOW VERY LITTLE ABOUT IT. HERE’S A PRIMER TO GET YOU STARTED.

What can homœopathy do for you?
Homoeopathy aims to treat the whole person, taking into account lifestyle, personality and hereditary factors in addition to the history of your complaint. Homoeopathy recognises that each person is unique so, for instance, headaches in different patients would be treated with different homoeopathic medicines according to each patient’s unique symptoms, which might also include mental and emotional characteristics.

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

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

Homoeopathy is now used worldwide and its benefits have been experienced by millions of people. Homoeopathy is legally recognised as a distinctive system of medicine in 42 countries and acknowledged as an aspect of complementary and alternative medicines in 28 others.

What to expect when you go to see a homœopath
The first homoeopathic appointment can take an hour or more and involves a lengthy enquiry into the patient’s symptoms. Treatment then involves the prescription of the most suitable medicine, matching the symptoms and
individual characteristics of the patient to the medicine. Your practitioner might also advise general lifestyle changes.

**Tell your doctor and homeopath about medications**

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

**Homoeopathic medicines**

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

**Choosing a practitioner**

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

All AHA Professional Members are educated to high standards of practice and adhere to codes of professional conduct. Find a practitioner near you at homoeopathyoz.org

---

A quantitative study of homoeopathic outcomes

In 2008, 51 medical practitioners participated in collecting treatment data from outpatient departments across four UK homoeopathic hospitals over a four-week period. The study included National Health Service-managed homoeopathic hospitals in Bristol, London, Glasgow and Liverpool.

A total of 235 different medical complaints were recorded. The most commonly encountered conditions, in descending order of frequency, were: eczema, chronic fatigue syndrome (CFS), menopausal disorders, osteoarthritis, depression, breast cancer, rheumatoid arthritis, asthma, anxiety, irritable bowel syndrome, multiple sclerosis, psoriasis, allergy (unspecified), fibromyalgia, migraine, premenstrual syndrome, chronic rhinitis, headache, vitiligo, seasonal allergic rhinitis, chronic intractable pain, insomnia, ulcerative colitis, acne, psoriatic arthropathy, urticaria, ovarian cancer, attention-deficit hyperactivity disorder (ADHD), epilepsy and sinusitis.

Amanda, in her early 20s, presented at my clinic with infertility. She had been diagnosed with ovarian failure and been told by her doctor that she had a “one in a million chance” of becoming pregnant.

She had been married for two years to her high-school sweetheart and they had been trying to start a family. Understandably, she was in tears, explaining that they would be unable to afford IVF treatment.

Without being able to make any promises, I reassured her that we only needed one healthy egg to achieve a pregnancy. I explained that homoeopathic medicines are often found to be capable of establishing optimal conditions for conception: helping hormones to balance, overcoming candida and creating the right pH level in the vagina to produce the appropriate mucous and strong ovulation.

We went into detail about Amanda’s medical history and her general and reproductive health: menstruation and hormone levels. She had her FSH and progesterone levels checked via a blood test. Based on her symptoms, we concluded that we needed to create healthy vaginal mucus and move her ovulation into the middle of her cycle. Amanda was given four pleasant-tasting homoeopathic medicines: two to take daily, two weekly. I recommended she start on a probiotic supplement to address any candida.

Successful conception depends on the health of both partners and homoeopathic medicines often help.

---

**One in a million**

During the study, patients attended appointments from two to six times. A total of 56.9 per cent of all the patients seen were suffering from multiple complaints. These patients generally required multiple appointments.

At their second visit, 34.5 per cent of patients considered that they were experiencing improvement affecting their daily life. This figure had increased to 59.3 per cent by the sixth visit.

Within the four weeks, patients with chronic fatigue syndrome reported more than a 50 per cent improvement, as experienced in their day-to-day life. Women who experienced menopausal disorders reported a 73.3 per cent improvement on average.

In conclusion, it was found that a high proportion of patients reported improvements in their health that were positively affecting their daily life.

SALLY MOORE, AHA Professional Member, Sawyers Valley, WA

Reference: homeopathyjournal.net/article/S1475-4916%2808%2900052-0/abstract

---

Homoeopathy is a traditional medicine and may generally be used in conjunction with other treatments and medications without adverse effects. For any ongoing chronic condition or in case of severe acute symptoms, it is important to be assessed or examined by your healthcare professional or specialist. ALWAYS SEEK MEDICAL ADVICE IN EMERGENCIES.

Homoeopathic treatment is based on an individual’s unique symptoms rather than the name of a disease or diagnosis. There is not just one standard approach for infertility; it’s based on each person’s unique health issues.
The quirky things

I recently had the pleasure of finding a homœopathic medicine for a beautiful young woman in her early 30s. Anna’s main complaint was “brain fog”. Her thoughts felt all muddled up: when she tried to communicate, the words wouldn’t come. She felt vague, confused and easily distracted, and tired easily when trying to study or concentrate. Her thoughts were crowded and rushed and this left her feeling anxious and overwhelmed.

Otherwise, Anna was fit and healthy. Given that she was aware of her food sensitivities and looked after her diet, Anna’s mental symptoms seemed to be inexplicable.

There are dozens of homœopathic medicines that match these symptoms. So, how to decide which one?

Since homœopathy takes into account the whole person, not just a bunch of symptoms in isolation, the more personal insight the homœopath can gain about the patient’s most peculiar experience of the world, the easier it is to decipher what medicine is needed.

Much to my delight, Anna mentioned a recurring symptom to improve the male partner’s reproductive health. In this instance, the husband had diabetes, so the couple took a homœopathic medicine to address candida and prevent mutual reinfection.

It was an absolute joy when Amanda reported two months later that she was pregnant. She was given a homœopathic medicine to support her pregnancy and is due to give birth soon.

RAIA KOUSARY, AHA Professional Member, Cleveland, Brisbane, Qld

Homœopathy really shines in situations when a symptom appears inexplicable, strange, rare or peculiar.
PRACTITIONER LISTINGS

**FIVE DOCK**
- Gamble Jon 02 4228 0977

**FORESTVILLE**
- Avedissian Keith 0412 231 332
- Kulkarni Mukund 02 9972 7647 0412 046 633

**FORSTER**
- Bentley Mary 02 6559 3926 0448 629 506

**GLADESVILLE**
- Strats Pal 0406 477 011

**GLENDENNING**
- Birdi Sukhynder Singh 02 8604 9950 0433 675 217

**GORDON**
- Hallinan Louise 02 9844 5449 0423 848 665

**GRAFTON**
- Bedman Ayasha 0403 475 474

**GREENACRE**
- Patel Nayana 0430 714 487

**GREENWICH**
- Walton Elizabeth 02 9966 5359 0403 902 400

**HANNAM VALE**
- Royle Florence 0417 480 556

**Hazelbrook**
- Martensen Peter 0408 485 402

**HORNSBY**
- Hallinan Louise 02 9579 1118 0407 002 288

**HURSTVILLE SOUTH**
- Koutsoukis Michael 02 9579 0288

**JANNALI**
- Henry Bek 0411 353 750

**KEITHURST**
- Fallows Ann 0439 499 085

**KILABEN BAY**
- Jacks Lynette 0408 806 155

**KURRAJONG**
- Liberona Rodolfo 02 4573 2719 0418 225 083

**KURRINIEL**
- Araya Olga 02 9668 8090

**LINDFIELD**
- Mcivor Joanne 02 9415 6386 0410 604 546

**LISMORE**
- Nolte Tanya 02 6628 4404 0415 150 300

**LITHGOW**
- Gildart Phillip 02 6652 1255 0434 356 355

**Maitland East**
- Punnoose Sam 02 8710 6107 0405 126 409

**Mona Vale**
- Conroy Julia 02 9979 8887 0415 590 954

**Mona Vale**
- Conroy Julia 02 9979 8887 0415 590 954

**Mona Vale**
- English Bernadette 0467 606 000

**MULLUMBIMBY**
- Burse Raina 02 6684 4607

**MURWILLUMBAH**
- Mackenzie Fiona 0423 300 547

**MYCOOM**
- MacKinnon Fiona 0423 300 547

**Newcastle, Blacktown**
- Nwog 0408 256 860

**Newcastle, Charlestown**
- Nwog 0408 256 860

**Newcastle, Edinburgh**
- Nwog 0408 256 860

**Newcastle, The Junction**
- Kanjee Louise 02 4969 1965 0466 525 404

**NEWTON**
- Homan Miriam 0403 126 647

**NEWTON**
- Turner Kyle 0403 754 385

**NORTH BECKLEY**
- Durrant Helen 0422 772 377

**NORTH BONDI**
- Henshaw Brad 02 9365 1830 0418 226 939

**NORTH CURL CURL**
- Fredericksen Neil 02 9415 2333 0419 415 233

**NORTH TURRUMBA**
- Gregory Claire 0403 287 217

**OATLEY**
- Breakwood Linda 0410 534 649

**OATLEY**
- Connor Terri 0400 203 781

**OCEAN SHORES**
- Farnell Jane 0420 830 793

**PADDINGTON**
- Woods Philip 02 9360 5399 0406 766 060

**PARRAMATTA**
- Punnoose Sam 02 8710 6107 0405 126 409

**PARRAMATTA**
- Punnoose Sam 02 8710 6107 0405 126 409

**Pennant Hills**
- Mustan Manya 0468 572 786

**PETERSHAM**
- Chopra Ruth 0425 205 327

**PORT MACQUARIE**
- Robinson Jean 02 6693 5967 0418 546 415

**PORT MACQUARIE**
- Punnoose Sam 0405 126 409

**PYMble**
- Zin Leah 0407 705 620

**RANWICK**
- Dlugosz Anna 0415 516 508

**RANWICK**
- Reckel Natasha 0413 233 246

**RANWICK**
- Shepherd Joanne 02 8084 2420 0412 494 502

**RANDWICK**
- Turner Kyle 0403 754 385

**ROCKDALE**
- Punnoose Sam 02 8710 6107 0405 126 409

**ROSE BAY**
- Adkins Sam 0420 800 725

**ROSEVILLE CHASE**
- Punnoose Sam 02 9417 7114 0417 480 556

**ROZELLE**
- Dhuyvetter Trees 02 9818 2495 0452 584 246

---

**Backyard research into topical homoeopathic medicines**

The only topical homoeopathic medicine I had in my dispensary up until 2007 was one for sprains and strains and, if I am honest, I used to forget it was there and usually dispensed the oral alternative.

All of that changed in 2007, due to the results that were being achieved at our clinic, where we see people suffering from conditions subsequent to infection with Ross River and Barmah Forest viruses. (These are both notifiable diseases and sufferers will have received a diagnosis from a medical practitioner.)

In 2007, trials began to find a topical homoeopathic product that would soothe mosquito and sand-fly bites. Not everyone on the Northern Rivers of New South Wales contracts a virus; however, the majority of people do get bitten by mosquitoes and sand flies annually.

People of the Lower Clarence volunteered to get bitten and stung and did so for two years, until the summer of 2009 when the topical homoeopathic product went on sale to the public.

Volunteer remarks included:

“I really liked being on the trials, I now feel more confident when going out, even knowing mosquitoes will be around.”
Eddie, eight months old, had a rash which seemed related to teething and excessive salivation. It had started a few days before and a number of barrier and rash creams had had no effect. The baby was very restless and seemed “cranky”, particularly in the evening. He kept on rubbing the rash, causing some fluid to discharge from one vesicle, but was tearful and screamed when the rash was touched during washing or applying cream. His mother had been using a flannel soaked in warm water to wipe the area since Eddie was tearful and screamed when the rash was touched during examination.

The trials to find a topical homœopathic insect repellent are ongoing. The data already collated is showing signs that the repellent formula may not be too far away!

ILMA HYNSON, AHA Professional Member, Yamba, NSW

More than skin deep

Eddie, eight months old, had a rash which seemed related to teething and excessive salivation. It had started a few days before and a number of barrier and rash creams had had no effect. The rash looked red and swollen. The baby was very restless and seemed “cranky”, particularly in the evening. He kept on rubbing the rash, causing some fluid to discharge from one vesicle, but was tearful and screamed when the rash was touched during washing or applying cream. His mother had been using a flannel soaked in warm water to wipe the area since Eddie was tearful and screamed when the rash was touched during examination.

The trials to find a topical homœopathic insect repellent are ongoing. The data already collated is showing signs that the repellent formula may not be too far away!

ILMA HYNSON, AHA Professional Member, Yamba, NSW

Homoeopathy seeks to treat the whole person rather than one condition in isolation, so all symptoms occurring at the same time are taken into consideration.

SEVEN HILLS Bila Ramya 04 2075 2978 0415 901 087
SOUTH HURSTVILLE Koutsoukas Michael 02 9579 1118 0407 002 288
SPRING FARM Vine Lorraine 0419 411 450
ST IVEs Pope Christine 02 8064 0081 0414 345 192
ST LEONARDS Scase Genevieve 02 9493 7273 0478 788 296
ST LEONARDS Tumminniel Peter 02 9493 7273 0407 357 905
ST MARYS Madurukali Jaya 0430 322 757
ST MARYS McDonald Stephen 02 9673 3733 0417 283 851
STAMMORE Beaver Linda 02 9516 5300 0466 285 547
STOKERS SIDING Fordham Peter 0411 342 232
SURYHILLS Cleary Michael 02 9211 3811
SYDNEY Avedissian Keith 0422 231 332
SYDNEY D’Anan Kenneth 02 9247 6500 0407 381 086
TALARM Foley Belinda 02 6658 3337 0429 683 337
TERREY HILLS Sutcliffe Elizabeth 0406 457 034
TOWRANDGI McGuire Helen 0407 640 387
TURRAMARRA NORTH Clarke Odre 0403 237 217
UHI Malcolm Tennia 02 6679 5826 0406 265 070
VAUCLEUSE Selby Robyn 02 9337 4413 0413 037 502
WARREWOOD Logan Maryanne 0438 212 737
Waverley Houseman Miriam 0412 126 647
WENTWORTHVILLE Kala Sarita 0414 860 527
WENTWORTHVILLE Madurukali Jaya 0430 322 757
WENTWORTHVILLE Savena Kanish 0413 818 852
WESTMEAD Patel Nayana 0430 714 487
WINDSOR Hookham Michelle 02 4577 6454 0422 162 001
WOLLONGONG Gamble Jon 02 4228 0977
WOLLONGONG Hermiton Nyema 02 4228 0977
WOLLONGONG Coates Caroline 02 6664 1996 0403 626 700
VOACOANA Sam Pinnunoose 02 8710 6107 0405 126 409
Yamba Hyson Ilma 02 6646 9207 0408 239 096
YERRINBOOL Gamble Jon 02 4883 9639
YERRINBOOL Hermiton Nyema 02 4883 9639

QLD

ARANA HILLS Bethune Mark 0498 654 308
ASHGROVE Blackshaw Susan 0418 716 027
BARDON Lindsay Jane 07 3368 1300 0407 350 363
BARDON Mcbrath John 07 3876 2446
BEENLEIGH Khan Halima 07 3807 7687
BOWEN Lewis Denise 0423 709 748
BOWEN HILLS Joseph Agi Mary 0402 675 683
BRACKEN RIDGE Liddell Evelin 07 3261 5436
BRAY PARK Joseph Agi Mary 02 3882 5427 0402 675 683
BRISBANE O’Brien Amanda 0425 134 481
BUDERIM House Glen 07 5456 1161
BUDERIM Penhaligon Alex 07 5476 5889
BULIMBA Christy-Taylor Lisa 07 3861 5881
BULIMBA Hanson Inez 0422 007 700
BUNDABERG Beas Tamir 0413 065 651
BUNDABERG Hasted Sonya 07 4153 5913 0422 141 833
BURPENGARY Koda Anthony 07 3888 2894 0417 706 286
CABOOLTURE Younger Barbara 07 5498 9100
CAIRNS Morgan Brenda 0431 957 928
CAIRNS NORTH Freesen Judith 0402 957 799
CALDORNDA McMahan Penelope 07 5491 6022
CALDORNDA Rocker Leisa 07 5491 1903 0427 263 967
CAPALABA Clark James 07 3245 6451
CARINA HEIGHTS Mander Veronica 07 3394 4111
CAINDALE Crook Megan 0432 544 179
CLAYFIELD Bemery Peter 0432 403 320
CLEVELAND Kiousy Raia 0429 861 086
COOMBAHBAM Lyons Redney 0421 791 563
CODOY Jarvis Shani 0423 056 0130
CURRUMBIN VALLEY Dobson Lynda 0412 270 408
CURRUMBIN VALLEY Porter Megan 0449 090 861
DEACON Smith Carolyn 0414 421 675
DECEPTION BAY Costigan Martin 0402 821 959
EAGLE HEIGHTS Venables Sandra 07 5545 0999 0402 423 127
EATONS HILL Richman Petrina 07 3264 8397 0427 673 632
EUMBAH Joseph Agi Mary 0402 675 683
ELLIOTT HEADS Beas Tamir 0413 065 651
GLADSTONE Lerrawry Ross 0408 675 973
GORDON PARK Alman Colleen 0421 791 825
GYMPIE Sappi Leanne 0438 684 705
HAWTHORNE Redding Wil 0401 136 054
HERVEY BAY Defina Judith 07 4255 1231
HIGHLAND PARK Wong Joy 0402 570 390

Dimple Kirpalani, AHA Professional member, Aubin Grove and Bassendean, WA
Holland Park West
Kettmann Sarah 07 3172 5035 0412 190 134

KENSORE Hills
Hatherly Patricia 07 3879 9767

KIELS MOUNTAIN
Hayes Rozalind 07 5442 2511

KIELS MOUNTAIN
Hayes Roy 07 5442 2511

MACLEAY ISLAND
Gold Camilla 0413 057 468

MCCARTHY
Kots Kevin 08 8340 2181

SELECT
Bennett Daniela 08 8242 3888

SOMERTON PARK
Bourne Andrea 0413 169 997

SOUTH WOODVILLE
King Kenneth 08 8270 6625 0410 866 037

WOODCROFT
Patel Anjali 0430 054 475

WOODSIDE
Stuart-Macadam Patricia 08 6389 9405

WODIVILLE SOUTH
King Kenneth 08 8270 6625 0410 866 037

SA
ABERFOYLE PARK
King Kenneth 08 8270 6625 0401 866 037

ALLENBY GARDENS
Chapman Jill 08 8340 2418

BEAUMONT
Madden Greg 0413 057 468

ETHELTON
Tewhig Julia 08 8242 3889

FLAGSTAFF HILL
Rabbah Victoria 08 8270 6448 0432 171 503

HAHNDORF/ECHUCA
Botton Haro 08 8188 1008 0403 092 630

MACROLL
Conon Francis 08 8331 3210

MARION
Khali Nade 08 8177 0563 0403 655 122

MLANG
Armitage Louise 08 7511 1605

MORPHETT VALE
Leepse Traidi 08 8382 8661 0430 337 673

MOUNT GAMBIER
Cunningham Nicole 0433 283 682

PARKSIDE
Marks Bronwyn 08 720 2810

PROSPECT
Carr Patricia 08 6344 9154

SOMERTON PARK
Bourne Andrea 0413 169 997

SOUTH WOODVILLE
King Kenneth 08 8270 6625 0410 866 037

WOODCROFT
Patel Anjali 0430 054 475

WOODSIDE
Stuart-Macadam Patricia 08 6389 9405

WODIVILLE SOUTH
King Kenneth 08 8270 6625 0410 866 037

TAS
GEORGE TOWN
McMahon Brenda 03 6382 3717 0413 586 120

HOBART
Creedy Melanie 0409 089 965

HOBART
Gustavsson Erica 03 6278 2994 0401 240 781

HOBART NORTH
Kaur Kamaljeet 0415 961 168

MOUNTAIN RIVER
Creedy Melanie 0409 089 965

NORTH HOBART
Kaur Kamaljeet 0415 961 168

Something for everyone

Jessica, a few months old, had acute colic. For the past six weeks, she had been screaming in the afternoon and evening for hours until falling asleep. The doctor had advised that there was no problem and ‘she should grow out of this soon’. Jessica’s mother was desperate and didn’t know what to do. Jessica had also lost her appetite. Symptoms immediately diminished upon starting homeopathic treatment. Within two weeks, she returned to being a little girl without the night-time traumas.

Brandon had experienced recurrent tonsillitis and chronic cough since starting pre-school. His mother was fed up at having to use antibiotics every few weeks, saying Brandon ‘gets over one cold then develops another’. She had seen his brother’s asthma improve with homeopathy and wanted to see if it might help Brandon as well. With treatment, his cough immediately settled. Over six months of occasional treatment, the recurring tonsillitis disappeared.

John, early 40s, had chronic allergic welts spreading all over his body as well as breathlessness and coughing from contact with his pet dog. He was sceptical about homeopathy but his wife had encouraged him to come along. He’d tried numerous drugs to no avail and was totally against his specialist’s advice to undergo 12–18 months of regular desensitising vaccinations. He’d had to avoid any contact with his pet or any objects the dog had touched, otherwise he would develop the welts. He also suffered with hay fever and mild asthma. After starting treatment, the welts began to settle; breathlessness and coughing subsided. After two months of treatment, he could play with his dog and all other symptoms had disappeared.

Let’s investigate...

Carol was in her mid–50s and worked shifts in customer service, which involved heavy lifting. She suffered from arthritis in her knuckles and fingers and had asthma.

However, she came for treatment because of pain in her right hip and hot flushes. Tests showed inflammation in the hip joints. The doctor had recommended steroid injections and hormone replacement therapy.

The pain in the hip radiated to the right leg and across the back and was worse on walking. Carol’s fingers were stiff and it was hard for her to get on with her work. She
preferred summer and craved salt, chocolate and sugar. When asked how she felt in herself, Carol said she was “not feeling healthy any more”; she was always tired. She had dreams of spiritual things, dead people and angels, and cried if someone was nice to her. Financial pressures added to her stress.

Isabel was given various pain medicines and had to have regular injections to cope with the pain. After a number of weeks without visible improvement, the doctor proceeded normally. However, Isabel developed a severe prickling pain on the left side of the back in action

Isabel, in her late 70s, had to undergo surgery under full anaesthesia for a small kidney tumour. The operation was successful, the incision healed well and recovery proceeded normally. However, Isabel developed a severe case of sciatica in the weeks following the operation. She believed that it was due to her back being sprained while under anaesthesia.

She had a severe prickling pain on the left side of the sacrum, running down the back of the thigh and on the outside of the left calf. Sometimes it felt like a pressure, but every so often it would shoot like lightning into the foot and then be followed by an intense and continuous pain.

Isabel was given various pain medicines and had to have regular injections to cope with the pain. After a number of weeks without visible improvement, the doctor was considering another operation to fuse some of the vertebrae in her back.

Many apparently unrelated or seemingly unimportant details are collected during a homœopathic consultation. They are often very important to help decide between one medicine and another.

Back in action

Isabel, in her late 70s, had to undergo surgery under full anaesthesia for a small kidney tumour. The operation was successful, the incision healed well and recovery proceeded normally. However, Isabel developed a severe case of sciatica in the weeks following the operation. She believed that it was due to her back being sprained while under anaesthesia.

She had a severe prickling pain on the left side of the sacrum, running down the back of the thigh and on the outside of the left calf. Sometimes it felt like a pressure, but every so often it would shoot like lightning into the foot and then be followed by an intense and continuous pain.

Isabel was given various pain medicines and had to have regular injections to cope with the pain. After a number of weeks without visible improvement, the doctor was considering another operation to fuse some of the vertebrae in her back.

Many apparently unrelated or seemingly unimportant details are collected during a homœopathic consultation. They are often very important to help decide between one medicine and another.
In Isabel’s case, the pain was always worse from being upright: it started as soon as any weight was put on the left leg and she couldn’t stand or walk for long. While it got worse when lying on her stomach, she felt much better when lying on her back with the left knee bent and left to drop sideways. Putting something warm on her lower back reduced the pain and sitting became bearable if she sat with a cushion under her left buttock only.

A daily dose of a homoeopathic medicine was prescribed on the very specific symptoms described by Isabel. Over the period of a few days, the pain started to reduce and it fully disappeared within three weeks. At her next appointment to receive an injection, the doctor agreed that it was not required. After another few weeks, Isabel discontinued all pain medication and has not had a recurrence of the sciatica in the past nine months.

VERA EXTERNEST, AHA Professional Member, Toowoomba, Qld

Gone viral

I was in my early 30s when I succumbed to the highly contagious chicken pox (Varicella). As is typical for many adults, I had a severe case of all the usual symptoms, starting out with a high fever, aches throughout the body and a headache that left me in a fog. A couple of days later a rash of raised red bumps started to appear in crops all over my body and developed into small blistered vesicles. The feeling of exhaustion was just overwhelming.

The local doctor who diagnosed me summed it up: “You are feeling miserable, you have a right to feel miserable, go home and be miserable.” I was grateful, however what could I do to manage the immediate symptoms or the intense itching and risk of subsequent scarring, all part of the progression of chicken pox? I was very anxious to get well quickly as all this coincided with the imminent birth of my sister’s first child. I’d been invited to be present at the birth – a great honour and something I didn’t want to miss.

It was then by chance that I spoke with a local homoeopath, who took down a detailed description of my symptoms and gave a homoeopathic medicine. It immediately relieved the rash and headache and, more importantly, resulted in minimal itching or scarring. Most importantly, I recovered in time to see my beautiful nephew come into the world.

TANYA ROBINSON, AHA Professional Member, Melbourne, Vic

Homoeopathy can be of help in both acute and chronic situations. The chicken pox virus is a member of the herpes virus family: it includes the cold sore virus (herpes simplex 1), shingles (herpes zoster) and mononucleosis (Epstein-Barr virus). Mononucleosis is also known as glandular fever or “Kissing Disease”.

**PRACTITIONER LISTINGS**

**WA**

- **ALBANY**
  - Cowperman Aron, 08 9842 3977, 0427 422 459
- **ALBANY GROVE**
  - Kirpali Dimple, 0452 223 617
- **AUSTRALIA**
  - Kalbfell Pauline, 08 9725 2418
- **BASSETT DEAN**
  - Chavda Arkita, 08 9378 2774, 0470 134 350
- **BENTLEY**
  - Han Harriet, 08 9350 9988, 0411 371 562
- **BIBRA LAKE**
  - Fiocco Anna, 08 9418 7273
- **BUNBURY**
  - Kalbfell Pauline, 08 9725 2418
- **BUNBURY**
  - Masenikei Cheryl, 08 9791 6659, 0439 359 413
- **BUSSELTON**
  - Smolker Shari Lee, 08 9754 1537, 0414 459 679
- **CANNING VALE**
  - Cubitt Jill, 0402 480 404
- **COOGY CENTRAL**
  - Angel Catherine, 08 9417 3553, 0423 636 583
- **COTTESLOE**
  - Blanch Michael, 08 9385 1484, 0419 910 141
- **DENMARK**
  - Waschki Beate, 08 9848 2426
- **DUNCAIRN**
  - Goradia Tirtha, 08 6460 9862, 0421 453 106
- **DUNGBULLOOR**
  - Morgan Paula, 08 9755 3949, 0407 773 093
- **FREMANTLE**
  - Greenwood Jasmine, 0422 173 401
- **HELENA CLARE**
  - Clark Robin, 08 9255 1052
- **HOVEA**
  - Hendry Philip, 08 9298 8473, 0438 298 647
- **JOONDALUP**
  - Lang Penelope, 08 9301 1234
- **KALAMUNDA**
  - Moore Sally, 08 9277 287 637
- **KARRATHA**
  - Perrose Sarah, 0477 285 863
- **LEEDERVILLE WEST**
  - Voli Marion, 08 6380 2648, 0418 945 109
- **LEEMING**
  - Grewal Jaleesarat, 08 6616 4873, 0458 583 202
- **MILLENDON**
  - Innocent Madalene, 08 9296 0152
- **MOUNT NASURA**
  - Angel Catherine, 08 6396 0302, 0423 636 583
- **MT HAWTHORNE**
  - Alexander Paul, 08 9444 4990
- **POT HEADLAND**
  - Perrose Sarah, 0477 285 863
- **REDCLIFFE**
  - Grech Darren, 08 9497 7894
- **ROCKINGHAM**
  - Cubitt Jill, 0402 460 404
- **SAWERS VALLEY**
  - Moore Sally, 08 9295 6782, 0407 287 637
- **SUBIACCO**
  - Greenwood Jasmine, 08 9381 3999, 0422 173 401
- **WEST LEEDERVILLE**
  - Voli Marion, 08 6380 2648, 0418 945 109
- **WILLAGEE**
  - Stanton Emma, 0407 448 664
- **WINTHROP**
  - Cubitt Jill, 08 9332 2026, 0402 460 404

Local practitioner details here

**To find the correct homoeopathic medicine, specific information is very important; in particular, what makes a condition better or worse.**

Local practitioner details here