Older Australians progressively account for a larger portion of the population. The Australian Bureau of Statistics (ABS) predicts that, by 2053, 21 per cent of the population will be aged over 65 and 4.2 per cent aged over 85. There are genuine concerns about the capacity of our health system being able to meet the unique needs of this ageing population in the future.

Homœopathy has been used to manage wellness in the aged for over 200 years and is an example of a traditional medicine model that can help spread that load. Homœopathy can both manage and support the elderly when they’re going through health challenges as part of a more comprehensive, multi-faceted approach to wellbeing. According to the Australian Institute of Health and Welfare (2014), “The primary healthcare sector plays a vital role in promoting and supporting healthy ageing, with GPs and other allied health professionals instrumental in providing lifestyle advice, managing disease risks and avoiding or averting complications of disease before the onset of old age, as well as during old age.”

This publication, Healthy Ageing with Homœopathy, contains a number of articles with themes pertaining to the elderly including arthritis, diabetes, chronic pain and emotional stress.

As you read through the individual stories, someone you know may come to mind who could benefit from trying homœopathy in addition to their current treatment strategies, whether that be Western medicine or other traditional therapies. Articles written by practitioners based on their own clinical experience often speak more personally to others who may be able to resonate with a particular situation or scenario they describe.

The vast majority of us have elderly loved ones who experience at least some health challenges, and the intention of this publication is to highlight the applicability of homœopathy in this respect.

Wishing you all health and happiness,

MARTIN COSTIGAN, President,
Australian Homœopathic 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?
Homœopathy aims to treat the whole person, taking into account lifestyle, personality and hereditary factors in addition to the history of your complaint. Homœopathy recognises that each person is unique so, for instance, headaches in different patients would be treated with different homœopathic medicines according to each patient’s unique symptoms, which might also include mental and emotional characteristics.

Homœopathy 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 homœopathy 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. Homœopathy 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.

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

What to expect when you go to see a homœopath
The first homœopathic 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 homœopath about medications
You should tell your doctor if you are planning to start a course of homœopathic 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 homœopath will ask you what conventional drugs you are taking.

Homœopathic medicines
Homœopathic 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 pillules.

Choosing a practitioner
If you want to use homœopathy, you should consult a registered practitioner. All Professional Members of the Australian Homœopathic Association (AHA) are registered with the Australian Register of Homœopaths (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 homeopathyoz.org.

Getting back behind the wheel

Having a driver’s licence is something most of us take for granted but some, who suffer certain health conditions, can see their licence and independence taken away. This is a case of how homœopathy helped an ageing couple fulfil a life-long dream.

A man nearing 60 came in for an appointment to tell me about his fainting fits. He had begun to suddenly collapse onto the ground, totally out cold for a few minutes, before coming around again. This was happening a few times each day. As a result of these unusual fainting fits, he’d had to give up his driver’s licence, leaving him dependent on others and not feeling very happy with life.

His general medical practitioner was puzzled so he was sent for an MRI, which showed that he had “multiple small brain tumours”. He was told that nothing could be done for him and an operation would be impossible since there were too many tumours and they were spread throughout his brain. As there was no conventional medical treatment available, he decided to try natural medicine and booked in to see me. Going through his whole case history, taking into consideration his lifestyle, diet, medication, current symptoms and specific test results, we were able to work out a homœopathic medicine for him that was designed to detoxify his body and reduce the fainting fits.

Within a very short period of time, his falls reduced in frequency, and within six weeks his fainting fits had become non-existent. He was able to reapply for his driver’s licence within eight months and was able to finish the motorhome he had started building for himself and his wife as they were planning to travel around Australia. Two years later, I bumped into his grown son, whom I had met during our consultations, in the supermarket and when I asked how his father was he replied, “Yes, they’re both fine, they should be around Darwin by now.”

JILL TURLAND, AHA Professional Member, Barraba, NSW

I can’t manage without homœopathy. In fact, I never go anywhere without homœopathic remedies. I often make use of them. ~ PAUL MCCARTNEY
Overcoming the pain

Some conditions that we can experience later in life such as arthritis, fibromyalgia, rheumatism and osteoporosis can be very painful and debilitating, even making people prisoners in their own homes. Prescription medications are sometimes not always effective enough to reduce the symptoms and pain. Thankfully, homeopathic medicine has a long history of helping to manage pain in different conditions, acting as a great accompaniment to conventional treatments and medications.

David was first diagnosed with fibromyalgia over 20 years ago. In recounting the long history of his illness, David recalled two episodes of “tick fever” where his condition markedly worsened. “I could hardly move for three days the pain and fatigue was so intense,” he said. David described his current level of pain as “constant”, involving all his joints and ranging from a dull ache to a burning sensation, with electric-shock-like pains at times.

David was prescribed a single dose of a homœopathic medicine which was indicated for the specific constellation of symptoms that he was experiencing: joint pain, cognitive dysfunction, sleep disturbances and debilitating fatigue, especially when associated with a tick bite or fever.

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In addition to joint pain and debilitating fatigue and exhaustion, David suffered with a ‘foggy’ mental state preventing him from reading or concentrating on anything in particular. Although taking a lot of over-the-counter painkillers to deal with his distress, David reported being worn down by chronic pain, agitation and restlessness, especially at night. He described feeling increasingly dissonant and depressed almost without hope of any improvements to his condition. When I asked David what he hoped to get from the homœopathic treatment, he stated that any reduction in pain and a more restful sleep would be most welcome.

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The medicine was repeated after one week.

At the monthly follow-up, Robert reported a marked improvement in the levels of both pain and fatigue. “I haven’t had a Panadol for 10 days and I’ve stopped needing to have an afternoon nap,” he said. “My head is clearer and I’m just not as agitated or stressed out like I was. I’ve actually been sleeping soundly and not waking up constantly as before… The pain has drastically reduced. I’m very happy with the results.”

LEE FORMICA, AHA Professional Member, Bellingen & Curl Curl, NSW

Homoeopathy in the garden

So many of us love our gardening: outside in the fresh air with the birds, bees and life buzzing around us, creating beautiful spaces while having a quiet moment of contemplation and peace. The number of health benefits it brings is bountiful and it is one thing that most people look forward to having more time to do as work slows down and life picks up.

Homoeopathy is one of the many unknown secrets of great gardening. Not only is it a fantastic way to help soothe aching backs and stiff joints from hours in the garden, bring immediate relief to bites and stings that we may encounter from our little neighbours along the way, reduce the smarting pain from a little too much sun and speed up the healing of cuts and scratches from pruning our favourite rose bushes, it is also a wonderful medicine for the actual plants themselves. Plus, being a natural medicine, it’s a great way to reduce some of your chemical load in the home.

Countries across the globe promote the use homoeopathy in horticulture and farming. Even Prince Charles was recently quoted praising the use of homoeopathy in the garden.

“Far from being rational, the efforts have always focused on the pest or disease as the problem. In reality, it is the plant that suffers from them, therefore it is the plant that needs the treatment.”
in his farming practices and the entire British royal family are well known for their love of homeopathy in the home and garden.

The author of Homeopathy for Farm and Garden (2006) Vaikunthanath Das Kaviraj states, in relation to traditional chemical methods of horticulture and farming. “Far from being rational, the efforts have always focused on the pest or disease as the problem. In reality, it is the plant that suffers from them, therefore it is the plant that needs the treatment.”

To demonstrate this theory, he gives the example of aphids devouring a plant but leaving its neighbour totally unscathed. This is also a lovely way to understand one of homœopathy’s fundamental treatment principles that all practitioners take into account for every case: treat the person, not the disease.

There are many simple “how to” books out there on homœopathy in the garden. You can also look up your plant that needs the treatment.”

mosquito bites

Like much of the world, Australia abounds with mosquitoes and their maladies; we all know the stress of hearing that lone mosquito buzzing in the night waiting to attack. But are they really the cause of our suffering or is there something else going on?

The following case illustrates that the real cause of the problem may actually be our poor immunity; the mosquito is just the messenger.

Andrew came to see me for an autoimmune condition she had suffered with for the past 20 years. She is not one to sit around moping when there is work to be done but suffers constantly with pain and, unfortunately, there is little the conventional medical community can offer her.

After a thorough case taking, we started her on a homœopathic medicine that fit her particular physical symptom picture well. About two weeks into her treatment, she was bitten by a mosquito and had a severe reaction as she always had done since the onset of hearing that lone mosquito buzzing in the night.
PRACTITIONER LISTINGS

SA

BEAUMONT Jennifer Mast 0477 039 134

CLAPHAM Valene Noble 0428 857 668

ETHELTON Julia Twogood 08 8242 3888

HAHNENDORF-TECHUNGA Hardie Bottin 08 8188 1008 0403 092 630

HYDE PARK Rajesh Kumar 0412 943 376

MAGILL Francis Oon 08 8331 3210

MARION Nahid Khalil 08 8177 0563 0403 655 122

MELROSE PARK Jennifer Mast 08 8270 6448 0477 039 134

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MITCHAM Valene Noble 0428 857 668

MORPHETT VALE Traud Lepse 08 8382 8661 0430 337 673

NAPINE Kathryn McMartin 0424 824 962

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ULVERSTONE Helen Webb 03 6425 1539 0477 642 515

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ABBOTSFORD Peter Mitros 03 9419 4190 0409 858 956

BAIRNSDALE Catherine Langan 0400 686 264

BAYSWATER Ten Murfitt 03 9720 6234

BENALLA Julie Eacott 03 5762 3867

BENTLEIGH Jessica Goh 03 9557 9930 0412 240 938

of the autoimmune condition. She suffered in silence for a few days but, as it worsened, she went to see her GP. By this time the itching was terrible, as was the swelling, so her GP prescribed her antibiotics.

When she told me, a day later, I asked her to come back in. I prescribed an acute homœopathic remedy based on her individual reaction and symptoms. Almost instantly, the itching considerably reduced and her whole being brightened. The symptoms continued to reduce and by the second day they had all gone. A couple of weeks later she was bitten again and this time she used the same acute remedy as instructed and suffered no ill effects.

Andrea’s immune system was the real cause of her troubles. Homœopathy works by supporting the body in its best efforts to self-heal. As we make progress in addressing her life’s stresses, her immunity will continue to improve and her old, unhealthy patterns, such as the bad effects of mosquito bites, will continue to diminish.

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CASTLEMAINE  Alana Kidd  0403 740 064
CAYLEY  Aziz  0411 732 270
COBURG  Philippa Meier  0434 109 830
CRANBOURNE EAST  Soni  03 5999 9734  0401 401 487
CROYDON HILLS  Gritt Oppermann  03 9723 6118  0477 408 665
CROYDON NORTH  Deanna Cooper  03 9733 4300  0410 796 674
CROYDON SOUTH  Vanugheesh  03 9763 7441  0470 393 217
DAYLESFORD  Lovell  03 5348 2426  0429 481 817
DONCASTER  Heng Lee  03 9843 7600  0414 433 591
DONVALE  Ruth Marr  0422 594 114
ELSTERNWICK  Liz  03 9523 7462
ELTHAM  Gabrielle Brodie  03 9439 3565  0416 739 211
ELTHAM  Samara Douglas  0348 059 243
ELWOOD  Connie Procetto  0401 859 564
ELWOOD  John Cook  03 9700 0333  0412 217 179
ENDEAVOUR HILLS  Reena Nar  03 9706 2433  0404 705 084
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GUILDFORD  Barbara Bergh  03 5462 5480  0434 934 594
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HEATHMONT  Nadine Taffahi  0422 851 597
HEATHERFIELD  Raj Kothuru  03 9077 5044  0425 761 826
HEIGHTS  Janine Brundle  03 9448 2334  0406 816 370
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JINDIVICK  Joanne Greenland  0419 567 389
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KEW  Sarah Valenti  0408 542 762
KINGLAKE CENTRAL  Pradeep Pital  03 5786 1137  0418 314 549
LONER PLenty  Sarah Valenti  03 9431 0331  0408 542 762
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MACEDON  Catherine O’Connor  03 5426 3696  0428 084 206
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MALVERN  Margaret Gough  0409 106 487
MALVERN  Robyn Thompson  03 9576 3077  0429 209 104
MELBOURNE  Phillip Bayer  03 9770 5337  0421 490 722
MELBOURNE  Raj Kothuru  03 9077 5044  0425 761 826
MELBOURNE  Maureen O’Byran  0403 933 395
MIDDLE PARK  Shamshad  0423 923 957
MILL PARK  Katerina Nesterovska  0416 274 807
MITCHAM  Catherine Bullard  0422 140 181
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MT ELIZA  Deidre Dettz  03 9787 9313  0444 810 180
MT MARTHA  Kopatsy  03 5898 3622  0415 815 785
MT Waverley  Rima Syral  0400 626 340
MULGRAVE  Palt  03 9560 1128  0414 345 187
MULGRAVE  Serafina Alberti  0407 902 488
MULGRAVE  Vivienne Kahan  0407 902 488
MULGRAVE  Catherine Dwyer  0432 396 547
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HOMŒOPATHY WORKS! Don’t take our word for it: check out hundreds of research articles from across the globe at the Homeopathic Research Institute. Visit hri-research.org.
on his face. He was the fatherly figure in his family who had taken care of his younger brother and had also completed his studies, embracing all the struggles of life bravely. He was now at peace with a wonderful family and grown-up children who took up their responsibilities.

He had recently finished building his new house and it was during this time his skin eruptions started to appear. On physical examination, the rash appeared as raised eruption of violet colour and moist surface, with slightly sticky fluid oozing out occasionally. There was severe itching which he complained worsened during night and on exposure to cold air. At times he experienced pain in his knees, brought on by physical strain.

After taking a very detailed case history and providing some appropriate dietary advice, I prescribed him two pleasant-tasting homeopathic medicines which had to be repeated for three days every 15 days. I advised him to have regular follow-ups every month and his skin started healing gradually with the itching completely gone. Eventually, the skin regained its healthy colour and there were no traces of any eruptions at all, which he was very happy about.

After 6 months on the prescribed homeopathic medicines, I decided to repeat his blood investigation for fasting blood glucose levels, as it was important to monitor his diabetes diagnosis. This time the levels had reduced to just 4.7mmol/L. I repeated the test again after 15 days to confirm, and it was 4.5mmol/L. We were both very happy with this result and he was grateful to be doing so well with simple homeopathic prescriptions.

DIVYA BHATT, AHA Professional Member, Kaleen, ACT

We were both very happy with this result and he was grateful to be doing so well with simple homeopathic prescriptions.

FIND A HOMEOPATH NOW! Australia is home to some of the world’s most experienced homeopaths. Log on to the new AHA website, homeopathyoz.org, to book an appointment with one of our qualified and registered practitioners in your area and start your journey of healthy ageing today!