



AUSTRALIAN
HOMŒOPATHIC
ASSOCIATION

HOMŒOPATHY to the rescue

Dear Readers,

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

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

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

This works in the reverse direction also: a major cause of stress for many individuals is the constant grind of poor health. As people look for tools to assist them to navigate the challenges of life, there is an increasing demand and awareness of methods that recognise the intrinsic link between the mind and the body.

Many Australians look to natural therapies that recognise this mind-body connection as an important part of their healthcare regime. By seeking to understand and address these underlying causes of unwellness, many people report increased feelings of

vitality, reduced symptoms and an improved ability to cope and resist the stresses that occur in their life.

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

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

This lift-out contains examples of Australians who have found improved health with the assistance of homœopathic treatment, whether they've experienced a major life event or something much more minor. We invite you to read these stories and consider what stresses in your life may be making you less well than you could be. Perhaps a homœopath is someone who could assist you to find your own increased health and vitality.

Greg Cope

GREG COPE, National President, AHA

All you wanted to know

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

What is homœopathy?

Homœopathy is a holistic system of medicine. It aims to promote healing responses to diseases by administering specially prepared substances that mimic the symptoms of those diseases in healthy people. Modern homœopathy was founded in the 18th century by a German physician, Dr Samuel Hahnemann, and is now used worldwide, with a 200-year history of clinical experience. It is recognised by the World Health Organization as a valid form of healthcare.

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

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

How does it work?

The word "homœopathy" (also known as homeopathy) is derived from the Greek words *homoios*, meaning "similar", and *pathos* or "suffering".



The cornerstone of homœopathic philosophy is the Law of Similars. This law or principle is based on a long-held belief as far back as Hippocrates, the Father of Medicine, and other ancient healers such as Paracelsus, that substances that produce symptoms in a healthy individual can be used to treat similar symptoms in a sick person. Homœopathic treatment is believed to stimulate the body's ability to fight infection and susceptibility to disease. →

Homœopathic medicines

Homœopathic medicines are made from a variety of sources, such as plants, animals and minerals. They are prepared according to strict guidelines set out in international pharmacopœias and under the control of the Therapeutic Goods Administration (TGA). Homœopathic medicines are highly diluted and act gently. These medicines can be given in the form of liquid, granules, powder or tablets.

Conditions commonly treated

Homœopathy aims to treat the whole person, taking into account personality, lifestyle and hereditary factors as well as the history of the disease. Since all patients are unique, homœopathic medicines are prescribed to treat patients as individuals. For example, headaches in different patients would each be treated with different medicines, according to the patient's individual symptoms. Homœopathy can be of benefit for all ages, at any stage, including pregnant women, mothers, fathers, babies, young children, teenagers and the elderly.

What to expect during treatment

The first homœopathic consultation can take an hour or more. Treatment then involves the prescription of the most suitable medicine, matching all the symptoms and individual characteristics of the patient to the medicine. Your practitioner might also advise general lifestyle and dietary changes as part of a treatment plan.

Tell your practitioner about your medications

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

Choosing a practitioner

If you want to use homœopathic treatment, you should consult a registered practitioner. All Professional Members of the Australian Homœopathic Association (AHA) are registered with AROH and are recognised by all the major health insurance funds for rebates on ancillary benefit tables.

Naturopathy and homœopathy

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

BY PETER TOROKFALVY BSC,

GRADDIPDP, DIPHOM, AROH REGD, MAHA

Shock and depression

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

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

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

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

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

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

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

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

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

SUSAN BLACKSHAW, AHA Professional Member, Paddington, QLD



HOMŒOPATHY to the rescue



**CRISIS DISASTER
May 13-19, 2013**

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



PRACTITIONER LISTINGS

| ACT | | | | |
|----------|-----------|------------|--------------|--------------|
| SUBURB | LAST NAME | FIRST NAME | LANDLINE | MOBILE |
| AINSLIE | Doherty | Jean | 02 6257 5430 | 0427 303 333 |
| BANKS | Hicks | Sylvia | | 0403 829 313 |
| CURTIN | Hicks | Sylvia | | 0403 829 313 |
| CURTIN | Lee | Lesley | 02 6282 4030 | 0415 686 485 |
| GRIFFITH | Dendrinis | Gerry | 02 6295 6939 | 0401 300 948 |

| NSW | | | | |
|-------------------|------------------|-------------|--------------|--------------|
| SUBURB | LAST NAME | FIRST NAME | LANDLINE | MOBILE |
| ACACIA GARDENS | Kalia | Sarita | | 0414 860 517 |
| ALEXANDRIA | Turner | Kylie | | 0403 754 385 |
| ALLAMBIE | Formica | Lee | 02 9938 1090 | 0403 922 531 |
| ANNANDALE | Coelho | Rose | 02 9810 4628 | 0411 739 063 |
| ANNANDALE | Cunneen | Lynette | | 0403 061 991 |
| ARCADIA | Biddle | Patricia | 02 9653 1231 | |
| ARDLETHAN | Pedersen | Carol | | 0409 152 040 |
| ARIAH PARK | Pedersen | Carol | | 0409 152 040 |
| ARTARMON | Manning | Ann | | 0413 010 050 |
| ASHFIELD | Patel | Nayana | | 0430 714 487 |
| AVALON | Bedggood | Penny | | 0424 178 185 |
| AVALON BEACH | Harrison | Jacqui | | 0415 159 319 |
| AVALON BEACH | Lehmann | Pia | 02 9918 2330 | 0419 257 258 |
| BALGOWLAH | Rayfield | Deborah | 02 9907 6108 | 0431 168 926 |
| BALGOWLAH HEIGHTS | Greig | Lesley | | 0421 618 615 |
| BALGOWNIE | Absalom | Sally | 02 4285 7140 | 0415 424 257 |
| BALLINA | Brierley | Michelle | 02 6686 8252 | 0431 247 741 |
| BALMAIN | D'Aran | Kenneth | 02 9818 1086 | 0407 181 086 |
| BANGALOW | Mackenzie | Fiona | 02 6687 2207 | |
| BARADINE | Pedersen | Carol | | 0409 152 040 |
| BARELLAN | Pedersen | Carol | | 0409 152 040 |
| BARRABA | Turland | Jill | 02 6782 1085 | 0413 086 071 |
| BATHURST | Faulkner | Jane | | 0407 070 547 |
| BAULKHAM HILLS | Mathias | Divya | 02 8678 0444 | 0432 550 082 |
| BEACON HILL | Barron | Penelope | | 0400 473 669 |
| BEGA | Goddard | Sunny | | 0421 002 717 |
| BEGA | McLean | Mary | 02 6492 2222 | |
| BELLAVISTA | Sierra | James | 02 8883 2558 | 0409 661 673 |
| BELLEVUE HILL | Weinstock | Vivienne | 02 9363 2788 | 0414 846 618 |
| BELMONT | Reynolds | Nicola | 02 4945 1800 | 0424 456 115 |
| BELROSE | Sharpe | Janine | | 0412 076 221 |
| BERALA | Pedersen | Carol | | 0409 152 040 |
| BEROWRA | Hamid | Lindy | 02 9456 0488 | 0419 998 788 |
| BERRIMA | Mell | Cally | 02 4877 1474 | 0408 781 460 |
| BEXLEY NORTH | Leontsini | Helen | | 0412 772 397 |
| BLAXLAND EAST | Mitchell | Ronald | 02 4739 1920 | |
| BOMADERRY | Webb | Christopher | 02 4421 8087 | 0411 342 273 |
| BONDI | Turner | Virginia | | 0411 201 158 |
| BONDI BEACH | Weinstock | Vivienne | 02 9363 2788 | 0414 846 618 |
| BONDI JUNCTION | Burn | Karen | | 0416 149 446 |
| BONDI JUNCTION | Carter | Lisa | | 0415 557 151 |
| BONDI JUNCTION | McCombe | Diane | 02 9369 3288 | |
| BONDI JUNCTION | Schweigert | Kerry | 02 9369 3288 | 0425 222 220 |
| BONDI JUNCTION | Weinstock | Vivienne | 02 9363 2788 | 0414 846 618 |
| BONDI JUNCTION | Wilson | Leanne | | 0402 313 104 |
| BONDI JUNCTION | Zinn | Leah | | 0407 705 820 |
| BONDI NORTH | Kristo | Angela | | 0405 677 630 |
| BOWRAL | Cleary | Michael | 02 4861 2900 | |
| BROOKVALE | Barron | Penelope | 02 9905 9415 | 0400 473 669 |
| BROOKVALE | Bedggood | Penny | | 0424 178 185 |
| BROOKVALE | Ellison | Lorraine | 02 9905 9415 | |
| BROOKVALE | English | Bernadette | 02 9905 9415 | 0467 606 000 |
| BROOKVALE | Harrison | Jacqui | 02 9905 9415 | 0415 159 319 |
| BROOKVALE | Jordan | Linlee | 02 9905 9415 | |
| BROOKVALE | Powell | Kim | 02 9905 9415 | |
| BYRON BAY | Brierley | Michelle | 02 6680 7464 | 0431 247 741 |
| CAMDEN | Vine | Lorraine | 02 4655 6202 | 0419 411 450 |
| CAMMERAY | Smyth | Judy | 02 9959 3019 | 0408 960 810 |
| CAMPSIE | Natoli | Antonietta | | 0401 416 560 |
| CARINGBAH | Shepherd | Cornelia | 02 9525 4889 | 0411 219 779 |
| CARLTON | Strudwick Thomas | Gail | | 0402 169 414 |
| CASTLE HILL | Hookham | Michelle | 02 9659 7181 | 0423 162 001 |
| CASTLE HILL | McAfee | Ann | 02 9659 7181 | 0439 499 085 |
| CASTLE HILL | Reynolds | Nicola | | 0424 456 115 |
| CHATSWOOD | Davis | Natasha | | 0412 452 326 |
| CHATSWOOD | Frederiksen | Neil | 02 9415 2333 | 0419 415 233 |
| CHISWICK | Tannous | Betty | | 0416 033 548 |
| CLUNES | Nolte | Tanya | | 0415 150 300 |
| COFFS HARBOUR | Auch | Daniela | 02 6651 7001 | 0403 500 919 |
| COFFS HARBOUR | Robertson | Martine | 02 6699 2540 | 0404 237 087 |
| COOGEE | Ciccia | Donna | | 0419 686 618 |
| COOGEE | Kristo | Angela | | 0405 677 630 |
| COOMA | Oakley | Alison | | 0424 063 777 |
| COONAMBLE | Pedersen | Carol | | 0409 152 040 |
| CROMER | Singleton | Jane | | 0405 783 332 |
| CRONULLA | Campbell | Rhonda | 02 9544 0477 | 0400 345 434 |
| CRONULLA | Hosey | Leonie | 02 9544 5558 | 0414 807 201 |

Post-traumatic anxiety and panic

How homœopathy helped to alleviate one woman's panic attacks and nightmares.

Considered a variant of anxiety disorder, post-traumatic stress disorder (PTSD) occurs after an individual experiences or witnesses a life-threatening natural or man-made disaster such as an earthquake, a tsunami or the violence of war. Other causative events may be major vehicle accidents or violent personal attacks such as physical or sexual assault.

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

Yvonne developed similar symptoms of anxiety and panic after she recently witnessed a serious assault. That night she felt sick, was shaking and sweating and found herself "constantly showering" with a strong feeling of being dirty and unclean. She recalls with painful clarity the details of the injuries she had witnessed which still haunted her: "I just can't get that picture out of my head."

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

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

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

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

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

NSW listings continued

| | | | | |
|------------------------|------------------|------------------|-------------------------------|--------------|
| CURL CURL | Formica | Lee | | 0403 922 531 |
| DIAMOND BEACH | Bentley | Mary | 02 6559 3926 | |
| DOUBLE BAY | Adkins | Sam | | 0420 800 725 |
| DOUBLE BAY | Gray | Alastair | | 0414 691 279 |
| DOUBLE BAY | Sam | Punnoose | 02 8018 5058 | 0405 126 409 |
| DRUMMOYNE | Wright | Fiona | 02 9819 7770 | 0417 405 941 |
| EARLWOOD | Christian | Helen | 02 9559 3864 | 0418 285 285 |
| EASTWOOD | Bhouraskar | Shilpa | 02 9874 4647 | 0424 480 613 |
| EASTWOOD | Bhouraskar | Shilpa | 02 9858 3088 | 0424 480 613 |
| EASTWOOD | Jain | Anita | 02 8957 6588 | 0421 436 404 |
| EASTWOOD | Zinn | Leah | | 0407 705 820 |
| EDGECLIFF | Gildart | Phillip | 02 6352 1235 | 0410 343 355 |
| EDGECLIFF | Porwal | Mamta | 02 9363 3181 | 0422 579 110 |
| ELANORA HEIGHTS | Merriman | Frederique | | 0412 290 173 |
| ENMORE | Formica | Lee | | 0403 922 531 |
| EPPING | Cook | Kimberly | 02 9011 5380 | 0408 612 392 |
| EPPING | Perini | Victor | 02 9868 3592 | |
| EPPING | Reddy | Shashikala | | 0433 568 141 |
| FAIRLIGHT | Farrelly | Jane | | 0420 830 793 |
| FIVE DOCK | Billa | Ramya | | 0415 901 087 |
| FIVE DOCK | Gamble | Jon | 02 4228 0977 | |
| FIVE DOCK | Levy | David | 02 9713 2633 | 0407 701 725 |
| FIVE DOCK | Reddy | Shashikala | | 0433 568 141 |
| FORESTVILLE | Avedissian | Keith | | 0412 231 332 |
| FORESTVILLE | Kulkarni | Mukund | 02 9972 7647 | 0412 046 633 |
| FORESTVILLE | Nicotra | Carmen | 02 9402 0404 | 0419 436 978 |
| FRENCHS FOREST | Paul | Lisa | | 0419 981 902 |
| GLADESVILLE | Stratis | Poly | | 0406 477 011 |
| GLENDENNING | Birdi | Sukhvinder Singh | 02 8834 9648 | 0433 675 217 |
| GORDON | Goodman | Nick | 02 9418 1388 | |
| GREENACRE | Patel | Nayana | 0469 856 930 | 0430 714 487 |
| GREENWICH | Walton | Elizabeth | 02 9966 5359 | 0403 902 400 |
| HABERFIELD | Strudwick Thomas | Gail | 02 9797 0422 | 0402 169 414 |
| HOMEBUSH WEST | Billa | Ramya | 02 9007 5225 | 0415 901 087 |
| HORNSBY | Bernecka | Krystyna | 02 9476 6366 | 0413 868 378 |
| HORNSBY | Curtis | Noel | 02 9476 1336 | |
| HORNSBY | Hallinan | Louise | 02 9987 2238 | |
| KATOOMBA | Jann | Angela | | 0415 282 267 |
| KATOOMBA - House calls | Martiniensen | Peter | | 0408 485 402 |
| KINGSFORD | Kelly | Joanna | | 0408 977 406 |
| KURNELL | Araya | Olga | 02 9668 8090 | |
| KURRAJONG | Liberona | Rodolfo | 02 4573 2719 | 0418 225 083 |
| LEICHHARDT | Caruso | Graziella | | 0409 994 895 |
| LEURA | Martiniensen | Peter | 02 4784 3498 | 0408 485 402 |
| LIGHTNING RIDGE | Pedersen | Carol | | 0409 152 040 |
| LINDFIELD | Fordham | Peter | 02 9924 2232 | 0411 342 232 |
| LISMORE | Jones | Cecille | 02 6688 2005 | |
| LISMORE | Nolte | Tanya | 02 6628 4404 | 0415 150 300 |
| LITHGOW | Gildart | Phillip | 02 6352 1235 | 0410 343 355 |
| MERIMBULA | Goddard | Sunny | 02 6495 3910 | 0421 002 717 |
| MIRANDA | Sam | Punnoose | 02 8018 5058 | 0405 126 409 |
| MITTAGONG | Gamble | Jon | 02 4872 1063 | |
| MITTAGONG | Hermiston | Nyema | 02 4872 1063 | |
| MONA VALE | Ellison | Lorraine | 02 9979 5732 | |
| MONA VALE | Heath | Sara | 02 9997 2121 | 0431 421 614 |
| MONA VALE | McCarthy | Sherryn | 02 9997 2121 | 0422 778 476 |
| MONA VALE | Merriman | Frederique | 02 9986 0700/ 02 9986 0400 | 0412 290 173 |
| MONA VALE | Wakefield | Elizabeth | 02 9986 0700 | 0432 536 625 |
| MORTDALE | Connor | Terri | 02 9580 9555 | 0404 203 781 |
| MOSMAN | Bird | Neil | | 0432 633 700 |
| MULLUMBIMBY | Buhse | Christina | 02 6684 4607 | |
| MURWILLUMBAH | Magee | Judith | 02 6679 5855 | 0414 370 259 |
| NASHUA | Haynes | Suzanne | 02 6629 1059 | 0414 291 055 |
| NEUTRAL BAY | Avedissian | Keith | | 0412 231 332 |
| NEUTRAL BAY | Manning | Ann | | 0413 010 050 |
| NEWPORT | English | Bernadette | | 0467 606 000 |
| NEWTOWN | Houseman | Miriam | | 0412 126 647 |
| NEWTOWN | Plataniotis | Angy | 02 9565 2793 | 0432 433 112 |
| NORTH BONDI | Bohacikova | Jitka | 02 9130 1071 | 0432 614 320 |
| NORTH CURL CURL | Frederiksen | Neil | 02 9415 2333 | 0419 415 233 |
| NORTH SYDNEY | Patel | Nayana | | 0430 714 487 |
| NORTH TURRAMURRA | Gregory | Claire | | 0403 287 217 |
| NUMERALLA nr COOMA | Oakley | Alison | | 0424 063 777 |
| OATLEY | Brickwood | Linda | | 0410 534 649 |
| OATLEY | Burgess | Janet | | 0410 595 702 |
| OATLEY | Connor | Terri | | 0404 203 781 |
| PADDINGTON | Woods | Phillip | 02 9360 5339 | 0406 766 060 |
| PARRAMATTA | Mahantan | Garima | | 0424 741 207 |
| PARRAMATTA | Sam | Punnoose | 02 8018 5058 | 0405 126 409 |
| PETERSHAM | Chope | Ruth | 02 9011 6372 | 0425 205 327 |
| PORT MACQUARIE | Sam | Punnoose | 02 8018 5058 | 0405 126 409 |
| POTTSVILLE | McGann | Michelle | 02 6676 4574 | |
| PYMBLE WEST | Goodman | Nick | 02 9988 3214 | |
| PYRMONT | Shah | Vaishali | | 0410 379 407 |
| RANDWICK | Rebuck | Natasha | | 0413 233 246 |

Home invasion

Homœopathy helped a family cope after a break-in at their home.

My clients' home was broken into while the family was asleep and laptops, schoolbags and phones were taken. But that wasn't the worst part of this incident: their teenage daughter, Chloe, was woken by the sounds of someone outside her window whispering to their cat. When she got up to check and opened her bedroom door, she surprised the intruder's partner (who had broken in through the back door) and he shoved her violently against the wall in his dash for the door. She screamed for her parents and both intruders ran, leaving some of their spoils along their escape route.

The police were called and a forensic team came out to look for prints. Chloe was in shock and felt traumatised by this invasion into her privacy; she was even more upset when she had to turn over her clothes for analysis.

This home invasion left the whole family — and Chloe, in particular — feeling insecure, unsafe, vulnerable and exposed. Both parents had problems sleeping. The children reacted in different ways: the two little ones stayed close to their parents or older siblings at home. The older children did not want to be left alone at home and the youngest daughter, Sophie, became afraid of the dark. One of the boys, Andrew, started to check all the doors when leaving the house and before going to bed. Home did not feel like home but like an insecure place for weeks afterward and the memory of the incident will never be forgotten.

Soon after this incident the family came for homœopathic treatment to help them cope with the effects of shock and trauma. Each family member felt calmer and better able to deal with the situation within hours of taking their homœopathic medicines.

Treatment continued for a few weeks and the clients were happy to report that everybody had been able to find their balance again.

LEAH ZINN, AHA Professional Member, Bondi Junction and St Ives, NSW

Homœopathy to the rescue

Make homœopathic treatments part of your first-aid box.

Every mother's nightmare is hearing the recognisable scream of her child after he or she falls off the equipment at the playground. Your heart seems to stop a beat as you dash like superwoman to their aid.

My four-year-old boy had clearly done some damage to his arm after falling off the slide — not because of any visible evidence of a break but because he was obviously in a lot of pain. As I prepared to whisk him to the nearest hospital, I gave him a couple of doses of a homœopathic medicine typically used in such traumatic situations.

The effect was immediate. He calmed down completely, the sobbing stopped and it actually looked like he was OK. I decided to take him to the hospital anyway, just for peace of mind.

The emergency room doctor was a little surprised that the X-ray showed a greenstick fracture, given that my four-year-old appeared to be fine and had not even needed any painkillers. The homœopathic medicine appeared to have really helped. Since then, our homœopathic first-aid kit comes with us to every sporting

event as our first port of call for sprains, strains, fractures, wounds and other injuries.

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

LESLEY GREIG, AHA Professional Member, Balgowlah Heights, NSW



All about Thomas

How homœopathic medicines helped to calm an excitable toddler.

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

Thomas was a very excitable little boy, smiling, laughing and saying "Wow!" again and again. He liked a lot of stimulation, screamed and became red in the face when he wanted something and had major tantrums. He rode his rocking horse as far as it would go, flew over the top of it and then stood up and laughed. He could hit his head but felt no pain. He wouldn't hold hands to walk and ran for the road. At night he took an hour to settle then woke crying every one-and-a-half to two hours.

During her pregnancy, Thomas's mother had debilitating morning sickness, vomiting up to 20 times a day for eight of the nine months. She lost 10 kilos, was in and out of hospital with dehydration and would pass out from weakness. She could only lie in bed; going to the bathroom for a shower was the focus of her day. There was the possibility the pregnancy may have to be terminated. She felt at times that she was dying, that her baby wouldn't survive it all: "Are you just going to let us die? Why isn't someone doing something?" During labour there were signs of foetal distress, with meconium in her waters and a drop in Thomas's heart rate. She was rushed into surgery for an emergency caesarean.

Thomas has benefitted from four homœopathic medicines given over a period of three months.

At three weeks follow-up he seemed less excited, was talking more and had begun to play with toys or sit with a book. Tantrums were of shorter duration and severity.

At three months follow-up Thomas's vocabulary had increased, he had physically grown and matured, he was noticing other children and interacting with them and he would even feel pain. Tantrums had decreased in duration and severity. He was sleeping through the night and had a two-hour nap in the daytime.

Perhaps homœopathy has changed Thomas's life. We don't think so much of an infant as having post-traumatic stress, yet there is a clear connection between the trauma of this pregnancy and the child who felt no pain or fear, and his pattern of bravado and heightened excitability.

LINDA BEAVER, AHA Professional Member, Newtown, NSW



NSW listings continued

| | | | | |
|-----------------------------------|-------------|-----------|--------------|--------------|
| RANDWICK | Shepherd | Joanne | 02 8084 2420 | 0412 484 502 |
| ROCKDALE | Sam | Punnoose | 02 8018 5058 | 0405 126 409 |
| ROSEBANK via LISMORE | Jones | Cecille | 02 6688 2005 | |
| ROSEVILLE CHASE | Royce | Florence | 02 9417 7114 | 0417 480 556 |
| ROZELLE | Dhuyvetter | Trees | 02 9818 2495 | 0452 584 246 |
| SOUTH HURSTVILLE | Koutsoukis | Michael | 02 9579 1118 | 0407 002 288 |
| ST IVES | McAfee | Ann | 02 8084 0081 | 0439 499 085 |
| ST IVES | Pope | Christine | 02 8084 0081 | 0414 345 192 |
| ST IVES | Zimm | Leah | | 0407 705 820 |
| ST LEONARDS | Tumminello | Peter | 02 9439 7273 | 0401 357 905 |
| ST MARYS | Madhurakavi | Jaya | 02 9673 3733 | 0430 322757 |
| ST MARYS | McDonald | Stephen | 02 9673 3733 | 0417 283 951 |
| STANMORE | Beaver | Linda | 02 9516 5300 | |
| SURRY HILLS | Cleary | Michael | 02 9211 3811 | |
| SURRY HILLS | Harris | Kathy | 02 9211 3811 | 0409 542 081 |
| SURRY HILLS | Sierra | James | 02 9218 8855 | 0409 661 673 |
| SYDNEY | Avedissian | Keith | | 0412 231 332 |
| SYDNEY | D'Aran | Kenneth | 02 9247 8500 | 0407 181 086 |
| SYDNEY | Shah | Vaishali | 02 9221 0030 | 0410 379 407 |
| SYDNEY | Smith | Caroline | | 0410 376 882 |
| SYDNEY - House calls | Martinsen | Peter | | 0408 485 402 |
| TALARM | Foley | Belinda | 02 6568 3337 | |
| TERREY HILLS | Sutcliffe | Elizabeth | 02 9986 2214 | |
| TOWRADGI | McGuire | Helen | | 0407 840 387 |
| TUGGERAH | Sheffield | Frances | 02 4304 0822 | |
| TULLAMORE | Pedersen | Carol | | 0409 152 040 |
| UKI | Magee | Judith | 02 6679 5855 | 0414 370 259 |
| UKI | Malcolm | Trenna | 02 6679 5826 | 0408 265 070 |
| UNGARIE | Pedersen | Carol | | 0409 152 040 |
| UPPERBLUE MOUNTAINS - House calls | Martinsen | Peter | | 0408 485 402 |
| URALLA | Munns | Christina | 02 6778 4787 | 0428 285 064 |
| VAUCLUSE | Selby | Robyn | 02 9337 4413 | 0413 017 502 |
| WALGETT | Pedersen | Carol | | 0409 152 040 |
| WARILLA | McGuire | Helen | | 0407 840 387 |
| WARRIEWOOD | Hardwick | Margot | 02 9999 2211 | |
| WARRIEWOOD | Logan | Maryanne | | 0438 212 737 |
| WAVERLEY | Houseman | Miriam | | 0412 126 647 |
| WEETHALLE | Pedersen | Carol | | 0409 152 040 |
| WENTWORTHVILLE | Saxena | Kanchan | 02 9636 6157 | 0431 818 552 |
| WESTMEAD | Madhurakavi | Jaya | 02 9891 4983 | 0430 322 757 |
| WESTMEAD | Patel | Nayana | | 0430 714 487 |
| WOLLOMBI | Bird | Neil | | 0432 633 700 |
| WOLLONGONG | Gamble | Jon | 02 4228 0977 | |
| WOLLONGONG | Hermiston | Nyema | 02 4228 0977 | |
| WOOLGOOLGA | Hayward | Caroline | 02 6654 1996 | 0403 626 700 |
| WOOLLAHRA | Billa | Ramya | | 0415 901 087 |
| WOOLLAHRA | Kristo | Angela | | 0405 677 630 |
| YAMBA | Hynson | Ilma | 02 6646 9452 | |

QLD

| SUBURB | LAST NAME | FIRST NAME | LANDLINE | MOBILE |
|------------------|-----------------|------------|--------------|--------------|
| ALBANY CREEK | Reichman | Petrina | 07 3264 8397 | 0437 673 632 |
| ALDERLEY | Gillen | Christine | 07 3356 0654 | 0466 991 856 |
| ASHGROVE | Molloy | Denise | 0422 222 817 | |
| ATHERTON | Beckert | Henny | 07 4097 2651 | 0434 823 061 |
| BALGAL BEACH | Boeddeker | Helga | 07 4770 7459 | 0437 933 159 |
| BARDON | Lindsay | Jane | 07 3368 1300 | 0407 750 363 |
| BARDON | McIntosh | John | 07 3876 2446 | |
| BEENLEIGH | Khan | Halimah | 07 3807 7687 | |
| BOWEN | Lewis | Denise | | 0423 709 748 |
| BRACKEN RIDGE | Liddell | Evelin | 07 3261 5436 | |
| BRAY PARK | Joseph | Agimary | 07 3882 5427 | 0402 675 683 |
| BRENDALE | Foster-Spinelli | Emilia | | 0412 115 451 |
| BUDERIM | House | Glen | 07 5456 1161 | |
| BUDERIM | Penhaligon | Alex | 07 5476 5889 | |
| BURPENGARY | Koda | Anthony | 07 3888 2894 | 0417 706 286 |
| CABOOLTURE | Younger | Barbara | 07 5498 9100 | |
| CAIRNS NORTH | Friesen | Judith | | 0402 857 799 |
| CALOUNDRA | McMahon | Penelope | 07 5491 6102 | |
| CAPALABA | Clark | James | 07 3245 6451 | |
| CARINDALE | Crook | Megan | | 0432 544 178 |
| CHAPEL HILL | Eccleston | Maree | | 0407 772 091 |
| COOKTOWN | Doherty | Jean | | 0427 303 333 |
| COOMBABAH | Lyons | Rodney | | 0421 791 553 |
| COORPAROO | Ryan | Dennis | 07 3421 7488 | 0417 649 044 |
| DEAGON | Smith | Carolyn | 07 3269 8822 | 0414 421 675 |
| DECEPTION BAY | Costigan | Martin | | 0402 821 959 |
| DUTTON PARK | Olorenshaw | Kelly | | 0407 268 865 |
| EAGLE HEIGHTS | Venables | Sandra | 07 5545 0939 | 0402 423 127 |
| EIGHT MILE PLAIN | Parmar | Mita | | 0411 836 575 |
| FORTITUDE VALLEY | Berryman | Peter | | 0420 403 320 |
| FORTITUDE VALLEY | Cope | Greg | 07 3117 9661 | |
| GLADSTONE | Lorraway | Ross | | 0408 875 973 |
| GORDON PARK | Allman | Colleen | | 0412 791 825 |
| GREENSLOPES | Allman | Colleen | | 0412 791 825 |
| HAWTHORNE | Hanson | Inez | 07 3899 1807 | 0421 007 700 |

QLD listings continued

| | | | | |
|--------------------------------|------------------|----------------------|--------------|--------------|
| HERVEY BAY | Defina | Judith | 07 4125 1231 | |
| HERVEY BAY | Turner | Gregory | 07 4124 6677 | 0438 249 642 |
| HIGHLAND PARK | Wong | Joy | 07 5596 6256 | 0412 570 390 |
| IPSWICH | Hanson | Linda | 07 3281 2747 | 0407 640 229 |
| JINDALEE | Peters | Marian | 07 3279 6470 | 0408 070 504 |
| KENMORE | Jones | Sharon | 07 3378 2672 | 0409 371 354 |
| KENMORE | Redding | Willi | | 0410 136 054 |
| KENMORE | Trefny | Heidi | 07 3878 6027 | |
| KENMORE HILLS | Hatherly | Patricia | 07 3878 9767 | |
| KIELS MOUNTAIN | Hayes | Rosalind | 07 5442 2511 | |
| KIELS MOUNTAIN | Hayes | Roy | 07 5442 2511 | |
| LANDSBOROUGH | Rocker | Leisa | 07 5439 9813 | 0403 267 963 |
| MALENY | Koda | Anthony | 07 5435 8380 | 0417 706 286 |
| MARGATE | Moffat | Andrea | | 0420 823 964 |
| MILLAA MILLAA | Beckert | Henny | 07 4097 2651 | 0434 823 061 |
| MOGGILL | Tulip | Jane | | 0412 001 601 |
| MT GRAVATT | Rideout Belletty | Andrea | 07 3849 3911 | 0410 678 971 |
| MT OMMANEY | Provan | Fiona | 07 3715 8482 | 0418 184 702 |
| MT OMMANEY | Weiss | Trudy | 07 3715 7842 | 0411 300 081 |
| MUDGEERABA | Dobson | Lynda | 07 5593 2288 | 0412 270 408 |
| MUDGEERABA | Fawcett | Donna | 07 5525 2755 | 0438 647 416 |
| MUDGEERABA | Teixeira | Rita | 07 5525 2211 | |
| MURRAY'S BRIDGE via WARWICK | Moulden | Rosemary | 07 4667 3117 | 0400 880 302 |
| NEW FARM | Orr | Dianne | 07 3315 2517 | 0488 993 336 |
| NOOSA HEADS | Graham | Carolyn | 07 5412 2702 | 0431 036 495 |
| NOOSA HEADS | Jarvis | Snehi | 07 5455 4019 | |
| PADDINGTON | Blackshaw | Susan | 07 3876 2100 | 0418 716 027 |
| PARKINSON | Emans | Karen | | 0408 748 532 |
| PEREGIAN BEACH | Berry | Catherine | | 0499 188 536 |
| PETRIE | Fedrick | Renee | | 0406 200 764 |
| REDCLIFFE | Haug | Sharon | 07 3889 3588 | |
| REDLAND BAY | Brownsey | Lynda | 07 3206 8274 | |
| REDLAND BAY | McKenzie | Julia | 07 3829 1155 | |
| ROSALIE | Redding | Willi | | 0410 136 054 |
| SAMFORD | Wilks | Glenda | 07 3289 0069 | 0428 112 455 |
| SCARBOROUGH | Harman | Marilyn | 07 3880 0739 | |
| SOUTHPORT | Magee | Judith | 07 5571 0001 | 0414 370 259 |
| SPRINGFIELD LAKES | Dunne | Monica | | 0416 978 191 |
| SPRINGWOOD | Johnston | Karen | 07 3808 6633 | |
| STAFFORD | Madden | Gregory | 07 3356 3699 | 0407 121 588 |
| STONES CORNER | Lowe | Kylie | | 0431 436 939 |
| STRETTON | Paliwal | Rukmani | 07 3273 3055 | 0423 716 926 |
| TARINGA | Nicolaou | Barbara | | 0402 040 248 |
| THE GAP | Watson | Gwendoline | 07 3300 6569 | 0418 191 086 |
| TOOWOOMBA | Blackwood | Roslyn | 07 4634 8143 | 0438 267 724 |
| TOOWOOMBA | Externest | Vera | 07 4636 4075 | |
| TOOWOOMBA | Mitchell | Maryanne Donnelly | 07 4613 1822 | 0417 626 552 |
| TOOWOOMBA | Stanford | Marggritte | 07 4638 4252 | |
| TWIN WATERS | Barkway | Beverly | 07 5448 8411 | 0407 758 020 |
| VALDORA | Emans | Karen | | 0408 748 532 |
| WARWICK | Moulden | Rosemary | 07 4667 3117 | 0400 880 302 |
| WATERFORD WEST | Jessop | Coralie | 07 3299 7378 | 0403 027 923 |
| WEST END | Lowe | Kylie | | 0431 436 939 |
| WEST END | Provan | Fiona | 07 3844 1911 | 0418 184 702 |
| WEST END | Ryan | Dennis | | 0417 649 044 |
| WOOLOOWIN | Lindsay | Jane | 07 3357 4990 | 0407 750 363 |
| WYNNUM | Rideout Belletty | Andrea | | 0410 678 971 |
| YEPPON | Lorraway | Ross | 07 4939 8222 | 0408 875 973 |
| YEPPON | Worsley | Sandra | | 0439 718 942 |

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| SUBURB | LAST NAME | FIRST NAME | LANDLINE | MOBILE |
|------------------|----------------|------------|--------------|--------------|
| ABERFOYLE PARK | King | Kenneth | 08 8270 6625 | 0401 866 037 |
| ADELAIDE | King | Kenneth | | 0401 866 037 |
| ALLENBY GARDENS | Chapman | Jill | 08 8340 2181 | |
| BELLEVUE HEIGHTS | Lathlean | Jane | | 0417 803 016 |
| CAMDEN PARK | Sharma | Monika | | 0469 197 246 |
| CLAPHAM | Noble | Valerie | 08 8277 2430 | 0428 857 668 |
| ETHELTON | Twohig | Julia | 08 8242 3888 | |
| FLAGSTAFF HILL | Rabbah | Victoria | 08 8270 6448 | 0432 171 503 |
| GLENELG | Noble | Valerie | | 0428 857 668 |
| HAHNDORF | Bottin | Hardo | 08 8188 1008 | 0403 092 630 |
| HYDE PARK | Kumar | Rajesh | 08 8373 3699 | 0412 943 376 |
| MAGILL | Oon | Francis | 08 8331 3210 | 0407 971 068 |
| MARION | Khalili | Nahid | 08 8177 0563 | 0403 655 122 |
| MARION | Thind | Parvinder | | 0405 086 018 |
| MORPHETT VALE | Lepse | Traudi | 08 8382 8661 | 0430 337 673 |
| NORTHGATE | Kumar | Rajesh | 08 8266 4634 | 0412 943 376 |
| 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 | |
| WANDILO | Cunningham | Nicole | 08 8739 9250 | |
| WOODSIDE | Stuart-Macadam | Patricia | 08 8389 9405 | |

Simon's story

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

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

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

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

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

Simon was given a homœopathic medicine for emotional distress and grief to take once daily for five days but, when reviewed weeks later, he was having nightmares every night. He was waking up in fear and sleeping with his parents.

He was given three doses of another homœopathic medicine that not only addressed emotional distress and grief but also the fear of losing family members and/or friends. This was followed by two more homœopathic medicines over the following six days. Since then, his nightmares have ceased.

DIMPLE NIHALANI, AHA Professional Member, Aubin Grove, WA





Between heaven and earth

Homœopathic medicines supported an infant's recovery from meningitis.

In our privileged society we might almost casually accept that many tiny babies have survived both the rigours of an Intensive Care Unit experience and the illness that necessitated it. Danielle was not yet a month old when meningitis catapulted her into the invasive diagnostic procedures and multiple drug treatments needed to save her life. She was subjected to an induced coma while she weathered this crisis and was eventually discharged from hospital with diagnostic tests predicting little chance of a full recovery.

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

Homœopathic medicines can help support these goals. The first medicines prescribed for Danielle were for shock and fear of being harmed. A medicine was also chosen that matched her previous symptoms of skin rash and convulsions. Finally, medicines were given to help support the eliminative organs and help strengthen the constitution. These medicines were given at more frequent intervals during the first year following the illness and then gradually tapered off. Danielle continued receiving other complementary treatments and, contrary to all expectations, her paediatrician confirmed that she was progressing normally through her developmental stages.

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

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

PAULINE KALBFELL, AHA Professional Member, Australind, WA

Reference: Doidge, N. (2007). *The Brain that Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science*. New York: Viking

| TAS | | | | |
|--------------------|------------|------------|--------------|--------------|
| SUBURB | LAST NAME | FIRST NAME | LANDLINE | MOBILE |
| GEORGE TOWN | McMahon | 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 |
| NORTH HOBART | Kressig | Martina | | 0427 931 481 |
| SOUTH BRUNY ISLAND | Kressig | Martina | | 0427 931 481 |
| 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 | Peter | 03 9419 4190 | 0409 858 956 |
| AIRPORT WEST | Oberdunhofen | Erika | 03 9379 0707 | 0414 305 934 |
| ALTONA | Hoy | Leanne | 03 9315 0511 | 0409 013 609 |
| ARMADALE | Devlin | Emmeline | 03 9500 8656 | |
| Armadale | Spalding | Geofrey | | 0418 996 915 |
| ASPENDALE | Osborne | Carli | | 0412 242 602 |
| BAYSWATER | Murfitt | Teri | 03 9720 6234 | |
| BENALLA | Eacott | Julie | 03 5762 3867 | |
| CAPE SCHANCK | Boal | Susan | 03 5988 5371 | |
| CARRUM DOWNS | Subramanian | Lakshmi | 03 8787 7918 | 0402 924 657 |
| CASTLEMAINE | Kidd | Alana | | 0403 740 064 |
| CAULFIELD | Sideris | Stamata | 03 9505 3539 | 0431 069 457 |
| CAULFIELD SOUTH | Kahan | Vivienne | | 0414 613 130 |
| CHELTENHAM | Saunders | Jane | 03 9583 8964 | 0439 654 693 |
| CHEROKEE via GISBORNE | Golden | Isaac | 03 5427 0880 | |
| CLIFTON HILL | Meier | Philippa | | 0434 109 830 |
| CLIFTON HILL | Valentini | Sarah | | 0408 542 762 |
| CORRYONG | Shepherd | Cornelia | | 0411 219 779 |
| CRANBOURNE | Soni | Manju | 03 5995 3301 | 0401 401 487 |
| CROYDON | Harrison | Karen | | 0402 334 976 |
| CROYDON | Parker | Tania | 03 9723 2233 | 0413 026 817 |
| CROYDON HILLS | Oppermann | Grit | 03 9876 5637 | 0419 315 913 |
| CROYDON NORTH | Cooper | Deanna | 03 9733 4300 | 0410 796 674 |
| DAYLESFORD | Kidd | Alana | | 0403 740 064 |
| DAYLESFORD | Lovell | Shirley | 03 5348 2426 | 0429 481 817 |
| DONCASTER | Lee | Keng | 03 9848 7600 | |
| DONVALE | Marr | Ruth | | 0422 594 114 |
| ELSTERNWICK | Kahan | Vivienne | | 0414 613 130 |
| ELSTERNWICK | Lalor | Liz | 03 9523 7462 | |
| ELTHAM | Brodie | Gabrielle | 03 9439 3565 | 0416 739 211 |
| ELTHAM | Burns | Barbara | 03 9431 3772 | 0417 035 404 |
| ELTHAM | Neubacher | Sylvia | | 0408 327 993 |
| ELWOOD | Lamaro | Ana | 03 9531 3535 | 0423 475 263 |
| ELWOOD | Robinson | Tanya | 03 9531 5255 | 0425 852 255 |
| EMERALD | MacFarlane | Anne | 03 9895 0037 | |
| ENDEAVOUR HILLS | Cook | John | 03 9700 0333 | 0412 421 279 |
| ENDEAVOUR HILLS | Nair | Reena | 03 9706 2383 | 0404 755 084 |
| FERN TREE GULLY | Diesbecq | Clarisse | 03 9764 8688 | |
| FERN TREE GULLY | McGrath | Anne | 03 9764 8688 | 0427 804 888 |
| FERN TREE GULLY | Scholte | Yudith | 03 9758 5816 | |
| FERNY CREEK | MacFarlane | Anne | 03 9895 0037 | |
| FOREST HILL | Kothuru | Raj | 03 9077 5044 | 0425 761 826 |
| FRANKSTON | Bayer | Phillip | 03 9770 5337 | 0421 490 722 |
| FRANKSTON | Walters | Judith | | 0407 751 450 |
| FRANKSTON | White | Deborah | 03 9766 0975 | |
| GEELONG WEST | Walti | Roger | 03 5215 6214 | 0401 611 972 |
| GISBORNE | Golden | Isaac | 03 5427 0880 | |
| GLEN WAVERLEY | Dhingra | Priya | 03 9802 0949 | 0422 281 203 |
| GLEN WAVERLEY | Goel | Ranjana | 03 9884 6585 | 0414 763 755 |
| GLEN WAVERLEY | Howden | Ian | | 0423 223 782 |
| GREENSBOROUGH | Brodie | Gabrielle | | 0416 739 211 |
| HAWTHORN | Kikos | Joan | 03 9819 0230 | |
| HEATHMONT | Teffaha | Nadine | | 0412 085 597 |
| HEATHMOUNT | MacFarlane | Anne | 03 9895 0037 | |
| HEIDELBERG HEIGHTS | Kothuru | Raj | 03 9077 5044 | 0425 761 826 |
| HOPPERS CROSSING | Hoy | Leanne | | 0409 013 609 |
| IVANHOE | Lovell | Shirley | 03 5348 2426 | 0429 481 817 |
| JINDIVICK | Greenland | Joanne | 03 5628 5236 | 0419 567 389 |
| KENSINGTON | Southcombe | Kay | 03 9376 9286 | 0423 504 380 |
| LARA | Brebner | Helen | 03 5282 6001 | 0411 222 832 |
| LILYDALE | Italiano | Rose | | 0425 796 382 |
| MALVERN | Gough | Margaret | | 0409 106 487 |
| MALVERN | Nolan | Margaret | 03 9576 3077 | 0412 078 563 |
| MALVERN | Thompson | Robyn | 03 9576 3077 | 0419 209 104 |
| MAUDE | Brebner | Helen | | 0411 222 832 |
| MELBOURNE | Bayer | Phillip | 03 9770 5337 | 0421 490 722 |
| MELBOURNE | Kothuru | Raj | 03 9077 5044 | 0425 761 826 |
| MELBOURNE | Lee | Gillian | 03 9620 9503 | 0403 273 388 |
| MELBOURNE | Meier | Philippa | 03 9655 9511 | 0434 109 830 |
| MILL PARK | Pillai | Pradeep | 03 9436 5553 | |
| MITCHAM | Bullard | Catherine | | 0429 140 181 |
| MORDIALLOC | Linthorne | Margaret | 03 9580 5893 | 0429 133 993 |
| MORNINGTON | Jackson | Karen | 03 5977 0117 | 0429 645 440 |
| MORNINGTON | Orr | David | 03 5974 1634 | |



VIC listings continued

| | | | | |
|-----------------|------------|-----------|--------------|--------------|
| MOUNT WAVERLEY | Glynn | Natalie | | 0430 149 678 |
| MOUNT WAVERLEY | Syamal | Rima | | 0400 626 340 |
| MT ELIZA | Deitz | Julie | 03 9787 8152 | 0414 810 180 |
| MT MARTHA | Kopatsy | Diana | 03 5988 3622 | 0407 815 785 |
| NORTH FITZROY | Meier | Philippa | 03 9482 5822 | 0434 109 830 |
| NORTHCOTE | Teffaha | Nadine | 03 9482 1888 | 0412 085 597 |
| OAKLEIGH SOUTH | Nolan | Margaret | | 0412 078 563 |
| PAKENHAM | Robinson | Jean | 03 5940 1233 | 0418 546 115 |
| PAKENHAM | Satherley | Leanne | 03 5941 4734 | 0448 877 754 |
| POINT COOK | Donal | Mrinalini | | 0410 892 040 |
| POINT COOK | Segal | Nina | 03 9395 9362 | 0434 168 418 |
| RIDDELLS CREEK | Boorman | Lisa | | 0488 599 068 |
| RINGWOOD | Donald | Narelle | 03 9870 4050 | 0414 878 357 |
| ROWVILLE | Santamaria | Melanie | | 0488 899 466 |
| SOUTH CAULFIELD | Kahan | Vivienne | | 0414 613 130 |
| SPOTSWOOD | Valentini | Sarah | | 0408 542 762 |
| ST KILDA | Cale | Emma | | 0415 807 891 |
| ST KILDA EAST | Elliott | Martin | 03 9534 8684 | 0406 524 108 |
| SUNBURY | Golden | Isaac | 03 8099 5536 | |
| TARNEIT | Kaur | Jaspreet | 03 9748 0189 | 0433 176 332 |
| TAYLORS HILL | Djukic | Mirjana | 03 8361 5182 | 0404 998 682 |
| THORNBURY | Busko | Tony | 03 9480 0906 | 0425 704 239 |
| THORNBURY | O'Bryan | Maureen | 03 9416 9872 | 0450 353 395 |
| TORQUAY | Robinson | Tanya | 03 5264 7477 | 0425 852 255 |
| WARRAGUL | Steele | Jessica | | 0407 323 307 |
| WARRENWOOD | Oppermann | Grit | 03 9876 5637 | 0419 315 913 |
| WERRIBEE | Segal | Nina | | 0434 168 418 |
| WONGA PARK | Cornick | Celia | 03 9722 2840 | 0403 208 940 |
| WYNDHAM VALE | Speirs | Anne | | 0412 907 776 |

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| SUBURB | LAST NAME | FIRST NAME | LANDLINE | MOBILE |
|------------------|---------------|------------|--------------|--------------|
| ALBANY | Copeman | Ann | 08 9842 3977 | 0427 422 459 |
| AUBIN GROVE | Kirpalani | Dimple | | 0452 223 617 |
| AUSTRALIND | Kalbfell | Pauline | 08 9725 2418 | |
| BENTLEY | Hari | Hament | 08 9350 9898 | 0411 371 562 |
| BIBRA LAKE | Fiocco | Anna | 08 9418 7273 | |
| BUNBURY | Kalbfell | Pauline | 08 9725 2418 | |
| BUSSELTON | Guy | Margaret | 08 9754 2542 | 0407 984 000 |
| BUSSELTON | Smoker | Shari Lee | 08 9754 1537 | 0414 459 679 |
| COTTESLOE | Blanch | Michael | 08 9385 1484 | 0419 910 141 |
| DENMARK | Waschk | Beate | 08 9848 2426 | |
| DUNCRAIG | Goradia | Tirtha | 08 9460 9862 | 0421 453 106 |
| DUNSBOROUGH | Morgan | Paula | 08 9755 3949 | 0407 773 093 |
| FREMANTLE | Greenough | Jasmin | | 0422 173 401 |
| HELENA VALLEY | Clark | Robin | 08 9255 1052 | |
| JANDAKOT | Goradia | Tirtha | 08 9417 3553 | 0421 453 106 |
| JOONDALUP | Lang | Penelope | 08 9301 1234 | |
| KALAMUNDA | Moore | Sally | 08 9257 2553 | 0407 287 637 |
| KARRATHA | Penrose | Sarah | | 0477 285 863 |
| LEEMING | Grewal | Jagkeerat | 08 6161 8473 | 0458 583 202 |
| LESMURDIE | Diamantopoulo | Kate | 08 9291 0510 | 0417 713 212 |
| MIDLAND | Hendry | Phillip | 08 9274 1810 | |
| MILLENDON | Innocent | Madeleine | 08 9296 0152 | |
| MT HAWTHORN | Alexander | Paul | 08 9444 4190 | |
| NOLLAMARA | Grech | Darren | | 0412 779 760 |
| PADBURY | Essex | Julie | | 0434 573 181 |
| PORT HEDLAND | Penrose | Sarah | | 0477 285 863 |
| REDCLIFFE | Grech | Darren | | 0412 779 760 |
| SAWYERS VALLEY | Moore | Sally | 08 9295 6782 | 0407 287 637 |
| SUBIACO | Greenough | Jasmin | 08 9381 3999 | 0422 173 401 |
| WEMBLEY DOWNS | Volk | Marion | | 0418 945 109 |
| WEST LEEDERVILLE | Volk | Marion | 08 6380 2648 | 0418 945 109 |
| WILLETTON | Stanton | Emma | | 0407 448 664 |
| WINTHROP | Cubitt | Jill | | 0402 460 404 |

Local practitioner details here

A tragic break-up

A young woman consulted me. She had been helped by homœopathic medicines before and sensed that she needed treatment again. She had broken up with her first boyfriend three months before.

She told me a tale of high drama: she had lost her best girlfriend, who thought she had betrayed her over the relationship with that boyfriend; most of her friends were no longer talking to her; due to her emotional melee she was fighting with her brother and mother; she had been unable to do any school work and had cried bitterly "every day for 57 days". She finished her tale by saying, "He has ruined everything."

She confided in me: "After everything went downhill, I didn't eat, wouldn't talk to people and couldn't get out of bed. I didn't want to live ... just wanted to sleep. I have been sick with stress and sadness." She had been feeling suicidal and regularly bingeing on spirits.

After the 57 days of disarray she decided she was "over it", started to eat, regained some weight and was doing a little school work. She still looked haggard and sad and was now seeking another boyfriend who would be "more mature". I carefully prescribed a homœopathic medicine indicated for the effects of tragic events that "turn your life upside-down".

She returned three weeks later. The change in her facial expression, her dress and her demeanour was outstanding; she looked bright and happy and relaxed. Her desire for a new boyfriend had fallen away: "I thought I actually need to be alone and learn more about myself."

She decided to focus on study and realised she wasn't ready for a serious relationship. She finished by telling me, "I want to forgive what happened; thank it for beautiful memories and for teaching me things. I just need to be the good person in this. I am relaxed and taking life as it comes."

PETER TUMMINELLO, AHA Professional Member, St Leonards, NSW

Individualised treatment is our speciality

With 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 homœopathy works.

Homœopathy views many symptoms in order to treat the underlying causes of ill health, taking into account not only the condition itself but the whole person. This includes your lifestyle, medical history, likes and dislikes and mental and emotional aspects as well. It is often the small idiosyncrasies that are "the real you" that help the homœopath to select the medicine that best fits your needs.

You may have noticed that no specific medicines have been mentioned in this lift-out. This omission has been deliberate, because we do not wish to give the impression that there is a "one medicine fits all" approach with homœopathy. If you have a skin condition or a stomach complaint, the homœopathic medicine that has been given to someone else who seems to have the same complaint will not necessarily work for you, too. This is because their condition, although it sounds the same, is unique to them and their makeup.

Your specific condition is a result of your own physical, mental and emotional nature. This is also why homœopathic consultations generally take longer than those you are probably used to with other types of practitioners. Homœopathy is a complementary modality and if symptoms persist you should contact your health provider.

BARBARA ARMSTRONG, former AHA National Administrator, Hastings, Vic