



Homoeopathy for Reproductive Health AHA

Dear Readers,

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

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

Research has demonstrated the effectiveness of homoeopathy in relieving premenstrual symptoms with 90 per cent of women reporting significant improvements. Menopausal complaints, including hot flushes, fatigue, sleep disturbances, headaches and mood, may be improved, and trials have demonstrated success in

menopausal women, young women in premature menopause due to cancer therapy, and those who have previously tried hormone replacement therapy without satisfaction.

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

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

Greg Cope

Greg Cope, National President, AHA

REFERENCES

Bergmann J, Luft B, Boehmann S, Runnebaum B, Gerhard I. The efficacy of the complex medication Phyto-Hypophyson L in female, hormone-related sterility. A randomized, placebo-controlled clinical double-blind study. *Forsch Komplementarmed Klass Naturheilkd.* 2000 Aug;7(4):190-9.
Boekhout AH, Beijnen JH, Schellens JH. Symptoms and treatment in cancer therapy-induced early menopause. *Oncologist.* 2006 Jun;11(6):641-54.
Carpenter JS, Neal JG. Other complementary and alternative medicine

modalities: acupuncture, magnets, reflexology, and homeopathy. *Am J Med.* 2005 Dec 19;118 Suppl 12B:109-17.
Clover A, Ratsey D. Homeopathic treatment of hot flushes: a pilot study. *Homeopathy.* 2002 Apr;91(2):75-9.
Gerhar I, Wallis E. Individualized homeopathic therapy for male infertility. *Homeopathy.* 2002 Jul;91(3):133-44.
Graf MC, Geller PA. Treating hot flashes in breast cancer survivors: a review of alternative treatments to hormone replacement therapy. *Clin J Oncol Nurs.* 2003 Nov-Dec;7(6):637-40.
Jacobs J, Herman P, Heron K, Olsen

S, Vaughters L. Homeopathy for menopausal symptoms in breast cancer survivors: a preliminary randomized controlled trial. *J Altern Complement Med.* 2005 Feb;11(1):21-7.
Oldereid NB, Rui H, Purvis K. Male partners in infertile couples. Personal attitudes and contact with the Norwegian health service. *Scand J Soc Med.* 1990 Sep;18(3):207-11.
Lalor, L. Liz Lalor Fertility Program, Unpublished article, 2011.
Relton C, Weatherley-Jones E. Homeopathy service in a National Health Service community menopause clinic:

audit of clinical outcomes. *Journal of the British Menopause Society, Vol. 11, No. 2, June 2005.*
Viksvveen P. Heggemsnes A. *Dynamis* 2005.
Wienhard J, Tinneberg HR. Alternative treatment possibilities of complaints due to endometriosis. *Zentralbl Gynakol.* 2003 Jul-Aug;125(7-8):286-9.
Yakir M, Kreittler S, Brzezinski A, Vithoulkas G, Oberbaum M, Bentwich Z. Effects of homeopathic treatment in women with premenstrual syndrome: a pilot study. *Br Homeopath J.* 2001 Jul; 90(3), 148-53.

ALL YOU WANTED TO KNOW

Homoeopathy 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 homoeopathy

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

In Britain, for example, there are five homoeopathic hospitals available under the National Health Service (NHS), including the London Homoeopathic Hospital. The Royal Family has used it since Queen Victoria's time in 1830, and it has a wide acceptance

throughout Europe. In France, the most popular cold and flu medicine is a homoeopathic medicine, and in India more than 10,000 doctors use homoeopathic medicines to treat their patients.

How does it work?

The word "homoeopathy" (also known as homeopathy) is derived from the Greek words *homoios*, meaning "similar", and *pathos*, meaning "suffering". The cornerstone of homoeopathic philosophy is the Law of Similars. This law or principle is based on a long-held belief as far back as Hippocrates, the Father of Medicine, and other ancient healers such as Paracelsus, that substances that produce symptoms in a healthy individual can be used to treat similar symptoms in a sick person. Homoeopathic treatment is believed to stimulate the →



body's ability to fight infection and susceptibility to disease.

Homœopathic medicines

Homœopathic medicines are made from a variety of sources, such as plants, animals and minerals. They are prepared according to strict 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 doctor or homœopath 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



BIRTHING THE BABY WAS THE EASY PART

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

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

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

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

Patricia Hatherly, Breastfeeding Consultant, AHA Professional Member, Kenmore Hills, Qld



EASING MENSTRUAL PAIN

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

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

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

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

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	Lee	Lesley	02 6282 4030	0415 686 485
GRIFFITH	Dendrinos	Gerry	02 6295 6939	0401 300 948
NSW				
Suburb	Last name	First name	Landline	Mobile
ACACIA GARDENS	Kalia	Sarita		0414 860 517
ALLAMBIE	Formica	Lee	02 9938 1090	0403 922 531
ANNANDALE	Coelho	Rose	02 9810 4628	0411 739 063
ANNANDALE	Cunneen	Lynette		0403 061 991
ANNANDALE	Natoli	Antonietta	02 9566 1222	0401 416 560
ARCADIA	Biddle	Patricia	02 9653 1231	
AVALON	Bedggood	Penny		0424 178 185
AVALON	Robertson	Martine	029 918 8013	0404 237 087
AVALON	Wakefield	Elizabeth		0432 536 625
AVALON BEACH	Harrison	Jacqui		0415 159 319
BALGOWLAH	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'Arar	Kenneth	02 9818 1086	0407 181 086
BANGALOW	Mackenzie	Fiona	02 6687 2207	
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
BEGA	Goddard	Sunny	02 6492 4543	0421 002 717
BEGA	McLean	Mary	02 6492 2222	
BELLAVISTA	Sierra	James	02 8883 2558	0409 661 673
BELLEVUE HILL	Weinstock	Vivienne	02 9363 2788	0414 846 618
BELLINGEN	Thornton	Phillip	02 6655 0429	0411 221 421
BELMONT	Reynolds	Nicola	02 4945 1800	0424 456 115
BELROSE	Sharpe	Janine		0412 076 221
BEROWRA	Hamid	Lindy	02 9456 0488	0419 998 788
BERRIMA	Mell	Cally	02 4877 1474	0408 781 460
BEXLEY NORTH	Leontsini	Helen Eleni		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	Zinn	Leah		0407 705 820
BONDI BEACH	Daniels	Ingrid		0402 705 478
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
BOWRAL	Cleary	Michael	02 4861 2900	
BROOKVALE	Barron	Penelope	02 9905 9415	0400 473 669
BROOKVALE	Bedggood	Penny	02 9905 9415	0424 178 185
BROOKVALE	Ellison	Lorraine	02 9905 9415	
BROOKVALE	English	Bernadette	02 9905 9415	0467 606 000
BROOKVALE	Greig	Lesley		0421 618 615
BROOKVALE	Hallinan	Louise	02 9905 7514	
BROOKVALE	Harrison	Jacqui	02 9905 9415	0415 159 319
BROOKVALE	Jordan	Linlee	02 9905 9415	
BROOKVALE	Powell	Kim	02 9905 9415	
BROOKVALE	Shah	Vaishali	02 9905 9415	0410 379 407
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
CARLTON	Strudwick Thomas	Gail		0426 957 704
CASTLE HILL	Hookham	Michelle	02 8850 7822	0423 162 001
CASTLE HILL	Reynolds	Nicola	02 8850 7822	0424 456 115
CHATSWOOD	Davis	Natasha		0412 452 326
CHATSWOOD	Frederiksen	Neil	02 9415 2333	0419 415 233
CHATSWOOD	Jain	Anita	02 9419 3924	0421 436 404
CHERRYBROOK	Danwer	Shonit	02 9484 8752	0412 191 444
COFFS HARBOUR	Caporale	John		0437 499 513
CONDOBOLIN AREA	Pedersen	Carol		0409 152 040
COOGEE	Ciccia	Donna		0419 686 618
COOGEE	Kristo	Angela	02 9398 3699	0405 677 630
COOMA	Oakley	Alison		0424 063 777
CREMORNE	Bird	Neil		0432 638 700
CREMORNE	Hartigan	Felicity		0404 470 736
CROMER	Singleton	Jane		0405 783 332
CRONULLA	Campbell	Rhonda	02 9544 0477	0400 345 434
CRONULLA	Hosey	Leonie	02 9544 5558	0414 807 201
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 8013 8548	0405 126 409
DRUMMOYNE	Wright	Fiona	02 9819 7770	0417 405 941
EARLWOOD	Christian	Helen	02 9559 3864	0418 285 285
EASTWOOD	Shilpa	Bhouraskar	02 9874 4647	0424 480 613
EDGECLIFF	Gildart	Phillip	02 9328 1066	0410 343 355

Homœopathy for REPRODUCTIVE HEALTH

April 28 - May 4, 2012

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



NSW listings continued

Table listing NSW practitioners with columns for Name, Address, Phone, and Email. Includes entries like EDGECIFF, ELANORA HEIGHTS, ENMORE, etc.

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

Kathy Harris
AHA Professional Member, Pymont, NSW

Case study

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

HORMONAL HAVOC

Hot flushes don’t need to dominate the menopausal process.

Homœopathy can present a good alternative for the treatment of menopausal symptoms. A study in Europe¹ of 489 patients who presented for the treatment of hot flushes showed a 90 per cent improvement in the number of hot flushes, as well as a significant corresponding improvement in quality of life.

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

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

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

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

Christine Pope,
AHA Professional Member, St. Ives, NSW

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



PREPARING FOR PREGNANCY

Homœopathy can help prepare a body for pregnancy after miscarriage.

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

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

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

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

Liz Lalor
AHA Professional Member, Vic

NSW listings continued

Table listing NSW practitioners with columns for Name, Address, Phone, and Email. Includes entries like REVESBY, ROCKDALE, ROCKDALE, etc.

QLD

Table listing QLD practitioners with columns for Suburb, Last name, First name, Landline, and Mobile. Includes entries like ALBANY CREEK, ALDERLEY, ALEXANDRA HILLS, etc.

Vic listings continued

MELBOURNE	Bayer	Phillip	03 9770 5337	
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
MELBOURNE	Spalding	Geoffrey	03 9655 9505	0418 996 915
MIDDLE PARK	Pandya	Archana	03 9682 8866	
MILL PARK	Pillai	Pradeep	03 9436 5553	
MORDIALLOC	Linthorne	Margaret	03 9580 5893	0429 133 993
MORNINGTON	Jackson	Karen	03 5977 0117	0429 645 440
MOUNT CLEAR	Speirs	Anne		0412 907 776
MOUNT WAVERLEY	Glynn	Natalie		0430 149 678
MT ELIZA	Deitz	Julie	03 9787 8152	0414 810 180
MT MARTHA	Kopatsy	Diana	03 5988 3622	0407 815 785
MT WAVERLEY	Syamal	Rima		0400 626 340
NEWSTEAD	Mellor	Elizabeth	03 5476 2695	0428 299 414
NORTHCOTE	Pappas	Pitsa		0433 846 136
NORTHCOTE	Teffaha	Nadine	03 9482 1888	0412 085 597
OAKLEIGH SOUTH	Nolan	Margaret	03 9563 8270	0412 078 563
PAKENHAM	Robinson	Jean	03 5940 1233	0418 546 115
PAKENHAM	Satherley	Leanne	03 5941 4734	0448 877 754
PARKDALE	Goodfield	Mary	03 9587 7785	
POINT COOK	Dahiya	Mrinalini		0410 892 040
POINT COOK	Segal	Nina	03 9395 9362	0434 168 418
POREPUNKAH	Shanley-Danger	Elizabeth		0416 055 438
PRAHRAN	Gadd	Ben	03 9690 7666	
RIDDELLS CREEK	Boorman	Lisa		0488 599 068
RINGWOOD	Donald	Narelle	03 9870 4050	0414 878 357
ROWVILLE	Parker	Tania	03 9755 8859	0413 026 817
ROWVILLE	Santamaria	Melanie		0408 999 930
SOUTH MELBOURNE	Gadd	Ben	03 9690 7666	
SOUTH YARRA	Neubacher	Sylvia		0408 327 993
ST KILDA	D'Agata	Sarah		0413 193 424
ST KILDA EAST	Elliott	Martin	03 9534 8684	0406 524 108
SUNBURY	Golden	Isaac	03 8099 5536	
TAYLORS HILL	Djukic	Mirjana	03 8361 5182	0404 998 682
THOMASTOWN	Atray	Rashmi	03 9402 6523	0469 823 033
THORBURY	Allender	Lauren	03 9416 9872	0434 611 824
THORBURY	Busko	Tony	03 9480 0906	0425 704 239
THORBURY	O'Bryan	Maureen	03 9416 9872	0450 353 395
TORQUAY	Robinson	Tanya	03 5264 7477	0425 852 255
UPWEY	Fine	Sinead	03 8782 4037	
VIEWBANK	Neubacher	Sylvia	03 9455 3385	0408 327 993
VIOLET TOWN	Threlfall	Karen		0418 342 674
WARRAGUL	Steele	Jessica		0407 323 307
WARRENWOOD nr CROYDON HILLS	Oppermann	Grit	03 9876 5637	0419 315 913
WERRIBEE	Segal	Nina		0434 168 418
WINDSOR	Gadd	Ben	03 9690 7666	
WONGA PARK	Cornick	Celia	03 9722 2840	0403 208 940
WYNDHAM VALE	Speirs	Anne		0412 907 776

WA

Suburb	Last name	First name	Landline	Mobile
ALBANY	Copeman	Ann	08 9842 3977	0427 422 459
APPLECROSS	Gardam	Jacqueline		0431 409 669
ARMADALE	Kirpalani	Dimple	08 9498 3788	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
COMO	Hellmuth	Liesbeth	08 9450 2113	0431 966 516
COTTESLOE	Blanch	Michael	08 9385 1484	0419 910 141
DENMARK	Waschk	Beate	08 9848 2426	
DUNCRAIG	Goradia	Tirtha	08 6460 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 6460 9862	0421 453 106
JOONDALUP	Lang	Penelope	08 9301 1234	
KALAMUNDA	Moore	Sally		0407 287 637
LEEMING	Grewal	Jagkeerat	08 6161 8473	0458 583 202
LESMURDIE	Diamantopoulo	Kate	08 9291 0510	0417 713 212
MANDURAH	Glenn	Vanessa	08 9535 9499	0417 011 609
MIDLAND	Hendry	Phillip	08 9274 1810	
MIDLAND	Kay	George	08 9274 5725	
MILLENDDON	Innocent	Madeleine	08 9296 0152	
MT HAWTHORN	Alexander	Paul	08 9444 4190	
NOLLAMARA	Grech	Darren		0412 779 760
PADBURY	Essex	Julie		0434 573 181
REDCLIFFE	Grech	Darren		0412 779 760
SAWYERS VALLEY	Moore	Sally	08 9295 6782	0407 287 637
SHELLEY	Wong	Peter	08 9259 5683	0412 169 275
STIRLING	Moustakas	Nicole		0410 476 721
SUBIACO	Greenough	Jasmin	08 9381 3999	0422 173 401
WEST LEEDERVILLE	Volk	Marion	08 6380 2648	0418 945 109
WILLETTON	Stanton	Emma		0407 448 664
WINTHROP	Cubitt	Jill	08 9332 2026	0402 460 404

INDIVIDUALISED TREATMENT IS OUR SPECIALTY

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

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

MASTITIS AND EMOTIONAL HEALING

Homœopathy helped the mental and physical symptoms of mastitis.

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

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

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

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

Jane Lindsay

AHA professional Member, Bardon, Qld

