



# Homœopathy 2011

*Dear Readers,*

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

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

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

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

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

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

*Michelle Hookham*

Michelle Hookham, National President AHA

## ALL YOU WANTED TO KNOW

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

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

In Britain, for example, there are five homœopathic hospitals available under the National Health Service (NHS), including the London Homœopathic Hospital. The English royal family has used it since Queen Victoria's time in 1830 and it has a wide acceptance throughout Europe. In France, the most popular cold and flu remedy is a homœopathic medicine and 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 *homiois* meaning “similar” and *pathos* meaning “suffering”. The cornerstone

of homœopathic philosophy is the Law of Similars. This law or principle is based on a long-held belief that dates as far back as Hippocrates, the Father of Medicine, and other ancient healers such as Paracelsus, that substances that produce symptoms in a healthy individual can be used to treat similar symptoms in a sick person. 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 considered safe and free from serious adverse reactions since they are highly diluted. These medicines can be given in the form of liquid, granules, powder or tablets.

### Conditions commonly treated

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's 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



## HOMŒOPATHIC TREATMENT OF MUSCULOSKELETAL PROBLEMS

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

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

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

According to outcome assessments by both the patient and her/his doctor, there was a substantial decrease in the

severity of their complaints following homœopathic treatment. The strongest clinical improvements were described by the patients in the first three months. On average, the severity of the chronic disease was reduced by 30 per cent over this time. In addition, this level of improvement was found to be sustained over the course of the full 24-month follow-up period.

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

Lee Formica

AHA Professional Member  
Enmore & Curl Curl, NSW

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

## A HOLISTIC APPROACH TO MUSCULOSKELETAL HEALTHCARE

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

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

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

morning with numbness in her right hand.

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

In considering both the physical and

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

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

Lee Formica

AHA Professional Member  
Curl Curl & Enmore, NSW

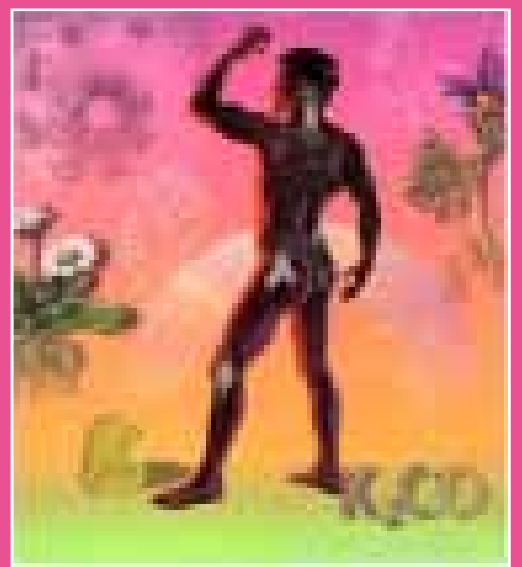
## PRACTITIONER LISTINGS

ACT	Last name	First name	Landline	Mobile					
Suburb	Doherty	Jean	02 6257 5430	0427 303 333	BOWRAL	Cleary	Michael	02 4861 2900	
AINSLIE	Lee	Lesley	02 6282 4030	0415 686 485	BREWARRINA	Pedersen	Carol		0409 152 040
CURTIN	Dendrinis	Gerry	02 6295 6939	0401 300 948	BROOKVALE	Ellison	Lorraine	02 9905 9415	
GRIFFITH					BROOKVALE	English	Bernadette	02 9905 9415	0425 207 492
					BROOKVALE	Greig	Lesley		0421 618 615
					BROOKVALE	Jordan	Linlee	02 9905 9415	
					BROOKVALE	Powell	Kim	02 9905 9415	
					BROOKVALE	Shah	Vaishali	02 9905 9415	0410 379 407
					BROOKVALE	Wolstenholme	Nicholas	02 9905 9415	
					BURCHER	Pedersen	Carol		0409 152 040
					BYRON BAY	Brierley	Michelle	02 6680 7464	0431 247 741
					CAMDEN	Haynes	Suzanne	02 6685 5883	
					CAMMERAY	Vine	Lorraine	02 4655 6202	0419 411 450
					CAMPBELLTOWN	Smyth	Judith	02 9959 3019	0408 960 810
					CARINGBAH	Maitland	John	02 4625 0545	0422 980 017
					CASTLE HILL	Shepherd	Cornelia		0411 219 779
					CASTLE HILL	Hookham	Michelle	02 8850 7822	0423 162 001
					CHATSWOOD	Reynolds	Nicola	02 8850 7822	0424 456 115
					CHATSWOOD	Davis	Natasha		0412 452 326
					CHATSWOOD	Frederiksen	Neil	02 9415 2333	0419 415 233
					CHERRYBROOK	Jain	Anita	02 9419 3924	
					CLEMPTON PARK	Danwer	Shonit	02 9484 8752	0412 191 444
					CLUNES	Leontsini	Helen	02 9789 1687	0412 772 397
					COFFS HARBOUR	Nolte	Tanya		0415 150 300
					COFFS HARBOUR	Caporale	John		0437 499 513
					CONCORD	Dorbecker	Aysha	02 6651 7001	0450 940 173
					COOGEE	Chiu	Shirley		0414 917 822
					COOGEE	Ciccia	Donna		0419 686 618
					COOMA	Koukedes	Nita	02 9315 8880	
					CROMER	Oakley	Alison		0424 063 777
					CRONULLA	Singleton	Jane		0405 783 332
					CRONULLA	Campbell	Rhonda	02 9544 0477	0400 345 434
					CROWS NEST	Hosey	Leonie	02 9544 5558	0414 807 201
					CURL CURL	Gray	Alastair		0414 691 279
					CURL CURL NORTH	Formica	Lee		0403 922 531
					DIAMOND BEACH	Frederiksen	Neil	02 9938 5959	0419 415 233
					DORRIGO	Bentley	Mary	02 6559 3926	
					DOUBLE BAY	Jandzio	Anna	02 6655 0536	0431 851 742
					DOUBLE BAY	Adkins	Sam		0420 800 725
					DRUMMOYNE	Gray	Alastair		0414 691 279
					EARLWOOD	Wright	Fiona	02 9819 7770	0417 405 941
					EASTWOOD	Helen	Christian	02 9559 3864	0418 285 285
					EDGECLIFF	Bhouraskar	Shilpa	02 9874 4647	0424 480 613
					EDGECLIFF	Gildart	Phillip	02 9328 1066	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	Perini	Victor	02 9868 3592	
					EPPING	Reddy	Shashikala		0433 568 141
					EUREKA	Clark	Katherine		0419 190 439
					FAIRLIGHT	Jane	Farrelly	02 9949 1285	0420 830 793
					FEDERAL	Clark	Katherine		0419 190 439
					FIVE DOCK	Caldwell	Kim	02 9713 2633	0421 878 352
					FIVE DOCK	Gamble	Jon	02 4228 0977	
					FIVE DOCK	Levy	David	02 9713 2633	0407 701 725

# Homœopathy for Musculoskeletal Wellbeing

9-15 May, 2011

Find out more about activities in your area on the AHA's website [www.homeopathyoz.org](http://www.homeopathyoz.org)





# A HUSBAND IN PAIN

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

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

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

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

suggested he contact me in two days.

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

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

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

*Emma Stanton*

*AHA Professional Member, Willetton, WA*



# BACK PAIN IN PREGNANCY

## Homœopathy solved one woman’s problem just in time.

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

Her lower back was sore and tense and there was a sharp pain going down her leg, making it painful to straighten. She couldn’t lie on her back at all; lying down was painful and so was turning over in bed. Margarita found herself limping and all her back

muscles were sore “as if the bones have come apart; as if my hips are not going to support me any more”. It especially felt as if her hips wouldn’t support her when she was walking downhill. Margarita had a dream that she was crossing a bridge but the bridge collapsed. In her dream she fell into the water and drowned.

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

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

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

*Linda Beaver*

*AHA Professional Member, Stanmore, NSW*

# NIGHT TERRORS

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

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

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

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

During her homœopathic consultation,

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

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

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

*Maryanne Logan*

*AHA Professional Member*

*Mona Vale, NSW*

### NSW listings continued

FIVE DOCK	Reddy	Shashikala	0433 568 141	MURWILLUMBAH	Magee	Judith	0414 370 259	TOORMINA	Thornton	Phillip	0411 221 421	CHAPEL HILL	Eccleston	Maree	0407 772 091
FORESTVILLE	Avedissian	Keith	0412 231 332	NEUTRAL BAY	Manning	Ann	0413 010 050	TUGGERAH	Sheffield	Frances	02 4304 0822	CHERMSIDE WEST	Nicolaou	Barbara	0402 040 248
FORESTVILLE	Hallinan	Louise	02 9453 1151	NEWPORT	English	Bernadette	02 9940 2061	TULLAMORE	Pedersen	Carol	0409 152 040	COOLANGATTA	Hoppen	Daniela	0425 120 240
FORESTVILLE	Kulkarni	Mukund	02 9972 7647	NEWPORT	Wolstenholme	Nicholas	02 9999 5544	TULLIBIGEAL	Pedersen	Carol	0409 152 040	COOMERA WATERS	Lar-Badea	Mariana	0411 711 500
FORESTVILLE	Nicotra	Carmen	02 9402 0404	NEWTOWN	Beaver	Linda	02 9560 2430	UKI	Endre	Gregory	02 6679 5799	COORPAROO	Ryan	Dennis	07 3421 7488
FRENCHS FOREST	Paul	Lisa	0419 436 978	NEWTOWN	Carter	Lisa	02 9034 0555	UKI	Malcolm	Trenna	0431 012 835	CURRUMBIN VALLEY	Lyons	Rodney	0417 649 044
FRESHWATER	Bedggood	Penny	0419 981 902	NEWTOWN	Houseman	Miriam	0412 126 647	UMINA BEACH	Wilson	Lynne	0408 265 070	DEAGON	Smith	Carolyn	07 3269 8822
FRESHWATER	Harrison	Jacqui	0424 178 185	NEWTOWN	Jann	Angela	0415 282 267	UNGARIE	Pedersen	Carol	0409 152 040	EAGLE HEIGHTS	Venables	Sandra	0402 423 127
GILGANDRA	Pedersen	Carol	0425 159 319	NEWTOWN	Plataniotis	Angy	02 9565 1156	UPPER BLUE MOUNTAINS	Martiensen	Peter	0408 485 402	EMU VALE	Noffke	Cheryl	07 4664 8737
GORDON	Goodman	Nick	0409 152 040	NUMERALLA	Oakley	Alison	0424 063 777	VAUCLUSE	Selby	Robyn	02 9337 4413	FORTITUDE VALLEY	Berryman	Peter	0420 403 320
GORDON	Pope	Christine	0414 345 192	OATLEY	Brickwood	Linda	0410 534 649	WAHROONGA	Denne	Roger	02 9489 8865	FORTITUDE VALLEY	Parmar	Mita	0411 836 575
GREENWICH	Walton	Elizabeth	0403 902 400	OATLEY	Burgess	Janet	02 9570 2709	WARILLA	McGuire	Helen	0407 840 387	GLADSTONE	Lorraway	Ross	0408 875 973
GUILDFORD	Arnold-Stevens	Johanna	0425 214 159	OATLEY	Connor	Terri	0414 774 469	WARRIEWOOD	Hardwick	Margot	02 9999 2211	GORDON PARK	Allman	Colleen	0412 791 825
GULARGAMBONE	Pedersen	Carol	0409 152 040	PADDINGTON	Woods	Philip	02 9360 5339	WARRIEWOOD	Logan	Maryanne	0438 212 737	GREENSLOPES	Allman	Colleen	07 3394 4111
HARDYS BAY	Chaffer	Robert	02 4360 1383	PARRAMATTA NORTH	Shah	Samiksha	02 9630 5677	WARRIEWOOD	Houseman	Miriam	0412 126 647	HAWTHORNE	Hanson	Inez	07 3899 1807
HARRIS PARK	Shah	Samiksha	02 9633 3805	PENRITH	Bell	Catherine	1300 304 781	WEETHALLE	Pedersen	Carol	0409 152 040	HAWTHORNE	Lowe	Kylie	07 3395 7203
HARRIS PARK	Shah	Samiksha	02 9897 0680	PICTON	Maitland	John	02 4677 0852	WELLINGTON	Avent	Frances	02 6845 1313	HERVEY BAY	Rotert	Marina	07 4128 0553
HORNBSBY	Bernecka	Krystyna	02 9476 6366	PICTON	Sam	Punnoose	02 8013 8548	WENTWORTHVILLE	Saxena	Kanchan	02 9636 6157	HERVEY BAY	Turner	Gregory	07 4124 6677
HORNBSBY	Curtis	Noel	02 9476 1336	POTTSVILLE	McGann	Michelle	02 6676 4574	WOOLLAHRA	Davis	Natasha	0412 452 326	HIGHLAND PARK	Wong	Joy	07 5596 6256
HORNBSBY	Shah	Samiksha	02 9482 8113	PYMBLE	Kennedy	Vicki	02 9403 3300	WOLLONGONG	Gamble	Jon	02 4228 0977	HOLLAND PARK	Fitzgerald	Tamara	0403 147 225
HURSTVILLE SOUTH	Koutsoukis	Michael	02 9579 1118	PYMBLE WEST	Goodman	Nick	02 9988 3214	WOLLONGONG	Hermiston	Nyema	02 4228 0977	HOWARD	Arnold-Stevens	Johanna	0425 214 159
JINDABYNE	Keighley	Virginia	02 6457 8206	PYRMONT	Harris	Kathy	02 9518 7894	WOODBINE	Maitland	John	02 4625 0545	IPSWICH EAST	Hanson	Linda	07 3281 2747
KATOOMBA	Martiensen	Peter	0408 485 402	PYRMONT	Shah	Vaishali	02 9518 9174	WOOLGOOLGA	Hayward	Caroline	02 6654 1996	JIMBOOMBA	Cope	Greg	07 5548 6955
KELSO	Munns	Christina	02 6332 3389	REVESBY	Tannous	Betty	0405 126 409	YAMBA	Hynson	Ilma	02 6646 9452	JIMBOOMBA	McDonald	Sarah	07 5548 6955
KINGSFORD	Kelly	Joanna	0428 285 064	ROCKDALE	Natoli	Antonietta	02 8013 8548					JINDALAE	Peters	Marian	07 3279 6470
KURNELL	Araya	Olga	02 9668 8090	ROCKDALE	Sam	Sam	02 6688 2005					JINDALAE	Peters	Marian	07 3279 6470
LEICHHARDT	Chope	Ruth	02 9011 6372	ROZELLE	Dhuyvetter	Trees	02 9818 2495					JINDALAE	Peters	Marian	07 3279 6470
LENNOX HEAD	Linden	Elestial	0425 205 327	ROZELLE	Pedersen	Carol	0414 584 010					JINDALAE	Peters	Marian	07 3279 6470
LEONAY	Castellari	Lynne	02 4735 6891	SCONE	Deamer	Beverley	02 9907 7010					JINDALAE	Peters	Marian	07 3279 6470
LEURA	Martiensen	Peter	02 4784 3498	SEAFORTH	Bell	Catherine	02 4751 4781					JINDALAE	Peters	Marian	07 3279 6470
LIGHTNING RIDGE	Pedersen	Carol	0409 152 040	SPRINGWOOD	Greig	Lesley	0421 618 615					JINDALAE	Peters	Marian	07 3279 6470
LINDFIELD	Fordham	Peter	02 9924 2232	ST LEONARDS	Tumminello	Peter	02 9439 7273					JINDALAE	Peters	Marian	07 3279 6470
LINDFIELD	Manning	Ann	0411 342 232	ST LEONARDS	McDonald	Stephen	02 9673 3733					JINDALAE	Peters	Marian	07 3279 6470
LISMORE	Jones	Cecille	02 6688 2005	ST MARYS	Beaver	Linda	02 9560 2430					JINDALAE	Peters	Marian	07 3279 6470
LISMORE	Nolte	Tanya	02 6628 4404	STANMORE	Chiu	Shirley	0414 917 822					JINDALAE	Peters	Marian	07 3279 6470
LITHGOW	Gildart	Phillip	02 6352 1235	STRATHFIELD NORTH	Clary	James	02 9211 3811					JINDALAE	Peters	Marian	07 3279 6470
LIVERPOOL	Nakad	Said	02 9821 3799	SURRY HILLS	Sierra	James	02 9218 8888					JINDALAE	Peters	Marian	07 3279 6470
MANLY	Endre	Gregory	02 9976 5685	SURRY HILLS	Johnson	Meagan	0409 661 673					JINDALAE	Peters	Marian	07 3279 6470
MILLINGANDI	Quaife	Suzanne	02 6494 3309	SURRY HILLS	Avedissian	Keith	0412 200 568					JINDALAE	Peters	Marian	07 3279 6470
MITTAGONG	Hermiston	Nyema	02 4872 1063	SYDENHAM	D'Aran	Kenneth	02 9247 8500					JINDALAE	Peters	Marian	07 3279 6470
MONA VALE	Ellison	Lorraine	02 9979 5732	SYDNEY	Martiensen	Peter	0408 485 402					JINDALAE	Peters	Marian	07 3279 6470
MONA VALE	McCarthy	Sherryn	02 9997 2121	SYDNEY	Shah	Vaishali	02 9221 0030					JINDALAE	Peters	Marian	07 3279 6470
MONA VALE	Sutcliffe	Elizabeth	02 9986 2214	SYDNEY	Foley	Belinda	02 6568 3337					JINDALAE	Peters	Marian	07 3279 6470
MORTDALE	Connor	Terri	02 9580 9555	SYDNEY	Pedersen	Carol	0409 152 040					JINDALAE	Peters	Marian	07 3279 6470
MULLUMBIMBY	Buhse	Christina	02 6684 4607	SYDNEY	Sutcliffe	Elizabeth	02 9986 2214					JINDALAE	Peters	Marian	07 3279 6470
MULLUMBIMBY	White	Gregory	02 6684 5557	TALARM	McGuire	Helen	02 4268 3399					JINDALAE	Peters	Marian	07 3279 6470
MURRURUNDI	Pedersen	Carol	0409 152 040	TEMORA	Pedersen	Carol	0409 152 040					JINDALAE	Peters	Marian	07 3279 6470
				TERREY HILLS								JINDALAE	Peters	Marian	07 3279 6470
				THIRROUL								JINDALAE	Peters	Marian	07 3279 6470
				TOORAWEE								JINDALAE	Peters	Marian	07 3279 6470
				NAH								JINDALAE	Peters	Marian	07 3279 6470





# INDIVIDUALISED TREATMENT IS OUR SPECIALITY

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

**W**ith homœopaths, you are an individual, not a number or a disease. This is not just a platitude or a feel-good statement — it is the way 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 health as well. It is often the small idiosyncrasies that are “the real you” that help the homœopath to select the remedy that best fits your needs.

You may have noticed no specific medicines have been mentioned

in these articles. This omission has been deliberate because we do not wish to give the impression that there is a “one medicine fits all” approach with 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. Getting to know the “real you” takes longer than 10–15 minutes.

*Barbara Armstrong, former AHA National Administrator Hastings, Vic*

## AN INJURY ON THE SOCCER FIELD

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

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

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

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

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

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

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

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



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

*Dennis Ryan*

*AHA Professional Member, West End, Qld*

### Vic listings continued

WANTIRNA SOUTH	Bhatnagar	Shikha	03 9800 4361	0432 280 361	DUNSBOROUGH	Morgan	Paula	08 9755 3949	0407 773 093
WARRENWOOD	Oppermann	Grit	03 9876 5637	0419 315 913	FREMANTLE	Greenough	Jasmin		0422 173 401
WERRIBEE	Segal	Nina		0434 168 418	GLEN FOREST	Clark	Robin	08 9298 8332	
WILLIAMSTOWN	Probert	Valerie	03 9004 3641	0404 164 640	HELENA VALLEY	Clark	Robin	08 9255 1052	
WINDSOR	Gadd	Ben	03 9690 7666		JANDAKOT	Goradia	Tirtha	08 9417 3553	0421 453 106
WONGA PARK	Cornick	Celia	03 9722 2840	0403 208 940	JOONDALUP	Lang	Penelope	08 9301 1234	
WYNDHAM VALE	Dahiya	Mrinalini		0410 892 040	KALAMUNDA	Moore	Sally		0407 287 637
WYNDHAM VALE	Speirs	Anne		0412 907 776	LEEDERVILLE WEST	Volk	Marion	08 6380 2648	0418 945 109
YARRA SOUTH	D'Silva	Sarah		0413 193 424	LEEMING	Grewal	Jagkeerat	08 6161 8473	0458 583 202
YARRA SOUTH	Neubacher	Sylvia		0408 327 993	LESMURDIE	Diamantopoulou	Kate	08 9291 0510	0417 713 212
					LESMURDIE	Moustakas	Nicole		0410 476 721
					MANDURAH	Glenn	Vanessa	08 9535 9499	0417 011 609
					MIDLAND	Hendry	Phillip	08 9274 1810	
					MIDLAND	Kay	George	08 9274 5725	
					MILLENDON	Innocent	Madeleine	08 9296 0152	
					MT HAWTHORN	Alexander	Paul	08 9444 4190	
					NOLLAMARA	Grech	Darren		0412 779 760
					PORT KENNEDY	Kenworthy	Eva	08 9524 5994	0416 115 434
					REDCLIFFE	Grech	Darren		0412 779 760
					REDCLIFFE	Owen	Jan	08 9277 9565	
					SAWYERS VALLEY	Moore	Sally	08 9295 6782	0407 287 637
					SHELLEY	Wong	Peter	08 9259 5683	0412 169 275
					SPEARWOOD	Dawson	Maxime	08 9418 7295	0403 908 414
					STIRLING	Moustakas	Nicole		0410 476 721
					SUBIACO	Greenough	Jasmin	08 9381 3999	0422 173 401
					WILLETTON	Stanton	Patricia		0407 448 664

### WA

#### Suburb

	Last name	First name	Landline	Mobile
APPLECROSS	Gardam	Jacqueline		0431 409 669
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	
BUNBURY	Mackenzie	Cheryl	08 9791 6659	0439 359 413
BURNS BEACH	Edwards	Debra	08 9305 6307	0427 008 143
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
DANIELLA	Tan	Lila	08 9275 2156	0407 275 251
DENMARK	Waschk	Beate	08 9848 2426	
DUNCRAIG	Goradia	Tirtha	08 6462 9862	0421 453 106