



**AUSTRALIAN  
HOMŒOPATHIC  
ASSOCIATION**



## Healthy ageing with homœopathy

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

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

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

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



to others who may be able to resonate with a particular situation or scenario they describe.

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

Wishing you all health and happiness,  
**MARTIN COSTIGAN, President,  
Australian Homœopathic Association**

Reference: <http://www.aihw.gov.au/WorkArea/DownloadAsset.aspx?id=60129547764>

## All you wanted to know

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

### **What can homœopathy do for you?**

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

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

### **What is homœopathy?**

The cornerstone of homœopathy is the Law of Similars. This principle states that substances that produce symptoms in a healthy individual can be used to treat similar symptoms in a sick person. Homœopathy is a system of medicine which aims to promote the innate healing

responses to diseases by administering a specially prepared substance that mimics the symptoms of the disease.

Homœopathy is now used worldwide and its benefits have been experienced by millions of people.

Homœopathy is legally recognised as a distinctive system of medicine in 42 countries and acknowledged as belonging to complementary and alternative medicines in 28 others.

### **What to expect when you go to see a homœopath**

The first homœopathic appointment can take an hour or more and involves a lengthy enquiry into the patient's symptoms. Treatment then involves the prescription of the most suitable medicine, matching the symptoms and

individual characteristics of the patient to the medicine. Your practitioner might also advise general lifestyle changes.

### **Tell your doctor and homoeopath about medications**

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

### **Homoeopathic medicines**

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

### **Choosing a practitioner**

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

All AHA Professional Members are educated to high standards of practice and adhere to codes of professional conduct. Find a practitioner near you at [homeopathyoz.org](http://homeopathyoz.org).

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



## Getting back behind the wheel

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

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

His general medical practitioner was puzzled so he was sent for an MRI, which showed that he had "multiple small brain tumours". He was told that nothing could be done for him and an operation would be impossible since there were too many tumours and they were spread throughout his brain. As

there was no conventional medical treatment available, he decided to try natural medicine and booked in to see me. Going through his whole case history, taking into consideration his lifestyle, diet, medication, current symptoms and specific test results, we were able to work out a homoeopathic medicine for him that was designed to detoxify his body and reduce the fainting fits.

Within a very short period of time, his falls reduced in frequency, and within six weeks his fainting fits had become non-existent. He was

**Within six weeks, his fainting fits had become non-existent.**

able to reapply for his driver's licence within eight months and was able to finish the motorhome he had started building for himself and his wife as they were planning to travel around Australia. Two years later, I bumped into his grown son, whom I had met during our consultations, in the supermarket and when I asked how his father was he replied, "Yes, they're both fine, they should be around Darwin by now."

**JILL TURLAND, AHA Professional Member, Barraba, NSW**

*"I can't manage without homoeopathy. In fact, I never go anywhere without homoeopathic remedies. I often make use of them. ~ PAUL M<sup>c</sup>CARTNEY"*

# Overcoming the pain

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

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

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

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

**Homœopathic medicine is a great accompaniment to orthodox treatments and medications in helping to manage pain.**



## PRACTITIONER LISTINGS

SUBURB	FIRST NAME	LAST NAME	LANDLINE	MOBILE
<b>ACT</b>				
AINSLIE	Jean	Doherty	02 6257 5430	0427 303 333
AINSLIE	Sylvia	Hicks		0403 829 313
CURTIN	Lesley	Lee	02 6282 4030	0415 686 485
DICKSON	Divya	Bhatt	02 6262 6464	0452 004 220
FLOREY	Linda	Meisel		0407 475 334
GRIFFITH	Gerry	Dendrinios	02 6295 6939	0401 300 948
ISAACS	Sylvia	Hicks		0403 829 313
<b>NSW</b>				
ACACIA GARDENS	Sarita	Kalia		0414 860 517
ALEXANDRIA	Kylie	Turner	02 9191 7390	0403 754 385
ANNANDALE	Rose	Coelho	02 9810 4628	0411 739 063
ANNANDALE	Lynette	Cunneen		0403 061 991
ARCADIA	Patricia	Biddle	02 9653 1231	
AVALON	Jacqui	Harrison		0415 159 319
BALGOWLAH	Deborah	Rayfield	02 9907 6108	0431 168 926
BALMAIN	Kenneth	D'Aran	02 9818 1086	0407 181 086
BARRABA	Jill	Turland	02 6782 1085	0413 086 071
BAULKHAM HILLS	James	Sierra	02 9686 4553	0409 661 673
BEGA	Sunny	Goddard		0421 002 717
BEGA	Mary-Claire	McLean	02 6492 2222	
BELLINGEN	Lee	Formica		0403 922 531
BELLINGEN	Martine	Robertson		0404 237 087
BELROSE	Julia	Conroy		0415 590 954
BEROWRA	Lindy	Hamid		0419 998 788
BERRIMA	Cally	Mell	02 4877 1474	0408 781 460
BEXLEY NORTH	Eleni-Helen	Leontsini		0412 772 397
BLAXLAND EAST	Ronald	Mitchell	02 4739 1920	0437 334 229
BOMADERRY	Christopher	Webb	02 4421 8087	0411 342 273
BONDI	Virginia	Turner		0411 201 158
BONDI JUNCTION	Diane	McCombe	02 9369 3288	0407 953 935
BONDI JUNCTION	Kerry	Schweigert	02 9369 3288	0425 222 220
BONDI JUNCTION	Leanne	Wilson		0402 313 104
BONDI NORTH	Rhonda	Campbell		0400 345 434
BOWRAL	Michael	Cleary	02 4861 2900	
BROOKVALE	Penelope	Barron	02 9905 9415	0400 473 669
BROOKVALE	Penny	Bedggood	02 9905 9415	0424 178 185
BROOKVALE	Susie	Bolton	02 9905 9415	
BROOKVALE	Lorraine	Ellison	02 9905 9415	
BROOKVALE	Bernadette	English	02 9905 9415	0467 606 000
BROOKVALE	Jacqui	Harrison	02 9905 9415	0415 159 319
BROOKVALE	Linlee	Jordan	02 9905 9415	
BROOKVALE	Mariya	Mustan	02 9905 9415	0468 572 786
BROOKVALE	Angela	Nicholson	02 9905 9415	0432 386 301
BROOKVALE	Kim	Powell	02 9905 9415	
BROOKVALE	Elaine	Timmer	02 9905 9415	
BULLABURRA	Peter	Martinsen		0408 485 402
BYRON BAY	Deborah	Rayfield	02 6685 6504	0431 168 926
CARINGBAH	Leonie	Hosey		0414 807 201
CASTLE HILL	Divya	Mathias	02 8628 0698	0418 439 810
CHATSWOOD	Julia	Conroy		0415 590 954
CHATSWOOD	Neil	Frederiksen	02 9415 2333	0419 415 233
CHERRYBROOK	Kanchan	Saxena	02 9659 8173	0431 818 552
CLAREVILLE	Penny	Bedggood		0424 178 185
COFFS HARBOUR	Martine	Robertson		0404 237 087
COLLARROY PLATEAU	Angela	Nicholson		0432 386 301
CREMORNE	Felicity	Hartigan		0404 470 736
CROMER	Jane	Singleton		0405 783 332
CROWS NEST	Judy	Smyth	02 9966 8666	0408 960 810
CURL CURL	Lee	Formica		0403 922 531
DIAMOND BEACH	Mary	Bentley	02 6559 3926	0448 629 506
DRUMMOYNE	Fiona	Wright	02 9819 7770	0417 405 941
EARLWOOD	Helen	Christian		0418 285 285
EAST MAITLAND	Louise	Kanjee		0466 525 404
EASTWOOD	Shilpa	Bhouraskar	02 9874 4647	0424 480 613
EASTWOOD	Anita	Jain	02 8957 6588	0421 436 404
EDGECLIFF	Phillip	Gildart	02 6352 1235	0410 343 355
EDGECLIFF	Mamta	Porwal	02 9363 3181	0422 579 110
EDGECLIFF	Leah	Zinn		0407 705 820
ELANORA HEIGHTS	Frederique	Merriman		0412 290 173
EPPING	Kimberly	Cook	02 9011 5380	0408 612 392

## PRACTITIONER LISTINGS

EPPING	Shashikala	Reddy		0433 568 141
ERINA	Susan	Abrahams	02 4365 2949	0458 030 154
FIVE DOCK	David	Levy	02 9713 2633	0407 701 725
FIVE DOCK	Ann	Manning		0413 010 050
FORESTVILLE	Keith	Avedissian		0412 231 332
FORESTVILLE	Mukund	Kulkarni	02 9972 7647	0412 046 633
GEORGES HALL	Lorena	Mattiolo		0418 904 042
GLADESVILLE	Poly	Stratis		0406 477 011
GLEN DENNING	Sukhvinder Singh	Birdi	02 8604 9590	0433 675 217
GORDON	Louise	Hallinan	02 9844 5449	
GORDON	Josephine	Zappia		0423 848 665
GRAFTON	Ayesha	Beckman		0403 475 474
GRANVILLE	Renu	Sharma		0403 545 038
GREENACRE	Nayana	Patel		0430 714 487
GREENWICH	Elizabeth	Walton	02 9966 5359	0403 902 400
GREENWICH PARK	Leonie	Hosey		0414 807 201
HANNAM VALE	Florence	Royce		0417 480 556
HORNSBY	Krystyna	Bernecka	02 9476 6366	0413 868 378
ILUKA	Denise	Molloy		0422 222 817
KENTHURST	Ann	Fallows		0439 499 085
KILABEN BAY	Lynette	Jacka		0408 806 353
KURNELL	Olga	Araya	02 9668 8090	
LAKEMBA	Josephene	Bongiorno		0423 726 527
LEICHHARDT	Graziella	Caruso		0409 994 895
LEURA	Peter	Martinsen		0408 485 402
LEURA	Celeste	Salter		0435 569 693
LINDFIELD	Peter	Fordham	02 9924 2232	0411 342 232
LINDFIELD	Joanne	Mclvor	02 9415 6386	0410 604 546
LISMORE	Tanya	Nolte	02 6628 4404	0415 150 300
LITHGOW	Phillip	Gildart	02 6352 1235	0410 343 355
MAROUBRA	Lisa	Carter		0415 557 151
MIRANDA	Punnoose	Sam	02 8710 6107	0405 126 409
MONA VALE	Lorraine	Ellison	02 9979 5732	
MONA VALE	Bernadette	English		0467 606 000
MONA VALE	Sherryn	McCarthy		0422 778 476
MOUNT ANNAN	Suresh	Kuttichen		0424 952 006
MULLUMBIMBY	Christina	Buhse	02 6684 4607	
MULLUMBIMBY	Fiona	Mackenzie		0423 300 547
MURWILLUMBAH	Judith	Magee		0414 370 259
NARELLAN	Lorraine	Vine		0419 411 450
NASHUA	Suzanne	Haynes	02 6629 1059	0414 291 055
NEWCASTLE, Cooks Hill	Jo	Newing		0408 256 860
NEWCASTLE, Hamilton	Jo	Newing		0408 256 860
NEWTOWN	Marie-Anne	Rifkin		0421 084 042
NORTH BONDI	Rhonda	Campbell		0400 345 434
NORTH CURL CURL	Neil	Frederiksen	02 9415 2333	0419 415 233
NORTH TIRRAMURRA	Claire	Gregory		0403 287 217
NORTH WILLOUGHBY	Ann	Manning		0413 010 050
OATLEY	Linda	Brickwood		0410 534 649
OCEAN SHORES	Jane	Farrelly		0420 830 793
PADDINGTON	Philip	Woods	02 9360 5339	0406 766 060
PARRAMATTA	Punnoose	Sam	02 8710 6107	0405 126 409
PENNANT HILLS	Mariya	Mustan		0468 572 786
PETERSHAM	Ruth	Chope		0425 205 327
PORT MACQUARIE	Jean	Robinson	02 6583 5967	0418 546 115
PORT MACQUARIE	Punnoose	Sam	02 8710 6107	0405 126 409
PYMBLE	Leah	Zinn		0407 705 820
RANDWICK	Anna	Dlugolecka		0411 516 308
RANDWICK	Natasha	Rebuck		0413 233 246
RANDWICK	Joanne	Shepherd	02 8084 2420	0412 484 502
RANDWICK	Kylie	Turner	02 9191 7390	0403 754 385
ROCKDALE	Punnoose	Sam	02 8710 6107	0405 126 409
ROSE BAY	Sam	Adkins		0420 800 725
ROSEVILLE CHASE	Florence	Royce		0417 480 556
ROZELLE	Trees	Dhuyvetter	02 9818 2495	0452 584 246
SEVEN HILLS	Ramya	Billa	04 2075 2978	0415 901 087
SEVEN HILLS	Parvinder Kaur	Thind		0405 086 018
SMITHFIELD	Rodolfo	Liberona	02 9604 7313	0418 225 083
SOUTH HURSTVILLE	Michael	Koutsoukis	02 9579 1118	0407 002 288
SPRING FARM	Lorraine	Vine		0419 411 450
ST IVES	Christine	Pope	02 8084 0081	0414 345 192
ST LEONARDS	Peter	Tumminello	02 9439 7273	0401 357 905
ST MARYS	Jaya	Madhurakavi	02 9673 3733	0430 322 757

The medicine was repeated after one week.

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

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



## Homœopathy in the garden

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

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

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

**"Far from being rational, the efforts have always focused on the pest or disease as the problem. In reality, it is the plant that suffers from them, therefore it is the plant that needs the treatment."**

in his farming practices and the entire British royal family are well known for their love of homœopathy in the home and garden.

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

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

There are many simple "how to" books out there on homœopathy in the garden. You can also look up your local homœopath and have a chat about how to start being an eco-friendly gardener and become the envy of all your friends!

**Leiah Golden AHA Professional Member,  
Gisborne, VIC**

Reference: Das Kaviraj, V, 2006, *Homœopathy for Farm and Garden*, Mark Moodie Publications, Gloucester, UK

## Bad reaction to mosquito bites

**Like much of the world, Australia abounds with mosquitos and their maladies; we all know the stress of hearing that lone mosquito buzzing in the night waiting to attack. But are they really the cause of our suffering or is there something else going on? The following case illustrates that the real cause of the problem may actually be our poor immunity; the mosquito is just the messenger.**

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

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



ST MARYS	Stephen	McDonald	02 9673 3733	0417 283 951
STANMORE	Linda	Beaver	02 9516 5300	0466 285 547
STOKERS SIDING	Peter	Fordham		0411 342 232
SURRY HILLS	Michael	Cleary	02 9211 3811	
SYDNEY	Keith	Avedissian		0412 231 332
TALARM	Belinda	Foley	02 6568 3337	0429 683 337
TENTERFIELD	Christina	Munns		0428 285 064
TERREY HILLS	Elizabeth	Sutcliffe		0406 457 034
TUGGERAH	Frances	Sheffield	02 4304 0822	
UKI	Judith	Magee	02 6679 5855	0414 370 259
VAUCLUSE	Robyn	Selby	02 9337 4413	0413 017 502
WARRIEWOOD	Maryanne	Logan		0438 212 737
WAVERLEY	Miriam	Houseman		0412 126 647
WENTWORTHVILLE	Jaya	Madhurakavi		0430 322 757
WENTWORTHVILLE	Kanchan	Saxena		0431 818 552
WESTMEAD	Nayana	Patel		0430 714 487
WILLOUGHBY NORTH	Ann	Manning		0413 010 050
WINDSOR	Michelle	Hookham	02 4577 6454	0423 162 001
WOLLONGONG	Jon	Gamble	02 4228 0977	
WOLLONGONG	Nyema	Herrmiston	02 4228 0977	
WOOLGOOLGA	Caroline	Hayward	02 6654 1996	0403 626 700
YAGOONA	Punnoose	Sam	02 8710 6107	0405 126 409
YAMBA	Ilma	Hynson	02 6646 9207	0408 239 096
YERRINBOOL	Jon	Gamble	02 4883 9639	
YERRINBOOL	Nyema	Herrmiston	02 4883 9639	

### QLD

ARANA HILLS	Mark	Bethune		0498 654 308
ASHGROVE	Susan	Blackshaw		0418 716 027
BARDON	Jane	Lindsay	07 3368 1300	0407 750 363
BARDON	John	McIntosh	07 3876 2446	
BEENLEIGH	Halimah	Khan	07 3807 7687	
BOWEN	Denise	Lewis		0423 709 748
BOWEN HILLS	Agi Mary	Joseph		0402 675 683
BRAY PARK	Agi Mary	Joseph	07 3882 5427	0402 675 683
BRISBANE	Amanda	O'Brien		0425 134 481
BUDERIM	Glen	House	07 5456 1161	
BUDERIM	Alex	Penhaligon	07 5476 5889	
BUDERIM	Tim	Roberts		0412 960 970
BULIMBA	Inez	Hanson		0421 007 700
BUNDABERG	Tamar	Boas		0413 065 661
BUNDABERG	Sonya	Hasted	07 4153 5913	0422 141 833
BURPENGARY	Anthony	Koda	07 3888 2894	0417 706 286
CABOOLTURE	Barbara	Younger	07 5498 9100	
CAIRNS NORTH	Judith	Friesen		0402 857 799
CALOUNDRA	Penelope	McMahon	07 5491 6102	
CAMP HILL	Lisa	Christie-Taylor		0405 091 054
CAPALABA	James	Clark	07 3245 6451	
CARINA HEIGHTS	Veronica	Mander	07 3394 4111	
CARINDALE	Megan	Crook		0432 544 178
CHERMSIDE WEST	Mandy	Heritage	07 3162 5321	0404 300 204
CLAYFIELD	Peter	Berryman		0420 403 320
CLAYFIELD	Evelin	Liddell	07 3256 0406	
COOMBABAH	Rodney	Lyons		0421 791 553
CURRUMBIN VALLEY	Lynda	Dobson		0412 270 408
DEAGON	Carolyn	Smith		0414 421 675
DECEPTION BAY	Martin	Costigan		0402 821 959
EAGLE HEIGHTS	Sandra	Venables	07 5545 0939	0402 423 127
EATONS HILL	Petrina	Reichman	07 3264 8397	0437 673 632
ELIMBAH	Agi Mary	Joseph		0402 675 683
GLADSTONE	Ross	Lorrayway		0408 875 973
GOLD COAST	Megan	Porter		0449 090 851
GOLD COAST	Megan	Spengler		0499 342 120
GORDON PARK	Colleen	Allman		0412 791 825
HAWTHORNE	Willi	Redding		0410 136 054
HELENSVALE	Shari Lee	Smoker		0414 459 679
HERVEY BAY	Judith	Defina	07 4125 1231	
HIGHLAND PARK	Joy	Wong		0412 570 390
HOLLAND PARK WEST	Colleen	Allman	07 3172 5035	0412 791 825
HOLLAND PARK WEST	Kerri	McWaters	07 3172 5035	
IPSWICH	Linda	Hanson	07 3281 2747	0407 640 229
IPSWICH	Cathy	Nolan		0411 791 273
JIMBOOMBA	Penny	Chenoweth		0403 193 909
JINDALEE	Marian	Peters	07 3279 6470	0408 070 504

## PRACTITIONER LISTINGS

KENMORE	Sharon	Jones	07 3378 2672	0409 371 354
KENMORE HILLS	Patricia	Hatherly	07 3878 9767	
KIELS MOUNTAIN	Rosalind	Hayes	07 5442 2511	0402 455 908
KIELS MOUNTAIN	Roy	Hayes	07 5442 2511	
LITTLE MOUNTAIN	Leisa	Rocker	07 5491 1990	0403 267 963
MALENY	Anthony	Koda	07 5435 8380	0417 706 286
MCDOWALL	Elizabeth	Hipwood		0437 831 580
MIDDLE PARK	Kelly	Davern		0410 168 006
MOUNTAIN CREEK	Kim	Parry		0410 887 719
MT GLORIOUS	Glenda	Wilks	07 3289 0069	0428 112 455
MT OMMANEY	Fiona	Provan	07 3715 8482	0418 184 702
MUDGEERABA	Rita	Teixeira	07 5525 2211	
MURGON	Leanne	Sippel		0438 684 705
NOOSA HEADS	Carolyn	Graham	07 5412 2702	0431 036 495
NOOSAVILLE	Tim	Roberts		0412 960 970
NORTH LAKES	Sarah	Kottmann	07 3482 2549	
PACIFIC HAVEN	Johanna	Arnold-Stevens	07 4129 0840	
POMONA	Celeste	Salter		0435 569 693
REDCLIFFE	Sharon	Haug	07 3889 3588	
ROSEDALE	Sonya	Hasted		0422 141 833
SAMFORD	Rosalind	Leslie		0409 729 152
SPRINGFIELD LAKES	Monica	Dunne	07 3818 0370	0416 978 191
STAFFORD	Gregory	Madden	07 3356 3699	0407 121 588
STRETTON	Rukmani	Paliwal	07 3273 3055	0423 716 926
TARINGA	Jane	Tulip		0412 001 601
THE GAP	Gwendoline	Watson	07 3300 6569	0418 191 086
TOOWONG	Janet	Rothwell	07 3217 7780	0406 104 805
TOOWOOMBA	Roslyn	Blackwood	07 4634 8143	0438 267 724
TOOWOOMBA	Vera	Externest	07 4636 4075	0421 768 217
TOOWOOMBA	Maryanne Donnelly	Mitchell	07 4613 1822	0417 626 552
TOOWOOMBA	Marggritte	Stanford	07 4638 4252	
WARNER	Mandy	Heritage	07 3882 4613	0404 300 204
WATERFORD WEST	Coralie	Jessop	07 3299 7378	0403 027 923
WEST END	Maree	Eccleston		0407 772 091
WEST END	Fiona	Provan	07 3844 9639	0418 184 702
WHITE ROCK	Brenda	Morgan		0431 957 928
WOOLOOWIN	Jane	Lindsay	07 3357 4990	0407 750 363
YEPPON	Ross	Lorraway	07 4939 8222	0408 875 973

### SA

BEAUMONT	Jennifer	Mast		0477 039 134
CLAPHAM	Valerie	Noble		0428 857 668
ETHELTON	Julia	Twohig	08 8242 3888	
HAHNDORF/ECHUNGA	Hardo	Bottin	08 8188 1008	0403 092 630
HYDE PARK	Rajesh	Kumar		0412 943 376
MAGILL	Francis	Oon	08 8331 3210	
MARION	Nahid	Khallili	08 8177 0563	0403 655 122
MELROSE PARK	Jennifer	Mast	08 8270 6448	0477 039 134
MELROSE PARK	Victoria	Rabbah	08 8270 6448	0432 171 503
MITCHAM	Valerie	Noble		0428 857 668
MORPHETT VALE	Traudi	Lepse	08 8382 8661	0430 337 673
NAIRNE	Kathryn	McMartin		0424 824 962
PARKSIDE	Bronwyn	Marks	08 7120 2810	
PROSPECT	Patricia	Carr	08 8344 9154	
SOMERTON PARK	Andrea	Bourne		0413 169 997
STRATHALBYN	Louise	Armitage	08 8536 8070	
WINDSOR GARDENS	Rajesh	Kumar		0412 943 376
WOODCROFT	Anjali	Patel		0430 054 475
WOODSIDE	Patricia	Stuart-Macadam	08 8389 9405	

### TAS

HOBART	Erica	Gustavsson	03 6278 2994	0401 240 781
MOUNTAIN RIVER	Melanie	Creedy		0409 089 965
NORTH HOBART	Kamaljeet	Kaur		0415 961 168
ULVERSTONE	Cally	Mell		0408 781 460
ULVERSTONE	Helen	Webb	03 6425 1539	0447 642 515

### VIC

ABBOTSFORD	Peter	Mitsios	03 9419 4190	0409 858 956
BAIRNSDALE	Catherine	Lanigan		0400 686 264
BAYSWATER	Teri	Murfitt	03 9720 6234	
BENALLA	Julie	Eacott	03 5762 3867	
BENTLEIGH	Jessica	Goh	03 9557 8930	0412 140 938

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

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

**Homœopathy works by supporting the body in its best efforts to self-heal.**

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

**PETRINA REICHMAN, AHA Professional Member, Eatons Hill, QLD**

## Oesophageal ulceration relieved

**A 60-year-old woman shares her story of relieving a very painful condition through addressing her emotional stress. This is a perfect example of highlighting the strong link between the mind and body and the powerful effect a professional and caring consultation coupled with a well-prescribed homœopathic medicine can have on someone's life.**

I originally went to see a homœopath for a consultation for what felt like a "block" in my digestive system: anything I ate or drank hurt high up in my chest. An endoscopy showed that I had extensive ulceration of the oesophagus. I had tried other treatments with no change in my discomfort. Through careful questioning by my homœopath, in a very relaxed way, I was able to identify that the block I was experiencing was driven by emotionally based stress. I felt an immediate decrease in my discomfort during our time together by just talking about my stress, and this relief was supported further by taking an appropriately prescribed homœopathic remedy for just three days. I was able to eat again without pain and that block has never returned.

**I was able to eat again without pain feeling and that block has never returned.**

Since then, I have had two other homœopathic appointments and remedies to ease other discomforts I have experienced lower down in the digestive system. Again, these remedies have very quickly reduced my discomfort. Recently, for no reason I can determine, my initial discomfort returned. I repeated the remedy, and it has again reduced this discomfort noticeably.

I anticipate after another dose my discomfort will disappear completely.

I am very grateful for the expertise in questioning and thinking deeply and clearly about the best remedy that would safely and quickly assist my very individual digestive problems.

**MICHELLE HOOKHAM, AHA Professional Member, Windsor, NSW**

## Staying youthful on the inside & out

**External appearance is important to us all and there is nothing more powerful than loving your reflection in the mirror, no matter what your age, shape or size! As we age, our outer appearance starts to change to reflect the changes occurring within the body. This natural process – as much as some try to avoid it – is all part of the joys of life and the blessing of living a long one. Following is a wonderful example showing that, the more we look after the inside, the less we have to look after the outside.**

A 63-year-old gentleman with a cheerful face came to me with a history of eczema in his lower extremities for the past six months. He had been diagnosed with diabetes three months ago and had not yet started any medication. He also suffered with hay fever and mild arthritis. He was keen on using homoeopathic medicines to tackle his issues.

I checked his fasting blood sugar levels on two different occasions and these were consistent at 7.5mmol/L and 7.8mmol/L respectively. He came across as a very energetic person who had faced every hardship in his life with a smile



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BLACKBURN	Karen	Harrison		0402 334 976
CARLTON NORTH	Serafina	Alberti		0407 902 488
CARRUM DOWNS	Lakshmi	Subramanian	03 8787 7918	0402 924 657
CASTLEMAINE	Alana	Kidd		0403 740 064
CAULFIELD	Stamata	Sideris	03 9505 3539	0431 069 457
CAULFIELD NORTH	Vivienne	Kahan		0414 613 130
CAULFIELD SOUTH	David	Haubenschild	03 9088 3930	
CHELTENHAM	Jane	Saunders		0439 654 693
CHIRNSIDE PARK	Tania	Parker		0413 026 817
CLYDE	Soofi	Aziz		0431 173 270
COBURG	Philippa	Meier		0434 109 830
CRANBOURNE EAST	Manju	Soni	03 5998 9734	0401 401 487
CROYDON HILLS	Grit	Oppermann	03 9723 6118	0477 408 665
CROYDON NORTH	Deanna	Cooper	03 9733 4300	0410 796 674
CROYDON SOUTH	Paulcy	Varughese	03 9761 7441	0470 393 217
DAYLESFORD	Shirley	Lovell	03 5348 2426	0429 481 817
DONCASTER	Keng	Lee	03 9848 7600	0414 433 991
DONVALE	Ruth	Marr		0422 594 114
ELSTERNWICK	Liz	Lalor	03 9523 7462	
ELTHAM	Gabrielle	Brodie	03 9439 3565	0416 739 211
ELTHAM	Samara	Douglas		0438 059 243
ELWOOD	Corinne	Proietto		0401 859 554
ELWOOD	Tanya	Robinson	03 9531 5255	0425 852 255
ENDEAVOUR HILLS	John	Cook	03 9700 0333	0412 421 279
ENDEAVOUR HILLS	Reena	Nair	03 9706 2383	0404 755 084
FERNTREE GULLY	Teresa	Maiolo	03 9758 4144	0408 440 721
FERNTREE GULLY	Anne	McGrath	03 9764 8688	
FERNTREE GULLY	Yudith	Scholte	03 9758 5816	0400 225 816
FITZROY NORTH	Katerina	Nestorovska		0416 274 807
FRANKSTON	Phillip	Bayer	03 9770 5337	0421 490 722
FRANKSTON	Deborah	White	03 9766 0975	
GISBORNE	Isaac	Golden	03 5428 3628	
GISBORNE	Leiah	Golden	03 5428 3628	0403 620 333
GLEN WAVERLEY	Natalie	Glynn		0430 149 678
GLEN WAVERLEY	Raj	Kothuru	03 9077 5044	0425 761 826
GREENSBOROUGH	Gabrielle	Brodie	03 9435 8788	0416 739 211
GREENSBOROUGH	Serafina	Alberti		0407 902 488
GUILDFORD	Martina	Beilharz	03 5462 5480	0434 994 894
HAMPTON	Cindy	Lane	03 9502 0650	0407 682 046
HAWTHORN	Joan	Kikos	03 9819 0230	0400 014 327
HAWTHORN	Diana	Kopatsy	03 9804 0646	0407 815 785
HEATHMONT	Anne	MacFarlane	03 9870 8470	0401 655 722
HEATHMONT	Nadine	Teffaha		0412 085 597
HEIDELBERG	Raj	Kothuru	03 9077 5044	0425 761 826
HIGHETT	Janine	Brundle	03 9448 2334	0419 836 370
IVANHOE	Shirley	Lovell	03 5348 2426	0429 481 817
JINDIVICK	Joanne	Greenland		0419 567 389
KENSINGTON	Kay	Southcombe		0423 504 380
KEW	Sarah	Valentini		0408 542 762
KINGLAKE CENTRAL	Pradeep	Pillai	03 5786 1137	0418 314 549
LOWER PLENTY	Sarah	Valentini	03 9431 0331	0408 542 762
LUCKNOW	Catherine	Lanigan		0400 686 264
MACEDON	Catherine	O'Connor	03 5426 3696	0412 098 206
MALVERN	Lauren	Allender	03 9576 3077	0434 611 824
MALVERN	Margaret	Gough		0409 106 487
MALVERN	Robyn	Thompson	03 9576 3077	0419 209 104
MELBOURNE	Phillip	Bayer	03 9770 5337	0421 490 722
MELBOURNE	Raj	Kothuru	03 9077 5044	0425 761 826
MELBOURNE	Maureen	O'Bryan		0450 353 395
MIDDLE PARK	Vanmala	Shroff	03 9682 8866	0423 923 957
MILL PARK	Katerina	Nestorovska		0416 274 807
MITCHAM	Catherine	Bullard		0429 140 181
MORNINGTON	Jane	Saunders	03 5977 0117	0439 654 693
MT ELIZA	Julie	Deitz	03 9787 9313	0414 810 180
MT MARTHA	Diana	Kopatsy	03 5988 3622	0407 815 785
MT WAVERLEY	Rima	Syamal		0400 626 340
MULGRAVE	Sajal	Palit	03 9560 1128	0412 145 387
NORTH CARLTON	Serafina	Alberti		0407 902 488
NORTH CAULFIELD	Vivienne	Kahan		0414 613 130
NORTHCOTE	Catherine	Dwyer		0432 936 547
NORTHCOTE	Nadine	Teffaha	03 9482 1888	0412 085 597
OAKLEIGH SOUTH	Margaret	Nolan		0412 078 563
RINGWOOD EAST	Teresa	Maiolo	03 9870 6731	0408 440 721

## PRACTITIONER LISTINGS

ROSEBUD	Susan	Boal	03 5986 6737	
SELBY	Anne	MacFarlane	03 9754 2062	0401 655 722
TARNEIT	Jaspreet	Kaur	03 9748 0189	0433 176 332
TAYLORS HILL	Mirjana	Djukic	03 8361 5182	0404 998 682
THORNBURY	Lauren	Allender	03 9416 9872	0434 611 824
THORNBURY	Teresa	Maiolo	03 9484 6299	0408 440 721
THORNBURY	Margaret	O'Riordan	03 9480 1823	
TORQUAY	Tanya	Robinson		0425 852 255
UPWEY	Bronwyn	Thurling	03 9754 6850	0421 450 446
WALLEN	Grit	Oppermann		0477 408 665
WARRAGUL	Jessica	Steele		0407 323 307
WARRANTDYTE	Catherine	Bullard	03 9844 5294	0429 140 181
WARRANTDYTE	Ruth	Marr	03 9844 5294	0422 594 114
WHEELERS HILL	Melanie	Santamaria		0488 899 466
WOORI YALLOCK	Tania	Parker		0413 026 817
WYNDHAM VALE	Anne	Speirs		0412 907 776
YARRAVILLE	Giuseppe	Fagone		0407 411 511
YARRAVILLE	Chelsey	Mitchener	03 9689 9136	

### WA

AUBIN GROVE	Dimple	Kirpalani		0452 223 617
AUSTRALIND	Pauline	Kalbfell	08 9725 2418	
BASSENDAN	Ankitaben	Chavda	08 9378 2774	0470 134 350
BASSENDAN	Dimple	Kirpalani	08 9378 2774	0452 223 617
BENTLEY	Hament	Hari	08 9350 9898	0411 371 562
BIBRA LAKE	Anna	Fiocco	08 9418 7273	
BUNBURY	Pauline	Kalbfell	08 9725 2418	
BUNBURY	Cheryl	Mackenzie	08 9791 6659	0439 359 413
CANNING VALE	Jill	Cubitt		0402 460 404
COCKBURN CENTRAL	Catherine	Angel	08 9417 3553	0423 636 583
COTTESLOE	Michael	Blanch	08 9385 1484	0419 910 141
DENMARK	Beate	Waschk	08 9848 2426	
DUNSBOROUGH	Paula	Morgan	08 9755 3949	0407 773 093
FREMANTLE	Jasmin	Greenough		0422 173 401
HELENA VALLEY	Robin	Clark	08 9255 1052	
HILLARYS	Tirtha	Goradia	08 9402 1336	0421 453 106
HOVEA	Phillip	Hendry	08 9298 8649	0438 298 847
JOONDALUP	Penelope	Lang	08 9301 1234	
KALAMUNDA	Sally	Moore		0407 287 637
KARRATHA	Sarah	Penrose		0477 285 863
LEEMING	Jagkeerat	Grewal	08 9332 1098	0458 583 202
MILLENDON	Madeleine	Innocent	08 9296 0152	
MOUNT NASURA	Catherine	Angel	08 6396 0302	0423 636 583
MT HAWTHORN	Paul	Alexander	08 9444 4190	
PORT HEDLAND	Sarah	Penrose		0477 285 863
REDCLIFFE	Darren	Grech	08 9345 5056	
ROCKINGHAM	Jill	Cubitt		0402 460 404
SAWYERS VALLEY	Sally	Moore	08 9295 6782	0407 287 637
SUBIACO	Jasmin	Greenough	08 9381 3999	0422 173 401
WEMBLEY	Angela	Pierce-Jones		0459 376 445
WEMBLEY DOWNS	Marion	Volk		0418 945 109
WEST LEEDERVILLE	Marion	Volk	08 6380 2648	0418 945 109
WILLAGEE	Emma	Stanton		0407 448 664
WINTHROP	Jill	Cubitt	08 9332 2026	0402 460 404

Local practitioner details here

on his face. He was the fatherly figure in his family who had taken care of his younger brother and had also completed his studies, embracing all the struggles of life bravely. He was now at peace with a wonderful family and grown-up children who took up their responsibilities.

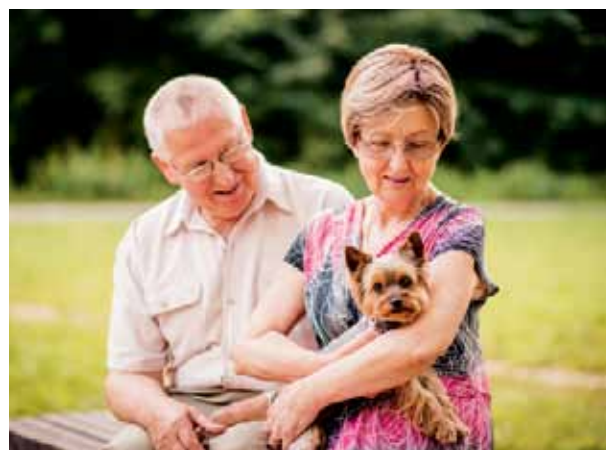
He had recently finished building his new house and it was during this time his skin eruptions started to appear. On physical examination, the rash appeared as raised eruption of violet colour and moist surface, with slightly sticky fluid oozing out occasionally. There was severe itching which he complained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

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

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

**DIVYA BHATT, AHA Professional Member, Kaleen, ACT**

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



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