

Powers of Homeopathy Newsletter
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This newsletter is sent every second Tuesday only to people who have requested it. Each issue is committed to helping you learn about homeopathy, how you can use it at home with family and pets and how you can benefit from classes and private consultations.

We value your interest, respect your privacy, and we never rent, sell, or share this subscriber list with anyone.

Homeopathy and Travel

In this part of the world, summer is waning and many people are squeezing in that one last road trip before the fall routine of school and work settles in. Or, there are others who are busily making plans to fly or drive to warmer climates knowing that winter follows all too quickly on the heels of autumn. In either case, homeopathic remedies are the friend you will want to pack in your suitcase for those "just-in-case" moments that can all too frequently happen when away from home!

Here are 6 suggestions for a beginner's kit that covers some of the most basic kinds of situations that can occur while traveling. Kits can be customized according to where you are traveling, the kinds of illnesses you or your family seem most susceptible to and to how long you will be away. Private consults by appointment are recommended for those situations.

Aconite-is the first remedy to think of within the first 24 hours of sudden onset of any illness. It is very useful when the fever, inflammation or pain comes on suddenly and arises from shock, fright or being exposed to cold, dry winds or getting chilled. The fears are intense; particularly there is a fear of death or any sudden ailments that are violent and painful where the sufferer is restless, hot, dry and thirsty. Useful for: sudden nosebleeds, croup, common cold, ear ache, cystitis, fever, shock, fever and fright. This is one of the best remedies for fear of flying especially for those who are convinced that they are going to die and actually tell others the "time" of their death!

Apis-is a remedy to think of where there is injury from insect bites. Like a bee sting, the symptoms of Apis are burning, stinging, redness, swelling and puffiness with great sensitivity to heat. There is no thirst and cold applications bring relief. The sufferer will typically be restless, excitable and fidgety. They can be irritable, weepy and jealous for no reason. If feverish they may go from an agitated state to one of apathy and exhaustion.

Apis is useful for insect stings, styes, cystitis, tonsillitis, measles, mumps, swollen joints, fluid retention, allergic reactions, and hives, sore throats that sting and burn.

Arnica- Arnica is the number one trauma remedy and the first one to think of in an accident or injury that causes bruising or bleeding. Characteristically, it has a bruised, lame, aching feeling caused by overexertion, accident or blow. Often, after the accident, the person will say they are fine and will not want to be touched; will say they feel well when in fact, they are quite sick or injured.

They may want to be left alone and refuse help. Useful for any illness resulting in bruising or with a bruised feeling...as if you have been in an accident e.g. childbirth, tooth extraction, trauma, eye injuries, head injuries, nosebleeds, sprains, strains before and after surgery. So if you are feeling lame bruised and aching after a long journey i.e. jetlag, think of Arnica!

Arsenicum (Metallum or Arsenicum album)-All too often, when traveling to warmer climates, food and water can create havoc in the body's intestinal organs! Arsenicum (sold in Canada as Metallum album) is your first remedy to think of if you suspect food poisoning, especially if the diarrhea and vomiting starts around or just after midnight. Arsenicum will help any complaint that is accompanied with coldness, chilliness with a strong desire for heat. There is a great deal of restlessness unless they have reached the stage where there is collapse.

There may even be a fear of death (Aconite). The pains are burning in nature and are made better by heat e.g. burning sore throats that are better for hot drinks (Apis has burning pains worse for heat and are generally hot). They may want company and not want to be alone.

Belladonna- Are you headed for a hot climate and heat is hard on you? You can think of Belladonna if you have sunstroke, sunburn or headaches that have the quality of throbbing, especially on moving. With Belladonna there is restlessness, high fever with red face, rapid pulse, dilated (The black part of the eye almost fills the whole colored part) bloodshot eyes, which can be bright and staring. Redness is very characteristic of the inflamed part and there may be a desire for lemonade. There may be aggression in a normally well-behaved child. Heat radiates from the person and they may feel like biting or striking out at someone. They are very sensitive to noise, light, drafts, being jarred or touched.

Cocculus-Are you someone who is not afraid to fly but gets on a moving boat, plane or a car and all you can think is "where's the barf bag"? This is a remedy that might prove very helpful. Cocculus is a great remedy for motion sickness when the symptoms agree. There is an aversion to open air and the ailments are aggravated by loss of sleep and from physical and emotional stress. There is nausea from the sight or smell of food and eating makes the nausea worse. There is a great deal of dizziness and lying quietly in a warm room helps. These are the folks who spend all their time in the cabin on an ocean cruise!

- Fear of flying? Think Aconite.

- Motion sickness? Think Cocculus.
- Bitten? Think Apis.
- Accident? Think Arnica.
- Food poisoning? Think Arsenicum (Metallum album in Canada).
- Sunstroke? Think Belladonna.

Some quick tips on potency, dosage and storage:

In general, the more intense the acute sickness, the more you will need to repeat the dose. For example, in a high fever, you may need to give a dose (one to three granules) every half-hour to one and one half-hours for up to three doses. In most cases, however, one dose every two to five hours will be sufficient. If you have a well-chosen remedy(according to the symptom picture), you will begin to see results within twelve to twenty four hours. If the symptom picture changes, a second remedy may need to be given but do not rush giving a different one. If there is improvement, even if it is slow and there are no changes in the symptoms, stick with it. A potency of 30CH will be sufficient for any of the above situations. Again, if you are uncertain at any time, please call your homeopath.

If you have to take your remedies through the x-ray machines at the airport, store your remedies in the same bags that you store camera film in to prevent any possible damage.

And please note!

****If your complaint is serious and/or life threatening, go to the hospital emergency room or to a medical doctor. Broken arms, legs, head injuries, dehydration, chest pains, suffocation, poisoning, surgery etc need immediate attention. Once the situation is well taken care of, then appropriate homeopathic treatment can be assessed.****

There you have it, an introduction to a small kit you can carry with you on your next journey.

Do you have more questions about homeopathy and travel?
Send me an email donna@powersofhomeopathy.com or phone me (403-230-8505) for a complimentary initial 10 minute consultation. I will be pleased to send you The Beginner's Guide to Homeopathic Remedies for Home and Travel handout and a package of preliminary information about homeopathy and homeopathic consults.

Or are you ready to travel with homeopathic remedies on your next trip and are interested in finding out how you can customize your own travel kit? Phone me or send me an email to book a private consultation.

Pet Corner: Travel with Pets by Alison Merritt

Planning ahead will ensure that you and your animals arrive safely at your destination. It is safer for animals to travel inside pet

carriers, so that they do not cause an accident, or in the event of an accident, they have a better chance of avoiding injury. Introducing them to their travel carrier well before the trip will allow them to feel comfortable and secure. This can be most easily accomplished by feeding them in the carrier so it is associated with something very positive. At first, put the food dish inside the crate but leave the door open while they eat. Later, the door can be partially closed and finally latched shut while they finish their meal.

If it is impossible to use a travel carrier, be sure that the collar or harness is secure and properly fitted so that the animal can't pop out and run off if startled. The leash should always be attached BEFORE the car door is opened. A sudden noise is all that's needed to startle an animal into bolting into unfamiliar surroundings, so it's much easier to be aware and prepared to avoid such accidents.

Some animals may become car sick, and they can be treated with the same remedies used for human carsickness. It would be wise not to feed such an animal just before going in the car.

Cocculus 30C given about 15 minutes before the start of the trip can prevent the drooling, nausea and vomiting.

Petroleum may be used, especially if there are gas fumes. The animal may show tremulous weakness, and may shiver when exposed to open air.

Tabacum may be useful if there is deathly nausea with spitting or retching, worse from the least motion and better from open air.

Borax could also be considered if downward motion seems to cause the nausea. A dose 15 to 30 minutes before the trip and then at intervals as needed may help not only during the current trip, but also in the future as the anxiety level decreases when the animal has had a pleasant experience instead of the usual dizziness and nausea.

Aconite 30C or 200C, an hour before and another dose just as you leave for the trip, may be useful if the animal is very frightened.

Car travel can be extremely hot, so using a damp towel either over the pet carrier or directly on the animal will keep them cool as the water evaporates. Terrycloth wetcoats can be made or purchased: these will likely fit better and be more comfortable than a tied-on or pinned-on towel if travel is frequent.

Never leave an animal in an unattended car in the sun, as the temperature rapidly increases and can cause death in only a few minutes. Heat stroke or sunstroke is an emergency situation. Rapid cooling is needed to avoid brain damage - use cool water to immerse or rinse the animal in.

Aconite could be used if signs of overheating appear. The animal would likely be quite restless and anxious or fearful.

Gelsemium could be considered if there is weakness and dizziness, perhaps even muscle trembling from weakness. The animal may alternate between heat and cold, which is a common sign of heat exhaustion.

Glonoinum is often useful for sunstroke.

While it may be difficult to tell if the animal has a headache, the jaws may be clenched and the ears and gums show alternation between being pale and red.

Nat-carb can be considered for animals that seem to have an aversion to the sun. They may become exhausted from exposure to the sun rather than actually being overheated. An animal showing serious signs of heat stroke should see a veterinarian as quickly as possible, but the appropriate remedy can still be used on the way to the vet clinic to help limit damage.

Many animals are disturbed by changes to their routine, so it is important to make sure they are eating, drinking and eliminating normally.

Bach Flower Essences may be helpful and can be added to the drinking water or used as a mist in a spray bottle. **Rescue Remedy** is a good calming remedy for all situations, while **Walnut** helps with adjustment to new circumstances. **Scleranthus** is typically used for imbalance, so may also be useful in travel sickness.

Use 4 drops of the essence (or a mixture of suitable essences) in the water dish or spray bottle, starting a day or two before the planned trip, and at intervals as needed during travel.

With a little preparation and forethought, your trip will be pleasant and safe for all travelers, two or four-footed.
Bon voyage!

Alison has spent most of her life raising Dalmatians, training and showing them in both obedience and confirmation events. Along the way she discovered homeopathy and since 1993 has been studying and using homeopathy for her own animals. Having seen the benefits of homeopathic care firsthand, she is happy to exchange ideas with those who are interested in using homeopathy for their animal friends.

I am very grateful to have Alison writing for the newsletter as she has a tremendous amount of experience and expertise in the care of animals!

Tips: Learning about Homeopathy and Travel

Here are some suggestions to get you started:

1. Request an introductory mail out information package that includes the Beginner's Guide to Homeopathic Remedies for Home and Travel.

donna@powersofhomeopathy.com

2. Homeopathic books.

The Traveller's Guide to Homeopathy by Phyllis

Speight. A small, easy to pack guidebook. Check Minimum Price Books for a picture of the book. www.minimum.com or www.wholehealthnow.com

The World Traveller's Guide to Homeopathy by Dr Colin Lessell. This book is a more comprehensive guide for the well-seasoned traveler of more exotic locations where immunizations and tropical disease may be more a concern. Follow the link to www.minimum.com or www.wholehealthnow.com

3. Take a homeopathic first aid teleseminar (watch the website for upcoming classes). For more information or to reserve a place, send an email to donna@powersofhomeopathy.com or phone 403-230-8505.

Support for using homeopathy at home

Here are two **classes** that will be offered from time to time as teleseminars to support you in your homeopathic "travels". Check the website www.powersofhomeopathy.com for dates.

1. Homeopathy for Babies/Young Children and Parents.

We will be covering common childhood diseases and illnesses such as colds, fevers, teething, colic, diarrhea, chickenpox, accidents/injuries; how to treat them homeopathically and at some point we will have a discussion about vaccination. There will also be opportunities to cover such issues as breastfeeding, mastitis and morning sickness if there is a demand.

Text to be used is Homeopathy for Children by Gabrielle Pinto and Murray Feldman. To order the book, go to www.minimum.com or www.wholehealthnow.com

Phone 403-230-8505 or email donna@powersofhomeopathy.com for more information or to register.

2. An Introduction to Homeopathy

This course aims to teach those new to Homeopathy: the history and philosophy of homeopathy; essential principles; self-prescribing and practice exercises to match symptom pictures with remedies. This is a 4 week class. Text to be used is Miranda Castro's "Complete Handbook of Homeopathy". To order the book, follow this link: www.minimum.com or www.wholehealthnow.com

Phone 403-230-8505 or email donna@powersofhomeopathy.com for more information or to reserve your place.

Another Arnica Testimonial

Since last newsletter I had yet another person share a story about their success with Arnica!

"Two days ago my daughter injured her foot and was in despair. She was chosen for varsity team in cross-country and it is the beginning of the season and already she is injured! We went to an orthopedic doctor to check out her foot. He took X-rays - but still wasn't able to diagnose how serious it was, perhaps just soft tissue damage or a fracture. He suggested an injection of a radioactive substance to her foot to have a better view! The radioactive substance was supposed to indicate an eventual fracture, but then the "cure" would be an immobilization of the broken foot (healing would take weeks). Even if we'd decided for the invasive procedure she would have had to wait for a few days waiting helplessly and in pain. He was quite pessimistic about the rest of this running season. We thanked him, went home and she took few doses of Arnica 30.

The next day - she was able to walk...no pain, nothing! Another homeopathic miracle. Thanks, Dr. Hahnemann (the founder of homeopathy!

So with homeopathy we can speed up the healing process right away, which so beautifully happened in my daughter's case. She is back in cross country, runs 5 miles a day, and yesterday went dancing salsa and tango for 3hrs! That's healing!!!" Maja Raciborska, Washington

Here's wishing you happy, healthy safe travels and with homeopathy as your "friend", you will return with your own success stories of how homeopathy helped.

Donna

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Please contact donna@powersofhomeopathy.com if you have comments or suggestions for future issues.

Donna Powers, RCSHom, CCH, RSHom (NA) is a certified classical homeopath practicing in Calgary, Alberta, Canada. Donna uses her training as a homeopath to teach others how to discover the healer within.

"The degree to which we reclaim our reservoir of inner strength in the face of sickness, pain, or grave hardship is the degree to which, despite the gravity of the medical condition or whether we live or die, we have the opportunity to touch our undivided wholeness."

Saki Santorelli from Heal Thyself: Lessons on Mindfulness in Medicine