



Rachael is an experienced and qualified Homeopath who practices from her multi-modality clinic in Paddington Brisbane. She has a large following amongst pregnant and lactating Mothers and their infant's and children. She has a special interest in mental health, hormonal problems, infectious disease and developmental issues in children. Rachael is seen by many families who consider her an alternative to a conventional doctor, seeking treatment for a variety of acute and chronic disorders. Other conditions commonly seen in her practice include asthma, gastroenteritis, eczema and other types of skin conditions, depression (including post-natal), anxiety and panic disorder, colds/flu, hormonal problems, allergies, chronic fatigue syndrome, and ear infections. Homeopathy is a truly holistic approach to health; one that emphasises people rather than diseases. Homeopathy recognises that each person responds uniquely to the forces of their heredity and environment. The total pattern of mental, emotional and physical alterations from health (symptoms) are the indications of the body's effort to defend and heal itself. In order to perceive, a very thorough case taking session is an essential cornerstone of Rachael's practice. Using classical Homeopathic methods, Rachael seeks to discover the unique characteristics of each individual. Since homeopathy acts upon the constitution as a whole, when a person becomes well through homeopathy they find improvements in their overall health. Rachael has experience as a tertiary lecturer and public and private teacher. She is an active member of the Australian Homeopathic Association (AHA Inc.) Queensland branch. Rachael is a feature writer for Natural Parenting Magazine ([www.naturalparenting.com.au](http://www.naturalparenting.com.au)), co-founder of the Birthright Network ([www.birthrightnetwork.com](http://www.birthrightnetwork.com)) and is currently undertaking post-graduate study in Community and Youth Work at Griffith University.

## HOMEOPATHIC KITS



### HOMEOPATHIC FIRST AID KIT

This kit contains 24 medicines for everyday uses around the home. Homeopathic medicines are very effective in alleviating acute or short-term conditions as well as to speed the recovery of accidents and injuries. Using Homeopathic medicines during these times, allows for a more individualised and specific approach to healing, rather than a one off medication that may only mask the symptoms rather than addressing the cause. There are many ailments this kit can be useful for, over 60 in fact, with a fully comprehensive booklet containing detailed and specific information about each medicine and how to use them included.

ALL KITS ARE BEAUTIFULLY PRESENTED AND PACKAGED IN A WOODEN BOX FOR SAFE AND CORRECT STORAGE. A COMPREHENSIVE BOOKLET CONTAINING FULL INSTRUCTIONS, SPECIFIC AND DETAILED INFORMATION ABOUT THE MEDICINES IS INCLUDED

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### Health Fund Rebates



Most Health Funds now have cover that includes Homeopathy and other Natural Therapies. As a member of the Australian Homeopathic Association and registered with AROH (Australian Register of Homeopaths), clients are entitled to rebates for their consultations, depending on their level of cover.

## HOMEOPATHIC TREATMENT OF ALLERGY & HAYFEVER



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## Why Homeopathy?

Hayfever, which is an allergic response to pollen, affects the mucous membranes of the nose, eyes and air passages. Symptoms include watery discharge from the nose, sneezing, itching, and irritability. Hayfever can be caused by a pollen of various grasses and plants, with most problems occurring in the spring and summer months. The pollen is airborne and can be blown over long distances in the breeze. It is a seasonal allergy.

Many of the symptoms of hayfever are similar to those of the common cold. Colds are often associated with mild fever and are usually gone within a week, while hayfever sufferers often have a feeling of being "wiped out" for weeks on end. Most cases of hayfever occur in the spring and summer when the antigen is grass pollen. Pollen is recognised as a foreign body – an antigen. Like other infectious molecules such as some bacteria and viruses, it stimulates the immune system to generate antibodies. Because of the action of these antibodies, the mucous membranes of the nose and surrounding areas release histamine and other substances, which are normally produced in response to infection. The role of histamine is to dilate local blood vessels, making them more permeable, thereby helping the components of the immune system to eliminate the irritation. As a result, some people show the classic symptoms of itching, sneezing, a streaming or blocked nose and itchy, red, watery eyes. Around 30% of people also experience wheezing or breathlessness, this is known as "pollen asthma".

Conventional treatments consist of desensitisation injections, which have been shown to be of limited value, antihistamines and nasal sprays that give some temporary relief but cause the side effects of drowsiness and incoordination. In severe cases, steroid

preparations are prescribed which can depress more important immune functions and tend to deepen the imbalance in the natural defence system.

Homeopathic medicines can be used along side or instead of conventional medicines. Your doctor or pharmacists recommended treatment might be greatly enhanced by the addition of a Homeopathic medicine. Homeopathic medicines endeavour to treat the cause of hayfever rather than just the symptoms of response, so that a permanent solution can be found and maintained.

## How Can Homeopathy Help?

Hayfever is a deep-seated condition, which requires a full consultation and treatment by a qualified Homeopath. Orthodox medical treatment can manage the condition with drugs that have a number of harmful side effects but it is possible to alleviate the problem completely with Homeopathy. It may be worthwhile address a hayfever complaint before the hayfever season starts in order to strengthen susceptibility to it and reduce sensitivity to pollens.

## How Long Does Treatment Take?

This depends very much on the severity of your hayfever, as well as other individual characteristics of your case. It is not realistic for a Homeopath to assess this until it can be seen how you respond to the medicines. It is possible to say that a slowly developing complaint, or one that has been experienced for some years, will not disappear immediately although there may be a response and improvement quite soon. Other acute complaints generally get better more quickly.

## Other Ways To Help

### Try To Avoid Allergens

- Don't walk in long grass.
- Keep bedroom and car windows closed as much as possible in the spring/summer months.
- On dry hot days, go out mid-morning when the pollen count is down.
- Early evening, the pollen count is returning to ground level and is at its worst, so try and stay indoors at this time.
- Avoid grass and hedge cuttings.
- Wearing sunglasses will help keep pollen out of your eyes.

### Self Help Measures

- Avoid contact with cigarette smoke. Wearing perfume is also not a good idea.
- Try splashing your face with cold water, or sniffing cold water up through your nostrils to soothe the inflamed mucous membranes.
- Cut out or down on all dairy and wheat products from your diet if you can for the duration of the hayfever season. These are the most likely food allergens, which may aggravate your symptoms. Dairy foods also exacerbate the secretions of the mucous membranes. If you have to blow your nose, do so gently as hard blowing can burst the grains of pollen, which increases their irritant effect.
- Some sufferers find supplementing with or increasing the diet with Vitamin C and magnesium can be helpful.