



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 this, 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), co-founder of the Birthright Network (www.birthrightnetwork.com) and is currently undertaking post-graduate study in Community and Youth Work at Griffith University.

HOMEOPATHIC KITS



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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 DURING ADOLESCENCE



Infinite Wellness

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Being An Adolescent

There are many times of significant change in our lives but the journey through adolescence has to be one of the most challenging – mentally, emotionally and physically. The time from 12 to 21 is a roller coaster ride of oscillating emotions, with contradictions and conflict as well as excitement and exploration. With new freedoms, enthusiasm can easily spill over to excess whether in work, play, sex, drink or recreational drugs. Any one of these, if indulged in irresponsibly, can trigger health problems.

Drugs are a particularly worrying problem for the young people of today and their parents. Taking drugs can change lives forever. There are many who can take drugs without ill effects but there are also those who cannot and it is impossible to tell who will be badly affected by them. It is only in retrospect that the hazards of taking drugs are evident.

Sexually transmitted Infections (STIs) are just some of the risks of casual sex. If you think you may have been exposed to an STI, ask your GP for a blood test and seek treatment from a qualified Homeopath.

In addition to relationship issues, adolescents have money worries or suffer from the high expectations of academic excellence from parents, teachers and students themselves. High levels of stress can cause concentration and memory weakness. Anxiety over exams can lead to panic attacks, asthma, insomnia and complaints such as irritable bowel syndrome. Chronic conditions can become worse and those already suffering from long-term problems, such as eating disorders or migraines, which have been controlled with medication in the past, may find that with additional stress, these management measures are no longer effective.

Pressures on young people, whether academic or social, can seem unbearable, especially for those who are anxious or who lack confidence. Unfortunately the rate of suicide amongst our young people is very high and still increasing. It is important that the young person seeks help before their difficulties spiral out of control. Students with problems during their school and university years should try to identify the changes in their health and seek help to resolve their mental, emotional and physical problems before pathology sets in. This is where Homeopathy is invaluable. Homeopathic treatment takes into account all the presenting symptoms, whether physical, mental or emotional. Homeopaths take the time to listen to all your symptoms and with the help of the correctly prescribed medicine, one by one the adverse symptoms are alleviated.

Emotional Troubles In Adolescence

Often young people suffer very much on an emotional level. Parental separation, a special friend moving away, body changes, moving school or house and relationship formation, can all be deeply upsetting to a young person. This is an area where Homeopathy can be particularly useful. Homeopathic prescribing can solve an underlying problem which might otherwise fester and affect the young person's outlook on life.

The problem your teenager has may be due to either psychological or physiological causes. An unresolved emotional issue can affect a young person's physical health and conversely, if an adolescent has biochemical deficiencies or imbalances, it can affect their mental outlook. This is why Homeopathy is called "holistic" - it takes all aspects into consideration. Homeopathy does not separate emotional reactions from physical symptoms as they are both equally valid and part of the total expression of the young person.

Why Homeopathy?

Homeopathy can help when an adolescent's fear of failure is overwhelming. A Homeopath can prescribe a medicine to reduce stress levels and help the young person return to their studies with renewed concentration and interest. This help can also extend to young people with behavioural and learning difficulties. Unlike conventional drugs that are given as a standard course, Homeopathic treatment is tailored to the needs of each individual, and only a minimum amount of stimulation needs to be given in order to begin the healing process. With Homeopathy a little goes a long way and one small pillule or a few drops can have amazing results.

Apart from the adverse effects of conventional drugs, they also fail to address the cause of the problem. Homeopathy is not an orthodox medical diagnosis that merely uses Homeopathic medicines instead of drugs. Homeopathy takes everything about the individual into consideration, not just the presenting complaint. We look at lifestyle issues such as sleep, appetite, thirst etc as well as their temperament, health and family history. It is how your condition uniquely impresses on you, how it affects you as a whole, that leads to the correct medicine and prescription. The same problem manifests differently in each individual, and without close attention to these differences, permanent wellness is not possible.

Young people who have undergone professional Homeopathic treatment usually find that their health and wellbeing is markedly improved. After treatment they are better able to resist infection and have a greater sense of stability and individual purpose in life. These improvements are steps towards real health in adult life and give an adolescent the confidence to tackle all of life's challenges and to reap the rewards of them.