



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 Mother's 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](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 CHRONIC DISEASES



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## Why Homeopathy?

Homeopathy is an effective and scientific system of medicine, which assists the natural capacity of the body to heal itself. It recognises that all symptoms of illness are expressions of disharmony within the whole person, therefore Homeopathy treats the patient, not just the disease.

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 pilule 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 your 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.

## How Can Homeopathy Help?

Many people are taking prescribed medications to help manage long-term health problems. This does not mean they cannot benefit from Homeopathic treatment, which can be a helpful addition in the following ways.

- Homeopathy can improve overall health, both emotionally and physically because the medicines are prescribed by taking the whole of the individual into consideration.
- Homeopathy can lessen or remove symptoms, which have not been addressed by your existing medication.
- Homeopathy can assist with the unwanted side effects of medication.
- Homeopathy may, over time, lessen or even remove the need for some or all of your existing medication.

All changes or reductions in medication should of course, only be made following discussion with your doctor. It may be safe to reduce the dose of some drugs such as

painkillers for instance, however some drugs need to be reduced over time or are only effective at their prescribed dosage. Certain medications cause dangerous or uncomfortable reactions if they are stopped too suddenly. Homeopaths are happy to work in collaboration with GP's and specialists, if both you and the doctor concerned are in agreement.

Homeopathic medicines are prepared from natural materials by a special method, which involves considerable dilution. This means they cannot cause side effects (because toxic chemicals cannot build up in the tissues) and do not interact with other medications.

## Homeopathy & Long-Term Illness

Conventional medicine usually treats specific diseases or symptoms with specific drugs. A patient who has been ill for a long time may therefore be taking a number of drugs for different aspects of their ill health. A Homeopath treats the whole person and looks at the complete picture of their health problems. This usually means that only one Homeopathic medicine is prescribed at a time that takes all the symptoms of each disease/illness as well as the individual characteristics of the patient into consideration. During Homeopathic treatment, some symptoms, usually the ones that have started most recently, may get better more quickly than others and adjustments to your drug regime may need to be made by your doctor. To follow are a few examples of the progress that can be made in particular instances.

### High Blood Pressure

During Homeopathic treatment, your general health may improve, including aspects that may have been contributing to the rise in blood pressure such as your response to stress. If, as a result of Homeopathic treatment blood pressure begins to fall, then a reduced dose of your conventional medication may be indicated at your next check-up with your GP.

### Asthma

Children and adults with chronic asthma often have one inhaler to use regularly to reduce inflammation of the airway and another to use as needed if they feel their chest tightening. As your asthma improves under Homeopathic treatment, you may find the need for the second inhaler starts to decline. You may find that a Homeopathic medicine prescribed for your acute attacks works as well or better, and gradually that inhaler is needed less and less often. When this has been the case

for a while, in consultation with the GP, it may be possible to reduce the use of the first inhaler as well.

### Diabetes

A diabetic patient would be advised to monitor their blood sugar more often when they commence Homeopathic treatment, as their requirement for insulin may lessen as their general health improves.

The longer you have been ill, the gentler the process of healing needs to be and longer it will be before you reach your optimum state of health. Homeopathic medicines work in a way that is completely different from conventional drugs. They are very deep acting over a long period of time, even with existing drug therapy.

## How Long Does Treatment Take?

This depends very much on the sort of illness you have, 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.

## The Potential Of Homeopathy

Health care worldwide is undergoing great change as many people realise that there is more to health than being physically fit and obtaining adequate nutrition. Innovative techniques in surgery and "miracle" drugs improve some lives but continuing chronic illness, such as heart disease, arthritis, cancer, allergies, emotional and mental disturbance, are the fate of many more. Homeopathy has a great deal to offer. With this different approach to illness, a Homeopath can often help patients with diseases generally considered incurable by conventional medicine.

Homeopathy also offers a method of maintaining health and preventing illness. It is a subtle and effective form of medicine that can correct small imbalances long before the appearance of more serious symptoms, which denote a particular disease. It is not necessary for a Homeopath to wait for a conventional diagnosis before treatment can commence. Many illnesses can be "nipped in the bud" and the patient swiftly restored to health before a serious disease appears. People who have had homeopathic treatment generally find that their state of health and wellbeing has improved. They are better able to resist infection and have a greater sense of stability and individual purpose in life. These improvements are surely the steps in the right direction towards real health.