



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 , 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



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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HOMEOPATHY EXPLAINED



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Where health and happiness Come Naturally

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Starting Homeopathic Treatment



Homeopathy is an effective and proven system of medicine which assists the natural tendency of the body to heal itself. It recognises that all symptoms of ill health are expressions of disharmony within the whole person and that it is the patient that needs treatment not just the disease.

If you are a new patient these concepts may be new to you, however Homeopathy has been established for well over 200 years. Homeopathy is used by millions of people throughout the world and its effectiveness has been clearly established. According to statistics released by the World Health Organisation (WHO), Homeopathy is the 2nd most widely used medical modality in the world after Traditional Chinese Medicine.

What Is Homeopathy?



Homeopathy is a model of medicine, which was developed by German physician and chemist Dr. Samuel Hahnemann more than 200 years ago. This makes it a relatively new system of healing in comparison to other wholistic modalities, however its practice and principals are parallel to ancient healing theories, such as those derived from Hippocrates. Homeopathy (from the Greek words meaning "similar suffering") is based on the principal of treating "like with like", or treating illness with substances that produce the same symptoms exhibited by the person who is ill. Homeopathic treatment acts as a catalyst, stimulating the body's reaction to illness (symptoms) as it endeavours to overcome it, rather than suppressing this reaction. Like Hippocrates 2000 years ago, Hahnemann realised that there were two ways of treating ill health, the way of opposites and the way of similars.

Homeopathic treatment is quite different from any other form of therapeutic practice and it is important to understand these differences. Homeopathy is not a conventional medical approach that simply uses Homeopathic medicines instead of drugs. You may have been previously diagnosed with a condition or disease and are looking for an alternative to conventional approaches to relieve it. The greatest difference you will notice is that Homeopaths look at the entire person, not just the condition or affected part. The same problem manifests differently in each individual, and without close attention to these differences, permanent wellness is not possible.

The Minimum Dose



In Homeopathy, only one medicine (or signal) is used at a time. Just as a television reproduces only the program to which it is tuned, a sick person is very sensitive to or "tuned in" to the correct medicine and only a minute stimulus from the right medicine is required. This is also known as the principal of the minimum dose. The idea is to heal with the minimum amount of medicine and minimum intervention.

It is the body's energy that is influenced rather than its chemical balance thus the medicines do not cause side effects as there is no chemical trace to accumulate in the body's tissues. For the same reason it is not possible to take an overdose of Homeopathic medicines in the same way as in orthodox medicine (which works on a chemical level).

Homeopathic medicines are not therefore intrinsically dangerous. Nevertheless, they are clearly capable of stimulating the body's reactive forces powerfully and should be treated with respect.

What Will A Homeopath Need To Know?



In order to find the right medicine for you as an individual, a homeopath will need to know all about you. A detailed understanding of who you are, along with any complaints and details of how you experience them, is needed to assess your case correctly. Anything you tell that is typical of who you are will help in this process. Finding out about your general energy level, your past medical and family history and the way you live is also important. Anything you say will be treated in the strictest confidence. The initial consultation may last an hour or more.

Holistic Approach



The problem you have may be due to either psychological or physiological causes. An unresolved emotional issue can affect a person's physical health and conversely, if a person has biochemical deficiencies or imbalances, it can affect their mental outlook. This is why Homeopathy is called "holistic" - it takes all aspects into consideration. Be prepared to look at yourself and accept that the answers may not lie in a bottle of synthetic chemicals.

The Individual Prescription & The Individual Response



Healing takes place in different ways and reactions to a medicine may vary. Sometimes there is immediate healing. Sometimes it begins with an increased feeling of well being, even though symptoms initially remain. In some cases old symptoms recur, from which you have not truly recovered, as part of the healing process. Occasionally there is a temporary worsening of symptoms prior to improvement. All these reactions are indications that the medicine is

working and the healing process has begun. Sometimes these responses are quite subtle and may pass unnoticed, while at other times they can be quite marked.

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 your 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.

How Do Homeopathic Medicines Work?



If you have been to a Homeopath before, or are familiar with the philosophy and principals of Homeopathy, you will understand that Homeopathic medicines are prescribed and work completely differently to any other type of medicine available. Unlike conventional medicine or Naturopathy for example, there is not a few specific drugs or supplements that are given for a specific condition. 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.

Homeopathic medicines are derived from nature - plants, animals, minerals and metals. After initial preparation of the raw material, the medicines are made by serial dilution and succussion (vigorous shaking) in a solution of alcohol and water. This is done a few (3 to 4) times up to many thousands

of times. The liquid dilution is then used itself as a medicine or soaked into pilules for convenience. The diluted medicines are termed as being "potentised", in recognition of the dynamic healing power they can stimulate.

In most cases, the dilution of Homeopathic medicines is so great that no chemical trace of the original substance remains. You may now be asking how do they work? A precise answer to this question is found outside the chemistry laboratory in the field of physics, especially electro-magnetism. The process of dilution and succussion imprints a characteristic energy pattern, or blueprint, of the original substance onto the water in which it is diluted. Another example of this is the transmission of television signals, where the original scene is converted into electro-magnetic energy patterns (signals), which can then be broadcast to your receiver. A Homeopathic medicine acts as a signal, which energises or stimulates your body's self-healing properties, mobilising the immune system and working on the mental, emotional and physical aspects of the body.

How Are Homeopathic Medicines Tested?



Homeopathic medicines are tested on people, not animals. Groups of volunteers under supervision are involved in double-blind studies and take a safe dose of a substance prepared as a Homeopathic medicine. This is done repeatedly over time until they produce a range of symptoms.

These symptoms of the "proving" are carefully recorded. Additional information on the action of Homeopathic medicines have been gathered for over 200 years, from clinical experience, and all the information is recorded precisely in two types of Homeopathic reference books – the *Materia Medica* and the *Repertory*, as well as on computer. This information is then used to prescribe a medicine for a patient with the same symptoms,

according to the Law of Similars (that which makes sick shall heal).

There is much precision involved in both testing medicines and prescribing them. Collective experience reinforces the understanding of their curative action and because of the way in which they are prescribed, they are not made redundant (as are many chemical drugs) by new or drug-resistant bacteria and viruses.

How Are The Medicines Given?



Medicines are prescribed in a number of different strengths, or potencies as they are called. The lower potencies have been subjected to less dilution and succussion than higher ones and are not, broadly speaking, as powerful and long lasting in their effects. It is these lower potencies of a handful of medicines that are found in health food stores and chemists. Higher potencies need to be prescribed by a experienced and qualified Homeopath.

Medicines can be prescribed in different ways. Sometimes they are given as a single dose (usually in a high potency) when it is likely that the Homeopath and patient will wait for a period of weeks to see the patient's response. A medicine can also be prescribed in a lower potency, singly or repeated daily or more frequently. Homeopaths base the dosage of the prescription to suit the patient and the nature of the illness. For instance, a person who has been ill for a long time and whose body has been physically damaged may need repeated doses of a medicine to stimulate the recuperative powers, whereas a young and basically healthy person may respond very quickly to a single high potency of the medicine. Individual patients also respond better to some methods than others. Understanding this is part of the skill of the Homeopath and explains why attempts to prescribe for oneself may prove ineffective.

The Potential Of Homeopathy – Medicine Of The 21st Century

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.

What About Seeing A GP

It is recommended that you maintain your relationship with your GP. Your GP will be able to arrange any tests or x-rays you may need. Homeopathy has an alternative philosophy but by working in this way with your GP the two systems of health care can provide complementary services.

Can I Treat Myself With Homeopathic Medicines?

You can certainly use some Homeopathic medicines to treat yourself at home. Homeopathic first aid kits are available as well some other more specific kits for different groups of people (please see over). The kits are designed to treat acute illness and injuries – please seek professional treatment for complicated issues and chronic conditions.

How Can Homeopathy Help?

To follow are a handful of categories of health, to give you an example of the benefits of Homeopathy in any situation. As most of these are chronic, recurring or long-lasting complaints, it is recommended you seek the help of a qualified Homeopath, for a more thorough and comprehensive approach to your problem.

Mental/Emotional Problems

Anxiety; Attention Deficit Disorder and Attention Deficit with Hyperactivity Disorder; Stress, including Post-Traumatic Stress Syndrome; Grief; Bereavement; Depression; Panic Attacks; Fears; Nightmares; Poor Concentration; Memory Loss; Neurosis; Obsessional disorders; Anorexia Nervosa; Bulimia; Bipolar disorder; Schizophrenia.

Women's Health

Hormonal related disorders; PMT; Menopause; Painful Periods; Excessive Menstrual Bleeding; Candida; Urinary Tract infections; Pregnancy; Labour preparation and injuries/wounds; Pre-Conception preparation; Infertility; Mastitis; Breast-feeding problems; Morning Sickness; Post-natal Depression; Gynaecological Problems.

Joint/Musculoskeletal

Rheumatism; Polyarthrititis; Osteo-and Rheumatoid Arthritis; Gout; Fibromyalgia; Repetitive Strain Injury; Sports injury and Trauma; Sciatica.

Dermatology

Most skin problems respond well to Homeopathic treatment including – Eczema; Dermatitis; Psoriasis; Urticaria (Hives); Infections – Bacterial and Fungal; Herpes Simplex and Zoster; Nappy Rash; Acne; Impetigo; Boils; Blisters; Warts.

Children's Health

Both physical and mental health problems are treated including – Behavioural and Learning disorders; Social Dysfunctional problems; Recurrent Acute Illnesses; Ear and Hearing problems –Otitis Media, Glue Ear; Recurrent Bronchitis and Asthma; Recurrent Sore Throats and Tonsillitis; Eczema and other Skin Problems; Bed Wetting; Sleeping Difficulties; Croup; Colic and Reflux; Teething difficulties; Childhood Diseases – Mumps, Measles, Chickenpox etc.

General

Chronic and recurring illnesses – Hay fever and Sinus; Irritable Bowel Syndrome and other disorders of the Digestive System; High Blood Pressure; Thyroid disorders; Diabetes; Migraine and Headache; Multiple Sclerosis; Parkinson's Disease; Colds and Flu's; Drug and Alcohol Addiction and Withdrawal; Travel Sickness.

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