



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. 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.

### Health Fund Rebates



Most Health Funds now have cover that includes Homeopathy and other Natural Therapies. As a member of the AHA (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 KITS



### HOMEOPATHIC INFANTS AND CHILDREN'S KIT

This kit is an effective and natural alternative to alleviate many childhood illnesses and complaints. It can be used from day one in newborns right through to early adolescence. The medicines in the kit will help with over 50 common complaints of infants and children from difficulties such as teething, colic, jaundice, nappy rash to worms, sleeping problems, colds and flu's, bronchitis, tonsillitis to first aid treatment of accidents, injuries, burns etc. The accompanying booklet has a section that lists supplementary alternatives and management of the conditions (e.g. herbal treatment, beneficial essential oils, supplementation, old fashioned remedies etc.) and an outline of the condition to ensure simple and correct identification of it and the preventative measures that can be taken.

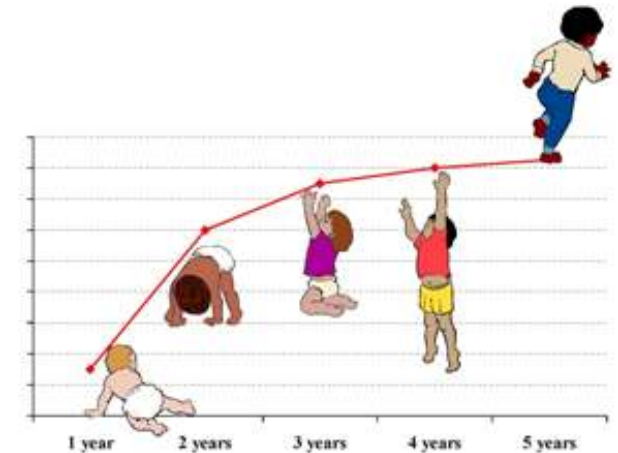
*Whilst chronic conditions should be treated by a fully qualified health care professional, pregnant or otherwise, acute or minor complaints can be helped with Homeopathy if you have your own kit to self-prescribe from. Homeopathy has medicines to comfort and support Mother and Baby as well as for all the childhood complaints that may arise. Home prescribing can be very rewarding but if in doubt, contact a Homeopath for advise.*

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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## HOMEOPATHIC TREATMENT OF INFANTS & CHILDREN



## Infinite Wellness

Where health and happiness Come Naturally



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## Why Homeopathy?



Children respond exceptionally well to Homeopathic treatment. Homeopathy is a particularly attractive option for parents who are keen to choose a system of medicine for their child that is natural, gentle and extremely effective.

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, especially in children, they also fail to address the cause of the problem. Medications such as antibiotics and steroid creams may indeed suppress the symptoms, however it is more often the case that as a result the condition recurs or becomes chronic in nature. Homeopathy is not an orthodox medical diagnosis that merely uses Homeopathic medicines instead of drugs.

Homeopathy takes everything about the individual child 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 their condition uniquely impresses on them, how it affects them as a whole, that leads to the correct medicine and prescription. Homeopaths look at the entire child, 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.

Homeopathy is a highly effective and safe system of medicine for babies and children. It is easy to administer – the medicines have no nasty taste and no side effects.

## Children's Health



Children have a tendency to fall ill dramatically but also to bounce back very quickly. Parents should follow their instincts when it comes to their children's health and seek professional help when the child's condition moves beyond the realm of home treatment.

Children suffer from a wide range of ailments while their little bodies are learning to cope with disease. It is not always a good idea to suppress these symptoms because the body of a growing child is learning and acquiring resistance to disease by means of earaches, fevers and other minor illnesses of childhood, which are provoking and inviting an immune response. Childhood illnesses are therefore, part of the growing up process and a child who is able to cope with these challenges naturally will be laying the foundation for a healthy maturity and a strong, illness free adulthood.

## Homeopathy & Childhood Related Complaints



There are so many childhood complaints that have been successfully treated with Homeopathy. These include colic, difficult and delayed teething, sleeping problems and behavioural and learning difficulties. There are many times during childhood when generally healthy children become sick or injured. During these times, some parents resort to prescription medication, or reach for over the counter pharmaceutical drugs such as paracetamol, laxatives, cough mixture, and ear and eye drops to name a few. Although synthetic chemical drugs may give immediate or short-term relief to children, many parents are now looking to natural remedies to alleviate these problems. Whether it be to heal without side effects or treat the condition by taking the cause into account so permanent relief can be obtained, without just suppressing the symptoms, Homeopathy is a valid and effective option.

## Emotional Troubles In Childhood



Often children suffer very much on an emotional level. A pet dying, a special playmate moving away, moving school or house and schoolyard bullying, can all be deeply upsetting to a child. This is an area where Homeopathy can be particularly useful. Homeopathic prescribing can solve an underlying problem which might otherwise fester and affect the child's outlook on life. Sometimes a new baby can cause emotional or behavioural problems in older children who are finding it hard to adapt to the demands a new baby makes on the household. Homeopathy can help restore serenity and equilibrium to the whole family.

The problem your child has may be due to either psychological or physiological causes. An unresolved emotional issue can affect a child's physical health and conversely, if a child 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 child.

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.