



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 MENOPAUSE



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## Menopause – A New Beginning

Thankfully for women, menopause has well and truly come out of the closet. More and more practical information is available for women who are approaching and moving beyond menopause, reassuring them that there is life after this major transitional phase, and giving them sound advice on the tools they can use to support them safely to the other side.

Menopause need not be the end, but the beginning of a fulfilling and rewarding time of a woman's life. In many counties across Asia and Africa, the symptoms of menopause are virtually unheard of and many people believe this can be attributed to attitude. Women in their menopausal and post-menopausal years are respected and highly regarded for their wisdom and experience. It is unfortunate that western societies place such an emphasis of youth and physical appearance, with a vast array of therapies available to beat the inevitable aging process. This can culminate in poor self-esteem and a never-ending struggle to delay what in the ended cannot be avoided.

The age when menopause occurs in women varies, however the approximate age is between 40 and 55. A hysterectomy and some other gynaecological procedures may induce a pre-mature menopause. Whilst for some women menopause can last for months or years, the associated symptoms can range from mild to severe. Some women do not experience any unpleasant symptoms at all, feeling a sense of liberation with the cessation of their periods and enhanced vitality, whilst others struggle with a variety of them.

Menopause gives rise to a new opportunity to change old habits and develop new interests. It is a time of transition and reflection when unresolved issues from the past often surface. Looking at these, dealing with them and letting go can often help women move positively into this new phase of life.

## What Happens At Menopause?

During menopause, the hormones oestrogen and progesterone, which control the menstrual cycle, are produced in lower quantities until periods stop altogether. Other hormones including follicle-stimulating hormone and lutenising hormone are produced in higher quantities, leading to the unwanted symptoms of menopause, such as hot flushes and night sweats, which are the most common. For some women, other symptoms may arise such as depression, irritability, fatigue, panic attacks, palpitations, vaginal dryness, muscle and bone pain and weight-gain.

## How Can Homeopathy Help?

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. 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. 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. Conditions such as menopause require a full Homeopathic consultation to determine the medicine that will best suit you. An assessment of you as a whole in addition to the mental, emotional, and physical problems associated with menopause will be taken into consideration.

Hormonal imbalances respond very well to Homeopathic treatment. Homeopathic medicines contain only minute amounts of the active ingredient thus minimising the risk of toxicity. It stimulates the body's ability to heal itself and by increasing the vitality of a menopausal woman, the benefits can be felt almost immediately. During this important transitional stage of life, Homeopathic treatment will give you more confidence, a happier perspective, a clearer sense of self and what you want out of life as well as a smoother passage through the change. Homeopathy offers medicines to balance and support women throughout the whole of their lives, including puberty, pregnancy and childbirth as well as menopause. Menopause is a natural process, so it makes sense to treat it as naturally as possible, with diet, exercise and Homeopathy. These methods enable you to take charge of your health and go forward with happiness and confidence to the next phase of your life. By taking care of your health at this time you will be laying the basis of good health into your later years.

## HRT And Its Problems

Some women find that Hormone replacement Therapy (HRT) agrees with them but many do not. There may be unpleasant side effects, or concerns about the possible long-term effects, that are yet unknown. Because HRT has an effect on the circulatory system, it should be avoided if there is a history of circulatory problems and the claimed cardiovascular benefits of HRT that are promoted, are unproven. It can increase the risk of raised blood pressure, migraines, strokes and thrombosis and should be avoided if there is a history of these complaints. Cancer of the breast and endometrium has also been shown to be more prevalent in women taking HRT. HRT is designed to delay menopause and you may find therefore that while some symptoms are contained, they return as soon as you stop the treatment. Keep in mind there are so many natural ways to compensate for the hormonal changes.

## Other Ways To Help

**Diet:** These are only a few suggestions as there are so many. Natural phyto-estrogens are found in tofu and miso. Vitamin E helps to reduce hot flushes and foods containing vitamin E include spinach and other dark green leafy vegetables, vegetable oils, eggs and tuna. Avoid hot spicy foods and reduce anxiety and palpitations by cutting down on caffeine. Eating whole grains and adequate amounts of fruit and vegetables will help. Many people in the Western world eat too much protein, which causes the body to take calcium from bones in order to process it. With calcium needs being at a premium during menopause especially, you can see why eating too much of this food group can be hazardous. A long-term wholesome balanced diet is recommended throughout life, especially during the menopausal transition.

**Exercise And Relaxation:** Weight bearing exercise such as walking and cycling can guard against some of the negative effects of menopause and help protect against osteoporosis. Yoga and meditation are valuable in helping to keep mind and body flexible and in tune. Many women experience increased energy and serenity after menopause. If you look after yourself by keeping fit, relaxed and taking a natural approach, you will find that times of transition bring their own gains.

**General Health:** Not all problems that occur at the time of menopause are due to these changes in the body. There may be different reasons for aches and pains, poor sleep and other complaints. For many women this time of life corresponds with other changes, such as children leaving home, which may be stressful, or there may be unrelated health problems. If you are concerned, a medical practitioner can be consulted for a general health check. Keep in mind Homeopathy has the ability to treat all health problems simultaneously, looking at the whole individual and addressing the cause rather than suppressing the symptoms.