



HOMEOPATHIC KITS



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), 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 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

*Phone & Email Inquires Welcome
Online / Phone / Mail Order Payments Available*

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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.

HOMEOPATHY & MEN'S HEALTH



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Mens Health

With many of today's health issues revolving around those relating to women, it is little wonder men feel a little neglected from time to time.

Men who are approaching the middle of their lives often go through emotional issues themselves. These are often concerns relating to securing a future, success and accomplishment as well as dealing with issues from the past, or unachieved goals they may feel are now out of reach. The concept of male menopause is sometimes briefly mentioned, but there is scant advice available for men who are hitting mid-life. Men may also feel they want to know what practical steps are available to them in order to ensure that they can also make the most of this transitional phase in their lives.

Although men do not experience an abrupt shift in male sex hormones that leave them infertile in the second phase of their lives, they do experience subtle and cumulative reduction in testosterone that can lead to undesirable symptoms. This fall in male hormones can be associated with fatigue, lowered libido, mood swings (including anxiety and depression), prostate gland problems and diminished sexual pleasure. In other words, this can be a mirror image of some of the most common symptoms experienced by women leading up to and during menopause.

On the other hand, there is good news for men too. Many of the benefits that women experience from alternative and complementary therapies can be just as appropriate for men. This is especially the case when problems associated with the male menopause affect the person as a whole, and not just the reproductive system. Men go through mid-life crises too, and have to face the challenges of aging, retirement, and finding new identities for themselves as they mature. Homeopathy is a particularly appropriate therapy, which addresses the patient on mental, emotional and physical levels at once. When combined with sound advice on nutrition (this has a particularly important role to play in discouraging and managing prostate problems), exercise and relaxation techniques, Homeopathic treatment can provide optimum support for men who are struggling with mid-life challenges.

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 pillule 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. Chronic conditions and those arising from the psychological and physiological changes during mid-life, 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 your problem will be taken into consideration.

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 man, 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 men throughout the whole of their lives, including puberty, adulthood, old age as well as mid-life. Aging 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.

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 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.

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.