



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 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 SPORTS INJURIES



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Why Homeopathy?

Never has there been so much emphasis on fitness or such a wide variety of exercise to choose from. No matter what your choice of exercise or the sport you participate in, whether you're a beginner or highly trained athlete, even the fittest people may suffer occasional injury. Help is at hand with Homeopathy, which can not only relieve pain but also promote rapid healing and speed your progress back to full health and fitness. Homeopathy also strengthens your resistance to infection and your constitution as a whole to prevent injuries that might otherwise occur without it.

Any serious athlete knows that getting to the peak of physical fitness is only part of the winning formula. The difference between winning and losing is in a champion's mental clarity and emotional resilience. What is so extraordinary about Homeopathic medicines is that they are selected on a person's unique mental and emotional constitution. Homeopaths can help any athlete's performance by prescribing the medicine/s that will act specifically with that individual's mind, body and spirit, to help him or her reach an optimum state of health and performance.

How Can Homeopathy Help?

To follow are a handful of situations and specific injuries, to give you an example of the benefits of Homeopathy in sport and fitness. Many of these medicines are available in a kit, so you can have them on hand whenever the need arises. For 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.

Arnica

Most people actively involved in sports know about *Arnica*. It is excellent for shock, bruising, and trauma and because Homeopathic medicines work on all levels, this applies to the mental and emotional aspects of the injury as well as the physical. *Arnica* helps repair broken blood vessels, thus by repairing the supply of essential nutrients and oxygen to the damaged tissues more quickly, it enables the other healing processes to kick in earlier as well. Whether you have strained muscles from over-training or you've had a fall or blow to your body, *Arnica* will ease you through the pain. *Arnica* is also available in a cream, which is good for bruises and sprains but it is worth keeping on hand in liquid or pilule form to take internally in many situations. *Arnica* can be used for fatigue after a long journey or sleepless night, especially when there is a bruised feeling all over.

Ruta Grav

Sprains, especially those involving the ligaments or tendons, can be treated with *Ruta Grav*. If a weak backhand results in tennis elbow, *Ruta* is the medicine to put you back on the court and improve your swing. *Ruta* is also good for bruised bones and those ever so painful bumps on the shins.

Calc Carb

If a sprained ankle or fractured limb has a lingering and persistent weakness, long after the injury has apparently healed, *Calc Carb* can be used to strengthen the bone.

Rhus Tox

Muscle stiffness, especially if it is the result of sweating and getting cold, will respond well to treatment with the medicine *Rhus Tox*. It is also sometimes called the "rusty gate" remedy, useful when limbs feel creaky and stiff first thing in the morning but limber up with movement. *Rhus Tox* is also a great medicine for pulled ligaments.

Bellis Perrenis

This is a great medicine for bruises and swelling that persists. If an injury is sustained from the ground up, (rather than from a fall to the ground or by landing hard), bruising the foot or throwing the hip out, *Bellis* might be the better first choice as opposed to *Arnica*. Women should note that *Bellis* given in good time when there is a blow to the breast can prevent many later problems such as tissue changes as a result of the injury.

Calendula

Painful cuts, bloody wounds, torn muscles, pulled hamstrings all respond well to *Calendula*. Runners know how well *Calendula* cream works to heal blisters or chaffed skin, but it can be taken internally as well for bleeding, torn muscles. *Calendula* can be used to bath cuts (by diluting a pilule in water) due to its fantastic antiseptic qualities.

Hypericum

Hypericum is invaluable for pain, especially soft tissues rich in nerve endings – slammed fingers in doors, stubbed toes, bashed teeth and like *Arnica*, falls on the coccyx (tailbone). Even if back pain is related to a fall on the coccyx some time ago, *Hypericum* will often sort out the problem.

Aconite

In cases of a sudden accident, such as an out of bounds tackle, where there is residual shock, *Aconite* is highly recommended. It is also useful when someone has fainted from fright or severe pain. *Aconite* is very good for facial neuralgia, with pain in the cheeks, particularly the left side, with associated tingling and numbness along the jaw line.

Bryonia

With studded boots that anchor the foot to the ground, a twisted knee is a great risk to football players (as is ankle strapping). After the initial use of *Arnica*, *Bryonia* can then be used from the 2nd day if the injury is worse for any movement and all you want to do is lie completely still.

Symphytum

Symphytum, also known as the "bone-setter", is excellent, as its name suggests, for fractures. *Arnica* is usually recommended first to repair the blood supply to the area, however follow-up doses of *Symphytum*, will help with bony callous formation, the essential step for the immune system to destroy the old bone tissue and for the formation of the new. In other words, *Symphytum* helps bones knit and will have you back to your chosen sport more rapidly.

Ledum

Ledum is a great medicine for deep wounds, especially puncture wounds, from sharp instruments such as nails, splinters or even a sting from a wasp or bite from an animal. It is renowned for its anti-tetanus properties. Other uses for *Ledum* include muscle and joint pain and stiffness, sprains and strains and eye affections. There are thousands of Homeopathic medicines available to treat thousands more complaints. Some of these are excellent first-aid medicines and can be used for a variety of symptoms that occur from sporting and fitness injuries. Whether it is for a child who enthusiastically wants to be part of next week's match or an elite athlete whose livelihood and reputation depends on their fitness, Homeopathy offers a safe and effective alternative to get you back on track.