

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.

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 KITS



HOMEOPATHIC PREGNANCY KIT

Contains 25 Homeopathic medicines for use throughout pregnancy. The medicines can assist with pregnancy related problems such as morning sickness, varicose veins, backache etc., and with other complaints you may experience when not pregnant but are unable to treat with conventional medicine due to the risks to your baby (headache, colds and flu etc.).

HOMEOPATHIC CHILDBIRTH AND POST PARTUM KIT

Contains 16 Homeopathic medicines for use before, during and after Labour, as well as some for the newborn baby. The medicines for labour are used for pain relief, to enhance progress, bruise and tear prevention and a retained placenta to name a few. Post-partum medicines can be used to counteract the after-effects of drugs, breastfeeding difficulties, exhaustion, emotional symptoms etc. Colic, diarrhoea, urine retention, are few examples, where the medicines can be of assistance in the newborn.

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 advice.

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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Why Homeopathy?

Homeopathy is perfect for women in their childbearing years because it is a gentle yet highly effective system of medicine. During pregnancy, some women prefer to live with the discomforts and minor complaints, such as morning sickness or constipation, rather than seek treatment due to the concerns over the possible adverse effects of conventional medicines on their unborn child. The use of drugs during pregnancy and labour has given rise to increasing concerns, as the baby inevitably receives doses of these drugs, which can disturb its development – short and long term. Homeopathy provides the answer. 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 pregnant woman, the benefits are automatically passed onto her baby. Being healthy throughout pregnancy ensures optimum conditions for the baby to thrive.

Homeopathy & Pre-Conception Care

The idea of preconception care centres giving your baby the best possible start. It is also about conceiving consciously and laying the foundations for a wonderfully healthy pregnancy and positive preparation for giving birth. The best preparation for a healthy pregnancy and birth is before conception. Homeopathy is very effective in alleviating physical conditions such as endometriosis for example, that may prevent or make conception difficult. Difficulties in conceiving can often be helped by Homeopathy and by improving hormone function generally, it can often help to reverse a tendency to early miscarriage. Emotional and lifestyle issues are also addressed not only to overcome infertility hurdles but also to ensure that a healthy pregnancy, complication-free birth and smooth transition into motherhood is achieved. Homeopaths have found that the women they have treated prior to conception rarely get morning sickness in pregnancy and are more likely to have a natural, problem free labour. Homeopathic treatment will improve your overall general health and energy and enhance your fertility by working on the function and balance of your reproductive system. This includes regulating your cycle, balancing hormones, dealing with specific issues such as PMT and dysmenorrhoea, and improving libido!

Homeopathy & Pregnancy

For most women, pregnancy is a wonderful time of discovery and growth, as well as a mixture of anticipation and excitement, not only the of the impending birth, but of the future as a Mother. Pregnancy is not of course, an illness, however, there are sometimes discomforts and imbalances that occur that can make "blossoming" a difficult task. Many of these difficulties are easily overcome with the use of Homeopathy, which is safe and effective for both you and your growing baby. Whether it be a pregnancy related problem such as morning sickness, constipation, haemorrhoids or general exhaustion, to pre-existing conditions that can no longer be treated by conventional methods due to the possible adverse affects to your baby, Homeopathy can help. Many women find Homeopathy a blessing when pregnant, as relief from complaints can be found and maintained without risk or complications. During pregnancy, Homeopathy can help to tone the uterus and ensure that labour and birth go smoothly.

Homeopathy In Childbirth

There are various complications that can arise during childbirth. In many cases the key to avoiding such problems comes in the form of good preparation. There are many Homeopathic medicines that can be used before, during and after the birth process to eliminate complicated situations from arising or to alleviate them if they do. Many orthodox physicians these days see birth as a surgical solution to a nine-month disease. Of particular concern is are that statistics that show that one intervention inevitably leads to another, and at the same time increasing the health risks to Mothers and babies. Of course prompt medical care is needed in high-risk situations for the health of both Mother and baby, but the unnecessary interventions in the birthing process in many cases are turning normal deliveries into medical emergencies. This has led to the unfortunate situation where women are now opting for caesareans rather than a natural birth because of the fear that has been instilled in them. They have been lead to believe a natural birth is not only unavoidably painful but also risky and unhygienic – nothing could be further from the truth. The experience of childbirth is different from person to person, it is as individual as the individual

herself. Homeopathic medicines can help with bruise and tear prevention, muscle tone, re-positioning of the foetus and anticipatory anxiety before birth. During labour, problems such as cervix rigidity and limited dilation, pain management, retained placenta and heavy bleeding can be addressed. After the birth, Homeopathy is very effective in cases of prolapse, infection and wound healing. Homeopathic medicines help facilitate the delivery process. They can prevent problems during labour, decrease delivery time and increase pain threshold, all leading to a more satisfying childbirth experience.

Homeopathy & The Post-Partum Period

Mother's have a lot to contend with in the first few weeks of their new baby's life. Even if your labour is complication free and you and your baby are both physically well, adjusting to the role of motherhood is not always a happy or easy one. Homeopathy has many benefits in the weeks and months following labour. Women who wish to breast-feed are concerned about having a plentiful milk supply. Homeopathy will establish a good flow of milk, helping with both a low milk supply and an overabundance of it, as well as helping to protect nipples from cracking and soreness. It is also excellent and safe medicine for mastitis and numerous other post-partum problems. Exhaustion and fatigue are also common complaints of Mother's with new babies and are also easily addressed with Homeopathy. Sometimes new Mother's have to cope with negative feelings about themselves or towards their baby in the early weeks and months. This is often a difficult time for a Mother with disturbing negative emotions rising to the surface. Although this problem is not talked about freely, many women struggle with these emotions and feel very alone at this time. Once again Homeopathy is there to help. Post-natal depression is not unusual. Feeling and emotions need to be acknowledged, and a visit to a qualified Homeopath will give the mother constructive support while Homeopathic medicine will quickly re-establish normal hormonal balance. Homeopathy heals very gently from within and can help with the great sense of loss that accompanies a termination, miscarriage or stillbirth.