

# Homoeopathy Update

## Spring 2009

Welcome to the Spring edition of my newsletter. I hope you find it helpful and interesting. Feel free to pass it on to your friends.

## Clinic News

Information about my practice can be found on my website.

[www.rochesterhomeopathy.co.uk](http://www.rochesterhomeopathy.co.uk).

On it you will find a copy of this, and all my newsletters, as well as current news and courses I am running.

Between May and September 2009 the Rochester Homeopathic Clinic will be undergoing some major changes.

From September I will be taking a year long break from homeopathy in order to train as a Food Technology Teacher at Rainham School for girls. Food and Nutrition has always been of great interest to me and I am looking forward to the challenge of educating the next generation in this essential skill.

Thelma Attock a registered local homeopath will be taking over the business from August. Thelma will be working from her practice in the Sunlight Centre in Gillingham as well as taking over my practice in Maidstone. For those clients who prefer to see her in Rochester she will also be able to see clients at her home. Thelma is currently in the process of moving and as soon as her new address and phone number are known we will let you know via the website.

In the run up to September, Thelma will be joining me in seeing all new clients, whilst existing clients will be able to meet Thelma at their June or July appointments.

In the mean time here is a little bit from Thelma.

*In the 1980's a friend of mine suggested I try homeopathy for my son, who suffered from asthma. Soon I was using homeopathy for all the family, and seeing a practitioner for all my health needs. I was so impressed with the improvements in my health that I decided to make a career change and leave teaching.*

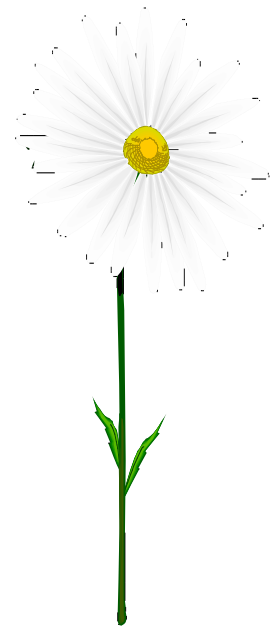
*I studied for 4 years at The London School of Classical Homeopathy and qualified in 2005.*

*I am registered with The Society of Homeopaths and practise according to their Code of Ethics and practice. I am always keen to develop professionally and regularly attend courses and seminars in Homeopathy, which is where I met Christine.*

*I also practise reflexology and Indian head massage.*

We hope that there will be as little disturbance as possible to your treatment during the transition and wish to assure you that you can be confident of the same level of professional service as before. Throughout the year Thelma and I will be in regular contact to discuss cases.

In the meantime if you have any concerns please feel free to contact me.



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**Sunlight Centre**

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The current fee structure will remain the same and is as follows:

Initial consultation

Adults £55

Children £45

Follow ups

Adults £40

Children £30

Consultation fees include the cost of remedies but tinctures are charged at £5 each.

Telephone acutes, not connected with on going treatment, £15.

**Low cost children's appointments for families on low income are still available in the Medway clinics.**

Missed appointments and cancellations within 24 hours will attract the full consultation fee, so please call the clinic if you can no longer make an appointment.

Thelma is very keen to continue the courses on acute prescribing for children. She is an experienced teacher and will no doubt deliver a very interesting and informative course.

The aim of the course is to enable parents to confidently prescribe for a range of acute childhood complaints such as:

Coughs and colds

Infections such as ear and throat

First aid

Stomach upsets

Colic

Teething

Once you have completed the course you may wish to purchase an Ainsworth's remedy kit. They are available at the clinic and cost £35.

They represent real value for money as they contain 42 remedies and an excellent booklet on home prescribing to complement the course material.

Why not get together a group of interested friends and host a course at your house. The cost is £20 per participant up to a maximum of 6 people and the host goes free!

**INSOMNIA**

Insomnia and poor sleep seems to be a big problem for many people so I thought I would end with a few remedies that may help.

Insomnia can be part of a bigger picture which may need addressing by a homeopath. Stress is often a cause of insomnia but it may also be a symptom of other conditions such as depression, grief, prostate problems, breathing problems arising from heart or lung conditions, pregnancy or over indulgence in alcohol or food.

A number of herbal remedies can help. A herbal infusion of chamomile, valerian, passionflower and skullcap taken before bed can aid a restful sleep, as can a hot milky drink which is rich in sleep inducing tryptophan.

Remedies which may help include the following

COFFEA. Mind overactive as the result of good or bad news, nervous excitability. Insomnia after coffee.

NUX-V. From mental stress or overwork, overindulgence in food or drink. Wakes in early hours and falls asleep just before alarm goes off. Wakes and remains irritable.

**PULSATILLA**

From rich food, restless in first sleep, gets too hot, sleeps with feet out.

**ACONITE**

From fear and anxiety, shock or panic.

CHAM wide awake and irritable during first part of night, children want to be carried around. Sleepless from pain.

LYC mind becomes active at bedtime, relives events of the day. Lots of dreams.

COCCULUS person who is often up all night caring for someone then feels too tired to sleep.

IGNATIA. Lots of yawning but trouble sleeping particularly after emotional upset or business worries.

RHUS-TOX. great restlessness and discomfort. Dreams of great exertion.

Above is only a small selection of remedies that may help. They should be taken in the 30c potency approx 1 hour before retiring.