

homoeopathy & health care

For more information or sales call
Wellness Centre Wollongong
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Warmer weather means more time spent outdoors at work and play and with that exposure to all sorts of insect bites and stings. Luckily homoeopathy has an excellent reputation in this respect.

Jan Owen

Bites, Stings & Puncture Wounds

The degree of the reaction to a bite, sting or puncture wound is not only determined by the nature of the offending creature or puncture implement but also by the sensitivity of the subject.

In some cases the initial reaction may be painless but severe reactions may follow in the form of pain, swelling, blistering and weeping of fluid or an irritant dermatitis may develop.

The most important consideration when selecting a remedy is to make a choice based on the presenting symptoms rather than the type of insect or bite. The following remedies are the most commonly prescribed.

Apis is indicated when a bite or sting becomes red, shiny, swollen, edematous, with a red rosy hue such as found with bee and wasp stings. The pains are stinging and burning and are worse from heat and better from cold. Many feel that this remedy is specific for bee stings as it is made from the honeybee. It is also known to be useful in the stings of jellyfish and centipedes. The individual may become thirstless, drowsy, confused, and apathetic.

Belladonna is useful for bites and stings where there is rapid swelling and violent symptoms. There is redness, heat, throbbing, and burning, or redness spreading out in streaks. The face is flushed, eyes glaring, pupils dilated, the body fevered, and an excited mental state. There may even be delirium where the individual becomes furious, rages, and bites and strikes. It is often used after dog bites with classic **Belladonna** symptoms.

Cantharis has sharp, searing pains and the formation of blisters in the region of the bite. Symptoms are better from cold compresses and aggravated by heat.

Carbo Veg where a bite is followed by shortness of breath, shock and collapse. The person is cold, clammy and gasping for air after an insect bite.

Ledum for mosquito bites or a reaction to insect and animal bites and stings or puncture wounds where the skin is white or purple, puffy and cold. In the classical



homoeopathic literature it was reputed to prevent tetanus and antidote poisons. It is especially indicated when the part bitten feels cold but the person does not want the part covered or heated in any way and prefers cold applications.

It may be possible to modify the body scent and reduce susceptibility by increasing Garlic, Vitamin B1 (50mg, 12 hourly for adults) and taking **Ledum 6c** one dose a day as a precaution when in mosquito infested areas and to promote healing of scratches in tropical climates. Research the local area before travelling as you may wish to consider suitable nosodes for the local insects and animals.

Hypericum suits bites and stings with shooting pains from the site of the bite and often follows after using **Ledum**. It is useful in neuritis, tingling, burning and numbness. It is specific for injuries to places rich in nerves such as the fingers, toes and nails. **Hypericum** can be distinguished from **Ledum** by the fact that it is worse from cold applications.

Mercurius should be considered after bee stings to the tongue, for example puppies playing in the garden.

Natrum Mur can be a good follow up remedy after **Apis** if there are lingering symptoms after a bee sting. It can also be used in insect bites that take on the appearance of hives. Salt water is also said to be an effective external application to bites and stings.

Animal bites and puncture wounds should be very carefully cleaned and the patient treated with **Arnica** and **Ledum**. Repeat the remedies regularly until the area has healed.





Bite 'n Sting Balm

An Owen balm that you can rub straight onto a bite – carry this one in your bag if you or your children are attractive to insects and prone to reactions. **Apis, Calendula, Hypericum, Ledum, Nat mur, Rhus tox.** The balms are available through your local Owen stockist.

Check our website at www.owenhomoeopathics.com.au for the most up to date stockist list.

Classes & Talks 2013

Home Prescribing Classes: Learn to use your Home Remedies for treating acute symptoms and first aid situations at home. **Saturday, 23rd February** 12.00 – 3.00. The fee of \$55 includes afternoon tea. Bring paper and pen for note taking. If you've attended before you can come along and do a refresher at no cost, spaces permitting.


Phone or view details of classes and book online at www.owenhomoeopathics.com.au.

Christmas Opening Times

Wishing you all a joyous and blessed festive season with your families and friends and a wonderful start to 2013. The Redcliffe Centre will be closed on Christmas Day, Boxing Day and New Years day. All other trading days we will be open for usual trading hours 10.00 – 3.00.

Have a safe and happy celebration.

Book Corner



With Christmas around the corner we have some of our favourite and most popular home prescribing books available at special prices during December.

- The Family Guide to Homoeopathy** by Dr Andrew Lockie **\$30 (RRP \$35)**
- Homoeopathic Medicine for Children and Infants** by Dana Ulmann **\$25 (RRP \$30)**
- Homoeopathic Medicine at Home** by Panos and Heimlich **\$25 (RRP \$30)**
- Family Homoeopathy** by Paul Callinan **\$20 (RRP \$22.50)**

Healthy Pets Naturally

Treating Bee Stings

The treatment when a bee stings our pet is similar to that of humans.

If you are quick enough after the sting with **Apis, Ledum** or **Hypericum**, you will see the rapid results of subsiding pain that win you over to homoeopathy for life!

If you miss the initial sting and only notice the later results of a bee sting – very swollen face/lip/paw, the pet pawing or rubbing at its face or chewing its swollen, red foot, then **Apis** can be magic for these symptoms.

Even the more advanced signs of bee allergy or anaphylaxis - lethargy, rapid breathing and pale gums, can respond well to **Apis**, but at this stage I would also be phoning the vet and getting ready for a trip in for an antihistamine or adrenaline injection, as occasionally this reaction can be life threatening.

You may find your pet is cured before you get to the vet, but it is not worth risking!

Dr Clare Middle runs a natural therapies only veterinary practice in Bibra Lake. P: 08 9494 1243, www.claremiddle.com

APIS MELLIFICA from the honeybee



Apis people experience burning and stinging pains that are often right sided or originate on the right.

They are restless, impatient, irritable, short-tempered people that are fussy and hard to please. They dislike being alone and are inclined to be oversensitive and easily offended.

As well as bites and stings the classic **Apis** symptoms of swelling, burning, stinging or stabbing pain can be related to ailments such as sore throat, headache or painful urination. Arthritis with joints that are hot, inflamed and puffy with stinging pain. The person is sensitive to and worse from heat, pressure and touch.