

# GETTING ENOUGH CALCIUM

Osteoporosis occurs when calcium is lost from the bones. Although the bones remain the same shape, they are substantially weakened and are much more likely to fracture, particularly in the hip. This condition is frequently a problem for women during the menopause due to hormonal changes - a time many women seek help from a Homeopath. It is also common in people who take steroids for a long period of time. The general ageing process is also often a factor. It is widely accepted that exercise can be beneficial particularly if it is weight bearing (walking, aerobic or cycling) rather than swimming - despite this being excellent in other aspects.



Whilst an adequate diet is obviously an important factor in minimising the loss of calcium from the bones it is worth considering taking some form of calcium supplement. The "New Era Tissue Salts"

are excellent in this regard for a number of reasons. They are considered to be calcium in a form which is readily absorbed by the body. Although they are in tablet form they are prepared in such a way that they simply dissolve in the mouth on contact with saliva so they are extremely easy to take, whatever age you are! There are twelve Tissue Salts in the main range and numerous combination remedies available for self help with a variety of conditions. If you wish to consider supplements from this range the obvious choices are "Calc Fluor" and "Calc Phos" - No's 1 and 2 respectively. These are stocked in many health food shops and pharmacies and can be used confidently alongside any prescription medicines you may be taking.



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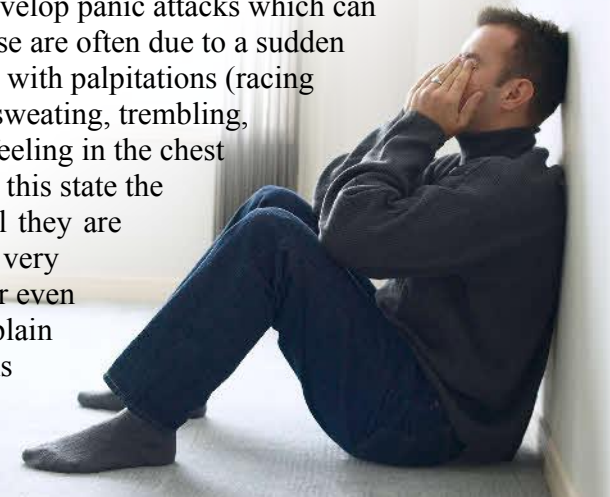


## "Health Matters"

# Struggling to cope with anxiety?

One in ten of us are, according to the The Royal College of Psychiatrists. It is perfectly normal to worry about everyday life but, when the anxiety becomes so great that it affects normal behaviour, the condition requires help. When people feel anxious over a long period of time and about a wide range of situations or issues, rather than one specific event, it is often referred to as a "Generalised anxiety disorder" or GAD. Sufferers will often struggle to remember the last time they felt relaxed.

Some people go on to develop panic attacks which can be very distressing. These are often due to a sudden surge of extreme anxiety with palpitations (racing or irregular heartbeats), sweating, trembling, unsteadiness, an empty feeling in the chest and pins and needles. In this state the affected person may feel they are going to do something very embarrassing, collapse or even die but not be able to explain why. This issue contains advice which is intended to help you in both the short and long term.



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# Anxiety?.... What anxiety!

A visit to your local Homeopath is often an easy first step to addressing your problems. Homeopaths frequently encounter anxieties and worries of all descriptions and severity and take time to listen to your particular concerns in order to select a remedy to suit you specifically. However, there are a number of “one off” stressful situations where you can usually treat yourself such as interview nerves, etc. The following homeopathic remedies are often available from local healthfood shops and chemists.

- ◆ **Aconite 30c:** the feeling is of real terror and fright and often a conviction of certain death. Commonly indicated for terror about flying but also useful an hour before the dentist or exams!
- ◆ **Gelsemium 30c:** with the anticipatory anxiety there is often a feeling of weak and tired muscles. There may be trembling and, even if thirsty, the weakness prevents drinking.
- ◆ **Phosphorus 30c:** for nervous, very sensitive people who startle easily, feel better in company and are easily reassured. Usually accompanied with great thirst for cold drinks.



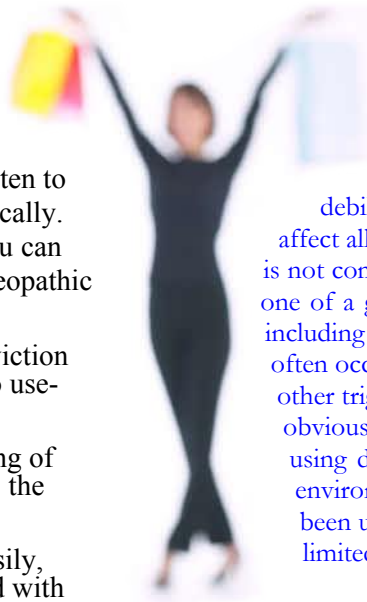
The well known “**Bach Flower Remedies**” can also often help with anxiety. Whilst

many people are aware of **Rescue Remedy** it is possibly less well known generally that there are self help remedies in the range for specific types of anxiety. They include:

- **Agrimony** for anxiety hidden behind a brave face and seeking company as a distraction.
- **Mimulus** when the cause of worry is known. They may suffer from stammering, shyness and timidity.
- **Red Chestnut** is for over concern about the health or welfare of others.
- **Aspen** is for when the cause is unknown or there is vague anticipation.
- **White Chestnut** is for unwanted thoughts or mental arguments.

If the problem persists seek professional help.

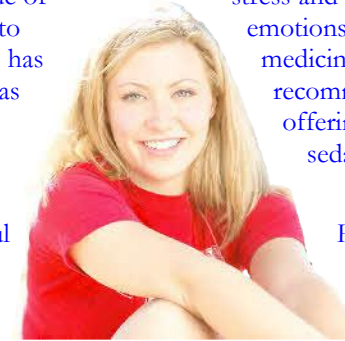
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## A breath of fresh air for Asthma sufferers

Asthma can be a very debilitating condition which can affect all aspects of your life. The cause is not completely understood but it is one of a group of allergic conditions, including eczema and hayfever, which often occur together. There may also be other triggers for it which may not be obvious. The technique of using de-sensitization to environmental triggers has been used but often has limited effectiveness.

approach - intended to work along side the condition without interfering with any prescribed medicines. Here emphasis is placed on understanding the cause of the problem and trying to address it. In many instances the initial trigger may have been related to major life events such as bereavement, shock, prolonged stress and a variety of other strong emotions where conventional medicine may see the solution as recommending counselling or offering anti-depressant or sedative drugs.



Whilst conventional medicine can be successful at treating the symptoms, Homeopathy can be used as a complementary

Homeopathy can often help people with this condition when treatment is by a professional practitioner.

**If the food you love “doesn’t like you” - why not try talking to your local Homeopath!**



## Giving children the “gift” of health

Many of us consider our children healthy if they have no symptoms of illness yet this doesn’t mean they are in optimum or even good health. True health isn’t just being free of symptoms, it is also a sense of well-being. Many children find it difficult to articulate how they feel and, when they do, it may not be obvious what to do to help them other than give comfort and reassurance. Many Homeopaths hear parents report that their children seem “much happier and contented generally” after Homeopathic treatment for “physical” problems. They also hear that the child seems to have fewer health issues generally. This is because Homeopathy is a truly holistic approach to health care and aims to help the body build its natural resistance to illness. Careful consideration is given to the child’s ability to deal or cope with situations that may crop up, ranging from pre school through to teenage angst. During a consultation the practitioner will observe the child in a non-judgemental way and select a suitable, individualised remedy for them. The aim is to help the child achieve both optimum physical and emotional health.



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