



Natural Health News

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416 385 1001

FEEL ENERGIZED • MOTIVATED • AND SYMPTOM FREE WITH
HOMEOPATHY

ISSUE 2 JAN 2014

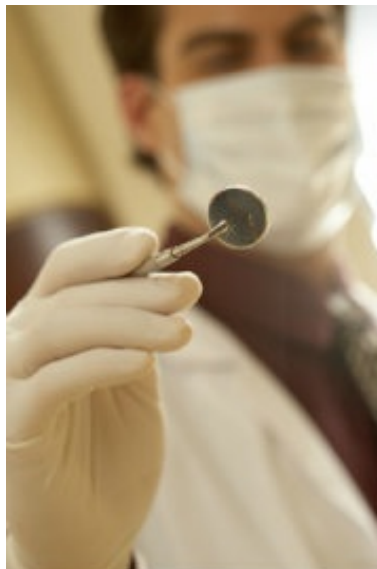
WELLNESS AND HEALTH

Have you been to the dentist lately?

Homeopathy for dental problems

by Tamara der-Ohanian

Homeopathy can be helpful in many situations, including relieving the fear of going to the dentist, draining abscesses, healing bleeding gums, alleviating tooth pain, and other dental emergencies. The remedies can help speed-up the healing process after dental procedures as well as provide relief while you wait for your dental appointment or emergency assistance.



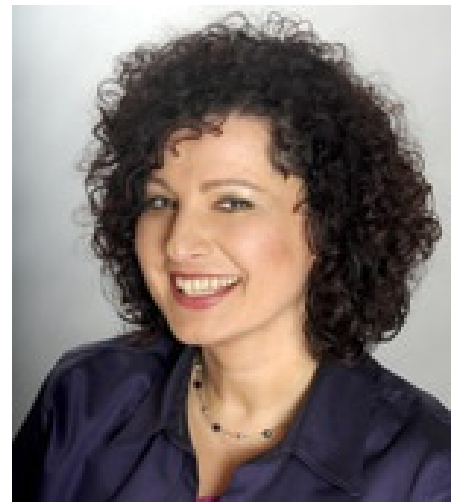
Fear of Going to the Dentist

Aconitum Napellus: This remedy is helpful for those who experience fear with a sudden onset of panic about an upcoming dental visit. The remedy can be taken the night before and/or the morning of the dental appointment.

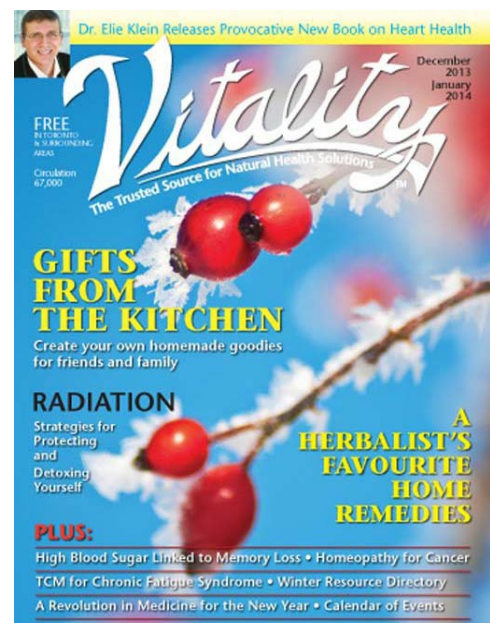
Gelsemium: For fears that are accompanied by feeling weak and shaky. The person may also experience nausea and/or diarrhea. This too can be taken the night before as well as the morning of the appointment.

Top 6 Remedies for Dental Problems

Arnica Montana: Use this remedy for bruising, inflammation and trauma caused by any and all routine dental procedures. Examples include post-operative swelling from injections, extraction of teeth



Homeopathy and Cancer



Homeopathy can play an important role in treating patients with cancer.

include post-operative swelling from injections, extraction of teeth, gum surgery, soreness following insertion of dentures. Those with super sensitive teeth can even use this remedy for any discomfort experienced after having their teeth cleaned. Take one pellet 30 minutes prior to the procedure, then follow the instructions “How to Take the Remedies” at the end of this article.

Belladonna for *throbbing* tooth pain. Useful for sudden onset of gum or tooth abscess that is accompanied by redness, inflammation and *throbbing*, which is sensitive to the slightest touch.

Hepar Sulphuris for beginning dental abscess with *pus*. The person may have increased salivation. Gums may be tender to touch and bleed easily.

Silica (aka Silicea) used to promote the drainage of pus.

Hypericum: For all types of *nerve pain* associated with toothache and post-operative surgery (E.g. tooth extraction or gum work).

Ferrum Phosphoricum for post-surgical bleeding after gum surgery or extraction; when the bleeding is not controlled by pressure with gauze.

How to Take the Remedies: The remedies should be taken in 30C potency. Reduce frequency as symptoms improve.

- Severe pain or discomfort: take one pellet every 5-30 minutes.
- Moderate pain or discomfort: take one pellet every 1-3 hours
- Mild pain or discomfort: take one pellet 2-3 times a day.

Even though these homeopathic remedies are designed to help alleviate your problems, you are also strongly advised to seek the services of a professional dentist as soon as possible.



QUESTIONS? Did you find this article helpful? Please let me know. I welcome the feedback!

I would also appreciate your suggestions on topics you would like to see covered in the newsletter. Please send your input/suggestions [via email](#).

New Year/New Start?

Note from Tamara: Most of us make resolutions on January 1 to take better care of ourselves, and most of us have forgotten what they were, exactly, by now... but it's never too late.

Treats all of you Natural Health News aims to provide timely information to guide and advise on a range of



“Given the opportunity, I could write volumes on how cancer politics have kept you in the dark...” says Tamara in the latest issue of *Vitality*.

For the full article, including information on how the 150 different types of cancer fall into five major cancer groups and treatment options, please see the latest issue of [Vitality](#). ([December/January](#)).

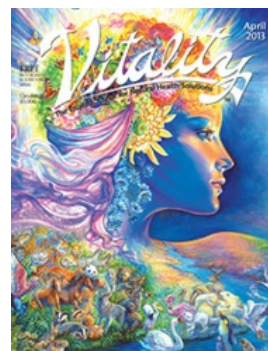
Tingling and numb and not sure why?

Read the expert—

In one of Tamara's regular feature articles for *Vitality*

Magazine, she explores causes and what to do about them —addressing numbness, tingles, and related

symptoms... whether it's related to migraine, disc issues, diabetes or something else entirely—the treatment won't set you back an arm and a leg.



[Homeopathy and numbness](#)

Homeopathic First Aid Kits to Treat Cold & Flu Symptoms

topics and, because homeopathy explores and treats your mental, physical, and emotional or psychological health and well being—the improvements can be life-changing.



BY POPULAR DEMAND



MEET ARNICA

Next month will see the launch of an advice column 'by' Arnica (above!) on homeopathic remedies for common ailments for pets. Stay tuned.

In the meantime, if you have any questions you'd like Arnica to address, please [email Tamara](#), who'll pass them on and make sure they're answered between walks/barks.

About Arnica (the plant)

Arnica Montana is a perennial flowering plant from the Asteraceae family, native to the mountains of Europe, as its name (montana) suggests. The yellow, daisy-like flower, seen from May to August in elevations of 3,500 to 10,000 feet, was mentioned first by



WITH 12 HIGH POTENCY HOMEOPATHIC REMEDIES



www.homeokits.com

Self-directed home treatments can help with many health issues. "This was my inspiration for developing the Homeopathic First Aid Kits for Cold & Flu Symptoms. Others in the series (and coming soon) include the Travel Kit, Children's Kit, the Ultimate First Aid Kit, and Pregnancy and Childbirth Kit." **Tamara**

Use Homeokit to treat and beat cold and flu—

Quick and natural relief from:

- high fevers
- chills
- headaches
- throat, ear and sinus troubles
- body aches
- coughs
- digestive upsets
- and more!

The Homeokit for Cold & Flu Symptoms comes in a handy, black wallet pouch and contains 12 remedies of 80 high potency pellets each and a colourful, easy to grasp chart of symptoms (below, showing side A), treatment remedies, and everything needed to keep you well and symptom-free (with homeopathy!).

[More information @ www.homeokits.com](http://www.homeokits.com)



Matthiolus, an Italian physician, in 1626. Folk remedies using arnica as a tea or tincture for wounds, bruises, rheumatic pains, heart weakness and even asthma, prevailed for centuries before that.

[More on Arnica—the remedy](#)



A client's testimonial of how homeopathy is helping with addiction:

"I have been struggling with alcohol addiction for the past 25 years. While I wasn't a daily drinker, I would binge weekly accompanied by smoking each time. I would convince myself that I wouldn't repeat the behavior. Sadly, I would give into the overwhelming cravings that I would experience.

I went to see Tamara in October 2013 for the first time. She emphasized how important it was to share as many details as I could about both past and present issues.

Along with the binge drinking and smoking I was feeling lethargic, demotivated and blue. Since I started taking the remedy that she prescribed I have been free of alcohol and smoking. I also feel more hopeful and centered. I know that I have a long road ahead but I feel confident that if I continue to see Tamara that together we can fight this lonely battle of addiction and depression."

Deborah, Toronto

For more information on homeopathy, to order your remedies, or to make an appointment, please contact [Tamara](#) or see www.Tamarader-Ohanian.com



I hope you'll share this newsletter with your friends who might like to receive information, tips, and links in their inbox—or be interested in the issues we cover.



View the website to access [MORE OF TAMARA'S ARTICLES](#). CALL OR [EMAIL TAMARA](#) TO ORDER THE HOMEOKIT FOR YOU OR FOR SOMEONE YOU'D LIKE TO HELP FEEL WELL AND BE WELL (OR TO BOOK AN APPT.)

From Goodreads:

"I can't manage without homeopathy. In fact, I never go anywhere without homeopathic remedies. I often make use of them."

— Paul McCartney.

UNTIL NEXT TIME:

"Please [email](#) or call with questions or to order—or to have a look at a HomeoKit when you're in for a treatment. If it's your first appointment, allow two hours so I can do a full exploration of what ails you, and why, and determine how to remedy the situation." Tamara

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