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Natural Health News

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FEEL ENERGIZED • MOTIVATED • AND SYMPTOM FREE WITH
HOMEOPATHY

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WELLNESS AND HEALTH

How to reclaim your lost energy

Homeopathy for tiredness & anxiety

by Tamara der-Ohanian

Have you noticed how your energy improves when you have a new love interest in your

life? The world temporarily transforms itself into a kinder, gentler place. You wake up earlier. You feel happy and refreshed. You forgive people more easily and overlook things that would

have normally caused you distress. And, as an added bonus, flowers and birds make



It's spring and that means allergy season!

Ask the expert—

Is there an option to sniffing, sneezing, scratchy eyes, etcetera?

“Absolutely. One of my clients had been suffering with severe hay fever for 12 years. Her symptoms were a stuffy nose that was constantly dripping, watery and itchy eyes, itchy nasal passages, the sensation of

their debut in your daily travels.

Feel happy

The challenge is to feel happy and energized without the new love interest or other temporary circumstances. Achieving higher levels of energy requires being healthy physically as well as emotionally. It involves loving and accepting ourselves just as we are, and enjoying the present moment without worrying about our shortcomings or what the future will bring. Lastly, it's about repairing past relationships, forgiving and letting go of perceptions that someone has done us wrong.



Read [the rest](#) including a case history of how 'Diane' got her energy (and her confidence!) back. This article was originally published in Vitality Magazine.

Tamara says:

“Concerns of belonging and approval are not only related to self-esteem, anxiety, and confidence—but may have deep implications for your ongoing health. There are remedies—and much that can be done. I also have a number of articles on related topics on my site—please contact to discuss or explore.”

ASK ARNICA

Homeopathic remedies for pets—
BY PUPULAR DEMAND

sand in the corner of her eyes, pressure in her forehead and occasional headaches. Sometimes, she had difficulty falling asleep from all the sinus irritation.

“The initial consultation pointed me to the remedy Natrum Muriaticum; a remedy that encompassed all of her physical and emotional symptoms including her temperament. To her surprise, after the initial dose, Janet was on an emotional high and her anxiety level had reduced by 50%.



“Over a period of nine months, Janet's allergy symptoms improved by 80%. The remedy Thuja, following the Natrum Muriaticum, cleared up the remaining symptoms over a period of three months and Janet was allergy-free.

So--say welcome to spring!

You don't have to hide your complexion (or you!)... there's a remedy for that!



That's right, folks. This column is by PUPular demand... I'm Arnica and if you have any problems or questions you'd like me to address, please send to my favorite human Tamara and I will respond in exchange for walks, treats, and the occasional pat. Nice treats only.

GOING TO THE VET

Dear Arnica: My human took me to the vet last week and it was awful. I shook and trembled all the way there. What can I do to avoid this? *Scaredy Cat*

Answer: Sorry to hear that, Scaredy. Most of you know that Arnica is useful for all sorts of trauma to the body (for humans and us pets) such as bruises, injuries, muscle aches and sprains.

Arnica for feelings

BUT did you know that Arnica can be taken for emotional traumas? For humans, it can be the shock from hearing bad news, for example.

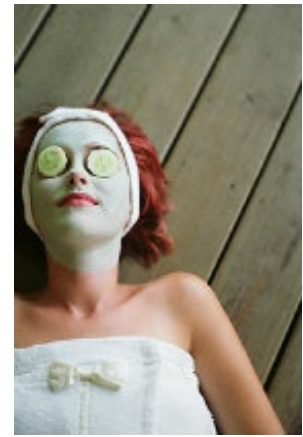
Dogs and cats, however, have different issues. (Of course we do!)

And one of the biggest traumas that pets suffer but can't tell our owners, except for the shivers and shakes and hiding under the table or behind the sofa... is GOING TO THE VET!!! So before taking your furry buddy to his or her next vet visit, give them Arnica 30C (or 200c).

Like this:

- Drop 2 or 3 pellets of Arnica in your pet's water bowl.
- Wait for the pellets to dissolve completely.

"I don't know how to thank Tamara. She is a genius."



^I suffered from various forms of acne for 10 years since I was 16. I was put on Acutane twice. But once I was off the pill, the acne would come back. I tried everything, including a drastic change to my diet, but the acne still persisted. I went to the doctor again, only to have him refer me to another dermatologist who, in turn, prescribed antibiotics and other pills, not to mention he dismissed all the other symptoms I complained about, including fatigue.

"I promised myself not to take another pill and instead find the underlying cause of my acne.

Through my research for natural cures, I accidentally came across homeopathy and saw Tamara's website. I was very sceptical at first but thought I would give it a shot. After our long visit, she prescribed me a remedy that I thought will cure my acne. Within a week, instead of seeing changes in my physical symptoms, I saw a huge boost in my confidence like there was nothing in this world I couldn't do, I also found that I used to feel a certain nervousness when I was near people

- Stir the water with a spoon.

Have your pet drink from the bowl once before the appointment and once more upon returning home. Arnica helps ease your pet's anxiety and re-adjust quickly.

Whine, whine, whine

Here's an extra tip—Arnica can also be used for separation anxiety – such as leaving your pet to go on vacation, at the sitter's, or even doggie daycare.

In the next issues, I will talk about the benefits of raw foods for pets. Yum. Stay tuned!

p.s. Arnica (the pupular columnist) is named after Arnica (the remedy). Arnica restores health with no side effects and is safe for children, adults, pregnant women, seniors (and pets!). Click for [more on the remedy](#).

First Aid Kits for Cold & Flu Symptoms



Many everyday issues can be addressed with self-directed home treatments. This was the inspiration for developing the Homeopathic First Aid Kits for Cold & Flu Symptoms.

For quick and natural relief from:

- fevers
- chills
- headaches
- throat, ear and sinus troubles
- body aches
- coughs

or when I had to perform in front of people, but now it was all gone.

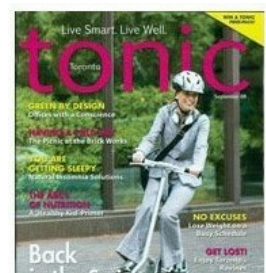
“Within months, my physical symptoms including my acne also resolved. Tamara had discovered and cured the social and performance anxiety I was living with for years, which impacted my self-confidence and was the cause of my acne.

“Thanks to Tamara, I have my confidence and my beauty back and my life has changed in so many ways. As a result of this liberation from performance anxiety, I am moving from a career in engineering to becoming a songwriter who is able to perform in front of people without nervousness. I don't know how to thank Tamara, she's a genius.“

Mahsa B.

Is it possible to improve your love life—and your friendships and relationships with family and co-workers?

Tamara writes regular features for



- tummy upsets, and more.

So treat you and yours and beat cold and flu
—and enjoy your spring and summer!

This fantastic kit—which was designed for
colds and flu but contains many remedies
and a handy chart of symptoms—is more like
a full first aid kit. It comes in a handy dandy
black wallet pouch with 12 remedies of 80
high potency pellets each and an easy chart
of symptoms, treatment remedies, and
everything needed to keep you and yours
well and symptom-free. Perfect for the
cottage or to take on vacation.

Remedies include everything from
Belladonna to Bryonia to symptom
explanations, triggers, and everything you
need to know to get well soon.

It's \$100 for clients (+ HST) and \$130 for non and we
deliver in Canada and the US. [Order from Tamara](#)

Also see @ www.homeokits.com

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



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features for
Vitality and
other



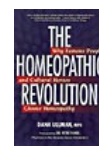
magazines, including this
article on [Homeopathy for
Improving Relationships](#).

TO SEE [MORE OF TAMARA'S
ARTICLES](#).

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*

**According to
Cher, “Life in
the fast lane
wore me down;
changes in my
diet and
homeopathy
saved me.”**



from Dana Ullman,
[proponent of
Homeopathy &
author](#)

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