



Natural Health News

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FEEL ENERGIZED • MOTIVATED • AND SYMPTOM FREE WITH HOMEOPATHY

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WELLNESS AND HEALTH

Staying safe and well on your vacation

by Tamara der-Ohanian



Homeopathy tips to take with you

A few years ago I was sitting next to a mother and her young boy on a bus trip to New York City. Shortly after departure the boy started to cry, holding his tummy and clinging to mom. His mother was apologetic, explaining that the boy suffers from motion sickness. She told me the problem could be much worse; he vomits if she doesn't give him Gravol before boarding.

While I don't suffer from motion sickness myself, I make it a habit of travelling with a fully loaded first aid kit. You see, I get special pleasure from



I'd like to stay in touch with you...

“The legislation on emails is changing in July—but I'd like to keep in touch. Please click [here](#) to confirm that I can continue to send emails and (the occasional!) email newsletter to you.

showing off how quick and effective homeopathic remedies can be in various first aid situations.

With the mother's permission, I reached into my purse and pulled out the remedy *Cocculus Indicus*. I told the boy he will like its sweet taste, and instructed him to keep the remedy under his tongue until it dissolved completely. Within 15 minutes the boy stopped crying and let go of his mother. I told the mother to repeat the remedy, if and when the symptoms return. Much to the mother's amazement, the boy was his usual happy self for the remaining 11-hour bus trip and no more remedy was needed.

Homeopathy and First Aid

Some people believe they don't have the skill or knowledge to use homeopathic remedies and they shy away from prescribing for themselves and



family members. While it does take special training to find suitable remedies for chronic illnesses (a task that should be left to professional homeopaths), prescribing in first aid situations is easy and safe, and can be done by anyone.

Read the rest of the article at: [Vitality](#)—

I give tips and hints on staying well on vacation and what you can do for a safer, healthier holiday.

PRESENTING: ASK ARNICA

Homeopathic remedies for pets—
BACK BY PUPULAR DEMAND

“If it's easier, just click reply to this email and put yes in the subject line. Thank you!” Tamara

p.s. you'll still be able to unsubscribe at any time.

Ask the expert—

What can be done about Fibromyalgia?



Fibromyalgia is often misunderstood, and even misdiagnosed, when symptoms first appear. It is difficult to diagnose because Fibromyalgia's main symptoms, including widespread musculoskeletal pain, fatigue, sleep problems, mood disorders, headaches, brain fog and Irritable Bowel Syndrome often overlap many other conditions.

What is Fibromyalgia?



That's right, folks. This column is back by PUPular demand... yeah! 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. Healthy and tasty treats only... see below!

WHAT SHOULD I EAT?

Dear Arnica: There are so many ads on TV these days showing happy dogs, talking dogs, cats having massages when they win the lottery (I like that one!)—but they mostly seem to be talking about their favorite food or what's the healthiest. What should I be telling my human when they ask what I would like for din dins?

Confused (I think dogs deserve massages, too--just sayin!)

Dear Confused and Deserving: I've been a long-time lover of real food and raw food for family pets. We deserve the best, too, right? It looks better, smells better, tastes better, and is better for your skin and bones and even your teeth (no more humans brushing pet teeth--I vote we start a petition). Raw food helps prevent arthritis and hip dysplasia even, cause there's more calcium.

I especially like the raw chicken patties—60% protein from [St. Andrews Poultry](#) in Kensington Market and very good for you (and me! me!! Yum)

The term Fibromyalgia means pain in the fibrous tissues of the body; muscles, ligaments and tendons. It is usually accompanied by profound fatigue, which has no apparent cause or reason.

Scientists believe that Fibromyalgia is the resulting dysfunction of how the brain and body communicate.

It is believed to be a pain amplification syndrome; it amplifies the sensation of pain by affecting the way your brain processes pain signals. Therefore Fibromyalgia is a central nervous system disorder, rather than a musculoskeletal one

Alleviate the Pain of Fibromyalgia

There are ways to alleviate the pain, suffering, and fatigue of Fibromyalgia with the aid of homeopathy—to read the rest of Tamara's article, please click [here](#).



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

UNTIL NEXT TIME:

“Please [email](#) or call with your health and wellness questions or to order—If it's your first

.. and Marlon's Meats does totally tasty organic choices for dogs and cats at 2636 Yonge.

Watch [the video](#) from St. Andrew's—that is one happy puppy! (Pet Foodie—Gourmet pet food for your best friend)

Lots of puppy love from Arnica

Speaking of... don't forget to use Arnica (from Tamara, not me) to help with separation anxiety before leaving your pet to go on vacation, at the sitter's, or even doggie daycare.

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.](#)

Be prepared—a cold or flu can ruin your summer vacation

First Aid Kits for Cold & Flu Symptoms

Many everyday issues can be addressed with self-directed home treatments.

“This was my inspiration for developing the Homeopathic First Aid Kits for Cold & Flu Symptoms—I wanted to make it easy to help yourself when I'm not there.” *Tamara*



For quick and natural relief from:

- fevers
- chills
- headaches
- throat, ear and sinus troubles
- body aches
- coughs
- tummy upsets, and more.

This fantastic kit—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

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*

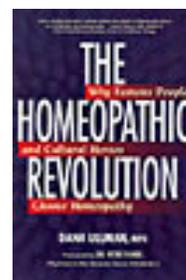
Attributed to Yehudi Menuhin, violinist and conductor:

“Homeopathy is the safest and most reliable approach to ailments and has withstood the assaults of established medical practice for over 100 years.”

Daily Telegraph , August 12, 1989

from Dana Ullman,

proponent of Homeopathy & author



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And don't forget to [click here](#) or just reply with a yes in the subject line to this email to confirm you'd

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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