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FEEL ENERGIZED • MOTIVATED • AND SYMPTOM FREE WITH HOMEOPATHY

Natural Health News

Tamara Der-Ohanian, DSHM
Classical Homeopath

416 385 1001

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WELLNESS AND HEALTH

Homeopathy for back pain

by Tamara Der-Ohanian



The past 16 months have brought me the highest number yet of people seeking help with lower back pain and injuries. At first, the condition and the timing seemed to be a simple coincidence; then it occurred to me that I too had injured my lower back prior to this 16-month period. Was I being given the opportunity to pay attention and pay it forward?

A Case of Habitual Back Sprain

Adrian's back made a cracking noise and seized up as he bent forward to plug in his computer. In the preceding eight years, Adrian had strained his back a few times each year as a result of lifting boxes, moving the wrong way, and sleeping in the wrong position.



Good news!
Save your receipts...
since August 2015, the
Canada Revenue
Agency has accepted
Homeopathy as a
legitimate medical
expense.

On each occasion, Adrian consulted his General Practitioner who prescribed anti-inflammatory medication plus pain killers. As a result, the problem would subside, then reoccur a few months later.

Following his four-week disability leave, Adrian returned to work where he was allocated restricted duties and advised to take things easy. Unfortunately, shortly after his return to work his foot slipped down a pothole in the parking lot and he re-injured his back. This exacerbated his recovering back problem.

In severe discomfort and unable to continue working,



Adrian was sent home in a taxi. This episode was the most severe and it prevented him from driving, sleeping, and climbing stairs; it also restricted his daily activities.

After sitting in my office for a short while, Adrian asked if we could continue our conversation with him lying on the floor. This, apparently, was the most comfortable position for his back. Adrian's burning pain, while sitting or walking, got progressively worse. His back felt weak and he complained of occasional numbness in his feet.

Read the rest of the article at

[Vitality](#): —

As published in the September 2015 issue of Vitality Magazine



PRESENTING: ASK ARNICA

Homeopathic remedies for pets—
BACK BY PUPULAR DEMAND



Ask the expert—

Are you ready for the holidays?



If you're not feeling at your peak—the prospect of more family time may be worrying you. There's an answer for that.

Homeopathic Medicine for Family Dysfunction and the Holidays—

Last January, a number of my new patients sought help with various ailments such as headaches, digestive problems, anxiety, depression, eczema, and more. As I was reviewing their cases, it became apparent that all their ailments seemed to be triggered by one common denominator – interaction with family members. Turns out that these patients had endured stressful holiday gatherings and faced unpleasant family situations. Their symptoms, even the physical ones, had emerged shortly thereafter.

Some of us go through the holidays asking, “God, grant me the ability to change the things I cannot accept.” Even if we don't realize it on a conscious level, we want our family members to stop being who they are, and behaving the way they do.



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!

Ouch—

Dear Arnica:

I ran into a very cranky cat and, consequently, I have a wound that simply will not heal. It's yucky. What can I do about it? *From Sore Loser*

Dear Sore: An abscess is a common complication of a punctured wound, usually caused by injury. It is more common in cats because their sharp teeth and claws can inflict deep wounds during fights. An abscess that keeps draining and does not heal (called fistula) usually indicates the presence of a foreign object in the tissue – sometimes several inches away from the drainage.

Prevent infection: Quite often you can prevent infection or abscess by giving the remedy *Ledum Palustre 30C* shortly after the injury. One dose should be sufficient. (see remedy preparation and dosage below)

The following three remedies are helpful after the abscess has formed:

- ***Hepar Sulphurs calcareum 30C:*** Helpful when the abscess has not opened or drained yet, and is very painful to touch. This remedy will open the abscess so it drains out and begins to heal.

What if there was a little magic pill you could take to feel stronger emotionally, grow less anxious, develop stronger boundaries, and not allow people around you to affect you as they do?

There is such a pill and it's called a homeopathic remedy. When you take a remedy carefully selected by a Classical Homeopath to match your specific physical symptoms, general nature, and character, the effects can be truly magical.

Read on for the story of one woman who sought homeopathic treatment for her headaches, which were triggered by family gatherings and facing her mother. More of [Tamara's article](#).



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

Travel First Aid

Another great stocking stuffer is on its way—it will be available by the end of November so [contact me](#) to place an order if you'd like one (or two!).



“My Homeokit First Aid Travel Kit will have 12 remedies and will help with travel issues that can ruin your vacation or business trip!” *Tamara*

- fear of flying
- jet lag
- sunburn/stroke
- motion sickness
- altitude sickness
- food poisoning
- hangovers, and more!

- **Silica 30C:** this remedy is best for a developed abscess that has opened and draining pus.
- **Lachesis muta 30C:** This remedy is helpful at a later stage when the tissue near the abscess is turning bluish or the skin is dying, becoming hard, and starting to come off. The pus smells foul.

Remedy Preparation and Dosage:

- Drop 2 pellets into the pet's water bowl and wait until it dissolves (10 min)
- Using a clean spoon, stir the water 3-4 times only
- Have your pet drink from the bowl (each drink is considered one dose)
- Do not feed your pet for a minimum of 15 minutes both before and after giving the remedy
- Give one dose every four hours. If after 3 doses there is no change, try a different remedy or consult a trained veterinarian. If there is significant improvement after one or two doses, stop the remedy, as the immune system will take over and complete the curative process. Repeat the dose if and when the symptoms return.

Adapted from the book Natural Health for Dogs and Cats by R. Pitcairn, DVM, PhD

p.s. And if I were you, Sore, I would practise your getaways and give Cranky Cat and friends a wide berth.

With lots of puppy love, from Arnica

p.s. Arnica (the popular 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](#).

Give the perfect stocking stuffer to protect your family and friends—a cold or flu can strike anytime

First Aid Kits for Cold & Flu Symptoms

"I was inspired to develop 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



I'm official!

Homeopathy joined the list of regulated professions on April 1, 2015. I'm now a member of the [College of Homeopaths of Ontario](#).



Until next time:

"Please [email](#) or call with your health and wellness questions or to order my products—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



"I also turn to homeopathic remedies for the treatment of indigestion, travel sickness, insomnia and hay fever just to name a few. Homeopathy offers a safe, natural alternative that causes no side effects or drug interactions."
— Cindy Crawford."

- 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 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](#)
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by www.davieslate.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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