

Carole Bryant, Naturopath

(ATMS & HATO accredited)

- nutrition • herbal medicine • homoeopathy • flower essences • iridology
- NAET allergy elimination technique • craniosacral balancing • massage
- manipulative muscle therapy • kinesiology • reflexology • reiki • Theta Healing
- Thought Field therapy • Neuro-Linguistic programming
- plus for pets: • Tellington TTouch (Companion Animals) practitioner
- canine craniosacral balancing • behavioural dog trainer • Tellington TTouch (Horses) practitioner-in-training

Berigora Farm



natural products

- pet food supplements
- pet care products
- skin care products
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NEWSLETTER

Spring 2010

FEATURE MODALITY: HOMOEOPATHY



Arnica montana

Homoeopathy, which has been around for over 200 years, is probably the least understood modality as it makes no sense to our “logical” western conditioning. However, homoeopathy is one of the best documented modalities.

Homoeopathic medicines are made from substances that are prepared by serial dilution and shaking in a particular way so that only the energy of the original substance remains, a process known as potentisation. The greater the dilution—the more powerful the remedy becomes as its energy increases with potentisation.

An example is the herb Arnica (*Arnica montana*) also known as Leopard’s bane or Wolf’s bane, which can be extremely toxic when taken internally in its herbal form, causing severe gastroenteritis and bleeding of the digestive tract, hypertension, cardiac arrest, difficulty breathing, muscular weakness, dizziness, nausea, vomiting, drowsiness and coma.

However, when used in its homoeopathic form, Arnica is a safe and effective remedy, used following injury and surgery for bruising, bleeding, and the feeling of the limbs and body “aching as if beaten”.

Homoeopathic remedies provide a safe means of treating humans and animals without risk of overdosing or severe side effects.

NEGATIVE ION GENERATORS

Remember that old saying about the “ill wind that blows no good”? Winds like the Swiss Foehn, American & Canadian Chinook, American Santa Ana, Italian Sirocco, French Mistral and Israeli Sharav are also referred to as “witches winds”. When these winds blow, there is an increase in crime rates, suicides, traffic accidents and domestic disputes. The problem is due to the high ratio of positive ions in the atmosphere when these winds blow. **Positive ions** have a **negative** effect on humans and animals. **Negative ions**, found in abundance near the ocean, running streams and waterfalls, have a **positive effect** on humans and animals. Unfortunately, our houses and urban environment are high in positive ions—carpets, paints, furnishing fabrics, air conditioners all give off positive ions. and most indoor environments have a ratio.

Humans respond best to an atmosphere where the ratio of negative ions to positive ions is 2:1 (similar to that found near the ocean) whereas most indoor environments have a ratio of 1:2 (much more like that of the “ill winds”. Fresh country air contains 2000 to 4000 negative ions per cubic centimetre, and a busy freeway might have less than 100. About one quarter



of all humans are highly sensitive to the balance of positive and negative ions in the atmosphere and find they are plagued by colds, asthma and other respiratory infections, sleeplessness, aching joints and mood changes when the atmosphere is high in positive ions.

One solution is to use a negative ion generator. These devices are available in a range of sizes to provide a healthy balance of negative ions anywhere in your home. There are also models available for your car (another major source of harmful positive ions). Prices range from about \$130 to \$500 depending on the size of the area you wish to treat—from small rooms and motor vehicles to large open plan houses (*contact me for detailed information and prices on specific models*).

Negative ion generators can be very helpful for those with allergies and sensitivities as they help remove dust, pollen, mould spores and other allergens from the air and improve our general sense of wellbeing. There is also evidence that negative ions can assist with pain relief.



PET HEALTH: REDUCING STRESS

Stress in its many forms affects us all, including our pets and livestock. Stress can be nutritional (poor or inappropriate diet); environmental (exposure to chemicals & toxins) or emotional.

Ways of reducing stress include improving health by feeding a diet appropriate for the species—matching as closely as possible the diet that species has evolved to eat. Adequate exercise also helps to reduce stress levels by providing an outlet for excess nervous energy, while providing environmental enrichment reduces stress by providing mental stimulation and relieving boredom.

For some animals, severe or ongoing stress leads to physiological changes, so that the animal remains stressed even when it is no longer in a stressful situation. When this happens, the response to even mild stress becomes exaggerated as the animal is no longer able to exercise a normal response to stress. In that instance our animals can benefit by learning new ways to deal with situations they find stressful.

Tellington TTouch is one way animals can learn new ways to respond to situations they find difficult to cope with.

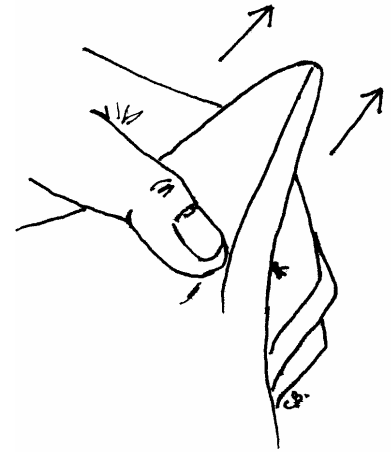
CranioSacral therapy is another way of inducing deep relaxation and calming down the nervous system so that it is able to respond normally.

Supplements that support the body in returning to a normal physiological state are often needed to assist animals reach a state where they can cope with stress and react appropriately. (Of course, all of this applies equally to stressed humans!).

Simple measures to help relieve stress and anxiety are Tellington TTouch Ear Slides and Stress Mix.

To do the Tellington TTouch ear slides (which work well for all species of animals), gently (imagining the ear as being as fragile as the petal of a flower) stroke the whole ear from the base to the tip in the direction the ear grows. The ear contains acupuncture points for the whole body, so by doing ear slides you can influence the whole body. Ear slides are especially good for shock, stress, digestive problems

and car sickness.



My popular Stress Mix formula includes homoeopathic remedies, flower essences and crystal essences. Cost is \$15.00 for 15 mL (30 doses); \$20.00 for 25 mL (50 doses) and \$30.00 for 50 mL (100 doses).

For ongoing stress give Stress Mix twice daily. For situations of specific stress (visits to the vet, competitions, etc), give one dose 1/2 hour before the stressful situation and give additional doses as needed.

UPCOMING WORKSHOPS:

Introduction to Tellington TTouch for Companion Animals, 27 & 28 November, Grafton (contact me for details)

TWO WOLVES

One evening an old Cherokee told his grandson about a battle that goes on inside people. He said: 'My son, the battle is between 'two wolves' inside us all.

One is Evil. It is anger, envy, jealousy, sorrow, regret,



greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.'

The grandson thought about it for a minute, and then asked his grandfather: 'Which wolf wins?'

The old Cherokee simply replied: 'The one you feed.'

FEATURE PRODUCT: EYE WASH FOR PETS

A gentle non-stinging eye wash to keep your pet's eyes sparkling clear.

Clients have reported that our eyewash has cleared up long standing eye infections that have resisted other forms of treatment.



To use eyewash: Shake well before using. Gently squeeze several drops into the eye. Gently wipe away any debris. Repeat until eye is clean. Use twice daily or as needed.

Ingredients: filtered water, colloidal silver, eyebright & golden seal herbal tinctures.

Cost: \$11.00 for 30 mL squeezable plastic bottle with built in dropper.

Yours in good health — Carole