



# Holistic Medical Centre

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## Christmas tips

We thought it would be good to give you a few tips over the Christmas period. Firstly, stock up on a small **homeopathic kit** of 30c pillules. **Arnica** - is great for bumps and bruises but arnica cream appears to work well too. **Aconite** or Rescue Remedy is great for shock or fright. **Cocculus** is the first remedy to give with car sick children (and adults). This will also help with sea sickness. The specific indications for motion sickness that would respond to **Petroleum** are faintness, dizziness, paleness, cold sweat and nausea. There may be pain in the back of the head and pain in the stomach relieved by eating. **Nux vomica** is the remedy for the after effects of over indulgence in food and alcohol. The remedy for sprains and strains in the initial stages is **Arnica** but in the following hours and days **Rhus tox** may assist healing when there is initial tenderness or stiffness with movement but gradually improves with continued

movement. More severe injuries that are more painful for the slightest movement may respond to **Bryonia**. The remedy to go for if the ligament has been torn is **Ruta grav**. For sunburn homeopathic calendula spray or gel is good topically. Internally **Urtica urens** is good for mild stinging sunburn. **Ledum** is the best remedy for most insect bites but especially good if the affected part is cold. When there is a marked degree of redness and swelling or ledum is not helping **Apis** is indicated. If you suspect spider bites a trip to the doctor is warranted as white tail spider bites can cause discomfort. Homeopathic first aid kits can be purchased from Simillimum Homeopathic Pharmacy on 0800 ARNICA. Dehydration can cause headaches and stomach cramps so remember water everyone. But it is better to add some electrolytes to some water or juice if you will be out in the heat for long periods of time or prolonged sweating. This is also helpful for anyone who gets a diar-

rhoea bug, to prevent dehydration. On that note, boiling fresh water before drinking can help avoid some diarrhoea causing bugs. Neat lavender can be used on burns where the skin is unbroken (otherwise it will sting). Oats placed in a muslin bag and soaked in the bath can be magic for itchy skin lesions including chicken pox. A few dietary tips to keep children happy and healthy and stave off unnecessary headaches, tummy aches and eczema flares. Buy sausages, crackers and potato chips that are free of MSG (621). Buy ham off the bone (champagne ham) rather than processed ham products which very often contain MSG as well. Cartons of juice concentrate mixed with soda water are a wonderful soft drink substitute that are free of added sugar and artificial colours. Remember vitamin D is crucial for strong bones, optimal immune function, good sleeping patterns and mood. The trick to vitamin D is exposing the skin to direct sunlight to the degree that sunburn is avoided.

## Our favourite quote

Be kind whenever possible.  
It is always possible.  
Dalai Lama

## Health tips

Make full use of the berry season! Instead of lollies, treat the children to fresh cherries, blueberries and raspberries. This is an activity best conducted in old clothes, away from the car and any other soft furnishings that berry juice would not complement. Remember how good cockles, pipi and tuatua taste? Remember how much fun it is gathering them? A good trick is to store the freshly collected shellfish in a bucket of seawater for 24 hours. This way they stay alive and will spit out the sand (we can always do with less crunch in our pipi sandwiches). A wonderful source of iodine, zinc and B12.

## Happy Patient File

A patient recently visited us to look at natural options to work alongside her specialist recommendations. After her first visit she remarked that it was the "best phone number [she] had ever been given". She was impressed with how thorough the consultation was and her rapport with the doctor.

## Christmas hours and more information

We will be closing at 3pm Wednesday December 24 for the Christmas period. We will reopen on Monday January 5 at 9am. We wish you all a wonderful holiday season and look forward to helping you and your family with holistic health needs in 2009.

During the period between Christmas and New Year White Cross will be open and patients enrolled with the Holistic Medical Centre will get a fee discount.

Please remember to get in early for your prescriptions. Leaving it till Christmas eve may result in delays and dis-

appointments.

December 10 marked the 60th anniversary of the United Nations Declaration of Human Rights. The Declaration was signed in 1948 on the heels of the atrocities of WWII. We continue with letting you know what each of the thirty human rights

are.

Article twenty from the United Nations Declaration of Human Rights. *Article XX. (1) Everyone has the right to freedom of peaceful assembly and association. (2) No one may be compelled to belong to an association.*