



# *Newsletter Winter 2009*



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*This fall has been a very busy time, I hope you are all well and gearing up for the holiday season!*

*The swine flu news have diminished and once again luckily the media exaggerated everything out of proportion! The swine flu has been shown to be one of the milder flu's going around and fortunately has been less devastating than many other flu's in previous years! The whole vaccination drama has shown to be another Oops of the government and another great source of income for the drug companies.*

*I am grateful though for being able to lecture about the flu in general and to see how many people choose the natural route, keep it up!*

*I hope you find the information in this newsletter helpful and I'd be happy to answer questions that might arise!*

*With the upcoming ski season some of the following remedies might be helpful!*

## ***Strains, Sprains and Joint Injuries***



### ***Ruta Gravelones or Rhus Toxicodendron?***

*The indications for these two remedies look very similar at times. Both are good for strains, sprains and Joint injuries.*

*The person needing **Ruta** might be restless, but their restlessness does not ultimately relieve the pain. Indeed the bruised soreness and aching continues with movement, and they become intensely weary, complaining and difficult to please. The **Ruta** patient is able to rest and stop moving, if kept warm or given a massage. Lying on the painful side makes them feel worse.*

*The person needing **Rhus Tox** suffers pain on first movement, but continued movement makes them feel better. Therefore the **Rhus Tox** patient is restless and continues to move in order to ease his pain. He also suffers most on rising in the morning and feels better as the day goes on. Those needing **Rhus Tox** have less ability to concentrate, are more despondent and more mentally exhausted than those needing **Ruta**.*

*Don't forget for common muscle soreness, over strained muscles, bruising and dull tissue injuries **Arnica** is still the # **1remedy!***

### **Twitches and Tics**

*Most adults have experienced the occasional twitch a fluttering eyelid or jerking leg muscle, for example. These temporary, involuntary muscle spasms usually cause little problem and go away on their own.*

*Tics are different; these short repeated movements-such as eye-blinking, shoulder-shrugging, or tooth-clicking-occur suddenly during otherwise normal behaviour and are believed to be neurological in origin. They are not completely involuntary, however, because a person can suppress them for a while, with effort.*

*Tics typically first appear in childhood and experts say that as many as 20% of school aged children have them. Most tics are mild or short lived and are rarely a cause for concern.*

### Classifying tics

*When tics last for more than three months but less than a year, however, doctors may diagnose “transient tic disorder”. When tics last longer than a year, they call it “chronic tic disorder”. When both motor tics and vocal tics are present, Tourette syndrome may be diagnosed. Research suggests that tics may correlate with other neuro-psychiatric problems since 50% of children with a tic disorder may also have **obsessive compulsive disorder or ADD.***

### Types of treatments

*Conventional treatments may include behavioural therapy and drugs to attempt to suppress the tics, but this is usually only partially effective. Since tics are typically worse when a person is under stress, stress management is suggested along with treatment. Tourette’s syndrome can also appear as a side effect of drugs such as Ritalin or similar that is used to treat **ADD/ADHD***

***Homeopathy** is a safe effective therapy that can often bring about great improvement for those with tic disorders. Tics, twitches, abnormal restlessness, stammering and other related neurological disorders have shown to respond quite well to homeopathic treatment. For more information please contact a qualified Homeopath.*

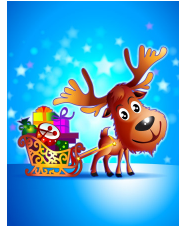
## ***Great News from Oprah Magazine***

### ***Dr. Oz recommending Homeopathy for treating headaches in Oprah Magazine***

*In the November 2009 issue of O (The Oprah Magazine), Dr. Oz analysis four approaches to treating headaches: Neurology, Acupuncture, Nutrition and HOMEOPATHY! Under MY RECOMMENDATION Dr. Oz says: “Acupuncture and homeopathy are worth considering as adjunct therapies once you are sure that the headache is not a sign of serious disorder.”*

## *The Gift of Health*

*Why not surprise your family or loved ones with a gift for their health this year.*



***Gift certificates** are available in all \$ ranges and for different treatment options. Show them that you care, gift certificates make great stocking stuffers!*



*How about a **Homeopathic First Aid Kit** for your family or for those who travel abroad. **Homeopathic Flu Kits** are still available too!*

***Watch for upcoming First Aid Workshops in the early spring***

## Christmas Cures?

### *Hang-o-vers?*



*Didn't you say "never again"?*

*As soon as you have the wit to realize you have overdone it: stop drinking alcohol and switch to water. Drink as much of it as you can possible stand. Put a very large glass of water by your bedside.*

*Waking up with a hangover? Try the "Bloody Mary" of Homeopathy the remedy Nux Vomica, it often helps especially if you are grumpy and chilly with a hangover. If you feel dehydrated try a dose of China 30 CH.*

***I wish you all a great and happy Holiday Season  
Thank you for your continued support and I am  
looking forward to working with you in the next  
Year.***

***A Happy, Healthy and Prosperous 2010***



*Your future depends on many things, but  
mostly on You!*

*-Frank Tyger*