

Next Month's Spotlight:

Homeopathy - Part 3 of 3
*Storing, Handling and Taking of
 Homeopathic Remedies*

Did You Know?

I use the "Sore No More" products on my horse, as well as my clients' horses. The main ingredient is Arnica, which is the homeopathic remedy for muscle soreness and trauma. This is a great liniment which can be used before or after workouts. Its all natural ingredients make it a must for all horses, especially those with sensitive skin. It works great on humans too! For more information or to purchase, contact me via email or by phone.

Workshops

Would your group or organization like to host a class or workshop? Please visit the website or contact me for a complete list and fees.

For More information

www.HolisticConnections.net
 716-998-2460
 jennifer@HolisticConnections.net



Holistic Connections
 Equine Massage Therapy

Holistic Connections

This month continues with the topic of homeopathy, which is a system of medicine that naturally stimulates the body's own healing ability to re-establish health and balance. Below you'll find more information on specific remedies for acute conditions.

Wishing health and happiness to you and yours!

Jennifer Stern



Community Spotlight

Acute conditions are those that have a sudden onset with a brief duration and tend to completely heal. Chronic conditions are those that are persistent for a prolonged period of time. Homeopathy is a wonderful way to treat both types of conditions; however, with chronic conditions a veterinarian with homeopathic experience should be consulted.

Some common homeopathic remedies are listed below along with the acute conditions they are most commonly used for.

Apis – Used for stings and allergic reactions caused by bees, insect bites, hives or other irritants.

Arnica – Used for the ability to minimize trauma, bleeding, bruising, and swelling after accidents. Also relieves muscle soreness due to falls, blows, exertion and workouts.

Calendula – Used for healing of minor skin irritations, inflammations, redness, itching, wounds and rashes. This is a GREAT remedy that also comes in an ointment form for external use.

Ignatia – Used for grief, anger, fear, jealousy or other emotional upsets. This is a wonderful remedy to give when there has been a death of a companion animal or the animal's owner.

Ledum – Used for puncture wounds (from needle pricks to dog bites).

Thuja – Used for warts and adverse reactions to vaccines.

It's a great idea to have your own homeopathic first aid kit on hand in the barn or home. To purchase a kit, you can go to www.homeopathy-works.com or www.1800homeopathy.com. Both sites have several different kits you can choose from, I like the General 30C Potency Kits, or the specialized Animal Kits. Another way to go is to start with a few of the more common remedies such as Apis, Arnica, Calendula, and Thuja, which you can purchase at your local Wegman's or Feel Rite stores.

Homeopathy for acute conditions is a great way to help our animals in a way that allows them to heal naturally. Like any other acute condition, if the problem persists or is extreme, contact your veterinarian immediately.

The above information is for educational purposes only, and does not take the place of veterinary medicine. You should consult your veterinarian with specific questions or for specific diagnosis of your animal's health.