

September 2015

# Homeopathy

Phone Amanda to  
book for the

Tuesday

Low Cost

Children's  
Homeopathic  
Clinic



Amanda Bate  
RSHom

Practice times in  
Abbots Langley::  
Mon-Fri 9-5  
evening & Saturday  
am appointments  
and Home visits by  
arrangement. Skype  
appointments  
possible too

Clare James in Kings  
Langley is my  
nearest independent  
Health Food Shop  
stocking remedies.

**Amanda Bate RSHom.**

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## Rugby World Cup 2015

Does anyone in your family play rugby? Do they know the Rugby World Cup is being hosted by England? It all kicks off Friday 18<sup>th</sup> September.

These are the remedies both international and grass roots rugby players need!

**Arnica**- for the bumps, bruises, blows to the head, sprains and strains.

**Rhus tox** and **Ruta** for injuries to joints, tendons and ligaments.

**Hypericum** for injuries to the nerve rich areas- groin, mouth, coccyx and for stud injuries to fingers and toes.

**Symphytum** for speedy mending of broken bones and for black eyes.

These first aid remedies for injuries can be mixed.

All these remedies are

safe even when drug testing needs to be carried out and safe with all other medications too.

**Chris Robshaw Captain England Rugby**



## Gymnastics, trampolining, dance and football.

**September is the time when children go back to their after school sports, which is great!**

**Sport helps a child to be healthy, we were made to be active and sport is a great release of tensions, while also helping a child to process what they have learned at school..**

All the above remedies will also be useful for sports injuries.

Concussion in children needs to be taken very seriously, still give arnica

but you do need to get your child checked out by a doctor. Never give Calpol or other painkillers to a child who has had a bump on the head.

At least once during the school year get your child checked out by an osteopath, cranial osteopath or chiropractor. It is so easy for the spine to become slightly misaligned and if not righted can lead to posture aches and pains later in life.

**Pulsatilla** is a good remedy for those children who seem to get ear infections/ear pain after swimming.

**Don't forget RICE ( rest, ice, compression, elevation)and do, if new to using Homeopathy speak to your homeopath or give me a call.**

## What's stopping you?

**Will you be inspired by the Rugby World Cup but then feel too nervous to go along to your nearest club?**

If so, do consider talking to a homeopath-there are remedies to help you conquer your fears and anxieties.

**Gelsemium** is a good remedy if your nervousness manifests as shaking, especially in the

legs. If you get windy and an attack of diarrhea when nervous then consider the remedy **Arg Nit**.

**Blistering runners!** The remedies runners may need include **arnica** but also **calendula**-it is fantastic for blisters!

If you have any health condition which is preventing you from enjoying sport, talk to a

homeopath today, there is so much Homeopathy could do for you.

**Finding the sport for you-**

In Herts, for help in finding a sport to suit you and your nearest club get in touch with the Herts Sports Partnership

[www.sportinherts.org.uk](http://www.sportinherts.org.uk)



## Helping Yourself

Remember to warm up and to cool down-for all sports.

If running or jogging alone-do tell someone where you are going and when you will be back.

Keep hydrated- drink plenty of water before a sport or event, that means drink plenty of

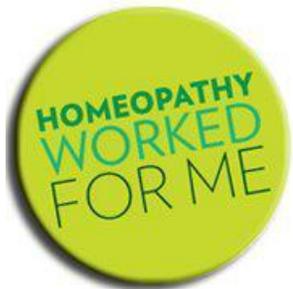
water daily, not just the day before! Water helps all our cells to do their job.

After sport or an event it is important to replace lost fluids- water, coconut water are probably the best. Try to avoid sports drinks they are very high in sugar.

**Eat some protein and carbohydrate soon after sport to help regulate your blood sugar and the protein will help to repair muscles.**

**Show your support for Homeopathy go to [facebook.com/HowFMe](https://www.facebook.com/HowFMe) and "like" the page.**

Buy your remedies from your local independent Health Food shop.



## You are an individual.

Remember Homeopaths treats people not diseases. This means that although many people will respond well to the remedies suggested above in the situations mentioned above, some will not. This

is because we are all individuals and need a remedy which suits us and the way we experience the illness or condition or sports injury.

**Homeopathy is used by pregnant mothers, during childbirth,**

**newborn babies, toddlers, school children, teenagers, and adults. Talk to a Homeopath today.**

If you have Any questions contact me! I am happy to help.