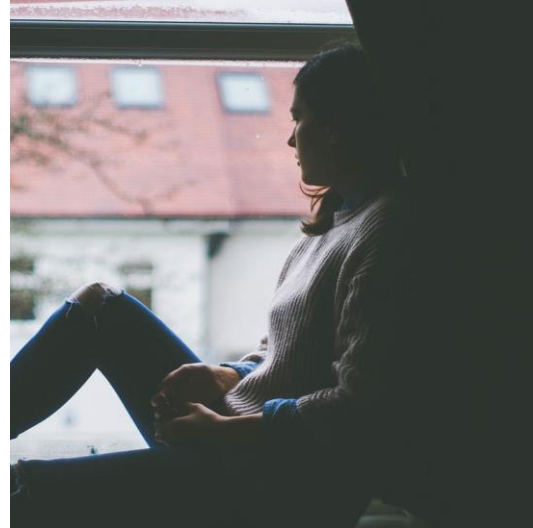


# what's new at RtH



## Homeopathy and Autoimmune Conditions

Autoimmune conditions have steadily been on the increase over the past 2 decades, to a point where most of us know someone with an autoimmune condition.

Prevalent conditions we see coming through the practise that fall into this category include rheumatoid arthritis and osteoarthritis, lupus, sjogren's, hashimoto's hypothyroidism, graves and lymes disease.

These conditions all typically have a chronic, debilitating impact on the person's life. Thankfully we see amazing results in healing of and recovery from these conditions using homeopathic prescribing and closely engaging with our clients during the healing process.

From a homeopathic perspective, we treat autoimmune conditions across 4 levels: alleviating and managing observable symptoms, reducing sensitivity to triggers, rebuilding and strengthening the immune system and treating for the various originating causes that lead to the condition in the first place.

At RtH we really emphasise the importance of understanding these levels to educate and support our clients in their long-term wellbeing and to also minimise the risk of relapse following completion of their homeopathic treatment.

Of the 53 cases we have treated here over the past 6 years, we have seen amazing recovery and positive results in all cases. If you know of any family or friends suffering from autoimmune conditions, take heart that homeopathy can help and encourage them to book a free 20 min enquiry session at: [returntohealth.net.au/book-free-20min-enquiry-session/](http://returntohealth.net.au/book-free-20min-enquiry-session/)

**Knowing yourself is a huge part of maintaining overall wellbeing. Astrology and your Natal Chart gives an essential insight into what makes you unique and how your energy flows. To help build our clients' appreciation of themselves we'll include a segment on Astro knowledge each month. Enjoy!**

## Mercury – Thought

Hello and welcome to our third astrological presentation. In our previous two newsletters we briefly considered the Lights, the zodiacal Sun and Moon. This time our attention will be on the astrological Mercury, derived from the Latin 'Mercurius', it's also known as Hermes, the legendary founder of writing, astrology, and alchemy, which is the forerunner of many of the modern sciences and some of the more natural/traditional healing modalities, like Homeopathy.

Almost everyone who is even a little bit familiar with mythological archetypes will know that Mercury is the speedy messenger-god with wings on his feet (symbolizing swift movement) and wings on his helmet (symbolizing the quickness of thought). Astrologically, this fundamentally means that Mercury is associated with your mind, your cognitive process, your awareness, perception and reasoning. This incredibly subjective and internalized process of thinking (and the conscious creation of thought) is obviously of great significance to us and the Creator, because God (or Mother Nature if you prefer) has put our brain in a strong bony container to protect it, the human skull.

*Continued overleaf...*

## august astro



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As understood by some mystics, "**thoughts are things**" with the power to influence – for good or ill. Regardless of the sense, level, or dimension of your own experiential awareness, you have a thought and evaluation about everything you perceive, including this article; and that thought will have its subtle or evident influence both psychologically and physiologically. Further, and no doubt you already know this, everything you perceive was a thought first, and you can't think of something that wasn't. Even for those things in Nature and the Cosmos you have a thought-word, and also a definition.

Every year you see/notice/observe thousands of things, have millions of thoughts, evaluate and re-evaluate thousands of times, formulate hundreds of opinions, and it all takes place in mind, your mind; and then these thoughts, if believed, influence your experience of reality. Conceptually, all comes under the rulership of the astrological Mercury.

An incalculable majority of your thoughts are never voiced, never expressed outside your own inner world of personal and infinite mind-space, which is evidenced by Inner Dialogue. So, toward the idea of health, healing, and peace of mind, and since communication in all its forms are associated with Mercury, what is it that you say to yourself? What do you say to yourself about your experiences, your circumstances, your relationships, your occupation, your future, your purpose? What do you say to yourself about you, and what do you repeat to yourself?

In terms of our body-mind connection, Mercury is associated with the mind; the brain and the cerebro-spinal nervous system; nerve functions; reflexes; agility; speed; clarity; precision; nervous disorders; debility from excitement; stress; overwork, worry, or overwork impelled by worry; headaches; losses of memory; salivation; goitre; impaired respiration; sluggish elimination; the thyroid gland; the tongue and the organs of speech; the hands as instruments of communications, intelligence, and dexterity; the sense of sight; the sense of humour; the sense of life; the sense of self (your I-AMness); co-ordination of motivity; the ability to learn new concepts and adapt accordingly; and volition.

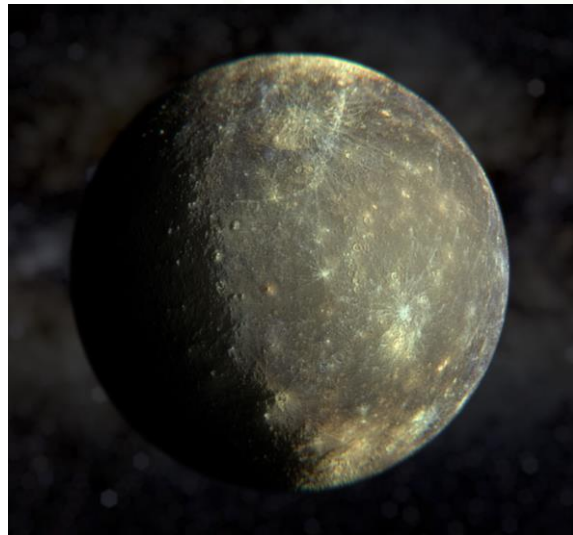
It's often easy to recognize the results – and the consequences – of what we think, say, and affirm. Not only do we as individuals experience the influence of our thoughts, but so do those with whom we live, relate, work, or associate. Succinctly then, it is with a continuity of thought that we can either bless our life or affect it; bless the life of another or affect theirs also.

Thought is energy, and thought-energy produces feeling, which factually influences one's psychology, metabolic equilibrium, and experience of living. A simple question here may be a helpful example: which feels nicer to think, a little girl napping on a butterfly cushion with her puppy, or a little girl being abducted from her mother in a foreign country? Some things just aren't good to keep thinking.

A fundamental message of the astrological Mercury is that there's a distinct difference between intellect and intelligence, the preference of which is obviously the latter. While the capacity of the intellect contains much information, intelligence will lead each of us to a beneficial mental diet, the application of which produces success and wisdom. Thus, it is of merit to be selective as to what we observe on a daily basis, meaning what we allow into our mind through media, relationships, observations and thought.

In conclusion, millions know of the axiom, 'I think, therefore I am'; yet one famous American metaphysical lecturer, Jack Pursel, in a typical mercurial way offered a more eminent and accurate rendition by stating, "**I am – therefore I think.**" He also maintained that the negative persuasion from an individual's ego is, "Don't think; and don't think independently particularly." The astrological Mercury's permission is, "**It's alright to think for yourself, and it's okay to speak a fact.**"

You can self-empoweringly choose – and consciously create – thought. The archetypal Mercury would inspire you to have regard for what you think, to authentically like your thoughts, and thus be a boon to yourself and those within your radius of influence, both near and far.



**Blessed Be, Jodie Russell-Smith**

**Homeopath and Reiki Practitioner**



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## Grief & the Grieving Process

Every person needs to go through grief from time to time, but in modern society, grief is seldom given enough time and space to be handled properly, in the way it needs to be.

Grief for the more obvious losses such as deaths of loved ones or pets, loss of a job, or serious illnesses are evident, however, grieving also follows the ending of any cycle, which also incorporates changing jobs, moving house, changes in or conclusions of friendships, children growing up and leaving home and personal changes such as moving into menopause for a woman.

All these are natural cycles of life and we need to grieve for the ending of all things, be it wanted or unwanted. To grieve for something is not the same as being sad; grieving is the process of saying goodbye and reflecting on the experience and the wisdom gained, putting to rest any hurt or negativity, so that we can move forward freely and unencumbered by any residual emotion. Only then can we truly embrace the new cycle that follows and live that to its fullest.

In clinical practise we too often see unresolved grief as the fundamental cause of ongoing illness and for true cure, this grief needs to be experienced and released in healthy ways. It is not necessary to wait to become ill but rather encourage our family and friends to embrace grief as and when it happens in daily life. The more comfortable we become at acknowledging the grief we encounter, the more we can embrace the natural cycles of our life.

Homeopathy can help to support, facilitate and ease the grieving process. Speak to one of our practitioners about how we can support you or someone you know through their grief release. For support through all experiences of grief, our beautiful Grief Support therapeutic candle is available. We encourage you to be bold, put the grief candle in your home and show people how to embrace the cycles of life without fear, and feel free to share this article with friends and family that could do with releasing pains of the past!

## product spotlight

### Grief Support Therapeutic Candle

Our beautiful Grief Support Therapeutic Candle not only smells completely divine, it also has many therapeutic benefits to help you through the many grieving processes we encounter. Our specific blend of homeopathic remedies and therapeutic essential oils have been combined to create this unique and effective healing tool to help you find your feet again and open you up to healing by working through your emotions and to release the deep feelings of grief, to complete the healing cycle.

Find it at our online shop:  
[returntohealth.net.au/shop](http://returntohealth.net.au/shop)

Gift this candle to show friends and family  
you are thinking of them through a difficult time



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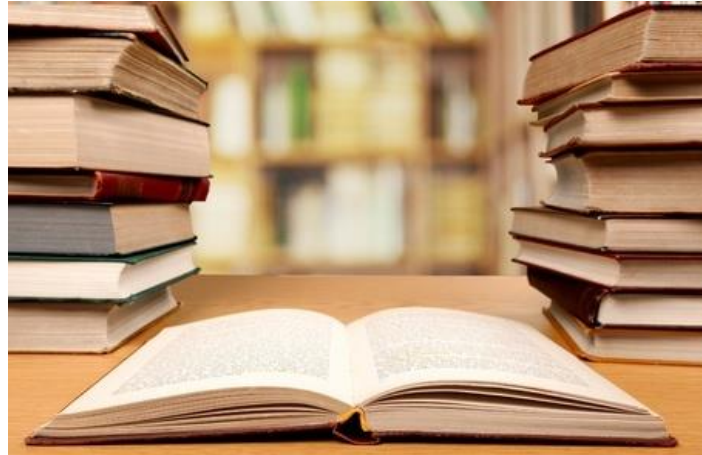
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# Learn more

Come and learn about homeopathy with our range of educational courses! Whether you're interested in learning more about Homeopathy to help your friends or family, or are looking to learn, understand and use homeopathy in a more in-depth way, we have courses throughout the year to help you increase your ability to use homeopathy with ease confidence.



- **The Home Prescriber Seminar**

For those who would like to delve deeper into homeopathy and expand their home use to cover more of the variety of symptoms and illnesses that family members can present.

**Next available dates: 22<sup>nd</sup> & 23<sup>rd</sup> of November 2018.**

**Book online: [returntohealth.net.au/events](http://returntohealth.net.au/events)**

- **Diploma in Modern Practical Homeopathy**

For those interested in a professional homeopathic practice or in prescribing homeopathically alongside their existing healthcare professions.

**Contact us at [info@returntohealth.net.au](mailto:info@returntohealth.net.au) or**

**Visit: [study.returntohealth.net.au/courses/study-homeopathy/](http://study.returntohealth.net.au/courses/study-homeopathy/)**

- **Homeopathic First Aid Workshop**

This is ideal for parents and those wanting to easily manage day to day ailments and injuries at home for themselves and their families.

**Next available dates: Sat 13<sup>th</sup> October on the Gold Coast & Sat 27<sup>th</sup> October in Melbourne**

**Book online via: [returntohealth.net.au/events](http://returntohealth.net.au/events)**

## Homeopathic First Aid Workshop

Saturday 13<sup>th</sup> October 2018

LEARN PRACTICAL AND NATURAL CARE FOR EVERYDAY AILMENTS AND INJURIES



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HOMEOPATHY IS EFFECTIVE, SAFE, NON-TOXIC AND VERY EASY TO USE – COME AND LEARN HOW TO PRACTICALLY AND NATURALLY CARE FOR YOURSELF AND YOUR LOVED ONES

**First Aid Workshop Details:**

**Date:** Saturday 13<sup>th</sup> October 2018

**Time:** 10am – 2pm

**Where:** Tallebudgera Valley, QLD

**Investment:** \$120 includes 4x homeopathic first aid vials (RRP \$45) and a first aid booklet







# july recipe

this month our homeopath & foodie Tracey recommends a healthy recipe from: [gimmedelicious.com](http://gimmedelicious.com)

## Skinny Baked Cauliflower Tots

### Ingredients

- 2 cups cauliflower florets
- 1 large egg
- 1/2 cup onion minced
- 1/4 cup bell pepper minced (optional)
- 1/2 cup shredded cheddar cheese
- 1/4 cup parmesan
- 1/4 cup breadcrumbs
- 1/4 minced cilantro or parsley (optional)
- salt and pepper to taste
- cooking spray or oil

### Instructions:

1. Preheat oven to 375°F. Spray a non-stick cookie sheet with cooking spray or lightly grease with oil. Set aside.
2. Steam cauliflower in hot water for 3-5 minutes or until nice and soft, drain and chopped with a knife or blend in the food processor (just a few seconds.)
3. In a medium bowl, combine all of the ingredients and season with salt and pepper to taste.
4. Spoon about 1 tablespoon of mixture in your hands and roll into small oval shaped tots.
5. Place on the cookie sheet 1/2 inch apart and bake for about 20 minutes, turning halfway through cooking until golden.
6. Serve with dipping sauce of your choice and *enjoy!*

## RtH TREATMENT MENU

### Homeopathic Treatments with El and Tracey

- A 15min drop in appointment can manage most everyday ailments.

\$60

- For minor conditions, a 30min consult is typically sufficient.

\$140

- For acute, recurring or chronic ailments a 1-1.5hr consult is recommended.

\$205 - \$275

### Reiki with Jodie

The main intention of a Reiki session is to promote inner peace, healing & gratitude. Reiki is based on the principal of the practitioner channeling energy into a person by the means of touch. This is done to activate the individuals natural healing processes, promoting healing & wellness on all levels of being.

**30 minutes \$80**  
**60 minutes \$120**

### Therapeutic Massage & Energy Alchemy with Greta

Therapeutic Massage & Energy Alchemy work through the physical body to release stress and tension from muscular memory & the energy body by harmonizing the energy systems. Whether your pain is physical, mental or emotional, allowing the body space for restoration & renewal is key in healing.

**60 minutes \$85**  
**90 minutes \$120**



**Gift Vouchers Available!**



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