

Molly Knight 0:00

Hi, everybody, sorry for the delay a few technical difficulties. You know how it goes. Tonight we're talking homeopathy. And we're talking with a lovely young homeopath. And specifically with some remedies on anxiety and the emotional issues that we're all going through at the moment. I wanted to start off tonight just a little bit differently. And I wanted to give you some information about how I got into homeopathy because I actually believe that homeopathy is probably one of the most important health care modalities that we have available to us today. Now, about 40 years ago, I became ill, I had two babies 13 months apart, and my father and my only brother died three days apart. Now, they both had heart attacks, and they weren't expected to die. They weren't sick. So it was an incredible shock. And what that shock did, basically changed my ability to cope. I became chemically sensitive. I became sensitive to many, many foods. I was anxious and fearful, and I developed an OCD. And I went having been a nurse. Modern medicine was the only thing I really knew about, I was very blind to natural medicine. So I went from doctor to doctor to doctor looking for help, and the only things they would offer was either an antidepressant or an antibiotic. Now, I wasn't interested in either I knew from my nursing background, that that was not the answer. Plus, I grown up in the 50s, living next door to an addict who was addicted to barbiturates, which, of course, was the drag of the day back then. So I was very anti drugs, surprisingly, having been a nurse. But I had no knowledge of natural medicine. But I started a journey and I started searching led me to a naturopath in Sydney, who saw me gave me a big box of vitamins and Herbes. And he sent me away and said, come back in a couple of months now, within that couple of months, my life was totally different. I had my life back again. So I knew from that point that I would never go back to nursing. As sad as that was for me, because I loved it. And I still miss it even today. And I studied nutrition. And from there, I went into herbal medicine. And from there, I thought, okay, I'll dip my toes into homeopathy and have a look at it knew very little about it. But the homeopathy colleagues back then was this is in the 90s was next door to my clinic in Chatswood. So I enrolled, and off I went. And the second week there, I'd had a really busy day in my clinic and went to college. After you know, it was about seven o'clock. And I had a splitting headache. I had my head in my hands on the desk, and the teacher came up to me and said, What's the matter? I said, I've got a really rotten headache. And she said, I've got a remedy for that. Now, having been so chemically sensitive, I was really nervous about taking anything that I didn't know or didn't understand. But you know how it is everybody in the class is looking. And he bought up this room and he I had to take it. So I took it. And literally within 10 seconds and I kid you not it was that fast. I started to feel better. Within 30 seconds, my headache was gone. And it didn't come back. So I was sold to me that was you know, that was eat homeopathy, for me became a very important part of how I helped people. And I love homeopathy. Now tonight, we've got Leah Golden with us. And I'm really happy to introduce Leah. She's been a homeopathy, homeopathy for about, I think 15 years, 16 years, something like that. And she has a great passion to offer health

options to her people, not just homeopathic remedies, but how to actually heal your life, how to use nutrition and lifestyle along with the remedies to keep each person healthy, improve their health and their well being. And in particular now as we deal with all these stressors that we're all going through. I welcome you Leah, thank you so much for joining us tonight. And tonight, you're going to show us some slides and talk to us about homeopathy and the remedies. And then we'll have a q&a afterwards. So sending any questions people and Leah, welcome. Thank you so much for being here.

Leiah Golden 4:52

I really thank you for having me. Thank you for sharing that story. It's you know, it's those stories that most people who into homeopathy or you know, discovered it, they all have a story like that. Now, I didn't have that story, I was born into homeopathy. Lacking very lucky remedies when I was a baby. And sorry, I didn't want to make the quick correction. So I have been six years graduated. Sorry, sorry. So I work in practice for over 10 years. So I've been around it for a long time, obviously, growing up with homeopathy, you feel like, you know, so well. So yes, I was very blessed. I mean, that's all we used. You know, I had a bit improved when I was younger, and I just had aconite. This and that, whereas a lot of people and hopefully a lot of people who are listening right now joining us today, I hope some people have never used it, because this would be an amazing time to start using it. So yes, thank you for that lovely intro and his story. So I did prepare a slideshow once to stare at me the whole time while I talk. But to because it's really nice to actually see it, I'm just gonna share this quickly with everyone. It's also just really nice to be able to really see that the picture, so it helps you to sort of keep it in mind a little bit. Now I've got a lovely blue color. So that's always good. I did. And this is following on from my first talk that I did, which was a bit longer and a lot more into the homeopathy how it works and into the physical kind of conditions. But today, I really wanted to do something that was about emotions, because with this year of 2020, with the bushfires, and then leading into the you know, it's just been a really stressful year for everyone, collectively around the world, I would say. And so of course now and I'm in Melbourne, so we're still in a pretty severe lockdown, I'm getting so many people asking me about, you know, feeling stressed and not sleeping and watching their children's dying to go through this or their partner's going through, even the animals starting to pick up on this stuff. So I've been really giving a lot of people have a first aid kit, or you know, we sell the first aid kit as well at the clinic. But there is a lot of those remedies, particularly that I talked about in the first talk that actually can be used for everyday emotions. And I call them everyday emotions, because we're not talking about things like depression, or very severe anxiety, or really debilitating mental states, obviously, you need to see your health professional for that. We're talking about everyday things that come and go, but particularly the things that sort of linger. So let's get on to what we're going to be chatting about. So we're going to talk just quickly about how the actually works in the body.

Because this is a big question that I that I get a lot how do these little remedies actually create change, you know, drops these clear drops that you know, some of us you have? Do they actually work because we are used to seeing Herbes and food and very strong medications and we sort of can understand something so strong or has such a strong taste or, you know, has that effect. But how does something so simple and gentle, be so effective. So we'll go into that quickly. And of course, why it's so important to manage your everyday emotions on it because of your physical health. And as you saw Bali, you know, from from essentially having that shop how much how quickly it changed the physical body. And then I'm going to chat about the top eight. So I'm going to flick through the first two ones, because I want to get into the remedies. And I want everyone while I'm talking about the remedies to see if you do recognize something within yourself within your partner within your children within someone because if you do see that trade and that it looks quite similar to what I'm talking about, that's the time to use it. That's the time to give it a go. And homeopathy is very gentle and it is very safe. As long as I keep dosing, dosing dosing, which I'll get into dosage at the end, you're not going to have a toxic reaction from taking too much, so it's worth giving it a go. So just quickly, how having medicines can help to clear or to manage an emotion. So essentially, homeopathy is an energetic medicine. And so our emotions, we're not talking about a physical state, we're talking about an energetic condition, we're talking about the mind and impulses and neurons and neurotransmitters. We're talking about energy. And so in order to treat an energetic condition, which we do eventually see it, creating physical problems, but to treat it at the beginning before it creates these problems. You of course need an energetic medicine into homeopathy. So homeopathy He's essentially worked on the law of similars, which is like he was like, so in order for a substance to be able to cure something now, my TGA friends won't like me using that word, but I'm using it. In order to choose something, you need to be able, that substance needs to be able to have the ability to cause it in a healthy person. So that is what essentially like yours like is, but it doesn't need to be the same, it can be similar. And that's what makes this so powerful. So the big example of that is coffee. So we have a remedy made from coffee, which is really, really beneficial for people when they're really wired and tired. Or essentially, if you you'll know what it feels like if you've had too many coffees by the end of the night. You're so tired, but you can't sleep and you feel like wired and over excitable and so on. So the next question, how do we know what these substances are? homeopathics are made from plants. minerals are sometimes animal matter, sometimes disease material. So how do we know what these materials? How do they work on the mind? Because of course, a lot of them we know say arsenic amalgams made from arsenic. So we know if you eat arsenic, you're going to be vomiting and probably had pretty bad diarrhea. So that's quite obvious. But how do we know what our second album does, to change our emotions, how it can treat our emotions. And the way that we know this is because about cravings or homeopathic genic trials. So these are all sort of double blind, placebo controlled trials that homeopathy uses in order to work out what medicines can do for an

unwell person. And the great thing with homeopathy is we only ever test our medicines, never on little cute bunnies, only unhealthy people. So that's a great thing about how the no one is getting injured in the process of this medicine. So we will give essentially, and this is a very simple explanation of how prove things work or trials work, we'll have 100 people taking a medicine, no one knows what it is, it is a total, double blind placebo, so nobody knows. And then we'll get them to continue to take the medicine more than they should, until they start producing symptoms, and they'll record them in lip journals, which is all supervised and so on. Now, at the end of that trial, once we get everyone sort of journals or their log books, if those hundred people have all produced symptoms, you know, nightmares about dogs, or they're more produced anxiety about health, or they've all surgical, really wide and tired. And we know that that substance has the ability to treat that symptom. So we can get a look at our Steadicam, or plant what is the emotional picture of it, the ones I find the most fascinating is out like spiders and snakes, because we get to see the emotions of these these animals and these insects. So that's essentially how we know. And then the way that this is, it's quite complex, I'm just going to go very quickly into this, how taking this medicine then can move it out of the body. So shoot that emotion is because of this wonderful law that homeopathic creators, that the creator or whoever, you know, God, whoever, whoever created humans and all beings made this wonderful thing within us that no two similar diseases can coexist in the body at the same time. Now we see this in nature, you can't have two similar forces coexisting the greater will always clear out the lesser. So you know, when the sun comes up, all of a sudden, we can't see the moon in the stars. If there's two musics, music places playing the loud bubble boys have learned the lesson. So it's something we see in nature all the time. This also happens with diseases within our body. And thank God adults, because we want to want to be suffering every disease, you're not going to get a cough and whooping cough at the same time, you're not going to have chickenpox and measles, you're not going to have these two similar conditions, the stronger one will always clear out the lesser, so lucky for us it is our energetic body that first gets unwell. Therefore I said Lucky for us is lucky for a few energetic medicines. The body doesn't know that we're giving you a heavy Pathak medicine, it detects the energy of that substance the same it would detect if you took it in the crude state. So it will essentially clear out if we give you a medicine that's similar to the picture that your emotion that you're suffering, it will clear out this natural emotion, this natural state to try and fight off this sort of artificial disease that that we've been introduced to. And then once you stopped doing things, once you're well you stopped dosing, that's a very simple thing to follow. Once you're well and happy with evil, you don't need that medicine anymore. You won't have any sort of negative symptoms. And so that in a very simple nutshell is how it works. And so Why is it so important to treat emotion. So as I said in the intro, a really strong emotion can affect every part of your being. So, you know, if you want to give it a term, we would call it the psychosomatic response. So this is about real physical symptoms arising from the emotions and from the

mind, as opposed to coming from things like no external, organic causes, like your infections or injuries. So we know that the brain controls every function of the body. So therefore, we need to make sure when our brain when our emotions, when our mind is out of balance, get it back into balance, we're always gonna sort of be nice and steady through time. So we always go out, we like to come back in and then something will happen, we'll go back out, every now and again, something will happen, you'll go out, and you'll be a bit of a block, and you're just stuck out of balance. And that's where you get physically unwell. So we hope that the homeopathy can remove that block and bring it back into that beautiful balance. And, of course, it's really important to not suppress these emotions. So once again, we're not talking about, you know, needing to treat emotions, you know, your partner really annoys you, you feel annoyed, you go grab a glass of wine, you feel better, we're not talking about that, we're not talking about kids getting a shot from falling over. And then, you know, bribe them with the volume, they're happy. Again, we're talking about things that you just can't quite get out of that you're just stuck in that sort of cycle and you're starting to feel it physically, you're saying to get heartburn, not sleep, that's when we really want to make sure that we get on top of these emotions. And that's how we can. And of course, if you're trying these medicines, they're great to try. If they're not working, you see your health professional, whoever that might be, sir, now for the fun stuff. So this is my top eight. So of course, these medicines are just going to sort of flick through. And these are the ones that I'm using a lot right now, to be honest. So these are the sort of lockdown remedies. They're great remedies, we have a lot of medicines. So these are just some that are very not as deep acting, they can be in different potencies. Certainly, if you are feeling these emotions, these are really nice ones to help shoot you through. So I've added an Add button during the slider, I've added a little picture. So you can get a visual image. This is why I like slides as opposed to just chatting away. So arsenicum album, this has been a pretty big one. This in nature have been pretty big ones right now. So it is a big anxiety remedy. So it's anxiety that has that sort of OCD as well. So it can be when you're starting to now I'm going to say when you start to be overclaiming, that doesn't mean you can give this remedy slipping into your husband's water and he's going to start cleaning unfortunately, doesn't work like that. But if you're starting to find yourself scrubbing, something, you know, madly feeling like Oh, if I get everything clean, I'm going to feel better, you possibly have got a little bit of anxiety, and you may need some authentic amalgam. So there's a lot of restlessness and there's a lot of arsenic. But of course, it's in a homeopathic preparation. So there is no physical metal left and these remedies. So it's a really big one for panic attacks. So we feel as stress and anxiety in different places, depending on who we are. Some people feel it in the chest, some people feel it in the tummy, some people feel it in their nerves that we will feel it in the blank. So depending on other constitutional type, we feel it in different areas, I set up an album to really fill in the chest so they can get a lot of times they can feel this sort of like I'm having a heart attack. When I say they can't get warm, they're very chilly. And

especially if you're feeling a bit out of sorts, and you're getting that real chill and you just can't get more money running around. I said it could be a really nice one for you. Then we have a nature this picture feel like this picture sometimes. So it nature

Actually, I have to say this has probably been the one that I have given out the most to moms who are at home homeschooling. So the top word that I have used is hysterical. hysterical doesn't always mean you're running around crazy. Being hysterical. hysterical, can be feeling hysterical in the mind. It can be when you're feeling like everything's going a million miles an hour, but you're sort of giving this concrete side and you feel like you're going to explode. So it is what about biggest acute grief remedy. So there's chronic grief and quite deep acting grief remedies are very, you know, serious trauma. But this one is really good at the first time of grief. So, if something for example, that's you know, so heartbreaking that is quite traumatic for any normal, healthy human being. This remedy could be one really good to give at the beginning. And then you would want to go into your practice. Get on to some more you know supportive deep acting ones. So the other thing with hysterical so hysterical can also be what explains what the sensation of continuing to keep doing something that is hurting you or making you feel sick, but you just can't stop. So it is biting the nails until they believe bribing a jaw clenching so hard to give yourself TMJ and a headache. What are they eating, so we all like to have a piece of chocolate, but if you ate the whole block until you feel sick, and keep going until you believe in more sick, Ignatius is really good. So it's a very up and down, emotions is crying and then laughing. It's this hysterical kind of feeling. So this is what it feels like. It's very good for that really good, cute grief. And that's certainly what we're seeing a lot of right now. So the next is pulsatilla. So this is a beautiful remedy. This is the picture of this remedy is those little kids little shy kids at high behind mother's leg. They're really sweet. Like everyone wants a pulsatilla child, they're very sweet. But the way we balance that, it's it's a really good remedy. But when you're out of balance, there's of course some negative parts of this so that you can be really clean, you can be really weepy. It's when people can stop crying. It's the as a jealous of a sibling. So yes, this is a real thing I have to doubt, really, like everyone's all positive. So they're, it's, you know, it's that jealousy. So pulsatilla is one of our biggest ones for feeling abandoned for separation anxiety. So that's where the jealousy comes in. So if you're a woman who's feeling very jealous, but more than sort of needy, clingy, so don't like, look, he says that wonderful sniper, which is jealous, but like nobody. This is jealous and prying and needing attention. So I gave this to a woman on her wedding day, couldn't stop crying and didn't want to ruin her makeup and so on. And it just grounded her. And she was but I don't know what happened after that. But hopefully it was good. So it's a really good one for those when you stop crying and really cleaning. And you can see that there's this need for attention and affection. But it is a lovely one for adults as well. It is more of a female remedy, but men can certainly have it too. So the next one is must be my husband. So coffea a wonderful remedy measure coffee. So you can probably imagine why for this one.

It's a really big insomnia remedy. So it's overthinking, it's wild, but tired. It's feeling stressed out. And the amount of people who can't sleep right now it's you know, everyone say I'm just waking up thinking not even stressing just thinking about random things. There's also the other side, which is that over excitable, overactive and sensitive to noise. So this is really just imagine if you drink six cups of coffee, and the slide is gonna have that look on your face. So it's essentially for that it's a when you're feeling like you've got a million copies in your wire and you're tired and you can't sleep, you can give this to children too. So this is one that can be given sort of a dose before bed, so say half an hour before bed, try to give them a job as you're waking up in the middle of the night, take a dose, I have certainly used this one, three times over this extra lockdown. So this is a wonderful Bradley Cooper, I decided to sneak him in there somewhere. So not long ago. Now this is a brilliant remedy. It is your liver remedy. So it has a real affinity to it. I'm not going to get into the physical side of these remedies. And my first talk goes into all the physical conditions that can be treated, but it is a liver remedy. So you think when you make your liver angry, and all adults will know what makes the liver angry, it is the classic hangover remedy. So it is also can I say really well so you have a choice before bed and then first thing in the morning you wake up freshness as can be. But it has that sort of the shooting kind of symptoms is irritable is angry and feeling really short. It's this hangover kind of feeling very moody. I did write that down shooting with a medical term that that's what we all love to use. So it's a really good one. But it does have a lot of you know, physical stuff as well. So it's got the constipation and the nausea and that but certainly that irritability with that sort of hangover feeling. And then angry, it's definitely a good little angry remedy. So this is a nice one to use if needed. So apparently, this is one that really so this is that beautiful green plum moss that you see growing up, you know, logs and things like that. It's a beautiful, beautiful medicine. So it really has the affinity with the gut. So I said with arsenicum album that really had the affinity with like the chest with The heart, that's where they feel their anxiety, coffee, I feel it in the nervous system in the mind, everything's on edge, like a party, feel it in the tummy. And I even wrote in anxious. So if you're a person who has this anxiety that you feel, when you get anxious, that all goes to stomach, that could be a really good remedy for you to try. So it's actually a really good one, like, I wasn't overly nervous, probably cuz I love to talk about all day. But if anyone who's got a talk coming up, or for teenagers who have an exam coming up, when that's anticipated anticipation, anxiety, or that apprehension, where you feel like you're gonna fail, and everything's gonna fall apart, this is a really good remedy to sort of shift you out of that mindset. So there is a lot of loss of confidence and not a lot of self worth, in this remedy, it's actually really interesting remedy, because you need to know the person sometimes to really be able to see this one, because like a party to two other people can present as very big egos, you know, they can, they can be the boss of that it's a remedy that can make a right to the top, they can be quite, you know, telling people off

and so on. But a lot of that ego is to actually hide, not a lot of self confidence inside. So you know, they can see one thing but actually be quite lacking in that self confidence, but they feel a lot of that anxiety into the stomach. And when they're worried about stuff, they can get diarrhea. But of course, any kind of bloating, you know, with stress, this is a beautiful remedy to use for that. So I did put this in for moms really, it's a massive exhaustion remedy. It really any of the assets or any revenue that has an asset component can be is really good for exhaustion. So FOSS itself is a really beautiful room, they always put fossi in just alone. So we can combine our remedies. phosphorus are very sensitive. They're very friendly, very bubbly, colorful people, it can sometimes be just sort of hide a little bit of sadness, but they're generally very happy, lovely people. But the problem is they're so energetically open phosphorus, so they to all external sort of impression. So they often have been super nice and really happy and bubbly, because they can't handle negative energy or confrontation. And so it does have that phosphorus component and then the acid component, which is real burnt out. But as well as exhausted and burnt out, it's when you're becoming quite indifferent. So if you're finding yourself, you've got your children, your family, your job, or whatever, it may be your partner, you love exercising, and all of a sudden you just feel tired and totally disinterested, and very indifferent to it. So you want it to you know, sort of do this, and then all of a sudden now you just don't care. This can be a really interesting remedy to just take a doorstep and see, see if it helps. And the effects of bring this is one of the first remedies I gave in student putting that word. That word I may have? Well, let's just say it's the first. So I had a woman come in, I know a young girl come in and she was having this cough this chronic cough that she was just kept coughing, could not clear it when I turned 22 years. So of course in for me up at the favorite thing to ask is, when did it stop because we love to find out the number well since. So she said it started, my grandma died, we traced it back and it came to her grandma passed away. So I gave her a single dose of phosphorus. I think they gave 200 and a coffin away the next day. And she came back and I haven't got since because I it is a cough remedy. But it's for the effects of elements from grief. So suppressed or longstanding. And it wasn't that cough was purely coming from the grief. So that was Yes, it's a wonderful remedy. If you're just feeling like you just need to get a bit of a boost and get back on track. So the last one I'm going to chat about is economic. So this is just amazing for shock for fright. So once again go back to my store shop I would have given this one as well very quickly because anything that puts you into extreme shock, no matter what it is, it could be a physical thing. It could be the kids falling over and and just not really saving themselves since that accident or it could also be news like shocking news that's happened, but there's a lot of fear. So it is one of our biggest remedies of your death. So it is a remedy that does have that fear that fright in it is another panic sort of attack remedy live dress and album. But the thing with the aconite that I find is the real key note to this remedy. And we'd like to learn remedies in keynotes. I've obviously given you more of the emotional sort of keynotes but most remedies are We

learn as sort of, you know, three keynotes to sort of help us work out when these remedies are going to be used, but sudden onset with this remedy, so it can be sudden onset of anything. But essentially, that's where the shock comes in. So if something happens, and you start to panic, where you start to feel really on edge, aconites really good. But anything that happens, whether it's kids falling down, or the loss of a job, or any kind of thing, it's really good place to start, you can just get a job today and just sort of calm things down. So that is a sort of top eight, if you like, I did just sort of whizzed through them, because I thought it's nice to be able to chat and ask questions as well. But they're wonderful remedies. There's lots, you know, we have 3000 remedies. And homeopathy, we have a group of what we call the poly press, which are the ones that we, we use the most, but there's certainly a lot, but they're just ones that I see a lot. They're the ones that you see every day, not to bother because it's irritability, in nature, with this hysterical kind of feeling, even if you're looking like this, but you're feeling crazy in your head or biting your nails, or over eating, we all know that's like, so you know, like, apparently, and for the Tommy stuff, I sent him out for that anxiety and worrying about your health and so on. If you're really wired and tired and just not sleeping, like a pretty once again for the tummy. So they're, they're sort of the top eight, that really you'll find you use a lot of and a lot of those remedies, if you've got my first aid kit or any first aid kit, you'll find them in there. So with that dosage and administration, I just want to quickly go through this is different with emotions, as opposed to acute stuff. So essentially, it can drop forms, or they can come into prison pills. And I use both, I used to read a lot because children have it. A little bit of alcohol, medicinal alcohol in our drop. So some people don't like that, but there's you know, it's very minute amounts. So with the dosages, I set the same dosages for adult children and pets, that's talking about emotions. So it's gonna be kind of similar, when we're talking about physical stuff, we start to get very different potencies. So you know, younger children from various, you know, different sort of conditions, we'll start with a low potency, maybe a 30. And then we'll sort of move up, but when we're talking about emotions, they are very energetic, they're very high vibration, we're not talking about blood and bones and, and matter, which is more lower vibration, we're talking about things very high vibration. So we like to you, we see that we get the best results in these higher potencies when we're just treating emotions. Of course, when there's physical stuff and emotional stuff, which there always is, that's often when you know you need to treat your emotions because the physical stuff starting to get to, we might start different potencies but you can certainly give it a go the 200. So with emotions, I often will say to people have a dose, so have a single dose or two pills, or three or four drops, have a dose and just wait and see see what happens if you find that you feel better after sort of half an hour or hour after an hour, then great, you know, if not try another dose. So a triple dose is always a nice one to do with with just a purely emotional symptoms. And that is say two pills in the morning, two pills at night, two pills the next morning. So it's just a nice way to say okay, let's just do a little

boost and see how we feel after. But if you take in one dose and believe be one doses, sometimes all you need when it comes to emotions, if you've taken one dose, then you certainly can, and you're feeling better, you don't need anymore. Like I said at the beginning, if you have a remedy and you start to feel better, you don't need to take it anymore. And of course my last sort of point is matching the frequency of the dosing with the intensity of the condition. So that is more for you're probably more for acute kind of things. So for example, fevers, your if you've got a fever, obviously that's very high vibration, you need to be giving doses every sort of half an hour until you break the fever, with emotions, if it's really intense. So if you have an accident and someone's really gone into shock, you could give a choice every half hour every hour if you really needed to, or someone's getting really had diarrhea about an exam coming up, you could give a few doses. But if it's just a bit of anxiety or you just try not to sleep, you know you're not sleeping well then that's when just taking a dose before bed can be nice. Or just taking a couple of day, you know until you feel better. So we do I have just made up a little we have a couple of kids in the clinic so I have everyday emotion every day emergency kids so we have the first one which is our babies and beyond. So it's more targeted. For younger children, and then we have our everyday emergencies, which is active kids and travel. So it's targeted for parents who don't have sort of the young totalism babies anymore. And also, if you'd like to do a lot of traveling, there are some remedies in there that double up, but there's certainly for different stages. And then just created this little kit, which essentially is been launched today, which is the anger is that I talked about Kali FOSS, which is a wonderful tissue salt that's really good for the nerves. So it is it's not necessarily homeopathic in its nature, but it's very gentle. And you can I I chewed on them like no other through my university days. And then I put him through flowers and blends. I love flower essence. Once again, they're not truly homeopathic, but they're also very, they're energetic medicine, they're very natural. So we have a common care blend. Now this one I stole from Kate, who's a wonderful homeopathic works with us, which is actually rescue remedy, and economic 200. amazing, absolutely amazing. Then we've got a blend asleep well, and then of course, the motivation point, I put this one in there, this is always my blend just when you got something to do. And for some reason, you just can't do it. So this is just a range of different so there's seven different flowers. And so I use the bush flower essence, which are wonderful. And it's \$90. And it is a great little investment for the family. So finishing off there, you know, I work at Holistic Health master ranges, although it's in summary. And there are details, but you can always jump on Have a look at our website, have a look at the team. And I am offering with this chat today. So the reason why I did this for a couple of reasons. One, I love homeopathy and I really want people to be able to use these medicines themselves in their home, they're so safe, this so gentle is so effective. This is a really nice way to keep you out of, you know, the doctors and out of the pharmacies, and some, so why not treat yourself it's very empowering to heal yourself and your family. So I did that. But also, I really wanted to do this talk

today for Health Australia Party. So hap which is why we're all here, because I am a natural health practitioner. And after going into lockdown, and then closing us, was just shocking for me. So we're gonna, we're in a time where there is a virus that people are very concerned about. And you know, we spent six years doing a degree at university and many people have studied even longer, and they closed us down. And I went, huh. So we clearly do not have any supportive in Parliament, because anyone with any sense would have said, okay, we better keep the health professionals open because this is a virus. And that's what they do for a living. So for me is so important to sort of try and get behind Health Australia Party, get the experience there and get someone in Parliament so that I can stand up for natural therapists and just teach them that we're actually been doing this for a very long time. And we're very good at treating health. So thank you. For everyone listening to that one. I'm going to stop the show now and hand it over to Molly.

Molly Knight 38:16

Thanks, Leah. That was good. That was great. A few questions have come in. And I must say I just wanted to add there. With aconite. It's the one remedy that actually stopped me from being fearful of dentists. I used to hate going to the dentist. I was really frightened from a childhood experience that wasn't very pleasant. But yeah, I used aconite and now I'm quite happy to go to the dentist and so you can use them for so many things. It's wonderful. Okay, let's have a look at a couple of questions. One was can you overdose?

Leiah Golden 38:57

So look, like I said, without approving so yes, you could start to produce symptoms of these remedies if you continue to take it when you don't need it. So that is how we try our medicines. So if you were a person who was very healthy and you started taking all these remedies, and you didn't need those remedies, then you would essentially probably start to produce symptoms of those remedies which I would say then maybe you do need the remedy but you actually don't you just need to stop taking the remedy. But essentially my my sort of little rule that I do is up to six doses if no changes happen, so no improvement stop dosing. And you will so after a couple of days are often you know if it's a fever and you're trying economic every half hour it's not doing anything moved to Bella Donna so then you can't really because you unless you kept going. So you can have a toxic response. And this is what's really crucial. This is what sort of caught on with homeopathy. There is no active after 12 See, there's no active Matter, you can't have a toxic reaction from it, or it's gonna affect the body long term physically.

Molly Knight 40:09

Okay? Yes, yes, marvelous remedies. Now, another question can only be given over a prolonged period at a low potency, say sixty, say over a month,

Leiah Golden 40:22

but definitely the right conditions. Without low potencies. That's what we sort of go we call drainage. So things like 16. So if it was looking, you're going to be taking something every day for a month, I would want to make sure it's through homeopathic guidance. So it's not something that I would sort of trial. But yeah, you certainly could take it. But you would want to just make sure that if you have to just keep checking on your reactions, because it does those lower vibrational remedies. potencies, like the 60s, they really can work on the physical body. So obviously, you would be taking it if there was a lot of soft tissue trauma or a lot of bruising, sensation, and so on. So that could be really good. But as soon as you got better, you would want to stop taking it. So this is the thing. So I do a lot of drainage, like I do a lot of different drainage and things like that with, you know, liver remedies, or kidney remedies, but I do I am monitoring it the whole time. And I do sometimes I've stopped people it halfway through their treatment, because they've started to feel too sick or so on. So AdvoCare is also you know, it's a blood remedy. So you don't want it to be doing anything in terms of bleeding. So you could be doing it with guidance, so check in with your homeopath and ask them.

Molly Knight 41:40

Okay, um, something I wanted to touch on. And although it's a little bit deeper than talking about these remedies, but it really concerns me that we've got such an increase in suicide, and mental illness with our young people. And I know a lot of kids, I mean, even to a six year old, they put on antidepressants, they've got them listed from Prozac from eight, eight years old. I mean, I know, I'm sure that homeopathy would be a far far better starting point for anyone of kids of this age, you know, what, what's your thought around? Well, suicide and young kids on antidepressants

Leiah Golden 42:32

in the clinic, so we do certainly get a lot of parents coming in wanting to get their children off, or wanting to get going a little bit older teenagers wanting to go on themselves, because towards the sort of the craze, and parents are going to please can we try this first. So we do see that a lot, we also very paths can really help to manage people off medications, obviously, it has to be done very well with, you know, both the doctor and yourself working together, but we see a lot of children for anxiety, and and particularly depression. Now obviously, when it gets to the point of suicide, and people start to even mention that word, we do have to make sure they're working in with a good psychologist, or a good mental health doctor, that they hung out with the consumer switch people out. But from your experience, you saw how strong that was for that body, that shock. And anyone with any kind of trauma like that can slip into depression and start to have suicidal thoughts. Now obviously, you still want to make sure the physical body is supported. And that's where a lot of you know naturopathic work is beautiful, and herbal work. But certainly when it comes to emotional stuff homeopathy, I just think it's amazing. When it comes to emotions, emotions, like I said at the beginning, our energy, the energetic processes and their thoughts, you know, so when it comes to the

energetic process that's creating such a disease in the body, such an illness and changing the chemical formulas in your brain. Then of course it energetic medicine is just going to be beautiful alongside your other treatments. So alongside your naturopathic care and alongside mental health care as well. And I will say we do really well working together with the doctors with the parents, and we can get very clear.

Molly Knight 44:31

You Yeah, it certainly is. And it's some, I certainly feel very sad that homeopathy and herbal medicine and nutritional medicine is relegated so far away from mainstream healthcare that some people you know, a lot of people just don't understand how valuable these remedies and modalities are, to good health. It's very sad that we've allowed this to happen.

Leiah Golden 44:59

Yeah, and don't allow that to happen. It's actually interesting. But yes, this this lockdown has really shown that that I just was shocked what I'm seeing all this stuff out waiting for a vaccine and staying away from everybody wearing a mask, but nothing about boosting the immune system and looking after your mental health through the help of of people who study it really, you know. So, yeah, it has been really a shame. And this is why, you know, I feel right now Health Australia Party, there are three parts to really create change. All the protesting is amazing, and everyone going out there and saying that piece and doing their bid. But if you got to fight like what Q is like, you have to fight politics with politics, and this is all politics. So unless we get someone voted in to like, I'm a candidate, I'm not running, by the way, unless we get someone voted in. We never got to do it. We need someone within the politics to fight the politics of keeping us sort of down.

Molly Knight 45:59

Yeah, yeah, I agree. It's, it's time for change. And yeah, it is time for change. And I think to one of the things that this lockdown, and so on, has certainly shown me is how important it is to keep your body physically fit and to stay aware of what's available. In terms of how do you stay well, and there's certainly a lot of information that's well suppressed. Yes. And just not told to the public, which is, I think it's just it's amazing that politicians, because they're just people to how they can allow information to not be given to the public. I think it's a very sad, and we need politicians that will stand up and fight to our rights.

Leiah Golden 46:56

should be good. Yeah. The one thing that is really amazing what I really love, and probably the most natural therapists will say this, despite the government not asking us for any help, and are not promoting us in any way, in fact, closing our businesses, despite all that, it's probably the busiest year most of us have had. Because no matter what the politicians say, what the media says or TGA, or, you know, friends of science, whatever anyone says, people

see results. And that's what people want to know that I care about the science and stuff, they just want to see results and you get really quick results of natural medicine. But yes, the results. So it is that's the one blessing is that, you know, the people, they want natural medicine, and they're happy to get it and I don't really care if someone says, Not enough research, we're not gonna go with that one. You know, you see results. The proof is in the pudding.

Molly Knight 47:53

Yeah, absolutely. Absolutely. Yeah, it's, um, my husband, this is a little bit different. But he gets gout sometimes when he has, you know, one red wine too many. And I've got a couple of remedies, tissue salts, in fact, that I give him and usually he'll just take one loss, and he's okay, sometimes he's needed 10 or 15 minutes later, he'll take another look. And it's gone. I mean, it's, it's some miraculous modality. It's absolutely fantastic. And here in Australia, we're in the dark ages, because the rest of the world uses it so much more than we do here.

Leiah Golden 48:39

Yeah, no, it's true. We really were lucky. That chocolaty and herbal medicine and Chinese medicine, homeopathy is relatively unheard of, you know, people hear about it a little bit here. And there. A lot of people know Arnica as a homeopathic but yes, it definitely is more of a European, it was originally more of a European medicine and NASA is bringing it to the to the forefront. And good on them. You know, dad does a lot of work with the Indian government. And they are just because they don't care about money and Big Pharma and stuff. They just have a lot of people in their country that well, very quickly. And so homeopathy is so cheap, it's so affordable. And of course, that's also probably a bit of a problem. We've got a really affordable medicine that's very gentle, that works really quickly. Then maybe some other people getting a little jealous about people sort of trying to keep you down, but it's such a it's been around for hundreds of years. It's not going anywhere. It works so beautifully. It's all around the world. So I just find it frustrated as I get sometimes when when our government tries to tell me that my medicine doesn't work. But you know, I still want to stop as frustrated as I get, I always just, you know, get one great email from a client. Instantly, and I just let it over.

Molly Knight 50:10

Yeah, makes it all worthwhile.

Leiah Golden 50:12

Yeah, I think a lot of us have just stopped watching the news. And you know, it's making me stressed. But I want to talk about the emotion, the emotional side of these medicines. homeopathic remedies for the sort of acute emotional picture as well that you can use these remedies for.

Molly Knight 50:36

Economic in particular is really good, isn't it? Anything?

Leiah Golden 50:42

Yeah. Particularly when there's fear of death behind it. So arsenicum album has is quite fearful. So they're, they're more worried about the future, about people's health about, so on. And so you know, so then it's more about, you know, they're worried they're gonna get cancer, they're the people who are googling, if you if you're on Dr. Google all the time, you probably. Yeah, so that's all set to come out from sort of time, whereas, and you can really get into that OCD. And that's what the OCD is, but where is the economic, it's just this really instinctual, Primal Fear, like if your fear of the dentist, go in there, you know, you know, you're not going to probably die. But something in your brain is creating this and an economic can just shoot it. Yeah, but a lot of people have amazing responses. And we can also treat for quite a while back. So yes, if you have something very sudden that happens. But if you have a sharp 10 2030 years ago, you can actually still treat that with that, you might still be in that economic state. And out of balance, you know, I talked about with that block. So we're always trying to sort of remove the block, so we get back into a nice balance. So if you're never Well, since this is always a thing that never Well, since if you're never Well, since was a shock from something and you've never been Wilson's start with the short remedy. It's amazing that we can treat that far back but that sometimes, people need to start that far back in order to sort of clear what they're feeling and presenting with on the day.

Molly Knight 52:20

And I guess that's why in a homeopathy consult, it's quite a long consult, isn't it? Because you do go back over the history doing all the detective work to find, you know, where did this begin?

Leiah Golden 52:34

Yes, I do. I do love I should say, I do love to talk in consult, because I listen to everything. But yes, you should consult, and this is talking about more for chronic conditions. But at all, just anything that's really like quiet for for the patient, we certainly will go a good hour, you know, because you need that long, you need to be able to talk about the health history, the family history, the timeline of what everything happens. Talk about the emotions talk about the event that the netherworld since event, work out what medications you're on what your diet is, you really to in order to really find out who a true person is, and what's the true cause of your condition or your disease or, or you know, the symptoms you're suffering, we need that time to do it. And it's also just so beautiful to connect with someone. So I do a lot of obviously right now, face to face. So we do a zoom and telehealth sort of consult and I do miss my face to face but it's also been really beautiful because even just talking like this, you get to see someone and really connect with them. So to through the screen. But they still is that exchange. So you can imagine if you're only like going to the doctors, you're there for five minutes. You don't have a connection with your doctor that often. But with your practitioner, as you know, being a big practitioner, you feel you do there is

definitely an energetic exchange that happens. And people sometimes just started telling their stories at that time. We all love talking about ourselves. Well, they're not not all people but most people aren't you telling your story is like a weight being lifted off your shoulders. And that's all part of it as well. Yeah.

Molly Knight 54:19

It is. Yeah, they are just one more thing. Um, you mentioned tissue salts and and I use a lot of tissue salts, too. I love them. But can you explain how they're different to? Well, traditional homeopathic remedies, I guess, because they're still potentized.

Leiah Golden 54:37

They are they are so they're essentially what we call a six x so they are using minerals as well. So I use the Schusler tissue salts unless people are very lactose intolerance. There are other cell salts to use because they are triturated on lactose, but essentially, tissue salts and that particular Schusler himself was a doctor who found And I won't go into how he found it that's probably know the story. But people who were sort of suffering these different conditions, when they passed away, they were depleted of this particular minerals and things like colleagues, things like kali phos, which is your potassium phosphate, you know, and so on. So these are all minerals that are found within our body. So they are what make up our cells that make up bone that make up nervous tissue that make up everything, they are the components and the building blocks of our body essentially. So when we're very depleted in these, we start to suffer conditions such as the gout, such as restlessness and nervousness, which is the colleague boss that I have in my emotional kin. So but the thing that makes them different, so those same remedies, so help solve and Kali mer and Kali, FOSS, all these remedies, we actually can also use in homeopathic potency. So these same medicines that are in the 12 Susheela tissue salts, can be used in homeopathic potency, but I like to use sometimes I do like to use them, when it's more of a very physical kind of condition or a cellular one, but you're really feeling it. And also, I mean, I also get to use them a lot, I get to use more homeopathic remedies. So there's one in there like saying my patient really needs silicone. But I also really want to give him like a partier. I'll give him like a podium in homeopathic potency, and get them to take silica as a tissue salt. But essentially, it's really the potency that they're in. So they're in a six x. So those remedies that I'm using a 200 C. So that's a very dynamic, so that schedule, single drop of the substance into 99 drops of alcohol and water. So caution, which is what makes a heavy Pathak remedies, homeopathic remedies, dilute something ago, I've got a remedy. And that's the dilution glass of water, you have to agitate those water molecules, you need to break them over, the substance needs to go in. And so that was the question on that one titration. That's a one x. And then you go up, you do that twice, you take one little picture that put that into the next container with you know, the nine drops of water or you're lactose material frigerator. Also custard that's a two x. So you keep doing that. So Susheela tissue salts, there, I think there are six X's getting that Robert 12 out.

So they're still in that very physical, so there is an actual active compound within them. So they do work in a bit more of a cellular physical level. Whereas in homeopathy, we do that process of succession dilutions of caution, we can do that up to 1000 times 10,000. You know, we can keep doing it. So that 200 c potencies, that I do a lot of the mental emotional stuff that's been done 200 times. So after 12 C, there's no active matter left, it's pure dynamic, is the energetic profile of substance no longer the substance. And also kids love them, and they can be taken prophylactically so you can take them preventatively I know we grew up trampling on them all the time, just like have some tissues. So we would always just take them to build up our immune system. Whereas very perfectly, you wouldn't really take a homeopathic remedy, apart from certain remedies. Certain remedies you can take to build your immune system. But certainly you're not going to be taking you know authentic amalgam unless you're taking your suffering of feeling those authentic amalgam conditions. Or if everyone's got food poisoning and got diarrhea and vomiting, you think, ah, I don't want to get it. You could take a dose. You can take them all the time.

Molly Knight 58:46

Mm hmm. Yeah. It's interesting, isn't it? I know in my clinic, when I'm making up any remedies, and I drop any, once the patients go, my dog cleans up all the remedies on. Yeah, I mean, petting dog. Sometimes she gets some interesting properties.

Leiah Golden 59:05

We treat pets all the time. And so absolutely pet some babies are my favorite because there is no placebo. You cannot say that that dog knows what I'm giving it. And then it's getting better. I don't even know and babies they in the I just love to treat all of the skeptics, babies and dogs.

Molly Knight 59:22

Exactly. Exactly. What about a dog talking about dogs? What about the dogs that are really frightened of storms and noises like that? What would you think? Which homeopathic remedy?

Leiah Golden 59:37

Yeah, so phosphorus is our classic frightened of storm. So phosphorus is not in there. forsake isn't there, you could actually use both. So phosphorus is at very classic year of storms, things like that. And you know, other dogs and they've got a lot of fears. But you could even try an economic Though thinking that I'm gonna die, you could try and agonize that really sudden shock fright. So economic could be really good. phosphorus does if they're very sensitive emotional dogs and you know, got that sort of sweet happy thing but getting really affected by any you know, someone yells they're like, you know freaking

Molly Knight 1:00:34

Okay. What about complexes remedies with that a made up with more than one homeopathic remedy where do you sit with that?

Leiah Golden 1:00:45

Well, look, I am a classically trained homeopath doesn't really mean I don't even know what that means anymore remedies because I just find them more powerful in their action. Also, I know what what's doing what. So if you throw five into a bottle, I don't always know which remedies doing what. But at the end of the day, who cares? As long as it's working?

Molly Knight 1:01:10

Exactly.

Leiah Golden 1:01:11

But I do use complexes sometimes. Yeah, so definitely, I've got two are teething and getting very hot and fevers, I'll put aconite, belladonna and chamomilla into a bottle and say just go for it. But certainly with emotional stuff, not so much. So with my flower essences, I will obviously so flower essence bark and bush flowers, and they have like a lot in there. But with you know, with emotional stuff, I tend to just use the one remedy often because we can see it very clearly as well. And we can see that there's this coffee a picture, we can see that this is like a podium. Sometimes I'll be three, which one is it, but I always like to try one at a time. Let that revenue, do what it can do, and then move to the next. But yeah, complexes, they do work the problem sometimes. So this is my beef with complexes. So a lot of people sell complexes over the counter, or you can buy them from stores. But they're very low potency. Now I'm quite a high potency prescriber. So, not all heavy packs agree with that. So we would like to start very low, but I got it from dead. That's all that's all that I like quite high potency prescribing because depending obviously on on how dynamic someone is, and if you're very unwell and there's a lot of pathology, obviously I'm not going to blow blow you up with it. But certainly for children who is so vital, so healthy and dynamic, most of them. And most of us in this country were a first world country and we're a very healthy country. So I like to use my high potencies. But a lot of these complexes are very low potencies. So then people used to say I didn't work and I tried it didn't work. And then then again, that's that's the only thing I have with complexes that are just bought off the shelves that are in very, you know, sixes and twelves, you might have the right remedy, you might just see a very high potency. As I said in that first part of the chat was that it you'd need to have a stronger force to clear out the lesser. So sometimes the SR 60 or even a 30 C is not a high vibration as what that say that stress is really high vibration, it's really full on stress, and you're giving this little to succeed, it might not even touch up there. So you need to give this because the body needs to perceive this as a stronger force to clear out your natural stress.

Molly Knight 1:03:50

So would you do any harm to yourself if you say you took aconite 200 but really, you could have used aconite 30 to get a result? Does it cause any damage? No, no? cause damage, but yeah, could you have a reaction?

Leiah Golden 1:04:09

Yeah. So I see a lot of my clients out there Hi, my sensitive clients, you know who you are. So I have a very sensitive energetically. And that's why I'm coming up with these. Sometimes they have to come to us because that's you know, they can't take a drop of her without going into a detox and so on. But even in homeopathy being so gentle is still very powerful medicine. So I do have some people and most people when they're that sensitive, they already know that. So very sensitive people. You might want to put it in water, you might want to do a water dose. So I'll say so essentially said having two videos or three drops, you might want to get sort of quarter glass of water for two pills into the water, start 20 times clockwise as Caitlin loves to say, start 20 times and then drink it and that is really a way of sort of taking it down a notch. Now look, the worst that's gonna happen is you're going to start to produce symptoms of it, you have to be very sensitive or really need that remedy, but be very sensitive to it. So you can reduce symptoms of it. But as soon as you stop dosing, it clears out isn't energy, so we're just putting an energy into our energy, and it can change the vibration a little. But if you needed aconite, taking a 201, m 30, c, 12, c 60. It all should have an effect any part. But if it's quite intense, those lower pregnancies you might not feel it as much or might not even be long lasting enough for you to really cause call it a reaction. So but know if you needed a 30, but you only had a 200? Just take it, you take water first? Yeah.

Molly Knight 1:05:54

Okay. Yeah, I guess. So that's a good thing. If you if you're not sure, pop it in some water first. Yeah.

Leiah Golden 1:06:02

If you if you go like full lift, and you're like three days remedies in really good succession 20 times to magic 20. And then about 20 minutes to change it up to 2020 or less. But give us a class at 21 times. And then you can see on that or you can use that until you can get more medicine. So I guess you can use water to sort of keep it going. But also it's really nice. If you need something all the time. And you don't want to be all babies I call it Cremonese I give collic remedies or so five minutes before each feed. Now, newborns are feeling all the time. That much sugar. So we just put a few pills into order at the start of the day, get succussed 21 times and then give them a taste of that five minutes before each feed and that really calms the tummy. So yeah, what a beautiful way to use homeopathy? So you know, we're mostly what is and then molecules? Mm hmm.

Molly Knight 1:07:13

Yeah, that's great information. Thanks, Leah. If some if you could only have one remedy, would you? would you take?

Leiah Golden 1:07:23

That's a good question. I've never been asked that question. I'd

love it, Molly. Okay. That's a really common situation. on a desert island.

Molly Knight 1:07:35
on a desert island.

Leiah Golden 1:07:36
Personally, I'm on a desert island.

Molly Knight 1:07:42
Okay.

Leiah Golden 1:07:44
But I would also be definitely thinking that, but if you're talking emotional, if we're talking emotional, I would probably say like, because emotionally, you're really up and down. Or if you're feeling really stressed, or you can't kind of snap out of this state, it can really clear you out of it. So I'm thinking if I had to pick one, emotionally for like stress and anxiety or those days, but that's because that fits me obviously. Then a lot of people watching that would have been like, I am such a like a party. But for me, I like I like I'm giving away who I truly am. I like yes, I definitely do like my ignatia when it comes to emotions, and physical? That's a hard one, good question.

Molly Knight 1:08:40
I think Arnica for physical, it covers a lot of bases. Actually, just going back to emotional I remember, many, many years ago, I had a patient who couldn't cross the Harbour Bridge, she go into these massive panic attacks. And just the thought that she'd have to go across the bridge. And ignatia pulled her out of that year.

Leiah Golden 1:09:07
In that situation, if you had to come out that could have helped. You had like a podium, you know, so there's these remedies, all these different ones, you can always try them because a different person is going to need different ones, but they can all be helpful. But then when you find the right one, it's instant.

Molly Knight 1:09:26
It's instant. It's amazing

Leiah Golden 1:09:28
remedies. The wrong remedy might still work but you might not cure and that's when that's what having a console it's really good to like really getting work out what's what remedies best. And the thing with your first aid, whether it's acute, you know, everyday emergencies or acute conditions or your everyday emotions, the best thing to do is just give them a go. Never the rule of \$6 no change, try another remedy. with emotions. Obviously you don't use it as often as you'd like because you shouldn't need it as often but essentially It's you know, it's really about giving them a go and then working it out and give them work. Amazing. You just treated your family farm very inexpensively, very gently, very safely no

side effects. But if it doesn't work, that's when you go see your practitioner, and we'll figure it out for you, which we love to learn.

Molly Knight 1:10:19

Hmm, yes, yeah, exactly. Okay, that's some very interesting info. Leah, thank you. Thank you for joining us tonight.

Leiah Golden 1:10:30

You're welcome. And I just want to say one last thing, if I could, to try and give back a little to Health Australia Party. So we have three kids that at the clinic, so at the holistic health, we have active kids and beyond babies and beyond active kids and travel, and then our everyday emotions, kids, we also have a puppy kid as well. But with those three kids, those everyday emergencies and everyday emotions, so any kid, if anyone wants to buy a kid, they can come, you know, contact me through the website, and we can have a chat about what is going to work best for you. And any kid saw through Health Australia Party through this talk tonight, I'm going to give 50% of it to back to Health Australia Party to really try and help them call. So yes, if you're needing if you're needing a kit with these remedies, you know, really interests you, then and you want to give to Health Australia Party, then that's the perfect way to do it. So you're gonna have something to take home and treat. Plus also, you know, give some good good cash to a cause that really needs that, that can really help us all. And also with my first talk, if anything we're chatting about if you're new to homeopathy, and you actually wanted to sort of do a talk with slides, as opposed to just you know, reading books and things or googling it, we're going to be selling my first job, which is a little bit different. It was an hour and a half, but it went a lot more in depth into the remedies and the more physical conditions. So that's selling for \$25 on the Health Australia Party website. And that looked like back then when was that last year? I

Molly Knight 1:12:07

think it was last year. Yeah.

Leiah Golden 1:12:10

In between children. So that's a really good way to get back to Health Australia Party. It's just nice to give things to people and get a little present in return. So yes, if you are interested, send me an email. And or if you want the slides, just send me an email to help to holistic health message arrangers and I can send them off to you and have a chat about homeopathy.

Molly Knight 1:12:33

That's very generously. Thank you. Just before we go that another question has come in Can a kinesiologist test to see which remedy you need. I guess that's if you've got your kits at home and you're not sure? Yeah, someone do that?

Leiah Golden 1:12:50

Yeah. I'll just test homeopathic remedies all the time. So muscle

testing is brilliant. And I will often get there is some simple ways to test if you've got two remedies, you're not quite sure I'm not going to demonstrate. But you can send me an email and I'll tell you, but um, but you can muscle test your remedy. So obviously, it's homeopaths. If there's a real science behind homeopathy about a behind the console, how we come up with your prescription, we know, you know, the whole picture of the remedy. And then we need to work out the disease picture and so on. So there's actually a lot that goes into the homeopathic console, as opposed to just muscle testing. So I wouldn't just just muscle test, I'd like to always get a full picture of what's going on. Because I also need to know the sensitivity of the patient, I need to know the health history to make sure I'm not going to give them a big aggravation if they've got a really toxic liver. I'm not going to give them some high constitutional remedy that's going to make them feel like rubbish for weeks. So there's a lot behind it. But yeah, definitely a lot of Kinesiology will use it. And if you've got your kids at heart, this is when I don't mind doing a little bit of hard kinesiology. If you've got two remedies, you're like, I don't know which one to use. You can do some muscle testing yourself or if it's on your children, get them to hold it and do some muscle testing there. So if you know your body will tell you very quickly because it's an energy so soon as i remedy the energy that really comes into your energy field if you like your body's going to tell you yes or no very quickly.

Molly Knight 1:14:30

Okay, all right. Thank you, Leah. That's awesome. Great info and a very generous offer for Health Australia Party which is lovely, thank you very much and I just finished off by saying to everyone watching tonight, do yourself the biggest favor ever. And get a homeopathic kit have these remedies with you. If you looked in my my bag that I carry with me I've got half a dozen different remedies that just go everywhere with me. So do yourself a favor, grab yourself a kit to add to your case, if you've got one, and you need a few more remedies keep stocked up because homeopathy really can make an enormous, enormous difference to your life to your health, and to kids, obviously. So thank you, everyone, for joining us. Thank you, Leah, very much for joining us. And I hope everyone has learnt as much as I have tonight, you, you can never know it all and there's always information to be gained. So thanks for joining us, and take care. Be safe in this crazy world that we're living in at the moment and look after yourselves. Good night, everyone.