

# Alchem{ess}

## Homoeopathic Support Essence Catalogue

A formulated blend of Homoeopathic Medicines and Bach Flowers created by Mentor and Homoeopath of over 18yrs, Tamara Gurney. Each formula is specifically designed to stimulate your own healing ability + homoeostasis while supporting your body's innate intelligence and mechanisms for self healing.

Each formula is based on traditionally indicated homoeopathic medicines for each condition.



Purchase your Support Formulas at [alchemess.com/](http://alchemess.com/) in session with Tamara / at the Pop Up Shop.

# Support Formulas

## **ANXIETY AND NERVE TONIC**

May support the relief of anxiety, apprehension, fear, shock, fright, nervousness. Use for fear of flying, public speaking, anxiety before any big event, after shock or fright, emotional upsets.

## **ASTHMA ASSIST**

May assist in the symptoms of asthma and the anxiety associated with asthma.

## **BIRTHING SUPPORT**

May assist in supporting the body during labour + birthing for pain, contractions, dilation, nausea, exhaustion.

## **BLADDER RELIEF**

May assist with the symptoms of a UTI, bladder irritation and bladder infections, cystitis. UTI's after intercourse.

## **BREAST EASE + FLOW**

May assist in the healing of mastitis, blocked ducts + engorgement, inflammation + pain.

## **CANDIDA CLEAR**

May assist in the symptoms of Candida + Fungal infections.

## **COUGH RELIEF**

May assist with the symptoms of a dry, irritating, persistent cough.

## **COLD AND FLU**

May assist in the symptoms of cold and flu, sore throat, fevers, infections, flu body aches and pains etc.

## **CLEANSE + CLEAR**

Contains Homoeopathic medicine traditionally indicated to assist with cleansing, clearing and detoxifying the bodies build up of excess oestrogen, toxic chemicals + inhalants, heavy metals, allergies + histamine reaction. Supports the lymphatic system.

## **DIGEST**

May support a sluggish, changeable digestive system. Use for constipation, diarrhoea, hard to digest rich foods, hangover, bloating, mucus in stool, inflammation etc.

## **ENDO RELIEF**

May assist with the symptoms of Endometriosis, PCOS, Uterine Fibroids, pain and heavy menstruation.

## **FEM BALANCE**

Contains Homoeopathic medicine traditionally indicated to assist with the balancing and support of female function, endocrine system + hormones.

## **FLUID BALANCE**

May assist in fluid retention and fluid imbalance.

## **FOR THESE TIMES - THE SUPPORT ESSENCE**

A total support essence that works with all levels of being to support the balance, wellbeing, connection, empowerment and embodiment of self.

## **GASTRO RELIEF**

May assist with Gastro, Diarrhoea, upset stomach, loose bowels.

*natural & safe healing allies for every level of your being*

# Support Formulas

## **GLUTEN + ALLERGY RELIEF**

May assist with the symptoms of gluten intolerance, inflammation and reaction + food allergies.

## **GRIEF AND LOSS**

May assist in supporting one through grief, loss, shock, sadness & trauma of any kind.

## **HANGOVER DETOX**

May assist in the side effects + the clearing and detoxification of alcohol.

## **HAY FEVER**

May assist in the symptoms of hay fever, allergies, sinus congestion and inflammation. Use at the beginning of hay fever season as soon as you experience any symptoms. Great to use for allergies where itching, sinus inflammation occur.

## **HEADACHE HELPER**

May assist in the symptoms of headache, migraine, nausea + light sensitivity.

## **HEALTHY SKIN**

May assist in the symptoms of excema, dermatitis, skin allergies, inflammation , infection + promotes healing of the skin where wounds, burns, cuts + abrasions are present.

## **I AM CALM**

May assist to help calm and soothe an over stimulated nervous system and mind. Use for stress relief and pent up tension in the body and nervous system.

## **IMMUNE BOOST**

Contains Homoeopathic medicine traditionally indicated to assist with encouraging, supporting and building a healthy functioning immune system.

## **IMMUNE SUPPORT PLUS**

May assist to support the immune system during flu, colds, respiratory infections, viral infections, infected throats. Use with Cold + Flu Essence.

## **IMMUNITY**

May assist to support a compromised immune system. For daily use.

## **INSOMNIA**

May assist in the symptoms of insomnia. Supports a restful and calm sleep.

## **IT BIT ME**

May assist with the symptoms of insect bites, spider bites, stings, swelling and rashes + ticks.

## **LIVER CLEAR**

May assist in the detoxification of the liver, Promotes healthy liver function.

## **LYMPHATIC FLOW**

May assist in cleansing and draining the lymphatic pathways.

## **MALE BALANCE**

Contains Homoeopathic medicine traditionally indicated to assist with the balancing and support of male function, endocrine system + hormones + prostate.

*natural & safe healing allies for every level of your being*

# Support Formulas

## **MENOPAUSE**

May assist in the management of hot flushes, palpitations and nervous anxiety + hormonal symptoms associated with menopause and peri-menopause.

## **MOTION SICKNESS**

May assist in the symptomatic relief of motion sickness, nausea + vertigo.

## **NERVE TONIC**

May assist in the symptoms of mild anxiety, neuralgic pain and general debility.

## **PAIN + INJURY RELIEF**

May assist the healing and repair of injuries, pain, inflammation, torn ligaments, muscle fatigue, sprains, bruising, strains, tendon damage, nerve damage, aching joints, aching back pain.

## **PARAWORM SUPPORT**

May assist with the infestation of worms and parasites + the symptoms they cause, such as abdominal bloating, itchy anus and nose, irritability, hunger etc.

## **PHARMA CLEAR**

May assist in the side effects + the clearing and detoxification of pharmaceutical medications.

## **PMS**

May assist to support the symptoms before and during the menstrual bleed. Use for PMS, emotional fragility, anger, irritability, cramps, pain, hormonal changes associated with the menstrual cycle.

## **PREGNANCY SUPPORT**

May assist with the sickness, nausea and fatigue during pregnancy.

## **PURIFY**

Contains Homoeopathic medicine traditionally indicated to assist in supporting the mental and emotional levels while deep in purification and clearing of identities, patterns and programs.

## **REFLUX + INDIGESTION**

May assist with the symptoms of reflux, indigestion, GERD.

## **RESTLESS LEG SOOTHER**

May assist with the symptoms of restless legs, ticks, twitches and spasms.

## **RHEUMARTH RELIEF**

May assist in the relief of pain associated with rheumatism, arthritis, inflammation & stiffness.

## **SCIATICA + SPINAL SUPPORT**

May assist in the relief of sciatica, spinal + disc injuries, inflammation, muscle + nerve pain.

## **SINUS**

May assist with the symptoms of sinus congestion, inflammation and chronic allergies.

Best used in conjunction with Hay Fever Relief.

## **STRESS RELIEF**

May assist in the symptoms of stress, adrenal exhaustion, nervous system burnout + mental and emotional stress.

*natural & safe healing allies for every level of your being*

# Support Formulas

## **SURGERY SUPPORT**

May assist in the healing and repair post surgery + procedures.

## **TRAVEL + JET LAG**

May assist the body with travel and jet lag symptoms. Supports the lymph and blood flow, radiation effects, muscle cramps, time zone changes, nervous system + anxiety.

## **UTERINE**

May assist in the healing and strengthening of uterine prolapse, weakness and pain. Use after C section, giving birth, uterine surgery, uterine prolapse, uterine displacement (after having it corrected).

## **WEIGHT BALANCE**

May assist in the balancing of weight, detoxification, digestion + hormonal weight changes.

## **WOUND ASSIST**

May assist in the healing of skin wounds, cysts, boils, foreign bodies, infections, grazes, cuts, burns etc.

## **VITAL SPARK**

May assist in physical/mental/emotional exhaustion, lack of vitality, energy + general debility.

## **VIRAL IMMUNE SUPPORT PLUS**

May assist to support the immune system during a viral infection.

## **NOURISH + FLOW**

May assist in supporting a healthy vascular and blood system.

# KIDZ Support Formulas

## Allergy Assist

May assist in the symptoms of food, gluten, dairy intolerance + allergies.  
Use with Hay Fever Relief if allergies are seasonal.

## Anxiety + Meltdowns

May assist in the calming & clearing of anxiety, fear + emotional meltdowns.

## Clear Skin

May assist in the treatment & symptoms of eczema, dermatitis, nappy rash, skin allergies + rashes.  
+ Candida associated skin eruptions.

## Cold + Cough

May assist in the symptoms of colds, cough, mucus production + inflamed tonsils.  
Use with Immune Support Plus if symptoms continue for more than 2 days.

## Colic + Reflux

May assist in the symptoms of colic, reflux, cramping + pain.

## Croup Assist

May assist in the symptoms of croup, fever, congestion + inflammation.

## Courage & Comfort

Assists with support, encouragement and confidence in times of transition, change, insecurity, nervousness + timidity.

## Growing Strong

May assist in supporting healthy strong bones and teeth + soothe growing pains & aches.

## Spectrum Support

May assist in supporting the mental, emotional and physical levels of spectrum associated symptoms, ADHD, autism.

## Junk Food Detox

May assist with clearing and processing the toxic, digestive and physical, mental, emotional effects of junk food, sugar, preservatives + colour additives overload.

## Ear Ease

May assist in the symptoms of ear infections, irritation, inflammation + pain.

## Eye Clear

May assist in the symptoms of conjunctivitis, inflammation + pain.

## Falls + Bruises

May assist in the symptoms of injuries, falls, bruises, sprains + inflammation

## Pain + Fever

May assist in the symptoms of fever, inflammation + pain, sore throat, runny nose etc.  
Use with Immune Support Plus if symptoms continue for more than 2 days.

*natural & safe healing allies for every level of your being*

# KIDZ Support Formulas

## **Sore Tummy**

May assist in the symptoms of gastro, cramping, vomiting, digestive upsets + pain.

## **Sound Asleep**

May assist in the symptoms of night terrors + disturbed sleep patterns. Supports a calm + restful sleep.

## **Teething Support**

May assist in the symptoms of teething, inflammation + pain.

## **Wiggly Worms**

May assist in the symptoms of the infestation of worms, parasites + itchy nose and anus, hunger, irritability and abdominal bloating.

## **Device Detox**

May assist with the negative effects of device and screen exposure, radiation + technology on the brain, nervous system and emotional, mental bodies.

## **Sacred Space Trauma Support**

Mental and emotional support for times of upheaval, trauma, separation anxiety + grief and sadness.

# FURBABY Plant Based Essences

## For Pets

### Zen Baby

May assist in the symptoms of an over stimulated nervous system, hyperactivity, nervousness. Calming and soothing.

### Scaredy Cat

May assist in the fear and anxiety triggered by shock, fireworks, thunder storms, fights, trauma.

### Separation + Sadness

May assist to comfort and support during times of grief, loss, separation anxiety + sadness.

### Tummy Upsets

May assist in the symptoms diarrhoea, vomiting + tummy upsets, inflammation, colitis.

### Infection + Wound Healer

May assist in the healing of bite wounds, abscesses, boils, foreign bodies, splinters, open wounds.

### Skin Ease

May assist in the symptoms of eczema, dermatitis, skin allergy, rashes.

### Bitey Bye Bye

May assist with the symptoms of stings, bites, swelling, flea irritations, ticks, itchy + painful reactions.

### Happy New Ear

May assist in the symptoms of ear infections, pain, inflammation.

### Hay Fever + Allergies

May assist in the symptoms of hay fever, allergies, pollens, food allergies.

### Pee Pain

May assist in the symptoms of UTI, bladder infections, pain and irritation.

### Motion Sickness

May assist with the symptoms of motion + travel sickness.

### V Tox

May assist in the symptoms of Vaccinosis + ill effects of Vaccines.

### Injury + Pain

May assist in the healing of injuries, bruising, falls, strains, sprains, broken bones, pain + inflammation + Shock of accident/injury.

### Smooth Moves

May assist in the symptoms and pain of arthritis, rheumatism, inflammation + stiff joints, muscles.

### Worms + Parasites

May assist with the symptoms of intestinal worms + parasites.

### Territorial

May assist with territorial spraying + stress spraying.

### Soothe My Spine

May assist in the symptoms of spinal injury, injured + bulging discs, nerve damage and pain, inflammation.

*natural & safe healing allies for every level of your being*



## ADMINISTRATION OF MEDICINE

- One single dose is 10 drops under tongue or a mouthful of medicated water (bottle/glass of water medicated with 10 drops or 2 pilules) or 2 sprays under tongue ( 1 spray for children under 5yrs old). Use the medicated water method of administration for babies under 12 months of age.
- Take Homoeopathics at least 10min away from food, coffee, brushing teeth and using mouth wash to avoid antidoting.
- Homoeopathic medicine is absorbed by the mucus membranes, therefore holding the medicated water in your mouth for approx 5 seconds before swallowing is advised.
- Do not interchange the droppers or caps with other formulas. If the dropper touches the mouth or tongue, run under boiling water to sterilise before putting dropper back into the bottle.
- Each formula bottle contains 15-20% pure grape spirit alcohol as its preservative + distilled pure water. If unpalatable use the medicated water system of dosing.
- For FurBaby Essence administration please see the FurBaby pamphlet or speak to Tamara.

## FREQUENCY OF DOSES

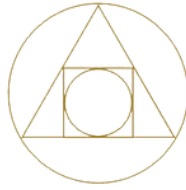
- Acute condition dosing every 5-10mins (high fever/injury/shock/anxiety attack) until symptoms improve then dose every 1 hour until recovery.
- colds/flu/infections/hay fever etc dose every 30mins in beginning until symptoms improve, then dose every 1-2 hours until full improvement has occurred.
- Non acute condition dosing 4 - 6 doses a day long term. (long standing injuries/chronic ailments etc)
- Once an improvement has occurred, continue to decrease the frequency of your dosages, then stop taking the formula once fully recovered/healed.

## STORAGE AND HANDLING

Homoeopathics keep their strength for years without deteriorating or losing effectiveness, if the following guide lines are observed:

- Keep in sealed bottles for storage.
- Do not interchange bottle droppers or caps.
- Store the remedies in a dark and cool place (not the fridge). Do not store with or use strong smelling substances camphor/peppermint, Vicks. Or near microwave/phone for long periods.
- Do not leave sitting in the direct sun or extreme heat or temp changes. Store below 25 degrees.
- Do not handle pilules. Tap into lid, then into mouth or water.

# Alchem{ess}



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Disclaimer :

use only as directed.

Always read the information provided.

Keep out of reach of children.

If symptoms persist please see your Dr or health care provider.

The information is not intended for the treatment of serious life threatening or emergency conditions. Seek emergency help where necessary.

If symptoms are not relieved in a reasonable time consult your GP and professional homoeopath.

Conditions which are long standing and/or recurrent or which do not respond to the product may require individualised treatment from a registered homeopath to address the underlying susceptibility.

The information is not intended for the treatment of chronic, longstanding or serious conditions in the home.

This Alchem{ess} Catalogue and website contains general information about health complaints and their management. The information is not advice, and should not be treated as such. You must not rely on the information on this website as an alternative to medical advice from your Dr or other professional healthcare providers. We recommend you always seek medical assessment and diagnosis where appropriate. Serious injury and illness and longstanding conditions should never be treated without seeking expert advice. If you think you may be suffering from any medical condition you should seek immediate medical attention and the responsibility lies with the reader to seek medical help and diagnosis in such situations.

Homeopathy is considered low risk by the TGA and our advice and product information is based on TGA regulations and traditional indications. All remedy-related information on the Alchem{ess} website and this Catalogue is drawn from Homeopathic Pharmacopoeias and Materia Medicas listed by the Therapeutic Goods Administration (TGA) in Australia and referenced worldwide.

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