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Homeopathy

for babies and children

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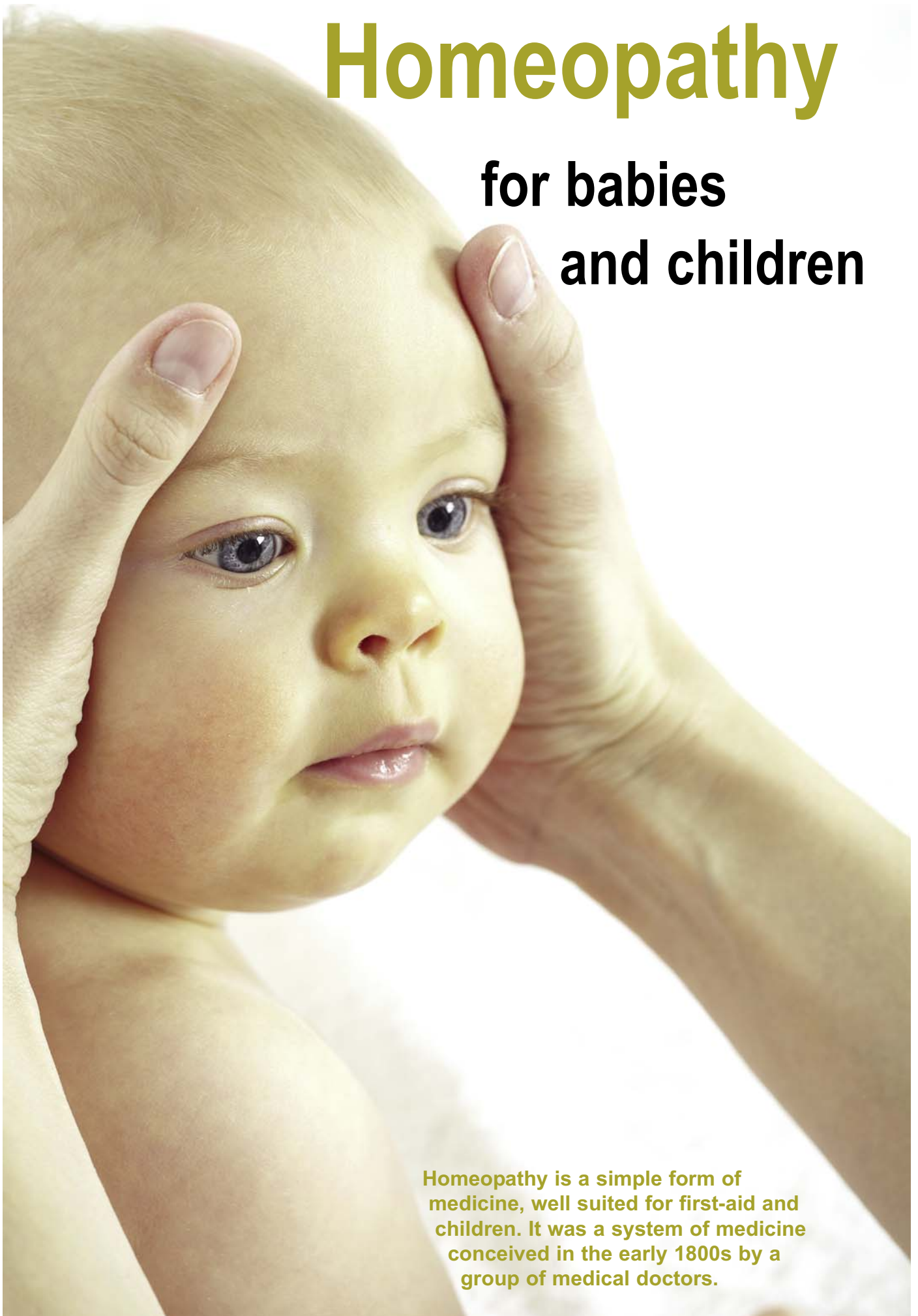
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Your Health and Wellbeing Success Starts Here!

Are you a health-conscious consumer, looking to come into the industry or looking for a suitable treatment? Find out what the experts say and read.

Homeopathy

**for babies
and children**



Homeopathy is a simple form of medicine, well suited for first-aid and children. It was a system of medicine conceived in the early 1800s by a group of medical doctors.

This was the time bleeding and use of mercury or arsenic as medicines were common practice. Not satisfied by the way most of their patients were recovering; they decided to study the old healing texts and came up with a concept of medicine which is based on the promotion of health and not the suppression of sickness.

This approach promotes lifestyle and nutritional changes, and uses as little medication as possible, in order to try to rebalance the body and mind in a very subtle way. Homeopathic remedies are usually extremely diluted, sometime nicknamed 'energy medicine'. They use the therapeutic power of the patient to heal. This follows the first principle of the Medical Hippocratic Oath, "First, do not harm".

Homeopathy is widely used on the continent by the medical profession, and also in many developing countries, as it is very affordable. For example, 50% of the French population use it regularly. Research and prescription are publicly funded in Germany. 10% of Swiss GPs prescribe homeopathy regularly, and 15% of the Indian population use it as their main form of medicine!

How can it help my child?

When a patient is pregnant, or has a young child, I would recommend them to buy a homeopathic first-aid kit. It is important to build confidence and no one is better suited than a mother to analyse what the child needs. Kids respond quickly, so it is easy to see if homeopathy works. The kits come with a handy therapeutic book, and if parents are unsure they should contact their homeopath for advice (this can often be done by phone or email consultation nowadays).

It is important to understand the psychology of a young child: the shock of coming into the world is quickly replaced by the magic of the first 12 months: if you need anything, just shout, and adults will bring you what you need.... after this time, the child realises that other people may have needs, and that the world does not always revolve around them... negotiation, frustration, influencing and begging are the elements of what is commonly called "The Terrible Twos".

It is often said that the immune system of a child does not mature until two or three years of age. However, the whole body and mind participate in developing a healthy immune response and this response will be most effective when we are well nourished and emotionally balanced.

It is not rare to see children getting sick after achieving a major step in their life, such as learning how to walk, starting nursery, or after an emotional event, such as when the mother has to leave home for a bit, or bullying at nursery or school.

Homeopathy is well placed to address and help the child overcome their emotional and physical imbalances, in a very gentle, non-toxic and safe way.

When can I use homeopathy safely, and when shall I see a homeopath or a GP?

Before reaching out for your remedy kit, first ask



yourself if the situation is life threatening? This could be the case when the child is unconscious, or suffering from severe trauma or major blood loss. In that case you should contact emergency services immediately.

High temperature is often a worry for parents – unfortunately far too many GPs immediately prescribe drugs to 'reduce' the temperature (these have other 'side effects' that can cause longer term damage) and antibiotics just in case (although they know they do not work). This is causing a major problem for society as a whole as antibiotics have become less and less effective as viruses become resistant to them. In addition this overuse of drugs and antibiotics leads to a weakening of the immune system and the development of ongoing chronic problems in children.

© Thierry Clerc, Clinical Homeopath, LCPH, MSc graduated from The College of Practical Homeopathy. If you wish to buy a first-aid kit or attend a homeopathic first-aid course, contact him at info@thierry-health.com or on 08456973502. CPH now offer a post-graduate course in Homeopathy for qualified CAM Practitioners who would like to 'integrate' homeopathy into their practice. If you are interested contact Tessa on 0208 445 6123 or go to www.collegeofpracticalhomeopathy.com.

The next question is "are the symptoms recurrent or last for more than two to three days?" If so, then it may be wise to contact your homeopath, as the patient seems to have difficulty to return to health, and there may be something that I call "an obstacle to cure" that needs to be addressed.

I have noticed that mothers become more confident with their children, themselves, and then the whole family when supported by their homeopath as it puts them back in control of their family's health. Using common sense, such as ensuring hydration and rest when needed rather than automatically reaching for a magic pill can avoid a descent into long-term chronic illness for your children. Do not forget that at the end, it is the patient that heals, and the remedy is just a trigger.

What are the most common remedies for a child?

Homeopathy addresses the imbalance within the suffering child, and for this reason, we tend to focus to the cause or the state of the patient, in order to understand what may prevent good recovery.

So, for a specific condition, such as a cold, I may have about 80–100 remedies in my therapeutic book and it is down to finding the right one for this specific patient. However, 5–10 of these remedies may cover 90% of the cases, and this makes it easier.

These remedies are worth trying first for the following conditions

- ☺ **Teething:** Chamomilla is usually the number one, and if it does not help, Pulsatilla or Calcarea Carbonica are good contenders.
- ☺ **Cold:** on the onset of the cold, Aconite will work very well. Afterwards, Belladonna when there is a lot of redness, pain and fever is a good choice. Chamomilla again can also help, as well as Rhus Tox.
- ☺ **Muscular Pain and Shock:** Arnica is the number one trauma remedy. Rhus Tox and Ruta are good for muscular or tendon issues. If none of them work, then Bellis Perrenis is a good last-resort remedy in this compartment.
- ☺ **Skin problems:** Calendula is good to repair the skin, but Ledum is more suited for puncture wounds or big blue bruises. Try also Hypericum if the damage includes areas with a lot of nerves.
- ☺ **Emotional Issues or Tantrum:** if you feel like the kid needs a big hug or attention, then Pulsatilla usually fits the bill, if you want to throw the kid out of the window, then Chamomilla is a very good one for "irritable patients".

Finally, Sepia is the number one remedy for effects of giving birth, and can help with the baby blues, or recovering your energy. **CHW**