

HOMEOPATHIC BACK TO SCHOOL REMEDIES AUGUST 2014.

Back to School with Homeopathy!

How your child settles at school may depend on his or her homeopathic type. Dr Michael F Perez discusses how homeopathy may help and advises on how to tackle some of the physical ailments school children face when starting and returning to school.

The shops have had the uniforms, pencil cases and lunch boxes out for ages, probably since the first day of the summer holidays! But it probably is time to start thinking about back to school and back to the routine. When you are busy sharpening pencils, polishing shoes and ironing uniforms, don't forget to also think about your child's health. If you can help them start new academic year on a healthy footing this will enhance their concentration.

Not every child will fit into one of the following remedies but I have given the most common ailments and medications that I use in my practice. It is always best to treat the child as a whole when looking at psychological or behavioural problems and this is where seeing a homeopathically qualified healthcare professional can be so helpful for parents and carers. It can be very difficult to analyse your own child at times and an independent view on matters can always help.

Supplements

I often suggest for young patients a course of Junior Echinacea, Calcarea carbonica or Pulsatilla to help boost their immunity before they go back to school and in those early weeks. These remedies, used with careful judgement and selections after consultations, enhances the immune system by boosting the white blood cell count. They are best used for a month or so at a time. It is wise to choose a good quality supplement as they are made from food sources and are the easiest to absorb. Many people also give children omega supplements as well; they can be beneficial for brain development. So supplementation may well be something that is worth considering for your family.

Let's see how Homeopathy can help some common childhood ailments...

Earache

For the sudden onset and early stages of earache Aconite and Belladonna are useful remedies particularly if there is unbearable pain with the start of the infection. The outer ear may be hot and painful; the patient may be very sensitive to noise. If the ears are red and throbbing, to the extent that the child might even scream in pain, then administer Belladonna. If the ear is more blocked then give Chamomilla.

Fevers

At the early stage of fever Aconite is a good remedy. Symptoms may include restlessness and thirst. If the temperature increases and restlessness continues, developing into anxiety with burning pains then Ars Alb should help. Belladonna is very good for high, violent fevers, accompanied with a flushed face, swollen glands and a dry mouth without thirst. If the fever is more flu like then use Gelsemium, especially if shivers and chills accompany exhaustion and a heavy feeling in the body.



Anxiety

It's a horrible feeling, dreading that first day back at school. Argent Nit should help settle those butterflies! Ars Alb is also useful for anxiety but is more useful for chronic worriers beset with fears and concerns. Gelsemium is useful for unspecified fears and the feeling we all have sometimes of just wanting to hide away until it's all over.

Indigestion

Anxiety with indigestion can be helped by Ars Alb – another symptom would be a huge thirst. A sluggish and bloated feeling with trapped wind can be helped by Carbo Veg. But for indigestion with heartburn try Nux Vom, particularly if it's caused by over indulgence!

Nausea and Vomiting

Food poisoning and anxiety accompanied with burning or cramping stomach pains and a great dryness then use Ars Alb. Constant and violent nausea, not relieved by vomiting, and with no desire to drink water can be treated with Ipecac. Dry retching can be caused by over indulgence so try Nux Vom again!

Bumps and Bruises

Arnica is the first remedy to take especially for bumps, bruises and shock. Arnica cream is also very good for minimising tissue damage and speeding up the healing process.

Cuts and Scrapes

Calendula cream is great to have in the medicine cupboard for wounds, cuts and grazes. It's gentle and antiseptic and should be applied directly to the affected area. With non-serious, general ailments Homeopathy is easy and quick to use. If your child suffers chronic complaints then it is advised to consult a qualified Homeopath. Homeopathy is a complete form of medicine which employs a holistic approach to treat mental, emotional and physical complaints. Homeopathic remedies can be purchased from most Chemists and health food shops and from us.

Homeopathy is safe and can be used on children and even babies as there are no side effects. It is non-invasive, non-addictive and simple to use. It can be used with other types of medicines and it's even safe to use in pregnancy. It's a holistic treatment that stimulates the body's own healing power by identifying and addressing the cause rather than suppressing the symptoms.

I have been treating children and babies for over 27 years and I am confident I can make a real difference with a holistic approach to your child's wellbeing. Please contact Dr. F. Perez for a no obligation consultation, available weekly on Thursdays and Fridays at **Cranleigh Pharmacy**.

Disclaimer: Any views or advice in this article should not be taken as a substitute for medical advice or treatment, especially if you know you have a specific health complaint.

