



## **new path homeopathy**

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#### **10TH SEPTEMBER 2009 – BACK TO SCHOOL: HOMEOPATHY FOR CHILDHOOD AILMENTS**

##### ***Anxiety – Gelsemium, Lycopodium and Pulsatilla***

The beginning of the school year can be an anxious time for children (and for their parents!), particularly if they're off to school for the first time, or moving to a new school or year group. Most children probably experience low level nervousness for the first days or weeks, and for some it can be more of a problem. If you feel your child needs some extra support when starting or returning to school after the summer, there are a number of homeopathic remedies that can help.

Gelsemium is one of the best remedies for apprehension, particularly of events which a child will find emotionally challenging. A 'Gelsemium state' requiring the remedy can manifest as symptoms of sudden weakness, trembling or generally feeling unwilling to 'face the world'. Classic Gelsemium anxiety is also sometimes referred to as a 'rabbit in the headlights' feeling.

If your child is feeling sensitive and shy about the start of term, Lycopodium is also a great remedy to try. Lycopodium anxiety stems from a lack of confidence, and is very often accompanied by digestive disturbances. So if your child is telling you 'my tummy hurts, I don't want to go', give Lycopodium a try.

Specifically, if your son or daughter is very weepy and clingy due to back to school nerves, Pulsatilla is a good remedy to consider, particularly if this anxiety is also causing some degree of night time bedwetting.

##### ***Childhood Illnesses***

As every parent knows, communicable diseases are very often picked up at school, when large numbers of children are in close contact with each other. Here are some remedies for some of the 'classics' (I've included measles and mumps here, as they do sometimes still come up).

##### ***Chicken Pox – Rhus Tox***

By far the most commonly needed remedy for chicken pox, Rhus Tox can help to control the itching of the spots and to reduce fever. Chicken pox eruptions are usually large pus-filled spots which itch intensely, also causing restlessness and sleeplessness. Rhus will help to ease the symptoms and dry up the spots more quickly.

##### ***Measles - Pulsatilla***

There are a number of remedies indicated for measles, but Pulsatilla is the most important, and therefore always the one to try first. Symptoms include a low grade fever with a cough and/or cold, and a rash which itches and is worse for heat. Eyes are inflamed and watery. If your child is also weepy and clingy, and feels thirstless during the fever stage, Pulsatilla is even more strongly indicated. It will stop the eruptions getting worse, or bring it out more quickly to speed up the healing process.





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***Mumps – Aconite and Belladonna***

Aconite is one of the best remedies for mumps, particularly when it has just started. If your child has a temperature or a chill and is out of sorts and restless/anxious, this is the remedy to give. Aconite is the first line remedy for the onset of any fever or inflammation, so if the symptoms have only just begun, give this remedy straight away.

If the symptoms are already more established and include heat, redness and throbbing pains in the glands, Belladonna is the remedy to give. If your child has a temperature, red face and possibly even a delirious or giddy state with the mumps, Belladonna will help to reduce the fever, swelling and inflammation.

NB: Don't forget that measles and mumps are notifiable diseases. You will need to inform your GP if you suspect your child has either condition, and your GP has a duty to inform the relevant local authority officers of any cases.

***Tummy Bugs, Diarrhoea and Vomiting – Arsen Alb***

In the case of any tummy bug causing diarrhoea and/or vomiting, Arsen Alb is a good first port of call. It can quickly help to ease diarrhoea and vomiting, and any associated pain or cramping. It will also help if your child feels chilly, restless or agitated.

***Flu – Aconite, Gelsemium and Belladonna***

A brief mention about flu, as swine flu in particular is such a cause for concern at the moment.

Homeopathic remedies can be great to have on standby for adults and children alike in case a member of the family contracts flu. Give Aconite at the first signs of any symptoms – as we discussed earlier, it is the first line remedy for any fever or inflammation.

For the feverishness associated with flu, particularly in children, give Belladonna. It can swiftly help to reduce a temperature and ease the symptoms.

Finally, for the classic flu picture, give Gelsemium. This will help with chills, aches and pains, headache, weariness and congestion. It also works brilliantly in combination with Belladonna.

Of course, if you suspect that you or your child has swine flu, contact the national swine flu hotline immediately for further help and guidance.

Also, with any of the conditions mentioned here, remember to ensure that you offer plenty of fluids, and seek medical advice immediately if symptoms persist or worsen.





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***Where to buy these remedies and how to take them***

All the remedies mentioned here are available from good local pharmacies and health food shops who carry a homeopathic range.

In the early stages of symptoms, give the remedy every 30-60 minutes, stopping once you see an improvement.

For more established symptoms, give one pill three to four times daily, again stopping once you see that things are improving – this is a sign of the remedy stimulating the body's healing mechanism to do the rest. If you see your child's symptoms returning, simply pick up with the remedy again.

If you give more than 3 doses of a remedy and nothing happens – this is a sign that it's not the right one for the particular symptoms. Look back over the keynotes and pick another one, or consult a registered homeopath for further advice.

Home use remedy kits for common ailments and first-aid are also available from Janine Whitfield MLCHom, MARH at New Path Homeopathy – visit [www.newpathhomeopathy.com](http://www.newpathhomeopathy.com) for more information.

