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## HOMEOPATHY AND CHILDREN BY NADYA DHANANI, B.H.M.S

As a parent I would rightfully say that prevention is better than cure. While we know that cure is never 100% guaranteed homeopathy, has proven to be more effective with decreased risk of side effects in treatment of children disorders. Your child is your heart and soul and you would not want them administered medicine with potential risk of side effects, Homeopathic medicines are prepared from herbs, minerals, plant and animal kingdom in potentised (diluted) doses which makes them non toxic and without adverse effects.

### Some of the reasons why children adapt better would be:

- Child friendly; homeopathic medicine come in small white pills (globules) which are easy to administer sweet to taste and can even be given to a newborn
- A child sensitivity being higher response is quicker more effective and long lasting
- Individual approach being the fundamental base in all treatments the chances of eliminating the root cause of the disease are greater thus preventing it from going into adulthood

### Condition known to have been treated safely and effectively are listed below.

- Allergies
- Tonsillitis
- Teething problems
- Recurrent cold and cough
- Infantile colic
- Skin complaints
- Mental disorders (anxiety, behavioral problems, bedwetting fears etc.)

The suggestions below are for minor complaints; if your child's symptoms are severe or chronic (on-going or recurrent), consult a homeopath. If your child is already undergoing homeopathic treatment, it is best to check with their homeopath before prescribing at home.

- **Teething**
  - *Chamomilla* 30c – inconsolable and angry child
- **Colic**
  - *Magnesium phos* 30c – baby doubles up in pain
- **Nappy-rash**
  - *Calendula* 30c and *Calendula* cream – soothing and antiseptic
- **Earache**
  - *Pulsatilla* 30c – clingy child, greenish discharge from ear
- **Fever**
  - *Aconite* 30c – sudden fevers after getting chilled
  - *Belladonna* 30c – very high temperatures with a red face
  - *Gelsemium* 30c – slow fevers with chills, bone pain and fatigue



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- **Coughs and colds**
  - *Bryonia* 30c – miserable, irritable, better for keeping still
  - *Pulsatilla* 30c – plenty of yellow/green mucous; clingy and upset
- **Vomiting**
  - *Nux vomica* 30c – bilious and bad tempered
  - *Arsenicum album* 30c – after bad food, with diarrhea and restlessness
- **Bumps and bruises**
  - *Arnica* 30c – also for shock and exhaustion

The remedies suggested above can be purchased over the counter in most chemists and health shops, as well as some supermarket chains.

*The following statements and/ or supplements have not been evaluated by the FDA. The FDA suggests that you consult with a health care professional before using any dietary supplement. This product is not intended to diagnose, treat, cure or prevent any disease.*