

# Keeping kids healthy - start with homeopathy

"To intelligently understand the fully developed man in health and disease, it seems self-evident that the anatomy and physiology not only of the final state of growth should be studied, but also that the various stages of development, from embryo to infant and infant to child and child to adult, should successfully be dealt with. This in the past, however, has been but little done. On the contrary, the very opposite method has been adopted; the most careful attention being paid to adult anatomy and physiology, and then deductions made backward from adult to child—a retrograde means of acquiring knowledge, which has proved eminently unsuccessful."

We have come a long way in understanding the anatomy and physiology of infants and children, as well as the ailments specific to them, since Dr. Thomas M. Rotch, first incumbent of the chair of pediatrics established by the Harvard Medical School in 1888, made the above statement. Modern allopathic medicine has made great strides, usually through the use of antibiotics, in alleviating the pain associated with



many childhood ailments. Many doctors, however, and parents as well, are becoming increasingly concerned with the amount of antibiotics sometimes given to

children, especially for sore throats, fevers, tonsillitis, recurring chest infections, etc.

Antibiotics, which are supposed to  
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destroy microbes, do not promote our body's own defense powers. With many acute diseases, especially those of childhood, we find that at first the disease is quickly cured by antibiotics, but that relapses occur frequently. Some children also develop side effects from antibiotics that include chronic catarrh, secretory otitis media, deafness or discharging ears, enlarged adenoids, tonsils and glands, and even, irreversible neurological disorders. That is one of the reasons why, as Adolf Voegeli, MD, points out in his book *Remedies for Home and Surgery—Homoeopathic Prescribing*, "The time when nearly everybody enjoyed the best of health is past; today the majority of our population suffers continually from some disease or other. Even children are very often under medical treatment."

## Why homeopathy?

What then can doctors and parents

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do in the many cases where antibiotics should not be administered? Learning about and treating with

homeopathic remedies is a big comfort for those of us intent on restoring  
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ing our children to good health. Not only are homeopathic medicines safe and effective, they are inexpensive and virtually free of side effects. And homeopathic practitioners spend more time with each patient, thereby getting to know your child well. They also use fewer diagnostic tests (a source of fear for most children). Homeopathic treatment is usually less expensive than allopathic treatment and involves fewer visits to the doctor—which pleases both parent and child alike!

### Casetaking

Homeopathic casetaking in children is in many ways simpler than in

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adults, because the child's illness is usually straight forward and not complicated by many previous ailments and environmental stresses.

In many ways it is much easier to prescribe for a child who isn't quite ill, but just isn't feeling him or herself than it is for an adult. Opinions, education, circumstances, etc. all enter into the homeopathic prescription picture and children, for the most part, are free of these complications.

But since children, infants especially, cannot often describe their own symptoms, the observations of parents and doctors become quite important, particularly in chronic cases. Knowledge of the child's constitution, build, temperament,

details of the mother's pregnancy, the type of delivery, history of reaction to such things as inoculations, and family history of cancer, allergic reactions, hay fever, asthma, migraine, and infectious diseases must all be taken into consideration in homeopathic prescribing.

Many children are generally healthy and seldom need medical care. But when the kids are sick, they can disrupt an entire household, causing misery for all within. H. Fergie Woods, MD, author of *Essentials of Homoeopathic Prescribing* believes that anyone wanting to test the value of homeopathy medicine should study its results on children. "That children

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respond even better to Homeopathy than do adults, is probably due to the fact of their systems being comparatively unspoiled by wrong methods of living, unsuitable food, the strain of life, etc. Apart from this, nature seems to try to make a fresh start with the child in its early years. The childish ailments, such as measles, chicken pox, and the like, may probably be regarded as efforts to expel hereditary poisons, and so provide the child with a healthier body for its growth and development," says Woods.

He adds, "Homoeopathy can aid this effort to eliminate and cleanse, not only in childhood, but throughout life, by the raising of the vital forces resulting from its natural and scientific remedies."

Dr. Woods goes on to suggest additional reasons why homeopathy is "the ideal method of treatment" for children and infants:

1. *Pleasant to take*—children seldom need to be forced to take their medicine since homeopathic remedies have either no taste or a sweet milk sugar taste.

2. *Harmless*—even if a child gets hold of a bottle of homeopathic medicine, he or she will not suffer ill effects. Because of the homeopathic law of the minimum dose, there are also virtually no side effects. (The safety of homeopathic medicines is also a benefit to patients who may not choose the correct remedy at first.)

In this issue of **AMERICAN HOMEOPATHY** we are pleased to feature articles on the homeopathic treatment of several childhood-specific ailments. These include teething and sleeplessness in infants, tonsillitis, and fear of the dark. (It's important for us to remember that children also suffer from fear, anxiety, and other emotional traumas. They too are "whole" people, even if small ones, and that's another reason why homeopathic treatment should be used—children, even infants, have physical, emotional, and mental symptoms that must be addressed if total wellness is to be achieved.)

We also feature in this issue a review of a new book on homeopathy and children, a bibliography on the subject, and a list of homeopathic "no, no's" for parents to keep in mind. ■