

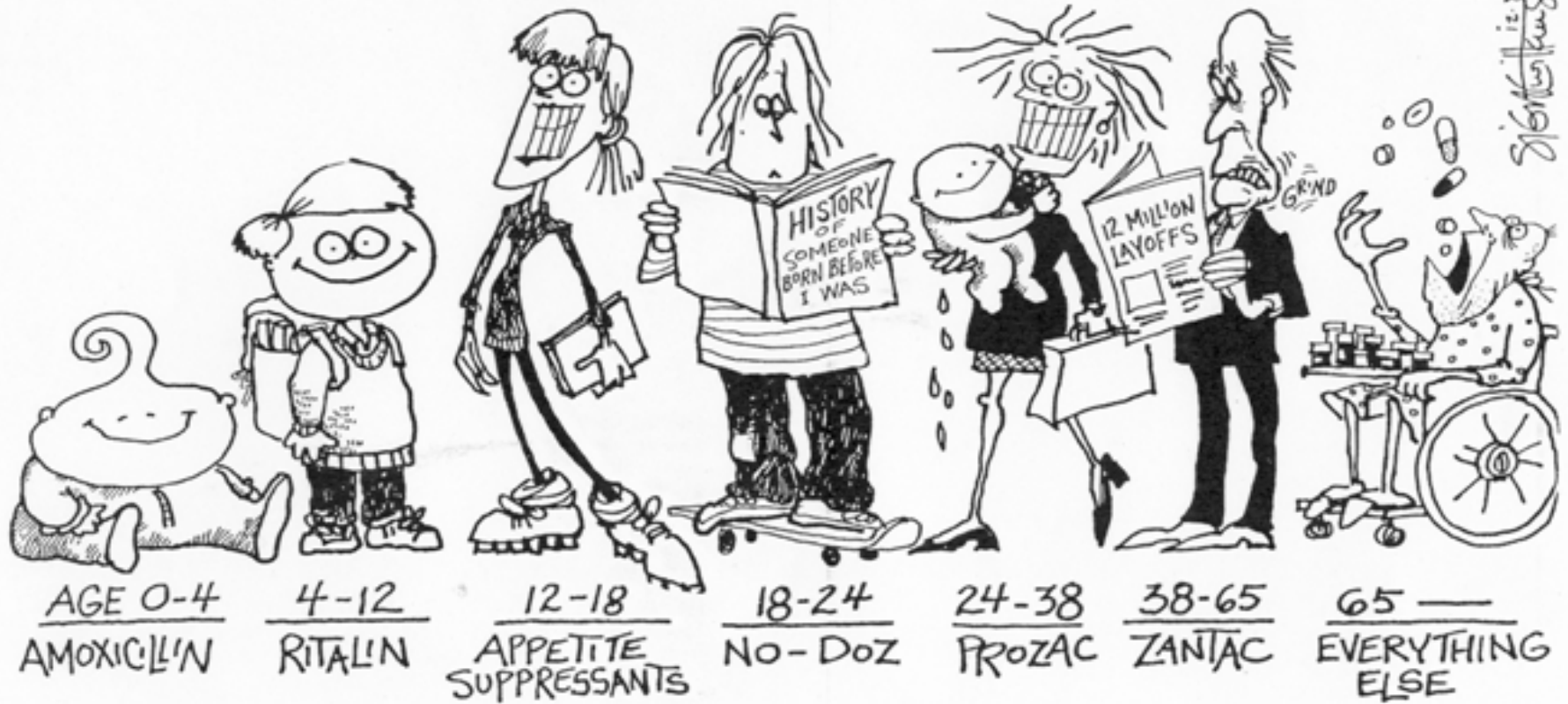
# **Homeopathy and Craniosacral Therapy for Babies and Kids**



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# Today's Paradigm: the Quick Fix

DRUG-FREE AMERICA



# The Holistic PARADIGM



- **The Healing Power of Nature.** *Vis Medicatrix naturae* Naturopathic Medicine recognizes an inherent ordered and intelligent self-healing process in the person. Naturopathic physicians act to identify and remove obstacle to healing and recovery, and to facilitate and augment this inherent self-healing process.
- **Identify and Treat the Causes.** *Tolle causam* The Naturopathic physician seeks to identify and remove the underlying causes of illness rather than to merely eliminate or suppress symptoms.
- **First Do No Harm.** *Primum Non Nocere* Naturopathic physicians follow three guidelines to ensure noninvasive treatment of the patient:
  - Utilize methods and medicinal substances which minimize the risk of harmful side-effects, using the least force necessary to diagnose and treat;
  - Avoid when possible the harmful suppression of symptoms;
  - Acknowledge, respect and work with the individual's self-healing process.
- **Doctor As Teacher.** *Docere* Naturopathic physicians educate their patients and encourage self-responsibility for health. They also recognize and employ the therapeutic potential of the doctor/patient relationship.
- **Treat the Whole Person.** Naturopathic physicians treat each patient by taking into account individual, physical, mental, emotional, genetic, environmental, social, spiritual, and other factors that contribute to one's health.
- **Prevention.** Naturopathic physicians emphasize the prevention of disease-assessing factors, heredity, and susceptibility to disease, and work towards making the appropriate decisions in partnership with their patients to prevent illness.

# Suppressive versus Palliative versus Curative



- **A suppressive medicine** is one that gets rid of one symptom but in doing so will actually result in pushing a disease deeper into the body. It often does this by blocking the body's natural processes in order to stop a symptom such as a skin eruption. In homeopathic philosophy, suppression can make the individual unhealthier on the whole, and more prone to chronic disease. Some pharmaceutical medications, such as the use of corticosteroids to stop skin rashes like eczema, can cause this kind of suppression.
- **A palliative medicine** will help get rid of a symptom but not actually improve the whole disease or the body's ability to heal. The common use of many natural and conventional medicines fall into this category. While they may help with a symptom such as pain, they never actually cure the body of the root cause of that symptom.
- **A curative medicine** has the ability to both reduce the symptoms and help treat the root cause of a disease or symptom. When prescribed optimally, homeopathy has a good chance of achieving this goal in many situations. Other medicines can also be curative, but the practice of classical homeopathy is wholly built around finding this solution. A curative approach is, above all, one which encourages the body to heal itself, which it has an unparalleled natural ability to do.

# Gentle Energy Medicines for Kids



- Why? Gentle and Safe
- Respecting the ‘vital force’ and ‘healing power of nature’
  - **Homeopathy**
    - ✦ **Homeopathy is using highly dilute ‘energized’ substances from plant, mineral and tissue origin**
    - ✦ **Law of ‘Like Treats Like’**
  - **Craniosacral Therapy**
  - **Flower Essences**

# Forms of Homeopathy



- **CLASSICAL:** Classical homeopathy requires spending a significant amount of time studying and understanding each patient as a unique individual including their mental, emotional, and physical health. A 1.5 hour initial consult can result in hours of additional homework for us to find the correct medicine after you leave the office. The correct medicine, or remedy, is one of 5,000 potential remedies for an individual, so finding the correct one is a complex process.
- **COMBINATION HOMEOPATHICS:** using combinations of common homeopathics for certain complaints, such as Hylands teething tablets. What you find in the store
- **ACUTE HOMEOPATHY** – Using single remedies to treat specific complaints – such as using Oscocillocinum for the flu.

# Homeopathic Philosophy



- Evidence that an individual is doing better after a homeopathic remedy can be seen on the mental, emotional and physical levels. The order in which symptoms get better, and the time schedule along which they do so, is unique to every individual situation. While some people may improve quickly and drastically, for others it may take years. This depends on many factors such as the underlying health of the individual and the severity of the disease or problem.
- **The dosing of homeopathy** is opposite mainstream medicine. With homeopathy, less is better. Patients may have to take their homeopathic medicine daily in some cases, or it may be months between doses in others. Think of the small dosage as a bit of “information” that the body needs to jump start its own improvement, rather than an ongoing supply of material to supplement a deficiency or combat a pathogen.
- Homeopathy is extremely **gentle and safe**. Homeopathic remedies do not tend to have side effects in the way that conventional pharmaceutical medicines do; new symptoms can and do come up in the course of treatment, but usually either as a result of the positive progression of the complaint, where new and less severe symptoms replace older and more problematic ones, or a temporary minor symptoms that fade quickly.

# Pediatric Case Taking



**YOU NEED TO LOOK AT THE WHOLE PICTURE:**

**THESE ARE SOME EXAMPLE QUESTIONS**

- 1) Does your child need to be held a lot or does she resist being held and squirms around a lot?
- 2) Is your child very shy of strangers or connect well with strangers?
- 3) When you hold your child, what positions does your child like? facing inwards, outwards, over the shoulder?
- 4) With infections/colds, how does your child react?
- 5) What are the exact sx's of infections - do you see any redness or swelling? is there discharge? fever?
- 6) Explain details of GI symptoms like diarrhea, constipation, colic, gassiness? what are stools like?
- 7) Are there skin issues and are they dry and scaly, weepy, bright red, itchy?
- 8) Is your child happy, irritable, weepy, angry, anxious etc. And what kinds of things do you notice make your child happy, irritable, weepy, angry, etc.
- 9) Is sleep restless or good? alone or with parents? does your child sleep a lot or not a lot?
- 10) Is your child warm and sweaty? or prefer being bundled up?
- 11) What is your child's sleeping position (back, side, belly)

# Common Acute Remedies for Kids



- Acute versus Chronic – key to understand the difference
- Homeopathy books for general public can guide you to the right acute remedies.
- Examples of common acute situations
  - Head injury or major trauma: ARNICA
  - Very high fever or ear infections: BELLADONNA
  - Inconsolable pain, teething: CHAMOMILLA
  - Flu: Oscocillicinum

# COMMON KIDS CONSTITUTIONAL REMEDIES



- Some common remedies for basically healthy kids include Calc Carb, Sulphur, Pulsatilla, Lycopodium, Silica, etc
- There are 5,000 other remedies.
- Kids are less healthy these days - ASD spectrum kids may need opium, tarentula, hyoscyamus, baryta carb, bufo, tuberculinum, medhorhinum, stramonium, etc - Can be amazing for ADHD, Autism, behavioral problems, genetic issues.
- Often easier to seek the advice of a classical homeopath than to be objective about your own child and try and figure it out on your own.

# CranioSacral Therapy



- Gentle manipulation of the brain, spinal cord, bones of the skull, sacrum and interconnected membranes-  
-to correct misalignments and distortions in the structure and function of the craniosacral mechanism that surrounds the central nervous system
- Good for traumatic birth or any other trauma, gut imbalance, ear infections, headaches, autism, anxiety

# Flower Essences



- Made by floating flowers in water
- Treats the emotional plane
- Need to do constant dosing (several times a day), you can dilute into water.
- Is not constitutional (doesn't treat the whole person)
- Can be very effective
- You can even let your child decide by looking at a pic of the flower – they tend to gravitate to the right ones
- Example: Bach's Rescue Remedy

# Good Homeopathy Books



- **The Homeopathic Treatment of Children by Paul Herscu**
- **Homeopathy for Pregnancy, Birth, and Your Baby's First Year**
- **Everybody's Guide to Homeopathic Medicines by Dana Ulman**
- **Morrison's Desktop Guide to Keynotes**
- **Morrison's Desktop Companion to Physical Pathology**