

## Tackling Childhood Illnesses with Homeopathy!

An introduction to using homeopathy  
to maximize healing before, during  
and after a childhood illness



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1

## This Webinar

- ▶ This is an introduction to using homeopathy – and homeopathic thinking – before, during and after a childhood illness.
- ▶ I hope to instill an appreciation for dealing with them in carefully graded steps.
- ▶ As always, I shall focus on some additional healing things you can do to maximize your children's healing and minimize the stress during any illness.

2

## About Me

- ▶ A mom (mum) and a granny
- ▶ An edible gardener
- ▶ A frenzied cook
- ▶ A homeopathic healer
- ▶ A singer and a knitter
- ▶ A software developer
- ▶ A lover of children, chickens, cats and dogs
- ▶ A writer and teacher
- ▶ A creator of gentle healing products that work



3

## My History with Childhood Illnesses

- ▶ I had 'em all – most were mild, some were a horrid (mumps). I have memories of long days in bed being read to, hot lemon and honey and napping.
- ▶ My son had 'em all – most were mild, except for whooping cough which was a doozie. It's thanks to his whooping cough that I am here teaching today.
- ▶ When I found out about classical homeopathy – the depth and breadth of it. I compared that with the paltry information in the first aid books I had picked off the shelf and I got mad. So I became a homeopath and I wrote the book that gives home users the same tools as the professional homeopath!

4

## What is Homeopathy?

- ▶ Energy medicine.
- ▶ Tested on healthy humans.
- ▶ Scientific in its own way.
- ▶ Based on the principle of similars:
  - Any thing (any substance) that can make a healthy human sick is capable of healing a sick person with similar symptoms. If it given in a small enough dose. Small enough to stimulate a healing response.

5

## Like Belladonna

- ▶ Deadly Nightshade – the berries are poisonous. Deadly poisonous.
  - Sudden onset
  - Violent symptoms
  - High fever
  - Delirious
  - Thirstless
  - Glassy eyes



6

## Homeopathic Belladonna

- ▶ Safe – an energetic preparation – contains not one molecule of the plant material.
- ▶ #1 remedy for Scarlet Fever, for high fevers, for childhood illnesses if the whole symptom picture matches – if it similar.



7

## Healing Ripples

- ▶ It's like throwing a pebble or small stone into a pond ... our job as homeopaths and home prescribers is to get that pebble to land near the center of the pond. It will then send out ripples to all part of the 'pond'.
- ▶ When we miss the pond altogether there is no response whatsoever.
- ▶ Off center is fine in an acute illness.
- ▶ A combination remedy is the equivalent of throwing a handful of pebbles at the pond and hoping one or two will land close to the middle.

8

## What isn't Homeopathy?

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- ▶ Herbal medicine.
- ▶ Aromatherapy.
- ▶ Vaccination.
- ▶ Faith healing.
- ▶ Placebo.
- ▶ Magic.
- ▶ A cure-all (aka Snake oil!)
- ▶ Nothing.

9

## What is a Childhood Illness

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- ▶ Chicken pox, Fifth disease, Mumps, Measles, Roseola, Rubella/German measles, Scarlet fever, Whooping cough.
- ▶ The younger the better for some (chicken pox, mumps)
- ▶ The younger the worse for others (whooping cough, measles)
- ▶ Inherited weaknesses can make a childhood illness worse

10

## They aren't all bad

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- ▶ The immune system gets to flex its muscles.
- ▶ Most (usually) provide life-long immunity.
- ▶ Some health care practitioners believe that childhood illnesses are a way for children to strengthen by clearing out inherited weaknesses.
- ▶ I am not going to address childhood vaccinations - they have become an ugly, polarized conversation
  - World Health Organization:  
<http://www.who.int/bulletin/volumes/86/2/07-040089/en/>
  - National Vaccine Information Center:  
<http://www.nvic.org/>

11

## Caring for Sick Kids

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- ▶ This conversation starts with a few questions
  - Were you sick as a child?
  - Which childhood illnesses did you get/are you familiar with?
  - When you were sick how did your own parents treat you?
    - Was it a special time? Or an inconvenience?
- ▶ Illnesses provide parents with an opportunity to teach their children how to care for sick children.

12

## Illnesses are an integral part of life

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- ▶ Whether you choose to vaccinate or not your children will probably get sick and whether they were vaccinated or not they may contract one of the childhood illnesses.
- ▶ Vaccines are not 100% effective.
- ▶ Viruses can mutate and bacteria can become resistant.
- ▶ It isn't reasonable to strive for perfect health.
- ▶ Homeopaths do not measure health by the absence of disease.

13

## Working Kids/Parents Dilemma

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- ▶ Parents should plan on their kids being sick – especially after they start school.
- ▶ Children tend not to get sick conveniently at the weekends or during summer vacations, and if you have more than one child in the family they may maddeningly get sick one after the other.
- ▶ The god of productivity is breathing down everyone's neck including all our children's necks. Taking time off work or school can be difficult.
- ▶ Some childhood illnesses can take days and others weeks to resolve and heal.

14

## Resist the urge to go the ER

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- ▶ ERs are not sensible places to take a child with a fever, and/or with a childhood illness. Don't take your kid to the ER ... unless they are clearly very sick and unless they are having trouble breathing.
- ▶ Call your child's pediatrician and their homeopath. They will be able to reassure you by telling you which childhood illnesses are prevalent in your area and what to look for.
- ▶ If your child doesn't have a doctor, find the closest urgent care center or walk in clinic. Call to schedule an appointment (so you don't have to wait).

15

## DON'T PANIC!

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- ▶ Find a reassuring person to talk to – to get information from – to help guide you – a doctor, homeopath, friend, loved one, relative.
- ▶ The internet is not necessarily that person.
- ▶ If you are naturally anxious, especially around illness then you need lots of support that supports you.
- ▶ Your child is relying on you to protect and care for them – be as calm and as strong as you can manage (even if you have to fake it).
- ▶ Remember! You are teaching your child how to be a grown up in everything you do.

16

## Information is Power

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- ▶ Get a good book or 2 (not too many!)
- ▶ Choose health care practitioners who will work co-operatively with you and support your decisions.
- ▶ Find a friend in a similar situation as you – locally is best but they can be anywhere now – someone who's sympatico with your values around health, illness and parenting – who's a step ahead of you maybe – who can offer moral and practical support.
- ▶ It could even be a Facebook Group – and if there isn't one then create one!

17

## A lucky, healing time

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- ▶ If you get lucky and things work out well you can use your children's illnesses as a time to slow down and connect with them in a different way. Especially once the unpleasant stage is done with – the rash has disappeared – the fever has gone ... there may be a few days when everyone can hang out in their jammies, paint and draw, read books, watch cartoons, take long baths and cuddle a lot.
- ▶ Don't use this time to teach your child Latin, or do your book-keeping. It's only a couple of days. Look on it as a gift of time and enjoy it a little. Or a lot!

18

## Homeopathy will help

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- ▶ Homeopathy can help your child through each stage of any illness – easing the way and reducing the time they are sick.
- ▶ Before thinking about remedies it's important to get informed about the illnesses themselves.

19

## The 3 Stages

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- ▶ Incubation: before symptoms develop – unfortunately children are usually infectious during this time.
- ▶ Infectious: when the identifiable symptoms develop.
- ▶ Convalescent: when children are recovering their strength and the symptoms are gone.

20

## Incubation & Infectious Periods

Incubation & infectious periods vary. This information is a rough guide only.

### CHICKEN POX

**Incubation:** 7-21 days (14-16)  
**Infectious:** 1-2 days before rash,  
until last blister has scabbed over

### FIFTH DISEASE

**Incubation:** 1-20 days (10-14)  
**Infectious:** 1-7 days before rash

### GERMAN MEASLES (Rubella)

**Incubation:** 14-21 days  
**Infectious:** 5-7 days before rash,  
until rash has gone (4 days)

### MEASLES

**Incubation:** 7-21 days (10-14)  
**Infectious:** 4 days before rash, until  
rash has gone (7 days)

### MUMPS

**Incubation:** 12-28 days (16-18)  
**Infectious:** 2-5 days before swelling  
of gland until it has gone (7 days)

### ROSEOLA

**Incubation:** 5-15 days  
**Infectious:** from onset of fever until  
rash has gone (2 days)

### SCARLET FEVER

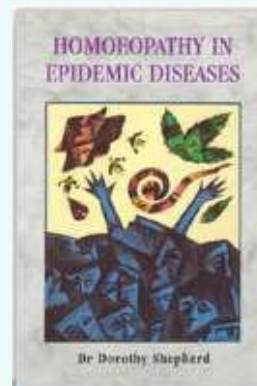
**Incubation:** 7-21 days  
**Infectious:** 7 days after rash comes  
out

### WHOOPIING COUGH

**Incubation:** 7-21 days (7-10)  
**Infectious:** start of runny nose up to  
3-4 (6) weeks after cough appears

21

## My Favorite Book



Homeopathy for Epidemic  
Diseases by Dorothy  
Shepherd

It is helpful, interesting,  
empowering, succinct and  
even amusing in places.

\$9.92 (US) for the eBook:

<http://www.ebooks.com/730371/homeopathy-in-epidemic-diseases/shepherd-dorothy/>

22

## Other Books?

There are lots of home  
prescribing books for  
parents.

I used Panos and  
Heimlich's  
Homeopathic  
Medicine at Home  
alongside Dorothy  
Shepherd's book  
when my son was little  
and I loved it.

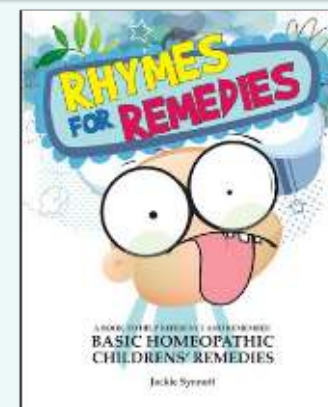


23

## A Fun Books for you & your kids!

Rhymes for Remedies  
by Jackie Synnott Griffin

An enchanting book with  
24 nursery rhymes that are  
matched with 24  
remedies. It makes  
learning homeopathy fun  
and colorful. For parents  
and kids!!

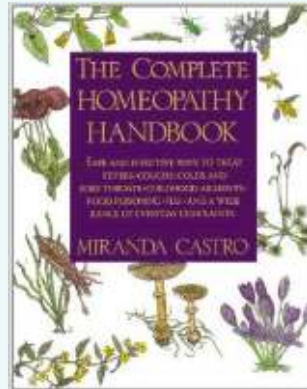


24

## And then there's mine!

It's packed with information about the illnesses themselves, about the practical things you can do to help, and about nursing sick kids.

The descriptions of the remedies are helpful when you are vacillating between two or more remedies.



25

## Remedies common to all illnesses

- ▶ Aconite/Aconitum (Acon.) – 1<sup>st</sup> stage (1<sup>st</sup> 24 hours). Sudden onset, fever, thirst, red face. With anxiety and fear (dying).
- ▶ Belladonna (Bell.) – High fever with redness and dryness anywhere – esp. eyes or skin. Thirstless. Can be delirious.
- ▶ Chamomilla (Cham.) – Pain/sleeplessness. Angry/inconsolable
- ▶ Pulsatilla (Puls.) – Clingy, weepy, whiny, no thirst or fever – at any stage. Symptoms/moods changeable. Better for fresh air.
- ▶ Rhus toxicodendron (Rhus-tox.) – Extreme itching, better for a hot bath, very restless.
- ▶ Sulphur (Sulph.) – Itchy, red, restless, thirsty, hungry – lack of reaction and/or slow to recover

26

## Chicken Pox

- ▶ Antimonium crudum (Ant-crud.)
  - Irritable, hates being looked at & bathing, white tongue
- ▶ Antimonium tartaricum (Ant-t.)
  - Irritable and sleepy, pustules slow to come out
- ▶ Mercurius solubilis/vivus (Merc.)
  - vesicles suppurate pus, sweaty, smelly, swollen glands

27

## Measles

- ▶ Apis
  - Red and puffy (face, body, limbs) – thirstless, much worse for heat and better for cold
- ▶ Bryonia (Bry.)
  - Joints hurt a lot, rash is slow to come out, dry (painful) cough, dry throat
- ▶ Euphrasia (Euphr.)
  - Eyes sensitive to light, watering, burning
- ▶ Kali bichromicum (Kali-bi.)
  - Swollen glands, cough and runny nose – mucus is sticky and stringy and hard to cough up from chest

28

## Mumps

- ▶ Jaborandi (Jab.) \*\*\*
  - Profuse salivation with dry mouth, painful, swollen glands, red face
- ▶ Lachesis (Lach.)
  - Left sided gland swollen, cannot bear slightest touch
- ▶ Mercurius solubilis/vivus (Merc.)
  - Glands hard, swollen and painful, profuse (smelly) perspiration and smelly breath
- ▶ Phytolacca (Phyt.)
  - Glands hard, swollen and painful, pains spread to breasts, ovaries or testes, with sore throat

29

## Scarlet Fever

- ▶ Belladonna (Bell.) \*\*\*
  - With typical symptoms of scarlet fever – flushed, feverish, dry burning skin, sensitive to light and noise, absence of thirst, strawberry tongue.

30

## Whooping Cough

- ▶ Coccus cacti (Cocc-c.)
  - Coughing fits with strings of thick white mucus hang from mouth during/after a coughing fit
- ▶ Drosera (Dros.) \*\*
  - Terrible deep, barking, constant, painful cough, with vomiting, with nosebleeds, worse as soon as child lies down
- ▶ Pertussin (Pert.) \*\*\*
  - No clear symptoms or
  - Alternate with any well-indicated remedy
  - Or if well-indicated remedy isn't helping

31

## Convalescing

- ▶ Calcarea phosphoricum (Calc-p.)
  - Cannot recover former strength or appetite, can't sleep, complains about everything
- ▶ China (Chin.)
  - Weak/pale from loss of body fluids (dehydrated) i.e. after a lot of sweating, diarrhea, vomiting etc.
- ▶ Sulphur (Sulph.)
  - Slow to recover, no appetite, prostration and weakness

32



## Preventatives – give only if needed

- ▶ Chicken Pox: Varicella 30C
- ▶ German Measles: Rubella 30C
- ▶ Measles: Morbillinum 30C
- ▶ Mumps: Parotidinum 30C
- ▶ Whooping cough: Pertussin 30C
- ▶ And/or the 'genus epidemicus' ... the remedy that has been the most helpful during 'this' epidemic
- ▶ Give once a month if there's an active epidemic in your area
- ▶ Give an additional dose if exposed
- ▶ <http://www.elixirs.com/products.cfm?productcode=COL116A>

33

## Guidelines for Home Prescribers

- ▶ If you are new to homeopathy the low potencies are safest:
  - 6C 12X 12C 30X or 30C potency. The most common potencies available over the counter are the 6C and 30C.
- ▶ Repeat the remedy according to the severity of the symptoms:
  - Severe: every ½ - 1 hour (high fever bad pain).
  - Moderate: every 2 – 4 hours.
  - Mild: every 4-8 hours.

34

## Catalysts for Healing

- ▶ Back off or stop on improvement
  - give less often if there's moderate improvement.
  - stop giving it on significant improvement.
- ▶ Repeat as needed: repeat the same remedy if helps and the symptoms return—starting and stopping as needed until better.
- ▶ Remember—homeopathic remedies stimulate the body to heal itself so let your child's symptoms, including their well-being, guide you as to whether it needs repeating – or not!

35

## Reassess If It Doesn't Work

- ▶ Change the remedy if 6-10 doses have been given with no result. It is probably the wrong one (or the wrong potency). Give a higher potency or select another remedy or get help.
- ▶ There are many remedies for each complaint so ask yourself the following:
  - ▶ Is there a bigger picture that needs to be taken into account?
  - ▶ Or – have you ignored (or missed) an unusual symptom that would guide you to a different remedy – regardless of the disease.

36

## Don't let them eat cake!

- ▶ Back off on food – cut out all processed, caffeine, sugars, dairy and keep food light and nutritious ... fruit, yoghurt, broths, vegetable soups
- ▶ Let your child rest and sleep as much as he or she wants.
- ▶ Keep them hydrated – especially if your child has a fever, especially if your child is a baby
  - Lemon/honey, herb tea/honey – hot or cold, and breast milk for the babies

37

## Fever is your Friend

- ▶ Fevers raise the body temperature in order to fight infection – it's a brilliant, intelligent, in-built function
- ▶ Babies/children's normal temperature ranges vary

°F	0 - 2 years	3 - 10 years	11 - 40 years	>40 years
Oral	97.8 - 99.6	97.8 - 99.6	97.8 - 99.6	97.8 - 99.6
Rectal	98.6 - 100.4	98.6 - 100.4	98.6 - 100.4	98.6 - 100.4
Axillary	97.0 - 98.0	97.0 - 98.0	97.0 - 98.0	97.0 - 98.0
Ear	97.5 - 100.0	97.5 - 100.0	97.5 - 100.0	97.5 - 100.0
Core	97.5 - 100.0	97.5 - 100.0	97.5 - 100.0	97.5 - 100.0

- ▶ Low grade fever: Up to 101/2°
- ▶ Moderate fever: 102° – 103°
- ▶ High Fever: 104° and above

38

## Seek help if ...

- ▶ Your baby or child clearly seems or looks worryingly ill and especially if a fever is accompanied by:
  - Lethargy (lack of reaction)
  - Stiff neck – child cannot move their head
  - Pain – esp. head – esp. with stiff neck
  - Difficulty breathing (panting in infants)
  - Thirstlessness
  - No urination or dark urine
  - Vomiting

39

## Check with the Homeopath First!

- ▶ Check with your child's homeopath before home prescribing. Remedies have relationships with one another and it is sometimes easy for the classical homeopath to select a remedy for your child's acute illness because of the remedies that have helped them constitutionally.
- ▶ Your homeopath may have treated other cases of this same illness in your area and may know which remedy is helping most children.
- ▶ Use Facebook to canvas homeopaths and patients!

40

## Some of My Stuff

- ▶ My Website: <http://mirandacastro.com> (loads of free articles and webinars)
- ▶ My Shop: <http://mirandacastro.com/shop>
- ▶ Got Questions? Message me on facebook ...  
<https://www.facebook.com/MirandaCastroHomeopath>



41

## Miranda Castro's Complete Kit

<http://www.mirandacastro.com/>

- ▶ 94 Remedies: every remedy from The Handbook You'll always have the remedy you need at hand
- ▶ With or without a signed copy of my book!



42

## Resources

- ▶ My full article on Tackling Childhood Illnesses with Homeopathy:  
<http://www.scribd.com/doc/241267998/ChildhoodIllnesses-MirandaCastro>
- ▶ Fevers (mine): <http://www.scribd.com/doc/241346565/Fevers>
- ▶ This webinar's slides (pdf):  
[http://mirandacastro.com/main/documents/Castro\\_ChildhoodIllnesses\\_2014.pdf](http://mirandacastro.com/main/documents/Castro_ChildhoodIllnesses_2014.pdf)
- ▶ Quick Guide to Childhood Illnesses:  
<http://www.scribd.com/doc/241346751/Childhood-Illnesses-A-Quick-Guide>
- ▶ Incubation/infectious periods (many diseases):  
<http://www.scribd.com/doc/241347375/Pediatric-Advisor-Incubation-Infectious-Periods>

43

## Tracking Outbreaks in the US (CDC)

Some data available for whooping cough and chicken pox

- ▶ Whooping Cough:  
<http://www.cdc.gov/pertussis/outbreaks/index.html>
- ▶ Chicken Pox:  
<http://www.cdc.gov/chickenpox/outbreaks.html>

No data available for these diseases

- ▶ Measles: <http://www.cdc.gov/measles/cases-outbreaks.html>
- ▶ Mumps: <http://www.cdc.gov/mumps/outbreaks.html>
- ▶ Rubella: <http://www.cdc.gov/rubella/about/index.htm>
- ▶ Scarlet Fever: <http://www.cdc.gov/Features/ScarletFever/>

44


## Thanks to ...

- ▶ The National Center for Homeopathy for this year's Homeopathic Academy for Moms series:  
<http://www.homeopathycenter.org/>
- ▶ Hyland's for sponsoring the series and for making great remedies:  
<http://www.hylands.com/>



45

## A little Magic, A Lot of Love



Free webinar for pregnant or soon to be pregnant women and their loved ones!  
<http://www.homeopathycenter.org/webinar/little-magic-lot-love-using-homeopathy-and-homeopathic-thinking-to-enhance-health-and-well-being-during-pregnancy>

The slides (pdf):  
[http://mirandacastro.com/documents/Castro\\_PregnancyWebinarSlides\\_2012.pdf](http://mirandacastro.com/documents/Castro_PregnancyWebinarSlides_2012.pdf)

46

## Common Complaints of Pregnancy



Free webinar: Prenatal homeopathic care for moms - how to use homeopathy to ease some of the common complaints of pregnancy  
<https://www.youtube.com/watch?v=wsGDwlZelok&feature=youtu.be>

A pdf of the slides:  
[http://mirandacastro.com/documents/CastroNCH\\_Pregnancy\\_2b\\_2014.pdf](http://mirandacastro.com/documents/CastroNCH_Pregnancy_2b_2014.pdf)

47

## Breastfeeding



Free webinar: How to use homeopathy to ease some of the common complaints of breastfeeding.  
<https://www.youtube.com/watch?v=QssSWoG6x30>

A pdf of the slides:  
[http://mirandacastro.com/documents/Castro\\_Breastfeeding\\_2014.pdf](http://mirandacastro.com/documents/Castro_Breastfeeding_2014.pdf)

48