

Gamble / Hermiston

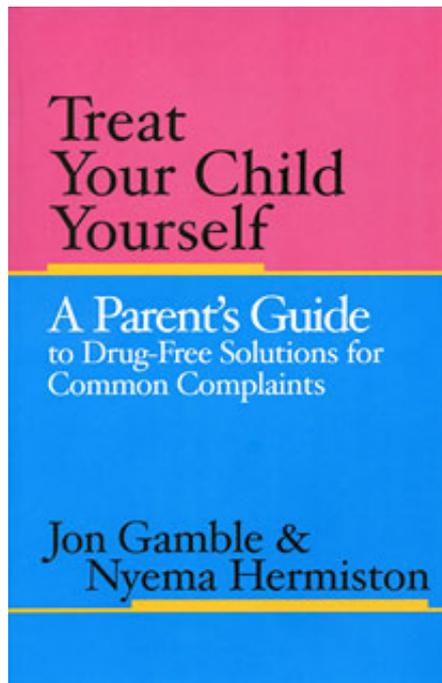
Treat Your Child Yourself - Imperfect copy

Leseprobe

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A **bdominal Pain - see also Colic; Constipation; Worms** Abdominal pain is a sure sign that something is not right. The cause can vary from anxiety to appendicitis, so it is important to find out exactly what's causing the pain. In most instances, we find that abdominal pain is caused by intestinal parasites (worms) or constipation. Please refer to these sections. If the cause is anxiety, parents and practitioner need to find out what's causing it. For anxiety, individually prescribed homeopathic medicines help the most.

A **ccidents - see also Bleeding; Cuts; Wounds; Appendix I - First Aid** Homeopathic medicines are great to have on hand for inevitable cuts, bruises and grazes, as they dramatically reduce the bruising and pain when they are given promptly after the accident.

Practical Measures

- Giving medicines are no substitute for the usual practical measures in treating accidents. Have a good First Aid manual handy.
- Bleeding must be stopped and bandaged. **Seek medical attention** if there is a) excessive bleeding; b) a head injury where the child is dazed or has lost consciousness even for a short time; c) for a suspected bone fracture.

Homeopathic Medicines

- The major medicine for all injuries and accidents is *Arnica 30c*, which when given every hour reduces the risk of infection. It minimises bruising, reduces bleeding from cuts and helps with emotional shock too. *Arnica* is also recommended for concussion: give every 15 minutes for the first hour.
- *Arnica* ointment can be applied to **unbroken** skin. If the skin is broken, see **Wounds**.
- For squashed fingertips in doorways and other injuries to nerve endings in fingers and toes, take *Hypericum 30c* every half to one hour until the pain reduces.

A **denoids - see also Deafness; Ear Infections; Glands; Glue Ear** Children with enlarged adenoids usually snore, speak with a nasal sound, and sound blocked up all the time. Enlarged adenoids can cause sleep apnoea, where the breathing during sleep is irregular, leading to lowered oxygen levels. The result of this is a child with daytime fatigue, poor concentration, and irritability, so the problem needs prompt attention. If the problem is severe, the child's growth may also be affected.

If the adenoids are enlarged, chances are the tonsils are as well and these children may also suffer from tonsillitis, ear infections and glue ear. Enlarged lymphatic glands in the neck are usually present too, which are a sign of lymphatic congestion.

Practical Measures.

- o Avoid dairy products, wheat and any other foods your child may be allergic or sensitive to.
- o The Buteyko Method¹ recommends nose-breathing exercises. If your child has asthma as well as enlarged adenoids, this method may help both problems.

Homeopathic Medicine

Many children have been spared surgical removal of their adenoids and tonsils by using homeopathic medicines. This invariably requires an individual prescription from a practitioner, but the medicines below may also be quite effective.

- *Phytolacca 6c* twice daily. The first sign showing you that you are on the right track is that the snoring lessens. If this improvement happens, continue dosing for several months.
- If your child is irritable, on the thin side and has a poor appetite give *Calc Phos 6x tissue salt*² twice daily. If there is no improvement after two months, see your homeopath.

Allergic Rhinitis - See Colds, Rhinitis and Sinusitis

Allergies - see also Anaphylaxis, Colds, Rhinitis and Sinusitis, Colic

When a normally harmless food or airborne substance creates symptoms like eczema, itchy eyes, nose, sneezing, red face, red ears or blotchy face, your child has an allergy. An allergic reaction produces histamine, resulting in swelling and redness. (For severe allergies, see **Anaphylaxis.**)

Practical Measures

- o If the allergy is caused by pollens or grasses, wash the face and hands, or better still have a shower or bath. Wash inside the nose. Get into the habit of washing the face and snorting water into the nose several times a day, to wash out the offending grasses or pollens.
- o Garlic and Horseradish supplements can help with a blocked nose.

Histamine is associated with acidity and allows allergic reactions to flourish. One quick way of reducing allergic reactions, is to use an alkaliser³- a powder you put into water that becomes fizzy that is quite palatable for children. If you don't have any alkaliser, ¹/₂ teaspoon of soda bicarbonate in water also works well. Repeat the dose if allergic symptoms return. It is a short-term solution only, but quite an effective one! (**See also Appendix H for an Acid/Alkaline food chart.**)

¹ See Appendix B - Buteyko Method

² See Appendix C - Tissue Salts

³ See Appendix B - Global Harmony

Appendix F - Allergy Testing

Even the best (expensive) allergy testing can produce false positive and false negatives. The best tool regarding allergy testing is the patient's and their family's close observation. The great value of allergy testing is to find out just how serious your child's allergies are, and if it's necessary for your child to have an *Epipen* on hand. It can be reassuring to parents with highly allergic children to know if their allergies are dangerous or not.

Here are some different types of allergy tests:

Skin Prick Tests

Skin prick testing involves a drop of dilute allergenic substance is placed on the skin which is then pricked enough to break the skin. If a red welt develops after 15 minutes, and is larger than the control skin prick, the patient is considered allergic to that substance. These can detect most inhaled and food allergens. Your GP can arrange for you to see a specialist to have this test done.

RAST Test (Radioallergosorbent test)

Detects the presence of allergen specific serum IgE. Known allergens are mixed with the patient's serum to see the reaction. You need to arrange this via your GP.

Blood Test

A general blood test shows high levels of 'eosinophils' which indicate allergy and elevated IgE (Immunoglobulin E). More tests are needed to find out specific allergens.

Provocative Challenge

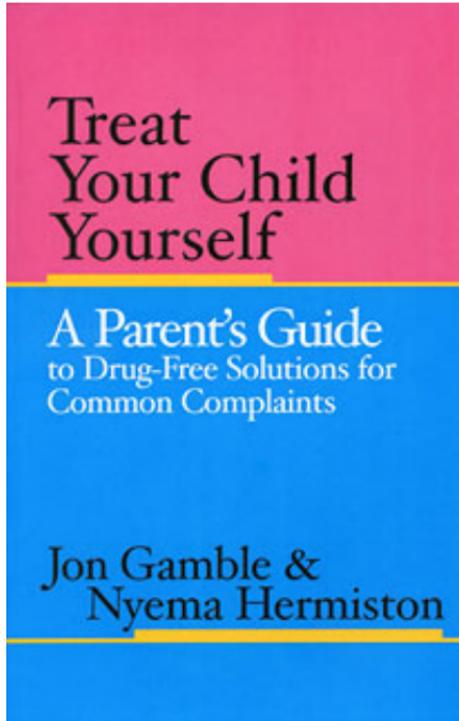
This is a test to see how allergic your child still is - or not. It must be done under medical supervision to confirm suspect agents.

Electrodermal Testing

This is usually performed by natural health practitioners. A metal probe is placed on a specific acupuncture point on the patient's thumb, at the same time as holding a vial of an allergen. The patient's reaction comes up on a computer screen.

Elimination diets

Eliminating foods helps to identify some food allergies. Avoid all possible allergenic foods for at least two weeks, and then reintroduce suspect foods, one at a time. It takes real dedication to follow through with an elimination diet. Cutting back on common food allergens and using substitute foods is a lot easier to implement and usually brings about improvement in the child. If your child doesn't improve with simple measures, this is perhaps the time to have some specific allergy testing done.



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