

DOSE

The dose for each medicine is 1 or 2 pilules tipped into the lid of the bottle and into the mouth, or a few drops (1 or 2) on the tongue.

Pilules - If you do not wish to give small babies a whole pilule, then crush one between two clean teaspoons and tip a little of the powder onto the inside of the lower lip.

Drops may be more easily dispensed by putting 3 or 4 drops into a dessertspoon of water - do not add to juice, milk, etc.

If the situation is severe take one dose every 10-15 minutes for up to 5 doses, then spread out to hourly as symptoms improve.

If there is no improvement after five doses, the remedy is probably incorrect or constitutional treatment may be required. Select another remedy or consult your homeopath.

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CARE OF YOUR REMEDIES

1. Do not touch the remedies with your hands. Roll into lid of container and drop under tongue. Remedies are absorbed in the mouth, so allow to dissolve there if possible.

2. Try to take remedies 15 minutes apart from food, drink or brushing the teeth. This promotes the best remedy action, but in a really acute situation *just give the remedy!*

3. Discard any pilules which are dropped as they may be contaminated.

4. Store remedies in a cool dark place away from strong smells & electrical appliances (not in the fridge).

MELANIE CREEDY

Dip Hom BSH UK, MAHA, ARoH
Registered Homeopath
Tel: 0409 089965
www.elementsofhealth.com.au

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Homeopathy is very effective during acute illness and can work rapidly. It is safe and non-toxic and can be used alongside conventional medicine if required.

The remedies in the Croup Kit have been chosen as the most commonly required in the event of croup or similar types of coughs.

If the remedies are ineffective in the given time a different remedy or constitutional treatment may be required. Call your homeopath or healthcare provider as soon as possible.

HOMEOPATHY Medicine for the 21st Century

Safe, Effective Health Care for
You & Your Family



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WHAT'S IN MY KIT?

Kali Mur/Ferr Phos 6x is great for symptoms which are vague or do not progress - clear runny nose, bit listless, with or without low fever. Useful in early stages of most acute illness as often prevents progression of symptoms. Take at first sign of sore ears, throat, flu or colds - basically the beginning of anything viral/infectious. Great for family winter illness - most families won't be without it!

Dose: 1 or 2 pilules hourly on the first day if symptoms are very strong, reducing to 2 hourly on the second day if improving and then 3 times a day if still required. Pilules can be added to school drink bottles.

If symptoms continue to progress, select another remedy or contact your homeopath for further instructions.

Aconite 30c The child may wake in the night, frequently around midnight, with severe croupy, gasping cough, is fearful and may struggle for breath. This is a frightening situation for child and parent and Aconite will help

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greatly. If you are unable to give the pilules, drop one in a little water, stir vigorously to activate the remedy and give a teaspoon as the dose.

Steam can also be very helpful at this point.

Dose: 1 or 2 pilules every 10 minutes for up to 5 doses. Then reduce to hourly if still required.

Spongia 30c - The intensity of the situation is less than Aconite, and may appear after midnight, but the cough is dry, barking and worse on inspiration. It may sound like a saw through a board or a seal. There may be wheezing and lots of mucous, but cough is still dry. Cough may be better after eating or drinking. Generally use Aconite first if unsure.

Dose: 1 or 2 pilules as for Aconite.

Hepar Sulph 30c - The croup has progressed to a loose, hacking, rattling cough with profuse yellow-green mucous. May lose the voice, and cough on getting cold. Usually worse in the morning and better for using a vaporizer. May feel cold & want to be wrapped up, often very irritable. Wants warm food & drink.

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Dose: 1 or 2 pilules every 2 hours.

If in doubt as whether to use Hepar Sulph or Spongia, alternate the two remedies.

ADDITIONAL HELP

Cut out cow's milk and sugar as far as possible - they suppress the immune system's efforts to heal & produce more mucous.

Echinacea, Olive Leaf Extract or our **Immune Boost** combination can be helpful and are available on the website. They are prepared in potent homeopathic form that babies and small children will find easy to take.

Probiotics are important if your child has to have anti-biotics. Helps treat and prevent thrush, diarrhoea, or other symptoms, and assists the gut to return to normal.

Probiotic Kefir 3x—a potent homeopathic is available on the website.

A good quality multi-vitamin can be helpful in times of acute illness, however, ongoing bouts of illness, such as croup, should be treated constitutionally by a practitioner.

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