

REMEDIES IN THE KIT

Arnica 30/200c helps the body to deal with any type of trauma, including to the immune system and physically to the child. It will help reduce local swelling and pain, and helps prevent fever.

As per the program, give once a day for 3 days before vaccination. Give 3 times on day of vaccination, then once a day for 3 days after.

Ledum 30c reduces the immune system's over-reaction to anything entering the body via the skin. Whether it is a bee sting, a knife or a needle, the body perceives this as an attack and reacts accordingly, in some cases excessively. This is often where vaccine-induced problems begin.

As per the program, give 3 doses in the 12 hours immediately after vaccination. No further doses are required.

Thuja 30/200c matches the adverse symptoms most commonly experienced in the short and long term after vaccination. We use 2 strengths (or potencies) to help clear side effects.

As per the program, on day 4 after vaccination give 3 doses in 24 hours.

Follow on day 11 after vaccination with a further 3 doses in 24 hours.

Aconite 200c should be given if the child has a marked reaction after vaccination. Symptoms include shock, fever, convulsions, limpness, or swelling or lump at the site of the vaccination.

Give a dose every 10 minutes for up to 5 doses, then hourly if still required and contact your homeopath. Professional treatment of the child as this stage is very important for future well-being.

VITAMIN C (Calcium Ascorbate) is also highly recommended during vaccination to counteract the effects. Take for 1 week before and 1 week after vaccination. In the newborn, the breastfeeding mother can take the Vitamin C. If bottle fed the dose can be split and added to the milk.

If stools become loose reduce dose.

Infants up to 2yrs: 100-250mg p/day

Children 3-5yrs: 250-500mg p/day

Children 5yrs+: 500mg-1000mg p/d

NOTES

- Homeopathic remedies are safe to give to baby, no matter what age & to use during pregnancy.
- Remedies do not interact with other forms of medication and can safely be used alongside Panadol and other drugs.
- If you are anxious about giving pilules whole, crush between two clean teaspoons and tap a little into baby's mouth.
- If you find pilules difficult to administer, put 1 pilule in 1/4 glass of water. Stir vigorously and give 1 teaspoon as the dose.

Dose

- The dose for remedies in the kit is 2 pilules as required until improvement is felt.
- If the situation is intense take a dose every 5-10 minutes for up to 5 doses.

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.
2. Try to take remedies 10 or 15 minutes before or after food, drink, smoking, and brushing teeth. This promotes the best remedy action, but in a really acute situation (eg during vaccination reaction) *just take the remedy!*
3. Discard any pilules which are dropped as they may be contaminated.
4. Store remedies away from direct light and heat, strong smells (such as essential oils) and electrical appliances.

HOMEOPATHY Medicine for the 21st Century

Safe, Effective Health Care for You
& Your Family



Safe Vacc Pack

*For peace of mind
during vaccination*

Despite reassurance from the medical profession, vaccination can be detrimental to certain individuals. With more vaccinations being given at an increasingly early age, this will continue to be a problem.

Some people (especially babies whose immune systems are not fully developed) can become unwell after vaccination, and some never recover health fully. This is seen and treated frequently in the clinic.

While many people are aware of the dangers of vaccinating, they are also concerned about the dangers of not vaccinating.

Homeopathic medicines, because of their beneficial effect on the immune system, offer some peace of mind and protection if you choose to vaccinate your child (or an adult) conventionally.

The medicines are safe for babies and small children, natural and non-toxic.

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Why do some people react badly to vaccination?

A lot depends on the strength of the immune system at the time of vaccination, as well as the family medical history.

For example, children who have respiratory or allergy related problems in the family such as asthma or food intolerances, may have a reaction to the Pertussis element of the DPT vaccination, at the time of vaccination or later on.

Frequently the DPT vaccination is the trigger for the onset of ear infections, asthma or behavioural problems. MMR vaccination has been linked to learning disabilities, regression in development, and autism in some children, while Hepatitis B vaccination has been associated with juvenile diabetes.

Sometimes the reaction after vaccination is as mild as a fever, other times a child may become chronically unwell or start to catch everything that's going around. Some children experience regression or delay in development.

Often no-one makes a direct connection with vaccination because the problem doesn't necessarily appear immediately after the event.

Through the homeopathic process, where case taking is extremely meticulous, it is possible to track back and see that a particular vaccination may have been a contributory factor in chronic illness.

There is often no direct proof of this, although many mothers recognise their child has never been well since a particular vaccination. When symptoms or a condition improve

after giving the correct homeopathic medicine this confirms our suspicions.

Should I give my baby Panadol before vaccination?

The problem with giving Panadol or similar before routine vaccination is that it actually suppresses the action of the immune system further, effectively stopping it doing its protective job.

Homeopathics on the other hand, stimulate the action of the immune system, allowing it to work harder to prevent adverse side effects.

Panadol is best kept for when there are symptoms which don't respond to other forms of treatment, such as homeopathic remedies.

How can the SAFE VACC PACK help?

The pack contains homeopathic medicines which are particularly effective in dealing with the way the body experiences vaccination.

They are selected for their affinity with foreign bodies entering the system, the trauma experienced by the immune system and physically by the child, and for the general adverse effects of vaccination noted by homeopaths in numerous cases over many years.

Experience in the clinic shows that these remedies have a positive effect in the vaccination process.

What if my child still has an adverse reaction?

While the **SAFE VACC PACK** offers some protection and added peace of mind, nothing in life is 100% guaranteed.

Some children, particularly those with allergies in the family medical history, or where the immune system is already compromised perhaps through a traumatic birth or illness, may be more likely to react to vaccination.

The homeopathic medicines cover the generally expected reactions during the vaccination process. Children who still react badly are obviously more sensitive than the general population, although they will still have benefited from the medicines in the kit.

These children require further individualised homeopathic treatment, but the prognosis is usually good if the condition is treated as soon as possible.

Conditions which have existed for some time following vaccination may take a little longer to resolve, but generally respond favourably to treatment. It is never too late to seek homeopathic treatment if you suspect vaccination may be the culprit in a particular problem.

What else can I do to protect my child?

- There are a number of other options you can consider in addition to the **SAFE VACC PACK** in order to minimize reaction to vaccination.
- Delaying vaccinations until the child is a little older can help.
- Splitting up the vaccinations where possible limits the shock to the system. This is now complicated by the introduction of the 7 in one needle, but worth asking about as some old vaccination stocks may remain.
- Constitutional homeopathic treatment during pregnancy or when the baby is a newborn can build an immune system more tolerant of vaccination.
- Chiropractic or osteopathic care (especially cranio-sacral) can also be helpful in building a stronger immune system.
- Homeoprophylaxis or HP (Homeopathic Immunisation) is available should you make the decision not to vaccinate your child conventionally.

We are happy to talk to you about your decision and support you in your choice. Please contact us for an appointment.