

naturopathic help for acute illness

Avoid dairy products, excess wheat consumption & sugar during acute illness as this can increase mucous production and suppress the action of the immune system.

Drink plenty of fluids especially water.

Give extra Vitamin C. Consult your pharmacy or health care provider for dosages for children.

We recommend our **Immune Boost** remedy containing Astragalus 6x, Echinacea 6x, Hydrastis 6x, Olive Leaf Extract 6x to support the immune system through acute illness. It is prepared in homeopathic potency which is palatable for small children.

REMEMBER should your home prescribing prove ineffective visit your healthcare provider as soon as possible.

It is recommended by the health department that babies under six months with a fever should see a GP or visit the Emergency Department.

- Use only as directed. Always read the label or information supplied. If symptoms persist see your health care practitioner.
- Our kits and remedies contain homeopathic medicines selected for use in minor ailments and injuries only. They are not suitable for home treatment of chronic, ongoing or serious conditions or diseases.
- Homeopathy is deemed to be low risk by the Therapeutic Goods Administration. The remedies are effective when used in accordance with the homeopathic indications. The indications given in this flyer are as per the approved homeopathic texts.
- If in doubt as to their appropriateness to a particular situation, consult your health care practitioner. The Health Department recommends to always seek advice for fever in a baby under six months old.

dose

- The dose for combination remedies is 1 pilule or 1-4 drops. (1 drop under 6 months, 2 drops 6-12 months)
- If the situation is intense give a dose every 5-10 minutes for up to 5 doses, then spread out to hourly, 2 hourly and 4 hourly as improvement is seen over a few days.
- For less intense situations, we suggest taking the remedies 3 times a day for 3 days, then continuing to reduce as improvement is seen. Doses can be increased to more frequently if required.
- If there is no improvement after 5 doses, change your remedy or seek advice from your homeopath.

giving the remedies

- If you are anxious about giving pilules whole to a baby, crush 1 pilule between two clean teaspoons and tap a little into baby's mouth.
- If you find pilules difficult to administer, put 1 pilule or 1-4 drops in 1/4 glass of water. Stir vigorously and give 1 teaspoon as the dose. The water is now the remedy.
- Remedies can also be added to a child's water bottle so they can have their doses at school or childcare. Dosage is as above.
- When remedies are made up in liquid do be aware that they will not last as long and can be easily contaminated if the mouth or fingers touch the dropper.

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 labour) *just take the remedy!*
3. Discard any pilules which are dropped as they may be contaminated.
4. Store remedies away from direct light & heat, strong smells (such as essential oils) and electrical appliances.

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homeopathy for children

Homeopathy is a system of natural medicine which is gentle and low risk, but dynamic in its action. It is useful for treating minor accidents, injuries and illnesses in the home and a few remedies can serve a wide range of situations. If applied correctly it will often work very quickly and efficiently.

While we advocate using single homeopathic remedies, sometimes new users are not sufficiently proficient and to this end we have created a range of combination remedies for a variety of conditions.

Homeopathy can be particularly useful for babies and small children where parents wish to take a more natural approach to healthcare. It can be used alongside conventional medications if required and with the Royal Children's Hospital's advice on fevers can be a good first step in your reading:

http://www.rch.org.au/kidsinfo/fact_sheets/Fever_in_children/

Homeopathy can also be very helpful for children who attend childcare or who have recently started school to support the immune system and address the niggly illnesses they often pick up.

The small selection of remedies in this flyer and in our mini kit have been selected for their affinity for the minor ailments children often succumb to. Started early enough it is often possible to head off more severe symptoms.

If an illness is recurrent a consultation is recommended to address the problem on a deeper level.

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what's in the children's kit

The selected remedies are those most often indicated for children. Other remedies may be indicated in individual cases. If your home prescribing does not bring improvement contact your homeopath or seek professional support as soon as possible.

1. A.B.C. (Aconite, Belladonna, Chamomilla 30c): Unsettled, irritable or unhappy babies due to teething or just generally off color. Fevers related to teeth or other minor childhood ailments. Sometimes it's hard to decide which single remedy to use individually, so this is a good all purpose remedy.

Contains: Aconite 30c, Belladonna 30c, Chamomilla 30c

2. Cold & Flu Combination: To assist the early and common symptoms of a head cold including runny nose, sneezing, nasal congestion and minor sore throats. Use alongside Anas Barb (Oscillo) 200c to assist recovery and reduce intensity of symptoms.

Contains: SVR05 Cold & Flu (Aconite 6c, Allium Cepa 6c, Arsenicum Album 6c, Bryonia 6c, Gelsemium 6c, Eupatorium 6c, Nat Mur 6x, Nux Vom 6c, Pulsatilla 6c)

3. Cough - Chesty: To promote recovery from minor and uncomplicated chesty or loose coughs.

If symptoms do not improve within a few days, see your homeopath as constitutional treatment may be required for stubborn or recurrent coughs. See your GP if your baby is lethargic or respiration is difficult.

Contains: SVR09 Cough - Chesty (Ant Tart 30c, Hepar Sulph 30c, Kali Bich 30c, Phosphorus 30c, Pulsatilla 30c, Sulphur 30c)

4. Gastro Combination: Use for the acute stage of mild diarrhea, vomiting, pain and wind, and also for recovery from a gastric complaint. A good remedy to include in a kit if you are travelling to countries such as Bali or India.

Contains: SVR12 Gastro Combination (Arsenicum Album 6c, Carbo Veg 30c, Merc Sol 30c, Podophyllum 30c, Veratrum Album 30c)

5. Immune Boost: Includes targeted immune remedies in a form that is easy for children to take as the dose is small and the taste not unpleasant. *We recommend using this during an illness rather than in the long term as the immune system can become lazy. See website for more information.*

Contains: SVR18 Immune Boost (Astragalus 6x, Echinacea 6x, Hydrastis 6x, Olive Leaf Extract 6x)

6. Kalm Kids: To help calm babies and children on a day-to-day basis, during travel or if anxious or over-excited. Similar to S.O.S. but created specifically for small children who become a little unmanageable in certain situations! Great for pets and big kids too!

Contains: SVR19 Kalm Kids (Aconite 6c, Avena Sativa 6x, Chamomilla 6c, Coffea 30c, Passiflora 6x, S.O.S.)

7. Ouchy: When things are a little ouchy and someone needs some TLC – bumps, bruises, bites, wounds, etc – this is a useful combination to have on hand. mbinations of remedies found in some other products.

Contains: SVR20 Ouchy (Arnica 30c, Calendula 30c, Hepar Sulph 6c, Ledum 30c, Hypericum 30c, Pyrogen 6c, Silica 30c)

8. TS Acutes: This tissue salt combination is recommended for the beginnings anything such as colds, sneezing, runny nose, possibly mild fever and general unwellness. Useful for small children when you suspect something may be brewing but you have no symptoms to pin a remedy on. A favourite of mine!

Contains: Kali Mur 6x, Ferrum Phos 6x, Natrum Mur 6x

9. Winter Prep - Cold & Flu Support: Give this remedy weekly through winter if anyone is in childcare or new to school and picking up everything going around. It contains remedies relating to the flu season in the northern hemisphere and others known for their strong anti-viral and anti-bacterial action. If taken at the first sign of cold, flu or other viral symptoms, it may help reduce the severity of the illness. Take 3 times a day for first 3 days of an illness along with any other indicated remedy. *This remedy is remade annually to match flu strains.*

Contains: SVR33 Winter Prep 2016 (Anas Barbariae (Oscillococcinum) 200c, Influenzinum 2015/16 (various strains) 30c, Fluvax 15/16 200c, Gelsemium 30c, Thymuline 30c)

10. Congestion: This combination aims to help promote recovery from lingering coughs, sinus congestion and mucous following a cold or flu. The remedies in the combination address sticky, stringy, copious and persistent mucous in the sinuses or on the chest following a cold where the homeopathic indications fit the picture.

Contains: SVR08 Congestion (Ferrum Phos 6x, Kali Bich 30c, Kali Mur 6x, Hydrastis 30c, Pulsatilla 30c, Silica 6x)

support for the vulnerable

More and more through winter we see epidemics and widespread viral illness. If your child is in childcare or new to school this can mean colds and flu for everyone at home too. Using **Winter Prep** regularly through winter and change of season can be a helpful support for the whole family.

Winter Prep - Cold & Flu Support - In 2014 I reintroduced a protocol I had used in the past but had abandoned in favour of **Anas Barb 200c** alone. With the worsening nature of colds and flus each winter, **Winter Prep** can be taken weekly in people prone to these illnesses. *(The formulation may change each year in relation to the flu strains, vaccines and winter viruses in the Northern Hemisphere)*

For more information see 9. Winter Prep.

Give 1 one pilule once a week from autumn through spring to the whole family if required.

avoiding issues with vaccination

We support safe and sensible vaccination practices, as part of a wellness plan for small children.

If you are worried about the side effects of vaccinating your baby or small child we have several options to offer which provide support and peace of mind.

The **ImmSafe Program** has been around in its current form since the changes to vaccination requirements on 1 Jan 2016, however, we've been using the remedies and various protocols for over 15 years in the clinic.

The remedies specifically match homeopathic remedies to the needles during vaccination and give targeted support to the immune system and for detoxing at this time.

We also supply two of our immune boosting remedies for additional support.

Please contact us for more information.