# Linlee Jordan

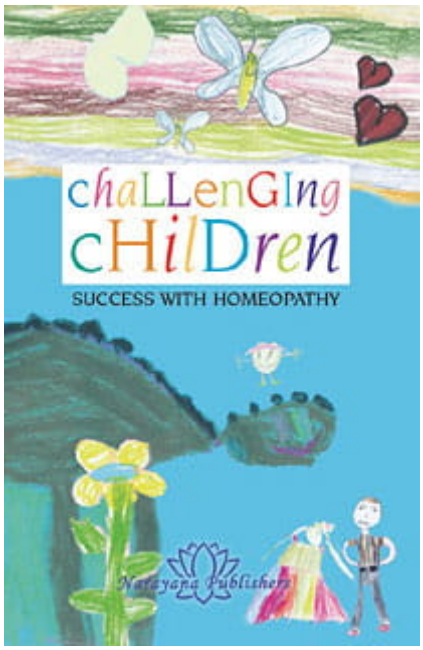
# Challenging Children

Sample text

Challenging Children

from Linlee Jordan

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# iNTRO*du*CTIo*n*

This book is the first to offer a contemporary look at real cases of Australian kids who have been helped with homeopathy. Presented in a lively style, their success stories reflect the peaks and troughs, the ups and downs – 'a warts and all' telling of their experience with homeopathy. Real stories are a powerful way of demonstrating the merits of any form of health care. The stories are easy to relate to and offer inspiration, insight and hope to everyone working and living with challenging children: parents, teachers, and health practitioners alike.

The description of 'challenging children' is more than just a way of encompassing the behaviour associated with ADHD, allergies, autism, anxiety, depression, eczema, and fears. It implies that the child has positive attributes just waiting to be accessed, rather than seeing the child as a checklist of negative behaviours. This non-judgemental attitude pervades the homeopathic consult and rubs off on parents. As one parent said, it validates the suspicion that their child was "only acting that way because they *had* to, there's an internal drive, they're not inherently bad."

The survival and growth of homeopathy has come from word of mouth, spurred on by first-hand observation of successful treatments. This has come about without government funding or research grants.

The use of homeopathy has been growing quietly, though in recent years, an increasing number of people want to study and use homeopathy. It is the force of numbers that make change happen, such as when health insurance companies in Australia decided to give rebates for homeopathic treatment.

The cases gathered in this book have come from homeopaths around Australia and each case has its own measure of success. Many of the cases show that homeopathy offers more than a means of healing — subtle capabilities are revealed to parents who give their child a homeopathic remedy and see their child blossom. It is people who witness the everyday little miracles like avoidance of antibiotics or not needing

grommets, who have nurtured homeopathy along and it is their stories that draw people to try it for themselves.

There were temptations to make the stories more polished, more commercial. But you will see when you read them that they speak for themselves and need no embellishment. The mother of Robyn, who had been having tantrums that lasted for hours, simply made a heartfelt observation when she said her daughter became "… more of a normal little girl after using homeopathy." She hardly needs to explain using more adjectives. The stories manage to maintain an authentic tone and some are all the more powerful because they are written in a straightforward style.

All of the case stories were peer reviewed and have more than one year follow up.

Although these stories include details of homeopathic treatment, they are not intended to replace medical diagnosis and treatment by trained health professionals. All homeopathic treatment for chronic disease and behaviour problems should be commenced under the supervision of a qualified homeopath.

*Linlee Jordan* 2007
*Homeopath, Harbord Homeopathic Children's Clinic*
*Head of Homeopathy Nature Care College* (1996 – 2006)
*Director, The Aurum Project, for children's natural health research*

# ANgeR

Ethan's story: "H*e was born angry*"

AGE: .....SIXTEEN YEARS
DIAGNOSIS:.....ADHD
HOMEOPATH: .....LINLEE JORDAN

For Ethan's first consult, his Aunt came alone, since there were some issues that she did not want discussed with him present. "He was born angry. I had to look after him because when he was six, my sister died from cirrhosis of the liver. Unfortunately she drank excessively during the pregnancy with him."

"He was diagnosed ADHD and was on Ritalin for five years. He didn't want to take it but it did make a big difference – the teachers would notice a difference" she said. "He yells and can get kind of violent. I can't tell him what to do, he throws things and the other extreme is him being totally stupid, cracking up, stupid jokes … at dinner time he's impossible, he'll say something that he wants you to laugh at, then he'll say "Only joking, can't you take a joke?"

At the second consult, bright-faced Ethan came in by himself.

"What happens most is I get really fast, people say slow down. My friends tell me to shut up or piss off. That's all right. I get happy, overboard, I'm on a roll, I'm revved. That's what the Ritalin does, it takes that away," he said. "I can't put a sentence properly, what I say doesn't sound right to other people, I can think it, but it doesn't come out right. I'm thinking too fast, I'm blurred. Soft drink sends me to the moon, I don't need alcohol. I'm on a roll, can't stop, can't control what comes out of my mouth."

At the third consult, the Aunt came again by herself.

"I never know if what he says is the truth. He came home from school and said there were no teacher interviews this year, he makes things

up, he exaggerates, fabricates, just for the sake of a good story" she said. "He makes fun of his friends, it's a wonder he's got any friends but they still like him. He's likable, he can be funny."

"At the school play, in front of a whole lot of kids but behind the teachers back he was imitating the way she walked up the stairs to get on the stage, she was overweight. He did her wobble, it was hilarious, it was such a good imitation, but he does that to his friends, he ridicules them, they tell him to get lost."

He was treated using the remedy A*lcoholus* 30c three times a day for five days and one month later, there was a big change – he was more in control, quieter, no detentions, no letters home from school and dinners were peaceful. He was a new person. Two months later, the aunt says "He's still better than what he was. But he's come unstuck a bit." The remedy was repeated and he was great again.

It was a full six months before another consult was needed with Ethan. He said, "I've been fine. I could concentrate so much better – no more fog. It was so much easier at school, with my friends too, but it's funny how I'm not as good now." The remedy was repeated in a slightly stronger dose once a day for three days A*lcoholus* 200c.

When the child or teenager needs a remedy which is a little uncommon it is especially necessary to have some persistence in waiting for the full case to unfold. In this case it really paid off. After everything that the aunt had been through, she didn't mind that the remedy was not given at the first consult and she was buoyed along by successful cases she heard about from friends. 23 months after Ethans' first dose of A*lcoholus*, his ADHD symptoms of restlessness, going fast, inattention and lack of concentration are completely improved without taking away his exuberance and sense of humour.

One cause of ADHD may be alcohol abuse during pregnancy and in homeopathy, this may be a clear pointer to help choose the remedy.

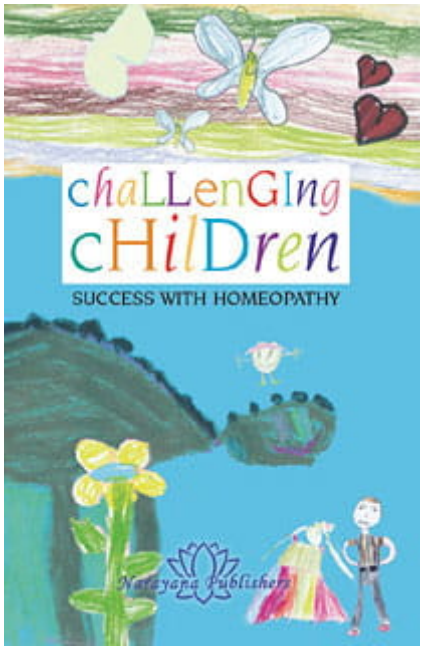
**Linlee Jordan**

# Challenging Children

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