

# Robin Hayfield

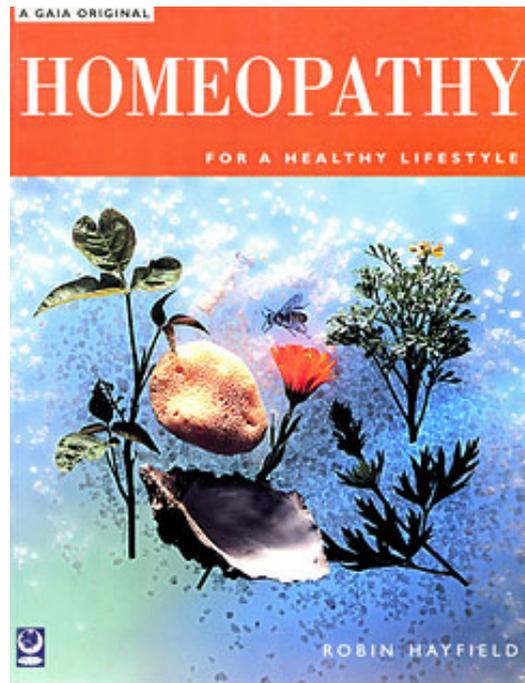
## Homeopathy: For A Healthy Lifestyle

Reading excerpt

[Homeopathy: For A Healthy Lifestyle](#)

of [Robin Hayfield](#)

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## CONSTITUTIONAL REMEDY II

### ***LYCOPODIUM***

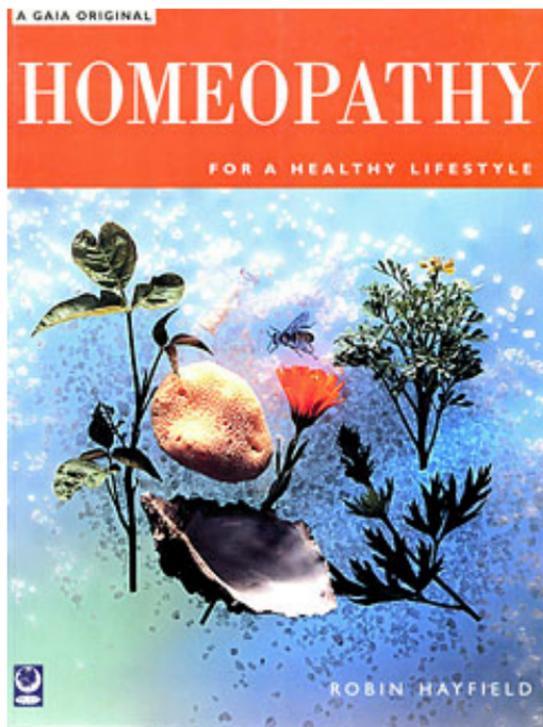
Lycopodium children have one major problem: lack of self-confidence, but you would not always guess it. Some of them disguise it with a cover-up act and can be fault-finding, bossy, and dictatorial, playing a power game with their parents and with other children. But on the other hand they appear to be timid and nervous with strangers and need the comforting presence of someone to turn to for reassurance. These children can suffer dreadfully from the worries of anticipation: the fear of exams, of speaking in front of the class, or being seen to be a failure. They take themselves seriously and hate being made to look a fool. They crave the good opinion of others in order to boost an ego that is not always very well defined. They cry after being reprimanded and are therefore frightened of making mistakes, such is their sensitivity. Life can be filled with compromise, as decisiveness is not their strong point. Unsure of themselves, there can be a marked fear of fresh challenges or meeting new people. They fear the dark, ghosts, and large animals and they may need a night light or someone to sleep with when they are very young.

- Physically these children are often thinner than average, with a large head in proportion to their body. They are slow to smile until they feel safe and even babies appear to wear a wrinkly frown. They feel the cold, although they like their head to be cool. The late afternoon and early evening are bad times for Lycopodium children, and they are particularly cross when they wake up or when they feel hungry. The stomach is usually a weak point in Lycopodium children. Fear and anxiety go straight there, so they suffer from wind and constipation. They should avoid foods that aggravate their wind, such as cabbage, beans, and onions. They often have a huge appetite, but conversely, they sometimes feel full up after having eaten only a few mouthfuls. They love sweets and choose warm food and drinks.

These children are subject to most childhood ailments, but especially earache, and colds and coughs, which may move down to the chest, causing bronchitis. Symptoms tend to begin on the right side of the body and move to the left, or are worse on the right side. Eczema sometimes affects the head, especially behind the ears. A child who has repeated colds and infections, and whose general personality and physical characteristics fit in with the above description will benefit from Lycopodium.



***Lycopodium** (foreground). The spores of this primitive and strange-looking plant are the source of one of the most important remedies in the whole Materia Medica. Lycopodium affects the digestive system and is also a major constitutional remedy where the personality fits the symptom picture.*



Robin Hayfield

[Homeopathy: For A Healthy Lifestyle](#)

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