Didier Grandgeorge
The Homeopathy Handbook for Children - Imperfect copy

Reading excerpt

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"The physician's high and only mission is to restore the sick to health, to cure, as it is termed." (*Samuel Hahnemann, The Organon, para 1)*

INTRODUCTION

Homeopathy is probably the most perfect environmentally friendly medicine there is, in that it produces rapid, gentle and lasting cures while employing natural products in tiny, and as such very economical, doses. Whilst this form of medicine gives definite results in chronic affections because it is able to help the individual transform the constitution where the troubles originated, it is also important to be aware of the fact that homeopathy is also very effective in acute situations, making it possible to avoid other more expensive medicines which in many cases have harmful side effects.

What a shame there is no real promotion of our healing art and the patient is often too far from a homeopath capable of helping them in an emergency situation.

The aim of this book is therefore to provide some keynotes that will make it possible for everyone to find effective answers – whether for themselves or others – while they wait for a more in-depth consultation with someone trained in the art of Homeopathy.

What is an acute case?

An acute illness is a disorder which erupts violently out of our balanced internal energy. It is followed by different symptoms, and different complaints which seem to have no link whatsoever with the underlying constitution. In actual fact there are always connections between that which seems superficial and the deeper reality of an individual. In this way we see that an acute remedy can actually itself be the necessary deeper remedy or it can lead us to find the deeper remedy. **Therefore it is important to tell the homeopath about any acute homeopathic remedies you have had a good reaction to.**

In previous works we have shown how physical "problems" were the embodiment of problems which had not been expressed in words; the word "dis-ease" expresses a feeling of "dis-ease" with a situation. In the course of this guide I will attempt to shed light on the significance of symptoms and their appropriate remedies.

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How does acute disease unfold?

An acute disease comes on over a very short period of time, as opposed to chronic diseases which come on slowly. There is a beginning, and you must observe carefully the **circumstances** when it came on (where, when, how?) and find the **causation** (aetiology). You need to ask the patient to clarify the following:

- **Sensation** (it stings; it feels like a splinter, like a ball etc.)
- **Location** (throat, on the right hand side, for example)
- **Extending to** (it goes up to my ears)
- **Concomitant symptoms** (Ever since I had trouble sleeping I have had haemorrhoids etc.)
- **Modalities** (what brings relief, makes it better (for example a desire for warm drinks); times when the symptoms are worse or better – aggravation and amelioration.

How does an acute illness develop?

The disease appears out of nowhere, develops and then either dies down as the patient improves or becomes life-threatening. All this takes place over a very short period of time. It is important to observe this development and the effect our homeopathic prescription has on the picture: is the patient improving – and quickly – is there no change, or are they getting worse?

In most acute cases you will have a day or two of observation. If the remedy doesn't work you must change it… or try another method (allopathy for example).

In all cases **the diagnosis is important.** You must name the disease, this will make it possible to confront it on some level (the placebo effect: this psychological influence can already lead to a 50% cure).

Are you sure of your diagnosis or do you need someone trained in the art of medicine? It is important to have the **common sense** to know whether or not you are in control of the situation. If there is any doubt, the practitioner is sometimes able to resort to certain tests to help (blood tests, X- Rays etc.).

When the situation is truly improving the first thing one will notice is **an improvement on the mental level.** For example the child doesn't moan any longer and gets on with playing – next it is the **general symptoms** like the fever that get better. Local symptoms improve last.

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Treating Epidemics

During epidemics a large number of people present the same symptoms, "catch the disease". In this instance it is not the case of something having an effect on the patient's individual subconscious, but rather on the collective subconscious (that of the family, group or society).

In this situation the same homeopathic remedy – which will often be found by observing several individuals – may be beneficial to all the affected patients and can even be given as preventative medicine to those who have contact with the patient.

Which potency?

In most acute cases low or medium (6-12C) potencies work very well. In some cases higher potencies are indicated (12-30C). We will point out these cases to you. Generally this would be the case where the mental symptoms are more important.

Anyone over forty years of age is always advised to begin with a potency of less than 30C (6C or 12C for example)

Should you take the remedy often?

In most acute illnesses – such as tonsillitis – you should take 3 pills 4 times a day for one or two days, at the end of which the state should be much improved. If not, the remedy should be changed or another form of treatment sought. (Allopathy for example)

In certain extreme acute cases (asthma for example) you can give the remedy every 5 minutes **and space out the doses as soon as there are signs of improvement.**

In all cases it is important to stop taking the remedy as soon as the patient is better.

Repertorisation

Some chapters have a repertorisation at the end for **those who want to look further into the subject.** We have made a note of the rubrics which seem to be the most interesting in the repertory for which we have used the American version of **Kent's Repertory**.

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Allopathic treatment

Medicine is one way and it is always useful to know what the allopathic treatment would be; for this reason we often provide a brief summary in most chapters.

Is it easy to treat oneself with homeopathy?

In reality there are three levels of homeopathic treatment:

- **The first level** is that where the picture is accessible to all without having to look too hard. You will find it in most handbooks for the lay person. The remedies can work but not all the time.
- **The second level** is where this book is aiming to provide a study of each area of pathology along with remedies, based on clinical experience from more than 20 years of daily practice.
- **The third level** requires the art and understanding of an experienced practitioner. Thus it is possible to alleviate the greatest amount of suffering – especially chronic – by means of finding the most similar remedy, "the simillimum". This is difficult, but the journey is often rewarding.

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- Wash the nose with thermal water (Allevard) or with saline solution, sometimes with additional vasoconstrictors and sulphur molecules.
- Anti-fever medicines: aspirin, Paracetamol etc.

Where the illness becomes chronic:
- Sulphur or arsenical spa therapy
- Desensitisation
- ENT surgery on polyps, foreign bodies, the realignment of the nasal septum or draining of the sinuses (to be avoided in my opinion)

The allopathic treatment of sinusitis is often long, tiring and disappointing. Homeopathy, on the other hand, is often quick and effective in this area.

Homeopathic treatment of sinusitis

Frontal sinuses

Chilly patients

Arsenicum album 12-30C
- Anxious, fastidious, restless and rigid character
- Very egotistical, wants to keep everything for himself
- Aggravation around 1am to 3am and 1pm to 3 pm
- Amelioration from warm applications

Issue: A refusal of the spiritual side of life, fear of death: there is no afterlife

Kali bichromicum 12-30C
- No fever or very low fever
- Worse on the right side
- Thick yellow greenish discharge with elastic plugs

Issue: a person engaged in a battle to defend his territory and who sees himself as the scapegoat for others.

Silicea 12-30C
- Marks on fingernails and sweaty hands and feet, fetid odour of the feet
- Fear of needles +++
- Shyness in public

Issue: A hypersensitive individual who is frightened to come out of his shell: The needle is at risk of breaking the egg. During pregnancy there may have been an attempted abortion or amniocentesis.

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Hot patients

Sanguinaria canadensis 6-12C
- Red cheeks
- Nasal polyps
- Coryza followed by diarrhoea
- Following hiccups
- Vasomotor disturbance: menopausal hot sweats
- Cardiopathy with right ventricular overload
- Dreams of an autopsy

Issue: Would like to get to know the other self, but in physical form. The pressure of life is too much for him

Thuja 12-30C
- Fetid perspiration
- Verrucas
- Effects of vaccination
- Religious obsession
- Anxiety of conscience

Issue: Wants to be the centre of the universe, wants to control everything

Maxillary sinusitis

Bilateral maxillary sinusitis

Mezereum 12C (two doses at a 48-hour interval) +++
- Fever from 5 pm
- Stomach ache
- Tartar deposit on the teeth
- Suppressed eruptions (eczema, chickenpox, impetigo)

Unilateral maxillary sinusitis

Right side (side of the father)

Lycopodium 12C
- Authoritarian, headstrong
- Flared nostrils
- Bloating
- Aggravation from 5 pm to 8 pm

Issue: Desires power, but lacks self-confidence and others may "eat him for dinner".

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Sulphur 12C
- Confident in his knowledge
- Dirty, unkempt, relaxed
- Hot individuals
- Red cheeks
- Eczema

Issue: Makes up his own rules; he already knows everything

Aurum metallicum 12C
- A **risk-taker,** fearless, but generous (gold in his hand)

Issue: Wants to break his father's rules and become God the Father

Mercurius iodatus 6-12C
- Profuse perspiration
- Bad breath
- Desires butter
- Into everything
- Hot and precocious

Cinnabaris 6-12C
- Combination of Sulphur and Mercurius
- Discharge from the foreskin or vagina

Left-sided

Lachesis 12C
- Loquacity+++
- Purple-coloured soft palate
- Hematomas
- Insect stings
- Desires alcohol
- Extrovert, hot and forthright individuals who cannot bear tight clothing (around neck and waist)

Issue: Jealousy, Oedipus complex

Thuja 12C
- Verrucas
- Perspiration
- Fastidiousness
- Religious obsession
- Effects of vaccination

Issue: Wants to control everything

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Mercurius iodatus 12C
- Profuse perspiration
- Bad breath
- Desires butter

Other remedies for sinusitis

Mercurius solubilis 12C
- Coated tongue
- Profuse perspiration
- Bad breath
- Precocious individuals, into everything
- Desires butter

Issue: A trickster who wants to cheat others

Mercurius sulphuratus 12C
When there are violent bouts of sneezing in the sun (Agaricus muscarius)

Verbascum thapsus 6-30C
- Nasal catarrh with facial neuralgia, especially at the temporomaxillary joint near the left ear.
- Sensation as if crushed by tongs.
- Pain comes in flashes, brought on by the slightest movement at the same time morning or afternoon – every day.
- Cold and **cough that sounds like a trumpet.**

Issue: paedophilia (looks for sexual contact with prepubescent children)

Hydrastis 6C
- **Frontal pressure** headache **with constipation**
- Eczema on the forehead along the hair line
- Child is suddenly woken up by a thick posterior discharge.

Issue: Life is so hard, just like death.

Sticta pulmonaria 6C
- Dull headache with dull, heavy pressure in the forehead and root of nose
- Rheumatic stiffness of the neck
- Constant need to blow the nose, but no discharge
- Sneezing

Issue: Sometimes it takes two to deal with certain situations, but Sticta refuses to enter into such a partnership.

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REPERTORISATION

Some choice rubrics

Frontal sinusitis

- **Nose** (Kent)
- Catarrh, extends to frontal sinuses: **Lyc., Merc., Sil. +** 16 remedies
- Coryza, extends to frontal sinuses: *Ars.,* Calc-p., Cimix., *Kali-i., Sil., Stict.*

- **Head** (Kent)
- Pain, middle, frontal sinuses from chronic coryza: *Ars., Kali-bi., Sang.,* **Sil.,** *Thuj. (*add in : Alumn., Cinn., Hydr., Sabad.)

Maxillary sinusitis

- **Face, pain** (Kent)
- Cough during: *Kali-bi*
- Damp weather, agg: *Calc., Calc-p., Merc., Nat-s., Sep., Sil.*
- Eruption, after suppressed: *Dulc., Kalm., Mez.,* Thuj.
- Blowing nose agg: **Merc.**
- Inflammatory: **Bell., Merc.,** + 12 remedies
- Sneezing: Chin., *Verb.*
- extending to bones: *19 remedies* (Kent)
- extending to cheeks: 30 remedies
- extending to eye, below (infra-orbital): 18 remedies
- extending to the jaw: 9 remedies

- **Teeth,** roughness from tartar: *Mez.,* Thuj. (In cases of sinusitis, the individuals breathe through their mouths at night, as a result they a lot and calcium accumulates on the teeth.)

Ethmoiditis

- **Eyes, swollen** (Kent)
  - **Look for the constitutional remedy+++ (family history)**

CHILDREN WITH TICS

Tics betray an underlying nervousness, or even an anxiety, in a child who is trying to take control of things without success (the anal stage); they can appear as spasms or repetitive movements – especially in the face (blinking) – or uncontrollable movement of the limbs.
Whilst waiting for a specialist appointment (with a doctor or psychologist…) the following remedies can be considered:

Ignatia 12C, single dose
- A remedy for hidden grief
- Following a bereavement or a separation (divorce) that is not spoken about.
- A lack of love
- Sighs
- Alternating crying with laughter

Issue: To find love in its three dimensions

Lycopodium 12C, single dose
- A dictatorial child, moaning and headstrong
- The "little boss" lacks self confidence
- Often has right-sided complaints

Issue: Desire for power, frightened of being devoured by others.

Agaricus muscarius 12C, single dose
- Clumsy children, with sudden, violent gestures
- Has high expectations

Issue: The mind is strong, but the body is weak

Tarentula hispanica 12C, single dose
- Restlessness especially when music plays
- Dances
- Disobedient+++: obeying someone is **like being a slave.**

Mygale lasiodora 12C, single dose
- Violent choreic movements
- Tries to escape the love of an overly clingy mother (too loving and possessive! She reigns! – This is a play on words as the French for this expression "elle a regné" sounds phonetically like "she, the spider").

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THE CHILD WHO SUFFERS FROM NERVES

When preparing for exams

Homeopathic remedies can allow one to prepare well for exams. It is always advisable to **keep up sufficient physical activity:** "Mens sana in copore sanum" (for example after a run the brain is full of oxygen, work is easier and the memory better).

If the child cannot work any longer one should consider:

Lecithinum 6C, 3 pills in the morning (this is a substance that is rich in phosphorous)

Kali phosphoricum 12C, 3 pills every evening (the idea: they are working on their own, but it would be better to work as a team.)

Aethusa cynapium 12C, a single dose if the subject feels "overloaded" and unable to digest anything new.

Remedies for nerves before exams:

Gelsemium 12C
This is the chief remedy: 3 pills the night before and on the morning of the test will help to avoid the "black hole" that appears when faced with the exam paper (not knowing anything).
- Anxiety, trembling
- Thirstless

Ignatia 12C
This remedy should be chosen if there is anxiety with **a lump in the throat and hysterical tears** alternating with mad laughter.

Argentum nitricum 12C
- A great desire for **sugar,** diarrhoea and loss of voice
- **Fear of not having enough time to do everything**

Silicea 12C
- Excessive shyness in an **oral exam.**
- Profuse perspiration of the feet and hands.

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Anacardium orientale 12-30C
- Indecision: they don't know what subject to choose
- Add mistakes at the last minute

THE CHILD WHO LIES

The child hides in an imaginary world and lies continuously. Some remedies are key here:

Veratrum album 12C
- Lying and dictatorial
- Sucks their thumb, dummy or a bottle
- Desires lemon and lemonade
- Bad diarrhoea

Issue: They feel as if they have been removed from their pedestal (after the birth of a baby brother for example).

Opium 12C
- Following a great fright
- **Constipation**
- A history of anaesthesia
- Parents who have taken hard drugs

Argentum nitricum 12C
- A child who is always "hyper", eats quickly, half sitting on the chair for example
- Fear of being late
- Vertigo with heights
- Desires sugar which aggravates

Issue: They never accepted becoming independent

Ethylicum 12C
- A history of alcoholism in the family
- Restlessness
- In older children, a desire to drink from a bottle

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OTHER PATHOLOGY

PATHOLOGY OF THE MOUTH

Apthae

These are ulcerations in the buccal mucosa that often result from some tormenting frustration. In all cases it is good to take a dose of **Oscillococcinum w**hilst waiting for a specialist consultation, to be followed by:

Borax 12C
If the individual has a fear of falling or downward movements (swings, sledges).

Baptisia tinctoria 12C
Apthae in children from broken homes
The ideas of the remedy is to stick the pieces back together again

Mercurius corrosivus 12C
- Thick tongue
- Very bad breath
- Profuse sweats

This is a good remedy for **herpetic stomatitis** along with Rhus toxicodendron

Rhus toxicodendron 12C
- Fever at night
- Restlessness
- Muscle aches
- **Herpetic stomatitis**

Sulphuricum acidum 12C
This is an excellent remedy for apthae that come on during **chemotherapy**
Issue: They have a fear of accidents (Often someone has died following an accident in the family)

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Dental abscesses

Slight swelling of the gums that leak pus in a tooth with a hole in it.
Before a dental consultation the following may be useful:

Hepar sulphuris 12C 3 pills 4 times a day for 48 hours and
Pyrogenium 12C (Homeopathic "antibiotic"), same dosage.

Receding gums

The teeth are coming out and the gums are bleeding
While waiting for a consultation, take a dose of **Staphisagria 12C**
This is the remedy for frustration and suppressed anger: he bared his teeth!

Caries

There is no point in taking fluoride in the early years. In the long term it is toxic and complications are not slow in arising: obstruction of the lachrymal ducts, adenoids, chronic nasal obstruction and calcification of the eardrum. On the other hand as soon as the child can brush his teeth, use a fluoridated toothpaste. When used locally fluoride solidifies the dental enamel but make sure the child spits it all out. In addition avoid a sugary diet especially in the evening: no bottle of milk or sweetened water at night!

When there are caries it is important to change the constitution so that there are no recurrences. Whilst waiting for a consultation the first remedy to give is a single dose of **Calcarea fluorica 12C.**
Issue: Greed, savings were made early in childhood and they worry about the cost of things…

Three other remedies to be aware of:

Kreosotum 12C
- Caries as soon as the teeth appear
- A tendency to nappy rash
- Dreams of rape: an unspoken history of rape in the family.

Staphisagria 12C
- Frustration, suppressed anger
- Desire for cold milk

Issue: A sado-masochistic feel → a child who "is looking for a smack"

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Silicea 12C
- A shy child
- Late dentition
- Profuse perspiration of the feet
- Fear of needles +++ (that will crack the inner egg)

Fear of the dentist

Some children cannot bear going to the dentist. The following could be suggested:

Antimonium crudum 12C, single dose
- A greedy child
- Extremely ticklish
- Sulky

Fluoricum acidum 12C, single dose
- Dental enamel is too hard
- The nails grow too fast
- Useless at writing
- Lacking in morals

Ignatia 12C, single dose
- A hysterical child
- Alternating between tears and laughter
- Complaints when sitting down

Magnesia carbonica 12C, single dose
- An adopted child
- Extremely restless
- Sensitive

Staphisagria 12C
- Bleeding gums
- Thirst for cold milk
- A sado-masochistic feel
- Suppressed anger
- Frustration

Coffea 12C
- Oversensitive
- Excitable

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- Fear of new things
- Cannot tolerate coffee

A mapped tongue

This is the individual who has geometric patterns on their tongue. The appearance of the tongue **reflects the state of the liver**. In this case there is a problem with the liver. While waiting for a homeopathic consultation you can give:

Taraxacum 12C, 3 pills 4 times a day for a few days.
Issue: the child who is unable to apply himself (to work for example)

Too much tartar

Here there is often an underlying sinus problem:

Mezereum 12C (2 doses 48 hours apart)
- The child snores, sleeps with the mouth open
- Desire for fat
- A cough that makes them vomit their food

Issue: they have lost their bearings

EYE DISEASE

Symbolically all eye problems (in French "d'yeux" meaning "of the eyes" sounds phonetically like "Dieu", French for "God") are linked to the problem of God, and as such to the access, via the Oedipus complex, to the third dimension of love, **universal love.**

Conjunctivitis

Inflammation of the conjunctiva produces redness in the eye, and a sensation of stinging or burning, itching, weeping and secretions that are to some extent infected. The cause is often allergic and sometimes an infection (bacterial or viral).
Symbolically it happens when there has been a need to cry in a difficult situation and the tears have been suppressed.

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FROM CONCEPTION TO NEWBORN

PREGNANCY

To be expecting a baby is not always easy on a physical and psychological level. What is more, in pregnancy any allopathic medicines are contraindicated. Luckily homeopathy has some amazing remedies that can help to maintain the balance at this delicate time.

The first three months

The rise in hormone levels that is necessary during pregnancy, the psychological pre-occupation of the mother with such a human journey and other factors explain why various problems may arise during this time. The following are some of them along with the homeopathic solution.

- **Nausea**

Nux vomica 6-12C
This is the main remedy for a nervous, stressed-out mother who is obsessed by the numerous tasks or duties that she wants to carry out **meticulously.**
- Coated tongue
- Mood swings
- Chilliness
- **Frequent ineffectual urging for stool**

Sepia 12C
This woman suffers from a **duality:** to be a wife or a mother?
- Chilliness
- Constipation
- Extraordinary **sensitivity to smells** that make her nauseous.

Lycopodium 12C
There is a secret refusal to have a child who is felt to be dangerous. It will eat her from the inside! It is for this reason she won't eat oysters: "I cannot bear having something living in my stomach!" (quoted by a patient)

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- Bad-tempered
- Headstrong
- Dictatorial
- Right-sided complaints
- Digestive problems (bloating)

Chelidonium majus 12C
- Families who **beat their children**
- Liver troubles
- Verrucas

Platina 12C
This is a mother who is disturbed by the changes in her body during pregnancy and tries to hide it with clothes that are too tight.

• Vomiting

The main remedy is **Symphoricarpus racemosa 12C.** Profuse vomiting symbolises an unconscious desire to abort the baby orally.

• Threatened miscarriage

Uterine contractions and a loss of blood require investigation (ultrasound, hospitalisation). The following may be suggested:

Apis mellifica 6C
- An allergic reaction, a skin rash following prescribed allopathic medicines.
- Thirstless
- Cannot bear heat

What is happening is that the woman is allergic to the child she is carrying.

Ruta graveolens 6C
It would have been good to have sex without getting pregnant, being on heat without the gravid uterus.
- Tendonitis
- Eyestrain through working with detailed things.

Lycopodium 12C, Sepia 12C, Platina 12C and Chelidonium majus 12C are also indicated: there is an unconscious refusal to give birth.
Platina sees pregnancy as unbearable suffering on an aesthetic level…

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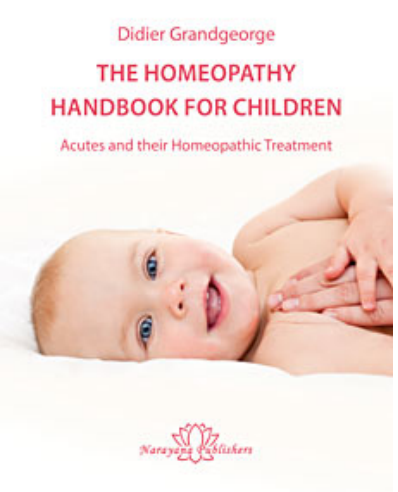

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