

Welcome. My name is Fran Sheffield and I'm your host for this homeopathy for children webinar series. In it you'll learn how homeopathy is used for the behavioural problems, learning difficulties, and autism spectrum disorders of children.

First let me tell you a little about myself. I have qualifications in nursing and midwifery and also a master of health science education. I now work as a homeopathic consultant and educator.

One of the areas in which I write and lecture is at a paediatric and developmental homeopathy. For that reason I have been asked by My Homeopathy to present this webinar to you. If you'd like more information about me and what I do, my website address is www.fransheffieldhomeopathy.com.

If you're completely new to homeopathy and would like an overview of the basics, My Homeopathy has a free webinar at its website called Introduction to Homeopathy. You will find it at www.myhomeopathy.net. We also discussed a homeopathic care of children in the My Homeopathy forum, but I'll tell you more about your complimentary access to this parent forum as we progress through the webinar series.

Now, let's take a quick look at what we'll be covering during these webinars.

Webinar 1: Homeopathy for today's children. Homeopathy, what is it and how does it work? Why use homeopathy for today's children? Changes with homeopathic treatment. What to expect and when. Children's stories from the clinic, and a spotlight on two new remedies.

Webinar 2: Self-treatment or professional management. Different levels and different treatments for trauma, first aid, acute, chronic and preventative health. Primary healthcare and process homeopathy. Capable homeopaths, how to recognize them and questions to ask. Children's stories from the clinic and a spotlight on two new remedies.

Webinar 3: The first appointment, what to bring and what to expect. Using other therapies and approaches: to stop or not? Children's stories from the clinic and a spotlight on two new remedies.

Webinar 4: Ongoing treatment and management. What to expect with each appointment. The six different responses to a remedy and what each one means for your child's treatment. Homeopathic help for problems of conventional treatments and making the transition. Children's stories from the clinic and a spotlight on two new remedies.

Webinar 5: Combining other interventions, yes or no? Current therapies and approaches, their benefits and drawbacks. Children's stories from the clinic and a spotlight on two new remedies.

Webinar 6: Debates, myths and controversies. Are there different types of homeopathy? What about isopathy, CEASE, nosodes, sequential therapy, radionics, bioresonance? What are their strengths, weaknesses and safety profiles? Detoxing with homeopathy. Single doses combination remedies and treatment effects seeing injury. Preventative homeopathy. Children's stories from the clinic and a spotlight on two new remedies.

Webinar 7: The webinar with additional information. It contains answers to questions about homeopathic treatment that were not covered by the presented material. Submit your questions during the series and any that remain unanswered will be addressed in this bonus webinar.

Before I move on to the problems of children, I want to quickly touch on homeopathy and the Law of Similars. The Law of Similars is a consistent, natural law or principal that applies universally. It is often described as *like treats like*, or *like prevents like*, and it's best explained by a couple of simple examples.

One is onion, which treats exactly the symptoms it causes. Onion vapours cause the eyes and nose to run, so therefore types of hay fever and colds with similar symptoms are treated by homeopathically prepared onion.

Coffee is another example, as it also treats what it causes. Coffee causes a racing pulse, palpitation, trembling, and sleeplessness. As a homeopathic remedy, coffee treats these types of symptoms.

It's not just homeopathy that uses this principal. Conventional medicine does too sometimes, but often unknowingly. Examples are Ritalin and Concerta, radiation therapy and antidepressants.

Ritalin and Concerta are stimulant medications. They overstimulate and they hype people up, and yet they're used to treat already overstimulated children. What the medicine causes in a healthy person it is able to treat in a person or a child unwell with those symptoms.

Radiation causes cancer, but it's also used in medicine to treat cancer.

Antidepressants are meant to improve the blues, but given in excess to healthy people or even people unwell with depression and it actually worsens or creates depression. Again, what a substance causes it will also treat.

There are just two problems with this conventional use of homeopathy. The first one is that the general symptoms of the group are mass treated by the medicine at the expense of the individual, and so therefore not all do well. Whereas homeopathy focuses on the individual and finds the medicine that specifically matches those symptoms.

The second problem is that the doses of conventional medicines come with unwanted side effects that are potentially toxic. On the other hand, homeopathic remedies are prepared in such a way that they're ultra-dilute and there is no trace of the original substance and no risk of poisoning with them.

When we look at homeopathy, it can be dispensed in a number of ways, but the two most common ways are as pills and liquids. With pills, they're made from sugar or based on sugar and they're absolutely delicious. Children love them.

They're also frequently dispensed as liquids. They still taste pleasant, and there are many advantages to this and we cover that in the introduction to homeopathy webinar as well.

Moving on to our children. Let's take a look at what's happening to them. The situation is not good. They're increasingly unwell. If you want to group the symptoms, there are lots of gastrointestinal disorders, immune system dysfunction, neurodevelopmental problems and psycho-social problems happening.

A quick rundown of some of the gastrointestinal problems: There are food intolerances and allergies to the point of anaphylaxis, flatulence, constipation, and or diarrhoea, undigested or offensive acidic stools, bloated abdomens, abdominal pain, gut dysbiosis where there's overgrowth of yeast, viruses, bacteria and parasites, and leaky gut syndrome.

The situation is not much better with their immune systems. There are food intolerances, allergies, eczema, frequent ear inflammation and other infections, prolonged coughs and colds, auto immune disorders, and what about the newer developmental problems they're experiencing? There're delays or failure in reaching milestones on time, such as teething, walking and talking.

Their cognitive function is either delayed or, the other extreme, abilities of unusual genius, but not genius that can be applied practically. Their fine and gross motor skills are delayed. There're ticks and stims. Poor eye contact, seizures, sensory processing disorders where they are either hyper or hyposensitive to stimuli such as smell, touch, sensation, hearing, taste, and visual input. There are speech and language issues, either receptive language or expressive language and there is hyperactivity and attention deficit. Learning difficulties, dyslexia and poor memory are also common problems.

These all feed into some of the psycho social problems our children are experiencing where they're anxious, aggressive, withdrawn or zoned out. Where they have trouble making or maintaining friendships and struggle to cope with change. Where there are inappropriate behaviours and obsessions and self-stimulating behaviours such as isms or stims. Fortunately, homeopathy can help with these problems along with the physical complaints.

Let's have a look at why we would want to use homeopathy for our kids.

Firstly, it provides treatment as well as prevention. Its remedies are long lasting, simple to use and easy to take. It's capable of rapid and widespread changes and many complaints will improve at the same time with good treatment. It is versatile. It safely treats injuries, acute and chronic problems whether they are mental, emotional or physical.

It has an excellent safety profile, it is nontoxic, and it avoids or reduces the needs for medications with unwanted or dangerous side effects. It doesn't work against the body by masking or suppressing its symptoms, instead it works with the body by stimulating and strengthening its ability to heal.

It is cost effective. Simple acutes can be treated in the home by parents and the goal is for full health rather than disease management. It works in a comprehensive way that few other approaches manage.

Let's look at the areas of improvement that your child will see with homeopathy and when you're likely to see those changes.

You'll get normalization of developmental milestones such as the teething, walking and speech. There will be improved sensory integration. There will be an increase in receptive and expressive language, improved confidence, focus and awareness. Improved eye contact and social interaction. Reduced anxiety, aggression and other unwanted behavioural issues. Reduced restlessness and distractibility. Increase in cognitive function. Better memory and ability to learn. Reduction in allergies and food intolerances. Improved immune function. Better sleep patterns. Digestive problems all resolve. Elimination of toxins and heavy metals will be stimulated.

It is not uncommon to notice improvements from the very first dose of the correctly chosen remedy, but improvements should certainly be evident by three doses, which is about one to three weeks after starting treatment.

Improvements are cumulative: if the remedy is correct, the child should obviously be getting better from week to week, month to month.

How much improvement will you see? In regard to autism and Asperger's, while some children lose their diagnosis within weeks to months, others make slow but steady gains over many years.

The amount of the improvement and the length of time needed for full treatment depends on the severity of symptoms, the degree of irreversible damage, the closeness of the match between the remedy and the person's symptoms, and the skill and the experience of the prescriber in choosing remedies and managing the changing symptoms as treatment progresses. All children should see improvement.

With that, we'll go on to our first remedy. That's going to be Natrum muriaticum which is prepared, believe it or not, just from common table salt.

The mental-emotional symptoms of Nat Mur consist of serious, reserved and often well behaved behaviour. These children are sensitive and easily hurt, but hide it. They can be excessively upset by reprimands from a parent. They have a strong attachment to the mother or another significant person in their life and they withdraw to silent grief if the mother doesn't respond as they would like. They feel grief and loss deeply and may raise the death of relatives or pets for years following.

They can be antisocial, they'll ignore people and avoid eye contact and want to be alone and feel much better for being alone. They avoid conversations and interaction and withdraw when questioned. They'll tolerate or avoid hugs and cuddles and don't actively seek them. They dislike consolation or sympathy when hurt and upset. It may even anger them.

They're slow or reluctant to talk but usually are able to speak more words than they will. They're self-conscious about urinating in the presence of others. Most of us are, but they're especially so. They may have strong like or dislike of the seaside and they sleep on their left side.

The physical symptoms basically revolve around constipation, dryness of skin, dry and cracked lips- especially in the middle of the lower lip or in the corners of the mouth, and cold sores. The face and hair become oily during puberty and they can be prone to headaches and migraines that are always worsened by exposure to the sun.

There is hay fever and colds with sneezing, and the discharge is a like raw egg white. The eyes water, especially in open air or wind. There is eczema in the evening. These children prefer to sleep on the left side and there can be an intolerance to wheat and milk. They desire pepper, fish, salt, and salty food, but dislike fat, slimy food, and chicken.

What to expect if you have a Nat mur child and that's the remedy they're given: they become much less serious and they start to want to interact with others. There's increased enjoyment in the company of others and there is better eye contact and they're more conversational. They're more likely to give and receive physical affection such as hugs, and they stop overreacting to being comforted or touched or consoled.

They are less sensitive and more resilient about emotional hurt and they're able to let go and move on from grief. The skin dryness or oiliness comes into balance and the physical complaints improve and resistance to infection increases.

They become much happier about others and life in general. All in all, if your child needs Nat mur, it can make a huge difference to the way they socialize, not only with the family, but people outside the home.

Let's look at a couple of cases from my clinic files of children being given Nat mur as a remedy. The first one is a six-year-old boy with autism - and Nat mur, I must say, is one of the key remedies for autism, but not only autistic children need it. These behaviours can be seen in children who are not autistic as well.

This little boy was brought to me because he already had a diagnosis, but his mother was very concerned about his lack of interest in socializing. She would encourage him to play with others, he would be put in with a group of children, they'd play for a little while, lose interest, move on to something else and he would stay there playing quietly by himself, more than happy to be alone.

He was late learning to talk but he always knew more than he was prepared to say. His parents had to trick him into talking. What they would do is, he had a younger sister, and so they'd often ask the younger sister a question that they knew she couldn't answer, and as she stumbled over the answer or just didn't respond, he couldn't stand it and he'd jump in and give them the answer. That would be one of the few occasions that they would hear him speak during the day, so they knew he could talk but he just had no interest in talking.

He had trouble accepting his mother's hugs and he wouldn't come into the family bed. They would try and bring him in there in the morning and he'd lie there for a little while and then he would leave.

His mother told one story, and she was a little bit emotional about it, where she said she used to go in and try to sing him lullabies at night when he was younger and he actually said to her one night, "Mummy, stop singing, I don't like it. Please go away." That was very much his behaviour towards his parents. Not that he was trying to be cruel, but that's just how he felt about things and he lacked awareness that other people had feelings or emotions.

He disliked playing with his sister. He also disliked joining in with family events. He would sometimes sit on the periphery or be with them, but he wouldn't want to interact with them. He would be much happier going off and reading a book or being in front of his computer or being in the bedroom. His mum said he always seemed to be sad and depressed. She said, "I don't know what to do to make him happy because he doesn't talk to me. He just lies there or sits there passively looking very, very sad."

This little boy also had poor sleeping patterns, he would stay awake for hours or wake up through the night and not go back to sleep. He wouldn't disturb anybody, but if his parents went into the bedroom they'd find him there wide awake. The only time this sleep pattern improved was when he was on holidays, and why? Because they went to the sea. If you remember what we said about Nat mur, it can either be worsened or improved by the sea. Whenever they went on these family holidays to the sea, he slept solidly. That was quite unusual.

In terms of food likes and dislikes, he loved olives - probably because of that salty flavour, as Nat Mur loves salt, loves fish and also black pepper. He would put masses of black pepper over his food which his family found amazing.

His physical problem was really only just constipation, that was all that was wrong with him, but it had been long-term constipation that they had had trouble treating.

We gave this young boy Nat Mur and within the month his family reported he was spending more time in their company. He was also starting to play with his little sister and speech was much more spontaneous. He was showing an interest in conversations and starting to join in them. He was smiling more and seeming to enjoy life. He started to make some jokes which was unheard of previously, he had never made a joke before.

He was able to be cuddled and held without having to just tolerate it or become irritable by it. All those cravings he had for olives, fish and pepper settled to a much more normal level. His physical complaint of constipation, that was gone within two months. This boy made dramatic improvements over one to two months of treatment. He's still undergoing treatment now and he is gradually getting better and better.

The next Nat Mur case I'd like to talk to you about from the clinic is another child with autism. Now Nat Mur is not just for autism, but just so happens these are two files I pulled out. This is a 15-year-old boy. Again, he was very antisocial with other children at school, with adults and within his own family. He would spend lots of time alone in his room and if his parents tried to engage with him he grunted one or two word answers. His major activity was playing with screens, computers, iPads, that sort of thing.

If his parents tried to stop him to restrict his activity to try and broaden the range of activities that he did, he'd get very angry with them to the point of hitting them. It was as if he felt that they were being incredibly unkind or cruel to him and he was very unfortunate. He'd become angry with them trying to intervene and stop him using the screens as much. He was quite ridged about his routines. Again, if his parents tried to vary the routine for him or with him, he would become angry and incredibly resentful.

When I spoke to his mother, I said, "Is it as if he's in a state of grief and he really believes that you're trying to hurt him or you've hurt him?"

She said, "Yes, you could describe it that way, that's what it seems like." We gave him Nat mur and again, within the month, he'd started to soften. He was starting to talk more. The parents noticed that he was sitting at the meal table now rather than eating his meal and going straight to his room. He had taken to staying a little bit longer or listening to the family conversation.

Teachers at school reported that he was interacting a little bit more or he was coming up and talking to them rather than them having to ask him questions. The biggest thing of course though was that the parents said he was much less ridged about the screens

and about changes in his routine that when they said, "Okay, it's time to switch the iPad off," or "You can't have it at the moment," he was much, much better with those restrictions. This boy is another boy who is still undergoing treatment.

The second remedy I want to look at this webinar is Phosphorous. Now Phosphorous children come in two types. The first type is open, bright, excitable, bubbly, warm, caring, friendly, curious. They want company. They're lovely children to have around because they are very, very friendly.

There is a second type of Phosphorous child as well, and they're almost the exact opposite. They're slow, apathetic, dull minded, indifferent. They're spacey, zoned out. They have poor focus and poor concentration.

Both types of Phosphorous children are sensitive to odours, textures, and foods. They're anxious, especially when alone, and that anxiety is relieved by company. They have numerous fears, and it can be anything such as being alone, death, darkness, thunderstorms, insects - almost anything can bother a Phosphorous child.

The physical symptoms tend to consist of colds that go to the chests with a slow recovery, pneumonia may also be in the history and there can be easy bleeding and bruising. Nosebleeds and bleeding after tooth extractions. There're allergies and food intolerances. They desire the sort of food like salt, spicy flavours, cold food, drinks, ice cream and sweets, and especially chocolate. They either crave or dislike fish and they're thirsty for cold water and they have an intolerance to milk.

They're frequently tall, thin, quite delicate, fine, have porcelain-like skin and long lashes.

If your child needs Phosphorous and that's a remedy they're given, what can you expect? Firstly, that confusion and brain fog will clear. They will be able to focus and respond appropriately. The anxiety will settle and they will become less fearful. They won't be so dependent on company and start to be able to spend time by themselves. They'll be more confident and capable, and sensitivity to odours and the feel of clothing will settle. There will be a reduced tendency to bleed or bruise easily and they'll be more resilient to colds and chest infections, and there will be reduced allergies and food intolerances, especially to milk.

I've drawn one case of a Phosphorous child out of my clinic file, so I'll just share that with you now. This is a 9-year-old boy. I haven't seen him for some years now because he was doing quite well when I last saw him. He was a 9-year-old boy then.

Very tall, blond, fair skinned, black coloured eyes and long lashes. Now that can be a typical appearance of a Phosphorous type child, but don't be confused because sometimes you get them plump and chubby and sometimes you get them dark as well. The greater percentage will be tall, lean, blond.

He was struggling at school. The teacher said he lacked concentration and focus and was always daydreaming, he was staring into space out the window. He didn't follow instructions, but often because he just wasn't hearing them. When he was asked to do two or three things in succession, he would become very confused. He may be able to get the first one right, but then he would forget what the second or the third one was.

I can remember his parents telling me this story. They said, "Okay, can you push your breakfast chair in at the table, can you take your pyjamas off, fold them up and put them away?" He got the chair pushed into the table okay, got the pyjama pants off and then as he was walking around daydreaming he started to put his arms through them like a cardigan. That sort of thing will happen with a Phosphorous child.

The teachers reported, though, that if anybody was upset or hurt at school, he would be one of the first children there to help and to try and care for them or to go and get the teacher to fix the problem up. Phosphorous children can be very empathetic, very caring as well. This child was starting to struggle with his schoolwork because of his inability to focus and the fogginess that was going on.

He also needed frequent time off school because of the prolong colds and chest infections he kept coming down with. He loved sweet things, salty things, chocolate and ice cream, so right up at Phosphorous avenue. Very affectionate and caring with his parents. The mother said if she was ever sick and lying on the lounge he would go and get a blanket and put it over her and he would sit beside her and stroke her.

He was also frightened of thunderstorms and of the dark and of being alone. All typical Phosphorous symptoms. He was given the remedy Phosphorous and the parents said that literally within hours of being given the remedy, he started to become more aware of what was going on and what he was being asked to do. They said, "Normally we have to ask him to do things two or three times before it registered."

He was starting to respond immediately and he was even thinking ahead of things. He would go and get things without being asked or he would put things away without being asked. The teachers were reporting similar changes at his school and his learning improved.

He caught a cold very early in his treatment, but it was short lived and he recovered quickly. That's a typical response you'll see with a Phosphorous child or some other children as well, that normally in the past that they would have struggled for weeks to get over it, but after the remedy it's just a normal cold, the sort of cold any other child would get over with fairly quickly.

As I've said, I haven't seen this child for a couple of years now, but when he left my treatment he was doing very well and his parents were thrilled.

We're just about at the end of this first webinar so let's take a quick look at what we've covered.

We've looked at homeopathy- what it is and how it works, but only briefly. (If you need more information in that area, as I've said go and get the introductory video from the My Homeopathy website). Why use homeopathy for today's children? We've asked that question and given some answers. We've looked at changes you can expect with homeopathic treatment and when they're likely to occur. We've drawn some children stories from the clinic and we've shone the spotlight on two new remedies.

Our next webinar, Webinar 2, is all about self-treatment or professional management. We'll be looking at the different levels and different treatment available with homeopathy for trauma, first aid conditions, acute chronic and preventative health. Primary healthcare and process homeopathy, capable homeopaths - how to recognize them and questions to ask, and children's stories from the clinic again and two new remedies.

Finally I'd like to remind you to submit any questions you have. At the end of the series, an additional free webinar is scheduled to answer any that weren't answered in the series. I hope you've enjoyed the information I've shared with you and I'll look forward to talking to you at the next webinar. Bye for now.