

Homeopathy: Self-Treatment or Professional Management?

Health issues, learning difficulties, behavioural problems, and autism spectrum disorders

Welcome back

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

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'll find it at www.myhomeopathy.net.

We'll also discuss the homeopathic care of children in the My Homeopathy forum, but I'll tell you more about this parent forum as we progress through the webinar series.

In our last webinar, Webinar 1: Homeopathy for Today's Children, we looked at homeopathy, what it is and how it works, why use homeopathy for today's children? Changes with homeopathic treatment, what to expect and when, and children's stories from the clinic. We also had a spotlight on two new remedies.

In this Webinar 2: Self-treatment or Professional Management, we're going to look at the different levels and different treatments that homeopathy spans. They include trauma, first aid, acute, chronic, and preventative problems. We'll look at homeopathy as primary healthcare and the process of homeopathy, and capable homeopaths, how to recognize them and the questions to ask. Children's stories will be included from the clinic again, and there'll be a spotlight on two new remedies.

Different Types of Treatment

Homeopathy treats across a broad range of health complaints. It covers trauma, first aid, acute, prevention, immunization, and chronic conditions. Mental-emotional imbalances or upsets are treated just as well as physical problems.

Trauma and First Aid

Let's look at trauma and first aid. The treatment of trauma and first aid problems focuses on the symptoms of the immediate problem, not the complete symptom profile of the person as you may do in a chronic case. These problems consist of things such as sprains and strains, cuts, lacerations, bruising, fractures, shock, and panic.

They can be treated either by yourself at home or, if it's really serious, on the way to a hospital in an ambulance. They can also be treated by a qualified homeopath.

The remedy has to match the immediate symptoms. The frequency of dose depends on the severity of the problem. It can be as often as once a minute during an emergency or two to three times a day for minor problems with mild symptoms.

No matter how frequently the remedy is being given, though, if there's no improvement at all by three doses, stop and choose a different remedy.

Acute Health Problems

Acute health problems are self-limiting and short lived, and they usually progress to recovery. Treatment is focused on the immediate problem and not the complete symptom profile, and includes conditions such as coughs, colds and flus; earache, tonsillitis, croup, hay fever, headaches, simple fever, nausea, vomiting, and diarrhoea.

They can be treated by yourself at home, on the way to the hospital in an emergency, or by a qualified homeopath. The remedy again has to match the immediate symptom profile of the person, and the frequency of dose depends on the severity of the problem. If there's no improvement at all by three doses, stop and choose a different remedy.

I'll stop here, too, and just quickly refer to the Easy Homeopathy Series. While we're looking at behavioural problems and learning difficulties in this section of webinars, we don't have time to cover how to use remedies for acute complaints such as coughs, colds, cuts, burns, breaks and so on. It's really a lot of material to cover.

It's been placed in a separate webinar series called Easy Homeopathy to teach you how to prescribe for those things in your own home. It's found on the My Homeopathy website at, www.myhomeopathy.net.

Homeoprophylaxis (Homeopathic Immunisation)

Anyway, let's move onto immunisation. Homeopathy truly is a complete system of medicine.

It has a two-hundred-year history of prophylactic use during which it's been used for childhood diseases such as whooping cough, measles, mumps and chicken pox, and more. It's also been used in epidemic diseases such as meningococcal disease, malaria, leptospirosis, dengue fever, and a whole range of other epidemic problems.

It can be given before exposure when an epidemic is in progress, or at home when there may be no immediate risk or threat, but you're just trying to shore up some long-term protection. It can also be used when travelling.

Preventative remedies are chosen to match and repel the common symptoms of the epidemic disease. If a person's already infected, though, a treatment remedy is chosen according to their unique symptom response to that disease, not according to the prophylactic remedy.

Numerous protocols are in use, but most follow the pattern of using high potencies at infrequent intervals for long term protection when there's no immediate risk, or lower potencies given frequently at times of risk and exposure.

If homeoprophylaxis is an area that interests you, head off to the My Homeopathy website because there's a homeopathic immunisation webinar there that covers what it is, how it's used, how you can apply it, and issues that you need to be aware of.

Chronic Problems

Let's look at chronic problems. Chronic problems don't go away and may worsen with time, and treatment is based on the child's symptom profile of their combined health and behavioural problems - not just a few acute problems, but all the symptoms that are happening to them.

Chronic problems include complaints such as prolonged constipation or diarrhoea, allergies, eczema, asthma, low immunity, food intolerances, obsessions and tics.

How often should a dose be given? It depends on the potency and the person's sensitivity to the remedy. For the same degree of improvement, some may need a daily dose, while others will only need a very weak dose once every six weeks or so. Low potencies are repeated more frequently than high. As symptoms change, the potency or the remedy has to be changed as well if improvement is to continue.

Homeopathy is a Process

The healing of chronic disease with homeopathy is not a one-off treatment. It's a process.

Just as it took time to become unwell, it will take time to heal, but if the correct remedy has been prescribed, improvement should be noticed within a week or two of commencing treatment.

The treatment has to be regularly reviewed and adjusted for improvement to continue. Homeopathic remedies are best given either when improvement stalls or when the person's symptoms start to return.

If remedies are given according to a rigid schedule, they may cause a short-lived non-toxic overdose effect known as an aggravation.

Treatment is a process in which the homeopath assesses the symptoms, prescribes, assesses the response, and then re-prescribes if necessary. These steps are repeated until the person is better. For this reason, the homeopathic treatment of chronic disease is not suitable for home treatment. Symptom analysis and changes in potencies and remedies require the help and management of a qualified homeopath.

Self-help or professional help?

Homeopathy is a safe and easy-to-use, people-friendly medicine, so it's your choice.

Work with a reputable homeopath for all your health problems - or just some of them, managing the simple ones yourself.

Prophylactics are easily given in the home according to pre-set schedules, but a prophylactic appointment with a homeopath to discuss options, concerns and precautions is a requirement in some countries prior to prophylactics being dispensed.

With a little learning and practice, simple trauma, first aid problems and acute complaints are easily treated in the home. If the remedy hasn't worked by three doses, just reassess the symptoms and prescribe again.

Always use a qualified homeopath for chronic complaints, as the ongoing management required by them is beyond the scope of self-help kits and home prescribing.

First Choice Homeopathy

What about using homeopathy as a first choice in healthcare?

Homeopathy is on record as being the safest system of medicine available. In its two hundred years of use there have been no reports of toxic events or addictions from properly prepared remedies.

The remedies are used for all ages and stages, even during pregnancy, with newborns, the sick, the weak, and the elderly. Remedies are non-addictive and don't interact with other medications.

By choosing to use homeopathy first and making it your primary healthcare treatment, you avoid the suppression of symptoms and strengthen your body's innate ability to heal. You also save time and money.

Features of a Competent Homeopath

Let's look at the features of a good homeopath.

Because homeopathy is regarded as a low-risk system of medicine, few governments have been interested in regulating who can and who can't practice it. As a result, almost anyone can set themselves up as a professional homeopath in some countries.

How, then, do you find a good, capable and competent one?

First, ask others who they see and recommend.

Second, check that your potential practitioner is registered with an organization or association that monitors college curricular and expects their members to meet a code of practice and maintain certain standards of education.

Third, use the following as a guide to questions you can ask your potential homeopath to satisfy yourself that he or she has the necessary skills to be a good one for your family.

Good practice: Consultations provide enough time. First time consultations for chronic or constitutional prescriptions should be at least one to two hours in length. Babies may only need half that time, and follow-up appointments will be a little shorter - usually about half an hour.

Poor practice: Consultations are just too short. Short consultations make it impossible to collect enough information for a good homeopathic prescription or to analyse how the patient has responded to the previous remedy.

Good practice: Treats with homeopathic and general naturopathic approaches only. Health comes from nutritious food, sunshine, exercise, harmonious relationships, and clean air and water. A homeopath supports these principles, but if a person is still unwell in spite of these basics being met, homeopaths then use potentised remedies to correct the underlying imbalance that's the cause of the poor health. They don't confuse things by adding other therapies to the treatment regimen.

Poor practice: Homeopathy is just one of many treatment methodologies used. Unschooled practitioners lack awareness that different therapies can either stimulate or suppress symptoms, and so happily combine anything "natural" with homeopathic treatment, such as herbs, supplements, body work therapies or even pharmaceutical medications - just as long as one of them brings some sort of short term relief. In the process, the body receives an array of messages that may confuse the symptoms picture, and which ultimately hinders deep healing.

Good practice: Listens to your story without judgment. A good homeopath is interested in your well-being, listens carefully to your story and happily answers your questions. "Shocking" or "strange" symptoms are just seen as part of the imbalance to be treated, not something to be judged.

Poor practice: Is arrogant, bored or judgmental. Not only is this attitude unhelpful, it's also abusive. If this is happening to you please find another practitioner as fast as you can.

Good practice: Conducts basic observations and refers for other investigations when necessary. Your homeopath should be able to conduct basic tests and observations such as blood pressure, temperature and pulse checks. They should also be able to listen to your chest with a stethoscope and conduct ear and throat examinations. They should be able to tell when your minor symptoms may indicate something serious, and respond accordingly - either with appropriate treatment or a referral.

Poor practice: Is unable to conduct basic tests and physical examinations. Important information is likely to be missed, which may have implications for how your case should be managed.

Good practice: Prescribes according to the symptom totality. Your homeopath should be interested in all of your symptoms: mental, emotional, physical, past and present. All of them in totality point to the needed remedy.

Poor practice: Focuses on just a few of the obvious symptoms. Collecting the symptom totality takes time, but produces the best result. Prescribing on a few disjointed or irrelevant symptoms, on the other hand, will not lead to the correct remedy.

Good practice: Prescribes according to the symptoms of the disease rather than the name of the disease. Homeopaths treat diseased people, not diseases. The fact that someone has the measles is less important for a homeopathic prescription than the way they are 'measling'. Homeopathy works best when it's prescribed according to the unique experience and expression of symptoms.

Poor practice: Prescribes according to the disease name rather than the symptoms. A practitioner who gives you a remedy for pneumonia or arthritis, for instance, has failed to practice homeopathy and the prescription is likely to fail.

Good practice: Doesn't depend on Bio resonance or similar technology. A good homeopath may use a computer for case notes or analysis, but they won't prescribe according to machine print outs. They treat by collecting symptoms, grading their importance, choosing the remedy, interpreting the person's response to that remedy, and adjusting the prescription if necessary. Machines are designed to measure energy, and they don't replace these tools.

Poor practice: Diagnosis and prescribes according to the Bio resonance print outs. These machines detect superficial changes in the bioelectrical energy of the body and make superficial prescriptions accordingly. They lack the ability to provide deep-acting treatments.

Good practice: Prescribes one remedy at a time. Single remedy prescribing gives the greatest clarity and treatment, and leads to faster progress.

Poor practice: Prescribes multiple remedies in rapid succession. Multiple remedies, whether given in complexes or rotated rapidly over a short period of time, confuse the symptom picture and make future prescribing difficult.

Good practice: Prescribes liquid remedies more often than pills or tablets. Unlike pills and tablets, liquid remedies are easily adjusted to suit the sensitivity of different people, and the dose can be diluted to minimize the risk of aggravations, which are a temporary worsening of symptoms in those who are over sensitive.

Poor practice: Only prescribes in pills and tablets. Aggravations are more common with pills and tablets if the person is over-sensitive - especially if the remedy is repeated frequently. While pill and tablet prescribing is still effective, it's best thought of as 'good' homeopathy, rather than 'best' homeopathy.

Good practice: Prescribes a test first to check the patient's sensitivity, and then adjusts the dose to suit.

Sensitive patients are more likely to aggravate with repeated doses of the remedy, so a good homeopath assesses that sensitivity by giving the test dose first.

Poor practice: Prescribes doses and frequencies of doses without assessing that person's sensitivity.

Routine dosage may be easier for the practitioner, but aggravations are much more likely in the sensitive patient. These are minimized if you give a test dose first.

Good practice: Works to avoid aggravations. While aggravations - temporary worsening of symptoms - are non-toxic and usually mild, well-trained homeopaths avoid them for the comfort of their patients. They also know that the body's healing response is halted during an aggravation, extending the time it takes for the symptoms to improve.

Poor practice: Tries to produce an aggravation. Some practitioners believe that aggravations are positive effects that show the correct remedy has been chosen. They dose repeatedly and aggressively until an aggravation has been achieved, and then call it a healing crisis. While aggravations are generally short lived and mild, this behaviour shows little concern for the comfort of the patient. While not dangerous, aggravations are not necessary and should not be sought.

Good practice: Avoids making changes at the beginning of treatment. As a general rule, good homeopaths advise the patients not to change anything about their diet, supplements or lifestyle when they first start homeopathy. They want to keep everything the same so they can clearly see which changes have taken place from the remedy. Once the effect of the remedy has been established, changes can then be made.

Poor practice: Introduces changes at the beginning of treatment. Practitioners who make changes to diet, lifestyle and supplements at the beginning, risk not being able to see how the prescription's working. Unnecessary changes confuse the symptoms picture and make case management much more difficult.

Good practice: Homeopath asks you to continue your prescription medications. While all homeopaths would prefer you came to them before your health problems required these medicines, a good homeopath is still able to start homeopathic treatment in spite of them. With conditions such as high blood pressure or diabetes, a skilled homeopath will also monitor blood sugar levels and blood pressure readings during treatment so that adjustments to medications can be made when necessary.

Poor practice: Encourages you to stop your prescription medications. A poor homeopath may expect you to alter your medications without first consulting with your prescribing doctor, or they may even refuse to treat you unless you stop those medications. It goes without saying that you should find another practitioner in either of these two cases.

Good practice: Able to be contacted between appointments. As adjustments to your treatment may be needed as you respond to the remedy, a good homeopath will advise you of this and provide a way for you to contact him or her between appointments.

Poor practice: Can't be contacted between appointments. If you have any concerns about your progress you just have to wait, as your practitioner can't be contacted between appointments and hasn't advised you of what to do in the meantime.

Good practice: is happy to liaise with your doctor or specialist. With your knowledge and consent your homeopath should be happy to share information with your doctor or specialist.

Poor practice: is reluctant to liaise with your doctor or specialist, or talks about them negatively.

Remedy 3: *Hyoscyamus niger* (Hyos.)

Let's take a look at two remedies I want to explore a little more deeply in this webinar. I've chosen both of these remedies because they're big behavioural-problem remedies used in homeopathy, especially in the area of sexual inappropriateness in children. As I work my way through them you'll find out why.

The first one *Hyoscyamus niger*. It has the name Hyos for short. It's prepared from henbane and it's also used by conventional medicine as an anti-spasmodic for the bowel and bladder. As we look at the homeopathic use of Hyos you'll even see that reflected there with the spasms and twitching.

Mental-emotional features of Hyos

The Hyos child is an annoying, irritating child. They're usually very happy and cheerful, but they think it's funny to annoy and irritate others, and they don't know when to stop. They're the child who will push the boundaries and think it's funny when you get upset about it. They can become jealous and suspicious, quarrelsome and argumentative.

They want to be naked, and they'll remove their clothes. It's not because they're hot or because the clothes are bothering them: it's because they want to be naked and shock people or have people comment about it. They can be prone to exhibitionism and quite shameless behaviour; all for that shock value.

Parents report that they masturbate or handle their genitals all the time, and they're overly interested in sexual matters such as lude talk and rude jokes.

There can be inappropriate touching of other people - either the mother or even teachers at school sometimes. There's often a fear or aversion to water, and they can urinate and defecate on the floor, and even play with it and smear it.

These children can have episodes of mania. There will be wild dancing, talking, and silly laughing.

Physical symptoms of Hyos

Their physical problems tend to be around facial grimacing. Sometimes there will be strange ticks or distortions in the face and unintentional loud expressions. There can be twitching, jerking and spasms, either during the day or going to sleep the parents will often report they'll twitch and jerk. Their hands are restless. They always have to be touching things; picking at things or picking at their own fingers.

What to expect from treatment with Hyos

If you have a child who is in a Hyos state of imbalance, what can you expect with treatment?

Firstly, they'll be reduced interest in sexual matters. They'll stop masturbating. They'll stop taking their clothes off and touching people inappropriately. They'll no longer and try to shock with their embarrassing behaviours, and they'll no longer goad and torment; they'll stop when they're asked to. They'll use the toilet appropriately and they'll stop playing with the faeces.

The silliness and foolishness will be swapped for pleasant and thoughtful behaviour. The jealousy will settle and then it will disappear altogether. The twitching and jerking that you saw, it'll reduce, and the hands will be less picky and restless. The facial grimacing will stop and the fear of water will disappear.

Now, what if your child sounds a lot like Hyos but doesn't have all of the symptoms we just discussed? What if they take their clothes off, peep at other people as they get undressed, twitch and jerk on going to sleep, but certainly don't have mania or do wild dancing, and certainly don't play with their faeces? Could Hyos still be the remedy they need?

The answer is that symptoms are like pieces of a jigsaw puzzle, and just as you don't have to have all the pieces in place before the jigsaw puzzle is recognized, a child doesn't have to have all the symptoms of Hyos or any other remedy before it will help.

All that's important is that the symptoms your child does have, fit the Hyos picture. If that's the case then Hyos will help them. Remember, not all the pieces of the puzzle have to be present before the picture is recognized or the remedy prescribed.

I should also say at this point that there's not enough time in one webinar to discuss all the symptoms that Hyos treats. The same applies to any of the remedies we cover. There's only time to talk about the most common symptoms. If your child seems to fit the Hyos picture but has other symptoms I haven't yet discussed, Hyos may still be the remedy that's needed.

A good homeopath will be able to go through their complete symptom profile to see if it is the best remedy for them or if another remedy altogether is needed.

Hyos is a very interesting remedy because it's dealing with symptoms that can be very difficult for parents to talk about. I'm about to tell you two cases from my clinic files, but often when a parent brings a child into the clinic and that child needs Hyos, they're usually not bringing them in because they're masturbating or handling their genitals all the time. It'll be the annoying, silly behaviour.

It's in watching that child as the case is being taken, and how they react with the parent, and how they behave with any other siblings that may have been there, that give the clues to Hyos. They tend to be very, very happy, cheerful people. They're very big on singing and smiling and humming. They'll jump about, but after a while you'll find that they're actually annoying people.

If they've got a brother who's sitting there playing with the toys, they'll be pushing the toys to one side or sitting on him and climbing all over him; that sort of behaviour. Even though the brother is getting upset or the mother may be getting upset about what he's doing, he's got a smile on his face; it's not bothering him at all.

It's that sort of behaviour: very immature, very childish, very foolish, very silly, but the child himself or herself is not embarrassed. It's often a big clue to Hyos.

Stories from the Clinic

Case 4: Hyos – “He’d goad his brothers and sisters and do silly dances in front of them.”

This one was an eleven-year-old boy, and his mother brought him in because there were a few odd behaviours going on, but also, he was just being so annoying and irritating in the family and especially to his brothers and sisters.

While he caused most of the dramas because he irritated the life out of his siblings, when they got upset and started hitting him, he got very upset and acted as though he was really unfortunate and he was the one being persecuted, even though he was the one who was starting it all.

He complained to his mother that she paid more attention to them than him, but then he'd go and goad them or he'd go and do silly dances in front of them, and silly dances in front of the mother when she tried to correct him or reprimand him about something. He was always giggling and laughing, and she said that the dances got to the point where they were so wild that there were legs and arms flying in all directions, and it was quite a startling thing to watch.

In talking to her about this boy's behaviour, I asked if he ever took his clothes off. Then it came out yes, there'd been a long history, and she had to watch him even now at the age of eleven. He'd whip his pants down and walk past a doorway while visitors were in the house, given half the chance. It didn't matter how much she went on about it, he just thought it was funny and laughed.

He was also a child who masturbated a lot, though they had been trying to curb that in recent years.

We gave this boy Hyos, and within a month these are the changes that happened: his mum said that the silly singing stopped. The brother that he goaded and tormented endlessly, he actually started playing with and they'd begun to do things together. It all came from this boy's initiative. He'd never done anything like that before.

His teachers reported that he was much more compliant and responsible at school. He was paying attention to his studies rather than just sitting there with his mind wandering or being very restless. He stopped doing the silly dances, and he stopped getting so upset about the brothers getting more attention than him - and the mother swore that they weren't, it was just his perception.

Over a three-month period and a total of probably about seven or eight doses of the remedy, this boy was transformed. He was starting to take on sporting activities and play appropriately, rather than going in and disrupting the game. The nakedness, the silly dancing, the laughing and the silly behaviour stopped. Everybody reported that there seemed to be a growth spurt and he increased in maturity. That's what Hyos can do for a child like that.

Now you've heard me go through all of those unpleasant Hyos symptoms about how they play with the faeces and how there's twitching and jerking and grimacing - those things weren't present in that boy; only the behavioural aspect of Hyos was there, and he did really well on that particular remedy.

Case 5: Hyos – “He constantly disrupted the class.”

Another Hyos case from the clinic files is of a young boy about seven years of age. Again, if you were to see him you'd think he was a happy, laughing, joking, cheerful little boy - but again, he was very silly and just wouldn't settle down.

Talking to his mom, she brought him in because he was constantly teasing and tormenting his brother. He would never take anything seriously, and he thought everything was just a huge joke.

His father was beyond getting exasperated with him. He was very worried because he was a professional business man and he wanted to see his son do well in school. The boy was starting school and just acting the clown, fooling around all the time.

The teachers were sending home very annoyed reports about him because he constantly disrupted the class. He tormented the other children, he wouldn't listen, and it didn't even matter to him that the other children had stopped being his friends. Nobody wanted to sit with him and nobody wanted to play with him, but it was like water off a duck's back: he was completely impervious. It didn't bother him at all.

In taking the case with the mother, the things I heard was that he was refusing to cooperate around the house. He was giggling, whispering, saying silly things. He was showing his 'willy', as his mum called it; showing his penis to other people in the house. He'd stand at the window and drop his pants and flash out at neighbours on the other side.

Traveling became a real difficult time for her because he was doing that in trains as well and shocking the whole carriage, and thought it was hysterically funny. It might be something you can get away with when you're a little boy, but as you get older you've just got to stop doing those sorts of things.

The other thing he was doing that was very, very embarrassing, was he was doing pole dancing on the train against one of the uprights that people hang on as the trains move along. She said, *where on earth he learned about pole dancing at seven years of age?* She had no idea.

Reports from the teachers at school were that the other thing that he was doing at that point of time, they were saying was still very cute and very sweet. He was walking up behind them when their back was turned, and he'd touch their bottoms. They'd jump and turn around and find out who it was, and he'd be there laughing and giggling. He'd just do it again and again, touch their bottoms. That's very much Hyos sort of behaviour.

The other thing the mum said, too, was he always wanted to sleep with her at night, and he'd sleep on her side of the bed, not his father's side. It wouldn't just be a cuddle, his hands had to be against the skin, up under her nightie, and that's the way he always slept.

That sort of behaviour is just very distinctive Hyos sort of behaviour, but Hyos is also a remedy that treats twitches, jerking to the point of epilepsy, convulsion, mania and even quite severe pronounced mental disorders; if the person's that far along the continuum.

We gave that boy Hyos, and you usually see pretty rapid changes. The reports we began to get back were yes, he'd stopped the masturbating. He'd stopped the flashing. He was no longer being as disruptive. Every

so often he'd get a little bit annoying, but as soon as they spoke to him he'd fall back into line and he'd stop it - something he'd never do in the past.

He was being more responsible at school. The father was no longer anywhere near as upset about him. The teachers were starting to send home good reports, and all that in the space of three months of treatment. That's the difference Hyos can make with a child who's displaying those sorts of behaviours that we often prefer not to talk about, and we just hope they'll grow out of.

If you treat that child homeopathically, not only do those behaviours settle, but other health problems associated with those behaviours go as well.

Remedy 4: Bufo rana (Bufo.)

The second remedy I want to talk about during this webinar is Bufo rana, called Bufo for short. This homeopathic remedy is prepared from the poison off the back of the Brazilian common toad. It's similar but very different to Hyos. It's similar in that there's compulsive masturbation that also presents as a symptom, but it's different in that, rather than having a restless hyperactive child, we're dealing with a child that has global development delay. There's some sort of physical and mental retardation going on.

Mental-emotional features of Bufo

The mental-emotional symptoms of Bufo revolve around delayed development, both physically and mentally. These children are often given a diagnosis of developmental delay, global developmental delay, mental retardation. They're mentally slow, but sometimes have brilliant abilities in one area; it's known as Savant Syndrome.

They're irritable and angry when things don't go their way or when they're misunderstood, and that's often because people can't understand what they're saying or they can have trouble communicating. They have an interesting feature where they'll either love or fear animals and they're prone to biting and chewing their fingernails. There's obsessive masturbation and an interest in sexual matters, but they do it in private, which is very different to Hyos, which wants to do it in public.

Physical symptoms of Bufo

They often have large lips, protruding tongues, full heavy faces, and they're prone to convulsions and seizures. Now this is a photo of a little child who was born with congenital hypothyroidism which led to this child's condition, but that's exactly the way somebody needing Bufo looks along with their developmental delays.

What to expect from treatment with Bufo

If you have a child that's experiencing those problems and they're given Bufo, what can you expect to see? You can expect to see improved mental development. A lessening of the compulsive masturbation. Less puffiness and a gradual normalization of facial features.

Now these are not going to be overnight events or things that occur within the space of months the way it does with Hyos, but they'll be gradual constant changes if that child's getting that remedy as they continue to grow.

Case 6: Bufo – “When they saw her head off into the bedroom they knew what was about to happen.”

The Bufo story I have to share with you is of a five-year-old girl who was brought to me with severe mental impairment. She had a stocky body, full face, those full fleshy lips that we spoke about, protruding tongue, dribbling. The parents brought her in to see if there was anything we could do to help her.

During the consultation, she played with a bag of toys the mother brought with her. Every toy was a stuffed animal. Her mother said she just loved animals, and she was always playing with animals. If there are picture books she'll flip through the books endlessly. They can't give her enough animal toys.

The interesting thing I found out about this little girl was that when they took her to a petting farm fully expecting her to enjoy it because she loved animals so much, she was terrified. Apart from her behaviours and her facial appearance; her delayed development. That was a classic symptom for Bufo. It's one of the few remedies where children both love and are frightened of animals.

The other thing they told me about this girl - and I actually saw it during the consultation - was that she would actually lie on the floor and masturbate a lot; rub backwards and forwards on the floor. They said she'd often go away in private to do this, and they had to keep her in the family rooms because when they saw her head off into the bedroom they knew what was about to happen. They said it was compulsive; it would just go on forever. They were constantly bringing her out into the family areas.

That's not what they brought her in for, because they had no idea that homeopathy would help that symptom, but when it came out it was just another confirming symptom for Bufo. We prescribed Bufo and within about two months that masturbation had reduced down to about ten percent. They said very rarely was she heading off to the bedroom now to do it, and when she did they could call her back and distract her quite easily.

Her carers, where she went to the family day-care, said that she seemed to be a little bit clearer and more mentally alert, that she was understanding things, that she was noticing things and she was acting appropriately. Her tongue started to go back into her face. The facial swelling around that whole area started to reduce a little bit.

The family moved away, so I haven't been able to continue her treatment, but I've heard that she continues to do very well under homeopathic care with another homeopath.

That's the extent of homeopathy. Even quite severe cases can benefit.

In countries where they use homeopathy from childbirth, and extensively such as in India, there are many, many reports of children with Down Syndrome, mental retardation and developmental delays that if they're caught early enough and treated at that point, by the time they get to their teen years it's very hard to tell there was once a problem. Even with the Down Syndrome children.

That's the promise of homeopathy and the benefit of homeopathic treatment.

Conclusion: Review of Webinar 2 and a Preview of Webinar 3

That's all we've got for Webinar Two - Self Treatment or Professional Management. During this webinar, we've looked at the different levels and different treatments for trauma, first aid, acute, chronic, and preventative homeopathy. What you can manage yourself and where you may like to see a practitioner.

We've looked at how homeopathy should be used for primary healthcare, and also how homeopathic treatment for chronic problems is very much a process, not a one-treatment option. We spoke about capable homeopaths, how to identify the good ones, and how to recognize somebody who may not be as well schooled.

We told a couple of children's stories from the Hyos file and Bufo file, and we looked at Bufo and Hyos remedies.

Webinar Three is going to look at the first appointment. In that we'll discuss what to bring to your first appointment and what to expect. We'll also look at using other therapies and other approaches as you begin homeopathic treatments. Should they be continued or should you stop them? Some more children's stories from the clinic and of course two more remedies.

I look forward to seeing you then. I hope you enjoyed this webinar. Bye for now.