

Ongoing Treatment and Management

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

Welcome Back

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

Last webinar, Webinar 3, was about the first appointment. We looked at what to bring and what to expect, using other therapies and approaches - to stop or not, and I told you some stories from the clinic and we had a spotlight on two new remedies.

This new webinar, webinar 4, is all about ongoing treatment and management.

We'll look at 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 the problems of conventional treatments and making the transition, children's stories from the clinic and a spotlight on two new remedies.

The First Follow-up Consultation

Let's look at the first follow-up consult. Follow-up consultations allow your homeopath to assess what changes have taken place from the remedy. These consults are shorter than the first as the baseline information has already been collected.

During the consult, your homeopath will ask you and your child about any changes the pair of you have noticed. Then they'll go through the list of symptoms recorded at the first consult so that a comparison can be made.

He or she would want to know what's better, what's worse, what's new and what's the same when looking at the problems. They will also be interested in changes in the intensity, duration and frequency of each symptom.

By analysing changes that have or haven't taken place, positive or negative, your homeopath is able to assess how well the remedy worked and where to go next. You may like to help by writing down any changes you've noticed ahead of the appointment.

Don't be surprised if, at the time of the appointment, there are changes you missed completely. Things can be quickly forgotten when they're no longer bothering us.

Six Different Responses

Children and adults have different responses to their homeopathic remedy and each response reveals how accurate the prescription was and what should happen next.

The six different responses are: a curative response, similar aggravation, dissimilar aggravation, accessory symptoms, return of old symptoms, discharges and eruptions, and I've tacked on a seventh point which really isn't a response, but it's no response at all.

The skilled homeopath relies heavily on the information from these responses to decide what the next prescription should be. Some have described this as a test-and-adjust approach, or like working your way through the maze.

With a little practice, you too can learn what these responses mean and what they indicate for the future.

Law of Similars Revisited

Before discussing these responses in detail, I want to revisit the Law of Similars.

In webinar 1, we learned that the Law of Similars is a consistent natural law or principle. It's often described as 'like treats like' or 'like prevents like'. We know that, because of this law, the symptoms of the unwell can be treated by a substance that produces similar symptoms in the healthy.

Homeopathic remedies work by mimicking and matching the symptoms of the body so that a compensatory healing response is produced.

Once this concept is well understood, we can then use it to make sense of the other five responses the body produces to a potentised remedy and what they mean for ongoing homeopathic treatment. Let's take a look at each of them.

1. Curative Response

The first one is a curative response. What happens is that after the dose of the remedy, your child's symptoms start to improve and gradually disappear.

Let's imagine your child has hay fever. If they are experiencing a curative response, the hay fever symptoms will lessen and eventually go away completely. What the curative response means is that the remedy was correct. It matched your child's symptoms and it was the correct strength, correct amount and the right frequency of doses.

What should be done following the curative response? Absolutely nothing; all is well.

2. Similar Aggravation

The second response to a remedy is the similar aggravation. In that response, your child's existing symptoms worsen a little before then improving.

If we were looking at your child's hay fever, the hay fever would worsen a little after the dose and then improve.

A similar aggravation means it's the right remedy but the dose was too strong or given too often for your child's sensitivity. It matched and then overdosed their symptoms before receding so that the healing response could follow.

With this aggravation, notify your homeopath but don't give another dose of the remedy.

Let the aggravation settle and wait for the following improvement. Give a gentler dose any when any improvement stalls or symptoms return.

3. Dissimilar Aggravation

The third response is a dissimilar aggravation. This is when new and different symptoms appear for a short time, but there isn't any improvement in your child's original ones.

In this instance, your child's hay fever would stay exactly the same, but another symptom would appear such as itchy hands.

A dissimilar aggravation means the remedy was wrong. It didn't match your child's symptoms but the dose was strong enough or your child was sensitive enough for them to experience some of the symptoms a remedy can potentially treat.

With this type of aggravation, notify your homeopath and they'll choose a remedy that better matches your child's original symptoms. They'll also be interested in hearing about the symptoms of the aggravation as they can point to a better remedy.

4. Accessory Symptoms

The fourth response is one of accessory symptoms. With this type of response, your child's hay fever improves but they have a couple of other symptoms appear such as sweaty feet or dry lips.

Accessory symptoms mean that the remedy only partially matches your child's symptoms. While it was able to trigger a healing response, your child also experienced some of its other symptoms it treats because the remedy wasn't a perfect match.

You should notify your homeopath, and if a better matching remedy can't be found and if the accessory symptoms are minor, treatment should continue. The accessory symptoms will disappear once the remedy is no longer needed.

5. Return of Old Symptoms

The fifth response is a return of old symptoms. In this response, your child's existing symptoms improve but, in the process, marked symptoms from the past return for a short period.

While your child's hay fever may improve, they may have a return of an old skin rash, a rash they had some years earlier that was suppressed with a cream.

This means that a correct remedy was prescribed and the old suppressed symptoms are being healed along with the current ones.

When old symptoms return, it's best to be patient. Don't suppress them again as the suppression will disturb the healing process.

6. Discharges and Eruptions

The sixth response consists of discharges and eruptions. This is when a mild skin eruption or discharge appears but otherwise your child is happy, has good energy and their original symptoms are improving.

In your child with hay fever, they may have a couple of loose bowel emission or an outbreak of eczema, but otherwise they're happy and fine and they're doing well.

This shows their body is trying to move the underlying disorder up and out and is using the eruption or discharge as a type of vent.

As healing progresses, the eruption or discharge will no longer be needed and they too will disappear.

When this sort of response happens, notify your homeopath, but be patient.

Again, don't suppress the eruption or discharge as their suppression would disturb the healing process.

7. No Response

I've said there are six basic responses, but I've included another point here so I can discuss what happens when there is no response at all.

This is when there's no obvious improvement or worsening of any of your child's symptoms. You wouldn't notice any difference at all in your child with hay fever.

Obviously, no response means that the wrong remedy was prescribed.

When there's no response, your homeopath will reassess your child's original symptoms and prescribe a new and better matching remedy.

More About Aggravations

Some people become concerned when I start talking about aggravations, so I'd like to give you a little more information about them.

Contrary to some misconceptions, aggravations are not an essential or expected part of treatment. However, sometimes they are unavoidable.

They're usually mild, short-lived and interesting. They disappear without causing any harm whatsoever as soon as the remedy stopped. They also appear to exercise and strengthen the underlying vitality of the body.

They can happen with the rebalancing effect of the first dose or when the person is hypersensitive to the remedy, the dose is too strong or the dose is given too often for what is needed.

To avoid aggravations, sensitivity to the remedy should be checked with a test dose at the beginning of treatment. Liquid remedies are the preferred option for treatment because their dose can be easily adjusted to suit the sensitivity.

Ongoing Consults

Let's move on to what happens during ongoing consultations. Basically, it's a process of wash, rinse and repeat of what we've already discussed.

Recapping, your homeopath will first ask you and your child about any changes the pair of you have noticed since the last appointment.

He or she will then go through the list of symptoms recorded at the previous consult so a comparison can be made.

Your homeopath will want to know what's better, what's worse, what's new and what's the same when looking at each problem.

They'll also be interested in changes in the intensity, duration and frequency of each symptom.

By analysing the changes that have or haven't taken place, positive or negative, your homeopath is able to assess how well the previous remedy worked and where to go next.

To use an analogy, this process is like a game of golf. Sometimes only one remedy is needed to cure a case, and it's like hitting a hole in one.

More often, though, several remedies and potencies are needed as we zigzag the child to health - but with each prescription, you and your child should be moving closer to that goal.

Medicines with Risk

Now I want to talk about conventional medicines and some of the problems they pose and how we can use homeopathy in their place.

It's an unfortunate fact that all conventional medicines have risks and side effects. The three classes of medicines that are most often given are vaccines, antibiotics and antipyretics (fever-lowering drugs).

Vaccines and their components have been linked to allergies, autoimmune disorders and neurological injuries.

Antibiotics are killing essential bacteria in our children's guts leading to the colonization and overgrowth of harmful bacteria, viruses and yeast with their associated problems. Childhood asthma is just one disease recently linked to the use of antibiotics by the mother during pregnancy.

Paracetamol - or acetaminophen - is one of the most common fever and pain-relieving drugs given to children. It's toxic to the liver, the leading cause of emergency hospital admissions for poisoning, has led to deaths and is linked to ADHD and hyperkinetic disorders.

Homeopathy has a long history of treating the same symptoms for which these drugs are prescribed, but without the associated risks and side effects. Homeopathy has been traditionally used for 200 years to treat infections, reduce fever and pain and protect against epidemic disease.

Homeopathic Options

How can you as a parent make the transition away from potentially harmful medicines to the safer option of homeopathy?

First, learn as much as you can from the available educational resources. Information on how to match remedies to the symptoms of different first stage and acute complaints is presented in the Easy Homeopathy Webinar series and you'll find it at www.myhomeopathy.net. You'll also find webinars on homeopathic immunization and the treatment of vaccine damage at the website.

Books on homeopathy are easily purchased from most bookstores and public libraries carry introductory books on homeopathy as well.

Remember, My Homeopathy webinar attendees have free introductory access to the My Homeopathy Forum at the My Homeopathy website. You'll meet and speak with experienced homeopaths and other parents on the same journey as you.

Second, practice makes perfect, so have a go at treating simple family complaints. It's a good way to test and refine what you've already learned. Homeopathic remedies are non-toxic, so if the one you've chosen hasn't worked by three doses, just look at the symptoms again and try to choose a better matching remedy.

Remedy 7: Calcarea phosphorica (Calc-p.)

That brings us to our first remedy of the webinar, which is Calcarea phosphorica, or Calc phos for short. Calc phos is prepared from a chemical compound of calcium and phosphate ions and it's a major component of our bones and teeth.

Mental-Emotional Features of Calcarea phosphorica

Let's look the mental and emotional symptoms. The Calc phos child is discontented and restless.

They're constantly wandering or roving about, there's lots of sighing, they're never satisfied and easily bored and there's whining and complaining.

They're hard to settle and want to travel or go to different places and cope badly with school.

They develop headaches and abdominal pains on school days, often at 3 PM as they're about to leave.

Physical Symptoms of Calcarea phosphorica

Physical symptoms include difficult nursing - they dislike their mother's milk - and delayed development. There will be slow closure or even reopening of the fontanel.

They're slow learning to talk and walk, and growing pains or abdominal colic or cramping are common symptoms. Teething is difficult, slow and painful.

These children are usually thin and tall and emaciated, but sometimes they can be obese and flabby.

They have a poor appetite and they love smoked meat, bacon, pork, ham, salami, fat and spices, which makes you think a little bit of Tub, the remedy we studied in the Webinar 3.

What to Expect from Treatment with Calcarea phosphorica?

What can you expect if you've got a Calc phos child and that's the remedy they're given?

The whining, bored and dissatisfied attitude stops. They develop greater happiness and acceptance of their lot in life.

The wandering and sighing reduce, and trips and travel are still enjoyed, but without the endless whining and nagging. Babies feed better at the breast and fontanel start to close.

Teething becomes trouble-free and infants and young children catch up with their developmental milestones. Walking, talking and learning also improve.

The abdominal pains, colic and cramping diminish, and older children settle in at school and they're happy to attend.

Appetite improves with a wider range of food being eaten. All in all, a much happier and more content child.

Remedy 8: Medorrhinum (Med)

Let's look at our second remedy, which is an equally interesting one.

Medorrhinum is prepared from the gonorrhoeal infection, which sounds a bit icky, but as we discussed in our last webinar, there's no trace of the original substance left in homeopathic remedies.

Some of our best remedies are actually prepared from infecting agents.

Mental-Emotional Features of Medorrhinum

Let's look at the mental and emotional symptoms Medorrhinum treats.

Medorrhinum is a remedy of extremes. Everything is in excess.

The children are extroverted, overexcited, impatient, impulsive, violent, aggressive and passionate... or timid, shy, reserved, suppressed, absent-minded and forgetful.

Now, these two states can fluctuate backwards and forwards in the one child or children can sit at either extreme.

They are either fond of animals or mean and cruel to them.

Performance is erratic. They can work and play hard one day, then collapse into laziness the next day or even that afternoon. They'll bite and chew their fingernails.

They're excited by new experiences and 'forbidden fruit'. They want to experience everything. They come to life in the evening and easily and happily stay awake at night.

They love being by the sea and swimming in sea water, and their behaviour and symptoms are improved at the sea.

Physical Symptoms of Medorrhinum

The physical symptoms cover things such as a bright red nappy rash or diaper rash. We're not talking about a speckly rash, but a vivid red streak.

There can be early masturbation, a tendency to warts and growths, frequent clearing of the throat, asthma, and a tendency to hives.

They find it hard to go to sleep at night or they wake in the middle of the night ready to play and talk.

They're frightened of ghosts and they think someone is in the room or whispering to them.

They dislike peas, beans, eggplant, and slimy food, and crave fat, ice, and sour, unripe fruit.

Their symptoms, including the asthma, are better for lying on the abdomen or in the knee-chest position. They also like to sleep on their tummy or in the knee-chest position.

They have hot feet and sensitive soles of the feet.

What to Expect from Treatment with Medorrhinum

What can you expect if your child needs Medorrhinum and that's a remedy they're given?

The volatility and unpredictable behaviour settle. Everything becomes much more consistent and stable.

They're less impulsive, impatient and excitable. They stop leading others astray or being led astray themselves.

The nail-biting settles and they stop sleeping in the knee-chest position and being frightened of ghosts. They go to sleep earlier and don't wake through the night.

The throat clearing stops and the feet are no long hot or sensitive.

The masturbation settles and the asthma improves and then clears completely.

They no longer have a problem with hives and they stop craving ice and fat.

Stories from the Clinic

It's time for the clinic cases, so let's look at two of them today. One is a Medorrhinum case and another one is a Calc phos case. We'll start with Calc phos.

Case 10: Calcarea phosphorica – “He had numerous ear infections and bad colds. One leg began to jerk, then the other one.”

Now, this little boy was brought to me just recently. He's a 4-year-old boy with autism.

His mother brought him in because of a whole pile of problems he was having, and she heard that homeopathy could help.

His history was that he was sick before his first vaccine. He had a cold but the vaccine was still given, and afterwards he developed severe reflux. His mother said he had to be fed with an anti-reflux formula from then on.

At the three-month point, he was treated with numerous antibiotics as well. He had recurrent colds, chest infections, ear infections, the whole works.

Because of what happened following the first vaccine and the state of his general health, his mum delayed the next lot of vaccines until he was 6 months of age.

They were then given and she said following the vaccine he got another severe cold and started to have odd behaviour where he'd press his head against the top of the bed.

Up until this point she said he had been bright and bubbly, but at that point he lost his spark. That spark gradually returned over the next 3 months and he started to try to talk and began to walk, but as soon as he was given the next vaccine he began to flap his hands and he stopped talking again, or he'd only talk on his terms and when he wanted to.

His mum said she lost him completely at 19 months with a chicken pox vaccine.

Following that he had numerous ear infections and bad colds, one leg began to jerk, then the other one. He'd have staring spells where he'd no longer look at people but just off in the distance. If he was spoken to, he'd look away from them.

He was deliriously happy and giggly at night and, though some things had improved, that was pretty much the state he was in when his mum brought him to me not so long ago.

When I saw him, she said he was still being upset by others and would have tantrums. He was rigidly holding on to toys in his hands and wouldn't let them go.

His therapist said it was very difficult to get him to transition from one thing to another, and he was craving junk food and wouldn't eat good food.

His mum said he was lazy and unmotivated, but he constantly whinged and whined and, while there wasn't much talking, there was constant noise around the house from him complaining or whining.

He was constipated and flatulent and she said his hands and feet would sweat and run off him in drops.

He liked bacon and ice cream, but he also chewed and ate other objects. On collecting his history, I asked his mum about his fontanel closure - the soft spots in his skull - and he said that had taken a very long time to close.

In putting all of those symptoms together, they very much matched the Calc phos picture, so that was the remedy he was given.

His mum said there was almost an immediate change in his rigidity. She said the afternoon after she gave him the dose, she went to take the toys away from him and the ones he'd normally hold tightly in his hands he just gave up to her. From that point on he wasn't rigidly and obsessively holding those little toys.

His occupational therapist said he was easier to work with, not so rigid and his voice became louder and stronger. He was much more spontaneous in his speech in saying some meaningful words.

His sweaty hands and feet got better over that month and his constipation and flatulence also improved.

His mum said he was starting to look at her for longer and more consistently and there was a reduction in him chewing and sucking objects.

Now, those changes happened in the first month of treatment, before he came back in for his second follow-up. He's just had his second follow-up.

We've continued on with the remedy. We changed the potency slightly and the expectation is this little boy will continue to improve. How far he goes, we'll have to see.

Case 11: Medorrhinum – “It took him a long time to go to sleep and then he'd wake up in the middle of the night and there'd be signing and talking.”

The second remedy I want to talk about is Medorrhinum.

The child who needed this was a 7-year-old boy. This is from some years back, but it's a typical presentation of Medorrhinum.

His mum brought him in because he was throwing tantrums and was pretty uncontrollable. He'd hit people if they didn't do what he wanted them to or what he asked for.

He jumped with excitement. He'd get carried away and his mum found it hard to take him out in other groups because he'd be overly boisterous. He'd push and shove the other children, hit them and totally ignore what his mother was asking him to do and how upset other parents were becoming.

She said he always wanted to be in control and to do things his way, and he didn't want to listen to what other people said. He tended to hurt people when he played with them and didn't care.

He just completely ignored it if he got into trouble, which was quite often, and she said he also had a very smelly scalp. She couldn't describe the smell but she said it was always smelly.

He had a history of frequent colds with bronchitis, and she said the symptoms always seemed to be better by the sea.

She didn't volunteer that. I was starting to already think of Medorrhinum and it was something I asked: what he was like when he was by the sea. She said he was actually calmer, and when they went there for a holiday his symptoms also seem to improve.

His mum told me it took him a long time to go to sleep and then he'd wake up in the middle of the night and there'd be singing and talking. He'd want to get up and play.

He loved animals, but she said he also had to be watched with them, because he'd hurt them as well. He once shaved off all the cat's hair with a razor and bit its tail.

His mother said he didn't like being alone at night. He said there were things in his room. He would creep into his brother's room for company and then wake in the middle of the night and want to play.

I gave this little boy the remedy Medorrhinum, and his mum reported at the next appointment about a month later that he was more patient, more focused, and the rough play was reducing.

He was a little bit more aware of his actions and showing remorse if he did hurt somebody.

She said he was wanting to eat his vegetables more often and not so fussy with his food, and the smelly scalp improved.

There was a lot less restlessness and he was beginning to sleep through the night and no longer talking about presences or ghosts in his room.

This little boy continued on with treatment for about five months. He became very much a normal typical little boy.

He's still energetic and full of fun, but there's no meanness or out-of-control aspect to him anymore. He did very well on the Medorrhinum.

Conclusion: Review of Webinar 4 and a Preview of Webinar 5

That's it for this webinar, Webinar 4, where we've looked at ongoing treatment and management.

We've had a look at what to expect with each appointment, the six different responses to a remedy and what each one means to the child's ongoing treatment, using homeopathy for the problems of conventional treatments and how to make the transition, some children's stories from the clinic, and two remedies, Medorrhinum and Calc phos.

Next webinar, Webinar 5, we're going to look at combining other interventions with other homeopathic treatment, yes or no.

We'll look at some of the current therapies and approaches, especially with autism - their benefits, their drawbacks, again some children stories from the clinic and a spotlight on two new remedies.

I'd like to thank you for once again being with me. I hope you've enjoyed the information presented and I look forward to talking to you again in Webinar 5. Bye for now.
