

Combining Other Interventions – Yes or No?

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

Welcome Back

Welcome once again! My name is Fran Sheffield and I'm your host for this Homeopathy for Children webinar series. You'll learn how homeopathy is used to treat health issues, behavioural problems, learning difficulties and autism spectrum disorders of children.

If you're completely new to homeopathy and would like to know and view the basics, My Homeopathy has a free webinar on 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 parent forum towards the end of this webinar.

In the last webinar, Webinar 4, "Ongoing Treatment and Management", we looked at what to expect with each appointment, the six different responses to a remedy and what each one means for your child's treatment, and the homeopathic alternative to problems of conventional treatments, and how to make the transition. We had children stories from the clinic and a spotlight on two new remedies.

This webinar, Webinar 5, 'Combining Interventions: Yes or No', we're going to look at current therapies and their approaches - the benefits and drawbacks, children's stories from the clinic and a spotlight on two new remedies.

A Spectrum of Problems

Before we move on to the other approaches, I want to revisit the problems we're dealing with.

There's a spectrum of them.

We're looking at learning difficulties, anxiety disorders, depression, behavioural problems, sensory processing disorders, Asperger Syndrome and autism.

These problems have reached epidemic proportions in our children and there seems to be no end in sight. This spectrum can also be seen as a spiral.

On the periphery, there are a few minor problems such as a little brain fog, hyperactivity or anxiety. As we spiral towards the centre, problems become more numerous or intensified until we finally reach the point of autism, mental retardation and severe developmental delays.

The goal of homeopathic treatment is to stimulate as much self-healing as possible in those children so they move away from the serious problems at the centre of the spiral and towards the lesser problems on the periphery, and then to move those on the periphery off the spectrum altogether.

Parents are Seeking Help

What problems are we talking about and why are parents seeking help?

To recap the information, we covered in Webinar 1, our children are increasingly unwell. They have gastrointestinal disorders, immune system dysfunction, neurodevelopmental problems and psychosocial problems.

GIT Problems

Of the gastrointestinal disorders, we're looking at:

- Food intolerances and allergies to the point of anaphylaxis,
- Flatulence,
- Constipation and/or diarrhoea,
- Undigested or offensive acidic stools,
- Bloating abdomens,
- Abdominal pain,
- Gut dysbiosis where there's yeast, virus, bacteria and parasites in overgrowth, and,
- Leaky gut syndrome.

Immune System Dysfunction

With immune system dysfunctions, we're looking at:

- Food intolerances,
- Allergies,
- Asthma,
- Eczema,
- Frequent ear and other infections,
- Prolonged coughs and colds, and,
- Autoimmune disorders.

Neurodevelopmental Problems

The neurodevelopmental problems include delay or failure in:

- Reaching milestones such as teething, walking and talking and so on,
- Cognitive function where children are either delayed or have disabilities,
- Fine and gross motor delays, tics and stims, poor eye contact, seizures,
- Sensory processing disorders where children are either hyper or hyposensitive to stimuli such as smell, touch, sensation, hearing, taste and visual input,
- Speech and language issues - both receptive and expressive,
- Hyperactivity and attention deficit, and,
- Learning difficulties, dyslexia and poor memory.

Psycho-social Problems

Psychosocial problems include:

- Anxious, aggressive, withdrawn or zoned out behaviours,
- Trouble making or maintaining friendships,
- Struggling to cope with change,
- Inappropriate behaviours and obsessions, and,
- Self-stimulating or soothing behaviours sometimes called stims or isms.

Different Interventions

The different interventions or different approaches for these problems can be classified under biomedicine, orthodox pharmaceuticals, behavioural therapies, neurosensory approaches and other miscellaneous therapies and approaches.

There are so many that using them can feel a little like juggling and trying to keep many balls in the air. Let's take a look at them.

Biomedicine

First is biomedicine. Biomedicine is a term which covers a loose collection of interventions for dysfunctions and abnormalities in the body's biochemistry or metabolic processes. Just like our spectrum of problems, it too has a spectrum of treatments with varying levels of intensity - it all depends on how far you want to go.

Biomedical interventions include changes to diet, strategies to improve gastrointestinal health, supplements and medicines, and detoxing and chelation. We'll quickly step through them one by one and look at their benefits, limitations and concerns.

You may be wondering why I'm using this particular image when talking about biomedicine, but the reason should be clear by the end of it. [Image is of a confused, frazzled woman]

Biomedicine improves the symptoms of many children, but those using it will tell you it can also be complicated, time-consuming and expensive.

Biomedicine: Diet

Let's look at its main strategies - and the first one is diet.

Step One: Remove highly processed food of little nutritional value and irritating chemicals such as artificial additives, flavourings, colourings and preservatives. That means if it's pre-packaged and not fresh food, it's likely to have had one or more of these things added to it. Real food is the basis of good health and much of what's offered to us as food these days is not really food at all. If we're not already eating unprocessed and unadulterated food, that's one change we really should make for our own health and the health of our children.

The negatives of making this change is that for some of us, it may take a little relearning and discipline and some lifestyle changes. Those of us who rely on fast food would have to spend a little more time in the kitchen.

Step Two: Remove dairy with its casein, and gluten-containing foods such as wheat, oats, rye, and barley. These two things alone can make a huge difference for children who suffer from brain fog when eating either of these foods.

The positives are that the symptoms from these food intolerances will be reduced and the leaky gut that leads to them will start to heal. As a negative, once again, lifestyle changes will be needed.

Step Three: Restrict foods such as fruit that contain sugars or simple carbohydrates. The positive is that it helps control Candida in the gut which feeds on sugar, but the negatives are that unfortunately it restricts good food and can be hard to maintain.

Step Four: Consider the need for other food intolerance diets such as low phenol, low oxalate or low salicylate - and there's plenty more. The positives are that these diets can manage a range of food intolerances and the problems that result from them. As for the negatives, nutrition is compromised because the food choice is so restricted, it can be difficult to maintain, and the person doing the cooking is tied to the kitchen as they struggle to make nutritious meals with the limited foods. There's also the risk of producing further food intolerances because some foods have to be overused, but we'll talk about that a little further on.

Biomedicine: Digestive System

Other biomedical approaches target the digestive system or the gastrointestinal tract. The focus is on sealing leaky gut and maximizing nutrition by the following steps.

1. Digestive enzymes are used to improve food breakdown and absorption. Nutrients are absorbed better and digestion is improved. The main negative is that enzymes don't cure the problem - they just help at each meal, dose by dose.
2. Antibiotics and antifungals are used to remove parasites, yeasts, viruses and subsequent toxins. This rests the gut so it has time to heal, and behavioural and learning problems may improve over this period also. The negatives are that it kills good bacteria as well as the bad, and unwanted microbes often return. Antibiotic and antifungal medicines create resistance and may harm the liver.
3. Health-disturbing bacteria in the gut are crowded out by introducing beneficial ones from probiotics, fermented foods and even faecal transplants. With their reintroduction, gut health and digestion often improve. The negatives are that only a limited range of bacteria can be reintroduced at any one time. The average probiotic only has a couple of strains of bacteria, whereas our gut is supposed to have hundreds of different strains living within it. Some children are also aggravated by these probiotics.
4. Chelating agents remove heavy metals to reduce gut inflammation and to promote healing. As inflammation settles, gut health and function improves. The negatives are that chelation easily causes yeast overgrowth and can be liver and kidney-toxic. Good as well as bad minerals are removed, and the process is long - often years - and needs supervision.

Biomedicine: Medicines and Supplements

Another biomedical approach is to use medicines and supplements.

In addition to antibiotics and antifungals used for the gut, vitamins, minerals, amino acids, enzymes, hormones, antioxidants and essential fatty acids frequently used in megadoses are used to treat deficiencies from poor digestion or to improve immune metabolic digestive and neurological function.

The positives are that as nutrition improves, the body's metabolic processes normalize.

The negative is all medications have side effects, and vitamins and minerals separated from the co-factors of real food also become drugs. When obtained from a pill or a liquid rather than real food, they create nutritional imbalances and aggravating effects.

Biomedicine: Detox and Chelation

The most complex biomedical procedure is that of detoxing and chelation.

Chelation therapy uses agents such as DMSA and ALA to bind and remove heavy metals such as mercury, lead and arsenic from the body. This reduces the toxic burden and may improve cognition or ability to think and behaviour in children.

The negatives of chelation are that it's a lengthy process, and metals often return once chelation has stopped. It removes the good along with the bad minerals and encourages yeast overgrowth. It can also be toxic to the kidneys and the liver.

Biomedicine and Homeopathy – A Comparison

Let's look at the differences between homeopathy and the biomedical approach, starting with yeast overgrowth.

Yeast Overgrowth

Biomedical Problem: With the biomedical approach, yeast overgrowth including Candida and its associated problems of itching, rashes, ear infections, hyperactivity, aggression, bloating, flatulence, diarrhoea and poor learning often follows the use of chelating agents, antivirals and antibiotics. Recolonisation with yeast is common as the imbalance that supported the overgrowth in the first place is not corrected and repeated treatments with antifungals only leads to yeast resistance.

Homeopathy: Doesn't cause yeast overgrowth or resistance, and it also manages overgrowth if the remedies match the child's symptoms rather than the remedy being given as a routine nosode. When a nosode such as the homeopathic remedy prepared from Candida is prescribed to a child unwell with Candida, though, it often only has a partial effect or can aggravate because it doesn't match the totality of the child's symptoms.

Candida Die-Off

Biomedical Problem: In this instance, a die-off effect known as the Herxheimer reaction can arise as the yeast is starved or killed by prescribed supplements, dietary restrictions or antifungals. The toxins released by the dying yeast produce a range of symptoms such as hyperactivity, fatigue, brain fog, fever, nausea, gas, bloating, diarrhoea, constipation, abdominal pain, itching or muscle and joint soreness.

Homeopathy: Avoids the die-off effect by supporting rather than forcing an effect in the body. As the child's body is stimulated back to health with homeopathy, it creates an unattractive environment for the yeast to live in and then eliminates toxins from the dying yeast at a rate it can safely manage.

Chelation Side-Effects

Biomedical Problem: Children with learning and behavioural difficulties frequently have high levels of heavy metals such as mercury, lead and arsenic in their bodies, but chelating these out of the body stresses the liver. There is also the risk the loosened mercury, for example, will be redistributed to the brain where it's very difficult to remove. Chelation also removes the good minerals with the bad, leading to deficiencies, and causes yeast overgrowth.

Homeopathy: Rather than forcing heavy metals out of the body, homeopathy stimulates healing of its metabolic and elimination pathways so the body itself safely removes these metals, without redistribution, and when it's healthy enough to do so.

Dietary Changes, Nutritional Imbalances, Deficiencies and Intolerances

Biomedical Problem: Chelation leaches important minerals from the body, and mega supplementation leads to nutritional imbalances. Severe dietary restrictions cause nutritional deficiencies and new food intolerances arise when safe foods have to be overused as replacements for foods being removed from the diet.

Homeopathy: Stimulates gut healing more quickly, reduces food sensitivities and doesn't lead to further food intolerances. It doesn't leach, block absorption or create imbalances. Instead, it works to normalize a child's digestion, absorption and metabolism.

Biomedicine can be Exhausting!

That's just a brief overview of biomedicine. While it often helps, it's also a complex, time consuming, and expensive group of treatments - some of which carry risks.

Now you know the reason for the image.

When doing biomedicine, it's easy to feel like this woman!

Orthodox Pharmaceuticals

In trying to deal with the autism epidemic, conventional medicine has mainly turned to three classes of medicines. These are:

1. Antipsychotics, sometimes called neuroleptics or tranquilizers, to calm or sedate troubling behaviours,
2. Antidepressants to lift mood, calm anxiety and reduce obsessive behaviours, and,
3. Stimulant medications such as Ritalin and Concerta or Adderall to calm hyperactivity and improve focus.

There are some serious problems with these medications, though, and here's just a few of them:

Antipsychotics cause breast growth and obesity.

The side effects of antidepressants include suicidal impulses, agitation and entrenched behavioural changes.

Stimulant medications have been linked to coronary events and strokes in children.

How effective are these pharmaceuticals?

In surveys compiled by the Autism Research Institute, parents said that, compared to other medicinal approaches and supplements, they were the least effective and more likely to worsen their child's symptoms.

Behavioural and Developmental Therapies

Another biomedical approach is that of behavioural and developmental therapies.

Behavioural and development interventions teach and strengthen appropriate behaviours, social skills and reasoning.

A behavioural analysis, for example, systemically teaches children how to respond appropriately to different social cues and contexts, as well as acceptable behaviours.

Neurosensory Therapies

Another biomedical approach involves neurosensory therapies.

Children with difficulties sometimes have over-sensitive or under-sensitive senses. For example, the texture of clothing may irritate them, sound may aggravate, or smells are particularly unpleasant.

The treatment of sensory processing disorders may involve one or more of the following approaches: sensorial integration, patterning, auditory training, facilitated communication, daily life therapy, an approach which uses prism lenses designed to improve visual processing difficulties, and auditory integration training.

Other Therapies and Approaches

On top of that, there are a number of seemingly unrelated other approaches - for example, craniosacral therapy, chiropractic, osteopathy, weighted items therapy, hyperbaric oxygen treatment, kinesiology and the music therapies are just some of the other ones available.

Other Interventions and What They Mean for homeopathic Treatment

Homeopathy is safe to use with other medicine supplements and interventions with some provisos.

Conventional medicines produce chemical effects that mostly control or suppress unwanted symptoms, while homeopathic remedies stimulate a self-healing response from the body.

The two work in different ways and at different levels so your child's health won't be jeopardized by the interactive effects that can happen between conventional medicines, herbal remedies and supplements.

There are a few things to be aware of if you do use homeopathy and conventional medicine together, though.

Homeopaths base their prescriptions on your child's unique symptoms. When conventional medicines or other treatments alter or suppress these symptoms or introduce new and misleading ones through side effects, the symptom picture is distorted and the homeopath's task more difficult.

In this event, a prescription has to be made on the partial symptom picture of remaining and unaltered symptoms or on the symptoms that existed before the medicine or treatment was given. If enough of these symptoms remain or can be remembered by the patient, good results are still achievable.

A word of caution: on starting homeopathic treatment, you should monitor any symptoms controlled by your child's conventional medicines or supplements, as the improvements arising from the homeopathic remedy may reduce their need for them.

If conventional medicines are continued in the same dosages when no longer needed, aggravations or side effects may occur, and, of course, it goes without saying that conventional medicines on which your child is dependent should not be stopped or changed when starting homeopathic treatment, rather the doses should be adjusted in response to changing needs and in consultation with your prescribing doctor or physician.

In summary, it is safe to combine homeopathy with other treatments. The case management becomes more difficult and progress is slower when the true symptom picture is distorted or altered by suppressed symptoms or the introduction of side effects.

Of course, this creates a dilemma for parents of what to do and when.

Homeopaths can certainly treat when other therapies are in progress, but as homeopathy stimulates deep healing rather than just symptom suppression, the idea is, with the exception of healthy dietary changes, that other therapies are added only if or when needed.

Now, let's look at our remedies for this webinar.

Remedy 9: Tarentula Hispanica (Tarent.)

The first one is Tarentula Hispanica, which is prepared from the Tarentula Wolf Spider.

Mental-Emotional Features of Tarentula

The mental and emotional symptoms of the Tarentula are all about hyperactivity and restlessness, and this remedy is one of the most restless remedies in the homeopathic materia medica.

These children are hurried and impatient and they want everybody else to hurry around them as well. There is lots of intense nervous energy and they will become manic or hysterical as that tension builds.

They absolutely love mild rhythmic music and must dance to it, and the dancing is quite wild. They will lose control and become even wilder if you try to restrain them.

As the tension builds, they'll start to become quite aggressive with their wildness. Destructive impulses follow if the nervous tension and energy can't be released. They'll break things, tear clothes and may even deliberately injure themselves.

While not all children reach this point, this remedy also covers mania or rage where there's increased strength.

Typically, there will be restless sleep, and the bed is a mess by the time they get up in the morning.

These children can also have a cunning streak. They can do things such as pretending to be sick in order to get what they want or get out of things.

They dislike bright, strong colours - or perhaps just certain colours - and they're also frightened of ghosts and monsters.

Physical Symptoms of Tarentula

The physical symptoms of Tarentula include quite severe constipation at times, convulsions or tics - so again, we're getting into the more serious symptoms of neurological problems: twitching, jerking.

They can also lose weight easily and become emaciated even though they may be eating well.

Food cravings are around salty and spicy foods and even sand.

What to Expect from Treatment with Tarentula Hispanica?

If your child is prescribed Tarentula, and that's the remedy they need, what changes can you expect to see?

Well, firstly and foremostly, their hyperactivity and restlessness will calm, and they'll start to respond to instructions and exercise more control over themselves. They'll be more patient and able to wait or take their turn and more considerate of others.

They'll sleep better and with less restlessness. The wild manic dancing and the destructive behaviour will first improve and then stop altogether.

The constipation will resolve and the bowel motions will become softer and much more regular. Convulsions or just twitching and jerking will improve and then disappear altogether as well.

They'll gain weight and stop eating sand.

Remedy 10: Ignatia Amara (Ign.)

Our next remedy for this webinar is Ignatia amara. Ignatia is prepared from the bean of the St. Ignatius Bean Tree.

Let's have a look at its mental and emotional symptoms.

Mental-Emotional Features of Ignatia

These children are very sensitive and emotional. They're quite unpredictable and they have changeable moods.

They're very idealistic so the reality of life often disappoints them or leaves them dissatisfied, but their mental, emotional and physical elements can be triggered by grief or shock and they react badly to grief and disappointments.

They can tantrum or have very hysterical reactions. They'll run away to cry in private and shake or sob loudly and convulsively. If you try and comfort them or console them, it only worsens things. They hate being consoled or comforted.

They can be very rude children with lots of recriminations and accusations. They always think you're in the wrong and you've caused their problems.

They enjoy change and travel and dislike the boredom of staying at home.

These children can fear enclosed spaces so they can be quite claustrophobic and sometimes fear birds or poultry.

Physical Symptoms of Ignatia

The physical symptoms of Ignatia can include facial sweating, tics and cramps, a lump in the throat from heightened emotion, and lots of sighing, so if you constantly hear your child going (sigh), they could very well need Ignatia.

These children can also develop a cough but without a cold or an infection, and it's also one of the key remedies for anorexia nervosa.

They dislike fruit and usually crave cheese.

What to Expect from Treatment with Ignatia?

If your child needs Ignatia, what sort of changes can you expect?

Firstly, they're going to be a lot less sensitive or reactive, much calmer and more resilient. Their moods will stabilize and the hysteria and the tantrums will settle.

Idealism is exchanged for realism and the Ignatia child's family no longer feels as though they have to be so careful with everything they say around them.

You'll be able to reason with them better and they'll cope much better with grief and disappointment. You'll be able to comfort them and console them when they're upset.

They'll stop running away or pushing against you. Their crying will lose its sobbing or spasmodic nature, and sighing will disappear and the fear of birds will settle.

Stories from the Clinic

Let's look at the case of a little four-year-old boy I treated with Tarentula.

Case 12: Tarentula Hispanica – “His mum said there would be violent tantrums where she'd had trouble restraining and controlling him and it would take quite a while for him to settle down.”

This little boy was brought to me because he had behavioural problems and very severe, hard constipation for three and a half years (most of his childhood).

His mother had tried treating it with a range of things. They were partially effective, but he still struggled with it.

This little boy came from a darker ethnicity, but he also had dark blue circles on his cheeks - like rings. That's quite an unusual symptom and not many children have it, but it is a Tarentula symptom.

Now, if you're thinking your child needs Tarentula, don't go looking for those dark blue rings because it's a very uncommon thing to have happen, but it was happening on this little boy.

His mother described him as being quite the acrobat. He climbed, swung, jumped and he was constantly moving. He'd do this at home on the balcony and it was a quite drop off to one side. His parents were always frightened he was going to fall off but he never did.

His child care worker said he also did it at child care on the play equipment.

He just couldn't sit still at the table and he couldn't sit still and play with other children when he was at child care.

He was only interested in playing if they wanted to do chasings and then he'd get really carried away and would start to become aggressive or a little bit wild and manic.

Everybody at child care would say that one day they expected him to grow into an acrobat.

Just as what we would expect to see in this remedy, this child loved to dance, and the more vigorous and stronger beat the music had, the more he'd dance.

He disliked the colour red and he refused to play with any toys if they were red. He'd throw them away and he'd also throw other things away if he was upset.

His mom said there would be violent tantrums where she'd had trouble restraining and controlling him and it would take quite a while for him to settle down.

In terms of food, he liked meat and spicy food and he also liked chocolate. Again, those are good Tarentula symptoms.

The child care worker said that they really had to work to stop him eating sand. Every time their back was turned, he'd be there at the sand again.

His mom said he also twitched and jerked on going to sleep, so of course the remedy I gave him was Tarentula.

Over a period of about three to four months the hyperactivity and restlessness gradually abated.

There was a very strong improvement within the first week and then a more gradual one from there on.

He stopped swinging and jumping and swaying and running all around the place.

He began to be able to sit at the table and he started to play and interact more appropriately with other children.

Of course, he also stopped eating the sand and the tantrums disappeared as well.

I have two lovely Ignatia cases for you from the clinic, one of a five-year-old girl and the second one of a teenager.

Case 13: Ignatia Amara - “In her stubbornness or getting upset with her mum, she began to hit her and kick her.”

With the five-year-old, her mother brought her in saying that she’d had behavioural problems since birth.

She had been very difficult to settle, wouldn’t sleep and she screamed and cried endlessly.

As she grew older, this upset behaviour progressed to tantrums. There were lots of tantrums, lots of upheavals and fights.

She started to punish the mother by favouring the father. If the father was away, the mother couldn’t do a thing right and it was all ‘daddy-daddy-daddy’.

But as soon as daddy came home and had to look after her for a period, she’d start to do the same thing with him. She’d punish him and say mommy was wonderful and he was dreadful.

She was sensitive to everything. She didn’t like being looked at. She didn’t like being corrected.

When she fell over and hurt herself and somebody went to pick her up or go “there, there”, she’d just scream and worsen with the attention.

Her mother said she’d always been obstinate but, as she grew older, that was only increasing. In her stubbornness or getting upset with her mom, she began to hit her and kick her.

But when she wasn’t upset, she was a lovely girl. She was cuddly. She’d hug her mom and she’d be quite happy.

Her mother described her as very determined, demanding and bossy, but that she’d still become shy with strangers.

When she was upset, she’d do this high-pitched squealing and she’d start sobbing, and that would happen with anything that she didn’t want or she didn’t like or anything somebody had done to upset her.

Her mom said even though she tried to discipline her and manage her, it was like water off a duck’s back. She would just shrug it off and she’d become even more indignant and defiant and upset about what had gone on.

She repeatedly told her mom that she didn’t like her, but as I’ve said, this would alternate. There’d be hugs and cuddles going on as well when she wasn’t in that mood.

She was frequently cuddly and affectionate, but only on her terms.

When I saw the mother, she was at her wits’ end. She said she was often exhausted and in tears at the end of the day and it wasn’t at all what she imagined motherhood would be like.

In terms of physical symptoms, the only thing going on there was that this little girl used to twitch and jerk as she went off to sleep at night.

Because of the twitching and the jerking, the changeable behaviour, the incredible reactions with a lot of upset and indignation and anger when something didn't go her way, and the tears and the running off by herself, I prescribed this little girl, Ignatia.

When the mother got home, she said her daughter was already starting off in another tantrum and starting to throw things and stomp her feet and getting upset, so the mother put some drops in her mouth and she said literally within five minutes there was a complete turnaround.

She suddenly had this lovely child who was acting as though she hadn't been upset at all just a few minutes earlier.

She said it continued the next day, just this delightfully behaved child, until that afternoon and then the old pattern started to creep back again.

Something happened. She began to get upset. She screamed. She began to throw things. Her mom gave her another dose and, again, the child very quickly improved.

I next saw this little girl about three or four weeks later at the next appointment.

The mom said at the beginning of treatment the remedy had been needed every few days, but in the last one or two weeks, she was only giving it a week apart.

That's what you can expect to see with homeopathic treatment. As the improvement takes place, the remedy is given less and less frequently.

This was a very rapid improvement for this little girl. It sometimes takes a bit longer than that, but her mom was very happy.

I gave the next potency of the remedy and I didn't see the pair of them again except to hear from them by phone that the little girl had been needing infrequent doses and was doing very, very well and the family was a lot happier.

Case 14: Ignatia amara – “She screamed, burst into tears, threw some books off a table and ran to her room sobbing.”

The next case I want to talk to you about is that of a 15-year-old teenager - still a child, but a little bit older than some of the children we've been dealing with.

Now this girl had been having an on again/off again boyfriend-girlfriend relationship with a boy at school.

There had been lots of fights and arguments over the six months prior.

The mother said they were either happy or they were breaking up, but this month they had broken up completely and the girl was devastated about it, even though she had been threatening that that would happen for some time.

Her mom said she was jumping between being very angry and very accusing and criticizing everything he had done, to being absolutely heartbroken and distressed that the relationship was no longer happening.

She'd lock herself into her bedroom. She'd become very moody. She was keeping away from people and her mom could hear her sobbing and wailing behind the bedroom door.

Whenever the mother tried to comfort her or reassure her, she said her daughter would become very angry and push her away.

Her mother even made the mistake of telling her not to worry, that there would be other boys, and that one day she would be laughing about it in the future - and this girl reacted very badly to being told that. She screamed, burst into tears, threw some books off a table and ran to her room sobbing.

When I saw the mother at the appointment, she was very concerned at this point because the behaviour had been going on for over a week. Her daughter was now refusing to eat.

She was still sobbing and locking herself away, threatening all sorts of things, acting as though life wasn't worth living and her mom was becoming quite concerned.

What did we give this poor heartbroken teenager? Ignatia, of course.

Her mum said that the result was very, very rapid.

She gave it to her daughter just before lunch and, by early afternoon, it was as if all the storm clouds were blown away. She was bright, sunny, happy and she was feeling much better.

She only needed a few infrequent doses following that.

Conclusion: Review of Webinar 5 and a Preview of Webinar 6

That brings us to the end of another webinar, Webinar 5, which was all about combining other interventions with homeopathy - yes or no.

We looked at current therapies and approaches to treatment of behavioural problems in children, their benefits and drawbacks, three children's stories from the clinic and a spotlight on two new remedies.

Next webinar, Webinar 6, is about Debates, Myths and Controversies.

We'll look at: are there really different types of homeopathy? What about homeopathic nosodes, sequential therapy, radionics, and bio resonance - what are their strengths, weaknesses and safety profiles, detoxing with homeopathy, single versus combination remedies, the treatment of vaccine injury, preventative homeopathy, some more stories from the clinic, and a spotlight on two new remedies.

I would like to thank you for joining me on this webinar and I look forward to seeing you once again in Webinar 6.