

Natural Remedies for Childhood Diseases

# MOTHERING

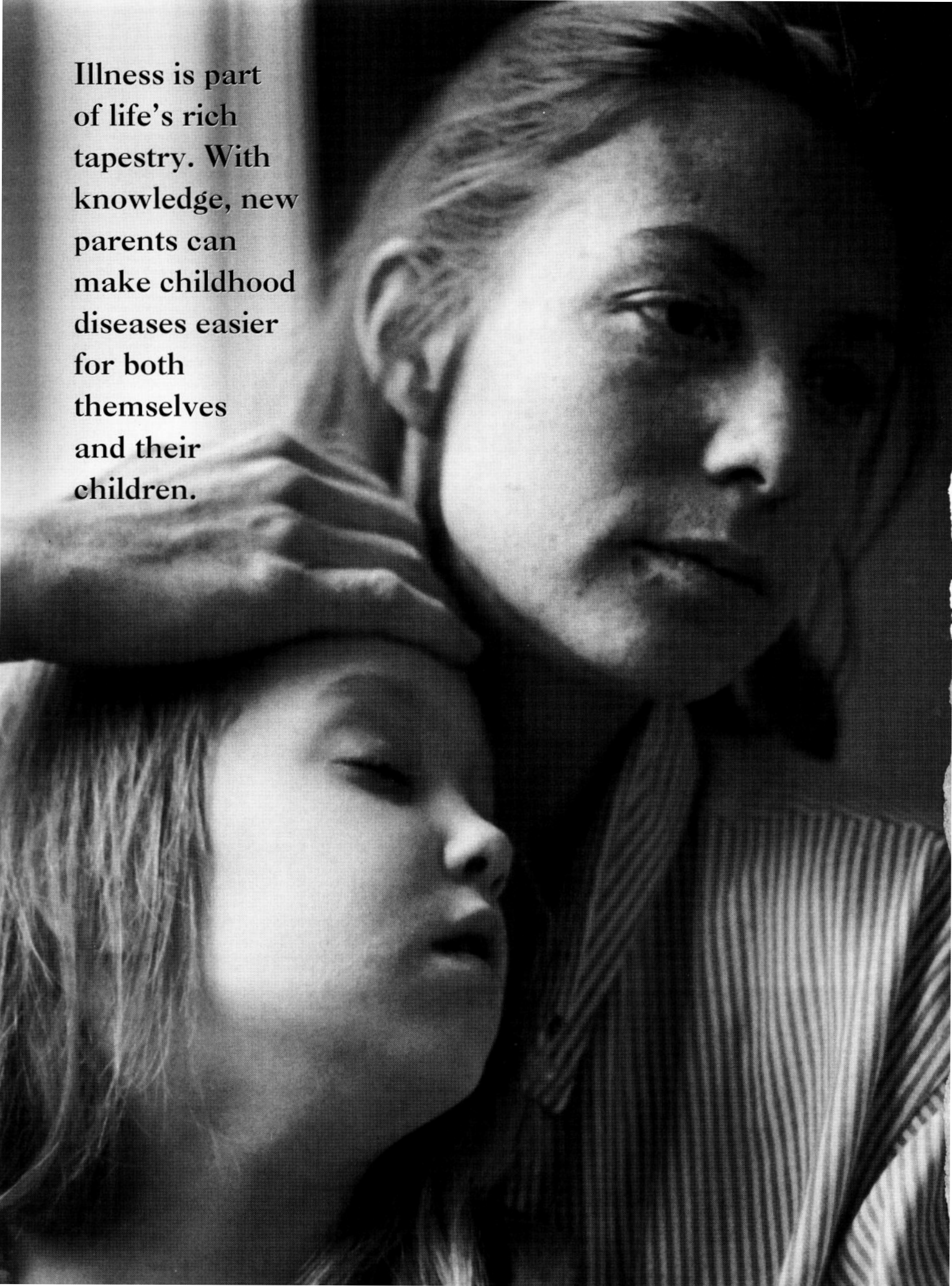
**SOLID  
FOODS:**  
When, What  
And How?

**Ultrasound:**  
More Harm  
Than Good?

NO 77 WINTER 1995  
\$5.95 US \$6.95 CANADA  
DISPLAY UNTIL DEC. 31, 1995



Illness is part  
of life's rich  
tapestry. With  
knowledge, new  
parents can  
make childhood  
diseases easier  
for both  
themselves  
and their  
children.



# NATURAL REMEDIES

## FOR CHILDHOOD DISEASES

BY MIRANDA CASTRO



**Y**OUR CHILD HAS JUST BEEN DIAGNOSED AS having chicken pox or even German measles or mumps (they *are* still around in spite of vaccinations), and your doctor has prescribed Tylenol (acetaminophen) for the fever. This may be your child's first "real" illness apart from the odd minor cough or cold, and you don't know how you are going to cope. Illness can be scary, especially for new parents. There is a fear of not being in control, of something serious happening to your child's health, and of it costing time or money—or both. These fears are made more acute by your child's vulnerability and young age.

Don't panic! Homeopaths believe that these illnesses are not all bad. We see them as an opportunity for the immune system to develop strength and resistance, especially to inherited weaknesses. Children who have come through a childhood illness successfully are seen to be stronger afterwards and often have a growth spurt—either physically and/or mentally and emotionally. My son, Daniel, grew a whole inch in the month after he had measles, and teachers remarked on how much better he was doing in school!

I remember a patient—I'll call her Susan—who telephoned me late one evening in a terrible state. Her one-year-old son, David, had chicken pox. He also had a runny nose, a cough, and a fever—his first illness and first fever. Susan was awash with fear and panic. She hadn't wanted to bother me, as David had seemed to be coping quite well for a while, but in the last few hours his fever had risen to 101°F, and he hadn't eaten his dinner. What Susan needed was some basic information about childhood illnesses and reassurance. I explained that 101°F was a fairly low-grade

fever, and it was perfectly normal for a fever to rise in the evening. I added that it was fine he wasn't hungry.

She was desperate to give her baby something to make him well—Tylenol for the fever, cough medicine, painkillers, or at least a homeopathic medicine. But despite the fever, David was basically dealing with his illness well; he was sleeping a lot more than usual (Susan was relieved to hear that this was both normal and healthy), he was drinking plenty, and producing a lot of wet diapers. I asked Susan whether she could take time off from work. She could. I then asked how she and her husband felt about having their son sleep with them. I told her that the thing her child needed most was tender, loving care. She and her husband could tuck David into bed with them, since children often sleep better snuggled up to a parent when they are ill. I suggested that we wait till the morning before prescribing to see what his body could do to heal itself. I warned her that his fever could rise even more and told her not to worry as long as it stayed under 104°F. She should offer water every time he woke and take his clothes off only if he felt hot and sweaty. Susan was relieved but cautious. I told her to talk to David, to reassure him about what was happening, and to validate his ability to heal himself.

In the morning Susan called with joy in her voice. They had all had a rough night; David's fever had gone up to 103°F around midnight, and he had slept restlessly. But after about 2:00 am he had slept for an uninterrupted four hours and had awakened with a big smile on his face and no fever, asking for breakfast. Apart from a little cough, he was just fine.

Susan felt so proud of herself and her son. It was enormously empowering for her to have been so instrumental in

her son's healing and to witness his ability to heal himself. I suggested they take it easy and have some fun at home, and not to worry if the fever rose again in the evening. This mother now has a skill for life for dealing with illness in her family.

It is important to put this story into perspective. There are times when our children's illnesses do require urgent medical attention. I believe that parents "know" instinctively when something is seriously wrong with their children and when they need urgent medical help. There have been times

in my practice when I have responded to a call from a parent whose child's illness was more serious than little David's. At the same time I believe that it's important for healthcare professionals like myself to know both when to step in and when to step back. While I don't want to lull parents into a false sense of security, I do want to redress the balance somewhat away from the current panic approach.

#### LOOKING AFTER YOURSELF

If you are a working parent, you will need to prepare yourself for the fact

that your children will fall ill from time to time, especially after they start daycare or school. Inevitably, they will need looking after, either by you or by someone else who cares. It's worthwhile to plan ahead for the possibility of illness and to develop strategies for coping. If you aren't prepared, it is easy to feel harassed and resentful when a child does fall ill. And the more children you have, the more prepared you will need to be, since they can fall ill one after the other instead of conveniently all at once!

Engage the help of neighbors, friends, or family to look after your child so that you can rest or get out to recharge your own batteries. Negotiate carefully with your partner so that both of you can get some time off. Take turns doing night duty or split the night into two so that you can both get a good chunk of sleep. Looking after a sick child is draining, especially if your child is very ill or demanding. Now is not the time to worry about whether your house is neat and tidy; ditch the housework for the moment and spend your time off doing something enjoyable or restful, or both! Take a walk, meet with a friend, have a long, hot, uninterrupted bath. Make sure your own cup is full(ish) so that you can give to your child and still have some left over for yourself.

There is a modern myth that tells us illness is a bad thing. The pressure people put on themselves to be well all of the time, often because they cannot afford to take time off, is stress-inducing and needs questioning. This pressure can be projected onto our children—a pressure for parents to get it right, to do a perfect job, to have



**ENCOURAGE BED REST FOR A SICK CHILD.  
MAKE UP A BED ON THE SITTING ROOM SOFA  
IN THE DAYTIME SO THAT YOUR CHILD  
DOESN'T FEEL SHUT OFF FROM FAMILY LIFE.**

children who are always well and happy. I believe this is unrealistic and untenable. Many parents and children take medication in order to get back to work—or school—as fast as they possibly can, but this can create a different set of long-term health problems, which can take significantly longer to deal with. When our children are sick, this desire to be a perfect parent tends to get in the way, since children cannot be reasonably well and happy all of the time.

The bottom line is that illness is part of life's rich tapestry, and that includes childhood illnesses. Tampering with nature is not always successful—older children and young adults who contract illnesses “meant” for younger children tend to get more severe attacks. Young men who get mumps have an added risk of infertility because the testes can be affected. Further, it's not entirely unreasonable to expose your child to a friend who has a childhood illness, as *there is no real substitute for natural immunity*.

#### NURSING A SICK CHILD

It's becoming increasingly common to give sick children Tylenol and then encourage them to carry on a normal life. This is wrong. Our bodies need to slow down and rest as much as possible to encourage our immune system to get to work. It isn't an old wives' tale that the healing activities of the body—the repair, renewal, and growth of cells—actually speed up when we sleep.

Think back to your own childhood. How did your parents care for you when you were sick? Was it a pleasure? A time when everything slowed down, a time of extra cuddles, stories in bed, and special, soothing drinks? If so, you have a rich store of memories to draw upon to help you with your children when they are ill. If you were unlucky, if illness was an inconvenience, or if you were dealt with harshly when you were ill, then you may want to think carefully so as not to inadvertently repeat your parents' mistakes. The art of nursing a sick child through an illness needs resurrecting. Sick children deserve special treatment—reassurance if they are frightened;

comforting if they are in pain; distracting if they have an itchy rash; sponging down if they are too hot. Many parents love this nurturing time when their children are willing and eager to “lean into them.”

Encourage bed rest for a sick child. Make up a bed on the sitting room sofa in the daytime so that your child doesn't feel shut off from family life. Keep excitement levels down and encourage quiet activities such as

(orange or lemon juice) to a child with mumps, as they will irritate sore salivary glands. Children who are reluctant to drink will often suck on a wet sponge or washcloth, especially if the water is warm, or try an ice cube or frozen fruit juice. If you are breastfeeding a sick baby, continue to nurse as often as your baby asks. The breast is comforting at a time like this.

Don't encourage sick children to eat, especially if they don't want to. Fasting

## Seek Help If:

- your feverish, sick child (especially a baby under six months old) has become lethargic and is drinking less than usual or refusing drinks.
- a baby under six months old has a fever.
- an older baby has a fever of over 104° F (40° C) that doesn't respond to sponging and/or homeopathic treatment within 24 hours.
- there is a lack of reaction (listlessness and limpness), which can imply that a serious illness such as pneumonia or meningitis has developed.
- your child is screaming and is obviously in pain, but you don't know where.
- a rash becomes infected.

A child who doesn't recover well from a childhood illness should seek constitutional treatment from a homeopathic practitioner.

reading, drawing, playing board games, watching a little television (too much is overstimulating), and listening to music and stories. Don't overstimulate sick children by taking them out or by having a lot of visitors.

Make sure your child gets lots of extra sleep (with early nights and daytime naps). If necessary, lie down with your child while he or she sleeps, and let your child sleep with you at night if he or she wants to. Some babies when sick will only sleep well if their mother's body is close to theirs. Use this time to catch up on some sleep or reading.

Small children who develop fevers, especially infants under six months old, must be watched carefully because they are likely to become quickly dehydrated. Encourage all sick children to drink plenty of fluids, preferably water, herb teas, or diluted fruit juice (not sweet or fizzy drinks, as sugar is a stimulant), either warm or cold as desired. Don't give acidic drinks

encourages the body in its process of healing. Give hungry children small, light, nutritious meals such as fruit or vegetable purées, soups, and porridge.

Finally, talk reassuringly to your children about what is happening. The sound of your voice will be comforting to them. Explain clearly (even to a baby) what is wrong, and let them know how long the illness is likely to go on for. Children who are sick can become more demanding and regress temporarily, sucking things, wetting the bed, and so on—sometimes even before the symptoms of the illness (e.g., rashes, swollen glands) appear. Be patient with them; this will pass once they are on the road to recovery.

#### DEALING WITH THE FEVER

A fever is often the first symptom to let you know that your child is ill. It's a helpful and necessary part of the process of healing in a childhood ill-

ness, since during a fever the healing reactions of the body are speeded up; the heart beats faster, carrying the blood more quickly to all the organs; respiration is quicker, increasing oxygen intake; and perspiration increases, helping the body to cool down naturally. A high temperature generally indicates that the body's defense mechanism is fighting an infection, and temperature variations indicate how it is coping. Attempts to suppress or control a fever artificially with Tylenol, or even with homeopathic remedies, are likely to confuse the body's natural efforts to heal itself. It is best to wait for other symptoms to develop before giving a homeopathic remedy.

Each person has her or his own pattern of falling ill and will experience different fever symptoms. Some people may feel hot with a high fever, but their skin will feel chilly. Others may be irritable, intolerant of any disturbance, and need to be kept warm, while still others may be aching and restless. One person may sweat profusely, be thirsty and slightly delirious; another may want company, while another will prefer to be alone. Each person with a fever may need a different homeopathic remedy, depending on her or his emotional state and general symptoms.

The average normal temperature in a healthy human is said to be 98.6°F (37°C), but this can vary quite markedly. Most people, adults and children, can run a fever of up to 104°F (40°C) for several days with no danger. It is normal for an infection to cause otherwise healthy infants and children to run high fevers 103°F (39.5°C) and over. A temperature of 105°F (40.5°C) is a serious cause for concern, but it is only when it surpasses 106°F (41°C) that there is a risk to life.

Fevers usually peak toward nighttime and drop by the following morning, so a temperature of 104°F (40°C) registered in the evening may recur on subsequent evenings. A drop in temperature in the morning does not mean that the fever is past its peak. It can rise and fall several times over several days before finally returning

to normal. Although a child whose temperature soars may look and feel very ill, therefore giving more cause for concern, such a child is usually ill for a shorter time and recovers sooner than one whose temperature is lower. My friend Maggi's youngest boy always falls ill in a sudden and dramatic fashion. With the mumps, his temperature soared to over 105°F, and he was in a lot of pain from swollen glands. Homeopathy alleviated the pain; he slept and drank a lot and was

## ONCE THE ACUTE SYMPTOMS ARE OVER, IT'S IMPORTANT TO TAKE THINGS EASY UNTIL YOUR CHILD HAS FULLY RECOVERED STRENGTH AND VITALITY.

over his mumps in two days with no further homeopathic assistance. With one of his sisters, it took several days for the mumps to appear, and her temperature never rose above 101°F. She was ill for a week altogether and needed *Pulsatilla* and *Phosphorus* to help her recover.

If the fever goes above 103° to 104°F (40°C) and the skin feels hot and sweaty, sponge your child down with tepid water. Expose and sponge one limb at a time until it feels cool to the touch. Dry and replace it under the covers before going on to the next limb. This will help the temperature to drop by 1 to 2°F (up to 1°C) and can be repeated as often as necessary. Sponging the face and forehead alone can also give relief. Or you can immerse a feverish but not desperately ill child in a bath from time to time to bring down a high fever. In any case, keep a hot, feverish child cool, and a chilly, feverish child (one who feels cold to the touch and shivers) warm.

Never give a child aspirin in any form during or after a childhood illness, as this can cause serious complications. Use Tylenol in an emergency, when the temperature rises above 104°F (40°C) and sponging hasn't worked, or if your child is in pain and you don't have a homeopathic remedy immediately on hand.

### CONVALESCENCE

Once the acute symptoms are over, it's important to take things easy until your child has fully recovered his or her strength and vitality, especially after one of the more serious childhood illnesses such as whooping cough or measles. It is not uncommon for complications, such as a cough or earache, to develop just when you thought everything was back to normal. Keep your child at home until she or he is eating and sleeping normally.

### HOW CAN HOMEOPATHY HELP?

Homeopathic treatment will help at all stages of a childhood illness, particularly in addressing an itchy rash or painful swollen glands, an accompanying cough, or sore, dry eyes. Antibiotic treatment is useless for viral infections (except scarlet fever) and will only add to your child's stress load. Avoid it during this time and use homeopathic medicines to stimulate your child's immune system.

MIRANDA CASTRO, *FS Hom., CCH*, is the author of *The Complete Homeopathy Handbook and Homeopathy for Pregnancy, Birth, and Your Baby's First Year*, both from *St. Martin's Press*. Her son (16) was raised exclusively on homeopathy and TLC.

### FOR MORE INFORMATION

For a complete list of homeopathic books, supplies, and products, please see issue number 75, Summer 1995 (pp. 44-45) or send a stamped, self-addressed envelope to *Mothering*, PO Box 1690, Santa Fe, NM 87505.

Books, supplies, and products are also available at your local natural foods grocery, health food store, or from the advertisers in *Mothering*.

# Childhood Diseases At a Glance

## CHICKEN POX

**Incubation:** 7–21 days

**Infectious Period:** A few days before the rash until the last spot or blister has formed a scab

Chicken pox starts with a fever, loss of appetite, and some irritability. As the spots come out, they form itchy blisters that go through a pustular stage before crusting over. Dress your child in loose cotton clothes and cut his or her fingernails (use mitts on a baby) to prevent scratching, especially as chicken pox rash can leave scars.

## MUMPS

**Incubation:** 12–28 days

**Infectious Period:** 2 days before swelling of glands appears until swelling subsides

Mumps usually occurs as a mild childhood infection, especially in infants. The most common (and often the first) symptom is the swelling of one or both of the salivary glands (in front of the ear and just above the angle of the jaw). The glands under the tongue and jaw may also swell. Give drinks through a straw or from a bottle if it is painful to open the mouth. Wrap a hot water bottle in a towel and let your child lie on it to soothe painful swellings.

## GERMAN MEASLES (RUBELLA)

**Incubation:** 14–21 days

**Infectious Period:** 5 days before and 7 days after rash appears

German measles, or rubella, is generally a short-lived, mild infection. A faint pink rash of tiny spots starts behind the ears or on the face and spreads down the body. It may be accompanied by watery eyes and swollen glands at the back of the neck and/or behind the ears, under the arms, or in the groin. Fever rarely goes above 101°F. Do avoid contact with pregnant women while your child has German measles and notify pregnant women

with whom or with whose children you were in contact in the three-week period before the spots came out.

## MEASLES

**Incubation:** 8–21 days

**Infectious Period:** 4 days before and 5–10 days after rash

If you suspect your baby is incubating measles, look for small spots like grains of sand (known as Koplick's spots) in the mouth and inside the cheeks. Measles lasts up to two weeks. It starts with a high fever and watery, red eyes that are sensitive to light. The rash—blotchy and itchy



with raised spots—will appear a few days later, starting behind the ears and spreading down the body. As it spreads, the fever will begin to drop. Keep a child with measles and sore eyes out of bright light, with curtains partially closed and lights dimmed.

## ROSEOLA

**Incubation:** 5–15 days

**Infectious Period:** unknown

Roseola is a mild infectious illness that rarely needs treating. The rash is

very similar to German measles, and the two are sometimes confused. In German measles the rash appears with the fever, and in roseola it appears when the fever has come down.

## SCARLET FEVER

**Incubation:** 7–21 days

**Infectious Period:** 7 days after rash appears

This highly infectious disease is caused by the *Streptococcus* bacteria. The symptoms are a sore throat, followed a day or two later by a rash of tiny spots, beginning on the neck and chest and spreading over the whole body, giving the skin a texture like sandpaper. Other symptoms include vomiting, fever, and a flushed face (though the area around the mouth may be pale). The tongue may also have a red and white "strawberry" appearance. It is important that you consult your doctor if you suspect your child has scarlet fever.

## WHOOPIING COUGH

**Incubation:** 7–21 days

**Infectious Period:** Up to 3–4 weeks after the illness appears

The first signs of whooping cough are a slight fever and runny nose. These are followed by a loose cough. The mucus then thickens, resulting in extended, uncontrollable coughing fits, after which the child draws air convulsively back into the lungs, causing the characteristic "whoop." Whooping cough is often accompanied by retching and/or vomiting.

Young babies may not be able to inhale properly after a coughing fit and may also find eating difficult if they vomit frequently. Get professional help if home prescribing does not produce a quick response.

Whooping cough can last from three weeks to all winter long and is a long and exhausting infection for both child and parent.

# HOMEOPATHY AND CHILDHOOD DISEASES



JACKIE MATHEY

BY MIRANDA CASTRO

**C**ONSIDER THE FOLLOWING as a basic guide to home prescribing for childhood diseases. For a fuller description of these remedies, you may want to consult a homeopathic first-aid book. If your child's symptoms don't fit one of the portraits below, you can always seek the advice of a professional homeopath.

**Symptoms:** Restless, anxious, chilly children who want to be covered. They are terribly weak and only want hot drinks, which they will drink a sip at a time.

**Remedy:** *Arsenicum*

**Diseases:** Measles, Mumps, Scarlet Fever

**Symptoms:** Illness starts suddenly and is accompanied by a high fever, runny nose, dry, croupy cough, reddened, sore eyes, and/or a sore throat. Rashes burn and itch. Children are restless,

anxious, and afraid, especially of dying. They are generally thirsty for cold water, don't like warmth, and at night prefer to be uncovered.

**Remedy:** *Aconite*

**Diseases:** Chicken Pox, German Measles, Measles, Scarlet Fever, Whooping Cough

**Symptoms:** The rash is slow to come out, and when it does it itches and stings. Affected parts (e.g., rash, glands) are puffy and also itch and sting. Children are extremely restless, anxious, and clingy. They are generally thirstless, don't like to be touched, and prefer cool air and cool bathing to heat.

**Remedy:** *Apis*

**Diseases:** Measles, Mumps, Scarlet Fever

**Symptoms:** Chicken pox, during which the rash is slow to come out. Children are irritable and drowsy. They are

sweaty and nauseous and develop a stubborn cough that's loose and rattling. There is a lot of mucus that can't be brought up.

**Remedy:** *Antimonium tartaricum*

**Diseases:** Chicken Pox, Whooping Cough

**Symptoms:** Illness is accompanied by a tickling cough and nausea. Children are sulky and extremely irritable; they do not want to be touched or examined, or even looked at. The tongue is white, as if it has been painted.

**Remedy:** *Antimonium crudum*

**Disease:** Measles

**Symptoms:** Whooping cough with a choking, racking, tickling cough. Coughing fits end in retching and coughing up mucus, which hangs in strings. Children generally don't like stuffy rooms and around midnight feel better in fresh air.



**Remedy:** *Coccus cacti*  
**Disease:** Whooping Cough

**Symptoms:** The illness starts suddenly and can be accompanied by bedwetting, a runny nose, cough, sore throat, a throbbing headache, and/or burning, dry, red eyes. The pupils are dilated, and the tongue is red with white spots (like a strawberry). The rash is red, hot, dry, and very itchy. Children are restless, irritable, and sometimes delirious with a high fever. They are generally thirstless, disliking noise and touch, appreciating rest and warmth.

**Remedy:** *Belladonna*

**Diseases:** Chicken Pox, German Measles, Measles, Mumps, Scarlet Fever, Whooping Cough

**Symptoms:** Any childhood illness where the rash is slow to appear or doesn't come out fully. There may also be a dry, painful cough that is made worse by movement. Children are irritable and want to be left alone. They are generally thirsty for large quantities of liquid (and gulp them at infrequent intervals).

**Remedy:** *Bryonia*

**Diseases:** German Measles, Measles, Mumps, Scarlet Fever, Whooping Cough

**Symptoms:** Whooping cough (or cough after measles) with severe, violent cough as well as vomiting and nosebleeds. Face may go blue with each coughing fit. Voice becomes hoarse. The cough is worse when lying down, talking, or laughing; better with fresh air.

**Remedy:** *Drosera*

**Disease:** Whooping Cough

**Symptoms:** Measles where the rash is slow to come out and there is a constant nausea (with a clear, red tongue) that isn't relieved by vomiting. There is a dry cough that comes in fits and ends in choking and gagging. Children are hard to please, generally thirstless; made worse by heat.

**Remedy:** *Ipecacuanha*

**Disease:** Measles

**Symptoms:** Measles with very sore, swollen, sensitive, watery eyes. Nose streams but does not rattle. There may be a harsh cough and headache.

**Remedy:** *Euphrasia*  
**Disease:** Measles

**Symptoms:** Measles that come on slowly in warm weather with cold or flu-like symptoms accompanied by a great weariness and heaviness. The eyes are swollen and watery. Children are generally apathetic, thirstless, and feverish with chills.

**Remedy:** *Gelsemium*

**Disease:** Measles

**Symptoms:** Mumps with exhaustion. Glands swollen, making swallowing and talking difficult. Profuse sweating and salivation. Breasts, ovaries, or testicles become painful. Generally thirsty; made worse by cold.

**Remedy:** *Laboranda*

**Disease:** Mumps

**Symptoms:** Swollen, painful glands. Pains shoot to ears and/or neck. Illness may be accompanied by a runny nose, earache, sticky eyes, and sore throat. Profuse, smelly sweating, and salivation. Metallic taste in mouth (may have mouth ulcers) and smelly breath. Generally feels worse at night, with extremes of temperature and sweating; feels better with rest.

**Remedy:** *Mercurius*

**Diseases:** Chicken Pox, German Measles, Measles, Mumps, Scarlet Fever

**Symptoms:** For the later stages of measles where there is stubborn inflammation of mucous membranes, with swollen glands and deafness from inflammation in the eustachian tubes.

**Remedy:** *Kali bichromicum*

**Disease:** Measles

**Symptoms:** The illness is accompanied by swollen glands, thick, yellow mucus, bedwetting, a dry cough at night and loose cough in the morning, sticky eyes, earache, and/or a fever. In mumps the breasts, ovaries, or testicles are painful. Children are weepy, whiny, and clingy. Small children want to be carried everywhere. They are generally thirstless; feel worse in heat and when lying down at night; better in fresh air.

**Remedy:** *Pulsatilla*

**Diseases:** Chicken Pox, German Measles, Measles, Mumps, Whooping Cough

**Symptoms:** Illness is accompanied by swollen glands, aching joints, and/or sore eyes. The rash is very itchy and causes great restlessness. The tongue has a red tip. Children are depressed. They are generally worse with cold and at night; better with warmth, particularly with a hot bath.

**Remedy:** *Rhus tox*

**Diseases:** Chicken Pox, German Measles, Measles, Mumps, Scarlet Fever

**Symptoms:** Illness is accompanied by bedwetting, earache (left side), sore, red eyes, fever, and/or runny nose. Tongue is white with a red tip and edges. Rash is red, hot, and itches maddeningly. Children are restless and irritable. They are generally thirsty for cold drinks (usually water); uncomfortable with heat and bathing; better with fresh air.

**Remedy:** *Sulphur*

**Diseases:** Chicken Pox, German Measles, Measles, Scarlet Fever

This is a rough guide. If your child has, for example, mumps and is exhibiting strong guiding symptoms for *Pulsatilla*, you can give it even though it isn't a big mumps remedy. The important thing is to treat the whole person not just the symptoms.

**Help for itchy spots:** Dab diluted cider vinegar or bicarbonate of soda on very itchy spots (1 tablespoon to 1 pint/1/2 liter of water), or let a not-very-sick child soak in a tepid bath to which a cup of vinegar or a handful of bicarbonate of soda has been added. Or blend a cup of dry oatmeal until fine and put a handful in the bath.

**Help for sore eyes:** Bathe eyes with Euphrasia (eyebright) lotion to ease soreness (a tablespoon to a pint of freshly boiled water; let it cool, strain it, and bathe eyes with a separate cotton ball for each eye).

**Dosage:** Give 1 tablet (of the 6C or 30C potency) every 2 hours for up to 6 doses, then 3 times daily once it has started to help. Tablets can be chewed or added to a small glass of water.

Stop once symptoms are considerably better.

Change the remedy after a day if there is no improvement or it has stopped helping.