

Keeping Your Child Healthy This Winter... Naturally

Homeopathy

with

Ali Lomax

LCHE, R.Hom.Int



@Homeopathy
with Ali Lomax



www.horsleyhomeopathy.co.uk

Welcome



Who Am I?

I'm Ali Lomax! I'm a Fully qualified Homeopath and middle-aged Mum!

My previous career was in nursery nursing with children and families in NHS, Social Services, day care and private settings.

It is therefore always on my heart to keep in touch with local parents and children to help manage your family's health confidently, either around the kitchen table as a small group talk... particularly after the previous months of turmoil with the Pandemic, where our Immune systems may have been harshly affected both physically and mentally! I've got your back!

I am also delighted to be reaching out to more distant overseas readers and happy to work with you in group talks via webinar. Please just let me know, and pick another topic if you would like and I will see what I can do!

*Please see my website for more information:
www.horsleyhomeopathy.co.uk and feel free to
get in touch if you have any further questions.*

What is Homeopathy?

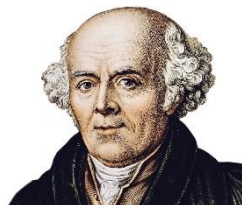
Homeopathy is a great system of natural medicine. It is very helpful at the moment as it has great success with mental health cases and pandemics (*Spanish Flu 2012-2018*).



I enjoy working with children's health, including behaviour and learning difficulties, also women's health and gut health... but many cases of varied scenarios, both physical and mental/emotional, naturally come my way as Homeopathy deals with pretty much ALL things.

Patients so often come to me because they feel 'stuck' with a health complaint and the treatment that they have been recommended. Or they are even feeling worse from the medication they are using, or are simply concerned at the toxicity and potential side effects of what they have been prescribed - particularly if it is recommended as a long term or permanent treatment programme.

Homeopathy was discovered as a wonderful natural system of medicine over 300 years ago in Germany by Samuel Hahnemann.



It was incredibly successful and a primary method of treatment in USA in 18-1900's UNTIL Pharmaceutical companies arrived! There was a clash of interests... Homeopathy can heal by getting to the root cause of the problem. Pharmaceutical drugs generally 'pacify'.

Hahnemann was a literary translator for a doctor and during this work, he was dismayed at the apparent lack of success in conventional medical treatment at the time and saw how the body's natural healing ability was often being 'suppressed'.

He observed that so many patients were consequentially suffering with symptoms of toxicity rather than the disease they first presented with. Healing outcomes did not seem satisfactory enough.

He concentrated on the simple power of looking at each patient's individual symptoms and treating them holistically.

He understood that remedies could be made from natural substances whose picture 'matched' the symptoms.

Having seen the adverse effects of Quinine on healthy people, Hahnemann's well known and ground-breaking experiment followed by making a remedy from the bark of the Peruvian Cinchona tree (where Quinine is derived from) which, when prescribed to malaria patients improved their symptoms... hence his Law Of Similars applied stating 'Like cures Like'. This was his first 'proving' of a remedy we know now as *China Officinalis*.

Because of the 'picture' each remedy portrays, one remedy can cover many areas that may also be out of balance in a patient's health situation.

A Little Homeopathic Example:



Giving the remedy Nux vomica to a stressed business person complaining of headaches might also calm their temperament. They may not be as snappy or moody, the headache improves, as do their possible other symptoms such as heavy perspiration, constipation, indigestion, wind... they might even realize they need some early nights and less indulgence in rich food and drink at late hours in the day, and sleep better at night (... the recent snoring could even stop!).

Nux vomica is a remedy that treats headaches and also works on the digestive system and liver. As you can see here, it is also a good stress remedy and works on mental and emotional health.

In this way, Homeopathy is quite amazing! The power of often, just one small pillule! Using our conventional medical system; this 'business person with headaches' may have ended up on a few different medications from the GP as they noticed other symptoms alongside the headaches in the appointment...

...OR they may only have got treatment for the headache, but many of the other symptoms would remain and often worsen in the long term if no identification of the 'Whole' picture was made and no changes to the stressful work/life balance were made!

Homeopathy and Homeostasis

Homeopathy has a re-balancing approach to health. It therefore automatically supports our immune systems. It respects and works with the concept of Homeostasis, and this is how it helps the body effectively self-heal! (You may remember the word Homeostasis from your biology classes in school!)

*THE BODY WAS ACTUALLY DESIGNED TO SELF HEAL!
TIME IS ALSO A PART OF HEALING...*

Today we perhaps do not understand this...we don't trust our bodies, and we don't give them time to heal! (Are you familiar with this thought: I'll take a paracetamol in case it doesn't go away...but I'll keep going!)

There were Convalescent homes until the 1980's where patients would go to directly from hospital following illness or surgery, where they could complete their recovery. Now there is no such thing, although we do have specific rehabilitation centers and here, locally to me, The Clavadel Centre, which is very popular!

The pharmaceutical companies have increased their number of over-the-counter relief medications which match the increasing pace of life and what we pack into a day, so we are tending to just keep going when really, symptoms of ill health are presenting themselves and wanting us to stop and rest in order to get better. With Homeopathy, the journey can sometimes take longer, but it is more thorough in achieving its end results.

As our body is striving to keep itself balanced (in homeostasis), where there is imbalance and a specific remedy is prescribed, an energetic 'nudge' occurs to the relevant body systems that need that extra support, to then do the work and bring the patient's health back into balance.

Other Homeopathic Terminology:

The Law of Similars: Homeopathic medicines are prescribed according to this natural law, also known as 'like cures like'. This law allows Homeopaths to correct symptoms of ill-health by prescribing remedies made of substances that produce similar symptoms when tested on a healthy person.

N.B.W.S: Never Been Well Since! This is a big part of Homeopathy! It is so often the case that patients come with a complaint that started since an accident or major life event with complications that perhaps were not properly resolved (including pregnancy and birth). Here we then help the patient with their timeline, where we can often get back to the root cause, and with a careful plan, wellness can be retrieved.

Remedies: little white 'magic' sugarpills that are given to patients.



Medicating Potency: the end homeopathic product of highly diluted natural substances made into a liquid tincture in various energetic strengths or 'Potencies' through a very specific process of high dilution and succussion (shaking). Drops will be added to the pillules or pure water to make a liquid remedy.

Vital Force: Homeopaths work very carefully with prescribing remedies according to the patient's vital force. This can be compared to the word 'Chi' used in Chinese medicine. If it is not taken into consideration, the patient is less likely to regain their health to their full potential. In fact, their health can be further jeopardised.

The concept of Suppression: Suppression means stopping an action. In health, this means palliating or pushing the symptoms elsewhere. When we lose sight of a symptom without it healing naturally and completely, we can expect health to further deteriorate and often further within, thus affecting the crucial organs. An example we so often see is babies who have had eczema 'suppressed' with steroid creams, often develop asthma as children.

Maintaining Causes: Health can be regained when homeostasis is achieved. This may mean changing certain things in our surroundings or daily lives if they are the permanent cause. Smoking is a good example of this whereby the continued physical damage and toxicity to the lungs will not cease whilst the nicotine is continued to be fed into the body. Homeopathy can only do so much in its temporary relief to the damage and aggravations caused. Sometimes, we are not aware of maintaining causes but during an appointment and with certain remedies, a clarity in understanding can evolve and positive steps can start to be made that will support a healthier outcome both mentally, emotionally and physically. In the smoking patient, they may manage to reduce and then stop their smoking, their lung health may improve, and they may understand the addiction tendency and work on the root cause of this so that they will not find addiction in something else.

Hering's Law of Direction of Cure: This refers to the way the body heals or cures itself. Dr C. Hering stated: *'All cure starts from within out, from the head down and in reverse order as the symptoms have appeared or been suppressed.'*

Homeopathic Appointments:

A Homeopath has to be a bit like a detective so during an appointment, we have to gather as much relevant information as possible in order to find the best match in remedy!

We learn to listen to what our body is naturally telling us by paying attention to what symptoms it may throw out.

A Homeopathic appointment is therefore very generous with time so that the patient and practitioner can really start to discuss 'what is going on' and automatically benefit from this space to understand and work on a plan to re-balance. This will involve a remedy prescription, but also likely uncover some other practical things that can be done to help improve whatever the situation is.

There is not much Homeopathy CAN'T deal with!

Seeing a homeopath means seeing the same person each time so continuity is at its best... another very important and beneficial factor when it comes to getting to the bottom of health problems and observing carefully and thoroughly the necessary improvements that are being aimed for during treatment.

Appointments are typically 4-6 weeks apart initially.



*HOMEOPATHIC REMEDIES are GENTLE, NON-TOXIC,
NON-ADDICTIVE and have NO SIDE EFFECTS!*

Our bodies are in a permanently changing state, especially when it comes to healing so it is most unlikely that a patient would need to stay on the same remedy for a long time.

If for any reason the remedy you take isn't the right one, your body will simply not 'take it on'. This is a real plus point!

Conventional medicine may often have known or unknown side effects which can bring the patient's health down at the same time as meds are trying to improve it!

Some people have very sensitive systems and they find homeopathy very helpful when they may otherwise have struggled with endless side effects of chemical medication.

A good example of this is women and the contraceptive pill, which is often not prescribed just for contraception, and the side-effects may have been both physical and mental/emotional.

HOMEOPATHY WORKS ALONGSIDE CONVENTIONAL

MEDICINE: This is often not understood. In fact, discussing Homeopathy with the medical profession can sometimes be a little tricky. However, as homeopaths, what we see is that using remedies alongside conventional treatment often adds to the improvement of health complaints, and because they are beavering away behind the scenes 'getting to the root cause', patients may then start to feel better and want to consider reducing their conventional medication... and still feel better! Ideally, we like to work with doctors in an open and clear treatment plan wherever possible. Patients are never encouraged to reduce or remove conventional medication without seeking advice from their homeopath and medical professionals.

Some Wonderful Remedies To Try with Children:

Arnica: From the plant Leopard's Blane.



This is a fantastic remedy for shock, trauma and bumps and bruises. It also supports our blood system.

Patients needing it may often say 'I'm fine' after a bad fall where they may even have a severe break. It supports concussion along with other remedies.

It is a wonderful healer after childbirth, operations and bone breaks and strains.

Aconite: From the plant Monk's Hood.



This is a wonderful Fear and Shock remedy. It works very well when taken at the thought or onset of a cold or bug... particularly throaty things and will often stop them in their tracks! Take one or two doses a few hours apart and see for yourself. Patients may also have thirst, but only want sips of fluid.

There is fear of the dark and of death sometimes with shaking, often as a result of nightmares. Worse 11-12pm. There can also be claustrophobia with the patient. There may be asthmatic symptoms with shock, fear or fright.

IN children there may be retention of urine. This remedy can go well with Arnica.

Belladonna: From the Deadly Nightshade plant.



A patient description that often goes with this remedy is 'Angel when well, Devil when ill!'

Belladonna is the No.1 remedy for fevers and inflammatory states. It can really help when a child is running a temperature, in a red hot, dry state possibly with throbbing, and where there may be an onset of a febrile convulsion or hallucination. They may become quite aggressive and have a startled look in their eyes. Back in history, Belladonna (meaning beautiful woman) was used as a beauty boost to dilate the pupils of ladies wanting to appear more attractive!

There is often a lack of thirst but desire for lemons or lemonade.

It is a great remedy for Tonsillitis and Migraines. Also, sunstroke and with a cold. Patients may have cold hands and feet and feel better for their head being raised.

There may be talking or teeth grinding in their sleep.

Chamomilla: From the German Chamomile plant.



Chamomilla is a very effective Teething remedy. One cheek may be red and one may not. There may be gut disturbances.

It is also a very calming remedy... you may be familiar with the soothing feeling a cup of chamomile tea can bring!

Children are likely to be very changeable and irritable in their mood: one minute wanting picking up, the next to be put down again!



(...*Chamomilla cont.*) They like to be rocked. They become hypersensitive, especially to pain and can be worse for touch and authority! They do not like being looked at and are worse around 9pm and until midnight, and affected by a cold wind.

Pulsatilla: From the plant *Pulsatilla Nigricans*.



The theme of this very useful remedy is 'Changeability' in the patient, both in temperament and symptoms. They can also be extremely clingy and sensitive children who cry easily and like a lot of attention, especially when ill.

It can be a very supportive remedy with separation and abandonment difficulties.

Pulsatilla is a wonderful aid where there is congestion from the nose, ears, eyes and chest - particularly with green discharge and perhaps smelly breath. Also, a cough that is loose in the morning but dry at night.

It is a very helpful hormonal balancing remedy and used a lot during puberty (and with fertility problems in adults).

There can be a lack of thirst and aggravations often occur around early evening or twilight. There may also be sensitivity in digestion, particularly to fatty foods.

Passiflora: From the Passion flower plant.



This is a calming remedy and helps with sleeplessness.

Over-excitement is the theme to this lovely, helpful remedy!

(...*Passiflora cont.*) I often advise parents to use it in the late afternoon/early evening if the children are overtired, overexcited, or generally unsettled and brewing for a difficult bedtime!

One dose is all that may be needed... and of course adults and parents can take one too!

Some Useful Combinations:



ABC: This is a combination of the three above remedies: Aconite,

Belladonna and Chamomilla: I highly recommend you try it as an alternative to Calpol when a child is just not quite themselves and likely going down with a bug. 1 pillule 2-3 times in a day, or more frequently, if necessary, but typically not more than 5 doses if no improvement.

ACONITE/SPONGIA/HEPAR SULPH: An outstanding Croup support. Take 1 pillule of each remedy separately in the order above, approx. 30 mins apart at the onset of Croup, and repeat if the symptoms persist for up to 24 hours. Do not avoid phoning for medical assistance if the child becomes overly distraught with breathing difficulties.

HYPER/CAL ointment, cream or Mother Tincture: This is a wonderful injury cleaner and healer! Also great for burns, bites and cold sores. While the hypericum works on preventing infection and pain, the Calendula gets busy healing and knitting together, preserving the skin and tissue. The mother tincture needs diluting: 5-10 drops in 15ml of cooled boiled water. It can be a good mouthwash too if not swallowed.

How To Take and Store Remedies:

Homeopathy is an energy medicine and therefore we take care not to disturb this energy as it goes into the patient's system particularly by touching it unnecessarily.

Tip 1 pillule into the lid of the small vile or bottle and then tip directly into patient's mouth. The patient then lets the pillule dissolve naturally under their tongue. Simple as that!

With remedies dispensed in sachets or small packets, simply retrieve one pillule with a clean teaspoon and tip directly into patient's mouth.

Remedies can also be crushed between two teaspoons or dissolved in a little room-temperature pre-boiled, filtered or mineral water and taken directly from the teaspoon or glass.

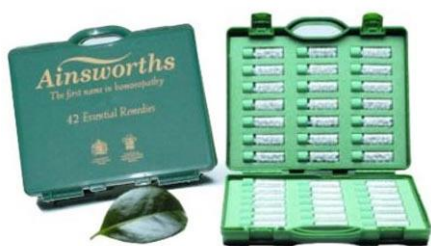
Sometimes remedies are administered in a dropper bottle. If you drop a remedy, discard and start again!

Store remedies in a container away from direct sunlight, extreme cold or heat and strong odours such as menthol, Eucalyptus, essential oils or spices. I like to encourage the use of a clean, dedicated tin for storage.

Take remedies 15-30 minutes before or after food or drink (other than water) and toothbrushing, in order not to disturb with the energy where possible.



REMEDY KITS:



I love it when I know a patient has access to a remedy kit; these kits can almost replace the First Aid box contents, except for the tweezers, thermometer, scissors, plasters and bandages!

They are available from Helios and Ainsworth Homeopathic Pharmacies.

I hope these notes have been helpful in giving you a gentle introduction to Homeopathy!

I often find newcomers to homeopathy may need a 1:1 chat to understand how I can help their particular situation/health complaint and I therefore offer a **Free 15-minute introductory consultation** which you can book on my website. If you are a resident in the UK, you can also phone me on 07810533528.

With best wishes,



Ali Lomax

LCHE, R.Hom.Int





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