

Homeopathic Medicine for Children

by Julek Meissner, N.D.



We worry a lot when our children get sick. Yet childhood disease is not uncommon, and needs to be dealt with effectively. As with adults, every child is different, requiring a medical approach, which takes this individuality into consideration.

Homeopathic medicine, by stimulating one's defense mechanism, can be effective in helping our children develop resistance to their inherited predispositions, with **no harmful side-effects**. Improved resistance means less sickness, along with better ability to recuperate fully and quickly, minimizing long-term complications.

Remember, homeopathic medicine can only help when prescribed accurately. This requires insight into what makes our child's defense mechanism differ from other children (please refer to my article, [The Patient, not the Condition](#), for a fuller exploration of the principles on which homeopathy is based).

The following three case histories illustrate how homeopathic medicine approaches insomnia, behavioral problems, night terrors, and allergies. They exemplify how promising homeopathic medicine can be for promoting our children's health.

CASE #1

A child with insomnia

James is a 20-month-old boy. His single mom, who is concerned about his poor sleep, brings him. His problem is that he wakes every 2-3 hours. Once awake, he is fully awake, active, energetic, and ready to play. Mother is at her wit's end about what to do. It can take up to an hour for him to fall back to sleep. This is hard for the mother, given that it's the middle of the night, and she has to go to work the next day. "I've tried 1001 ways to get him to fall back to sleep."

He has a history of frequent colds, and recurring ear infections, and has been on antibiotics several times. When he catches a cold, it can last a month or more. Nasal congestion has improved since milk products were eliminated from his diet, but he still tends to ear infections.

He is a healthy size, strong for his age, but not aggressive. Although quite agile physically, he is late in learning how to talk. Children four months younger than him have been able to say his name, yet he has not yet spoken. He makes plenty of sounds, but no words.

Although independent and seemingly fearless, he does exhibit a fear of cats. When he first met a cat, he screamed, ran to his mother, and wouldn't leave her side until the cat had left. Even now, after having been around cats for a while, he is still cautious.

Another peculiar behavior I note is that during the interview he strikes his head against



the wall from time to time. This does not seem to be accompanied by any particular emotion. No anger is evident, no boredom, nor pain. He just suddenly begins to bang his head. When asked about this behavior, the mother says it occurs from time to time, but not very often.

His appetite is good. His favorite food are fruits, especially oranges, which he could eat non-stop.

The parents never married. At the time the parents came together, the father was already in a marriage, but had convinced the mother that his marriage was at an end. Then, on finding out that the mother had become pregnant, he refused to have anything further to do with her, sighting his aversion to being tied down.

ANALYSIS

The medicine needed by James must be known to produce the following symptoms;

- striking one's head against things
- slowness in learning to talk
- fear of cats
- craving of oranges
- desire to play at night

Interestingly, medorrhinum, which is known to produce the above side effects in healthy volunteers, is also associated with aversion to responsibility. People who need this medicine are often ones who avoid responsibility, finding it a cramp on their lifestyle. For example, these are people who find the idea of marriage unendurable. For them, marriage, a commitment to one person, represents the end of freedom. This aversion to responsibility is exactly what James' father felt when he found out his new partner was pregnant. Medorrhinum is most likely the remedy James' father needs as well!

The first night after his homeopathic medicine was taken, James had a bowel movement in the middle of the night, something he did not normally do. For the subsequent three nights, however, he slept right through the night! After that, he woke some nights, but less often, and fell asleep again much quicker. Most nights, he now sleeps till 7 AM.

Equally delightful to his mother, James started using words within days of the homeopathic medicine, five of them within two days of the prescription! His language has picked up dramatically since. Also, he is far more interested in books, associating names with pictures.

James has had a few colds since the Rx, yet is able to throw them off without a problem. He develops a fever when a cold occurs, but the fever lasts 24 hours at most. He has not



required any further antibiotics!

In conclusion to this case, I find it remarkable that homeopathic medicine can address issues which are subtle in manifestation, issues such as aversion to responsibility which, in our society, are viewed not so much as disease, but as 'character weaknesses'. What we fail to realize is that these are often the clues to a person's method of coping, clues that can be used to help a person get healthier. Ignored, they too can get passed down from generation to generation!

CASE #2

Allergies and temper tantrums

Joanne is a 3-year-old girl who suffers from allergies to mould and grasses. Last Spring and again in the Fall, Joanne suffered with a runny nose and sneezing, rubbing her nose constantly, sticking her finger inside her nose over and over, and scratching at her eyes. More disturbing still were her changes in behavior.

Normally, she is a quiet, happy, playful child. When her allergies are at their worst, however, Joanne turns belligerent. She hits her mother and brother, she kicks, and she becomes uncooperative and angry whenever asked to do something. She may also throw things, if her play is interrupted, or if she feels her wishes are not met. She is unresponsive to discipline, defying all warnings and threats from her parents. The more she is reprimanded, the angrier she gets, screaming, hitting, and throwing things.

Joanne's sleep becomes disturbed during allergy season, in that she suffers from night terrors. Often, she will wake screaming, a blood-curdling scream in the middle of the night. When her parents come, she clings to them terrified. When asked what scared her, she describes a Sesame Street character trying to eat her.

ANALYSIS

Remember, from the homeopathic perspective, what we need is something that will act as a stimulus to Joanne's unique defense mechanism. Assuming her symptoms are a reflection of her defense mechanism in action, she needs a substance that will act like a vaccine to raise resistance to her predispositions. According to the homeopathic law of similars, whatever substance she needs must be able to produce the following symptoms in healthy people;

- itching in the nose, causing the person to scratch and bore and pick at the nose
- irritability and anger, causing the person to strike and throw things in anger
- night terrors, causing the person to wake up screaming, and to grasp hold of those around them



Cina, commonly known as wormwood, is in herbal medicine indicated for children suffering from intestinal irritation, including worms. Because it can produce nasal itch, night terrors, and temper tantrums, it was the medicine Joanne needed.

Joanne recovered beautifully after Cina was prescribed. Her behavior improved dramatically, as did her sleep. Her nasal and eye itching became worse for one week, and then cleared up. She has not suffered from allergies since, and her parents are most grateful to have their sweet and healthy daughter back.

FURTHER READING

If you join the National Center For Homeopathy, you will receive a very informative monthly newsletter. While this is a U.S. based organization, it may help you in locating a classical homeopath in Canada

-National Center for Homeopathy, 801 North Fairfax, Suite 306, Alexandria, VA, USA, 22314. Tel#: (703) 548 7790

-Organon of the Medical Art by Samuel Hahnemann. ISBN 1-889613-01-0.

This, the 'Bible' of homeopathic philosophy, while written over 150 years ago, is still the work all homeopathic practitioners refer to when trying to understand the science and art of homeopathic healing.

-Kent's Lectures on Homeopathic Philosophy by James Tyler Kent.

An excellent commentary on Hahnemann's Organon. While this book has no ISBN #, it can be purchased (in the form of a cheap edition from India) by contacting any good homeopathic specialty outlet.

-The Science of Homeopathy, by George Vithoukas

This is a modern textbook on the principles and practice of homeopathic medicine. Vithoukas was instrumental in restoring public awareness back to homeopathy. This book is full of insight, based on years of experience.

-The Spirit of Homeopathy by Rajan Sankaran

This is an outstanding, though pricey, book by a world-renowned contemporary homeopathic physician. Sankaran has packed this book with gems of insight and clinical experience. The book is divided into four parts: a) understanding homeopathic philosophy; b) the value of understanding the mind in disease; c) the value of a well



taken case, and how to find the right homeopathic medicine; d) a description of several homeopathic medicines.

-[The Homeopathic Treatment of Eczema](#) by Robin Logan. ISBN 0-906584-47-7.

An excellent description of the most holistic approach to eczema.

-[Ritalin-Free Kids](#) by Judyth Reichenberg-Ullman and Robert Ullman. ISBN 0-7615-0719-1.

This book describes the authors' experience in treating ADD with homeopathic medicine, the safe, effective, and lasting alternative.

These books are likely not to be found in most bookstores. The best place to order homeopathic books is [Minimum Price Books](#), a U.S.-based company.

INSURANCE COVERAGE

Although neither homeopathic nor naturopathic medicine are covered by OHIP, naturopathic medicine is covered by most extended health care packages/ private group insurance plans. Being a licensed naturopathic physician, coverage may be available for Dr. Meissner's services. Make inquiries with your employer/ insurance plan.

ABOUT THE AUTHOR

Julek Meissner, N.D., is a licensed naturopathic doctor, specializing in classical homeopathy. A graduate of the National College of Naturopathic Medicine in Portland, Oregon, he has been studying homeopathic medicine for over 20 years. Dr. Meissner has published his writings in several homeopathic medical journals, and is frequently invited to speak at homeopathic medical conferences. He is a past supervisor of the Canadian College of Naturopathic Medicine, and is a guest lecturer at the Homeopathic College of Canada. Dr. Meissner can be reached in Ottawa, as well as in Almonte, Ontario.

