

Health Reflections



EARACHES AND INFECTIONS

Earaches and middle ear infections are common, especially amongst children. What's not so common in this part of the world right now, is the incorporation of homeopathic medicine in healthcare for these little ones' benefit.

But hear me well and this could change.

At the start of my career, glue ear (also known as otitis media with effusion - or 'gunk'!) seemed to be treated with antibiotics as a common conventional standard. Even then, studies¹ had already shown that not all cases of otitis stem from bacterial pathogenesis, and several concerns were already mounting about overuse of such fighter drugs.

Of course, antibiotics have their time and place, but perhaps parental pressure for such a prescription would lessen if we all a) had access to an effective alternative and b) understood the implications of casual antibiotic use.

Here's homeopath Joette Calabrese on the latter:

“Disrupting gut flora with antibiotics can have particularly severe and long-term consequences during those early years when a child’s internal biome is still in a fragile state.

Disrupting the gut microbiome leads to gut problems, and because gut health is directly linked to immune health, immunity also suffers!

Diminished immunity leads to recurring infections, autoimmune conditions and poor health in general.

Poor health and lowered immunity usually mean more antibiotics, and, before you know it, you or your child is caught up in a vicious downward spiral.”

So, instead of diving in with antibiotics, there is now a drive for watchful waiting and the NHS even advises that “you do not always need to see a GP for an ear infection as they often get better on their own within 3 days.”

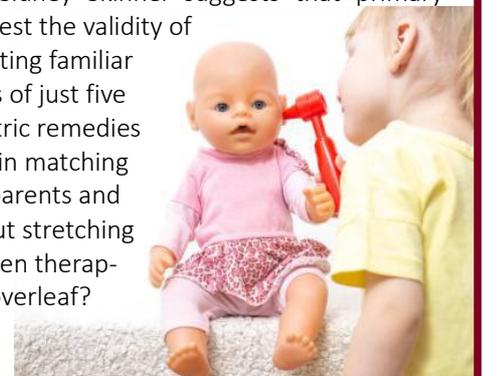
(www.nhs.uk/conditions/ear-infections)

Homeopathy also celebrates the body's innate capacity to self-heal, but the body does sometimes need help. Nobody needs to hang about for 3 days to endure a child's suffering, as we know that a non-toxic, swift-acting and patient-centred alternative is readily available. Maybe the NHS could consider reintegrating it.

Know Your Child One of the hallmarks of homeopathy is to treat the individual. There's no one-remedy-for-one-disease-label and so observation of the child is key. Do make use of all your senses, and do involve the common sense of seeking medical advice if the child presents with severe or additional symptoms or if the situation feels beyond your comfort or remit.

Know Your Remedies In an exploration of glue ear, nurse-homeopath Sidney Skinner suggests that primary care clinicians can test the validity of homeopathy by getting familiar with the indications of just five therapeutic paediatric remedies and applying them in matching cases of otitis. As parents and careivers, how about stretching from five to the seven therapeutic descriptions overleaf?

Aude sapere.



THINK BEFORE YOU SPEAK ♥ READ BEFORE YOU THINK*

Healing Childhood Ear Infections: Dr Michael A. Schmidt (North Atlantic Books, 1996);

¹*An Introduction to Homeopathic Medicine in Primary Care - Treating Ear Infections :* Sidney Skinner (Aspen Publishers, 2000);

Downward Spiral: Antibiotics and Recurring Infections: Joette Calabrese (www.joettecalabrese.com, 2017);

Evidence Based Homeopathic Family Medicine 2021: Dana Ullman (Homeopathic Educational Services at www.homeopathic.com, 2021);

Gut and Physiology Syndrome: Dr Natasha Campbell-McBride (Medinform, 2020).

*Fran Lebowitz - Social Studies

Children in the House?

Then listen up!

For young families, a homeopathy first aid kit can be a most empowering tool.

Even if your acute prescribing skills aren't yet up to your desired speed, a home kit is an asset. Supposing that your child develops a sudden earache in between appointments, you could call your homeopath or the Homeopathic Helpline for advice, and within minutes, a well-selected remedy could be administered – no waiting around for an appointment or for the delivery of a remedy.

Remember that **Aconite 30c** is our go-to in any complaint that comes on *suddenly*, perhaps in response to a cold wind or shocking news. The following remedies are also commonly included in kits, and it's common for one of these to match the symptoms associated with children's acute earaches.

Apis mel 30c – This medicine is indicated when a body part such as the ear is red, sore and inflamed. The child will be restless and if verbal, may describe a stinging sensation.

Belladonna 30c – Similar to Aconite, Belladonna type symptoms can come on *suddenly*. An otoscope could reveal a red and bulging tympanic membrane, but externally look out for glassy eyes, red face and signs of dentition. This child will *not* appreciate being carried and jiggled about.

Chamomilla 30c – This child is likely to screech and irritate in response to earache. Parental attempts to please and soothe the child are likely to be ineffective, although being carried usually ameliorates. Dentition may be a concurrent factor.

Ferrum phos 30c – The energy here is not so in-your-face as the previous three. Symptoms accompanying earache could include a red face, increased thirst and raised temperature. A GP's otoscope may show only partial redness and lack of pus.

Hepar sulph 30c – Hepar pains tend to be severe with yellow thick cheesy gunk (or 'effusion' as it's called). This child will feel chilly, with cold drafts aggravating the earache. A verbal child may describe a shooting pain between the throat and the ear, and a sore throat may also be present.

Pulsatilla 30c - No matter what the disease label, be it otitis media, otitis externa (or anything else involving an *-itis*) the child needing Pulsatilla is likely to be tearful and clingy with thick discharges of yellow or green colour. This child will desire fresh air but probably won't ask for a drink.

For dosage and frequency consult the basic guide inside your kit.

HOMEOPATHS

by Mo Morrish

“According to the Institute for **Political, Economic and Social Studies Report of 2019 (EURISPES)** the global number of homeopathic prescribers is over 500,000 of which 50,000 are based in Europe.

Most of us were brought up in a materialistic culture and many of us were science or medicine trained. Most of us had never heard of homeopathy and if we had, would probably have been sceptical of it. Like most people, we simply believed that if you were sick then you went to the doctor. Why then, did we change our minds?

The majority of us trained to be homeopaths as a result of some positive experience; of seeing it help a family member who was not responding to conventional medicine, or experiencing it ourselves...

...Once you have seen a child screaming with earache, then take a little white pill and settle down to a peaceful sleep within a minute or so, there is no turning back; you have to know more about homeopathy.”

Mo Morrish
Homeopathy - Hippocratic Medicine.
The School of Homeopathy, 2020.

Some UK Practitioner Training Courses:

North West College of Homeopathy: Manchester.

The School of Homeopathy: Stroud.

Faculty of Homeopathy: Bristol, London, Dundee, Newcastle and Northern Ireland (for doctors, dentists, nurses, midwives, pharmacists and vets).

Welsh School of Homeopathy: Carmarthen.

For further UK training options please visit
www.whichhomeopathycourse.org.

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AUDE SAPERE – MENTRA WYBOD – DARE TO GET IT

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