

Health Reflections



Hello Chicken

How will you cross this road?

With children re-grouped and cooped up in school, rumours are spreading about our old friend, the Chicken Pox. In case it visits you, here's a reminder of how to help young ones make good use of this experience, starting with plenty of time for quality rest and your tender loving care.

If your child is of a robust constitution, is generally happy and enjoys the advantages of good old-fashioned nutrition, further intervention might not be needed during this time. From a homeopathic perspective on acute illness, we can back off when progression is good, respecting the innate capability of children (and adults too) to self-heal.

If, however, the child suffers with intolerable itching, restlessness or broken sleep, we might want to boost the good efforts of the life force with a homeopathic remedy. The aim will be to alleviate discomfort and to hasten natural mending in kinship with (not in battle against) your child's best attempts.



A good home prescribing kit is more than likely to include the remedies Aconite, Rhus tox, Belladonna and Pulsatilla, all described overleaf. Depending on country and legislations, there are many other remedies that a professional homeopath may be able to prescribe,

including the child's own constitutional remedy, if known. Only one remedy needs to be chosen at a time, in accordance with the principles of like-cures-like and of minimum dose.

Unlike some other choices, homeopathic medicines do not tell the body to shut up its symptoms, including the all-important capacity to sweat. In cases of dangerously high temperatures, a time and place for allopathic intervention could arise, but for when a child presents with a mild fever, being familiar with Miranda Castro's guidelines in *Fevers in Children* could be empowering.

In honouring our life-enhancing homeopathic principles, we might also gain respect for how life-forms conglomerate and evolve during epidemic disease. At the very least, be prepared to fulfil an increased demand for food and to shop for bigger clothes for your post-chicken-pox child!

Speaking of growing, here's Mo Morrish on maturity -

"I would like us to respect all useful systems of medicine and have them available to us. I would like all health service users to be able to consult with as wide a range of medical practitioners as possible so that we can all make well-informed decisions about our health. This is called an integrated approach to medicine. It involves us all growing up, thinking for ourselves, taking responsibility for our health and respecting different ways of practising the high art of medicine."

What an open-minded and inclusive attitude towards healthcare. It speaks of confidence, of competency, of grown adults not being *chicken*. In your community of parents and carers, how many individuals do you reckon it would take for a similarly healthy attitude to *go viral*?

Please cross this road with due care and attention, hold hands, and go well.

THINK BEFORE YOU SPEAK ♥ READ BEFORE YOU THINK*

Homeopathic Medicine for Children and Infants, Dana Ullman (Tarcher/Putnam, 1992);

The Practical Handbook of Homoeopathy, Colin Griffith (Watkins Publishing, 2006);

Get Well Soon, A Guide to Homeopathic First Aid, ed. Castle & Hope, rev. Norland & Norland (Yondercott Press, 2010);

Homoeopathy, A Rational Choice in Medicine, Mo Morrish (Yondercott Press, 2009);

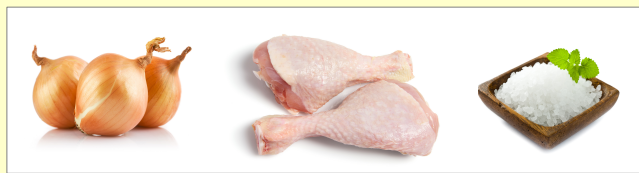
Bringing Chickenpox to the Boil, Hilary & Peter Butler (www.vaccinechoicecanada.com - 2008);

Fevers in Children, Miranda Castro (<https://www.mirandacastro.com/homeopathic-remedy-for-fever-in-child/> - 2018.)

*Fran Lebowitz - Social Studies

HOW TO MAKE CHICKEN STOCK

Traditional nourishment for convalescence



1. Take your largest saucepan. (*If possible, avoid aluminium and non-stick cooking utensils.*)
2. Place meaty bones in the saucepan. This might be in the form of a dozen chicken thighs, a whole chicken, raw chicken carcasses or wings or feet or necks.

Valuable healing properties can be found in an animal's joints, as the collagen found here imparts building blocks for cell repair.
3. Add 3-6 quartered onions and any vegetables and herbs you have on hand, e.g. garlic, carrots, oregano, whole peppercorns, fresh ginger.
4. Add a pinch of good quality sea salt or rock salt.
5. Pour in enough water to cover and bring to the boil for 5-10 minutes, then turn down the heat and let it simmer gently for 2-3 hours.
6. Let the stock cool down sufficiently to taste and add more salt if needed.
7. Pour the liquid through a sieve into a large jug. Reserve one mugful to drink straight away, and transfer the rest into smaller jars for refrigeration or freezing.
8. Re-heat* a mugful or flaskful at a time and drink throughout the day. You will also find your homemade stock useful as a base for soups and stews. Some children do not feel hungry during acute illness, but a good stock will help keep them hydrated as well as provide nutrition and promote healing.

** Re-heat on the hob, avoiding the temptation of using a microwave if possible. Be absolutely certain that the stock then cools down sufficiently so as not to burn your little patient's mouth.*

For similar recipes, read *Nourishing Broths* by Sally Fallon (2014).

ACUTE HOMEOPATHIC REMEDIES TO CONSIDER DURING CHICKEN POX

Select a single remedy and give it on the tongue. If the child responds well, do not repeat but remain watchful. If symptoms then reappear, give another dose. If there is no amelioration after 3 doses of the same medicine, or if the picture changes, choose the next best matching remedy.

Aconite 30c Aconite is often useful in the early stage of a Chicken Pox outbreak, if and when you spot unusual restlessness, increased thirst and anxiety.

Rhus tox 30c Can come in handy when skin is hot and dry with an irresistible need to scratch. The itching might be worse at night. The child can be restless both physically and mentally, and might have a red triangular patch on the tip of the tongue. He or she will want to be tucked up in bed; uncovering aggravates!

Belladonna 30c If radiant heat and glazed eyes accompany the skin eruption, give Belladonna. The tongue might bear some resemblance to a strawberry (bright red with white dots) and despite the fever, the child might be thirstless. Symptoms might peak at 3pm or 3am.

Pulsatilla 30c Pulsatilla is characterised by a tearful and clingy mood. The itch might not be so intense as that of Rhus tox but the child will be downright miserable, whiny and worse for warmth and for lying down. A small child might demand to be carried and will feel much better in fresh air.

If none of the above medicines match, consider contacting the Homeopathic Helpline (09065 343 404) or your own family homeopath or another healthcare provider.

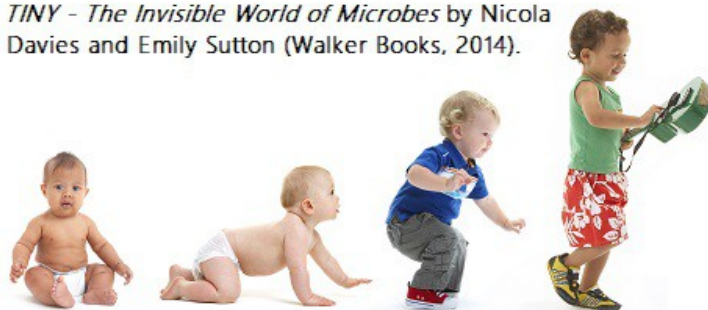
Snuggle up with your children and these great books...

Cottonwool Colin by Jeanne Willis & Tony Ross (Andersen Press, 2008);

You Can't Eat Your Chicken Pox, Amber Brown by Paula Danziger (Puffin Books, 2006);

Lulu Meets the King of Poo by Janice Condon (Austin Macauley, 2017);

TINY - The Invisible World of Microbes by Nicola Davies and Emily Sutton (Walker Books, 2014).



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AUDE SAPERE – MENTRA WYBOD – DARE TO GET IT

Elin Alaw – Professional Homeopath and G.A.P.S.™ Practitioner
elinalawhomeopath@yahoo.co.uk / 07989 491 417 / www.elinalaw.com