



4Homeopathy Canada

Free Live Webinar

4HOMEOPATHYCANADA.ORG

Please Note: This presentation is intended to educate the viewer about the home use of homeopathy and is not intended to be used in place of consultation with a medical practitioner. If you are experiencing serious and or ongoing conditions, please consult your healthcare professional.

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A Little Goes A Long Way

Getting started with homeopathy for babies and children

Presented by Miranda Castro, FSHom, CCH, RSHom(NA)

Miranda Castro is a British homeopath who has been living in the US since 1994. She is author the best-selling *The Complete Homeopathy Handbook*, the much-loved *Homeopathy for Mother and Baby (Homeopathy for Pregnancy, Birth and Your Baby's First Years in the US)*, and *A Homeopathic Guide to Stress*. Learn more about Miranda at www.mirandacastro.com





HOMEOPATHY WORKS FOR ME

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ABOUT ME


- ▶ I am a British homeopath who has been practicing homeopathy since 1982 and living in the US since 1994.
- ▶ My Affiliations
 - ▶ FSHom: Registered with, and a Fellow of, [The Society of Homeopaths \(UK\)](#).
 - ▶ RSHom(NA): Registered with, and past President of, [The North American Society of Homeopaths](#).
 - ▶ CCH: Board Certified with [The Council for Homeopathic Certification](#).



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MY BOOKS

- ▶ *The Complete Homeopathy Handbook* (best seller)
 - ▶ Great introduction to classical homeopathy for the home user.
- ▶ *Homeopathy for Pregnancy, Birth and Your Baby's First Years* (best loved)
 - ▶ Packed full of practical information and suggestions that work.
- ▶ *A Homeopathic Guide to Stress* (newest)
 - ▶ The homeopathic view of 'stress' including a myriad mental, emotional and physical stressor and their healing solutions.



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A LITTLE MORE ABOUT ME

- ▶ I am a self confessed homeo-holic!
- ▶ I have used homeopathic medicines my whole life
 - As a child: our family doctor was a osteopath and naturopath who used the healing power of nutrition, herbs and homeopathy.
 - As a mother: I used homeopathy for all of my own child's complaints including acute, chronic and first aid.
 - As a practitioner: I have worked with thousands of children of all ages and for all problems.



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HOMEOPATHY: WHAT IS IT?

Homeopathy is an elegant system of energy medicine that harnesses the innate healing power that resides within each and every one of us.

Homeopathic medicines act as catalysts for healing.

Homeopathy is one of the fastest growing and most poorly-understood of the complementary and alternative healing modalities.

Homeopathic medicines are safe, FDA approved and available over the counter in most whole food stores.

Homeopathic medicines are affordable and sustainable.



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A COMPLETE HEALING SYSTEM

Treats first aid (accidents/injuries), acute complaints (short term/self-limiting) and chronic diseases (long term or recurring).

Treats every level: mental, emotional and physical.

Treats all living beings: including humans of any age (from birth to death) and any ability (including those with disabilities).

Has a coherent set of principles governing every aspect of practice.

PRINCIPLES

Treating 'like with like' aka the similimum.

The minimum dose.

The single remedy.

The whole person.

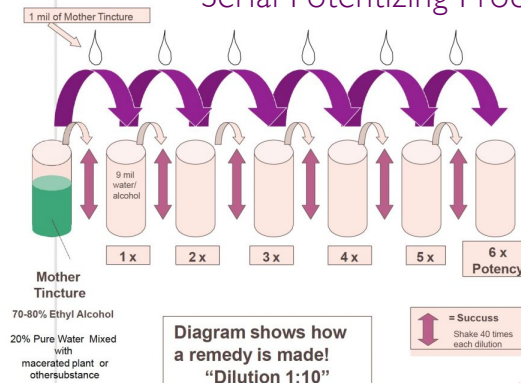
Susceptibility.

The vital force.



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Serial Potentizing Process



X = 1:10 ratio

C = 1:100 ratio

Successions: 10-40 depending on the pharmacy.

▶ Succussion AKA dynamization or potentization involves energizing a substance through vigorous shaking.

▶ Boiron show their process in this video:

https://youtu.be/dWzX_rT9a-o

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The Number of Dilutions

Decimal scale: X (1:10)

- ▶ 1X = Once
- ▶ 6X = 6 times
- ▶ 12X = 12 times
- ▶ 24X = 24 times *
- ▶ 30X = 30 times
- ▶ 200X = 200 hundred times

* Avogadro's number (0 molecules of original substance)

Centesimal scale: C (1:100)

- ▶ 1C = Once
- ▶ 6C = 6 times
- ▶ 12C = 12 times *
- ▶ 30C = 30 times
- ▶ 200C = 200 hundred times
- ▶ 1M = 1,000 times
- ▶ 10M = 10,000 times



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REMEDY NOTES

Homeopathic remedies are tested on humans to determine their 'symptom complex'. They are then 'verified' on sick humans presenting with a similar symptom profile.

Remedies are made from a wide range of sources, including plants, minerals, metals and some animal products (milks/venoms etc.)

Over 5000 substances have been tested and are available as homeopathic medicines.

Homeopathic practitioners use 300—500 remedies on a regular basis.



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NON TOXIC

Homeopathic medicines are **non-toxic**—there are no side effects when used properly.

Homeopathic medicines are **affordable**

- ▶ Single remedies cost around \$8 a bottle.
- ▶ Home prescribing kits cost around \$2-3 a bottle.

Homeopathic medicines are **eco-friendly**

- ▶ One vial of a remedy can medicate hundreds of thousands of pills.
- ▶ The planet's precious resources are preserved.
- ▶ There's no waste: the active ingredients last indefinitely.

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NO EXPLANATIONS NEEDED....

If a remedy does not work it is assumed that homeopathy does not work.

If a remedy does work it is attributed to a placebo effect—some double bind!

Up until recent times homeopaths have justified their practice by their results, without feeling a need to explain how their modality works.

Homeopathic patients mostly haven't cared much either, they have been happy to take any healing they could get, often as a last resort i.e. when conventional medicine has failed them.



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HOMEOPATHY FOR KIDLETS

I am going to talk about 17 remedies—a small selection of remedies for many common complaints in children. To get you started!

- ▶ ABC: Fevers and earaches
- ▶ ACH: Injuries
- ▶ BAG: Flu
- ▶ CS: Colds/coughs
- ▶ PP: Colds/coughs
- ▶ IS: Emotional stress
- ▶ Cell salts: Kali mur & Mag phos



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FRIENDS YOU HAVEN'T MET YET

It can be challenging to sift through the data for a remedy. There's a lot.

The remedy descriptions merge into each other. This is an illusion! Yes there's overlap but the differences are key. Each remedy stands alone. Start by noticing any similarities ... and the differences.

Think of homeopathic remedies as friends you haven't met yet.

When you meet one it will become more memorable to you, more so when you see it help your child or loved one.

Once a remedy has helped pretty much it becomes unforgettable.

Until then these lists and charts will help you to tell them apart!

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ABC FOR FEVERS & EARACHES ++

ACONITUM/ACONITE (Acon.)

SUDDEN onset, around midnight.
After a **SHOCK** or getting **CHILLED**.

Burning, unquenchable **THIRST** (for cold drinks).

Feels worse in the evening, at night, in a stuffy room.

Feels better for fresh air.

RESTLESS (tosses & turns in bed).

FRIGHTENED of DEATH/DYING and worried/anxious.

Colds, Earaches, Coughs, Croup etc: 1st 24 hours.

BELLADONNA (Bell.)

SUDDEN onset of **VIOLENT** symptoms.

After **body or head gets WET** (in the rain, at the beach, after a haircut). Sunstroke.

HIGH FEVER. Radiates heat. Dry burning heat.

THIRSTLESS.

Red face. **DILATED** pupils. **SPARKLING** eyes.

Pains are **SEVERE** start & stop **SUDDENLY**.

DELIRIOUS and **RESTLESS**.

CHAMOMILLA (Cham.)

UNBEARABLE PAINS—with screaming.

RESTLESS.

Generally worse at night.

ANGRY/IRRITABLE (think tantrums).

CAPRICIOUS, asks for things then rejects/throws them.

Wants to be **CARRIED**.

One **red** cheek or red patch/es.

Teething, earache, colic, diarrhea etc.

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ACH FOR INJURIES

ARNICA (Arn.)

INJURY—any. To **soft tissues**, to head. Bumps & bruises.

SWELLING after injury: sprains, fractures, bruises anywhere.

Pains are **SORE & BRUISED**.

Feels worse for **TOUCH**.

Bed feels 'hard'.

Denies anything is wrong, says **I'M OK** after a shock.

Any illness with sore bruised pains worse for touch (flu).

CALENDULA (Calen.)

INJURY—to the **skin**.

Clean cuts, grazes or wounds. Incl. surgeries.

Burns/scalds.

Pain may be **out of proportion** to the injury.

HYPERICUM (Hyp.)

Injury—to **nerve-rich** parts: fingers/toes, lips/mouth/teeth, spine (coccyx) etc.

Crushing injuries esp. fingers/toes.

Puncture wounds (bites or stings)

Severe, tearing or **shooting pains** (up or down nerve pathways.)

Pains are worse cold.

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DON'T BE CONFUSED

Some remedies are in topical form (a cream or ointment or gel) and some come in pellets (or tablets).

Typically the topicals contain the plant in the form of a herbal tincture.

The homeopathic remedies in tubes or bottles have a number after the name that describes the potency (or strength) of that remedy.



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GAB FOR FLUS

GELSEMIUM (Gels.)

#1 for FLU

Symptoms develop **slowly**.

Muscles ache all over.

Heat alternating with chills.

Chills (up and down spine)
Everything feels **heavy** esp.
head and eyes/eyelids.

Thirstless (not thirsty).

No sweat.

Feels better for sweating.

Drowsy, droopy, heavy.

ARSENICUM (Ars.)

GASTRIC FLU

With **diarrhea & vomiting**
(at the same time).

Extreme **prostration**.

Feels extremely **chilly**.

Thirsty but only for **sips**.

Burning pains.

Worse for cold. Around 1am.

Better for warmth (except
for the headache which
is better for fresh air).

Anxious & irritable. Tiedies up

BRYONIA (Bry.)

FLU with COUGH

Symptoms develop **slowly**.

Aches all over.

Painful, dry cough.

Headache from coughing.

Thirsty: for large quantities
infrequently.

Worse slightest movement.

Better for firm pressure.

Irritable, wants to be alone.

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CS FOR COLDS & COUGHS

CALCAREA CARBONICA (Calc.)

Sluggish

Slow (walk/talk/teethe/think), flabby

Clammy sweat especially head/neck
(esp. in sleep) and feet

Sour sweat, breath, stools

Swollen glands

CHILLY

Easy going kids—also obstinate. Can be
anxious or lethargic.

Craves eggs

Colds, coughs, diarrhea, sore throats—
you name it.

SILICA/SILICEA (Sil.)

Lacks stamina

After **chilled** or after getting wet or
change of weather from warm to cold

CHILLY: Generally worse for COLD;
drafts; uncovering

Profuse, sour sweat

Swollen glands

Wimpy/shy (lacks 'grit' superficially)

Hair on tongue

Generally **better** for HEAT

Colds, coughs, diarrhea, sore throats—
you name it.

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PP FOR COLDS & COUGHS

PHOSPHORUS (Phos.)

Complaints from getting **chilled**,
change of weather.

Thirsty—esp. for cold/iced drinks/milk.

Sympathetic in general. Wants
sympathy/comforting, also massage.

Full of fears: being alone, the dark,
death, storms.

Fast metabolism: has to eat often

Jumpy—easily startled.

Easy bleeding: nosebleeds from blowing
nose, hemorrhaging after dentist.

Coughs, colds, croup, diarrhea—you
name it.

PULSATILLA (Puls.)

Complaints from **getting wet**, getting
chilled, change of weather, weaning.

Thirstless.

Changeable symptoms.

Generally worse for warm anything
(even though may be chilly); in the
evening; for fatty foods

Generally **better for fresh air**

Better after a good cry; for attention
(sympathy/comforting)

Emotional—**clingy**—**weepy**—jealous

Coughs, colds, earaches, teething—you
name it.

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IS: EMOTIONAL STRESS

Ignatia amara (Ign.)**OH SO SAD**

After a **loss** (any ... a loved one, a pet, dream, a job, a possession etc.)

Cannot cry (cries/sobs alone).

Doesn't want to be comforted.

Sighs.

Lump sensation in throat or heavy chest.

Contradictory symptoms: emptiness in stomach no better after eating, cough better for not coughing i.e. worse coughing.

Insomnia, sore throat, headaches etc.

Kali phosphoricum (Kali phos. or Kali-p.)**Simple (nervous) EXHAUSTION**

After a period of **stress** esp. mental strain, exams, overwork.

After an acute illness especially **the flu**.

Bit low (situational not chronic depression).

Sweats easily with gentle exertion.

Worse cold and better for heat.

Nervous headaches.

Insomnia.

2 BRILLIANT CELL SALTS

Kali muriaticum (Kali mur or Kali-m.)

Nourishing to mucous membranes: nose, sinuses, lungs etc.

Discharges and tongue are typically **white**.

Stuffy head colds.

Deafness after a cold.

Snap crackle and popping in ears after a cold.

Glands may be swollen.

Tongue is **coated white**.

Uncomplicated coughs, colds, earaches.

Magnesia phosphorica (Mag phos or Mag-p.)**Homeopathic Aspirin**

Cramping pains. Or any kind of neuralgic, shooting, spasmodic pains anywhere.

Much **better for heat**.

Much **better for firm pressure**.

Worse for cold especially getting cold and wet.

Earache, menstrual cramps, colic, headache, toothache—you name it.

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REMEDY SELECTION. A 3-LEGGED STOOL IS NICE & STURDY!

Selecting a remedy based on a single symptom—fever or earache—is like expecting a stool to stand up with just one leg! You need a minimum of 2 for an injury, 3 for everything else. Legs can include any of the following:

The main complaint/s.

The cause and/or 'onset' (sudden or slow)

The symptom/s including what affects them (makes them better/worse).

General symptoms especially if different from normal (thirst, response to temperature, fresh air etc.)

Emotional state: esp. if exaggerated or different from usual.



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DOSAGE GUIDELINES

If you are new to homeopathy the low potencies are great to learn on:

- ▶ 6X, 6C, 12X, 12C and 30X potencies
- ▶ Be a little more cautious with 30C or higher ... the higher potencies tend to work faster.

Repeat the remedy according to the severity of the symptoms:

- ▶ Severe: every ½—1 hour (high fever or bad pain).
- ▶ Moderate: every 2—4 hours.
- ▶ Mild: every 4-8 hours.

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REMEMBER! THEY ARE CATALYSTS FOR HEALING

Back off or stop on improvement

- ▶ Take less often if there are any signs of improvement.
- ▶ Stop altogether on significant improvement.
- ▶ Repeat as needed i.e. if a remedy helps and the same symptoms return—start and stop as needed until better.

Homeopathic remedies stimulate the body to heal itself so make a relationship with a remedy that is working and let the symptoms guide you as to whether to repeat it—or not!

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REASSESS OR GET HELP

- ▶ Change the remedy if 6-10 doses have been taken with no result. It is probably the wrong one—select another one or get help.
- ▶ www.homeopathyhelpnow.com are providing all kinds of acute services in the US.
- ▶ Remember there are many remedies for each complaint—ask yourself the following:
 - ▶ Are you taking the whole picture into account?
 - ▶ Or rather, is there a bigger picture that needs to be taken into account?
 - ▶ Is there something that needs fixing or attending to?

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CAUTIONS

It is always advisable to seek professional advice for long-standing complaints.

Check with your homeopath before self-prescribing. Remedies have relationships with each other and it is a shame to take a remedy that inadvertently counteracts the effects of a remedy that has worked well.

Always use homeopathic medicines with caution and keep out of reach of children. Use caution if pregnant or nursing.

Always think safety first and get a diagnosis!



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AN IMPORTANT RULE

Make a note of every single remedy you take or give. At the very least write the following:

- ▶ The name of the person and the date
- ▶ The remedy name and potency (strength/number after the name!)
- ▶ The reason you gave it
- ▶ The effect (did it work or not)

If you are at all unsure of this rule read this article of mine: [The baby who screamed for nearly a week](#)

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A FEW OF MY ARTICLES

All my articles

3-Legged Stools ... and Insomnia

Fevers in Children

Homeopathy for Earaches & Sore Throats

Oh Fluey! (The Flu)

Fractures: Practical Advice ... Fun Article

A Rotten Case (my son's septicemia)

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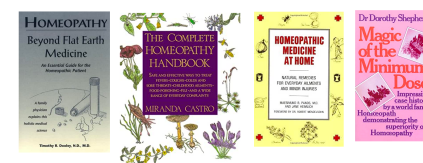
A FEW GOOD INTRODUCTORY BOOKS

Introduction: Beyond Flat Earth Medicine, beyondflatearth.com
(free pdf of 1st ed.) unusually accessible and even amusing in places.

Inspirational: Dorothy Shepherd, Magic of the Minimum Dose

Home Users: Miranda Castro, Complete Homeopathy Handbook.

Panos & Heimlich, Homeopathic Medicine at Home



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CONTACTS



My Website: mirandacastro.com

My Shop: mirandacastro.com/shop

- Homeopathic kits & books.
- Some fabulous healing creams



Jackson's Naturals: jacksonsnaturals.ca

- Canadian (Vancouver based) resource for homeopathic remedy kits (Helios), remedies (mainly cell salts), and more!



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4HOMEOPATHY CANADA BOOK CLUB!

FALL/WINTER SELECTION: HOMEOPATHY FOR MOTHER AND BABY BY MIRANDA CASTRO

The series is available without charge to 4Homeopathy Canada members. Non-members may attend by \$15 donation per session. This book will be discussed over three sessions taking place as follows. Visit 4homeopathyCanada for more information.

- Monday, December 7 @ 5:00 pm PST / 8:00 pm EST
- Monday, January 4 @ 5:00 pm PST / 8:00 pm EST
- Monday, February 1 @ 5:00 pm PST / 8:00 pm EST

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BRIEF SURGICAL PROTOCOL – Miranda Castro

A few good, commonly needed remedies (there are many more!)

BEFORE SURGERY

Aconite ... If VERY scared. Take a dose the night before and one in the morning.

Gelsemium ... If anxious – especially if there's any urinary frequency or diarrhea.

Take as needed

AFTER SURGERY

Arnica ... for bruising/swelling

Bellis perennis ... for deep bruising (esp. to abdomen) & esp. if Arnica doesn't help.

Hypericum ... for shooting pains after surgery (i.e. nerves are affected)

Calendula ... for scars/incisions that are extremely painful and healing slowly

Staphysagria ... for severe pains with anger and a feeling of having been 'messed with'. Angry with medical staff. Take instead of Arnica/Calendula.

Nux vomica ... Irritable and finding it difficult to sleep. Especially after the pain relievers have been stopped or if general anaesthetic drugs caused constipation..

Hepar sulph ... Incision becomes red and inflamed.