

# HOMEOPATHY FOR MOMS

Empowered Mom, Healthy Child:  
A Mom's Essential Homeopathy Workbook



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# Table of Contents

Introduction	03
Section 1: What is Homeopathy?	04
Section 2: The Four Homeopathy Remedies All Moms Should Know	07
Section 3: Homeopathic Remedies for Injuries	11
Section 4: Soothing Coughs and Colds	13
Section 5: Addressing Fear and Anxiety with Homeopathy	18
Section 6: Homeopathy for Heat Waves	20
Section 7: Homeopathy to the Rescue—Travel and Outdoor Activities	22
Section 8: Homeopathy for Upset Tummies – Soothing relief for Mother and Child	24
Section 9: Homeopathic Remedies for Ear Infections	26
Section 10: A Remedy that Moms often Need	28
Section 11: Case Taking Checklist and Worksheet	30
Section 12: Homeopathy Potency Selection	34
Section 13: Remedy Journal	36
Section 14: Resources and Conclusion	38

# Introduction

Welcome to the world of homeopathy – a gentle and nurturing approach to healing for your family. As a mom, you want the best for your children, and we understand the importance of finding natural and safe solutions to support their health and well-being.

Homeopathy is a time-honored system of medicine that treats the whole person, taking into account the unique characteristics of each individual. It embraces the philosophy that the body has an innate ability to heal itself, and homeopathic remedies work in harmony with your child's natural healing processes.

What makes homeopathy truly special is its gentle nature. These remedies are derived from natural sources like plants, minerals, and animals, making them safe and non-toxic for your little ones. Unlike conventional medicine, homeopathy avoids harsh chemicals and side effects, providing a comforting alternative for your child's care.

In this workbook, we'll walk you through the basics of homeopathy, equipping you with the knowledge and confidence to use this beautiful healing art for your children. We'll explore common childhood ailments and the corresponding remedies, as well as provide tips on remedy selection and safe administration.

There are sections in this workbook devoted to common ailments that moms encounter with their kids, and you will notice that some of these remedies are repeated frequently in different sections, as they are quite useful in many ailments that children encounter. These remedies are good ones to get to know well. In fact, the first section on remedies goes into the **four most useful remedies for kids**.

Be sure to fill out the **Questions for Reflection** as you read through the workbook, as these exercises will help to reinforce your learning.

As moms, we know that nurturing our children's health is one of our most important roles. With homeopathy, you have a gentle tool at your disposal to complement your nurturing care and support your child's natural well-being.

Let's embark on this journey together, discovering the magic of homeopathy and embracing the joy of watching our little ones thrive, naturally.

# Section 1: What is Homeopathy?

Homeopathy is a very gentle and very effective system of holistic medicine which has been in existence for over 200 over years. Homeopathic remedies are made from natural sources. They are a form of energy medicine prepared from microdoses of natural substances, and are free from side effects.

Homeopathy is a tool that moms can use to take care of children and other family members during those difficult middle of the night episodes of croup or ear infections, or even after injuries, emotional trauma and shock. Having a homeopathic remedy kit on hand and knowing how to use it can make such a difference at these times.

If you are interested in natural healing, it is important to know the **three most important principles of classical homeopathy**.



# Homeopathy has its own unique principles.

Many people use the word “homeopathy” to describe various kinds of natural healing, but very few people these days, especially in the United States, seem to know that homeopathy is a unique form of healing founded over 200 years ago by Dr. Samuel Hahnemann. Homeopathy is based on a set of unique principles which Dr. Hahnemann clearly defined in the Organon of Medicine which he wrote in 1810.

Homeopathy is NOT a generic term for herbs or holistic medicine. The principles of classical homeopathy have been practiced successfully and continuously for over 200 years.

## These main principles of homeopathy are:

- ◆ **The law of similars** -- a substance that causes a certain illness in a healthy person will cure it in a sick person. For example, if someone has trouble sleeping, we give them homeopathic coffee (Like cures like)
- ◆ **One remedy at a time** -- since homeopathic remedies are energy medicines, which resonate with the body’s vital energy, we just give one remedy at a time, as giving many remedies will cause confusion, like playing different kinds of music all at once.
- ◆ **Dynamization of remedies** -- homeopathic remedies are given in microdoses that are free of side effects, but magnify the energy of the remedies through a process of dilution and succussion (shaking/pounding the remedy)

These are *the main principles of classical homeopathy* that homeopaths have been following with great success for over 200 years!

**Question for reflection: Name and describe the three basic principles of homeopathy.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

In the following sections of the workbook, we go over many types of common ailments that moms face. Remember to consult a qualified homeopathic practitioner for personalized advice and to determine the most appropriate remedy and potency for your specific situation. With the power of homeopathy, we can offer soothing relief and comfort to our little ones and ourselves during those challenging moments of upset tummies.

*I can't manage without homeopathy. In fact, I never go anywhere without homeopathic remedies. I often make use of them.*

***Paul McCartney***

## Section 2:

# The Four Homeopathy Remedies All Moms Should Know

Here are the famous “ABC's” of the nursery, the most useful homeopathic remedies for babies and children. In addition to the “ABC's” – *Aconite*, *Belladonna*, and *Chamomilla* – I am adding a 4th essential remedy for children to this list– *Pulsatilla*.

### Aconite: sudden fever, fright, cold winds

If your child goes out to play in a dry, cold wind, and then wakes up around midnight with a high fever and cough, Aconite is your remedy. This is a remedy that often has a sudden onset, especially after being exposed to cold wind. There may be some restlessness and a sudden high fever. It is the main remedy we think of for the first stages of croup.

With Aconite, the child may have one red cheek and one pale cheek or there may even be a flush of heat to the face. The child may wake up suddenly in a state of fright after being out in a cold dry wind and with a red face and a high fever. Sometimes there is a strong thirst, especially for cold drinks.

This is also a wonderful remedy for retention of urine in newborns. It is also a great remedy immediately after a frightening or shocking experience. “To remember this remedy, we use this phrase: **“When in fright, take aconite”!** If something scary happens to a child, and they have developed a strong fear of death since that time, Aconite may help.



## **Belladonna: redness and throbbing**

Belladonna is another remedy that is good in sudden high fevers, similar to Aconite. However, a child who needs Belladonna may have a red, hot face. The child's eyes may be glistening and the pupils may be dilated.

Interestingly, with all the heat and redness, the hands and feet may feel cold to the touch.

In children who need Belladonna, you will find intense heat in the area affected such as a throbbing red ear, especially if it is right sided, or a red sore throat. The pain may be pulsating or throbbing and there may even be delirium nightmares or hallucinations associated with the high fever.

A child who needs Belladonna might crave lemonade or cold drinks. Symptoms may become worse at around 3:00 PM or might start around 11:00 AM and then really hit a peak at 3:00 PM.

Conditions that need Belladonna may have started by being exposed to a change in temperature such as suddenly becoming chilled or becoming overheated. One of the famous symptoms we find in our homeopathy books describes ailments that come on after washing the hair, because during hair washing, the head gets hot and then cold again. This is an important remedy to keep around for those times that a red throbbing inflammation or infection suddenly comes on with an accompanying high fever.

## **Chamomilla: cranky and irritable**

When your child seems irritated and angry with everything and nothing makes them happy, it is a sign that they could need the homeopathic remedy Chamomilla. This remedy is known to help children who are feeling very irritable, whether from teething or tummy aches.

When a child is in this state, they may not want to be touched and may be impossible to console. Alternatively, they may want to be carried and cry angrily if they are put down.

The child who needs Chamomilla can be oversensitive to pain. Every pain seems unbearable. They may ask for something and then angrily throw it away when they get it.

The main complaints that Chamomilla addresses include diarrhea, teething, ear infections, and even toothache in older children. The diarrhea may be green in color and, especially if it comes about during teething, Chamomilla may offer incredible relief.

You may notice when your child is in this state that one cheek is red and the other is pale and in general they may be worse at around 9:00 in the morning or else nine in the evening.

### **Pulsatilla: weepy and clingy**

If your child is not feeling well and becomes unusually weepy and clingy, she may need Pulsatilla. This remedy can help children who are craving love and affection. In fact they may even ask mom or dad “do you love me?” They really want reassurance and comfort.

With Pulsatilla, the child may feel worse in a warm stuffy room and then do much better when a window is open or when they are outside in the open air or in a gentle breeze. They may become worse at around 2:00 or 4:00 in the afternoon and in general feel better during cool crisp weather.

A child might need Pulsatilla after getting a tummy ache from eating unusually rich or fatty foods. This is also a good remedy in colds or other viral infections that include a bland or even green discharge from the nose. It can also help with conjunctivitis (pink eye).

Similar to the other remedies we have discussed earlier, Pulsatilla can be a very helpful remedy with ear infections. The pain may be pulsating as it is in Belladonna, but the child who needs this remedy may be weepy and clingy. Pulsatilla can also address glue ear when there is a discharge coming out from the ear during a middle ear infection.

When a child needs Pulsatilla, they may be thirstless, and crave foods such as butter, cheese, and creamy things such as peanut butter.

I hope you find these remedies useful, as generations of moms and families have.

## Questions for reflection:

- 1 Which remedy would you choose for your child if they were cranky and had green diarrhea while teething? \_\_\_\_\_
- 2 If your child was outside playing in a dry cold wind during the day, and woke up at night with a high fever, which remedy would you give? \_\_\_\_\_
- 3 When your child has a tummy ache after eating rich food and is being clingy, you could consider \_\_\_\_\_
- 4 When your child has a high fever, a hot red face, and a throbbing ear, you can try \_\_\_\_\_

*Homeopathy cures a greater percentage of cases than any other method of treatment. Homeopathy is the latest and most refined method of treating patients economically and non-violently.*

**Mahatma Gandhi**

# Section 3:

## Homeopathic Remedies for Injuries

Injuries are a common part of childhood, and as moms, we want to provide quick and effective relief for our children. Homeopathy offers a gentle and natural approach to addressing various types of injuries, helping to ease pain and support the body's healing process. Here are three essential homeopathic remedies for injuries.



### Arnica Montana

Arnica is often considered the “King of Remedies” for injuries. It is the go-to remedy for bruises, sprains, and muscle soreness resulting from falls, bumps, or accidents. Arnica helps reduce pain, swelling, and bruising, promoting faster recovery. Whether it's a simple stumble or a sports-related injury, Arnica can be your first line of defense for immediate relief. It can prevent further pain, bruising, and swelling if given right after an injury, so it's a great remedy to keep handy at sporting events or other physical activities.

## Bryonia Alba:

Bryonia is known as the “grouchy bear” remedy, as a person who needs Bryonia may feel irritable and not want to be disturbed. It is particularly helpful for fractures and sprains where even the slightest movement hurts. Hard pressure may feel good to someone who needs this remedy. When your child experiences pain during motion and prefers to keep the injured part absolutely still, Bryonia can offer soothing support and aid in the healing process.

## Rhus Toxicodendron:

Rhus tox. is a versatile remedy for various types of injuries. It is suitable for injuries that cause stiffness and aching pain, often due to overexertion or straining. When the affected area feels worse on initial motion, and better with continued movement and warmth, Rhus tox. can be beneficial. It is especially useful for sprains, strains, and injuries to muscles and joints.

As a mom, you can confidently rely on these homeopathic remedies to provide gentle relief and support your child’s natural healing process after an injury. Always trust your instincts and ensure the safety and well-being of your children by seeking professional help when necessary.

## Questions for reflection:

- 1 Which remedy can’t stand any kind of motion? \_\_\_\_\_
- 2 Which remedy should you start with as soon as there is an injury? \_\_\_\_\_
- 3 If there is stiffness and aching pain after an injury, consider \_\_\_\_\_

# Section 4:

## Soothing Coughs and Colds

Respiratory diseases such as RSV, flu, and COVID have been on the rise in children lately. This makes it a very good time to review some of our important **homeopathic remedies in cough, croup, and RSV.**



### Is it croup or RSV?

Croup is most often seen in young children and may include difficult breathing and a troublesome cough. The cough may sound almost metallic and come in waves or recur suddenly. The child may be very anxious and panicked and feel afraid, as will the parents of course! Croup affects the **upper airway** and may include a swelling of the larynx and the windpipe.

Croup usually starts as looking a lot like a common cold. However, because children have smaller airways, swelling and difficulty breathing may occur. The symptoms may start out mild but then start to worsen in the evening with a barking, high-pitched cough which sounds like a seal. This can lead to a barking cough. **Breathing** in may be labored or difficult.

## Bronchiolitis, a complication of RSV

In contrast to croup, bronchiolitis can be a complication of RSV, which is normally a mild disease. However since the COVID pandemic, RSV has become more severe and is causing more problems than it used to.

Bronchiolitis is an inflammation of the small tubes of the **lower airways**, the bronchioles. When a child is suffering from bronchiolitis, the cough sounds like a wheezing high pitched whistling, especially when **breathing out**.

## Homeopathic remedies for Croup, Cough, and RSV

In the old days when homeopathy was practiced widely in the United States, homeopathic doctors would emphasize a few main remedies for children who have croup and croupy types of symptoms.

## Aconite: first stages of cough and fever

Aconite is a remedy that is the first stages of many acute conditions, especially if they come on after a dry cold wind, or a fright. A normally healthy child who goes out to play in cold weather without wearing enough layers, and then suddenly that night comes down with a high fever and a cough may need Aconite.

The child who needs Aconite for a cough or croup may find that their breathing becomes difficult, with a hoarse, dry, croupy cough. The symptoms may come on at night or especially after midnight.

There may be a sudden fever, and a hot feeling in the lungs. The child may try to sit up when they are coughing and the cough may sound like a ringing or whistling. Drinking fluids may not help the cough.

The fever may be high and they may feel dry and hot to touch. Emotionally, the child may be terrified, fearful, and restless. They may even be worried about dying. This remedy is often indicated in the first stages of an acute infection.

### **Drosera – deep barking cough**

The next remedy in our trio of croup and cough remedies for children is Drosera. With this remedy, the cough may be so bad that it causes a nosebleed and it may induce vomiting. It has been used very successfully for whooping cough. The child may have trouble catching their breath and the cough sounds deep, barking, or choking. It gets worse when the child lies down at night and may go away during the day.

### **Hepar Sulph - chilly and congested**

The final remedy of this trio is Hepar sulph. If Aconite has helped the cough, but then the symptoms return the next morning, Hepar sulph can be helpful.

Hepar is a remedy for the later stages of croup or cough when mucus has already formed and the cough becomes rattling.

We find that Hepar Sulph is worse both at night and in the morning. If, after trying the first two remedies, the cough comes back the following evening with a rattling sound in the throat or chest, then Hepar can help.

A child who needs Hepar may also have been exposed to a dry cold wind, as in Aconite, but with Hepar, there may also be a loss of the voice and hoarseness.

The cough may become worse whenever any part of the body gets cold or uncovered or from eating anything cold.

The cough is loose and rattling and may sometimes be described as a choking or croaking cough. The child may need to sit up and bend their head backwards in order to relieve the cough.



Even though the cough is loose, it may be difficult to get much expectoration to come out, and what does come out maybe thick and yellow. The child may feel chillier than usual and also unusually oversensitive to everything.

There may be sticking or splinter-like pains in the throat or elsewhere, and easy sweating. If the cough has gone on for a while there may be a rattling, barking, cough with great soreness in the chest and much chilliness.

The cough can cause choking and gagging even to the point of vomiting and become much worse in the cold air. You might notice the child sweating and coughing at the same time.

This completes our discussion of our three top remedies for croupy cough. Of course, consult your doctor if symptoms worsen, or are worrisome. Keeping these three remedies in your home remedy cabinet may change the course of your child's illness, so keep in mind these time proven *homeopathic remedies for cough, RSV, and croup in children!*

### Questions for Reflection:

- 1 Name the first remedy to consider if your child wakes up in the middle of the night with a croupy cough, and three main symptoms you might see \_\_\_\_\_
- 2 Which remedy should you consider if symptoms return the next morning?  
\_\_\_\_\_
- 3 Which remedy has a deep barking cough with trouble catching the breath?  
\_\_\_\_\_

# Section 4:

## Best Homeopathic Remedy for Bug bites: keep this around!

Insect bites are more than just uncomfortable.

We all love to enjoy nature at this time of year, but our fun can be marred by getting bitten or stung by mosquitoes, ticks, and other insects. Insect bites are uncomfortable and can also lead to serious diseases.

### Mosquito bites

Mosquito bites can transmit West Nile Virus and other diseases, depending on your location. It is an interesting fact that only female mosquitoes bite, and they use the blood they collect as a protein source for their eggs!

### Tick bites

Ticks can transmit Lyme disease along with other infections. Avoid brushing up against tall grass when outdoors, and wear light colored protective clothing when in areas known to have tick infestations.

### The best remedy for bug bites

Ledum palustre is the best all-purpose remedy for insect bites. It has proven effective for many kinds of insect bites, including the bites and stings of mosquitoes, ticks, bees, wasps, spiders, and fleas.

For cases that need Ledum, there may be intense itching, inflammation, and possibly coldness at the site of the bite, which is somewhat relieved by applying ice or cold packs. It is also a good remedy for cat scratches or bites, and other kinds of puncture wounds.

Ledum can also be used for prevention of insect bites, especially mosquito bites, by taking a dose of 30C before going outside.

### Question for Reflection:

Name the all-purpose remedy for bug bites that can be used for prevention as well.

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# Section 5:

## Addressing Fear and Anxiety with Homeopathy

It can be a scary world these days, for all of us, but especially for parents and children. There are times when we all can use some extra support to feel safe and calm when hearing of school shootings or experiencing personal trauma. Fortunately, homeopathic remedies have helped people with anxiety and fright for over two hundred years.

Here are four great homeopathic remedies for fear and emotional shock:

### Aconite:

As I mentioned in a previous section, we say: “when in fright, take Aconite” Aconite is helpful for the initial shock after a sudden frightening event such as a car accident or witnessing violence. The frightened person may be afraid of dying and even predict the time. They may be restless, impatient, or easily startled. It is a great remedy for panic attacks. Physically, this remedy can help with croup, ear infections, and sudden high fevers.

### Arsenicum:

Arsenicum an important remedy for anxiety and restlessness when it feels like the situation has gotten out of control. A child who needs Arsenicum can be obsessive about keeping their toys in order and may feel especially anxious at night. Physical conditions that call for Arsenicum include food poisoning and stomach flu, asthma, and Covid.

### Gelsemium:

Although this remedy made from Yellow Jasmine is most famous for being a flu remedy, it is also an important remedy after experiencing a fright if a person feels shaky, weak, and spaced out. They may feel paralyzed with fear and develop diarrhea.

## Ignatia:

This remedy is the first one we think of for sudden grief and sudden emotional loss, such as with the death of a loved one, but also helps with fright. It is especially indicated when there is sighing, emotional instability, sensitivity, and a sense of a lump in the throat.

## Questions for reflection:

- 1 If your child is feeling spaced out, weak, and shaky after getting scared, you could consider \_\_\_\_\_
- 2 If a loved one suddenly dies and you feel sad and feel a lump in your throat, you should try \_\_\_\_\_
- 3 When your child feels anxious and suddenly wants to keep their toys in order, they may need \_\_\_\_\_
- 4 A sense of shock after a frightening event such as a car accident may call for \_\_\_\_\_



# Section 6:

## Homeopathy for Heat Waves

Heat domes and heat waves are affecting many people around the world, so it is more important than ever to address illness and stress caused by the heat. Fortunately, homeopathy can help with symptoms of heat prostration and even heat stroke, which is a medical emergency. Keep these four remedies on hand to deal with adverse reactions to heat during this heat wave.

### Belladonna

Helps with throbbing headaches accompanied by a flushed face. The headache may be worse from light, noise, or a sudden jar. Body may feel chilled even if the head is hot.

### Aconite

Sudden and intense headache, pupils of the eyes may be constricted (in Belladonna they are sometimes dilated.)

### Bryonia

Feels dry, irritable, and thirsty with parched lips and a bursting, splitting headache. Movement, even of the eyes, is painful.

### Carbo vegetabilis

For extreme cases where the person is cold, clammy, weak, and in a state of collapse. The head may still feel hot even though the body is cold and may even be turning blue. They may want to be fanned and suffer from air hunger. This state is a medical emergency, so give the remedy on the way to the ER!

## Questions for Reflection:

- 1 Which remedy may help if you feel dry, thirsty, and irritable, and even moving your eyes hurts?

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- 2 Which remedy can be given on the way to the ER if someone is cold, collapsed, and turning blue after getting overheated?

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- 3 If your child has a throbbing headache and a flushed face and dilated pupils after being out in the heat, they may need

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- 4 If you get a sudden, intense headache with constricted pupils you may need

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*Homeopathic remedies can be effective in both major and minor ailments during pregnancy, birth, and the postpartum period. Sometimes homeopathy can help prevent problems and complications in ways that conventional medicine cannot match.*

***Judy Norsigian and Jane Pincus, Our Bodies, Ourselves***

# Section 7:

## Homeopathy to the Rescue—Travel and Outdoor Activities

Travel brings exciting adventures, new experiences, and opportunities to create lasting memories. However, it's not uncommon to encounter health challenges during your journeys. Whether it's insect bites, sunburns, motion sickness, or other common ailments, having a trusty first aid kit of homeopathic remedies can be a game-changer.

In this section, we will explore three must-have remedies that should be in your travel remedy kit and can help you have a safe and enjoyable travel and outdoor experience.

### Arnica Montana:

Arnica, also known as the “wound healer” in homeopathy, is a go-to remedy for injuries, bruises, and muscle strains that may occur during outdoor activities. From hiking accidents to falls while exploring new places, Arnica can help reduce swelling, bruising, and promote faster healing.

Additionally, Arnica is effective in alleviating sore muscles and fatigue, making it ideal for travelers seeking relief after long journeys or physically demanding activities. You can also use it for jet lag.

### Arsenicum Album:

Arsenicum is a valuable remedy for various gastrointestinal issues commonly encountered during travel, such as food poisoning, indigestion, and traveler's diarrhea. It also aids in relieving anxiety or restlessness that can arise from unfamiliar environments or disrupted routines. For those sensitive to changes in weather or food, Arsenicum can provide much-needed relief and can restore balance to the digestive system.

## Apis Mellifica:

Insect bites and stings can put a damper on your summer adventures. Apis, derived from the honeybee, is a potent remedy for allergic reactions to insect bites, including redness, swelling, and stinging pain. It can also soothe skin irritations caused by sunburns, providing quick relief and promoting skin recovery. With remedies like Apis on hand in your remedy kit, you can enjoy nature's beauty with less worry about insects bites and stings.

## Questions for reflection:

- 1 Which remedy helps with insect bites with stinging pain and is made from a honeybee?  
\_\_\_\_\_
- 2 For hives and allergic reactions you should consider \_\_\_\_\_  
\_\_\_\_\_
- 3 The remedy you should take with you for trips abroad to address food poisoning and traveler's diarrhea is \_\_\_\_\_
- 4 Which remedy helps with sore muscles, fatigue, and jet lag?  
\_\_\_\_\_

*Homeopathy is a very friendly form of medicine and my whole family, especially my kids, love it.*

**Happy Homeopathy Mom**



# Section 8:

## Homeopathy for Upset Tummies – Soothing relief for Mother and Child

It is upsetting to see the children in our care suffer from stomachaches. Whether it's due to indigestion, food sensitivities, or a simple case of stomach flu, a child's discomfort can quickly become a source of worry.

Thankfully, homeopathy offers a gentle and effective approach to address upset tummies in both children and adults alike. In this section, I will explore three homeopathic remedies which have been helpful for centuries in calming stomach aches.

### **Pulsatilla after rich foods**

*Pulsatilla* is a versatile and widely used homeopathic remedy, particularly beneficial for digestive issues that result from consuming rich, fatty foods or when there's a lack of thirst with stomach discomfort. This remedy is often indicated when the child or adult experiences discomfort with bloating, rumbling sensations, and a sense of fullness in the stomach after eating. The child may be weepy, clingy, and feel insecure. They may also feel better in open air and experience shifting symptoms.

### **Nux vomica after spicy foods**

*Nux vomica* is an excellent remedy for upset tummies in both children and adults, when caused by overeating, consuming spicy or rich foods, or experiencing stress and emotional turmoil. There may be cramps or sharp pains in the abdomen which feel better from warm drinks or a hot water bottle. The baby may arch their back with the pain.

Adults who need *Nux vomica* may have a strong desire for stimulants like coffee or alcohol and tend to be irritable, sensitive to noise, and chilly. It also helps with hangovers!

## Chamomilla for colicky tummies

Chamomilla is a go-to remedy for infants and young children who have colic or teething-related tummy troubles. The child may be extremely irritable, restless, and demand constant attention. They may be in such a bad mood that they ask for something and then angrily throw it away when they get it.

Chamomilla can help when there is a tummy ache with grass-green diarrhea during teething. They may want to be carried and cry inconsolably.

### Important Note:

While homeopathy offers gentle and safe solutions, it is essential to remember that severe or persistent symptoms may indicate a more serious underlying condition that requires medical attention. If the upset tummy is accompanied by high fever, severe pain, vomiting, or other concerning symptoms, seeking medical advice is crucial.

Having a few key homeopathic remedies on hand can be a game-changer for moms dealing with upset tummies in their children and even for their own occasional digestive discomfort. *Pulsatilla*, *Nux vomica*, and *Chamomilla* are just a few examples of the many homeopathic remedies available to address these issues gently and effectively.

### Questions for Reflection:

- 1 If your baby is cranky and suffering from colic, you should consider \_\_\_\_\_
- 2 The remedy that helps with hangovers and an upset stomach from spicy food is \_\_\_\_\_
- 3 Upset digestion from eating food that is too rich can be addressed by \_\_\_\_\_

# Section 9:

## Homeopathic Remedies for Ear Infections

Ear infections can be distressing for both moms and their little ones. As a mom, you want to provide quick relief for your child's discomfort while avoiding harsh medications. Homeopathy offers gentle remedies to help ease earache symptoms and promote healing. Here are my five top remedies for ear infections in children:



### Pulsatilla

Pulsatilla is indicated for ear infections accompanied by a yellowish-green discharge, and if your child is clingy, weepy, and seeks comfort. The symptoms worsen in warm rooms but improve with cool, open air.

### Chamomilla

Chamomilla is suitable for children who are extremely irritable and inconsolable due to ear pain, and one cheek may be red while the other is pale. It can help with earaches during teething.

### Belladonna

Belladonna is recommended for sudden and intense ear pain with redness, throbbing, and heat in the affected ear. Symptoms worsen with touch or jarring movement. There may be a high fever and delirium, with the child crying out in their sleep.

### Hepar Sulphuris Calcareum

Hepar Sulphuris Calcareum is indicated when the earache is sharp, with sensitivity to touch and exposure to cold air. Symptoms worsen with cold drafts and improve with warmth. The child may try to cover their ear to keep it warm and hurt less.

## Mercury

Mercury is useful for ear infections with offensive-smelling discharge and breath, along with excessive salivation. They may wet the pillow during sleep from excess salivation. Symptoms worsen at night and in damp or cold weather.

## Aconitum Napellus

Aconitum Napellus is ideal for earaches that come on suddenly after exposure to cold, dry winds. Symptoms worsen at night and in a warm room but improve in fresh air. The pain is sharp and they may become sensitive to noise with the earache.

Remember that each child is unique, and the remedy that best matches their specific symptoms will yield the most effective results. If symptoms persist or worsen, or if there are any concerns about your child's condition, consult a healthcare professional for further evaluation and guidance.

Always trust your instincts as a mom and observe your child's response to the remedy. By using homeopathy responsibly and with care, you can provide gentle relief and support your child's natural healing process during an ear infection and avoid the use of antibiotics which tend to cause ear infections to recur.

## Questions for reflection: Fill in the correct remedy for the symptoms below.

- 1 Irritable, one cheek red and the other pale \_\_\_\_\_
- 2 Offensive smelling discharge from the ear and wets the pillow at night \_\_\_\_\_
- 3 Redness, throbbing, and heat in the affected ear \_\_\_\_\_
- 4 Earache after being out in a cold dry wind \_\_\_\_\_
- 5 Ear very sensitive to cold, covers the ear to keep it warm \_\_\_\_\_

*John D. Rockefeller lived to the ripe old age of 98 and was known to have his homeopath often travel with him. He said that homeopathy is "a progressive and aggressive step in medicine."*

# Section 10: A Remedy that Moms often Need

There are several homeopathic remedies that have been used for centuries to help mothers with the health problems that come up related to hormone changes of pregnancy, childbirth, and menopause. There is one remedy that stands out as being especially useful-- **Sepia**.

*Sepia* is a homeopathic remedy that is made from the ink of a cuttlefish. It can help moms with many of the problems we deal with, including fatigue, irritability, mood swings, hot flashes, and menstrual cramps.

*Sepia* works as all homeopathic remedies do -- by stimulating the body's natural healing processes. With *Sepia*, there may be a sense of being out of balance and in a state of collapse. There may be constipation, a prolapsed uterus, or other signs that the body is tired and not working well after childbirth or with hormonal changes.

Here are some of the benefits of *Sepia* for moms:

## **Hormonal imbalances:**

*Sepia* is an excellent remedy for hormonal imbalances, including PMS and those that occur during menopause. It can help with irregular cycles and reduce symptoms like hot flashes, mood swings, irritability, and even menstrual cramps. Morning sickness can be helped by *Sepia* if the symptoms fit. It also helps women who develop problems after being on birth control pills.

## **Postpartum depression:**

*Sepia* can be an effective remedy for postpartum depression. It can help to improve mood and energy levels and reduce feelings of sadness and anxiety. With this remedy, there may be a sense of dullness and not caring from being too tired. Many moms can benefit from a dose of *Sepia* after childbirth!

## Fatigue:

Sepia is well known for reducing fatigue and improving energy levels as well as mood and libido. It's a fantastic remedy for overwhelmed, exhausted moms who are struggling to keep up with the demands of motherhood. When we need Sepia, we may be easily irritated by our families and not want to be touched.

## Hormonal headaches:

Sepia can help with headaches, especially if they are over the left eye. Headaches associated with Sepia tend to be left- sided or with menopause or PMS.

Sepia is often a well indicated homeopathic remedy for moms who are dealing with health problems due to hormonal changes and childbearing. As always with homeopathy, we need to look at the entire symptom picture to determine which remedy can help. Please keep it in mind for yourself and your loved ones!

## Question for reflection:

Can you think of a time in your life when you needed this remedy? If so, please describe how your symptoms are similar to the description of Sepia.

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*Tina Turner looks about thirty-six, and her skin is flawless. She does not deprive herself. She sips wine at dinner, does not diet, and does not take vitamins. If she's feeling particularly stressed, she consults a homeopathic doctor.*

# Section 11: Case Taking Checklist and Worksheet

Homeopathy is highly individualized, and as you grow as a homeopathy mom, you will learn to observe your kids closely for clues to the remedies they need. It's interesting and fun as we get to play detective, looking for clues to the right remedy!

Use this checklist to **gather the symptoms** your child is having. If a certain symptom on the checklist applies to your child, **add the details** next to the symptom.

The first and most important consideration: Do I take the case? Or do I need to go to urgent care or see a professional? Decide if this is a problem that you can take care of at home before proceeding. Safety first!!

Always look for changes from the normal condition.

What is the main problem that you observe or they are complaining about?

## Get details about the problem:

**SIDE** – is one side worse than the other (examples: sore throat, ear, headache)

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**TIME** – when is the problem worse, or when do they feel worse overall? (specify)

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**MODALITIES** – what makes the problem or the person feel better or worse? Examples: Heat, cold, movement, drafts, noises, lying down, sitting up, warm drinks.

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**EXTENSIONS** – where else does the problem go? Example: Headache extending to neck.

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**LOCATION** – where is the problem exactly? Example: where is the cough coming from, where does the tummy hurt?

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**SENSATION** – What does it feel like? Examples: burning, throbbing, stabbing, sore, aching.

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*The highest ideal of cure is the rapid, gentle and permanent restoration of health; that is, the lifting and annihilation of the disease in its entire extent in the shortest, most reliable, and least disadvantageous way; according to clearly understandable principles.*

***Dr. Samuel Hahnemann, Founder of Homeopathy***



**Next, look for other changes. Use your five senses.**

**Changes in how they look? (Sight)-**

Is their face pale or flushed?

Are there changes in their tongue?

Are they bundled up (chilly) or running around in underwear (warm)?

Are they either restless or not moving?

Does their poop and pee look different than usual ?

**Smell** Are there changes in the smell of their breath, perspiration, stool, urine?

**Sound** Are they crying or screaming in an uncharacteristic way?

Does their voice sound nasal?

Are they sneezing?

If there is a cough, is it barking, dry, wet?

Are they saying anything that is unusual for them?

**Touch** – Does their skin feel dry or sweaty, cold or warm?

Feel the different parts of their body. Are some parts cold and some parts hot?

**Taste** – Are they more or less thirsty than usual?

Are they wanting foods they normally don't like, or are they rejecting foods they usually like?

**What brought the problem on?**

Was there a change of weather?

Were they out in the sun?

Were they out in the wind?

Did they get too hot or cold?

- Was it something they ate?
- Did they get angry, sad, or excited recently?
- Mood/behavior changes?**
- Are they irritable?
- Are they weepy or clingy?
- Are there new behaviors?
- Changes in Sleep and dreams?**
- Are they restless during sleep?
- Are they sleeping in a different position?
- Have they had any unusual dreams?
- Are they grinding their teeth or talking in their sleep?
- Any other significant changes?**
- Use the information you gathered on this worksheet to help you choose a homeopathic remedy.

*Homeopathy is wholly capable of satisfying the therapeutic demands of this age better than any other system or school of medicine.*

***Dr. Charles Frederick Menninger***

# Section 12:

**Homeopathy Potency Selection: I suggest you start with the Basic Kit which contains remedies in the 30C potency. You can purchase it here:**

**Purchase it here: [Family Homeopathy Kit](#)**

**Later, you may wish to expand your remedy collection and add other potencies such as 6C or 200C.**

- 1 Start Low and Go Slow:** When selecting a potency, it's generally recommended to start with a lower potency, such as 6C or 30C. These lower potencies are milder and often suitable for acute conditions and children.
- 2 Acute vs. Chronic Conditions:** For acute conditions like colds, coughs, or minor injuries, lower potencies (6C to 30C) are commonly used. For chronic conditions, it's best to consult a qualified homeopath, as higher potencies (200C and above) or LM potencies are often prescribed.
- 3 Matching the Intensity:** Choose a potency that matches the intensity of the symptoms. For mild or superficial conditions, lower potencies are usually sufficient. For more intense or deep-seated issues, higher potencies may be more appropriate.
- 4 Sensitive Individuals:** Some children may be more sensitive to remedies. In such cases, it's advisable to start with very low potencies (e.g., 6C or 12C) or even use homeopathic ointments or creams.
- 5 Observe and Adjust:** Pay attention to your child's response to the remedy. If you notice improvement, continue with the same potency as long as symptoms persist. If there's no change, consult a homeopath for potency adjustment.

## Safe Administration of Homeopathic Remedies:

- 1 Administering Pellets:** Homeopathic remedies come in small pellets. Place the required number of pellets under your child's tongue and let them dissolve.
- 2** Alternatively, dissolve 2-3 pellets of the chosen remedy in  $\frac{1}{4}$  cup of water and give your child a sip every 1 to 3 hours, as needed.
- 3 Timing:** Give the remedy away from meals or strong flavors, like toothpaste or mint, as they may interfere with the remedy's effectiveness.
- 4 Avoid Touching:** Avoid touching the pellets or with your hands to prevent contamination. Use the cap or a clean spoon for administration.
- 5 Avoid Strong Odors:** Keep the remedy away from strong-smelling substances, as they may interfere with the remedy's action.
- 6 Repeat Only as Needed:** In acute conditions, you can repeat the remedy if needed (usually every 1-3 hours for a few doses).
- 7 Interactions:** Homeopathic remedies are generally safe to use alongside conventional medications. However, it's best to consult a healthcare professional if your child is on other medications.
- 8 Storage:** Store homeopathic remedies away from direct sunlight, strong odors, and electronic devices. Do not leave them in a hot car or in freezing weather.

Remember, if your child's symptoms persist or worsen, or if you are unsure about selecting the right remedy or potency, seek advice from a qualified homeopath or healthcare professional. Homeopathy can complement conventional care, but it's essential to use it wisely and responsibly. Remember to consult a qualified homeopathic practitioner for personalized advice and to determine the most appropriate remedy and potency for your specific situation.

*I turn to homeopathic remedies for the treatment of indigestion, travel sickness, insomnia, and hay fever just to name a few. Homeopathy offers a safe, natural alternative that causes no side effects or drug interactions.*

**Cindy Crawford – model**





# Section 14: Resources and Conclusion

Sourcing remedies: Here is a homeopathy remedy kit that is a great way to get started taking care of your family with safe and economical homeopathic remedies. All the remedies in this workbook are contained in this wonderful kit, which will help you grow as a homeopathy healing mom!

Family Homeopathy Kit

**A great reference book to keep on hand with your kit that gives detailed descriptions of many more ailments and remedies:** [Homeopathy Emergency Guide](#)



*Homeopathy offers me a positive and natural way to prevent sporting ailments such as exertion, without any residual effects on my performance. –*

***James Ellington – athlete***

## Conclusion

Congratulations on completing this Homeopathy for Moms workbook! By now, you have gained valuable insights into the gentle world of homeopathy and how it can enhance your child's well-being naturally.

But why stop here? To further empower yourself as a homeopathy mom, consider enrolling in our [Homeopathy for Moms Program](#).

Our online video-based course is designed to be flexible, convenient, and beginner friendly, catering to the needs of busy moms like you.

You may wish to take your education even further and become a professional homeopath in our [comprehensive distance learning program!](#)

Embrace this wonderful opportunity to deepen your knowledge and confidence in using homeopathy for your child's care. Enroll today and embark on a journey of empowered healing, guided by the gentle touch of homeopathy.

With warmest wishes,

Willa Keizer, CPH

Director, Institute of  
Classical Homeopathy



*"My words cannot express how much I am enjoying your excellent instruction. Of the dozens of courses that I researched I know that I chose the very best. I would recommend your course in a heartbeat to anyone interested in studying homeopathy."*

***C. L., Hartford, CT***



# GENTLE SOLUTIONS FOR YOUR CHILD'S HEALTH

This Homeopathy for Moms Workbook is your go-to guide for harnessing the healing potential of homeopathy, tailored especially for moms like you.

## Inside this workbook, you'll find:

- ▶ **Easy-to-Understand Guidance:** Learn the fundamentals of homeopathy in plain language, making it accessible even if you're new to this holistic approach.
- ▶ **Essential Remedies:** Discover the must-have remedies for common childhood ailments, from teething troubles to coughs and colds, along with simple instructions on their safe use.
- ▶ **Practical Tools:** Use our checklist to determine the symptoms your child is experiencing and keep track of your child's progress with our handy record-keeping sheets.
- ▶ **Online Course Offer:** Take your homeopathy knowledge to the next level with our Homeopathy for Moms online course, where you'll delve into details about 18 vital remedies for home care.

As a mom, you are your child's best advocate, and this workbook empowers you to nurture your child's health naturally. Embrace the magic of homeopathy, and watch your child thrive, the gentle way.