



HOMEOPATHIC MEDICINES *a safe* family choice

By Dr. Lauren Feder, MD

For short term conditions that come on quickly such as ear infections, bee stings or the common cold to chronic conditions such as arthritis or insomnia, homeopathic medicines are recommended by more than 100,000 physicians and used in 85 countries.

Homeopathic medicines use natural substances in micro-doses to relieve symptoms by stimulating the natural ability of the body to rebalance and heal itself. As with many treatments, the exact mechanism of action in homeopathic medicines is not known.

For example, let's say you're stung by a bee. It stings, swells and itches. So, if you have similar symptoms—perhaps from hives, a rash, or even another bee sting—the homeopathic medicine to treat the symptoms is actually made from a tiny amount of the bee. Instead of masking the symptoms, the medicine sends the body a signal to help it rebalance and heal.

Originating in Europe more than 200 years ago and amassing a history for safety, these over-the-counter drugs offer the following advantages:

Work safely and naturally without causing side effects.

Do not interact with conventional medications or herbal remedies, allowing you to complement other treatments; there's no risk of overdose.

Do not contain any of the ingredients questioned by the FDA for young children. An FDA panel questioned the safety and efficacy of decongestants, antihistamines and cough suppressants in children younger than 6 years of age. While the FDA takes time to investigate how these ingredients affect children of a gamut of ages, manufacturers of these products have voluntarily relabeled the medications, instructing parents not to use them in children younger than 4 years of age. Homeopathy fills a void for safe cough, cold, flu and allergy treatment options for little bodies.

Work naturally with the body instead of masking or suppressing symptoms. As in our example above, these medicines work in a different way. The principle is that the body knows what to do best for itself. Instead of working against the body as a suppressant, a homeopathic cough syrup like Children's Chestal® (ChildrensChestal.com) acts as an expectorant, helping the body do what it does best to help itself. That's why it's not dangerous to combine homeopathic medicines with other substances, in case parents decide to administer a cold medicine on top of cough syrup.

Kid-friendly as they are easy to use and taste sweet. Doling out the remedy can escalate into a wrestling match, ending with you wondering about the dangers of giving more due to spillage. Homeopathic medicines make administration much easier!

Look for these medicines in many different forms such as tablets, gels, ointments and creams, syrups, eye drops, and suppositories. The most traditional form is in melt-away pellets that dissolve quickly under the tongue without water.

A 15-minute tutorial and more information can be found through the leading producer of homeopathic medicine on BoironUSA.com.



Dr. Feder is a nationally recognized physician based in Los Angeles who specializes in primary care medicine for children and adults. She is a frequent lecturer for parents and professionals and has been seen nationally on various health-oriented television and radio programs including Oprah and Friends, interviewed

by Dr. Mehmet Oz. In addition to her comprehensive book she has written for Mothering Magazine and has been featured in the Los Angeles Times, DiscoveryHealth.com and many other publications and websites. Her book, *Natural Baby and Childcare*, can be purchased through DrFeder.com or Amazon.

Top Ten Homeopathy Remedies To Have On Hand

by Christophe R. Merville

Director of Education and Pharmacy Development at Boiron

1. Arnica montana 30C for trauma, bumps, bruises, muscle overexertion
2. Apis mellifica 30C: insect stings, red eyes, sunburns, hives
3. Histaminum hydrochloricum 30C: allergy symptoms (food, skin, hay fever)
4. Gelsemium sempervirens 30C: stage fright, mild anxiety
5. Nux vomica 6C: nausea, vomiting from overindulgence
6. Arsenicum album 6C: traveler's diarrhea, diarrhea from food poisoning
7. Belladonna 6C: high fever with profuse sweating, local inflammation from wounds, burns
8. Hypericum perforatum 30C: acute nerve pain from crushed fingers, back or shoulder pain
9. Cantharis 6C: blisters
10. Magnesia phosphorica 6C: abdominal cramps (from digestive or menstrual origin)