Modern Homeopathy for Your Children

-Heel
Dear Parents,

...the baby’s wailing and whining – it’s teething and running a temperature. Your little one has grazed its knee while playing and the older sibling is beginning to show signs of hay fever, just like last year. For parents, an all too familiar scenario.

However, particularly in the case of children, such ailments – and many others as well – can often be treated very effectively with homeopathic and biological preparations. This little pamphlet is full of tips and suggestions for parents.

It contains information about a range of low risk gentle therapies and includes tips on how best to reinforce your child’s treatment.

We wish you all the best and hope your child makes a swift recovery.

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Conventional medicine or modern homeopathy?

Life can be really hard! As a tiny tot, you are all ready to conquer the world, and before you know it, you fall flat on your face. On average, children can expect to succumb to between five and ten infections a year.

Nevertheless, attempts to curtail infections such as the common cold aren't necessarily advisable. By nature, the juvenile organism takes a bit longer to come to terms with an infection. The actual aim of preventative medicine is to reduce the frequency with which such infections occur.

All too often these days flu infections, colds, and even runny noses are treated with fever-reducing or antibiotic medicines as a first resort. By contrast, holistic medicine offers a real chance of combating such illnesses using the child’s innate self-healing mechanisms.

Holistic prevention combats infection

The primary aim of any holistic therapy also includes relapse prevention. The best way of ensuring this is to strengthen the body’s immune system and self-healing mechanisms to such an extent that the next cough or cold virus has no chance of inflicting renewed damage.

Modern homeopathic preparations are particularly suited to holistic therapy; at the critical moment they support the body in its fight against infection. The aim is also to provide long-term protection for the body, using modern homeopathic preparations to stimulate self-healing mechanisms and the immune system.

In addition and owing to their mild nature, medicines containing active homeopathic ingredients are particularly suited to children. It has also been established that the still untainted juvenile organism generally reacts well to homeopathy.
Kindergarten dominoes

But there is also a range of measures you can take as a parent to prevent your child from constantly falling prey to infections. Frequently, children are sent back to kindergarten or school while still in the convalescent phase. The organism is still weak – so it’s only a matter of time before the next cold rears its ugly head.

Moreover, during the wetter months of the year, kindergartens and schools play host to “bacilli dominoes”. One child infects another and the process continues along the row, in true domino fashion, until, as you might say, the last child re-infected the first. Hence the following tip: don’t send your child back too soon following an infection.

Playing outdoors

As winter draws in, it’s also important to pay attention to the temperature in the home, and particularly in your child’s bedroom. Overheated rooms quickly lead to the drying out of mucous membranes, increasing the risk of infection, and hence do nothing to strengthen the body’s defences.

Generally, even when the weather’s not so good, you should encourage your child to play outdoors. In fact, with suitable warm or waterproof clothing, it’s a great way of boosting your little one’s defences.

Though video games may be fun and experience on the computer important, it’s vital that children romp and play in the fresh air.
**Vitamins for fitness**

These days, we know poor diet – too much protein, too much carbohydrate, and too much fat – increases the body’s susceptibility to certain diseases. It is therefore particularly important that children enjoy a balanced diet, rich in fibre, vitamins and trace elements.

As it grows, the juvenile organism needs valuable nutrients in order to develop in a healthy and robust manner. The vitamins C, E, and beta-carotene, and the trace elements iron, zinc, selenium and copper are vital for a healthy defence system. Make sure your child gets plenty of fruit, vegetables and whole foods. As well as tasting good, such foods form the basis for healthy eating habits in later years.

**Happiness equals healthiness**

Allergic conditions such as neurodermatitis or asthma are often manifestations of psychological stress. In the case of children in particular, you should pay extra attention to the emotional environment. For your child, peer pressure at school is on a par with the performance expectations we adults experience at work. Moreover, children often bear the brunt of family quarrels. It’s vital you take your child’s emotional welfare seriously and provide the necessary balance. Of course a healthy emotional life also means you need to provide your child with a child-friendly environment, where it’s okay to romp about and where friends are encouraged.
The modern homeopathic first-aid kit

You're sure to be familiar with this situation. Out playing, your children have fallen over and now the "really bad" injuries and the huge crocodile tears need soothing. Often a quick delve into the well organised first-aid kit provides all you need. But what medicines should feature in a modern homeopathic family first-aid kit?

Here's a brief list to get you started:

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>We recommend:</th>
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</thead>
<tbody>
<tr>
<td>common cold</td>
<td>Euphorbium compositum-Nasal Spray</td>
</tr>
<tr>
<td>flu infection</td>
<td>Gripp-Heel (tablets)</td>
</tr>
<tr>
<td>sore throat</td>
<td>Angin-Heel (tablets)</td>
</tr>
<tr>
<td>coughing</td>
<td>Hustee (drops), Bronchalis-Heel (tablets)</td>
</tr>
<tr>
<td>hay fever</td>
<td>Luffa comp.-Heel / Luffeel (nasal spray, tablets)</td>
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<tr>
<td>restlessness/fever</td>
<td>Viburcol (suppositories)</td>
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<tr>
<td>stomach ache/infant colic</td>
<td>Spascupreel (tablets, suppositories)</td>
</tr>
<tr>
<td>digestive system disorders</td>
<td>Nux vomica-Homaccord (drops)</td>
</tr>
<tr>
<td>contusions/sprains</td>
<td>Traumeel (ointment, drops, tablets)</td>
</tr>
<tr>
<td>sports injuries</td>
<td></td>
</tr>
<tr>
<td>skin irritations</td>
<td>FideSan / Cardiospermum-Salbe (ointments)</td>
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The Modern Homeopathic Therapy

Sports injuries
Sprains and bruises
Inflammations

Composition: 100 g cont.: Arnica montana D3 1.5 g; Calendula officinalis Ø, Hamamelis virginiana Ø 0.45 g each; Echinacea angustifolia Ø, Echinacea purpurea Ø, Chamomilla recutita Ø 0.15 g each; Symphytum officinale D4, Bellis perennis Ø 0.1 g each; Hypericum perforatum D6, Achillea millefolium Ø 0.05 g each; Atropa belladonna D1, Atropa belladonna Ø 0.01 g each; Mercurius solubilis Hahnemanni D6 0.04 g; Hepar sulfuris D6 0.025 g. Ointment base: hydrophilic ointment, preserved with 12.5 vol.-% ethanol. Indications: Injuries of all kinds (sports, accidents) such as sprains, dislocations, contusions, effusions of blood and effusions into a joint, fractures, etc; inflammatory processes and degenerative processes associated with inflammation on the various organs and tissues (e.g. periodontitis, suppuration of the gingival pockets, periodontosis), including, in particular, on the support and mobility apparatus (tendovaginitis, bursitis, scapholunualar periarthritis), arthritis of the hip, knee and small joints. Contraindications: Hypersensitivity to botanicals of the Compositae family. Side effects: In isolated cases, hypersensitivity reactions may occur. Local allergic reactions (skin inflammation) have been reported. Dosage: Apply to the affected parts and rub in, morning and evening, or if necessary, more often, possibly also applying an ointment dressing. Warning: Avoid prolonged application of the ointment to large areas. Package sizes: Tubes containing 50 and 100 g.

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Preparation information

Angin-Heel tablets
Indications: tonsillitis, sore throat.

Bronchalis-Heel tablets
Indication: bronchitis.

Euphorbium compositum nasal spray, drops
Indications: cold symptoms with various causes (viral, bacterial, allergic), dry colds, chronic colds, sinus infections.

FideSan (Cadiospermum-Salbe) ointment
Indications: skin irritations.

Gripp-Heel tablets
Indications: flu infections, also strengthens body’s own defences in the context of other infectious diseases accompanied by fever.

Nux vomica-Homaccord drops
Indications: functional disorders of the digestive system (stomach, intestines, liver).

Husteel drops
Indications: coughing, e.g. linked to bronchitis or a cold.

Luffa comp.-Heel/Luffeel nasal spray
Indications: allergy-related cold symptoms, in particular hay fever.

Traumeel ointment, drops, tablets, Indications: injuries such as sprains and pulls, contusions, haematomas and joint effusions, inflammatory and degenerative disorders of the musculoskeletal system linked to inflammation (e.g. tenosynovitis, bursitis, tennis elbow), arthrosis of the hips, knees and minor joints.

Spascupreel tablets, suppositories
Indications: cramps of the stomach, intestines, gall bladder, urinary tract collection system, uterus, and stiff muscles.

Viburcol suppositories
Indications: for treating restlessness with or without fever; also for the symptomatic treatment of common infections.

Please consult your physician or dispensing pharmacist for information concerning any dangers or side effects.
Further questions?

We’ll happily send you more detailed information on homeopathic combination preparations.

Important information:

When using Heel homeopathic products, please note the unique characteristics of this treatment method. Heel homeopathic preparations activate the body’s own defence mechanisms, thereby improving natural bodily functions. It is in the nature of homeopathy that a certain “run-in” period may be necessary before the body’s own regulatory mechanisms start responding to the careful balance of active ingredients.

Please remember that this pamphlet cannot replace a physician. In case of doubt, if you cannot classify your symptoms, or if your symptoms persist, always consult a physician.

Where can I purchase Heel products?

Heel modern homeopathic products are available in more than 60 countries. Please contact your local physician or dispensing pharmacist.
www.heel.com

Your Website for

Modern Scientific Homeopathy

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