

HOMEOPATHY CORNER

Teething help using natural products

I've got a baby and toddler who are both going through teething at the moment. They are both up and down in the night and I find they are more prone to pick up coughs and colds at nursery. What can I do to help them both using natural products?
Leah Richardson.

I would suggest that you may like to build up a collection of natural remedies that you can draw on as and when you need them for common conditions. Homeopathy is safe to use with babies and young children and does not cause any side effects. It basically activates your body's own healing system so that you can recover quicker. You could consider buying a homeopathy first aid kit where there are a number of common remedies for babies and children. This comes with a book where you can look up the relevant section on that condition (for example coughs, colds, teething, bruises, cradle cap, travel sickness etc) and match the remedy from the list that best fits your child's symptoms at that time. Here are a few top tips:

Chamomilla is an excellent teething remedy for natural pain relief where there is red cheeks and child is inconsolable and wishes to be carried around constantly.

Aconite is a recommended remedy to take at the onset of a cold, as soon as you feel symptoms

coming on, especially after being out in the cold. It can nip it in the bud.

Arnica is an all-round first aid remedy, excellent after a bump or accident to lessen bruising.

Colocynthis is a general remedy for colic. Baby draws up legs to alleviate pain and is better from pressure and heat; rubbing tummy helps greatly.

Andrea Evans explains: I got a homeopathy kit once my little boy was born as so much medication is not suitable whilst breastfeeding. I was amazed how diverse its uses were. There is an excellent remedy for teething which I use before anything else, it just happens the same remedy is great for period pains. A great find and something I use for the whole family.

For more individual advice on any remedies or for any specific conditions please contact a Registered Homeopath.



By Bev Nickolls
For advice about homeopathy call 01934 631931



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Recurrent infections?
 Fezema? Colic?
 Tummy aches or constipation?
 Sleep or teething problems?
 Boost your child's immunity naturally with homeopathy.

Self help kits for
 Infant/Child/Adult also available
 Book, Self Help Kit, £20 - £54.00
 Registered Homeopath
 Specialist: Low Cost Clinics
 Weston-super-Mare area
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 www.westonwellbeing.co.uk

Try the Award Winning Range of Innovative Baby Products from Sock Ons!

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Mocc Ons are the ultimate baby and toddler slipper sock that parents return to again and again. Priced at around £9.99, Mocc Ons are moccasin style slippers, made from a machine washable, non-slip leather sole, making them safe and snugly for babies and toddlers to wear around the house. As well as the existing ranges, keep your eyes peeled for brand new styles coming very soon.

To co-ordinate baby from head to toe, choose Dribble Ons bibs for little ones. The bandana style bibs keep babies dry and dribble free! They absorb moisture whilst at the same time being cute and comfortable to wear, with adjustable popper fasteners

The full range includes the original award winning Sock Ons that keep baby socks on and brand new Plod Ons knee protectors for crawling babies. Visit www.sockons.co.uk for stockist details.