

HOMEOPATHY CORNER

Resist winter bugs the natural way



By Bev Nickolls

For advice about homeopathy call 01934 631931

“How can I help my toddler have a better resistance to bugs in the winter months? He seems to have a permanent cold?” asks Nancy Wilson.

Bev Nickolls answers “Children are commonly seen in my clinic and parents are often looking for more natural ways to help their children and avoid using over-the-counter conventional medicines unless absolutely necessary.



“Parents are often aware that antibiotics can be prescribed inappropriately for viral infections or mild acute illnesses: antibiotics should be preserved for those illnesses that really need them.”

While the scientific evidence for how well homeopathy works is the subject of intense debate, the strongest evidence

available that homeopathic medicine is effective relates to its use in upper respiratory tract infections, bronchitis, ear infections, sinusitis and flu – all those illnesses children may get in the autumn/winter at the start of the school year.

Homeopathic medicines, known as remedies, are non-toxic and have an excellent safety record so are suitable for use in children. Homeopathic remedies commonly used at this time of year include Gelsemium, Pulsatilla and Bryonia.

Bev explains: “The philosophy behind Homeopathic medicine is completely different to

conventional medicine. Each remedy has its own set of associated symptoms creating what we call a ‘remedy picture’ which needs to be matched as closely as possible to the patient who is ill. In this way two children with tonsillitis will get different remedies because they will each experience the tonsillitis differently.”

If you are already having a remedy to boost you up you will be less susceptible to catch things.

Jane Jeffries a life-long user of homeopathy says “Homeopathy has always been a part of my life thanks to my parents care for me and my siblings.

“It is a way of life that has helped to prevent and treat illnesses from an average cold to severe sickness. I chose to consult Bev for myself as a new breastfeeding mother and for my baby Marley as I wanted him to have that good start. I do believe that having his own case taken and a deep acting individual remedy for him from the start will help to give him the same immunity and strength that I had growing up.”

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