

Homoeopathy for children – a Complete and Safe Treatment Alternative

Minor ailments in children are extremely common and vital for the maturation of a child's immune system. As the young child develops it is confronted with a myriad of pathogens, allergens and environmental conditions, including the home environment, the crèche or Kindergarten. It is inevitable that the child will respond with various symptoms and ailments. Many parents are reluctant to address these ailments and often natural causes of events with pharmaceuticals and their multitude of side-effects. They are keen to turn to a gentler, more natural approach to illness. Homoeopathy is ideally suited for this aim and will be discussed in this short article.

Homoeopathy is a complete system of holistic medicine which aims at promoting the body's natural healing powers. The principles of homoeopathy have been known since 1790 when Dr Samuel Hahnemann discovered them. Homoeopathy considers the individual patient as an integrated whole, including the physical, mental, emotional, social, environmental and any other aspects of the total person. Homoeopathy is safe. Unlike other medication, homoeopathic medicines are recognized as non-toxic and harmless and, prescribed as potentized remedies, do not have any adverse side effects. Homoeopathic remedies are truly curative rather than palliative. They do not suppress symptoms or weaken the immune system and they are non-addictive.

For these reasons homoeopathic remedies should be considered the first line of treatment when dealing with pregnancy, babies and children. Many of the most common illnesses of childhood can be quickly and effectively treated with homeopathic medicines. Homeopathic treatment for children can be separated into two categories: 1. the self-limiting, acute conditions such as colds, flus, sore throats, gastric upsets, bladder infections, sprains, strains and other injuries, or 2. the persistent chronic conditions such as allergies, asthma and eczema. Homoeopathy is successful in both categories. Homoeopathy can raise the immunity of your children to help deal with illness throughout their childhood. It can also help prevent illness and give support through difficult periods of their life. With Homoeopathy children's health can improve and chronic conditions often clear up completely and never come back. Homeopathy is ideal for babies and children as it is a gentle yet highly effective system of medicine. Children respond wonderfully to simple homoeopathic remedies. The mildly sweet pills, powders or liquids are easy to dispense and are more palatable than many conventional medicines. The homoeopathic approach is also growing in popularity as an alternative treatment for conditions like hyperactivity in children. Homoeopathy is gaining recognition in the conventional field of medicine and has been subject to many clinical trials. More and more Universities are becoming interested in and involved in homoeopathic research.

Homoeopathic medicines are natural, prepared from small amounts of herbs, minerals or animal products. Their quality and safety are assured by the national medicine agencies based on various Homoeopathic Pharmacopoeas. They are suitable for pregnant women, infants and children without worrying about the dosage.

Homoeopathic Practitioners in Namibia are highly qualified in conventional clinical examinations and diagnoses and will address the child's ailments comprehensively (holistically) in a clinical and homoeopathic approach. The following AHPCN Registered Homoeopathic Practitioners can be consulted in Namibia:



NAMIBIAN ASSOCIATION OF HOMOEOPATHY, NATUROPATHY, PHYTOTHERAPY

Registered Homoeopaths

Name	Telephone	Cell phone
Freda Jeske	061 232624	081 258 8400
Marion Klingelhoefter	064 404217	081 279 2259
Monika Thesen	064 401189	081 261 6235
Helga Schoerghofer	061 233418	
Cheryl Snyman	064 403980	081 291 7585
Elga Drews	061-245677	081-325 2180
Wiltrud Simoni	061-251338	081-289 9999