




# Table of Contents

---

INTRODUCTION	1
HOW TO USE THIS MANUAL	3
 HOMEOPATHY FOR THE UNINITIATED	5
WHAT IS HOMEOPATHY?	6
WHAT IS HOMEOPATHY USED FOR?	6
WHY NOT SIMPLY RELY ON CONVENTIONAL MEDICINE?	7
 REMEDIES...IMPORTANT NOTES	9
DOSE AND POTENCY OF REMEDIES	10
HOW TO GIVE REMEDIES	11
CHILDREN AGE THREE AND UP	11
BABIES & CHILDREN UP TO AGE THREE	12
MOMS AND OTHER ADULTS	13
 NEW MOMS...TAKING THE BABY HOME	15
TAKING CARE OF YOU	16
HEALING AFTER THE BIRTH	17
DIET	17
BREASTFEEDING	18



<b>HOMEOPATHIC REMEDIES BY TOPIC</b>	<b>19</b>
<b>HEALTH PROBLEMS IN NEW MOTHERS</b>	<b>20</b>
<b>BREAST PROBLEMS</b>	<b>20</b>
ENGORGED BREASTS	20
CRACKED NIPPLES	21
SORE CRACKED BREASTS: COMPRESS & OINTMENTS	22
BREAST ABSCESS	23
<b>BREAST MILK</b>	<b>25</b>
BREAST MILK CEASES A FEW DAYS AFTER BIRTH	25
CHILD REFUSES BREAST MILK	26
BREAST MILK SCANTY	27
MIXTURE TO INCREASE MILK PRODUCTION	29
FOR WEANING BABY OFF BREAST	29
<b>GENERAL EXHAUSTION &amp; HEALING THE BIRTH CANAL</b>	<b>30</b>
HEMORRHOIDS AFTER BIRTH	32
DRIBBLING OF URINE AFTER CAESAREAN OR DIFFICULT BIRTH	33
<b>EMOTIONAL PROBLEMS</b>	<b>34</b>
<b>COMMON PROBLEMS IN BABIES</b>	<b>36</b>
<b>BREASTFEEDING PROBLEMS</b>	<b>36</b>
<b>CRYING BABIES</b>	<b>38</b>
COLIC	38
CONSTIPATION: BABIES	40
TEETHING	42
<b>COLDS: BABIES</b>	<b>49</b>
NOSE STUFFED WITH COLD: BABIES	49
BRONCHITIS: BABIES	51

<b>FEVER REMEDIES</b>	<b>53</b>
HIGH SUDDEN FEVERS	53
MODERATE FEVERS	55
FEVER WITH OTHER CONSIDERATIONS	57
<b>SKIN: BABIES</b>	<b>58</b>
ECZEMA IN BABIES	58
CRADLE CAP (MILK CRUST)	61
DIAPER RASH, BUTTOCKS	62
<b>STOMACH UPSETS</b>	<b>66</b>
VOMITING	66
STOMACH UPSETS, DUE TO MILK INTOLERANCES	67
<b>VACCINATIONS &amp; REACTIONS</b>	<b>69</b>
<b>COMMON PROBLEMS IN CHILDREN</b>	<b>70</b>
<b>COLDS</b>	<b>70</b>
FIRST SIGNS	70
COLDS: DEVELOPED	71
COUGH	72
<b>FEVER</b>	<b>75</b>
HIGH SUDDEN FEVERS	75
MODERATE FEVERS	77
FEVER WITH OTHER CONSIDERATIONS	79
<b>INFLUENZA (COMMON FLU)</b>	<b>81</b>
<b>VOMITING IN CHILDREN</b>	<b>83</b>
STOMACH FLU - WITH EXCESS VOMITING	84
<b>CROUP</b>	<b>86</b>
<b>EAR INFECTIONS (CALLED OTTIS)</b>	<b>89</b>
FIRST SIGNS OF EAR PAIN IF FEVER IS PRESENT	89
EAR PAIN: INFECTION	91
OTHER CONDITIONS PRESENT DURING EAR INFECTIONS	92
<b>CHICKEN POX</b>	<b>94</b>
<b>MEASLES</b>	<b>96</b>
<b>BEDWETTING</b>	<b>99</b>
<b>SLEEP PROBLEMS, NIGHTMARES, ETC.</b>	<b>102</b>
<b>GROWING PAINS: CHILDREN</b>	<b>103</b>
<b>HEAD LICE</b>	<b>104</b>

<b>BLADDER INFECTIONS</b>	<b>105</b>
<b>WORMS</b>	<b>108</b>
<b>SKIN</b>	<b>110</b>
ABSCESS	110
ECZEMA	112
BURNS	115
WARTS	117
POISON IVY, POISON OAK	118
INSECT BITES	119
SPLINTERS	120
<b>GENERAL</b>	<b>121</b>
HOW TO TREAT INJURIES FOR ALL AGES	121
COMPLICATED CHILDRENS' BEHAVIOURS & ILLNESSES	124



<b>SUPPLEMENTARY INFORMATION</b>	<b>127</b>
<b>ASSEMBLING A HOME MEDICINE KIT</b>	<b>128</b>
TOPICALS FOR USE ON THE SKIN	129
COUGH SYRUP	129
<b>LIST OF READY-MADE HOME KITS</b>	<b>129</b>
<b>LIST OF PHARMACIES SELLING HOMEOPATHICS</b>	<b>130</b>
<b>FURTHER READING &amp; HOMEOPATHIC BOOKSTORES</b>	<b>130</b>
<b>HOMEOPATHY</b>	<b>130</b>
<b>REFERENCES &amp; BIBLIOGRAPHY</b>	<b>131</b>
<b>INDEX - LIST OF HOMEOPATHIC REMEDIES</b>	<b>132</b>
<b>JANEE NIEBLER, RN., BA., HD., DHMS. DOCTOR OF HOMEOPATHY</b>	<b>134</b>

*"HOMEOPATHY IS NATURAL MEDICINE FOR THE MIND AND BODY"*

# Introduction

---

First, this manual restricts itself mainly to the treatment of Common Short-Term Illnesses and Problems in New Moms, Babies and Children. I do not intend in writing this, to have mothers diagnose their children's illnesses but to be aware after seeing their doctor and receiving a diagnosis, that there are other possible treatment choices which are curative and not just temporary in their focus. Homeopathic Medicine is this choice. I have written this manual to assist mothers to treat their children at home using the many remedies available in this wonderful therapeutic system of natural medicine.

To be good at choosing medicines for your children, one must learn how to choose from several which may be listed. The first chapters teach you how to use these methods of selection. In all cases I have only chosen the most frequently used homeopathic medicines for each condition. Please remember that all Homeopathic remedies have a very broad list of ailments that they treat, so do not assume that the illness mentioned is the only one that a particular remedy is used for in Homeopathy.

I have found myself on numerous occasions jumping to the aid of family members who asked me for treatment for health conditions. With my three daughters coming to the age of motherhood, I realized that the existing homeopathic texts available to treat families are either too difficult to understand or are geared more to Homeopaths. While most mothers rely on family doctors to treat their children, many mothers have approached me in frustration over recurring illnesses, treated too often with antibiotics and with no long term improvements. I feel that most common health conditions in children are better treated with Homeopathy in that this system targets cause, individual personalities and individual experiences of illness. Moreover this system of treatment is safe, gentle and curative.

The practice of Homeopathy can be very difficult even for the trained Homeopath and the selection of a specific medicine to treat anyone with a chronic illness can be a task requiring hours of consideration. By concentrating on acute illnesses, I hope I have reduced this process to a manageable one. Certainly a mother faced with a sudden illness in a child can feel distracted, worried and hurried and not in the best state to be reading a book trying to find a quick treatment. It is with this in mind that I have attempted to keep this manual concise and easy to use.

I would finally advise to anyone reading this manual realize that it is not intended to replace conventional medical advice and that in all cases, users must acknowledge that many illnesses require immediate emergency care and not hesitate to seek their Health Care Professional/Hospital for advice & treatment. Similarly, if there is not rapid improvement with the suggestions in this Manual, please consult your Health Care Provider.

*Jane*