



Homeopathy is a natural and safe system of medicine. It aims to stimulate the body's own healing forces to bring it to a state of balance, and by doing so optimises overall health and wellbeing. Homeopathic remedies can be effective in treating a wide variety of complaints, including physical, emotional or behavioural challenges and can be given safely to children, adults and pregnant women. The remedies are easy to administer, taste pleasant and can be purchased from most healthfood stores.

Sugar, Sugar and more Sugar!

During my homeopathic training we studied a remedy made from the sugar cane plant called *Saccharum*. We were asked to reflect our thoughts on **sugar**. Fellow students offered suggestions such as:

- it makes life bearable
- oral pleasure
- sweet
- comfort
- love
- mothering
- a sweet life
- sugar-coated things

Isn't it interesting that even as adults we have these strong emotional keywords associated with sugar? It is an unfortunate reality of our time that we are battling against this movement of eating things (that our grandmother's wouldn't even recognise as food), which have a high sugar content and little nutritional value.

There is a lot on the internet about the dangers of eating too much sugar and refined carbohydrates. It is linked to problems with hypoglycaemia (a disturbed sugar metabolism), risk of diabetes, obesity, suppression of the immune system and something that many parents might not realise – problems with behaviour!

Yes, that's right parents – sugar and processed food can have a direct correlation to your child's behaviour. In a study of 8000 teenagers at nine juvenile correction facilities, Stephen J Schoenthaler PhD arranged to have diets high in sugar and other refined carbohydrates replaced with diets high in fruits, vegetables and whole grains. During the year that the diets were changed, violent and antisocial incidents in the institutions decreased by almost half.

“My child demands processed food and sugar.”

Okay, so your child is not a delinquent, but sometimes it can feel like that when they are throwing tantrums, finding it difficult to concentrate, having violent outbursts, mood swings, or ups and then downs. These can often be attributed to eating a diet high in sugar and refined carbohydrates (refined carbohydrates get turned into glucose in the blood within 30-60 minutes after digestion). If they are 'hooked in' or 'demanding processed food and sugar', it is a sure sign that it is the very thing they don't need. Often we find that children craving milk or wheat also have an allergic response to it – so just because they love and crave it, doesn't mean it's good for them – in fact often the opposite.

intestinal worms

From a homeopathic perspective there are several ways we look at sugar cravings. One of those is to enquire about the possibility of the child having intestinal worms. This can make them crave sugar, but also have large appetites, be moody and capricious, pick their noses and have itchy

bottoms. It is important to discern if you think your child fits this category.

Cina – There are some good homeopathic remedies we can give for intestinal worms and one of them is Cina (common name Wormseed!). The child will be very touchy, doesn't like anything, screams, strikes and bites with a huge appetite and may have dark rings around the eyes. Sometimes you may observe tiny thread worms in their bowel motions. They can scream at night and grind their teeth. Give Cina 30c twice daily for seven to ten days. If symptoms persist, they may need a thorough homeopathic consultation.

finding the Simillimum

A correctly prescribed homeopathic remedy can also have the effect of diminishing sugar cravings as the body comes back into balance. With homeopathy, we are always searching to find the one remedy that will be the Simillimum (the remedy that most matches the individual symptoms and expression). To do this we enquire into other factors to do with the child which encompass their nature, and mental and emotional state, food desires or aversions, sleep patterns and medical history. It is important to note that some children crave chocolate or sugar as a substitute for love and affection. They may have upsets at school or home and a response to that might include reaching for something sweet to nourish them. Questions we may ask are, 'What is their response to sweets or sugars?' 'Do they get violent, excited, happy and then sad' etc. This helps us establish what remedy to give them in order to help balance out the sugar cravings.

remedies for sweet cravings

Carcinosin (where often there is a strong family history of cancer and a recurrence of intestinal worms) – Cancer patients may be advised to avoid ALL sugar as there is a strong link with cancer thriving on sugar. **Chocolate** (yes, there is a remedy made from chocolate!) **Saccharum** (made from sugar) and remedies related to breast-feeding – to mention just a few

when children demand sugar and processed food

It is really very simple – say NO! Don't buy it, don't stock it in your cupboards and don't put it in their lunch boxes. We have become so fearful as parents of saying 'No', but we are here to look out for our children and we the parents – the adults, can see the bigger picture for our children. **Their only job is to be children, and our job is to love and nurture them** to the best of our ability, often at times making decisions that they don't like, but knowing that we do it for their best interests.

A correctly chosen homeopathic remedy can also help markedly with food cravings and behavioural challenges. Try consulting with a trained homeopath in your area to find a good remedy to assist your child in overcoming these challenges. For further reading check out on the internet what neurosurgeon and author Dr Blaylock has to say about the connection between sugar and neurological development and behaviour.

(Source: *The Nutrition Reporter*)

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