

# Your Summer Sun

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 are easy to administer, taste pleasant and can be purchased from most health food stores. It's a good idea to have a First Aid Kit with basic remedies handy at home/on holiday, in a 30c potency (strength) for basic first aid and acute ailments.

## sunburn

Summer is here and along with summer is the constant worry about keeping ourselves and our children covered up to avoid being sunburnt. It was easier years ago to keep my boys covered up with rash shirts and a natural based sunscreen of some kind. Of course they could never be kept in the shade and the sea was a magnet for one of them, but we got through. Now that they are moving into the teenage years, it's not cool to wear rash shirts – shirtless and showing off your muscles is in, along with shorts somewhere down around your ankles with your boxers hanging out the top. I can be heard across the camping ground yelling, "Put a shirt on", and my oh, so wise children replying, "Oh come on Mum, we need our vitamin D!"

So what can we do to help with sunburn? Obviously it is best to try to stay out of the sun at the peak times (11am to 4pm), cover up and use a natural sunscreen. However, if you find that you or one of your loved ones has ended up getting too much sun here are some suggestions:

1. With sun exposure or overheating you must cool the patient quickly. Get them out of the sun into somewhere cool.
2. Give them frequent sips of water. It may even be necessary to put an electrolyte replacement in the water. I always keep some electrolyte sachets in my first aid kit for overheating or when there is acute gastroenteritis where plenty of fluid has been lost.
3. Cold compresses or immersing them in cold water can be helpful.

### Must haves for sunburn

**Combudoron gel** applied topically is amazing for sunburn.

**Belladonna** – Where there is a severe, throbbing headache which is worse when lying down. The face is flushed red, but the body or just hands and feet can become chilled. The eyes can be glazed and the patient can be in a stupor. Good where the sunstroke occurred after falling asleep in the sun.

**Glonine** – The pains are more severe than that of Belladonna. Their face may be dusky, purple and puffy or pale. The headache is experienced as waves of throbbing and bursting, and can increase at sunrise and decrease at sunset. The patient may grasp or press the head to stop the pounding sensation.

## sea and motion (car) sickness

One of the best things about summer and living in New Zealand is that we are lucky to be surrounded by so much sea. We are even luckier if we are able to be out upon the sea enjoying sailing, cruising or water sports. I can hear the people who suffer from sea sickness or who have to travel with a car load of car sick children, groaning in despair – but there is good news. Homeopathy can offer some great solutions to the bothersome sea or motion (car or aeroplane) sickness.

### Must haves for sea/motion sickness

**Cocculus** – The first remedy to think of for motion or sea sickness, especially if there is nausea and a loathing of food. There is such a feeling of sickness that even watching moving objects causes nausea and dizziness. There can also be an acute sensitivity to noise and smell, and vomiting and retching with a profuse flow of saliva.

**Pulsatilla** – An excellent remedy for car or motion sickness – especially in children. They will be weepy and may be fearful of vomiting. Often they feel better if sitting in the front seat and will want lots of fresh air.



# Survival Kit



## bites and stings

So you successfully get through the holiday traffic, noise, motion sickness and kids fighting in the car to arrive at your dream holiday destination. Time to relax and enjoy the long summer days and warm evenings ... if only it wasn't for the beastly insect bites!

Again a tube of **Combudoron gel** is a must have to apply to the skin for bites and stings. If there is a bee or wasp sting don't forget our grandmother's advice of applying **lemon juice or vinegar** topically for wasp stings, and a solution of **baking soda** for bee stings.

**Bees leave behind a stinger attached to a venom sac. Do not try to pull it out as this may release more venom. Instead gently scrape it out with a blunt-edged object, such as a credit card or dull knife.**

### Must haves for insect bites

**Apis** – The first remedy to think of for a bee/wasp/jellyfish sting where there is marked swelling and redness and the part is very hot. The pain is burning and stinging, made worse by heat and touch, but better for cold applications. Can be used in any situation where there has been a bite or sting or an allergic reaction where there is puffy, red swelling with the above indications.

**Ledum** – The part will feel cold, is painful to touch and feels better if something cold is pressed on it. The pain can feel stinging or pricking and there can be localised swelling.

**Staphysagria** – For very sensitive painful bites. Good for mosquito bites that become large and irritable.

In very acute situations administer two to three pillules or drops of the remedy every 15 minutes for the first hour and then three to four pillules or drops every two to three hours after that. Do not continue for longer than 24 hours and if symptoms persist seek professional advice.

If you find that the selected homeopathic remedy does not work as anticipated, you may need a specialist homeopathic prescription. Chronic conditions should be treated in conjunction with your homeopath. ✎

Tania Laing is a qualified homeopath and a parent of three delightful boys. Also known as 'The Children's Homeopath', Tania is passionate about families and working with children to help them shine and grow into great adults. She has clinics in both Grey Lynn and Remuera and you can contact her for an appointment on ph: 579 3055 or visit her website: [www.thechildrenshomeopath.co.nz](http://www.thechildrenshomeopath.co.nz)

