



The excitement of pregnancy, the anticipation of birth and the challenges and delights of parenthood can be some of the most intense times we ever experience as we embark on our journey with our children. We want things to be perfect for our children and coping with our gorgeous children being covered in unsightly skin conditions can be challenging. Milk spots, eczema, warts or other funny rashes (that we want gone – yesterday!) will often lead us to apply steroid creams or other such things to take the skin complaints away.

Treating skin complaints is a major part of my practice as a homeopath. Eczema, which seems to be quite prevalent in New Zealand children, is a common condition in my practice. There are varying opinions on the reasons for this, and one of these seems to be the large quantity of dairy products we consume in New Zealand. However, I have seen eczema in families who have a completely dairy-free and wheat-free diet, so the magical answer still seems to elude us.

With homeopathy we are always aiming to bring the body back into balance so that it heals itself. Symptoms are seen as the body providing us with a clue that something needs to be attended to physically, mentally or emotionally at a deeper level. Rather than applying topical creams which can suppress symptoms and send them further into the body, we work from within by using remedies to help strengthen the constitution. The overall effect is that there is more mental clarity, the emotions are more balanced and the body's organs work better. Gut function is also improved, thereby improving the elimination system and *bingo*, the skin starts to become clearer.

easing eczema

Let me share a couple of my cases with you.

Case 1

It is a delight to work with children and I thoroughly enjoy them all. One such little man who I treated was certainly no exception and he had such a mischievous demeanour, he was hard to resist playing with instead of getting on with taking notes from mum! He was a big boy for seven months and had been suffering from eczema for two months which was very itchy and frustrating for him. He could be irritable at times and squawked out loud if mum left the room at home. He loved being tickled, loved his food and being swung around. The most obvious thing to me on seeing him

was the nature of the rash. It was angry, bright, bright red and looked as if he had boiling water poured on him. One of his cheeks was bright red and the eczema was over his neck, in the creases of his arms, under his arms and in the creases of his legs. His mum reported that he

had a hot body temperature and occasionally his bowel motions smelt sulphury.

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 emotional upsets, fears, behavioural problems and anxieties and can be given safely to children to help with some of these challenges. The remedies are easy to administer, taste pleasant and can be purchased from most health food stores.

Skin Complaints

We gave him the homeopathic remedy *Sulphur* and I asked his mother to bring him back in three weeks. Three weeks later they returned and his mother reported the eczema had been worse in the first couple of days of taking the remedy. Then it went bright red and pealed, and had been much better since. He hasn't been scratching it and is not so irritable. He was very expressive and happy in the clinic, and all of the redness of his skin had gone. The skin wasn't angry any more and had a clear and healthy glow to it. He continues to do well and be eczema-free.

Case 2

Another case was of a baby boy who I'd seen for feeding and sleeping difficulties not long after he was born. Mum brought him in to see me again at five months as he was struggling to put on weight, and his chest, back and cheek were covered in eczema which was sometimes weepy.

He was a dear little man, with a beautiful smiley face and quite a gentle disposition. He liked to be close to mum and liked to sleep on mum during the day. He was very tiny and well below the Plunket median weight for his age, had delicate refined features, sparkling eyes, and was long and lean. He enjoyed people and followed conversations adults had by watching who was talking. Loud noises frightened him – even mum sneezing! If he wasn't fed to sleep, mum or dad had to dance with him, or put him in the car to get him to sleep. Mum reported that she thinks he had malassimilation problems and she was very concerned about him not putting on enough weight.

We gave this baby the homeopathic remedy *Calcarea Phosphoricum* which has an affinity for the digestive system with a general tendency towards emaciation and also an affinity for bones and bone growth. Three weeks later his mother reported his eczema was much better and he had put on 430 grams in five days! To date he continues to put on weight and is doing well. The eczema has improved – in mum's words, "hugely", with occasional slight dry patches of skin. This is a good example of getting the gut functioning well and the skin starting to heal up.

Skin complaints are not easy to treat yourself and will often need a qualified homeopath to take the case so that a remedy accurately matching the person's symptoms can be prescribed. If you or your child has trouble with on-going skin conditions, I encourage you to find a good homeopath in your area and work from the inside out rather than resort to applying topical creams to try and fix the problem. ✍

Note: Parents' permission was obtained to use the case examples and any defining characteristics have been removed for confidentiality purposes.

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 (09) 579 3055 www.thechildrenshomeopath.co.nz or www.tanialaing.co.nz.

