

# children's food allergies:

**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.

It almost seems to be endemic nowadays the amount of people who suffer from some kind of food allergy or intolerance. An allergy to a certain food or foods will cause more severe symptoms, sometimes life-threatening ones, than an intolerance – which will be more of a low grade response to certain foods.

Allergies to foods happen when the body treats the food as a foreign substance and the immune system sparks a huge attack on certain proteins in the foods. The substances in the food that cause this immune system response are called allergens.

Different children can have different responses as an allergic reaction and with homeopathy we are always looking to treat the individual by investigating how they in particular, respond to certain allergens.

One of my boys had a terrible intolerance to any sort of food colourings (yes, even I have allowed my children to have food colourings at times) and he would end up being like some creature from outer space. In fact, he would often end up at the top of a tree refusing to come down, or completely spaced out and not able to be reasoned with. The timing of it – just after any brightly coloured lollies from grandma or a well meaning aunt, was too coincidental to be ignored.

So what can you do if you suspect your child has a food intolerance or allergy? The first thing to do is to cut out of their diet that very food or food group. There is huge evidence showing that children with Autism or Asperger's

do much better on a gluten-free and dairy-free diet. Remember, that often the food they most crave will be the one that they shouldn't be eating – especially if the craving is quite intense.

Some good homeopathic remedies to have in your first aid kit for emergency situations where your child may have had an allergic reaction are as follows:

**Use only in 200c potency (strength) and administer every 10-15 minutes for the first hour, as you need to get a quick response in these situations. It is vital that you also seek medical help immediately.**

## Apis

Made from the bee, Apis is a remedy that we think of first and foremost for bee stings. However, it is very effective in treating any allergic reactions. There will be much swelling and fluid build-up – this could be around the lips, mouth or throat or under the eyes – especially if the child has ingested something and it can be hard for them to breathe.

## Arsenicum Album

Yes, it is made from arsenic. However, in homeopathy we can safely use what would be a dangerous substance in its crude form, because it has been diluted to the point



# gluten and wheat



where none of the original substance is left which not only renders it safe to use, even in pregnancy, but also very potent and effective.

Arsenicum is a good remedy to have on hand for ANY food poisoning, and with allergies the body can sometimes treat the food as a poison. You can expect there to be much diarrhoea (as the body is trying to rid itself of the substance as quickly as possible), a burning unquenchable thirst and much anxiety. The child will be quite convinced they are about to die, will need lots of reassurance and be very fearful and restless. Typically the symptoms are relieved by warmth – either warm applications or warm drinks.

## Urtica Urens

Good when there is a rash from an allergy to **shellfish, cheese, strawberries** or **milk**. The skin could be covered with a rash which has a white central spot and a red aerola, and it will be extremely itchy. There can be swelling a larger area opposed to one spot only.

## how to improve your child's constitution

Once you have dealt with the acute reaction, it is a good idea to make an appointment with your homeopath to have a constitutional remedy prescribed for your child. I remember the first time I heard the wording 'constitutional remedy', I wondered what on earth that could be. Was it some secret code language for a club I hadn't heard of yet?

Think of it like a car. You own a Toyota or maybe a Porsche (I wish!), and to get the optimal functioning out of your car, it needs to be regularly serviced, have clean oil put into it and have the water checked and topped up. And, of course, there is the petrol (food) it chews through. If you use low grade petrol or oil and don't get your car serviced regularly, you will get a car that doesn't run well, blows smoke and coughs and splutters.

When we give a constitutional remedy to a child (or adult), it is similar to the process of servicing our cars. It allows the body to perform at its optimum – fine tuning the parts that aren't working as well as they could. By giving a constitutional remedy (a remedy carefully selected to match the individuality of your child), the child's immune system and body starts to function better and thereby copes with outside stressors in a much better way. Of course, we

still need to put good fuel into our bodies along with our regular tune-ups (visits to the homeopath). So eating a healthy diet is imperative. We can't expect our bodies to run beautifully when we fill them with unhealthy foods, any more than we would expect our cars to run well on petrol mixed with additives such as water and dirt.

Sometimes we find when children have a certain amount of time on a diet that eliminates the food they are reacting to, combined with good constitutional homeopathic remedies, they can often return to eating foods they once previously reacted to. This is because the body has been brought back into a state of balance through the use of homeopathy.

Finding your child's constitutional remedy involves an hour-long appointment where such things are covered as your pregnancy, your child's birth, their first years, food likes and dislikes, sleep, digestion, fears and also the homeopath will be interested in the personality of your child and what makes them unique – how they tick and what makes them who they are. Each of our homeopathic remedies has a certain 'personality profile' which makes it stand out differently to the rest, much the same as we do as humans. Often parents are quite curious to find out which remedy their child will be given and why, as this gives quite a bit of an insight into their child's personality and character.

So, of course I would encourage you to visit your homeopath if your child is showing signs of being allergic to or intolerant of a certain food, to help strengthen their bodies to function at their optimum.

In very acute situations, administer 2-3 pillules or drops of the remedy every 15 minutes for the first hour and then 3-4 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, a parent to three delightful boys and is passionate about families. She is known as **The Children's Homeopath** and loves working with children to help them shine and grow into great adults. She has a clinic in Ellerslie, Auckland and is also available for consultations through Skype. You can contact her for an appointment on: (09) 579 3055 or visit her websites at: [www.thechildrenshomeopath.co.nz](http://www.thechildrenshomeopath.co.nz) or [www.tanialaing.co.nz](http://www.tanialaing.co.nz)

