

Bumps & Bruises

I remember a time when my children were learning to crawl or ride a bike and it seemed they always had bruises covering their little heads or shins. Lately they seem to get more bruises and bumps playing sports, however they no longer tend to scream quite so loudly because now there are friends and girls to impress! Bumps and bruises are a common occurrence that we deal with as parents and it is good to have our first aid kits stocked with some essential homeopathic remedies for these times.



Case Study: **Arnica**

It was a sunny, spring day and a good day to be airing mattresses outside. Of course it was also a good opportunity for three little boys to make pirate ships and bounce from one mattress to another. I was busy in the ship's galley preparing food for the pirates when, after one more excited shout of, "Land ahoy", came an almighty scream. Running out of the galley I bumped into pirate number two with blood streaming out of his nose. One little pirate ran for the cold cloth and one ran for the Arnica, while I pinched just below the bridge of his nose and got him to lean forward.

We quickly administered some Arnica 30c which reduced the bleeding somewhat, but not quite fully, and then five minutes later gave a second dose. It was like a tap had turned off – the bleeding stopped immediately and successfully after the second dose. Two more doses of Arnica were administered over the next couple of hours to reduce the possibility of bruising and black eyes. The three little pirates weren't to be allayed though, because after a quick snack they were back into arguing over whose fault it was, and who had the biggest mattress for their ship!

Arnica is known to most as a topical cream, however, homeopathic pillules (tiny little tablets) of Arnica can also be taken orally for bruising, shock and bleeding.

The child may be screaming but yet not want to be touched. "Leave me alone, I'm okay", they may say – yet it is clear that they are not. Try to reassure the child and, of course, if there is any bleeding, you must apply pressure to the wound. With bumps and bruises we have a tradition in our house of a 'Cold Cloth' which



is a face-cloth run under a cold tap, wrung out and applied to the bump. Next administer three to four Arnica pillules orally which can help reduce shock and bruising and can also very quickly stop bleeding.

In very acute situations give three to four pillules of Arnica 30c every 15 minutes for the first hour and then three to four pillules every three hours after that. Do not continue for longer than 24 hours.

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 clinics in Grey Lynn and Remuera. Contact her for an appointment, ph: (09) 579 3055 or visit her website: www.thechildrenshomeopath.co.nz



Healthy
GIVEAWAYS

November '09 Giveaway Entry Forms (See p64 for November Giveaways)

Hay Calendar 2010 Giveaway
4 to win
Please enter me into the draw to win 1 of 4
Louise L Hay's C _____ **20** _____ **Packs.**
NAME: _____
ADDRESS: _____
POSTAL CODE: _____ PHONE: _____

Herb Starter Pack Giveaway
1 to win
Please enter me into the draw to win 1
Tui H _____ **S** _____ **Pack.**
NAME: _____
ADDRESS: _____
POSTAL CODE: _____ PHONE: _____

Summer Colloidal Silver Pack Giveaway
4 to win
Please enter me into the draw to win 1 of 4
Skybright S _____ **C** _____ **Silver Packs.**
NAME: _____
ADDRESS: _____
POSTAL CODE: _____ PHONE: _____

Growing Your Own Groceries Book Giveaway
5 to win
Please enter me into the draw to win 1 of 5
G _____ **Your G** _____ **Books.**
NAME: _____
ADDRESS: _____
POSTAL CODE: _____ PHONE: _____

IMPORTANT TO REMEMBER: To be eligible for the draw, please ensure each submitted form has been filled out correctly, including the missing words, and cut out.

Cut your individual and original entry form/s out, put ALL your entry form/s in ONE envelope and mail to: November GIVEAWAYS, Healthy Options, PO Box 13209, Tauranga 3141, New Zealand to reach us before 4pm on Friday, 4 December 2009.