



Treat Your Child Yourself

A Parent's Guide to Drug-Free Solutions for Common Complaints

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Reviewed by Petra Wood, UK

This 80-page booklet does what the title promises: It provides alternative solutions to the most common childhood ailments. It covers anything from accidents, colds and coughs and childhood illnesses to scabies. The information is provided in an easy to access A-Z of ailments with cross-references to related topics. Each heading gives some short general information about the nature of the ailment, followed by a few practical measures and concludes with suggestions for homeopathic remedies. The authors are keen to point out the need to consult a professional homoeopath for more chronic ailments or should no improvement be achieved.

Both authors are naturopaths as well as homeopaths. This reflects in their suggestions for practical measures where they repeatedly point out the importance of good bowel flora and the need to keep the whole body system alkaline. Suggestions for supplements (vitamins, minerals and herbal) are made throughout the book.

The suggestions for homeopathic remedies seem sound, though I was surprised to see major remedies omitted at times, e.g. Chamomilla is missing in the suggestions for colic; Pulsatilla is not mentioned for conjunctivitis. The choice of potency seems unusual at times too, for example Belladonna 3C for ear infections when 30C is suggested at other occasions. Tissue salts are often recommended instead of or in combination with other homeopathic remedies.

The first few pages of the booklet give general information about homeopathy, remedies, where to buy them and dosage. The appendix covers more information about a variety of health-related subjects such as allergy testing and acid/alkaline balance. All references for sources of information, remedies or supplements are only for Aus-

tralia which makes the book less useful for other countries.

The booklet lacks a Materia Medica section to educate the reader about the basic pictures and key features of the most common remedies. Personally I am concerned that the lack of Materia Medica information disables the reader from making homeopathic prescriptions that are not based on an ailment-related approach.