

### Home Remedy Kit Directions

We have found in our years of experience since 1973 that most, *but not all*, common, acute inflammatory or infectious diseases will respond well to the cleansing, diet and remedies recommended in these directions. Please familiarize yourself *thoroughly* with these directions before you begin treating yourself or your family.

*It is important* to always begin your treatment with the cleansing unless diarrhea is already present. In adults and older children this is a Dulcolax suppository *and* Milk of Magnesia. See page 5 for cleansing instructions and doses for infants, children and adults.

Be sure to keep warmly covered, especially the trunk and legs, during every fever, inflammation or infection. Most treatment failures are due to lack of attention to bowel cleansing and to keeping the body warm. These are essential to support the action of the remedies for a good outcome.

*Please, remember that this kit is not meant to treat all illnesses and cannot substitute for the individual diagnosis and recommendations of a physician. If you have any questions, are not sure what to do, or if an illness is not obviously improving, please call the office or your own physician.*

Give liquid remedies in about ½ teaspoon of water, preferably on an empty stomach. It is best to take each remedy separately, but there is no need to wait between the separate doses. Pellets can go from hand to mouth. *Use 1 drop or pellet for infants under 6 months old. Use 2 drops or pellets from 6 months to 2 years. Above two years old, use as many drops or pellets as the child's age in years (4 yr. old-4 drops, etc.) up to the limit of 5 drops or pellets, which is the dose for anyone over 5 years old.*

The dose for the powders is the same for all ages: a little heap of powder the size of a small pea on a dull knife-tip. The dose for tablets is also the same for all ages. For infants, crush tablets or pellets into powder and moisten with a few drops of water, juice or breast milk, in a spoon.

As soon as the bottles are 2/3 empty, please call Weleda or Uriel directly and request a refill. Be sure you always have on hand the remedies you need for your family's common ailments. Our office keeps a few remedies in stock, which are for urgent needs.

The FDA does not require expiration dates on homeopathic remedies. In general, though, powders, tablets, pellets, liquids (drops) and ampules are potent for decades if properly shielded from extreme temperatures, light and moisture. Suppositories, ointments and oils are more subject to deterioration and should be stored properly. Suppositories should be refrigerated while ointments and oils must be kept in a dark place away from extreme temperatures. These more perishable remedies should be judged on their odor and appearance.

## Remedy List

Weleda **Arnica Essence liquid \$29** (OTC) (or Uriel **Arnica Essence \$24.20**): Dilute 1 teaspoon in ½ cup warm water as a solution to cleanse wounds, or sprinkle about 20 drops on a damp cold gauze pad or washcloth (or make a 1:10 solution with water) to make a compress for **sprained ankles, bumps on the head or any injury**. Keep out of children's reach and store away from oral medications.

Weleda **Argentum/Carbo Bet./Silicea drops \$34** (or Uriel **Silicea/Belladonna pellets 19.25**): For **high fevers, pain or toxic conditions**. Use 1 drop or pellet for infants under 6 months old. Use 2 drops or pellets for 6 months to 2 years. Above 2 years old use as many drops or pellets as the child's age in years (4 yr. old – 4 drops, etc.) up to the limit of 5 drops or pellets, which is the dose for anyone over 5 years old. You may give a dose from every hour up to every 15 minutes when symptoms are severe, along with Erysidoron 1.

Weleda **Archangelica Eucalyptus Ointment \$18**: Rub on chest and back for **coughs** and **chest colds**. Rub on throat for **sore throat** or **croup**. Rub on glands for **swollen glands**. Cover warmly with cotton or wool.

Weleda **Burn Care gel \$15** (OTC): (**Combudoron Gel**) Keep refrigerated. Apply liberally to **burns** and **insect stings** bandage loosely. Reapply twice daily or more often to keep burn moist until it is healed. It may sting for 30-60 seconds when first applied to burns, but it works great to heal with little or no scarring.

Weleda **Carbo Bet. Comp capsules \$27**: Swallow 1-2 capsules every 1-2 hours for **diarrhea** or **stomach-intestinal cramps**. Under 1 years of age: one opened capsule mixed with food or drink. Over 12 years of age and adults: 3-4 capsules.

Weleda **Capsicum/Cepa/Levisticum drops \$34**: For **earaches** give dose every 30-60 minutes or you may place dose directly into ear canal for more rapid relief. Use 1 drop for infants under 6 months old. Use 2 drops from 6 months to 2 years. Above two years old use as many drops as the child's age in years (4 yr. old – 4 drops, etc.) up to the limit of 5 drops, which is the dose for anyone over 5 years old.

Weleda **Cinnabar Comp powder \$26** (OTC) (or Uriel **Cinnabar Comp pellets \$19.25**): For **head colds** and **sore throats** and **sinus infections**: 1 pea-sized portion or 1 to 5 pellets 4 times daily. STOP IT IF THE COLD DEEPENS TO CHEST AND LUNGS AND SWITCH TO **Ferrum Phos** plus **Infludo** or **Pneumodorons 1 & 2**.

Weleda **Echinacea Comp drops \$34** (or Uriel **Echinacea/Thuja pellets \$19.25**): Give dose every hour for any **infection, inflammation** or **fever**. Use 1 drop or pellet for infants under 6 months old. Use 2 drops or pellets from 6 months to 2 years. Above 2 years old use as many drops or pellets as the child's age in years (4 yr. old – 4 drops, etc.) up to the limit of 5 drops or pellets, which is the dose for anyone over 5 years old.

**Eucalyptus Oil**: Add to medicine reservoir on top of **steam vaporizer** for **coughs** and **colds** especially at **night**. Eucalyptus oil is a poison and must be kept out of children's reach and apart from oral medicines. If swallowed, please call a poison control center. **Not included in kit, please buy at a health food store.**

Weleda **Erysidoron I drops \$29** (or Uriel **Apis/Belladonna/Mercurius pellets \$19.25**): For **fever** or **pain** of any kind, give dose every 1-2 hours. Use 1 drop or pellet for infants under 6 months old. Use 2 drops or pellets from 6 months to 2 years. Above 2 years old use as many drops or pellets as the child's age in years (4 yr. old – 4 drops, etc.) up to the limit of 5 drops or pellets, which is the dose for anyone over 5 years old. For high fever over 103F, may repeat dose every 15 to 30 minutes if needed for **restlessness** or **discomfort** from fever, **along with Weleda Argent/Carb/Silicea drops** or Uriel **Silicea/Belladonna pellets**.

Weleda **Ferum Phos. 6X tablets \$29** (OTC) (or Uriel **Ferrum Phos. 6x powder \$24.20**): For **colds** (whether in head or chest), **coughs** and **flu**: 1 tablet or 1 pea-sized portion of powder every 1-2 hours. For prolonged

**convalescence** from any illness, give 4 times daily until completely recovered, usually 1-3 weeks after acute symptoms have disappeared.

Weleda **Infludo drops \$29, (or Uriel Sabadilla Eucalyptus drops \$24.20):** For **flu, coughs** and **chest colds** 5 to 7 drops every 1-2 hours for adults. For **chest colds** in **children**, use the same dose as other drops, depending on the child's age.

**Fever Suppositories (Uriel Echinaces/Apis \$19.25 and Aconitum/Bryonia \$19.25 – 1 box of each)** (Not carried by Weleda): **Keep refrigerated.** For **high fevers** or **toxic conditions.** Insert in rectum every 4-6 hours and before bedtime. NOTE: these suppositories are not laxatives; they are meant to stay in and be absorbed to treat high fevers. If a laxative is needed, use a glycerin suppository first (or Dulcolax suppository for kids over 1 year), then after it works, use one of these fever suppositories.

Weleda **Prunus Spinosa drops \$27 (OTC)** (or Uriel **Prunus Essence drops**): Use in the same dose as other drops to strengthen resistance and life forces during any **illness, stress** or **convalescence.** Continue 3 to 4 times daily after the illness until the patient is 100% back to normal.

- Note: OTC = Over the Counter. Remedies marked (OTC) are available from Weleda without a prescription. All Uriel remedies above are OTC and can be ordered directly from Uriel. All other remedies on this list may be refilled from Weleda up to 3 years after you first receive the kit. After 3 years call Dr. Incao for a new 3 year prescription.
- Some of these remedies have increased much in cost since Dr. Incao first designed this kit in the 1970's. As of 2013, you can save approximately \$50 by ordering the Uriel alternatives where mentioned above.

## **You can order the Home Remedy Kit from:**

### **WELEDA**

**Tom: extension 5567**

**Dena: extension 5568**

**800-241-1030**

**Fax: 800-280-4899**

**1 Bridge St. Suite 42**

**Irvington, N.Y. 10533**

and from

**Uriel Pharmacy**

**1-866-642-2858**

## How to Treat Inflammatory Illnesses

“The best doctors are Dr. Diet, Dr. Quiet and Dr. Merryman” William Ballein

All of the common illnesses of childhood are inflammations. “Infection” is the wrong word for them because it suggests that we get sick because germs invade us. This is misleading. We are always exposed to and often harbor germs and yet we only occasionally get sick. Why do we get sick when we do?

In order to be healthy we must keep an inner balance in body and soul while all the time growing and changing from birth to death. Childhood is the time of most rapid growth and dramatic change, and a child will remodel and renew his body many times as he grows. Every remodeling job requires some demolition, a breaking down of part of the inherited bodily structure in order to rebuild it better. This breaking down of old cells and tissues results in debris, which must be cleaned up before the body rebuilds itself. *It is the immune system* which does the breaking down by causing cell death, and when necessary, fever and inflammation to destroy and digest foreign or outworn bodily material. *And it is the immune system* which cleans up the digested material and debris by pushing it out of the body. That is why children so often will have skin rashes and discharges of mucus or pus, *because their immune systems are actively working*. Debris that remains in the body may act like a poison, or may cause allergies or repeated inflammations later on. Germs do not “attack” us, but they often multiply wherever the body’s living substance is dying, breaking down, and being discharged. Germs don’t cause illnesses: they feed on them.

Every childhood inflammation, every cold, sore throat, earache, fever and rash is a healing crisis and a cleansing process, a strong effort by the human spirit working through the immune system to remodel the body so it can be a more suitable dwelling. Anthroposophic and homeopathic remedies help and promote this cleansing process and help the illness to work its way out of the body in order for healing to occur. Antibiotics, aspirin, Tylenol, ibuprofen and other anti-inflammatory drugs cool down and suppress the “fire” of the immune system so that the symptoms subside *before* the illness has fully worked its way out of the body. When an inflammation is suppressed in this way, and prevented from fully discharging its toxins, then either the inflammation will come back, or else the tendency to allergies and asthma will be increased. Recent research has confirmed that antibiotics and vaccinations are a cause of increased allergies and asthma.

It rarely happens in healthy people that the inflammatory response of the immune system may get out of control. In such cases an antibiotic may be needed. Although an antibiotic may be life-saving, it never heals an inflammation; it only suppresses it. The causes of the inflammation must still be healed after the antibiotic treatment; otherwise the immune system may remain weakened. *If you do take an antibiotic, please continue these remedies 3 to 4 times daily during, and for 2-3 weeks after, the antibiotic treatment.*

### ***START HERE! Cleansing and Detox***

In addition to any remedies you may use, **THE FIRST AND BEST THING YOU SHOULD ALWAYS DO AT** the onset of any inflammation, fever, cold or “infection” is to cleanse the body as follows, especially if the infant or **CHILD IS MODERATELY ILL AND HAS NOT HAD A BOWEL MOVEMENT IN THE PAST 8 HOURS:**

- 1) Give infants a glycerin rectal suppository. For adults and children over one year of age, give a Bisacodyl (Dulcolax) suppository. If you prefer, an enema may be used instead of a suppository. (Of course, do not use any of these if diarrhea is present). *After the initial*

*suppository or enema, it is important to keep the cleansing going until the illness is all better by giving a dose of Milk of Magnesia once daily for 3-5 days:*

Infants under one year: Fennel tea and diluted juices from stewed organic apricots and prunes will help to loosen the stools.

Children, 1-5 years of age: 1-2 tablespoons or 2-4 tablets of Milk of Magnesia

Children, 5-12 years of age: 2-3 tablespoons or 4-6 tablets

Over 12 and adults: 4 tablespoons or 6-8 tablets

(After the first 3-5 days and until fever and pain are all gone, warm prune juice or stewed prunes will help to keep bowels loose.)

- 2) Drink lots of warm herb teas, especially horsetail (equisetum) which cleanses the kidneys, and is included in this kit.
- 3) STRICTLY AVOID ALL PROTEIN! See under “Diet” on page 11 for further details.

#### Section 4: Treatment of Common Illnesses

See pages 2 and 3 for proper dose for children and adults, and for proper doses of the equivalent remedies from Uriel Pharmacy for the Weleda remedies on the following pages.

*Please note:* Items marked with (\*) are not included in the kit. If the (\*) marked conditions occur often in your family, please ask Dr. Incao in advance for prescriptions for the additional remedies you will need. OTC remedies and teas are available over the counter without a prescription direct from Weleda. Weleda Pharmacy and Uriel Pharmacy also carry a variety of ointments and creams for first aid needs. Please inquire about these as well.

Colds & Sinus Infections: Cinnabar Comp, Echinacea Comp, Ferrum Phos 6x, Steam Vaporizer with Eucalyptus Oil.

Colds with Fever: Same as “Colds” plus Erysidoron 1, Argentum/Carbo Bet Silicea

Sore Throat: Same as “Colds” plus Erysidoron 1, Archangelica/Eucalyptus ointment on neck, cover with bandana or scarf. Rub (rub on throat, cover with scarf); or poultice with chopped raw onion warmed to body temperature and applied to throat.

Flu (fever, muscle-aches, headaches, dry cough): Same as “Colds with Fever” + Infludo

Deep Chest Cold and Cough: Echinacea Comp, Ferrum Phos 6x

You will also need:

- (\*) Pneumodoron 1 and 2: Start with Pneumodoron 2 for first dose in the morning. Every hour, in alternation (when not available, use Infludo every 2 hours) i.e. 1<sup>st</sup> hour Pneumodoron 2. 2<sup>nd</sup> hour Pneumodoron 1, and so on.
- Archangelica/Eucalyptus Ointment: rub on chest and back.
- Steam vaporizer with Eucalyptus oil.

- Mustard plaster in stubborn cases is very effective, but only when the fever is low and cough is tight and unproductive. Call office for instructions.
- (\*) Anise/Pyrite D3: 1 tablet every 1-2 hours. Or (\*) Ferrum Sidereum D6, 1 pea-sized portion every 1-2 hours.

Croup (very tight, barking cough): Same as “Sore Throat” except replace Ferrum Phos 6x With (\*) Anise/Pyrite D3, plus give:

- (\*) Spongia/Bryonia every hour, up to every 15 minutes when acute.
- Steam vaporizer with Eucalyptus oil is the most important remedy in croup.
- Onion poultice or mustard plaster also helps to loosen the tight cough, sometimes dramatically.

Laryngitis: Same as “Sore Throat” plus: (\*) Anise/Pyrite: 1 tablet every 1-2 hours

Cough: Same as “Colds” plus give:

- (\*) Sytra Tea
- Horsetail (equisetum tea) tea
- Archangelica/Eucalyptus Ointment on throat and chest

Vomiting or Diarrhea: See also page 11.

- 1<sup>st</sup> day: (\*OTC) Chamomile tea, or unflavored Pedialyte, only 1 teaspoon for a small child every 20 minutes. (See “additional instructions”, pages 11 & 12, for infants.)
- 2<sup>nd</sup> day: Add cream of rice, clear vegetable broth, and grated peeled apple, nothing else.
- 3<sup>rd</sup> day: Gradually increase above. No dairy, nuts, beans, eggs, meat, or fish until 48 hours after the last episode of vomiting or diarrhea.

Swollen Glands: Archangelica/Eucalyptus Ointment on glands. Cover warmly.

High Fever with Restlessness or Irritability:

- Keep patient warm and quiet in darkened room. *No baths!*
- No Tylenol, Advil, Motrin, aspirin, etc. These only prolong the illness. They do NOT prevent convulsions.
- Argentum/Carbo Bet/Silicea and Erysidoron 1: every 15-30 minutes.
- Lemon calf compresses. (Feet must be warm to do this. If they are cool, rub them first or use covered hot water bottle to warm them.) Cut ½ lemon in bowl of lukewarm water, scoring the skin to release etheric oils into the water and squeezing out the juice. Soak 2 washcloths in the lemon water, wring them out well and then wrap one around each calf. Cover with wool muffler or other wool, and then put pajama bottoms on over that. Cover patient warmly. May repeat every 4 hours if fever and irritability persist. This treatment does not cause a large drop in temperature, but rather pulls the inflammation down away from the head, and makes the patient more comfortable.
- (\*) Fever Suppositories (rectal) every 4-6 hours and before bedtime. See page 3! NOTE: These suppositories are not laxatives; they are meant to stay in and be absorbed to treat high

fevers. If a laxative is needed use a glycerin suppository first, then after it works use one of these suppositories.

- *It is very important to follow instructions on page 5 regarding bowel cleansing. (Adults with high fevers benefit from (\*) Cardiodoron, 5 drops every 1-2 hours.)*
- *(See also Body Warmth and Fever, page 9.)*

Bladder Spasms or frequent, painful urination (usually in girls): (Call the office immediately for associated low back or kidney pain.) Rub archangelica/eucalyptus ointment over bladder, cover warmly.

- WARMTH! Warm clothing especially over belly, legs and feet. Hot water bottle over bladder.
- Lots of horsetail tea (included in kit) and/or cranberry juice or extract.
- (\*) Thuja Comp: 1 pea-sized portion 4 times daily, for at least 5 days, up to 10 days, then stop.
- D-Mannose is a very effective natural remedy. Call office.

Pink Eye (conjunctivitis with yellow eye discharge): Same as “Colds with Fever”

- Warm eye compresses and cleansing of eye discharge with horsetail (equisetum) tea, included in kit.

Earache: Same as “Colds with Fever” plus Capsicum/Cepa/Levisticum, which may also be given in the ear for more rapid pain relief.

- Chamomile steam inhalation (close supervision with younger children) to open Eustachian tubes. Bring large pot of water to boil, turn off heat, sprinkle loose dried chamomile flowers in the pot, then breathe the steam with a towel loosely over the head to make a tent.
- Put some cotton in the ear which you have moistened with the fresh juice of a raw strong yellow onion.
- Onion Compress: Wrap a ¼ inch slice of raw onion (preferably a strong yellow onion) in one layer of gauze; apply it to ear, holding it in place with Kling gauze wrapped around head. Keep on ear for about 4 hours or at least until pain is gone. Repeat as often as needed. This is very effective in loosening the painful congestion in the ear (just as an onion draws tears from the eye.) For earache, it is important to keep the ear and the entire head warm. Keep a wool stocking cap always pulled over the ears (either alone or over the onion compress). The onion compress is also effective in promoting drainage of fluid remaining behind the eardrum after the earache, or caused by allergies. If you have no onions (or no time), put 1-3 drops of Capsicum/Cepa/Levisticum in the painful ear as often as needed, up to every 15 minutes.

If the ear drains, continue all of the above except do not put any drops in the ear. It is important to continue treatments for earache at least 10 days, although remedies are reduced in frequency after symptoms improve.

For adults and children over 12 years of age: When you know you're starting to come down with something and want to “nip it in the bud”:

- Stop eating altogether and start drinking hot herb teas and hot citrus punch with ginger and carrot/onion/garlic broth as much as tolerated.
- Empty your bowels! (unless you already have diarrhea) An enema or a Dulcolax suppository works fast. Laxatives are slower and less predictable, but take Milk of Magnesia anyway, because it is an excellent detox remedy for liver and intestines. Take 8 tablets or 4tbsp. all at once, once daily for 1-5 days in a row.
- Ferrum Phos 6X and Echinacea Comp or Uriel equivalents (pages 2-3) every hour; Infludo every 2 hours.
- Take a *very* hot bath for 20-30 minutes, go to bed, and sweat under lots of blankets, then sleep for as long as possible. In the morning you should feel better. If not, repeat the bath every evening until you are better. If you have a fever of 101 F or higher, then do not take a bath, just go to bed.
- Rest or nap as much as you can.
- Keep warm. Dress warmly. Use hot water bottle on feet if they are cool to touch.

### Additional Instruction for Illness in Children and Adults

#### Remedies:

Never wake up the ill person to give a remedy or change a lemon calf compress. Sleep is the best healer. These remedies must be given regularly and consistently if they are to work. As the illness is improving, the frequency of the dose can be decreased from every 1-2 hours to 3-4 times daily; *but do not stop* the remedies until 2 or 3 days *after the fever* and other symptoms are completely resolved. The Ferrum Phos 6X tablets can be given for one or more weeks after this point as a strengthening tonic after a severe illness. Prunus Spinosa (OTC) from Weleda is also a good strengthening tonic, and is included in this kit.

#### Body Warmth and Fever

Children should always be warmly dressed for the weather. This will increase their body's ability to handle inflammations. The normal body temperature in a healthy child or adult should be 98.6 or slightly higher, but preferably not lower. A sub-normal temperature indicates that not enough warmth is being produced by the body. Viruses and bacteria in us grow faster and toxins accumulate when the body temperature is lower and they are all cleared faster from the body by the immune system when the body temperature is higher. Weather permitting, young children should be dressed in natural fibers with 3 layers on top and 2 on the bottom. Wool socks are very helpful to support a healthy body temperature. Children under 3 years especially should wear caps or hats to protect the body from warmth loss and the intensity of the sun.

Fever should not be regarded as a dangerous or unhealthy process in the body. It is actually the body's messenger and a healthy response to the presence of something foreign or toxic that the body needs to rid of. If we feel very uncomfortable, achy or even delirious with a fever, these are symptoms caused by the toxicity, the poisons, in our system. The fever isn't the problem; it is part of the solution! Giving Tylenol or Advil for a fever is like killing the messenger.

Many parents have a dread of fevers because they expect them to lead to convulsions or brain damage. *This is simply not true!* The great majority of fevers are perfectly benign, and the great majority of children are not susceptible to fever convulsions and don't get them even with very high fevers. Fever convulsions happen only in a small minority of children who are so constituted as to have a low threshold for convulsions. Even in these susceptible children fever convulsions are rare events, usually happening only once or twice between 6 months and 6 years of age.

- *Fever convulsions do not cause any permanent damage to the brain or nervous system.*
- *Lowering a fever with Tylenol, baths or anything else will not prevent convulsions.*
- *The minority of children who are susceptible to fever convulsions will outgrow their susceptibility after age 7.*
- *A fever convulsion is much less likely to occur if the recommendations in these pages for bowel cleansing, diet, quiet and warmth are promptly followed at the first sign of illness in children, as well as giving the remedies.*

It is the *toxicity* from certain diseases and certain immunizations which may rarely cause brain damage in children or adults, regardless of whether the fever is high or low. But *fever itself*, even when 105 degrees F or over, will not cause brain damage. In the very rare case when a fever goes over 106 degrees, you should call your doctor.

Therefore, when a child has a fever, dress him even *more warmly* than usual with layers of cotton or wool. Keep the patient warm enough that the cheeks are red and the hands and feet are warm. The body in its wisdom wants and needs to be hot in order to burn out the illness. When the fever is rising, we feel chilled and want to get warm under blankets. When the fever breaks and then starts to come down, only then do we feel hot and sweat and throw off the blankets. This is the natural way the immune system burns out the illness and discharges its toxins.

It is best *not* to give aspirin, Tylenol, ibuprofen or baths for a fever. There is no evidence whatsoever that these prevent fever convulsions. In fact, recent research suggests that *fever-lowering drugs may actually be harmful by suppressing the immune system and increasing the body's retention of toxicity, thus making complications and prolongation of the illness more likely.*

Don't forget, fever drives the toxins out of the body. Tylenol and other fever-lowering drugs can therefore make us more toxic! This explains why, in some viral inflammations of children, aspirin increases the risk of Reye's Syndrome, and ibuprofen seems to increase the risk of serious bacterial complications. Tylenol is likely to do the same, as well as having a well-known toxic effect on the liver, which can be very dangerous at higher doses. Tylenol use may also increase the tendency to asthma. This is probably one of the reasons why asthma is increasing so much in children today.

Healing occurs when our toxins have been fully digested and discharged from the body. Traditional medical wisdom has always recognized that the discharge of pus, mucus or rash is a healing response to the underlying illness.

If a child or adult with a high fever is very uncomfortable and restless, this is a sign of toxicity and the previously mentioned cleansing measures are needed. You may also rub the arms and legs and head with a washcloth moistened with tepid water and Arnica tincture or lemon juice. (From the neck to the knees the child should not be undressed.) Rub vigorously to make the skin red and this will help to dissipate excess body heat through the skin. *This restlessness and irritability during a fever are caused by circulating toxins in the body and can often be prevented by following the directions under “Cleansing and Detox”.*

## Diet

When someone has, or is coming down with any type of inflammation, cold or fever, the diet should be restricted. When your body is trying to “digest” and eliminate toxic substances it will help if you don’t have to digest much food at the same time. Therefore, the general rule is to AVOID PROTEIN FOODS during the acute illness. These are: meat, eggs, dairy, nuts, fish and legumes (beans, peas, lentils, soy, etc.).

*The sick person should have a mainly liquid diet of vegetable broth, herb teas and fruit juices, but no juices colder than room temperature. Fruit, cooked vegetables, grains, and light crackers are also suitable.*

Another general rule is that when sick, eating less is better than eating more. If the patient is not hungry then she is better off not eating. On the other hand, when your patient in the middle of her illness is suddenly hungry, then let her eat light, non-protein food and she will be quickly satisfied. Add protein only when you are sure the illness is really over.

The return of appetite is a sign of getting over the illness, but those first meals after the fever is gone should be light ones. Don’t be too eager to have your child regain the lost weight; this will happen soon enough quite naturally as your child’s appetite and strength return. After the illness, reintroduce the restricted foods gradually and carefully.

## Vomiting and Diarrhea

Vomiting and diarrhea are important ways that the body detoxifies itself. For vomiting or retching alone without diarrhea, the best remedy is a Dulcolax suppository or, in INFANTS under 1 year old, a glycerin suppository. These will relieve the nausea and vomiting by helping the bowels to move, thus venting the body’s toxins away from the stomach and out of the body. This helps even when the patient has not been eating and has very little stool to eliminate. The colon eliminates not only food waste, but also cellular wastes and toxins carried by the lymphatic fluid of the body.

For either vomiting or diarrhea, the most important remedies are proper *fasting and sleep*. In such conditions, the stomach and intestines are inflamed and they will be irritated by any food which enters them, thus resulting in *more* vomiting, diarrhea and cramps. However, you must give fluid in small doses to prevent dehydration, especially in INFANTS. It is best to stop breastfeeding during *acute* vomiting or diarrhea, and to give only clear fluids. Dry lips, dry mouth, depressed fontanel in infants, and sunken eyes indicate dehydration; call the office or your own doctor if these are present. Always call the office or your own doctor for severe or prolonged vomiting or diarrhea, especially under the age of two. The older the child, the less the danger of dehydration.

Start with only 1 teaspoon of chamomile tea, unflavored Pedialyte or carrot/onion broth, repeated every 20 minutes. If symptoms persist, then give *nothing* for a few hours, *try to let the patient sleep*, and try again. (Chamomile tea can be made with as few as 2-3 flowers to 1 cup boiling water. Place the chamomile flowers in a tea strainer and pour the simmering hot water over the flowers, steep no longer than one minute. Allow to cool enough to be just warm when giving to young children.)

You can make your own homemade and more wholesome version of Pedialyte by simmering only chopped carrots and onions (organic if possible) with nothing else added for about an hour with lots of water, then draining off the water to use in alternation with chamomile tea or fennel tea for fluid replacement, 1 teaspoon every 20 minutes. It should have a mildly sweet taste. You may dilute to taste with pure water if it tastes too strong.

The general rule is this: the inflamed bowels will heal as long as they can have a rest from having to cope with food or even too much drink. If the vomiting and/or diarrhea are not improving, then you must give the patient *less* to eat, *less* frequently, and call the office or your own doctor.

If *steady pain, stiffness and tenderness to touch* of the belly are the main symptoms, sometimes with vomiting or diarrhea, then you should *always* consult a physician as this may be appendicitis. This does not apply for intermittent cramps, in which the belly is soft and non-tender between cramps. If in doubt, please call Dr. Incao.

As the vomiting and/or diarrhea are improving, then the dose of unflavored Pedialyte, chamomile tea or carrot/onion broth may be carefully increased. On the 2<sup>nd</sup> or 3<sup>rd</sup> day, cream of rice and oat broth (with a little salt) may be added. Oat broth is made by simmering organic oat flakes with lots of water until creamy, then putting it through a strainer. Give the part that passes through the strainer. One may also eat an apple which has been peeled and grated on a fine grater. Later saltine crackers, rice and millet and soft-cooked yellow vegetables like squash, carrots, or yams may be added. Do not give meat, fish, eggs, dairy products or any protein until you are sure recovery is complete. If at any time the vomiting and diarrhea worsen, then go back to the beginning and start again, with 1 teaspoon chamomile tea, unflavored Pedialyte or carrot/onion broth every 20 minutes.

Quiet

Most adults have experienced how, during a fever or any inflammatory illness, we crave peace and quiet and are disturbed by noises and sounds which usually don't bother us when we are well. Children have this same need for peace and quiet during their illnesses, though they will rarely express it. Instead, out of "boredom" they will ask to listen to the radio, tapes or watch T.V. These kinds of stimulation are best avoided, especially for younger children, and should be replaced by just "being there" for your child during his or her illness in a peaceful, unhurried and reassuring way. Keep them quietly under covers in bed or on a couch away from the hustle and bustle of household activity. *The more one can sleep during an illness, the better.*

Illness is a time to remove oneself from the usual pressures and routines of life and to "veg out" totally and to allow one's body to repair and renew itself in the context of a peaceful and supportive environment. Very often illness can provide a wonderful opportunity for renewed communication and bonding between parent and child.

### Dr. Merryman: Mastering Fear

The cleansing and detox and other recommendations in these pages have proven themselves to work extremely well in over 90 years of experience with Anthroposophic medicine in many countries of the world. They have worked extremely well for my patients, including my own three children, since I began practicing medicine in 1972.

There have been articles in pediatric medical journals about "fever phobia", the unreasoning and unwarranted fear of fever that many parents have. Fear is a natural response to the experience of powerful forces which we do not understand. Acute inflammation and fever are certainly poorly-understood, powerful forces, nevertheless they are *healing* forces!

When fear gains the upper hand, clear vision and judgment go out the window. If we can master our fear and sit calmly and reassuringly with our children when they are ill, observing them carefully, there is much we can learn. We may find that our fear gives way to a healthy respect and a glimmer of understanding for the change emerging in our child through the ebb and flow of the fever.

In every fever and inflammation, forces of body, soul and spirit are working to bring to birth a new order and a new balance. Many mothers have told me of their child's developmental leap in emotional and neurological maturity after working through a feverish illness. That's because every fever or inflammation is like a labor pain in childbirth. They're not pleasant, but just as labor pains help the child's body to come out into the world, so do fevers and inflammations help the child's spirit and soul to come into its body and from there radiate out into the world. This "coming in and radiating out" of the child's spirit and soul is a stepwise process which enables the child to master and control its own body and to relate to its environment - the very same miraculous process which is responsible for the healthy growth and development of the child. This process is what feverish illnesses support and enhance in children, provided that these illnesses are able to run their course

in a healthy way, and to accomplish their important work of remodeling and renewing the human body.

Every mother knows how helpful it is during labor and childbirth to be surrounded by loving people who create a warm, supportive and positive atmosphere. A child laboring through his or her feverish illness needs just this kind of loving, positive support from the adults who are the midwives in this birth process of the child's spirit and soul.

If we could learn to greet fever in ourselves or our children as the special event which it indeed is, and as a sign that the new balance and the fresh start we needed is now coming about, imagine the difference such an attitude could make! Instead of regarding a cold, flu or fever as an unwelcome interruption in our life, and feeling worried, anxious or annoyed, we might realize with awe and respect that the deeper wisdom we needed is now actively working through us or our children. Such a positive attitude helps greatly to bring about a healthy outcome.

Of course, as with any birth process, we need to be observant and discerning to make sure the inflammation unfolds in a healthy way and to know when to call for expert help. This knowledge and discernment can be learned through experience, so that with each illness of our children we become more familiar with the inflammatory process and more, sure of our ability to judge its healthy limits.

Often children themselves have an intuitive understanding of what they are experiencing as they work through a feverish inflammatory illness, and occasionally they express it. One five-year old patient of mine said to his concerned mother at the peak of his illness, "Don't worry Mom, I'm just growing!" All growing requires that the ground first be broken and made fertile. That is what feverish inflammatory illnesses do for us and our children.

#### NOTE

Kling gauze, Milk of Magnesia tablets or liquid, glycerin suppositories, Dulcolax suppositories, and Pedialyte (the unflavored is best) are all available without a prescription at any pharmacy. We recommend having them on hand *before* you need them urgently for an acute illness. Also, have loose, organic chamomile tea, fennel tea and equisetum (horsetail) tea on hand; in bulk is better than teabags. All teas listed are available from Weleda. Equisetum tea is also available from Uriel.