

It's a beautiful sunny day. The early spring blossoms suggest that winter is over. You walk outside and your senses are greeted by the fresh smell of spring. Then, just when you are thinking all is well with the world, your eyes start itching and become puffy, your nose starts running and you begin sneezing. Oh no, with Spring has come the allergy season!

With the onset of Spring, plants release pollens into the air and we can react to these pollens. Seasonal weather changes may catch us unprepared and result in colds. And sunburn may result after we expose our bodies to the warm rays of the Spring sunshine. New Zealand's high Ultra Violet ("UV") levels mean shorter burn times, regardless of the time of year. As we move into summer greater care is required to enjoy the sun while avoiding overexposure. Stomach upsets and bowel disturbances may result from a change in diet or possibly overindulgence during the festive and holiday season.

Allergies, colds, sunburn, stomach upsets and bowel disturbances are common everyday problems that can affect any of us, irrespective of age. Usually these conditions are self-limiting and generally most acute conditions resolve by themselves. But some people suffer from chronic conditions, for example, chronic seasonal allergies, some of which can be serious.

Simple, self-limiting allergies, colds, burns, stomach upsets and bowel disturbances don't usually need professional treatment, and often there aren't many options that help, particularly for infants and young children. So wouldn't it be nice to find something that may help to ease the symptoms and allow you to cope better?

There are an enormous number of products that are marketed to help with these types of problems, but you might ask ...

- 1) *do they really help?;*
- 2) *what options are there that can be safely used with young children?; and*
- 3) *what can you take if you are pregnant?*

Many seemingly safe, everyday preparations can be unsuitable for infants, young children and pregnant women and increasingly people are looking for more natural and safer options to meet their everyday needs when it comes to dealing with common everyday problems. But even when using "natural" products care is required.

Homoeopathy has an excellent safety profile and homoeopathic remedies can provide support and assistance with acute burns, colds, allergic reactions, stomach upsets and bowel disturbances. In addition, homeopathic remedies are:

- easy to use;
- suitable for use by the whole family, irrespective of age, including pregnant women; and
- can be used together with other medications and/or forms of treatment.

So how do you select the appropriate homoeopathic remedy? The symptoms you are experiencing provide the clues and using these you can select the appropriate homoeopathic remedy, or remedies, to support your body's natural response to the symptoms it is experiencing. For example:

- for an allergic reaction where there is some puffiness or swelling, similar to that described in the opening paragraph, the homoeopathic remedy Apis would be one of the remedies indicated for those type of symptoms;
- with a case of sunburn, the homoeopathic remedy Cantharis would be a remedy indicated to support the body's response to the symptoms experienced as a result of a burn, irrespective of the cause of the burn;
- if someone was experiencing a vague, general stomach upset and feeling slightly irritable, the homoeopathic remedy Nux Vomica may provide the appropriate support the body requires. If, however, the person felt as if they were going to vomit and also had an aversion to the sight and smell of food then the homoeopathic remedy Arsenicum Album is likely to be more appropriate; and
- in the initial stages of a cold the homoeopathic remedy Bryonia may be indicated, particularly if there was a dry cough and/or clear runny nose while the homoeopathic remedy Rhus Tox would be more appropriate if the person's symptoms developed after exposure to cold, wet weather after being warm.

The beauty with homoeopathy is that in any of these examples the same homoeopathic remedy is appropriate whether you are dealing with a baby, a child or an adult.

There is a vast array of homoeopathic remedies to choose from depending on the symptoms a person is experiencing. In an attempt to assist with selection of the appropriate remedy for the likes of everyday self-limiting allergic reactions,

colds, burns, stomach upsets and bowel disturbances, some homoeopathic remedy manufacturers in New Zealand have formulated combination homoeopathic remedies. These combination formulations provide a broad-spectrum approach to dealing with everyday problems. Of course, not every condition can be dealt with successfully with an over the counter product so if symptoms persist or worsen professional guidance should be sought. Obviously with serious conditions professional guidance should be sought immediately.

Homoeopathy is widely used throughout the world by health professionals, and people generally, for many types of health problems. In some countries, where homoeopathic science is used extensively, ongoing clinical use in private healthcare facilities continues to demonstrate that homoeopathy is an effective healthcare option.

The high safety profile of homoeopathy generally means that both single and combination oral homoeopathic products can be used confidently without the concerns associated with dosage, pharmacological interactions and unsuitability for infants and young children and as such homoeopathy offers increased peace of mind.

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