



WRAP
UP

Those Babies!

by AMY ROTHENBERG, ND, DHANP

Sarah, a young mother, called me one morning last fall. Her adorable 18-month-old daughter, Leslie, seemed to be getting sick. Sarah was concerned because she was pregnant again, and feeling very tired and under the weather herself. She hoped that whatever Leslie was brewing would not also affect her.

I had treated Leslie over the course of her first year for colic and sleep problems, using the homeopathic remedy *Calcarea carbonica*. A robust and hearty child, she was full of smiles, curious, and strong-willed. She had her mother's beautiful red hair and light green eyes with a pale complexion.

I asked Sarah what was going on now. She said her daughter had a low-grade fever and that her face was flushed; she was crying off and on and generally in a bad mood. Leslie had not had a bowel movement that day or the day before, which was uncommon for her. She seemed mad and irritable and was difficult to please.

Understanding the context

I asked Sarah what had been going on the last few days. Had they been around other sick children? Were there any extenuating circumstances that Sarah thought I should know about? I always like to understand the context in which someone has gotten sick. Understanding the context is certainly important for making a good prescription in more challenging chronic complaints, but it can be very useful for acute prescriptions as well.

Sarah recalled that her husband had taken Leslie on a long bike ride the day before. Leslie was secured in the baby seat and wearing her helmet, but Sarah had been worried because the day had grown colder and breezy, and they had been out for several hours.

This is a common story we hear—ailments from exposure to the cold or from exposure to wind. It may not have been an unusually windy day, but the wind generated by the moving bicycle could create a certain stress on a passenger riding in the back, especially if the individual is susceptible. A *Calcarea carbonica* child like Leslie might easily slip into an acute illness if certain stressors are strong enough.

There are many remedies to consider when a patient is worse from exposure to wind, such as *Aconite*, *Belladonna*, *Bryonia*, *Hepar sulphuricum*, and *Silica*. Still other remedies are indicated when a patient gets ill after exposure

to cold. This tough little girl, in typical *Calcarea carbonica* constitutional style, had worked up quite a sweat, especially on her head, during the first part of the ride in the warmer part of the day. But then the temperatures dropped and the sun hid behind clouds. The wind blowing on her damp head for over an hour, coupled with the general coldness of the afternoon, simply stressed Leslie's system too much.

This day of our phone call, I could hear Leslie howling in the background. I gathered more information about her current presentation: she had a dryness to her, even though she was feverish. Her head was hot and her extremities were cold, and she was flushed, with large wide-open pupils.

An acute prescription

Each of these observances pointed to the remedy *Belladonna*, which is a wonderful tool we have for treating all sorts of inflammatory processes, especially in the early stages where perhaps the inflammation has not yet settled onto one organ or organ system. Homeopaths also know from experience that when constitutional *Calcarea carbonica* patients develop an acute illness, *Belladonna* is often indicated.

I asked Sarah to give Leslie one dose of *Belladonna* 30c and to call me or bring her daughter into the office that afternoon if she was not better. It was reasonable to think that Leslie had either an earache or some other beginning inflammatory process going on somewhere—hence the fever alongside the irritability.

Sarah called back a few hours later to say that Leslie had fallen asleep moments after taking the remedy and had woken up back to her perky self. I did see them in the office two days later to check Leslie's ears and listen to her lungs, which were clear.

So, take those little ones on bike rides and walks in the stroller and backpack, but cover their ears and be sure the weather is not going to be too much of a stress on them!



ABOUT THE AUTHOR

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