

INSTANT crying baby relief

BY BARBARA REALE

Knowing babies' cry isn't always easy. Babies who regularly cry for more than three hours each day are said to have a poorly understood condition that causes them to cry excessively. Homeopathic treatments can be a non-toxic real life saver for parents who are concerned to find some relief for their baby's pain. If symptoms of illness don't improve after 3 days, a physician should be consulted.



- **Belladonna:** For children with sudden onset of ear infection with piercing pain who feel relief when sitting upright and from warm compresses; high fever with agitation (even impaired consciousness and nightmares), wide eyed stare and swollen glands. Teething: intense inflammation and gum pain, with flushing of the face and a feeling of heat, often indicate a need for this remedy. The baby is restless, easily startled, and may tend to cry out during sleep.
- **Calcarea carbonica:** Teething is slow and difficult and babies may seem sad or anxious with the pain, making chewing motions, often even while sleeping.
- **Calcarea phosphorica:** Teething is late to come in causing aching in the gums and trouble sleeping and tend toward early decay. Irritability, picky eating habits, and stomachaches are other indications.
- **Chamomilla:** Babies scream, hit and want to be rocked or carried constantly to distract them from the unbearable pain. For intense ear pain and extreme irritability and anger (including screaming). Teething: the gums may be so tender that touching them is intolerable — or they may feel better from hard pressure and biting down on something cold. Colics: when greenish diarrhea occurs because of stress.
- **Colocynthis:** Babies scream with severe pain that come in waves and are better if you put them over your knees or shoulder. Colic: with a bloated abdomen and green diarrhoea. They are worse after eating (especially fruit) or drinking, if over heated and before a bowel movement. They are better after passing a stool and for pressure or rubbing.
- **Dioscorea:** Colic in babies who arch back and scream because of their rumbling and windy tummy. They are better when held upright; pains are worse in the morning and better for bending back and stretching out.
- **Hepar Sulphuricum:** For sharp pains and a smelly, yellowish-green discharge that occur in the middle and late stages of an ear infection; symptoms are worsened by cold air and improved by warmth.
- **Ignatia:** If a child seems very emotional, upset, or sad because of teething, this remedy may bring relief. The baby's sleep may be light and restless, with jerking or twitching in the arms and legs.
- **Kreosotum:** If the child has irritating saliva, severe discomfort during teething and tend toward early decay.
- **Lycopodium:** Kids tend to need others around, although the personality type may act like a bully as a defense mechanism; for right side ear pain that is worse in the early evening.
- **Magnesia phosphorica:** For painful teething and colic, relieved by pressing on the painful area and by heat. The baby may seem happier when drinking something warm, or when biting down on a warm object or lying on a hot water bottle wrapped in a towel.
- **Magnesium muriatica:** Colic with constipation after drinking cow's milk. Stools may be small and knotty or green and passed with difficulty, with a lot of straining.
- **Mercurius:** Kids may sweat or drool a lot and have bad breath; good for acute or chronic ear infection that is worse at night and may extend down into the throat; relief comes from nose blowing.
- **Pulsatilla:** Children tend to be gentle and are easily soothed by affection and fresh air. The ear is often red and may have a yellowish/greenish discharge; ear pain and teething pain worsens when sleeping in a warm bed and is relieved somewhat by cool compresses or by biting on something cold.
- **Silicea:** Children who need Silica often have fine hair and seem a little delicate, with low resistance to illnesses. Slow, difficult teething or chronic or late stage of ear infection when the child feels chilly, weak, and nervous, may be helped by this remedy.
- **Sulphur:** The baby is irritable and anxious, feeling worse from being warm. This remedy may be indicated if a rash develops on the baby's chin or diaper area during teething episodes. Diarrhea (often whitish) may occur because of stress.
- **Homeopathy Dosage Directions:** Homeopathic remedies are effective only when chosen according to age and specific conditions. Visit my website: www.royalempowerment.nl for recommended dosage and feel free to contact me if you need further information.

Good Luck!



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