



## Sending Your Child to College with Homeopathy

Particularly if this is the first time leaving home for your child, you want to prepare them in every way for what they may encounter while gone for a semester. This includes possible illnesses, injuries or other conditions. First and foremost with homeopathy, you want to tailor any remedies/protocols to your child. For instance, do they have a difficult time falling to sleep or getting back to sleep when their mind is racing or they are excited? Make sure you include Coffea Cruda in either a 30c or 200c potency to be taken in this type of instance. Instead your child may have a difficult time falling asleep the night before an important test or presentation – include Gelsemium Sempervirens in either a 30c or 200c potency. If your child tends to worry and become anxious, Ignatia Amara 200c would help greatly in general and also if this anxiety and worry caused insomnia.

Aconitum Napellus 200c is a must have for frightful/shocking events like accidents regardless of whether it is for a victim or a bystander. Aconite addresses anxiety, fears, effects of fright, nervousness, nightmares, panic attacks and much more. For anything extreme with sudden onset, including illnesses, Aconite is your “go to” medicine. It is most useful in the first 24-48 hours of an event.

Does your child tend to pick up illnesses easily, or when they catch a cold does it always seem to morph into something more serious (like bronchitis, ear infection, sinus infection, etc.)? If you answered yes, you would also want to add Calcarea Carbonica to that kit in a 200c potency to be dosed 1D eoD (one dose every other day – stick with even dates on calendar to help them remember). You will also want to include Eupatorium Perfoliatum 200c to assist with symptoms common to a contracted virus. This is most effective when dosed through an aqueous solution (one dose in 4oz. water, dissolved, stirred before each 1 tsp. dose with a fresh spoon and kept refrigerated for 5-6 days). This is taken to meet those symptoms, so if more severe every 15-30 minutes for 4 doses and then e1-3H (every one to three hours) depending on severity. As symptoms improve, dosing frequency is further spaced to 3-4D (three to four doses daily) until viral symptoms are completely gone.

If your student has encountered sinus infections, include Sanguinaria Canadensis 200c to be given e 3H (every three hours) if acute or 2D (twice per day) if more mild. If pain is present, Belladonna 3c, 6c, 30c or 200c could be added as an SOS. Belladonna may also be used for high fevers, headaches, earaches, sore throats and throbbing pains, although it should not be used in lower potency than a

DISCLAIMER: The information provided here by the CORAC Health and Wellness team is for educational purposes only. It is not intended to diagnose or treat any illness or condition; and it is not intended to be, nor should it be construed as, medical advice. We encourage you to make your own health decisions based upon your research and in consultation with a qualified professional.

## **Sending Your Children to College With Homeopathy** *(continued)*

30c for young children. Issues with migraine headaches would use a protocol of Picric Acid 200c + Belladonna 200c (both remedies taken together). However, if your college student experiences negative effects from over study with a sensation of their brain being fried, add Kali Phosphoricum 6x, 30c or 200c to their personal homeopathy kit.

While all students must have Arnica Montana 30c or 200c as the premiere remedy for aching pains, blows, bruises, falls, fatigue, over-lifting, sore pains, sprains, trauma and much more, ladies with menstrual cramps will want a potency of 30c for Arnica to be mixed with Belladonna 30c as needed.

Three additional remedies for college students to have on hand would include Nux Vomica 30c or 200c, Arsenicum Album 30c or 200c and Hypericum Perforatum 200c. Nux vomica is invaluable for bad effects from over excess (think too much food, too many sweets, too much alcohol, etc.) It can also be quite useful for insomnia when waking at 3am and unable to get back to sleep until towards morning. Arsenicum Album addresses similar concerns but without the reason of over excess having occurred. Particularly useful when anxiety, exhaustion and restlessness are present; addresses asthma, diarrhea, fevers, food poisoning, gastritis, hay fever, flu, nausea, vomiting, weakness and many other symptoms. Hypericum Perforatum is used generally when there are issues with nerves which covers the majority of lacerations, injuries, punctures and wounds. Used together with Arsenicum 200c, this protocol will fight infections from these types of issues.

Make sure to include these remedies with easily read labels in a secure, protected kit to avoid breakage. Store kits away from extreme heat and electromagnetic sources. Include small index cards which list out the protocols specifically with name of remedy, potency, dosing and exactly why they are included. For symptoms relieved by individual remedies, list those symptoms. Remind your child that the premise for dosing is to meet the intensity of the symptoms with doses of the remedy. As those symptoms reduce in intensity, duration and frequency, the doses are spaced out further until they are no longer needed. When the symptoms are gone, the remedy ceases to be given. If the condition returns, the remedy that was effective is used again.

All remedies included in this instruction are below, although your child likely may not need all:

- Coffea Cruda 30c or 200c
- Gelsemium Sempervirens 30c or 200c
- Inatia Amara 200c
- Aconitum Napellus 200c
- Calcarea Carbonica 200c
- Eupatorium Perfoliatum 200c
- Sanguinaria Canadensis 200c
- Belladonna 3c, 6c, 30c or 200c (potency may depend on protocol)
- Picric Acid 200c
- Kali Phosphoricum 30c
- Arnica Montana 30c or 200c
- Nux Vomica 30c or 200c
- Arsenicum Album 30c or 200c
- Hypericum Perforatum 200c

