

Happy Ca



mpers

Homeopathy Puts the Glamp* into Camp

by MARY ASPINWALL, ISHom, PCH



AS SUMMER ROLLS AROUND, IT WILL SOON be time, once again, to dust off my little white hankie and wipe a tear from my eye as I see my son off to Summer Skateboard Camp. As he departs, he will not give so much as a backward glance to me, his dear Mama. He is a complete fanatic and he will cheerfully swan off to “shred the gnar” (see www.urbandictionary.com).

Adult supervision

I will take some comfort from the fact that given the street video clips he has shown me of him skating off garage roofs, flying over 12 stairs, and grinding down steel banisters, he is likely to be much safer at Camp, where the supervision is infinitely better. If all goes well, he may even get sponsored by a skate shoe company, saving our household budget hundreds and hundreds (and hundreds) of dollars each year.

Homeopathy-styly

Best of all, I will breathe easier knowing he carries with him a very stylish, yet practical, kind of talisman for a skater dude—or indeed any active, sentient being—a homeopathic remedy kit.

The perils of Camp—first acknowledged over 50 years ago

You probably remember that tragicomic song from the 1960s that begins “Hello, Muddah! Hello, Fadduh!” extolling the delights of a, hopefully fictional, “Camp Granada.” If you are too young to have heard it, I shall sample some of it for your delectation:

“I went hiking with Joe Spivy.
He developed poison ivy
You remember Leonard Skinner?
He got ptomaine poisoning last
night after dinner...
Now I don't want this to scare ya,
But my bunk mate has malaria.”

* glamp: to camp in style, comfort, and/or luxury while still experiencing the great outdoors; to go glamping. (www.urbandictionary.com)

You get the gist...Camp can be a frightening prospect—admittedly mostly for us parents—so allow me to offer this:

Homeopathic Guide To Summer

BEFORE YOU GO

Preparation—long term

If your child has serious or chronic health issues, such as night terrors, intense fear of flying, bedwetting, severe separation anxiety, constipation, diarrhea, allergies, asthma, or anything that gives you ongoing cause for concern, it's a great idea to consult a homeopath a few months before Camp starts.

An individualized constitutional remedy prescribed by your homeopath can ensure that your child is in great mental, emotional, and physical shape before they set off and also helps put your mind at ease. Always include two small sealed packets containing your child's constitutional remedy (in the current potency and the next potency up) inside the remedy kit you send with them to Camp. This is good insurance in case they run into

trouble while away and your homeopath advises that they need another dose of their constitutional remedy. Coin envelopes work well for including extra remedies, as they will fit inside the kit easily.

Preparation—short term

Two typical pre-Camp issues are:

Anticipatory anxiety

If your child has that “rabbit in the headlights” tendency, with a stage-fright type of paralysis, *Gelsemium* 30c will often take the edge off things.

If the anxiety presents as a seemingly endless series of questions addressed to you beginning “...but, what if?” then *Argentum nitricum* 30c may be a great match.

If you notice your child's digestion is thrown off, or they quickly lose their appetite at mealtimes when something out of their ordinary routine is coming up (such as going to Camp), check out *Lycopodium* 30c.

Over-excitement

If your child is not anxious at all, but is chomping hard at the bit and so buzzy that their sleep is disturbed, consider *Coffea tosta* 30c to ensure they are not worn out before Day One.

TRAVELING, HOPEFULLY TO ARRIVE

When the big day dawns, if the Camp is out of state, or abroad, you may need help with:

Motion sickness

Read up on each one of these remedies to see which one most closely matches your child's particular expression of motion sickness, and make sure they have it handy for the journey both ways. Remember the coin envelope idea for adding these remedies to your kit if they are not included already.

Cocculus—No. 1 remedy for motion sickness with nausea, sensitivity to smells, and a dizzy feeling that continues after the journey ends

Petroleum—useful if the sickness is brought on by the smell of gasoline

Tabacum—strong desire for fresh air, worse looking at the passing scenery

Bryonia—worse for even the slightest motion, irritable

Borax—great distress brought on by the downward motion of a boat or plane.

If you are unsure which of these best fits your child's symptom profile, consider getting a motion sickness “combination remedy” that includes a number of these remedies in one pill.

Jet lag and tiredness

If your child has a long, tiring journey ahead of them to get to Camp and especially if the new time zone is behind the one where you normally live, tell them to take a dose of *Arnica* on arrival. This will give them an extra boost of energy



Camp

and help them adjust to the new bedtime, so they can keep going without feeling completely exhausted.

WHAT CAN POSSIBLY GO WRONG?

First aid

The most likely thing to befall an active, fun-loving child is a minor first-aid incident. Parents may wish to take a few drops of Rescue Remedy® before, or after, reading this hypothetical list:

- Bruises, Shock—*Arnica* 30c
- Shock with fright—*Aconite* 30c
- Black eye—*Ledum* 30c
- Injuries to fingers, toes, and tailbone—*Hypericum* 30c
- Injuries to ligaments, tendons—*Ruta* 30c
- Injuries to shins—*Ruta* 30c
- Injuries to eyes—*Aconite* 30c,
- Symphytum* 30c
- Cuts, wounds, grazes—*Calendula* 30c
- Bites, stings—*Apis* 30c, *Ledum* 30c
- Burns—*Cantharis* 30c, *Kali bichromicum* 30c
- Broken bones, fractures—*Bryonia* 30c (for pain), *Symphytum* 30c (after setting)
- Sprains, strains—*Rhus tox* 30c, *Ruta* 30c
- Splinters—*Silica* 30c

Food poisoning

Camps will obviously do their best not to poison your offspring, not least for liability reasons. Teach your child the importance of the basic hygiene rules since you will not be there to constantly remind them. If they do get ill with diarrhea and vomiting, very often *Arsenicum* 30c will help, especially if the illness comes on after eating meat. *Pulsatilla* 30c is good for poisoning after fish. *Nux vomica* 30c is useful after too much processed junk and greasy food.

Poison ivy and poison oak

As with food poisoning, some educational preparation based on prevention

Camp Rules Rule

Quite understandably most Camps have pretty strict rules about pharmaceutical medicines and the administration of them while your child is under their care. You may like to send a letter ahead of time to educate the Camp, and its counselors, about homeopathic remedies and how they differ. Here is a letter you can adapt.

Dear (name of Camp Administrator)

My son/daughter will be attending your Camp from (date) to (date). Our family uses homeopathic medicines, whenever possible, and I will be sending a homeopathic remedy kit with my child. The kit will cover most first-aid situations and minor illnesses and comes with detailed instructions. Homeopathic medicines are completely safe to use and have no side effects. Initially only one pill is taken and if it brings benefit that later wears off, it can be repeated at that point. A pill that is not correctly selected will not work, but happily it will not do any harm, either.

You may wish to keep the homeopathic remedy kit with other children's pharmaceutical medicines or you may decide that my son/daughter may keep it with them, provided that it is purely for their own personal use.

(Optional line follows, depending on the age and understanding of the child)
My son/daughter has a basic knowledge of homeopathy and I am happy for them to select the remedy they need (OR) I would be grateful if you could allow my child to call me if he/she has a minor accident or illness so that I can advise him/her which remedy to take. Naturally, if the situation is more urgent or serious, I am happy for my child to get help from a medical doctor or for them to be taken to the ER. In the unlikely event that this happens, please send the homeopathic kit along with them.

If you or any of your counselors find this of interest and would like to study basic homeopathy there are free resources here: www.homeopathyworld.com/blog/free-resources/

If you have any questions or concerns, please do not hesitate to contact me.

Yours truly,

will always trump cure. The remedy *Rhus tox* is actually made from poison ivy and is often helpful. If there is no relief with *Rhus tox* 30c, move on to *Ledum* 30c.

Swimming

If your child is prone to what Traditional Chinese Medicine calls “wind invasion,” then encourage them to cover their ears (perhaps with a Beanie-type hat/stocking cap), if they feel in any way chilly after they get out of the water. This will reduce the risk of sudden-onset ear inflammation. These attacks are often very painful and frightening. *Aconite* 30c will nip such things in the bud, and the same is also true of colds and fevers brought on by getting chilled by a cool wind.

If your child is prone to “Swimmer’s Ear,” a nasty infection of the external ear

canal with smelly discharge brought on by trapped water in the ear or by swimming in less than crystal, clear water, then *Mercurius corr* 30c or *Mercurius viv* 30c will be useful to have on hand.

RECOVERY TIME

When children wend their way back into the bosom of their families, they may have need of a little extra TLC after their awfully big adventure. Here are some issues that may arise:

Separation from friends

Some children make very deep attachments at Camp and get quite tearful when the time comes to go separate ways. This is completely understandable for the first few days, but if it persists take a look at the indications for the remedy *Pulsatilla* and see if it is a good match for your child.

Irritability from lack of sleep

One of the really fun things about Camp is staying up past your normal bedtime. This can leave some children pretty grumpy after a week or two. *Chamomilla* 30c can be very soothing after sleep deprivation and help to restore normal sleep patterns quickly.

Junk food hangover

One of my pet peeves with Camps is that unless your child has a hankering to go to Raw Food Camp (dream on), then most likely he or she will be fed on a diet of burgers, hot dogs, mac and cheese, pizzas and French fries, in an endless rotation, with some deadly sodas thrown on top. They will then return home to you in, let us say, less than peak condition. If their digestions have suffered and don’t bounce back, *Nux vomica* 30c can be helpful.

At what age can you train your child in homeopathic first aid?

Many children are very familiar with homeopathic first-aid remedies from an early age. It’s always a good idea to say as you give a remedy, “I’m giving you an *Arnica* because it’s great for shock/bruises.” Or, “I am giving you *Hypericum* because it is great for injuries to your tailbone or any place with lots of nerve endings—like fingers and toes.” You’d be amazed how quickly children can absorb (and later on, retrieve) this kind of simple information.

Once a child is able to read well, you can prepare them by working through the leaflet that comes with your homeopathy kit or giving them a simple book or e-book on homeopathy. Here is a link to one I wrote that is free: www.homeopathyworld.com/blog/free-homeopathy-e-book/



3 CASES FROM CAMP

Helping homesickness

Jack's mom called me in a bit of a panic. He had been really looking forward to going away to Camp for the very first time, but he had only been away for three days when he started to get a very dry, painful cough that made his ribs ache. His Camp counselor was concerned because he had been very slow to get up that morning and didn't want to take part in any of the day's activities—he just sat very still watching everyone else have fun. When the counselor tried to cheer him up, Jack was pretty grumpy and said he wanted to go home.

I was pretty sure that *Bryonia* 30c would be a great match for Jack's dry cough because it is ideal in situations where the person moves slowly or wants to be absolutely still. Any motion, even the motion caused by the cough itself, causes pain and discomfort. People who need *Bryonia* are often short-tempered and irritable. Best of all, *Bryonia* is a great homesickness remedy. It's possible that Jack's homesickness preceded the cough, as according to Traditional Chinese Medicine, the lungs are related to the emotion of grief.

Sure enough, *Bryonia* worked its magic on both the cough and the homesickness, which meant Jack was able to stay at Camp and take an active part in everything again.

Bad news blues

Sarah's mom and dad were not sure how to best handle the situation when their beloved dog, who had been a part of the family for 12 years, suddenly became very ill and had to be put to sleep. Sarah was too far away to be able to return home and say "goodbye" before the deed was done. Since there was nothing she could do to change things, they really wanted her to stay at Camp and enjoy her second week there. They contacted the Camp and asked Sarah's counselor to call them so they could explain the situation. The counselor then went to fetch Sarah so her parents could break the sad news. The counselor was surprised to see that Sarah did not react much. Sarah simply thanked her parents for letting her know and then returned to her room.

When Sarah did not appear for dinner a couple of hours later, her counselor went to investigate. Sarah was in bed and very shivery. She said she thought she was coming down with flu. Her muscles were really achy and she felt too weak to get up. Her throat was a little sore, and although she was sweaty and feverish, she did not feel thirsty.

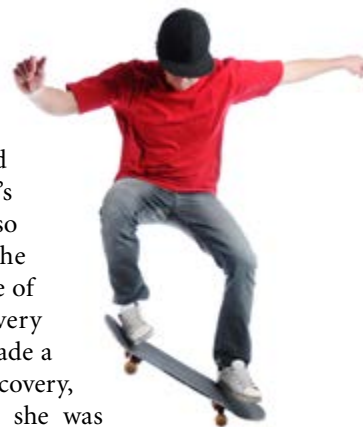
Sarah's mom called me to ask if there was anything in the kit that might be of help. Luckily there was. The remedy *Gelsemium* is very well indicated where complaints come on suddenly after

receiving bad news. Sarah's symptoms also matched the remedy profile of *Gelsemium* very well. Sarah made a very quick recovery, and although she was still very sad about the loss of her pet, she chose to stay on at Camp. Always consider *Gelsemium* in cases like this; other physical symptoms that point to *Gelsemium* are intense tension headaches at the back of the head, sore throats, and a stage-fright type of anxiety, where the person freezes up.

Skater's shins

My son called from Skate Camp one day to say he was taking a day of rest, because his shin was too sore to skate. This is most unlike him. He is not much bothered by tumbles and bruises, and if he is, he takes some *Arnica*. This time the *Arnica* did nothing. The thing about shins is they have no padding, and the thing about skateboarders is they don't like to wear additional padding because it tends to cramp their style. It's not "the look" they are going for! When you get hit very hard on the shin by a flying skateboard, it damages the surface of the bone (the periosteum), and it really hurts. The specific remedy for this is *Ruta*. It's also good for children who tend to be bony and skinny and hurt their hips or other joints easily when they fall.

Gabe took some *Ruta* and within an hour or two, he was ready to roll.

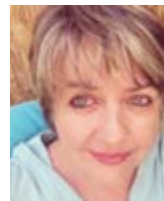


Golden Rules for Using Homeopathy at Camp

1. Match symptoms to the most similar remedy. Having a comprehensive homeopathy kit helps.
2. Take one dose. Only repeat if you had benefit, but later your symptoms returned.
3. Stick to a 30c potency (strength).



ABOUT THE AUTHOR



Mary Aspinwall, a Classical Homeopath in practice since 1995, has helped thousands return to health and vitality, both in person and via phone consultations. She studied at the College of Homeopathy in London and graduated from The Dynamis School of Advanced Homeopathy. She

is author of *Basic Guide to Homeopathy*, designer of www.homeopathyworld.com's bestselling homeopathic kits, editor of *The Clinical Medicine Guide*, and an expert contributor for Homeopathy Radio and *Natural News*. She offers free online training at www.homeopathyworld.com/blog/free-resources/