
A Different Answer for Difficult Kids

New Hope for Treating Defiance and Aggression

Where can parents turn for help with their children who act out, defy them unreasonably, fly into rages, or explode with violent and destructive tantrums? Normal parenting is hard enough, but having to raise a rageaholic child can be beyond the call of duty. Homeopathy, though not a panacea, offers a viable solution for handling these emotional and behavioral problems that is safe, natural, and highly effective. Homeopathy has the potential to cure children of these distressing states of mind and behavior. Given sufficient time to act and careful attention by an experienced practitioner to medicine selection, dosage, and frequency of medication, homeopathy will produce positive changes in most children. In reviewing our cases, we estimate a 70 percent success rate in children who receive two years of consistent treatment. A significant positive shift often occurs within four to six weeks after taking the medicine, but a minimum of two years of treatment is needed to assure that the improvements are maintained over time.

How Can Homeopathy Help My Child?

Although homeopathy may not work for every child, the majority of our patients have become much less aggressive and violent, considerably nicer, much more compliant, and easier to live with after treatment. They are more capable of dealing with stressful situations, frustration, or simply being told no without losing it and becoming angry, oppositional, aggressive, violent, or destructive. Many children become significantly less reactive and more willing to listen to explanations of what parents want them to do. The ADHD characteristics of distractibility, impulsivity, and hyperactivity become much more manageable (see our book *Ritalin-Free Kids*). Physical fighting with parents, siblings, schoolmates, and friends becomes considerably less frequent. Incidents at school become rare events rather than everyday occurrences. Destruction of property becomes accidental rather than deliberate. Children often develop a greater sense of right and wrong and act as though they now have a conscience that guides their actions, so lying, stealing, and hurting others are considerably diminished.

Does it sound to good to be true? Read the cases in this book, summarized and quoted from our chart notes, and judge for yourself. The stories are presented here just as they were told to us. The results of the homeopathic medicine, good and bad, are there to see. Only the names and other identifying features have been changed. Granted, these are our best cases, some of which seem miraculous, but the results are real. Other cases, not in the book, have been more challenging and the results less astounding. Unfortunately, there are some children whom, try as we might, we cannot help.

With others, though the change is not as immediate or dramatic as the cases in our book, the parents feel that a significant enough change occurs to warrant continued homeopathic treatment. In some of these cases, a dramatic change may not occur for a year or two, when the correct medicine is finally found. Children treated successfully with homeopathy, though not without the ups and downs that occur for every child, can truly be called rage-free kids. Their parents, family members, teachers, and friends can finally go back to living a more normal life.

Why Not Just Use Conventional Medicine?

Conventional treatment of children with behavior disorders is increasingly oriented toward drug therapy, although various forms of counseling, psychotherapy and behavior modification may be used as well. As discussed in the previous chapter, with drugs often come side effects, some simply annoying and some serious, such as tic disorders, or even life-threatening, such as allergic reactions. Most of the side effects, such as appetite loss, insomnia, growth retardation, headaches, and stomachaches, are relatively minor and disappear when the medication is stopped. Unfortunately, for many of these children, the medication cannot be stopped, or serious aggression, destruction, and violence may occur. In fact, the medication may need to be taken for life in order for the person to behave within relatively normal limits and avoid socially unacceptable behavior patterns.

Many parents and children are willing to put up with these side effects, which are much less disruptive

The Advantages of Homeopathic Medicine

- Homeopathic medicine is individualized rather than one-size-fits-all. In fact, homeopathy is based on the individualization of treatment, assuming that each person is unique and needs a medicine that specifically matches his or her pattern of symptoms.
- A well-chosen medicine is highly effective, producing noticeable changes in three weeks to two months after the initial dosing. Progress may continue for many months after the initial effect. In contrast, a dose of conventional medicine only lasts for a few hours.
- Homeopathy is safe and very gentle, with few of the side effects of conventional medication. As you have seen in chapter 5, the pharmaceutical management of rage and defiance has significant potential for side effects, even when it works, and it may only control rather than cure the problem.
- Homeopathy will only change the child's personality for the better. It will not make the child depressed, sleepless, take away her appetite, remove her "spark," or turn the child into a "zombie"—common complaints with conventional medication. An incorrect medicine will generally produce no effect and do no harm.
- Homeopathic medicine is tolerated very well by finicky and oppositional children. It is dissolved in the mouth and tastes good. Many children beg for more. In many cases, one dose can last for months or even for years in some cases.
- Homeopathic treatment may be undertaken as the only mode of treatment or in conjunction with conventional treatment. More frequent dosing may be used for children on conventional medication.

- The cost of homeopathy, which may seem expensive initially because of the time involved in the first visit, is quite economical in the long run. Follow-up visits with the homeopath are infrequent, usually every few months, and generally cost less than a hundred dollars a visit. The medicine, whether given in a single, weekly, or daily dose, rarely costs more than twenty dollars, next to nothing compared with conventional drugs. Homeopathy is not just effective; it is cost-effective as well.
 - Homeopathy heals physical as well as mental and emotional problems. Allergies, asthma, digestive problems, infections, childhood illnesses, injuries, and many other health conditions respond well to homeopathic medicine.
 - Homeopathy heals and strengthens the whole person, including the immune system, and helps prevent future illness and behavior disorders.
-

than the rather severe problem behaviors that the medication is controlling. These parents would not even consider going back to the impossible existence that they and their child once endured together before the child was medicated.

Some parents, however, are decidedly uneasy about their child being treated with strong medication with potentially serious side effects. It is a difficult choice to give medication that they believe may harm their child in the long run but that is immediately effective in controlling the child's objectionable, even dangerous behavior. Many parents feel guilty about the trade-off. Other parents simply feel it is a necessary evil or just what you do because it is what the doctor says is necessary to help the child.

When parents are dissatisfied with their doctor's advice, they may be open to an alternative. Homeopathy is not yet mainstream medicine in the United States, although it is well-accepted in other parts of the world, such as England, Germany, France, and India. The willingness to undertake homeopathic treatment requires the abilities to think differently and to accept a medical system whose concepts predate and fly in the face of modern medicine.

It is when conventional medicine does not work, the side effects are too severe, or parents are philosophically opposed to drug treatment that they seek out some other way. Their open-mindedness can lead to a very positive, frequently dramatic, transformation of their child.

Challenges of Homeopathic Treatment

To be fair, homeopathy is not without its challenges. Anyone contemplating homeopathic treatment should be aware of what can happen during the course of treatment. Any competent homeopath, though, is well aware of these situations and trained to manage them. Here are some points to consider:

- Most successful cases are solved within six to twelve months, but even the best homeopath does not always find the correct medicine for a patient, even after months of treatment. Homeopaths vary in methods and experience level. It makes sense to give your practitioner a fair chance to find the medicine before switching to another. It will often be worth the wait. The better your homeopath knows your child and what medicines have already been tried, the more

likely she is to find the best medicine. It is also possible, if your homeopath is not having success at finding the medicine to best help your child after nine to twelve months, to request that she consult with someone specializing in your child's particular area of concern.

- Homeopathy is a process, not a one-time event. The homeopath must take an extensive case history and do careful follow-up to see the effects of the medicine in order to decide whether a change is to be made or another dose is required. There may be ups and downs in treatment, some of which may be avoided by consistent follow-through (see chapter 10). This takes commitment on the part of parents and patients alike to stay with the process until the desired results are obtained. Though improvement usually occurs soon after treatment begins, it may take a number of visits over at least one to two years to see all the changes you desire. The parents must be willing to observe their child and report any progress or relapse to the homeopath. The child must be willing to take the medicine and avoid substances that interfere with treatment.
- There may be a period of initial intensification of the child's existing symptoms, which homeopaths call an aggravation. This reaction is usually brief but may last several days or even several weeks in some cases. This is not a side effect in the traditional sense but rather a "healing crisis," a natural part of the homeopathic process. It may be unavoidable if healing is to occur. For violent or destructive children, precautions may have to be taken to provide for the safety of the child and others and to protect property from damage.

- In rare cases, symptoms that are part of the symptom picture of the medicine itself, but that are new to the child, may appear. These symptoms are usually minor, short-lived, and disappear if the medication is discontinued.
- Earlier symptoms from the child's health history may appear briefly then disappear, leaving a net improvement in the child's health. This process, called return of old symptoms, is a natural part of the homeopathic process and, in fact, is a good sign. We believe it occurs because previous illnesses have left a deep impression in the cellular memory of the individual. It appears that homeopathy has the capacity, when the correct medicine is given, to erase those memories, sometimes permanently.
- Skin eruptions such as rashes, eczema, and warts and discharges of mucus or waste products from the body such as nasal or vaginal discharge or diarrhea may appear for a few days during the healing process. These appearances are also a sign of healing as the body cleanses itself, and usually they go away on their own or, if there is significant discomfort, can be addressed by natural, palliative treatments that are compatible with homeopathy.

The Choice Is Yours

With all of the advantages of homeopathic medicine, it is easy to see why parents all across the United States and Europe are beginning to turn to homeopathy for solutions for ADHD, ODD, CD, Tourette's disorder and other emotional and behavioral problems. When parents realize it is possible to heal all of a child's problems,

physical and emotional, with one medicine, and when that medicine is natural, safe, highly effective, and cost-effective, with few if any side effects, many parents are willing to consider homeopathic treatment for their children. Even the challenges involved in homeopathic treatment seem minor when the alternative is using potentially toxic pharmaceutical drugs, sometimes for life.

Our experience, in treating over 1,500 children with ADHD and other behavioral and learning problems, is that homeopathy makes sense for those parents looking for an alternative. For parents who are satisfied with conventional drug therapy from their pediatrician or psychiatrist, there is no need to look any further. Those parents are not usually the ones reading this book. It is the parents who are not happy with conventional treatment and want, or are even desperate for, a better approach. They are the ones who are ready for a different answer for their children.

We are not on a crusade to eliminate conventional psychiatric medication for children, only to provide an alternative that we believe has significant advantages. If what you are already doing makes more sense to you and you are getting good results with an acceptable level of side effects, by all means stay with that kind of treatment. However, if you are ready for an alternative that really works, then read on.