

**Tracey Lee Morley N.D. D.B.M.
Naturopath/Homoeopath
3 Alkina Ave/P.O. Box 5040
Port Macquarie NSW 2444
Email tlmat@dodo.com.au
Ph 0265 823424**

'Difficult' Children

Homoeopathy & 'Difficult' Children

Classical homoeopathy is one of the most effective alternative medicines for treating 'difficult' children. Below I'll discuss a few homoeopathic remedies and their particular indications. Note, there are over 100 commonly used homoeopathic medicines for behavioral problems, it is best to have a qualified classical homoeopath prescribe for your individual situation.

Tub bov children throw the best tantrums of all. These children are usually tall, thin and grow rapidly with ravenous appetites. Their favorite word is "NO" and they are often irritable, cranky, changeable and restless. They are like a storm, they blow up, intense outburst then just as quickly, all is well again. They love cold milk and ice cream, often suffer recurrent respiratory or ear infections, recurrent intestinal worms and hair lice.

Nat mur child build a wall of 'emotional protection'

around themselves due to past emotional hurts. They can be the quiet studious types who rarely are in trouble, compassionate, well behaved, helpful but withdraws into themselves too much. If there is a problem either you never know about it or it takes days if not weeks to come out. Often in teen years they can become the wild rebel. They often love animals (as they are emotional safe), feel unjustly treated which causes anger and resentment. They can often cover up well or behind a 'smiley' face or a 'hard' shell. Underneath they are emotional 'marshmallows' but have difficulties expressing their emotions. They love salt and have a high thirst for water. Tend to suffer many different types of allergies especially hay fever and eczema.

Calc carb children can be difficult because of their strong stubborn side. They can dig their heels in and nothing is going to move

them. They are often precocious and advanced for their years or (the opposite) they can be slow in development physically and mentally. They can have many different fears including fear of dark, animals & monsters. They often have sweaty heads especially when asleep, love to eat indigestible things like chalk, dirt etc, crave sweets, salt and eggs.

Pulsatilla children can be the most adorable child; they are often sweet, cute and 'soft' children but can be over demanding and crave attention. They often want to be sitting on your lap or carried most of the time. They are timid, cry easily, highly emotional & changeable (one minute crying the next happy). They can have fears of men, dogs, doctors & dentist (like Tub bov). Often suffer recurrent ear infections, coughs, stomach upsets.

Continues page 2



Inside this issue:

Homoeopathy & Difficult children	1 & 2
Resources for parents	2
Healthy snack bars	2
Super food Whey	3
Super food Whey	4
Next issue topics	4

Tracey Lee's New Website

Current and previous newsletters are now available at Tracey Lee's New Website:

<http://www.alternative-natural-remedies.com/>

You can also search for natural therapy information on my new site (it is still under construction)

What's On In April 2006

Sydney Clinic

Tracey's next clinic in Sydney is 17th April at 60 Pitt St
Please call for appointment.

Energy Medicine Workshop

High recommended!

Mary Jo Bulbrook is back in Australia conducting a series of workshops & evening talks at Beechwood.
Call Sue or Craig for information
6585 6010

Parent's Resources for 'Difficult' children

The following resources can be useful to parents to gain better understanding of their children's behavior & their approach to them.

Books;

By Aletha Solter, a Swiss-American psychologist has written three books; 'The Aware Baby', 'Helping Young Children Flourish' and 'Tears & Tantrums'. Her website is: www.awareparenting.com.

By Jan Hunt 'The Natural Child'.

By Pam Leo 'Connection Parenting'.

By Doreen Virtue books on 'The Indigo Children' and 'The Crystal Children'.

Magazines;

Byron child magazine: website www.byronchild.com has many articles on children's health and behaviour; you can have a free magazine sample from their website.

Emotional Release counseling & workshops for adults and children; Janine Taranto 65874328

Bookshops online byron child website; and adyar bookshop online.



Healthy Snack 'bars' for children

One of the problems with many childrens so called 'healthy' snack bars is that they are high sugar (or use honey which is a little better but still high glucose) or high saturated fat or both with little or no protein. Over the years I have been on the 'hunt' for a TRUE healthy snack bar, that tastes good. I have finally found one.

They are called Greens Energy bars (contain soy) and Greens Protein bars

(contain whey/dairy and are higher in protein).

Both use mostly organic products and have a good ratio of protein to carbohydrates and good fats.

Have a look at their website is: www.greensplus.com

I have the plain ones in clinic or you can buy them from Bayside Health in Double Bay Sydney.

Most children's 'healthy' snack bars are either high sugar or saturated fats or both with little protein.

Aim for snacks with protein, lower GI and 'good' fats.

Homoeopathy & 'Difficult' Children continued (from page 1)

Stram children have a 'clingy' and demanding nature somewhat like Pulsatilla children but have a higher degree of fear and anxiety. They can have violent anger outburst even to the point of rage and uncontrollable but at the same time very demanding of attention and physical closeness. They are fearful of many things including the dark, animals (any type of animal from dogs to small insects), fears of monsters and their imagine 'monsters' under the bed (calc.carb also has this fear). They literally 'cling' to their parent day or night due to their fear and insecurity.

Silicea children are timid but with a will

of 'steel'. They might not voice what they think due to their lack of confidence and they will agree with your wishes then turn around and do exactly what they want, it is a 'quiet' rebellious nature. They are highly intelligent and often place high expectations on themselves at school and can become anxious before events (anticipation anxiety) even before each school day. They tend to suffer 'brain fog' from over study, can be pale, anaemic, not naturally athletic, can lose weight easily and suffer recurrent bouts of tonsillitis, other respiratory infection and digestive problems (especially poor absorption of minerals). To be continued.

For further reading; Books;

Dorothy Shepherd: 'Magic of the minimum Dose.'

Coulter: 'Homoeopathic Sketches of children's Types'

Borland: 'Children's Types'

Chappell: 'Healing with Homeopathy'

Website for homoeopathic books;

<http://www.homeopathic-books.net/index.html>

<http://www.adyar.com.au/>

Super Foods Part 1

Whey Protein Powder: Not Just For Body Builders.

Whey protein isolate powder is one super-food that will soon become more widely recognised for its proven health benefits. It has a range of health benefits that no other single 'super-food' can match for it's scientifically researched effects. It's common knowledge that the whey from milk contains high protein and low fat but until recently the effects on health promotion were not as well understood.

What other food source can provide the high quality protein, helps boost immunity AND helps an 'overactive' immune system (as in auto-immune diseases), reduces appetite (naturally) for people trying to lose weight, help to increase the 'good' bacteria of the gut, reduces the risk of infections from viruses, bacteria and parasites, helps the body produce antioxidants and improves liver detoxification? There is no other single 'super-food' that has these proven qualities.

Whey protein isolate powder protein is the highest quality protein of any food. High quality protein means that your body doesn't 'waste' unusable proteins (amino acids) from this food like it does other protein sources.

Amino acids are the building blocks of protein. Protein is made up of different amino acids and each protein food has different levels of each of these amino acids. The human body builds it's own protein from these building blocks (amino acids). It is the level of all the essential amino acids in each food that determines the 'quality' of the protein food and how easily our body can use that food as 'building blocks' to make its own protein.

For example meat, chicken, fish, eggs and tofu, their protein content is only around 20% usable protein, chickpeas are 6% usable protein (all other legumes are much lower especially kidney beans which are the lowest). There is a certain amount of protein that the body can not use; hence the body has to eliminate them unused.

Protein combining helps to improve the quality of the protein you eat ,for example eating fish with rice, as the amino acids (what protein is made up of) lacking in fish are high in rice. Legumes and rice also help improve the quality but unless it is tofu or tempe from soy it is still a very low quality protein source. But with whey protein isolate powder

the body can use a massive 90% of the protein making it close to a 'perfect' protein food with the correct levels of the different essential amino acids our body requires.

Authors Note: It is only soybeans of all the legumes that have any real 'quality' usable protein and it is best eaten in the form of tofu or tempe as the fermentation process breaks down unwanted substances (cyanogenic glycosides and phytates that can affect thyroid function & prevent mineral absorption especially iodine, zinc, magnesium and calcium).

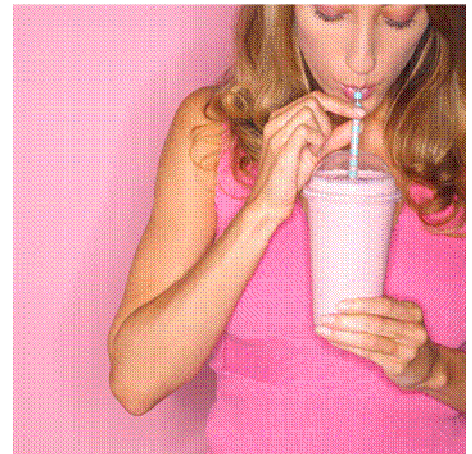
So IF you don't eat a major protein source at every meal; you are a vegetarian: your teenagers and children only want to eat pasta or cereal or mostly carbohydrate meals with little or no protein; you are pregnant or breastfeeding; if you have hypoglycaemia (low blood sugar with common symptoms of tiredness in afternoon and craving sugar); you want to improve your lean body mass; you are trying to lose weight but find your appetite is 'out of control' or you need to increase your weight; you suffer from recurrent colds or coughs or any other infections or allergic complaint or you have digestive and bowel problems - then you most likely need to add whey protein isolate powder to your diet.

A healthy immune system helps us fight off infections from bacteria, viruses and parasites more quickly. Passive immunisation through food is unique to all mammals who receive it firstly from mother's milk (the colostrum) immediately after birth. As young babies are born without immunity this is essential for survival adaptation.

Colostrum contains immunoglobins (also called antibodies). Immunoglobins have a stimulating effect on the immune system (boosting the bodies immune response to fight off bacteria, viruses and parasites) and an immune suppressive effect (hence has a role to play to play in autoimmune diseases like rheumatoid arthritis, ulcerative colitis and many others) and it helps reduce inflammation and allergic responses (such as hay fever, food allergies, asthma, eczema, migraines triggered by allergies etc).

Like newborn babies, some people have difficulties making sufficient amounts of immunoglobins can benefit greatly by dietary means of enhancing immunity.

Continue page 4



Whey protein isolate is an 'unrecognized' super food that has many health benefits including improvement of liver detoxification and promotion of a healthy immune and digestive function.

Natural Whey Protein isolate powder is available in 1kg \$47.50 or 400gm \$23.75 from the clinic

And soon to be available from Full of Life Health Foods at Wauchope

Super Food Whey Protein Isolate Powder (continued)

A quality whey protein isolate powder that contains natural occurring immunoglobins and glycomacropeptides (GMP) is the answer. These constituents promote immunity and particularly a healthy efficient digestive (intestinal) function. They reduce the incidence of infection by helping to prevent the bacteria, virus or parasite from attaching to the intestinal wall.

Whey isolate is useful for anyone with lower immunity such as recurrent colds, coughs, flu, post viral syndrome, any viral infections (eg: glandular fever, flu): allergic problems such as hay fever, food allergies, asthma, eczema, sinus: chronic fatigue syndrome.

Digestive problems can cause or be caused by imbalances in the healthy balance of the 'good' and 'bad' bacteria in the gut. Immunoglobins and GMP's help to restore healthy balance of bacteria in the gut and hence can be helpful in a range of digestive problems from constipation, diarrhoea, gut dysbiosis, yeast overgrowth and any other bacteria, viral or parasitic infection of the digestive system. Take it with acidophilus to increase 'good' gut bacteria. Whey protein powder contains constituents that improve the effectiveness of acidophilus and other probiotics.

The traditional naturopathic belief, that by improving the digestive function will improve other health problems of the body. This 'old' belief is just starting to be understood through research into what role the immunity of the gut plays in the whole immunity of the body.

Authors note; 20yrs ago I heard an old herbalist's advice on children with rheumatoid arthritis, part of his treatment was to 'worm' them. At the time I thought how could elimination of a parasitic infection help improve a serious autoimmune disease? Only years later with recent medical research, can this 'theory' have some understanding and validity. By improving the immunity of the 'gut' it can have an effect on improving the overall immunity of the

body. Some research has indicated that up to 70% of immune function comes from the 'gut', but this is yet to be proven.

Losing weight can be difficult if you have a large appetite or have sweet cravings. Whey protein powder helps you lose weight by a number of ways. Firstly it is regarded to have the greatest level of satiety (i.e. you feel 'fuller' and less hungry) partly by it's ability to increase an appetite-suppressing gastrointestinal hormone called cholecystokinin (CCK): secondly the protein helps to balance your blood sugar levels hence reducing unhealthy sugar cravings and then lead to reducing high levels of insulin (high insulin levels causes the body to increase fat storage especially in abdominal area). Note with a low GI diet.

Whey protein isolate powder can also be useful for people who are trying to **increase their weight** especially after or during an illness, even serious illnesses, such as cancer or AIDS. Whey protein isolate powder is an easy to take protein source.

Whey protein powder helps the body to **detoxify**. It contains the building blocks for the body to produce the powerful antioxidant called glutathione which helps liver detoxification (it improves phase 2 of **liver detoxification** please see Jan newsletter for more information), it has an anti-inflammatory effect for gut conditions, a potent antioxidant which helps prevent free radical damage in the body, helps the body eliminate heavy metals from the body (especially lead via urine, others include arsenic, cadmium & mercury) and it is important for people with **Crohn's disease** (an autoimmune disease affecting the digestive system).

People with Crohn's disease are generally very low in glutathione and some researchers speculate that glutathione may improve the condition.

Glutathione is also helpful during and

after **chemotherapy & radiation** to help reduce the side-effects.

The quality of the whey protein isolate powder is important as many products on the market do not contain the immunoglobins or GMP. Look for the following when buying whey protein; un-denatured, microfiltered, ultrafiltered and most important it contains only ISOLATE (not the whey concentrate which many companies use as it is a cheaper product but it does not contain the immunoglobins or glycomacropeptides). The label should have it listed on the nutritional information. Many products also contain sugar or some artificial sweetener, it is better to buy one without and add your own fruit to it for a natural sweeter taste.

So how do you take whey protein isolate powder? It has a milk like taste so it is best to make it up in a **smoothie**: blend in a blender with water and milk/ rice milk/soymilk and fruit (berries, paw paw or peaches) and ice (if you like it cold), blend all these ingredient first in the blender. Then add 30gm of whey protein powder and blend. The smoothie will be too thick if you over blend it in the blender or if you have not added enough water. Have this smoothie for **breakfast and/or after-noon snack**.

You can also blend it up in water/milk or other milk and then use this over your cereals in the morning for breakfast.

If you are **highly allergic** to dairy product then you can not take whey protein powder. But if you are simply intolerant (i.e. you can eat small amounts of dairy without reacting) then you will most likely not react to whey protein isolate powder.

Whey protein isolate powder is one of the best 'super-foods', easy to include in your diet and it tastes nice. Remember to always check the quality of the product you buy as many do not contain the immunoglobins (due to the way it has

Next Issue:

Menopause and Pre-menopause: What natural approach REALLY works?

Adrenal Exhaustion; Why am I so Tired & stressed? Part 3

Coming Up; Talk on Menopause and pre-menopause in May at Tacking Point Gym