

dose size

- Babies under 6 months - 1 pilule or 1 drop. Crush if required. See below.
- Children under 12 months - 1 pilule or 2 drops
- Over 12 months to adult - 1 or 2 pilules or 4 drops

giving the remedies

- If you are anxious about giving pilules whole to a baby, crush 1 pilule between two clean teaspoons and tap a little into baby's mouth.
- If you find pilules difficult to administer, put 1 pilule or 1-4 drops in 1/4 glass of water. Stir vigorously and give 1 teaspoon as the dose. The water is now the remedy.
- Remedies can also be added to a child's water bottle so they can have their doses at school or childcare. Dosage is as above.
- When remedies are made up in liquid do be aware that they will not last as long and can be more easily contaminated if the mouth or fingers touch the dropper. Wash in boiling water if this occurs.

how often to dose

- If the situation is intense give a dose every 5-10 minutes for up to 5 doses, then spread out to hourly, 2 hourly & 4 hourly as improvement is seen over a few days. The remedy may need to be changed if the symptoms no longer fit the remedy or improvement ceases.
- For less intense situations, we suggest taking the remedies 3 times a day for 3 days, then continuing to reduce as improvement is seen. Doses can be increased to more frequently again if required.
- If there is no improvement after 5 doses or symptoms appear to worsen, change your remedy or seek advice from your homeopath, GP or emergency department.

care of your remedies

1. Do not touch the remedies with your hands. Roll into lid of container and drop under tongue. Remedies are absorbed in the mouth, so allow to dissolve there.
2. Try to take remedies 10 or 15 minutes before or after food, drink, smoking, and brushing teeth. This promotes the best remedy action, but in a really acute situation (eg during labour) *just take the remedy!*
3. Discard any pilules which are dropped as they may be contaminated.
4. Store remedies away from direct light & heat, strong smells (such as essential oils) and electrical appliances.

REMEMBER should your home prescribing prove ineffective or not moving forwards quickly, contact your healthcare provider as soon as possible.

Medical assistance is always recommended for fever in a baby under six months old.

Use only as directed. Always read the label or information supplied. If symptoms persist see your health care practitioner.

Our kits and remedies contain homeopathic medicines selected for use in minor ailments and injuries only. They are not suitable for home treatment of chronic, ongoing or serious conditions or diseases.

Homeopathy is deemed to be low risk by the Therapeutic Goods Administration. The remedies are effective when used in accordance with the homeopathic indications.

If in doubt as to their appropriateness to a particular situation, consult your health care practitioner.

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Homeopathy for Mother & Baby

Homeopathy is a system of natural medicine which is gentle and low risk, but dynamic in its action. It is useful for treating minor accidents, injuries and illnesses in the home and a few remedies can serve a wide range of situations. If applied according to homeopathic principles it will often work quickly and efficiently.

Homeopathy can be particularly useful for mums, babies and small children where parents wish to take a more natural approach to healthcare.

It can be used alongside conventional medications if required and the Royal Children's Hospital's advice on fevers can be a good first step in your reading:
http://www.rch.org.au/kidsinfo/fact_sheets/Fever_in_children/

Remedies can be a useful and low risk option for minor niggles in pregnancy relative to other products like supplements and herbs, but ask us if you have any concerns.

Homeopathy can also be very helpful where there is a sibling who attends childcare or who has recently started school, to support the immune system and address the minor illnesses they often pick up and bring home.

The small selection of remedies in this flyer and in our Mother & Baby Kit have been selected for their affinity for the minor ailments which may pop up during pregnancy and early days with a new bub but can be used for the whole family.

If an illness is recurrent a consultation is recommended to address the problem on a deeper level.

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what's in the mother & baby kit

The selected remedies are those most often indicated. If your home prescribing does not bring improvement contact your homeopath or seek professional support as soon as possible.

1. A.B.C. (Aconite, Belladonna, Chamomilla 30c): Unsettled, irritable or unhappy babies due to teething or just generally off color. Fevers related to teeth or other minor childhood ailments. Sometimes it's hard to decide which single remedy to use individually, so this is a good all purpose remedy.

Contains: Aconite 30c, Belladonna 30c, Chamomilla 30c

2. Colic & Sore Tummies: includes those remedies traditionally indicated to bring temporary relief of sore tummies and wind, mild possetting/vomiting and to assist with restless and unsettled babies, which may be the result of mild colic. We created this combination around a decade ago when mums told us some of the other over-the-counter preparations didn't work for their babies or small children. We're all different!

Contains: SVR06 Colic (Chamomilla 6c, Colocynthis 6c, Mag Phos 6c, Lycopodium 6c, Nux Vomica 6c)

3. Immune Boost: Includes traditional immune support remedies in a form that is easy for babies to take as the dose is small and the taste not unpleasant. We recommend using this during an illness rather than in the long term as the immune system can become lazy. See website for more info.

Contains: SVR18 Immune Boost (Astragalus 6x, Echinacea 6x, Hydrastis 6x, Olive Leaf Extract 6x)

4. Kalm Kids: To help calm babies and children on a day-to-day basis, during travel or if anxious or over-excited. Similar to SOS but created specifically for small children who become a little unmanageable in certain situations! Great for pets and big kids too!

Contains: SVR19 Kalm Kids (Aconite 6c, Avena Sativa 6x, Chamomilla 6c, Coffea 30c, Passiflora 6x, SOS (our version of Rescue Remedy))

5. Lactation Support: Breastfeeding can raise a number of issues for new mums not only in the early days, but sometimes later on during periods of growth (in the baby) or stress. This combination includes homeopathics to support and enhance milk supply and quality, and may assist with oversupply and during weaning by balancing things up.

Contains: SVR21 Lactation Support (Alfalfa 6c, Asafoetida 6c, Belladonna 6c, Calc Carb 6c, Lac Defloratum 6c, Phytolacca 6c, Phos Ac 6c, Pulsatilla 6c, Silica 6x, Urtica Urens 6c)

6. Probiotic Kefir 6x: This homeopathic remedy promotes and stimulates balance and recolonisation with good gut flora, rather than just supplementing. Take during and after antibiotic use, after a traumatic birth or following vaccinations or just to help the gut.

Contains: Probiotic Kefir 6x

7. Teething: includes those homeopathics traditionally used to assist with the symptoms of teething such as irritability, sleeplessness, restlessness, pain, fever, diarrhoea or constipation, and differs from the combinations of remedies found in some other products.

Contains: SVR11 Teething (Aconite 6c, Belladonna 6c, Calc Carb 30c, Chamomilla 30c, Coffea 6c, Mag Mur 6c, Nux Vomica 30c, Phytolacca 6c, Rheum 6c).

8. Thrush: Includes remedies traditionally used for short term relief of symptoms of mild thrush, which may arise during stress, after a course of antibiotics or during pregnancy. May be helpful for oral thrush in babies. The remedy could be used alongside conventional treatments.

Contains: SVR40 Thrush (Borax 6c, Candida Nosode 7c, Merc Sol 6c, Nat phos 6x, Probiotic Kefir 6x, Pulsatilla 6c, Sepia 6c, Sulphur 6c)

9. TS Acutes: This tissue salt combination is recommended for the beginnings anything such as colds, sneezing, runny nose, possibly mild fever and general unwellness. Useful for small children when you suspect something may be brewing but you have no symptoms to pin a remedy on. A favourite of mine!

Contains: Kali Mur 6x, Ferrum Phos 6x, Natrum Mur 6x

10. Get Prepped - All-Year-Round Support! Give this remedy weekly if you're socialising a new baby. It contains remedies relating to what's going on in the northern hemisphere and our current situation. If taken at the first sign of cold, flu or other viral symptoms, it may help reduce the severity of the illness. Take 3 times a day for first 3 days of an illness. This remedy is usually remade annually.

Contains: SVR33V Get Prepped (Anas Barb 200c, Ars Alb 200c, Baptisia 200c, Belladonna 30c, Bryonia 200c, Eup Per 200c, Gelsemium 200c, SOS, GP Mix 22)

support for little ones and families

If you have a new baby, child in childcare or new to school or are just socialising with family, this can mean colds and minor ailments. Using **Winter Prep** regularly through winter and change of season can be a helpful support for the whole family. And it's not just for winter!

Get Prepped - All-Year-Round Support! We've always offered this form of support through winter but 2020 and 2021 were particularly challenging for all of us, so for 2022 we updated our formula to match a similar product on sale in the USA.

Get Prepped can be taken weekly as a general support. *Give 1 one pilule once a week to the whole family if required. Look on the website for information on using if a close contact or someone is sick.*

The formulation may change each year in relation to what's going on in the Northern Hemisphere.

*If you're planning on travelling overseas then we recommend **Travel Prep** as a more robust option.*

supporting vaccinations

We support safe and sensible practices in achieving immunisation statuses, as part of a wellness plan for small children.

If you are worried about the side effects of vaccinating your baby or small child we have several options to offer which provide support and peace of mind.

We've been supporting children through their needles for more than 20 years. We have some specific options, but our Immunisation Support Pack is a good option which you can check out in the online store.

Or you contact us for more information.