

D y n a m i s H o m œ o p a t h i c, L L C

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Treating Kids with Homœopathy!

Welcome to Dynamis Homœopathic! We look forward to working with you to improve your child's short-term and long-term health, and we promise to give your child the very best care we can provide. This will be a team effort! We cannot succeed without your support and involvement.

In homœopathy, we view the various symptoms of a disease as the body's way of describing that disease to us. Since children are often unable to communicate their symptoms or to tell us what makes them feel better or worse, we will be leaning on you, the parent, to observe these things for your child.

The more detail we can collect about when, where, how and why your child gets sick, the more likely we will be able to find an effective homœopathic remedy. We can observe some of these things in the office but, as the parent, you will have many more opportunities than we will.

In order to address some of the difficulties of working with kids homœopathically, we have developed an approach that we feel is more effective than simply treating kids as if they were adults. This approach has several prongs:

- 1. Scheduling more frequent followup appointments.** Especially at first, we may ask to see your child every 2-4 weeks. Once we are confident they are responding to a remedy, we can stretch that out.
- 2. Staying in close contact after starting a new remedy.** We may ask you to submit updates via the website once a week as we assess how a new remedy is doing.
- 3. Keeping a journal of your child's progress.** It is often difficult to think back to how your child was doing weeks ago. Writing it all down can be very helpful.
- 3. Most importantly, bringing your child in when they are sick!** Treating kids homœopathically when they are ill prevents unnecessary chemical drug exposures, bolsters the overall adaptability of a child's immune system and helps us identify the best long-term remedy for your child's health. If we see your child only when they are well, we will have a very difficult time finding an effective long-term remedy.

We provide after-hours consultations, and we appreciate it when parents value our services highly enough to ask for help during off hours. You can page the homœopath at any time simply by calling the office (919.275.5966) and following the instructions in the recorded menu.

We encourage families to learn about homeopathy and to use it at home! (What good is a medical paradigm that leaves you feeling helpless and dependent on doctors? We prefer empowerment.)

In particular, we recommend this website for common first aid and acute complaints:
www.HomeopathicHouseCall.com. (Full disclosure: Hart is part owner and developer of this website.)

There are also home remedy kits available at many pharmacies, including the following: Hahnemann Laboratories (California), Washington Homeopathic Products (West Virginia), and Helios Pharmacy (England). We particularly like Helios's compact and light remedy kits and recommend the Basic 36 kit.