

suggestions from mom, but she does want to feel better and usually takes her remedy because she knows how much it helps her.

Nightmares before school

I initially saw five-year-old Kaitlin* in my practice in September 2017. She was having a hard time getting ready to go back to school. She was screaming out from nightmares every night around 3:00 a.m. Her parents tried to comfort her, but she could not wake up. In the morning, she had no recollection of the nightmares. Her sleep was restless, with tossing and turning throughout the night. Her parents said this frequently happened before big events.

Kaitlin liked the idea of going to school but had a hard time with transitions. She was especially anxious when she didn't know people ahead of time. Conversely, at home she had a strong personality. She was very competitive. Her mom said that during fam-

	Phos.	Calc.	Mag.	Iron.	Str.	Hel.	Al.	Sil.	Calc.	Stann.	Graph.	Lead.	Mercur.	Sulph.	Op.	Calc.	Mag.	Iron.	Str.	Hel.	Al.	Sil.	Calc.	Stann.	Graph.	Lead.	Mercur.	Sulph.	Op.
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27	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29
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Kaitlin Repertorization, Prepared with RadarOpus Software

ily game time, Kaitlin would often burst out, "I want to win!" There would be throwing and hitting when she didn't.

She had a big sweet tooth, so much so that she would get up on her own at night and sneak sweets. She loved ice cream and had an aversion to tomatoes. She had growing pains in her legs at night, was generally warm, and could be very gassy. She was thirsty at night and sometimes wet the bed. She loved to have other people around, especially her mom. She was very affectionate and had a fear of being alone at night.

Based on my computer repertorization and experience with materia medica, I recommended *Phosphorus* 30c nightly for a week. I started with this remedy because of her nightmares; restlessness in bed; desire for company; anxiety about being alone, especially at night; and her love of ice cream.

After two months, her mom reported that Kaitlin was waking less and her sleep was not as restless. Her moods were better and she got over frustrations more quickly.

She continued taking *Phosphorus* 30c, but I lowered the dose to twice a week.

Back-to-School REMEDY ROUND-UP



Here are some homeopathic remedies to ease kiddos (and parents, too!) into a great new school year. Each remedy has its own unique makeup of physical and mental/emotional symptoms. If you or your child is experiencing uncomplicated back-to-school worries or simple sleeplessness issues, you might try one of these remedies on a short-term basis. If symptoms are deeper or long term, seek the help of a qualified prescriber. If already under the care of a homeopath, please consult them before adding or changing remedies.

Arsenicum album. Before school starts, children who need this remedy will make sure they have everything in order. All their school supplies will be ready; their room will be neat and tidy; they will set out their first day of school outfit the night before. Anything that stands in the way of being fully prepared will cause them great anxiety. They are detail oriented about their schoolwork and get anxious if things are not just so. They can have obsessive-compulsive rituals, which help them feel secure. They like to keep themselves busy because it helps with their restlessness. Their sleep can be restless, too, tossing and turning, thinking, "I will never fall asleep," which increases fretfulness. They feel much better with company. In their lunchbox, you will find juicy things like fruit, maybe even

warm food or drinks. Physically, they may have a tummy ache with burning sensations that are better with heat.

Calcarea carbonica. Children who need this remedy can't sleep because of worry—about school or a strong fear of the unknown. They are anxious about their own safety and the security of their family and home. They are responsible, with a strong sense of duty. They like company and want to feel like they can rely on others for support. At school, they may not show that worry because they don't want others to think they are fearful. They want their school supplies ready and will ask for reassurance that they have the right items. They don't like when their friends fight. They usually have one loyal friend who helps them

a lot at school. In their lunchbox, you may find eggs and sweets. They are very sensitive to sad stories; TV news may give them nightmares. Physically, they may be constipated, sweat from the head, or have bone issues.

Lycopodium. Those who fit this remedy may be shy at school but more domineering at home. They are anxious at the start of school because they don't yet know the lay of the land. They are particularly nervous about meeting new people. They may present themselves as confident but feel insecure about their intelligence. They are ambitious and want to win. In their lunchbox, they prefer sweets because they have a huge craving for sugar. Physically, they can have indigestion and be quite gassy.

After a few more months, I suggested *Phosphorus* 200c, dosing as needed for emotional support.

Phosphorus helped with Kaitlin's nightmares and fear at night, but her moods at home and in school were still problematic. As with many cases I see, there are layers to be healed. When one layer is resolved, another one may appear. So I switched her to *Lycopodium* 30c, dosing three nights in a row for emotional support.

I chose *Lycopodium* because it fits those who tend to be shy at school but more domineering at home. They are nervous at the start of school because they don't know the lay of the land. They are particularly nervous about meeting new people. They may present themselves as confident but feel insecure about their intelligence. They have a strong craving for sweets and can be quite gassy.

Over the last several months, Kaitlin's mom has seen a great improvement in

her daughter's moods at home. Her mom knows when it's time to give Kaitlin a dose by her attitude. I recently changed the dose to *Lycopodium* 200c, as needed, for emotional support. As this school year approaches, Kaitlin is no longer having nightmares or anxiety about starting school.

Anxious, irritable mom

Sara*, a 37-year-old mother of two boys, came to me for relief from anxiety and sleep issues. She said she felt very irrita-

ble with her family before her menstrual period. In fact, all her symptoms seemed to heighten right before her cycle.

"There are times when I can't sleep. If I wake at 3:00 a.m., then I'm up until 5:00 a.m. My mind starts going; my thoughts loop. I just can't turn it off," she said. "It's a lot about the kids. For example, this year, my son was going to be taking the bus to school. Thoughts of his bus experience kept me up at night. What if he gets kidnapped or gets off on the wrong stop? I automatically think worst-case scenario."

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1. Childhood 1		*																									
2.	MIND - ANXIETY - family; about his	(38) 1	1	1	2	1			1		1	1	1	1	1	1	1	1					1	1		1	
3.	MIND - ANXIETY - evening - bed; in	(56) 1	3	2	2	2	2	1	2	1				1	3	3	2	1							2		
4.	MIND - ILLAH - happen, something will	(136) 1	2	3	3	3	1	1	2	1	1	1	1	1	1	1	1	1	1	1	2	1	1	1	1	2	
5.	MIND - ANXIETY - conscience; enshin...	(175) 1	3	2	1	2	2	3	2	2	2	2	1	2	1	3	2	2	2	3	2			3	2	1	2
6.	MIND - ANXIETY - monies before	(227) 1	3	2	1	1	2	2	2	2	1	2						1	1				1	1			
7.	SL FFPF - SL FFPF PROGNOSIS - anxiety, f...	(75) 1	3	1	1	2	3	1	1	1	1	1	1	1	1	1	1	1	1	2	2	2	2	1	1		
8.	SLEEP - SLEEPLESSNESS - thoughts ...	(132) 1	3	3	3	3	1	2	2	2	2	2	1	2	1	2	1	1	1	2	1	2	1	1	2	1	

Sara Repertorization, Prepared with RadarOpus Software

Nux vomica. Children who fit this remedy will wake early on the first day, waiting impatiently to leave for school. Being on time is important to them. They aim to be perfect at everything and get frustrated when anyone interferes with their goals. They are high achievers and do well. In an older student, you might see a real go-getter who stays up late drinking coffee to finish assignments. They get agitated when they are interrupted. They may have behavioral issues at school that involve hitting and kicking. On a test, they will want to do the best, get the highest grade in the class, and won't be shy about stating this. They work hard and play hard. If they pack their own lunch, you might find spicy or fried foods. Physically, they may complain of stomach cramps or indigestion. They can overdo it and often catch a cold from doing too much.

Phosphorus. Children who fit this remedy are bubbly and outgoing, excited to be among their many friends. They don't like to be alone. They are affectionate and seek company. They are creative and attract attention with their charming personality. They are sensitive and can be affected by

the feelings of others in the room. They are carefree, not studying as much as other students, but they are just as smart. In their lunchbox you will find cold drinks and, if it were possible, ice cream. Physically, they may experience nosebleeds with bright red blood and upper respiratory ailments with lingering coughs.

Pulsatilla. Before school starts, children who need this remedy become clingy. They will want to be held, consoled, and hugged. At school, they most likely have a best friend whom they cling to in your absence. They are very compelling, often demanding attention to help them feel their best. Before a test, they may be unsure of themselves and seek the teacher's assurance. Their moods are changeable, going from shy and timid to very irritable. They feel left out easily, and their feelings get hurt by their friends' neglect. You will find them outside playing in the fresh air. They are not generally thirsty. For lunch, they will most likely have something that includes bread, maybe even with butter. Physically, they are prone to ear infections and nasal discharge that is yellowish-green and thick.

Sulphur. Children who fit this remedy are not likely to be nervous before school starts. They often look disheveled, with mismatched socks and uncombed hair, which doesn't bother them one bit, although it may drive you crazy! They are hot and may have smelly feet. As students, they are bright, curious, and philosophical in their comments. They can be leaders, yet they can be lazy, as well. Before tests, they are not likely to be nervous because they are confident in their knowledge. They are not concerned about getting it all right because they assume that the answers may be wrong or the questions somehow unfairly written. They love the limelight and do not shy away from being the center of attention—in fact, they prefer it. In their lunchbox, you will find sweets, such as chocolate, and fatty foods. Physically, they may have issues with their skin, such as eczema; *mollusum contagiosum* (water warts); or rashes that are red, hot, and itchy.