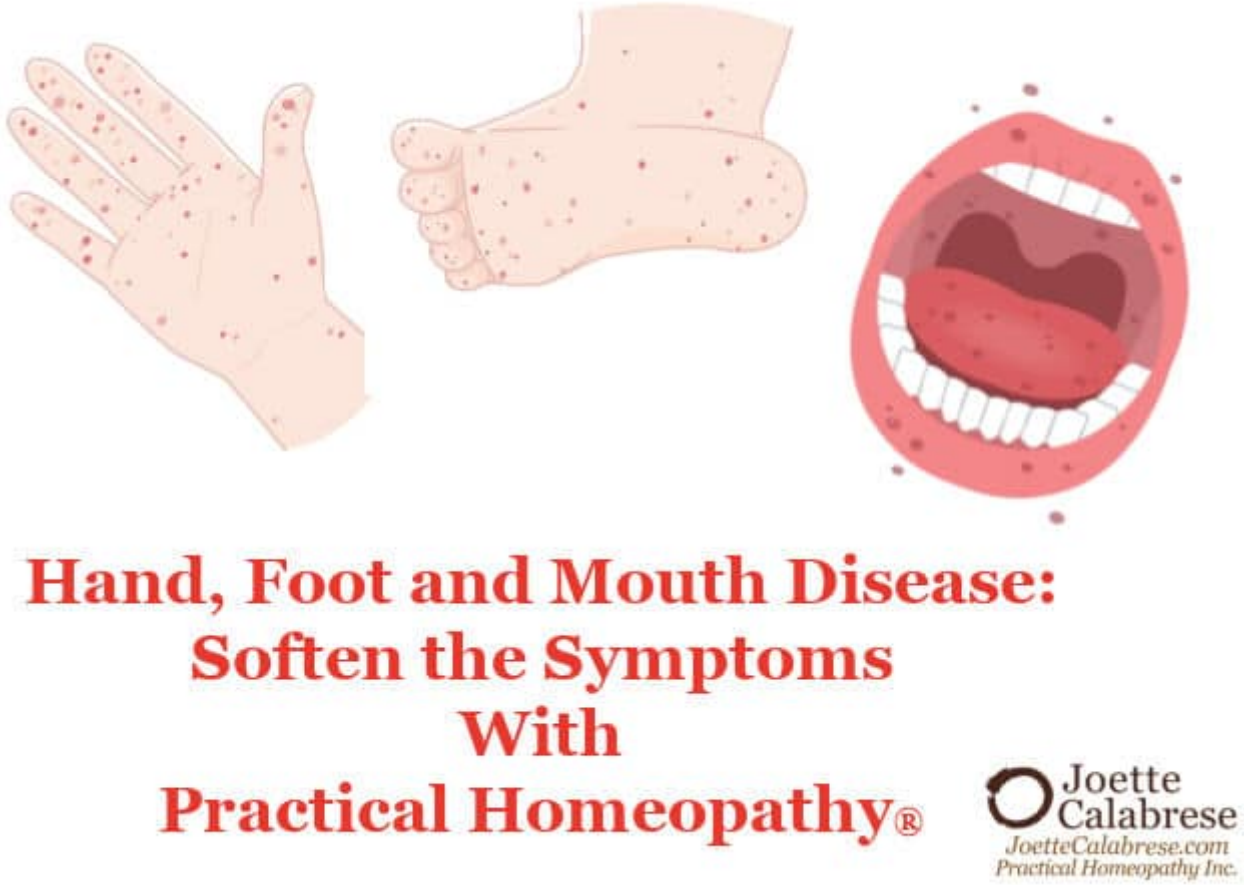
Hand Foot and Mouth Disease: Soften the Symptoms With Practical Homeopathy®



Surprise! Hand, Foot and Mouth Disease (HFMD) is making the rounds again.

Well, let's face it… it's no surprise. This childhood condition is quite common, usually causing fever, mouth sores and a nasty skin rash.

I've covered it once before, about nine years ago, yet I've continued receiving questions about it. My friends, don't forget to use the search function on my website or even Google (along with my name). Searching for the name of a condition, a symptom or even a homeopathic medicine can

bring up a treasure trove of past articles – all available for free.

But for the newcomers among us, let's refresh our conversation on this viral condition, shall we?

What is Hand, Foot and Mouth Disease?

First of all, while it sounds (and looks) scary, Hand, Foot and Mouth Disease should not be confused with the more serious Hoof and Mouth Disease (also called Foot and Mouth Disease, leading to the confusion). Hoof and Mouth affects cattle and livestock, not your adorable child.

Hand, Foot and Mouth Disease is a self-limiting condition that will pass naturally in a week to 10 days. However, why wouldn't we allow homeopathy to soften the symptoms and perhaps shorten the suffering?

What should be considered?

Well, I have previously mentioned my clinical success with the Banerji Protocol of *Mercurius solubilis 200* and *Antimonium crudum 6*.

Merc sol is generally used twice daily, and Ant crud is add*ed* according to severity – every few hours for horrible itching or as infrequently as twice daily.

So, that's the "what," now, here's the "why."

Mouth ulcers

Mercurius sol is one of the premier medicines for ulcers and other conditions of the inside of the mouth and throat, which is usually the most bothersome aspect of the HFMD condition.



Maddening itch

In many conditions, aggravating, itchy rashes on the skin are the hallmarks of *Antimonium crud*. HFMD is no different. Using *Ant crud* as an SOS, as needed for the acute itching, can help calm down the crazy-making itch, allowing the child to relax a bit, rest and recover naturally.



As with all homeopathic medicines, observation is key. Observe the symptoms to determine how often the *Antimonium crud* is needed. When the symptoms calm, this indicates that

the medicine will not be required as frequently. Also, the sufferer's overall demeanor should be observed to determine whether or not to continue the medicine. When they are very much better, it's time to halt the medicine.

As an adjunct to the Banerji Protocol of *Merc sol* and *Antimonium crud*, one may also choose to address additional symptoms such as severe pain or a high fever. However, before deciding to tackle the fever, I encourage you to read my blog post, "Get Your Kids High: Fever Is Good."

Fever

If, after reading that article, you feel you must address the fever – if you just can't help yourself – then *Belladonna* 30 is my usual go-to for extreme fever. It's also often indicated for pain relating to soft tissue conditions, such as tonsillitis or strep throat and tooth pain (among many others). Consequently, *Belladonna*, twice daily until very much better, may be a consideration for the painful mouth ulcers caused by HFMD, as well as the fever. A win-win.

Pain

Another historically proven medicine for pain – most notably nerve pain – is *Hypericum perforatum* 200. This is an essential homeopathic to have in your well-curated kit. *Hypericum* is most often considered for painful conditions occurring in nerve-rich areas, such as the mouth and the tongue, which are greatly affected by the ulcers from HFMD.

Be sure to read up on these medicines in your *materia medica*, such as my Materia Medica: Practical Homeopath® for Busy Families, to determine if they are the best fit for your situation.

My friends, the most important thing is not to panic. Kids get sick! Although it's not always pleasant, sickness can be

valuable for our bodies. I discuss this in greater depth in Podcast 133: The Intriguing Story of Georgie and *Bryonia*. I hope you'll listen to that podcast when your initial reaction is to panic. I plan to discuss this concept further with my Mighty Members in an upcoming Memo.*

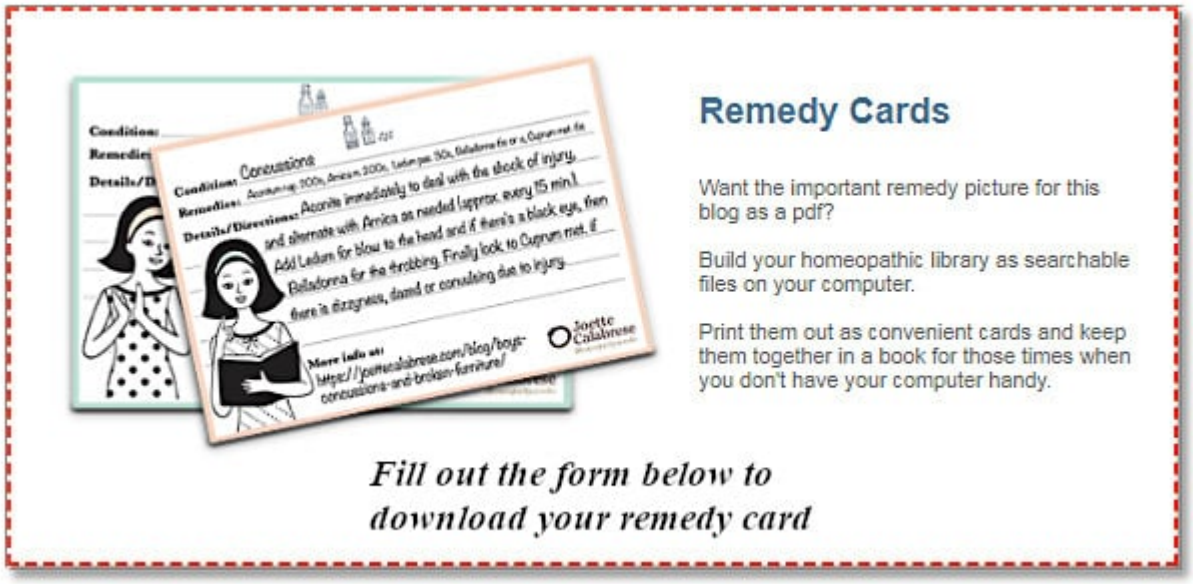
The bottom line with Hand, Foot and Mouth Disease is that this too shall pass. However, homeopathy can help soften the symptoms, make your little ones less uncomfortable, and help mommy feel less worried.

Meanwhile, pass on the good news of Practical Homeopathy®!

Warmly,



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