

Homeopathy Cures Croup as Easy as 1-2-3



This last winter and even recently, I've received calls from students and clients regarding their children's coughs. I wrote on the subject two years ago, but I thought it warranted another run since so many could benefit. Here is the same article and the most succinct method I know for treating croup at home, without drugs, without angst and often without a return performance.

Croup is a [respiratory infection](#) accompanied by a harsh, barking cough. Most common in very young children, croup frightens parents because it sounds as if the child can't catch his breath. This viral infection leads to swelling that constricts the respiratory passages causing very loud breathing sounds. Croup should be carefully watched, and emergency care sought if breathing is too labored, but a parent armed with a little homeopathic know-how and common horse sense can successfully treat croup at home.

First, bring your child into the bathroom and place him next to the running shower where he will be exposed to the steam. You should see a modicum of improvement in his breathing after half an hour or so of being exposed to this warm, moist air. The breathing passages will relax and the cough will often soften a bit.

Meanwhile, select the best fit from the following three

homeopathic remedies.

When choosing croup remedies, our main focus is the time at which it presents.

1) If the cough begins just after midnight and your little one is fearful, then the remedy is [*Aconitum napellus*, 30C.](#)

As always, *Aconitum* is most useful at the beginning stages of an illness and for symptoms that come on suddenly. So, if your child has had croup for over 24 hours, it's unlikely that *Aconitum* will be of value.

2) If instead, it's closer to 2 a.m. or the cough sounds like a saw grinding through wood, then use [*Spongia tosta* 30C.](#)

Cold drinks and talking make the cough worse when *Spongia* is the correct remedy.

3) A croup cough that begins at 3 a.m. generally calls for [*Hepar sulphuris calcareum* 30C.](#)

The child is irritable and the cough rattling. Coldness and drafts make the cough worse.

Once you've chosen your remedy, administer it every 30 minutes if the cough is severe and every 3 hours if it's a milder version. As soon as improvement ensues, stop the remedy. One of the clearest signs that the baby is improving is if he falls asleep.

If on waking the cough returns, resume treatment.

There you have it! You've just learned how to treat a cough that has terrorized parents and baffled emergency room personnel for years. In just 3 minutes, you've become an expert.

So, spread the word about homeopathy and this blog too; It's

like a breath of fresh air.

Hint: Never wait until your child gets sick before having the remedies on hand. Consider owning a homeopathy kit for ease and cost effectiveness.

Click here and watch our [newest video](#) for a **free** download. And if you share it, you'll get an *additional free* bonus that you can use to up your knowledge and cure yourself and family.

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