

Swimmer's Itch



It's summer! It's hot! It's REALLY hot!

I raised three boys. I know that when the weather gets hot, kids gravitate to the water – any water. It doesn't matter if it's an overcrowded swimming pool, a seaweed-laden ocean or a murky river. Heck, even mud puddles look attractive to kids when the temperature is roasting.

But while bodies of water may look alluring, they can contain microscopic parasites (carried in by certain land animals, snails and birds) that can cause an itchy allergic reaction in sensitive swimmers. The medical name for this condition is cercarial dermatitis, but you'll often hear it referred to as swimmer's itch.

And it's no fun.

Jenny, a 16-year-old I know, was swimming with her family in a man-made lake (a reservoir used for making snow at a local ski hill in the winter). It was a perfect day of water games and frolicking until Jenny started itching.

Even though Jenny's whole family had been in the lake, only Jenny started itching. Poor girl.

When her mom realized what Jenny had, the idea of waterborne parasites left them so "creeped out" that they didn't go back to the lake that summer.

Avoidance is certainly one precaution. However, planning for the future didn't help Jenny's obsessive itching. It was crazy-making.

A complaint of swimmer's itch can be somewhat of a broad category. As I mentioned, it's medically defined as being caused by tiny parasites in the water. But some people use the term more generically, encompassing everything from sensitivity to salt or chlorine to dryness caused by continual evaporation from getting in and out of the water.

But we don't necessarily need to know the exact etiology. We know what medicine is excellent for itching and rashes in general, don't we?

And it's not the cortisone cream suggested by conventional medical websites. Cortisone cream is merely temporary appeasement, not a solution. Plus, the use of steroidal creams can usher in dreadful side effects. It's like killing a mosquito with a bazooka! Sure, it may momentarily get the job done, but at what price?

Instead, the Practical Homeopath would turn to [Antimonium crudum 6](#), twice daily until very much better. If the itching was severe, overwhelming and maddening, they might consider employing it every 3-4 hours. Then, when improvement is observed, they should back off to utilizing it twice daily.

(If you order this or any medicine from [Boiron](#), use my name (Joette) in the coupon box to receive a 20% discount! I do *not* have an affiliate program with them. I *don't* get kickbacks from them or anyone; I prefer the savings go directly to you!)

Several years ago, you may remember I taught about *Ant crud* in my blog post, [Itchy Skin](#). Let me tell you, Antimonium crud is a capital medicine for itching and has helped many of my clients and students recover from itchy skin disorders. Earlier in my career, I had previously used other remedies that have a history of addressing itchy, eruptive skin. However, the addition of this medicine (thanks to the Drs. Banerji) has made a significant difference in the number of corrected cases I've witnessed.

It's one of those medicines that should be in every medicine cabinet ... because you never know when swimmer's itch (or something else) will make you (or someone you love) climb the walls.

So, plunge into that pool or lake without fear. Cool off and have fun! Should there be a microscopic annoyance in the water that causes problems later, you'll be armed with homeopathic medicine to give your body the natural assistance it needs – without risking the side effects of cortisone creams or steroids.

Pass on the good news of homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read 'Joette', written in dark ink.

P.S. Should you discover that your skin issue is more than

just a transitory bout of swimmer's itch, I suggest my course [Skin, the Ugly Truth: Safe, Effective Treatment of Skin Ailments, Chronic or Acute, with Homeopathy.](#)

Need inspiration? [Look at one blog reader's experience](#) as she became more immersed in homeopathy and found my course on skin issues.

And remember – all my Mighties ([Joette's Mighty Members](#)) qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.



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Swimmer's itch

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