Pinworms and Colds; Who Needs Them? Protect Yourself, Teachers!

Can you think of anything worse than the thought of pinworms? Because pinworms are a common childhood infection, regrettably, they're prevalent in schools, too.

Consider this your first lesson in homeopathy.

Homeopathy is a method of medicine that has the gentle and powerful ability to deal with easily spread infections, such as pin worms and colds.

Let's look at two homeopathic remedies that have a reputation of protecting teachers (and students) who've been exposed to these common childhood sicknesses.

When the classroom epidemic is pinworms, there is a great little remedy that is reputed to be just as powerful, not only to eliminate them, but which can be used as a prophylactic.

(Remember, the alternative is not a pleasant one. Conventional medicine will suggest a medicine that is a vermicide. The suffix "cide" means to kill. This means that the active ingredient is a pesticide of sorts, which kills the worms. We want to get rid of the worms, but not at the expense of harming the body with a vermicide.)

Instead, the remedy *Cina* creates an unfriendly environment so that the worms will expel themselves. *Cina* tincture can be used by taking 6 drops in water, then sipping the water throughout the day for 15 days in a row. It should be repeated one month later in the same manner. This is the advice of practicing homeopaths of India where this kind of infestations is even more prevalent than in the U.S.

Homeopathy has helped many teachers from getting contaminated with this insidious infection even when nearly the entire class is affected.

For colds, my favorite remedy for our family is *Oscillococcinum*. In France, it is the top selling, over-the-counter medicine of any kind. They use it as the premiere remedy to abort a cold or flu before it comes on or before it comes on in full force. The French take it as a preventative as soon as the first student begins to sniffle and then one day each week for a month, then one day each month until the cold season is over.

Plenty of other Europeans and Americans use it too.

That's because the protection it offers can be significant, as long as it's taken before the symptoms get a foothold. *Oscillococcinum* is reputed to be particularly valuable when the colds and flu's come about during the wet and cold seasons, such as autumn and spring. Some say it's infallible.

All of these remedies are available at health food stores and many pharmacies and will cost no more than $15. Additionally, homeopathy will not interfere with any meds you may already be taking.

If you find that your health is too often plagued by the latest illness in school, give homeopathy a try. It may even become the discovery you innovate in your next science class.

Pinworms and Colds; Who Needs Them? Protect Yourself, Teachers is solely intended to provide a format in assisting the student in learning the principles of Homeopathy. It is in no way to be considered a substitute for a consultation with a health professional.