

# Hand, Foot and Mouth Disease



I love the name of this disease.

It kinda says it all since the rash often appears on the hands, feet, and in and around the mouth.

However, rashes can also appear on the buttocks, knees, elbows, and cause ulcers in the throat. But adding all those details would make the name *waaay* too long!

“Hand, Foot, Mouth, Buttocks, Knees, and Elbows Disease” just won’t do.

While HFMD is usually mild and resolves by itself in under two weeks, it can be very uncomfortable. Painful open sores in the throat can make it difficult to eat, cause fever,

nausea, vomiting, and a generalized feeling of yuckiness.

No worries – we have homeopathy to subdue symptoms and give the immune system a needed boost that will uproot the virus.

It's so empowering to know that with a little knowledge, you can heal without resorting to drugs with negative side effects. Then you can pass this information on to your friends, since it was probably their kids who passed it along to yours in the first place!

When my kids were young, I don't remember them getting this disease, but some of their friends did. As I recall, the parents just waited it out and their children were fine in a couple of weeks. Back then, before I (and my little [study group of like-minded moms](#)) learned enough about homeopathy, one of the great lessons we encountered was to simply relax.

That when it came to childhood illnesses, it was usually better to do nothing since something meant a visit to a pediatrician (and you know what you end up getting there!)

So we often just let simple childhood illness run their course.

More so, we learned not to worry. How did we do this? We read. We read every book available even though at the time, there were far too few homeopathic ones. We still managed to make do with this philosophy as our under-girding.

That's why today I teach families to stop freaking about childhood illnesses. The greatest dangers to your child are accidents and the drugs given for childhood diseases.

But had our children suffered terribly from this illness, and we knew what I know today, this is what we would have done instead: Given that HFMD is a disease that causes ulcers in the mouth, I'd use the Banerji Protocol of [Mercurius sol 200](#), twice daily. Why that remedy? Because

it's one of the all-time great medicines for ulcers and other conditions of the inside of the mouth and throat.

And yes, a rash may develop on all those other areas, but it's the ulcers in the mouth and throat that make this illness most uncomfortable.

The other rash-covered area is usually itchy when this disease presents, so Ant crud 6 every few hours for horrible itching, or as infrequently as twice daily is another favorite of mine that I gleaned from the Banerji method.

So whether your family contracts this illness or not, be sure to have these two great homeopathics on hand. Use them accordingly, ease the suffering, and pass on the good word to other families.