Homeopathic Remedies for Enterovirus 68



In case you haven't heard, the new media medical scare for children this season is Enterovirus 68. Yikes! The added number makes it sound so official and daunting.

But remember, folks, you have homeopathy in your court and a kit in your medicine cabinet.

This doesn't mean you'd never take a child to a hospital if the illness is serious enough, but let's see if we can avoid such an excursion.

Here are my thoughts on how I'd treat this illness if it came to my family.

Meanwhile, I hope pediatricians are not suggesting Tylenol. In some studies, acetaminophen (the active ingredient in

Tylenol) has been linked to asthma. Hardly a good plan for an ailment with respiratory issues.

But it's an unfortunate reality that many doctors don't stay current on studies, so it's up to the parents to do this.

The Nutrition.

Because this virus so far has attacked only children, let's start with how to protect a child before a respiratory illness might occur. As usual, we begin with bone stocks…and lots of them.

That means stock with every dinner, soup for lunches and using bone stocks as the base when you cook beans, rice, stews and even oatmeal. This offers a boost to the immune system and aids in inflammatory conditions, particularly of the lungs.

A new book that will be available on Amazon around Sept 30, Sally Fallon Morell and Dr. Kaayla T. Daniel will be the ultimate go-to source of the scientific reasons for employing a daily broth. (More on this subject in future blogs.)

Leading Up to the Virus

Even without familiarity with this particular virus, it's not difficult to use what we already know from more than 200 years of clinical experience in homeopathy.

For certain, for extra-prone children before a respiratory illness strikes, a good remedy to employ is *Calcarea carbonica* 30C, as a daily immune booster. The alternative is *Calcarea carbonica* 200C every other day. I hesitate to use the words immune booster because I don't want you to think of this as homeopathy's role.

Remember, homeopathy is medicine, not supplements or such.

Yet in this particular situation, *Calc carb* can indeed be a powerful ally for immunity for certain children. This method can be employed for many months but use it only for those members of your family who are susceptible to colds and with lowered immunity, not for those who have a respectable ability to fend off infections.

I have always used *Calc carb* for immunity, but it wasn't until I worked with Drs. Banerji in Calcutta that I began employing this little trick. In Calcutta, the Banerjis and their senior doctors use this method for their patients who are particularly susceptible to immunity-attacking viruses and bacteria. Ever since I've been teaching this method to my clients and students.

Next, let's look at what I would employ if my children were still young, and this respiratory illness visited our home. At this writing, no child has died from Enterovirus 68, so the first thing to do is relax.

It's logical that the most vulnerable children are those who have a history of having suffered from asthma, bronchitis and reactive airway disease in the past.

If this is the case, the first thing to do is to get started on an asthma remedy to root out the illness. Homeopathy has a reputation for being able to do this.

I won't go into how to cover this chronic disease here, but I'll share that I used to suffer from asthma nearly nightly for years until my homeopath cured me of it within a few short months. And it has not returned in more than 23 years, despite what a doctor predicted.

I don't blame him. He simply didn't know how to cure asthma as my homeopath did.

The Remedies If the Virus Is Occurring

Because wheezing is the most significant aspect of Enterovirus 68, a homeopathic specific to that symptom must be chosen.

Kali iodatum 6C is my pick for a wheezing condition. And I'd administered it every 3 hours during a crisis. If a dry cough accompanies this, I'd consider *Ipecacuanha* 30C every 3 hours as well. And as usual in an acute illness, the remedies should be stopped once improvement is well established. This might be a day or so up to many days.

These are my go-to medicines for not only this particular virus but also for wheezing and/or this specific type of coughing under nearly any condition.

Unlike modern medicine's goal of suppressing symptoms, the purpose of the homeopathic is *not* to cover up but to root out the illness using the symptom of wheezing or coughing as an indicator for the remedy choice.

The quintessential essentials for any household medicine chest:

Calcarea carbonica 200C, *Calcarea Carbonica* 30C, *Kali iodatum* 6C and *Ipecacuanha* 30C. These are remedies I would not do without in my medicine chest this season.
