

Giving the baby a probiotic containing *Lactobacillus reuteri* can also make a difference. Homeopathy can be very effective in helping with colic.

Nux vomica infants and children can be impatient and demanding. They can become quite angry if parents don't feed them or attend to their needs right away. I advocate for feeding babies on demand, but by the time they're a toddler, it's good for them to learn a little patience. This may be as simple as counting 30 seconds before rushing to fulfill any non-urgent needs and slowly extending the wait time. It's important to praise them for the times they are patient. It may be helpful to use an egg timer or even the kitchen clock to practice patience. A parent can say: "Mommy is busy doing this right now, but let's set a timer, and I can help you with that when the timer is done." If they ask if it's time yet, the parent can tell them to go and look for themselves on the timer.

Nux vomica children can be sensitive to light, odors, noise, and sometimes even music, all of which can make them irritable. Parents should avoid using fragrances in the home and in the car. It helps their nervous system to have periods of peace and quiet.

Nux vomica children are self-motivated and want to do their best. It's good for them to have a balance between competitive sports and non-competitive activities. Learning meditation and yoga at a young age is extremely helpful for this type.

Nux vomica children may fight a lot with their siblings and may even get physical. They complain that things aren't fair and may have difficulty taking ownership of their actions. They can have temper tantrums or angry outbursts and may even break things in the home. These children can be rude, swear and act

defiantly to their parents. As long as they're not hurting themselves or others, it's best to give them time to cool off before trying to reason with them or enforcing any disciplinary action. Parents can tell them to go to their room or go outside to cool off. Getting physical activity or playing a musical instrument may help them to calm down. Sometimes all they need is time in a quiet environment away from stimulation. It is essential for parents to put limits on their children watching television or video games, especially those which depict violence.

For parents with multiple children, it is helpful for each child to get some one-on-one time with each parent. When there are two kids, parents can simply take turns to have special time with each child. Some families even take individual vacations such as a father and daughter camping trip, to have that individual time. It's important for the *Nux vomica* child to perceive this as equal and fair, however. If Jenny gets to go with dad to Disneyland and Tom only gets to go to a boring movie with mom, he is likely to feel jealous and upset.

Nux vomica types have a susceptibility to developing addictions. It's important to teach children about the risks involved in smoking cigarettes, taking drugs, and drinking too much alcohol. *Nux vomica* types do best when they live life in moderation. The best way to teach our children is by modelling healthy behaviors.

ADJUNCTIVE THERAPIES:

Yoga or stretching

Nux vomica types tend to have tight muscles and benefit from regular yoga or stretching.

Meditation or Mindful Based Stress Reduction

Meditation can be a game changer for *Nux vomica* types if they are committed to doing it.

Massage therapy

This type benefits from any massage, but especially deep tissue massage can be very helpful for pain as well as stress management. Using warm sesame seed oil is an ancient Ayurvedic tradition to help soothe the nervous system.

Acupuncture

Acupuncture can be very helpful in balancing “liver qi stagnation” in this type.

Sauna

Nux vomica types do well in a heated environment. Sauna also helps to release toxins and reduce their toxic burden. Taking chlorella or other binders with sauna use can amplify the detoxification effects.

Psychotherapy

If there is alcohol or drug addiction, working with a psychotherapist with expertise in addiction disorders is highly recommended. Intervention programs such as the 12-step program or other in-patient or out-patient programs can be

very helpful. I formerly worked in an in-patient treatment facility for addictions that incorporated integrative medicine modalities, including homeopathy, as a first line of treatment. Psychotherapy can also be helpful in managing anger or rage.

BACH FLOWER ESSENCES:

These are extracts or essences derived from flowers that can be used to regulate day-to-day fluctuating emotions. While they are not nearly as profound or deep acting as a homeopathic remedy, some people find them very helpful. Many homeopaths allow their patients to use Bach flower essences alongside homeopathic treatment. It's wise to check with their homeopath first.

Bach flower essences can be self-prescribed and taken as needed based on how a person is feeling that day. Up to seven Bach flower essences can be taken together at the same time. Pick the ones that are most relevant on any given day. It's best to take them at least one hour apart from the homeopathic treatment. Flower essences can be purchased from a homeopath or local health food store.

Impatiens: Helps with patience, frustration, and irritability in slow situations.

Beech: Helps them to be more tolerant of others and difficult situations.

Vine: For when they see someone doing something wrong and are compelled to tell them what to do and how to do it. It can help them be more accepting of others doing things their own way.