



ESSENTIAL NATURAL HEALTH GUIDE FOR TRAVEL AND HOME by Richard Pitt

Published in 2015. Second edn
2021, p/b, 224pp, £9.99
ISBN: 9798714177347

This informative gem of a book by avid traveller and experienced homeopath, Richard Pitt, makes a terrific gift for anyone who can travel these days as it covers pretty much every malady you can think of. Much of the information concerns indicated remedies for certain states or conditions we know well as homeopaths. However, it also includes herbal medicine and common sense tips on staying safe while travelling, as well as information at the end of the book on lesser-known diseases and symptoms.

A glance at the contents of this book suggests that it's written by an experienced traveller, and Richard's biography at the back of the book confirms this.

Richard has collated an incredible amount of information into a small handy tome. It contains simple-to-follow advice on therapeutic treatments and indicated remedies for everything from the more common issues like allergies through to dealing with lice / bed bugs. It also covers more serious conditions such as tropical diseases and menopause, as well as how to deal with emergencies and disasters.

There is an excellent table of contents, which makes it super easy to locate information on both common and lesser-known conditions, as well as chapters on, for example, skin or digestive conditions.

Some of the information in the book was new to me. For example, although I'm aware of the history of homeopathy and its influence in America, I didn't know it was so popular as early as the 1800s.

Richard also writes about homeopathy's successful use in epidemics, especially under US President Harding in 1922, whose father was a homeopathic physician in the American Civil War and who hosted a convention of homeopaths at the White House, no less!

There's nothing I don't like about the book. For experienced practitioners such as myself it still delivers new information on the history of homeopathy, certain diseases and other treatments / remedies for acute / emergency conditions whilst travelling.

For anyone not familiar with homeopathy, there's an excellent short introduction on such

One of the best mini travel health books I've ever come across

topics as how to take homeopathic remedies, how to keep them safe, and explanations about when and how to give different potencies, the difference in homeopathic dilutions, water dosing with limited remedies, and so on.

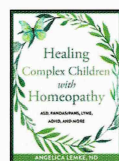
It is great, therefore, for newbies to natural medicine or for homeopathic students, friends or clients for travelling. In fact, it's one of the best mini travel health books I've ever come across.

At the end of the book there is a handy list of conditions making it easy to locate the information you need, especially in an emergency. Richard has also added COVID-19 advice with a handy list of useful supplements, referring back to the section on coughs and colds for possible indicated remedies.

I found the extensive information in an easy-to-read format enlightening on various lesser - as well as wider-known diseases and conditions, including information about the best treatments for them. I definitely recommend this book for all travellers, especially those going off the beaten track.

This pocket-size book would be a great gift for friends, or for clients who travel widely, or as an easy-to-read family natural travel remedy guide that takes up little space yet contains a huge amount of interesting information.

Jane Ray



HEALING COMPLEX CHILDREN WITH HOMEOPATHY by Angelica Lemke, ND

Wordplay Publishing, 2021, p/b,
453pp, €41
ISBN: 978-1-7343946-0-3

The title of this book interested me as I explored what was meant by 'complex children'. I was already familiar with terms such as 'indigo' or 'special needs' children, and wondered if that was what she meant (in fact she does refer to 'special needs' children in the book). However, the subtitle, which lists several disease states, confirms that the book covers everything on the spectrum from autism through to Lyme disease.

Of course, Lyme disease is more commonly seen in the USA, where the author is based, than here in the UK. This means she has had considerable exposure to this disease and, from her practice, knows how to recognise the way it affects children. This is of benefit to readers who practise homeopathy outside the USA as there appears to be limited information available beyond those shores about it.

The author is a naturopath as well as a homeopath, which means she brings a wealth of information to it which would probably otherwise elude the reader. She places emphasis on involving the child's parents in their homeopathic treatment, and encouraging them to recognise how to proceed in tackling the case. This means that the book is not just targeted at the homeopathic practitioner and student, but also at the parent or care-giver of the child. Supporting and enhancing the intuitive approach of the parent is also encouraged in this discussion.

This is a book about the treatment of children growing up in a complex world

I wrestled with this approach at first, but soon realised that the homeopath would be able to offer plentiful support to the parent by pursuing this route. At the same time, I speculate that we all perceive our children through filters which, by their very nature, cannot be neutral in assessing the individual case. After all, so often it is the parent who is pivotal in the reactions of the child.

The work is based on a synthesis of concepts put forward by many modern-day homeopathic luminaries. Among these are the late Melissa Assilem with her matrional remedies and Ulrich Welte with his remedies from the periodic table. Rajan Sankaran's *Schema* proved a guiding light for the author as well as homeoprophylaxis originally promoted by Isaac Golden. Another inspiration for the author has been Tinus Smits and his CEASE therapy for autism, which has gained a following in recent years among the homeopathic community.

It was an ambitious task to set out on a work of this nature and, at the same time, expose how illnesses such as PANDAS, based on physical pathology, could have such a powerful effect on the behaviour of children. The author often carries out testing to establish the offending influence in the case. Streptococcal infections which are at the root of PANDAS seem to run through different generations and, if suppressed in one, can so easily manifest in the next. Behavioural changes are often the first noticeable symptom and can be a great eye-opener to the reader who may not previously have been aware of these possibilities.

Although this book is cutting-edge in many ways, at first glance it may look overwhelming because of the extent of the material covered. However, as a straightforward reference textbook, it could prove invaluable for those grappling with the effects of the postmodern world on children growing up today. I would even say that this is a book about the treatment of children growing up in a complex world, rather than the treatment of complex children. That is at the heart of the ethos of this very specialised book.

Elizabeth Adalian

PANDAS – Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal infections

PANS – Pediatric Acute-onset Neuropsychiatric Syndrome

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in practice

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A winter landscape featuring a calm river in the foreground, reflecting the sky and the surrounding trees. The trees are bare and covered in a light layer of snow or frost. The sky is a mix of blue, orange, and yellow, suggesting a sunset or sunrise. The overall mood is serene and quiet.

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