

Childhood Illnesses and Holistic Medicine

by: Kathryn Beach

We take on a great responsibility in giving birth to and raising a child. Caring for a child's health is the most challenging job you may ever have. It's the same in business and in child-raising: you need to carefully envision your final goal and map out a plan, a strategy for attaining that goal. An entrepreneur hopping from opportunity to opportunity is just that: opportunistic. We can't afford to be opportunistic concerning our children's health; we need to prepare ourselves with knowledge about basic good health, childhood illnesses, their symptoms, and holistic remedies.

What we call standard, or conventional, medicine is based on a certain medical model. This model defines health as lack or absence of disease, and the doctor has little to say to you if you are healthy. He is very used to seeing patients only when they are ill, the causes are determined to be bacteria and viruses or chemical imbalances, and accordingly he prescribes drug, surgical, and radiation therapies to suppress symptoms. Even though the conventional physician may recognize a disease's mental component, he will prescribe treatment or medication designed only to suppress the symptoms, whether they be physical or psychological.

Holistic medicine defines health as a balance between all the systems that make up our being, physical, mental, emotional and spiritual. Any number of stresses to any one of these systems can express itself as illness; it is the holistic physician's calling to help us identify deeper instabilities, weaknesses, and imbalances and correct them to regain health.

The easiest way to fight childhood diseases is to build a strong immune system, which will reduce your child's vulnerability to disease. We all know of instances where numerous people are exposed to viruses and germs but not all develop signs of illness. With a strong immune system childhood diseases need no longer be feared and once a particular disease has been contracted naturally, there will usually be a lifelong immunity to it.

It is the duty of all parents to educate themselves regarding the symptoms, signs and course of childhood diseases. There are many available naturopathic and homeopathic remedies and therapies. These remedies have few or no known side effects, unlike their more conventional counterparts. There is also evidence to show that after recovering from a childhood disease a child's immune system will be strengthened and the child will also make a developmental leap (according to the studies of Rudolf Steiner).

No one enjoys watching their children suffer through illness, but, armed beforehand with knowledge, holistic remedies and well-planned strategies, no parent will be left unprepared and the children will be healthier, stronger and safer.