

A family affair: Treating parents and kids - November 2003

by Mary Aspinwall, ISHom, PCH



The Chinese have a saying: “If the child is sick then treat the mother.” Very often when parents bring their children to see me, my gut feeling is that the child is ill because all is not well with one or both of their parents. Children are like psychic sponges mopping up the “dis-ease” their parents transmit and then broadcasting it loud and clear.

Special offer for mothers

The child may be presented as the client, but I often long to treat the parents! Parents, especially mothers, nearly always put the needs of their children first. That is why I run a “special offer” in my practice: if a child under two years old comes for treatment, I will treat the mother for free. It is amazing how much time and trouble this offer has saved me over the years.

Terrified and sympathetic

In one particular case, a woman (who was also a mother) came to see me because she had recently developed some fears that were becoming debilitating. She had always been of an anxious disposition, but her symptoms had become much worse since a very frightening episode a year or so earlier, when she and her children had become trapped in their car during a flood. Since then, she was terrified of many things, and the worst of all was thunder and lightening. She had a very caring, sympathetic disposition and often exhausted herself by taking care of everyone but herself. Based on these key symptoms as well as others, I prescribed Phosphorus. She was delighted with the results.

A guinea pig

She then asked if I might be able to help her teenage daughter. I realized that this mother had actually used herself as a guinea pig—checking me and homeopathy out first, before allowing me to treat her daughter!

Ovarian pain and low self-esteem

The daughter had just had an operation a few weeks earlier to remove a large ovarian cyst. Unfortunately, the girl was now experiencing intense pain on the opposite ovary, and a further cyst was suspected. She had always had very painful periods, with ovarian pains that alternated from side to side.

She told me she had had a horrible time since going to high school. She believed the other girls in her class were always making fun of her. She had low self-esteem and was scared to answer a question in class in case she got it wrong. These symptoms pointed to Lac caninum. After taking a dose, all of these issues resolved and the teenager didn't need a second operation.

It is now many years later, and both mother and daughter continue to be well. I wonder if the daughter would have stayed so well had her mother's anxiety gone unresolved.

High-powered peas in a pod

In contrast, I had a case where a father brought his teenage son to see me because of lingering weakness and listlessness after a diagnosis of mononucleosis. The son was in his final year of high school and was due to take his exams in a few months. A Grade A student and a superb athlete, he had played and trained for three different school teams. Now, however, his illness was interfering with this.

This father and son were like peas in a pod. They had the same drive to be the best at everything they did. The son wanted to attend the same school and college as his father “because they are the best.” Both father and son viewed the illness as a disaster because it meant the teen might not get the exam results he needed to get into college or would have to delay taking the exams until the following year.

I treated the son with Aurum metallicum because of his traits of being super-ambitious and wanting to be the best, in addition to other confirmatory physical symptoms. I also suggested that he be given as much time as possible to recuperate.

The son made good progress after the homeopathic remedy, but at the first sign of recovery he was pushed hard to succeed and, predictably, he relapsed.

Obstacles to cure

Homeopaths are taught to be aware of potential “obstacles to cure” and to remove them wherever possible. For example, there is no point treating an asthmatic if they continue to live in a horribly damp house, and they should be encouraged to move. Likewise, I believe that the pressurized atmosphere in this teenager’s house was an obstacle to his getting well.

If only I could have treated the father (possibly with Aurum metallicum as well), I think the son would have had a better chance at a full recovery.

About the author:

Mary Aspinwall studied at the London College of Homeopathy and is a Dynamis School graduate. She is a Registered member of the Irish Society of Homeopaths. In 1992 she designed the best-selling Helios Double Helix homeopathic medicine kits for home use, foreign travel, and childbirth and wrote *A Basic Guide to Homeopathy*. She now has a large, busy holistic health center in the South West of Ireland, teaches for the Irish School of Homeopathy, and together with her saintly husband runs www.homeopathyworld.com. You can read more of her cases and articles there.