

A vaccine for everything?

It's one of those childhood rites of passage that has parents more worried than their children - vaccination. And it seems as science discovers new bugs, the longer the immunisation schedule gets.

The development of vaccines dates back to 60 years ago, when epidemics like polio small pox and cholera were wiping out vast swathes of the human population around the globe. Though important in the case of serious diseases, the question is whether we need to immunise our children against every new disease that crops up, like malaria, for instance.

What is the difference between natural and artificial immunity?

The health of the immune system is pivotal in keeping us disease-free. Vaccines work by injecting weakened or dead bits of viruses into the bloodstream to force the body to produce antibodies to them.

The truth is that vaccines induce artificial immunity, a process the human body is not naturally designed for. Natural immunity, on the other hand, means building your child's own immune system without the intervention of synthetic, foreign substances.

Homeopathy is one of the best ways to strengthen natural immunity. It corrects biochemical imbalances in the body, remedies constitutional weaknesses and deficiencies, and most importantly helps the body maintain its protein balance, which is central to the immune system.

Thus while vaccines may be necessary to

protect your child against serious diseases, the most effective way to keep your child disease-free is by stimulating the body to do its own fire-fighting. Add to that good nutritional habits and a healthy lifestyle and you shouldn't worry.

How do emotional problems weaken immunity?

There are many cases where children who develop various diseases also have emotional issues. Fear of failure, anxiety over social rejection, family pressures and hypersensitivity cause a prolonged stress response, which weakens the immune system till it can no longer repair damaged tissues and organs and fight off infection.

That's why children with a lot of emotional baggage are prone to colds and coughs, allergies, frequent fever, inflammation and other common childhood illnesses.

But there's hope. A child's mind and body are still developing, and children are especially responsive to homeopathy. Also, unlike adults, they have not already been pumped full of suppressive allopathic drugs. Turning to homeopathy at this tender age will give your child an edge in an age when good health is at a premium.

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