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update



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Little wonders, big miracles

FINALLY, AN ANSWER TO THE PAINS OF
PARENTING AND GROWING UP

Bringing up baby is one of the most challenging rites of passage for couples in the 21st century. Well, neither is growing up. It's stressful, confusing and sometimes no less than traumatic.

Yes, our children are growing up in difficult times, where signals are crossed more often than not; love and patience are often in short supply; and school is more a chore rather than a happy place to be.

I see evidence of this time and again in my clinic – distraught parents bringing in equally troubled children and teenagers, practically begging for solutions. My question to parents is: have you ever paused to ask "why" rather than "why me?"

So if Sharad is suddenly throwing tantrums or Shalini has turned sullen and withdrawn, their "annoying" behaviour is nothing but a reaction to something that has upset their emotional, physical or social equilibrium. Behind the aggressiveness or indifference is a plea for help or a desire to be heard.

MindHeal Homeopathy is not a substitute for good parenting or a happy school or social environment but it can definitely reverse the devastating impact when these influences damage fragile minds. I witness miracles almost every day, where homeopathic remedies have improved school performance dramati-



Dr Anita Salunkhe

cally, personality disorders sort themselves out quickly and even autistic children begin to smile and speak. And no, there's no counselling involved.

Let's not forget that even common physical ailments in children are often the result of the emotional baggage they carry, distorting their metabolism, biochemistry, and consistently weakening the immunity. Did you know that the immune system of an infant continues to develop long after birth and emotional trauma at this age sets the stage for disease later in life?

It's amazing but by merely steering the body's basic biochemistry to a state of optimal functioning and correcting genetic weaknesses through homeopathic remedies a child's very basic nature can be transformed. Moreover, children respond especially well to homeopathy because the destructive biological processes that lead to emotional and physical disturbances are not yet firmly imprinted. The results are therefore remarkably swift and, in some cases, no less than incredible.

In this series, I will walk you through a range of childhood challenges including disturbed emotional states and developmental disorders. Anxious parents, take heart!