

managing head lice



All too common problem that occurs in schools is head lice and for many it is a recurring problem and it seems that more girls than boys are affected.

This may be because boys often have a definite sense of boundary, and this seems to make a difference. Girls can be more emotional showing jealousy (jealous as a louse), hurt and sensitivity. Homoeopathy has a lot to offer when head lice are a problem and the chosen remedy can help strengthen boundaries and make the child less of a "victim" and thereby less attractive to lice, mozzies and bullies.

Using external measures alone, such as shampoos, treatments and nit combs will kill off the parasites in situ but will usually do nothing to strengthen the child's constitution and so reinfestation is likely.

The following remedies may help stimulate the vitality and increase resistance to head lice. We suggest that you give the remedies in the following order when your child is infected or if outbreaks are prevalent:

- **Pediculus 200c:** 1 dose per fortnight when your child is infected or if outbreaks are prevalent. This remedy is a homoeopathic nosode made from the louse.
- **Psorinum 30c:** 1 dose per week for 4 weeks, this is a key support remedy to reduce susceptibility.
- **Staphysagria 30c:** 1 dose per day for 3 days then 2 doses per week for 4 weeks. This remedy improves boundaries and reduces sensitivity physically and emotionally.

We also recommend and include in our **Head Lice** mini kit a Tissue Salt combination that supports healthy skin and a Bach Flower combination to improve boundaries.

Other remedies that may be indicated in some children and used after or in place of **Staphysagria** are: **Apis** suits busy, curious, fidgety children who can be jealous and easily angered. **Lachesis** suits jealous children who are very talkative, strong minded and intense. The scalp can be very sensitive and they hate having a haircut. **Lycopodium** if confidence is low and the child is easily overwhelmed by expectations. They may be what is termed a 'street angel, house devil'. Meek and well behaved when out or at school but bossy and domineering at home and with siblings. **Sulphur** is good for warm-blooded children who



hate having a bath and washing their hair. They love junk food and are quite lazy and messy.

If after two or three weeks on this regime there is no improvement, and recurring problems continue, your child will benefit further from a consultation with a Homoeopath and individual homoeopathic treatment as another remedy may need to be included in this program based on the child's individual picture and circumstances.

What else can I do?

In addition to homoeopathic treatment it helps to make your child's hair as unattractive to the little creatures as possible. Encourage frequent and thorough brushing or combing during the day to dislodge eggs, dampening hair first with a water spray, which includes the oils **Lavender**, **Rosemary** and **Bergamot**. Use this to spray bed linen and pillows. Wash and condition the hair often using tea tree based products boosted with additional pure **Tea Tree oil**, or natural **Lice Treatments**. Dry hair thoroughly using a blow dryer as the heat helps to kill the lice.

Sometimes children who had been dosed with poisonous conventional pesticide lotions and treatments may exhibit poisoning symptoms: lethargy, pallor and dark circles under the eyes, loss of appetite, nausea, and weakness. **Nux vomica** can act as a detox for these children, providing the remedy symptoms match.