

# *Sister Lilian*

REMEDIES



*Sister Lilian  
introduces her  
new baby*



The Sister Lilian Range of Remedies



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# Meet Sister Lilian



Sister Lilian is South Africa's leading pregnancy and parenting advisor and author. Renowned, respected and loved for her caring, supportive and practical advice, she has assisted parents and mothers-to-be for the past twenty-one years. Sister Lilian combines responsible health advice with the gentle touch of complementary medicine in all she does.

Well-known for her presence on radio, television and in magazines, Sister Lilian believes implicitly in empowering parents to become active partners in the health of their families and to rely more on hands-on involvement, instinct and commonsense while raising their children.

Homeopathy and tissue salts are health gems with no adverse effects and Sister Lilian is pleased to share with you her wealth of experience with these safe, effective remedies as well as her special brand of pregnancy and parenting advice.



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# What is Homeopathy?



Aligning with a very modern way of thinking and living, homeopathy focuses strongly on nature and health. These remedies are derived from natural substances, including herbs, roots and minerals, amongst others, and are completely safe to use.

Unlike conventional medicine, homeopathy does not treat the disease, but the patient. Homeopaths believe that symptoms are the body's way of fighting illness, and that if the body falls ill, the body need to be stimulated to restore a healthy balance on its own.

Highly diluted natural substances, that in full-strength dose would actually produce the symptoms of the particular illness in a healthy person, are used to trigger the body's self-healing ability. This process is aimed at stimulating the body's defensive powers and triggering the body's capability to react, regulate, adapt and restore on a natural basis.

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# Care Range

Free from artificial flavours and colours, preservatives, lactose, gluten and yeast.

## Nausea and Reflux



A unique combination of carefully selected homeopathic remedies that assists with the treatment of all types of nausea, heartburn, indigestion, reflux, possetting and vomiting. A remedy suitable for adults, children and babies, safe for use during pregnancy.



A unique combination of carefully selected homeopathic remedies and tissue salts that balances, improves and strengthens the immune system, thereby ensuring faster recovery and reducing frequent bouts of illness. A comforting and soothing remedy suitable for adults, children and babies.



Strengthens the Immune System

A unique combination of carefully selected homeopathic remedies and tissue salts. It assists in the treatment and function of many types of upper and lower respiratory tract symptoms caused by excess mucus, like sinusitis, wet and dry coughs, and a runny or blocked nose. A soothing remedy suitable for adults, children and babies.



Sinusitis, Blocked Nose and Wet Cough

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# Care Range

Free from artificial flavours and colours, preservatives, lactose, gluten and yeast.

A unique combination of carefully selected homeopathic remedies and tissue salts that assists with the treatment of inflammation of the ear, glue ear, earache and mild ear infections. A calming and soothing remedy suitable for adults, children and babies.

## Earache and Blocked Ears



A unique combination of homeopathic remedies and tissue salts that acts on baby's emotions and digestive system to assist in the treatment of common symptoms relating to colic, including crying, cramps and muscle spasms. A calming and soothing remedy suitable for babies.

## Colic and Crying



## Sore Throats and Healthy Tonsils

A unique combination of carefully selected homeopathic remedies and tissue salts that gently helps relieve red, sore and infected throats and promotes healthy tonsils. A soothing remedy suitable for adults, children and babies.



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# Rescue Range

Free from artificial flavours and colours, preservatives, lactose, gluten and yeast.

## Shock, Anxiety and Stress



South African Flower Essences combined with carefully selected homeopathic remedies and tissue salts which assist with the treatment of emotions, tiredness and worry associated with shock, anxiety and stress. A tranquil, comforting and soothing remedy suitable for adults, children and babies.

## Indigestion and Heartburn



A unique combination of homeopathic remedies and tissue salts that acts on baby's emotions and digestive system to assist in the treatment of common symptoms relating to colic, including crying, cramps and muscle spasms. A calming and soothing remedy suitable for babies.



South African Flower Essences combined with carefully selected homeopathic remedies and tissue salts which assist with the treatment of anxiety, restlessness and sleeplessness. A tranquil, comforting and soothing remedy suitable for adults, children and babies.

## Restlessness and Sleeplessness

## Birth and Recovery



South African Flower Essences combined with carefully selected homeopathic remedies and tissue salts which assist with the treatment of digestive disturbances, including indigestion, stomach cramps, colic, heartburn and constipation. A cleansing, comforting and soothing remedy suitable for adults, children and babies.

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# Single Remedies

Free from artificial flavours and colours, preservatives, lactose, gluten and yeast.



Healing and Soothing

A homeopathic remedy used to safely help with the healing and integrity of skin and mucus membranes, which includes assisting in the treatment of burns and scalds, abrasions and rashes, fissures and cracked skin. Suitable for adults, children and babies.

Soothing and Calming



A homeopathic remedy to safely help soothe and calm. It is known to strengthen the constitution of babies and children prone to colic, frequent crying, teething troubles, ear infections, irritable digestive tracts and tantrums. Suitable for adults, children and babies.

## Arnica

Free from artificial flavours and colours, preservatives, lactose, gluten and yeast.

### Bruising, Shock and Trauma

A homeopathic remedy used to safely help relieve tired and stiff muscles and to alleviate bruising and reduce swelling. Arnica also plays an important role during recovery after surgery and birth, and can assist with shock and trauma.



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# Vitamins & Cough Syrup

Free from alcohol, caffeine, sucrose, yeast and artificial colourants like tartrazine.



A cherry-flavoured Multivitamin and Mineral syrup that has been specially formulated for toddlers and young children. Toddlers and young children typically need extra Vitamin A, Calcium and other vitamins and minerals. These extra special nutrients are necessary for healthy bones, skin, hair and nails as well as for the formation of red blood cells.

A cherry-flavoured Cough Syrup that has been specially formulated for children two years and older. This herbal expectorant aids in the treatment of coughs.



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# Tissue Salts

Free from artificial flavours and colours, preservatives, lactose, gluten and yeast.

## Pimple and Skin cleanser

Calc Sulph plays an essential role as a tissue and blood cleanser. It helps to drain mucus discharge, assists with many skin problems like pimples, abscesses and boils, and helps heal wounds.



## Anti-inflammatory First Aid Remedy

Ferr Phos plays an important role in blood oxygenation, helping to strengthen and tone body tissue and contains powerful anti-inflammatory properties. It assists with the treatment of colds, sore throats, fevers, anaemia and inflammation.



## Mucus Decongestant

Kali Mur acts as a decongestant and helps improve respiratory disorders. It supports the immune system and assists with coughs and colds, nasal mucus and helps remove excess mucus and phlegm from the chest and nose.



Kali Phos maintains a healthy nervous system and improves the function of nervous tissues. It helps in times of anxiety and nervousness, improves concentration and helps with fatigue.



## Concentration and Fatigue

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# Tissue Salts

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Kali Sulph plays an important role in maintaining healthy hair and skin. It assists with dry and thinning hair and dry scalp. It also assists with minor skin ailments, especially dry or scaly skin. It helps to clear mucus discharge.

Hair, Skin and Membrane Tonic



Nat Mur plays an important role as a fluid distributor within the body. It assists with water retention, feverblisters, watery eyes, excess mucus and colds.

Water Retention



Cramps, Spasms and Muscle Relaxation



Nat Phos plays an important role as an acid neutraliser within the body. It assists with digestive complaints like indigestion, nausea and heartburn. It helps with symptoms associated with arthritis and gout.

Heartburn and Indigestion



Mag Phos plays an important role in promoting muscle relaxation and helps relieve muscle pain. It assists with colic, muscle twitches, cramps and spasms, headaches and restless legs.

# Tissue Salts

Free from artificial flavours and colours, preservatives, lactose, gluten and yeast.

## Nausea and Liver Tonic

Nat Sulph plays an important role in water elimination and acts as a natural diuretic and alleviates water retention. It assists with digestive complaints due to overindulgence such as nausea and indigestion.



Silica plays an important role as a skin tonic as it cleanses and eliminates and brings impurities to the surface. It assists with the treatment of pimples, abscesses, boils and styes. It is also excellent for brittle nails.



## Skin and Nail Tonic

Calc Fluor helps restore and maintain tissue elasticity and promotes blood circulation. It assists with the treatment and appearance of poor skin elasticity, varicose veins and cracked skin. Calc Fluor also helps with healthy dental development.



## Stretchmarks and Wrinkles

## Blood, Digestive and Bone Tonic

Calc Phos is essential in all healthy cellular activity. It assists with the growth and maintenance of healthy bones and teeth. It has excellent restorative properties, supporting a healthy immune system and can be used by the elderly or persons who are convalescing. It assists with the treatment of blood disorders such as anaemia and helps with poor digestion.



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# Remedy Finder

Ailment, general	Detailed description of ailment	Extra remedies or comments	Appropriate Main Remedy
Aches & pains in pregnancy	For improved ligament elasticity. To help strengthen ligaments and tone muscle tissue.		Calc Fluor Ferr Phos
Anxiety in pregnancy	About baby or coping ability of mom. For better adjustment to new role.		Rescue Emotion
Bumps & bruises	Swelling and pain relief. Redness and swelling. With concussion.		Arnica Ferr Phos Nat Sulph
Colic	Pre-diagnosed colic. Wind, cramp and crying associated with feeds. Digestive symptoms of prematurity.  Spasmodic colic. Forceful burping and passing wind. Tense abdominal muscles with crying.  Wind, cramping, crying in discomfort. Emotional causes of colic.  Peevish crying. Loose stools with discomfort. Impatient baby with colic symptoms.	If severe, always add Chamomilla and Mag Phos too.     About 75% of all babies with colic need this remedy in addition to any other specific remedies.  This baby will often be prone to ear infections too and display tantrum behaviour, both of which respond positively to the main remedy.	ColicCare  Mag Phos  Rescue Digest  Chamomilla
Coughs	General from mucus. Loose, productive cough. Irritating tickle in throat. Wheezing cough.  Tight chest cough.	Add Calc Sulph for a loose, productive cough and Mag Phos for an irritating tickle in throat.	MucoCare  Mag Phos
Crying	Birth trauma. Sensitive-natured baby. Clingy baby. Separation anxiety. Baby or child picking up on parental tension. Mild depression in children.  Peevish crying. Impatient, fretful baby with colic symptoms. Tantrum behaviour.  Crying associated with feeds. Crying with tense abdominal muscles. Crying and apparent digestive discomfort.  Crying copious tears.	Baby may profit from Arnica treatment for one month as well.	Rescue Emotion  Chamomilla  ColicCare  Nat Mur

# Remedy Finder

## Other advice

- ¥ Enrol for childbirth education (or antenatal) classes. This way you learn about all your options and also make friends with shared interests.
- ¥ During pushing contractions, take deep breaths and really push down hard in the vaginal area but then come up for a fresh breath! About 4 — 5 pushes per contraction are possible.
- ¥ Be aware of the common pitfall of resorting to a diet of pastas, pizzas, toasted sandwiches and drinking yoghurts, as these foods are mostly rich in fats and in any event often trigger cramps or colic in baby.
- ¥ Draw up a detailed list of questions like labour and birth preferences ahead of time to discuss with your doctor, midwife and/or clinic.
- ¥ Use movement to soothe. Rocking, walking, dancing, gentle swinging, a walk in the pram and a ride in the car may help.
- ¥ Buy a relaxation music tape which will help to calm mom and baby and play whenever you need to, in the car or at home.
- ¥ Do not schedule your baby's feeds (both breast and formula) as hunger sometimes looks like cramping.
- ¥ Give baby 25 ml rooibos tea between feeds.
- ¥ Dairy and soy formula are most likely to cause colic. Special formula milk for colic, reflux and allergy symptoms often resolve colic symptoms.
- ¥ Most colicky babies respond well to light circular massage just below the navel.
- ¥ Walk your thumb over the instep of baby's feet, the reflex area for the intestines.
- ¥ Allow your little one to sleep with you, as colic is often resolved by this simple technique.
- ¥ Bath with your baby as the warm water will ease tummy pain.
- ¥ Breastfeeding your baby with a few 'courses' to complete one feed frequently settles colicky symptoms.
- ¥ Cut an onion into rings. Cover with pure honey and leave for 4 hours. Remove the rings. Give 1 teaspoon of the frothy liquid 3 times a day for coughing from postnasal drip.
- ¥ Avoid active and passive smoking.
- ¥ Steam treat with Friar's balsam add a capful to a basin of boiling water.
- ¥ Run a warm air humidifier overnight to which you have added a few drops of Eucalyptus oil.
- ¥ Tense, drawn-up limbs might be associated with difficult birth and anxiety.
- ¥ Tired cries are usually accompanied by pulling, rubbing or swiping of ears.
- ¥ A strident cry is seldom associated with serious illness although certain types of colic and structural urinary tract problems may be.
- ¥ Sick babies often whimper softly and pitifully with other signs of illness.
- ¥ Simply do only necessary chores and keep you little one close to your body in a baby carrier.
- ¥ A peevish, fretful, impatient and irritable cry might be part of a high-need child who is more difficult to satisfy and homeopathic Chamomilla generally improves matters.
- ¥ A cry that is higher pitched than normal may be indicative of an ear infection.
- ¥ Notice if crying spells are at predictable times of day, as that calls for the tissue salt Mag Phos.
- ¥ If baby posssets or vomits forcefully, but is generally well and gaining weight, but seems to be in pain, the anti-spasmodic action of Mag Phos may relieve crying very quickly.
- ¥ A red, scrunched up face denotes anger and frustration.

# Remedy Finder

Ailment, general	Detailed description of ailment	Extra remedies or comments	Appropriate Main Remedy
Crying	Mild depression in children.  Waking with crying from nightmares. Night terrors. Sensitive nervous system.  Sensitive natured child.	Tendency to allergies and dry skin will often be noticed too.	Kali Phos  Ferr Phos
Cystitis	For burning urine.  To help regulate pH balance in body.		Ferr Phos Nat Phos
Digestive Discomfort	Bloating. Over-eating. Mild diarrhoea. Irritable Bowel Syndrome.  From over-indulgence of food and alcohol.  Digestive cramps.  Pregnancy nausea and digestive symptoms.   Diarrhoea — profuse watery stools.  Diarrhoea — loose burning stools.  Constipation from tension and spastic colon.  Constipation with dry, crumbly stools.	Also helps for bad taste in mouth and halitosis from digestive causes.   Including heartburn and indigestion.	Rescue Digest  Nat Sulph  Mag Phos NausiCare  Nat Mur  Ferr Phos  Rescue Digest Nat Mur
Earache	Glue ear with impaired hearing from fluid build-up in ear.  Glue Ear with thick discharge and chronic glue ear.  Earache and tendency to ear infections.  Ear infection.  Burning pain and redness of ears.  For intense pain.		EarCare  Kali Mur  Chamomilla  EarCare Ferr Phos  Mag Phos

# Remedy Finder

## Other advice

¥ Evaluate your child's life carefully to see if something needs changing.  
¥ For older toddlers, encourage them to draw their dreams the next day as this can help them face their fears.

¥ Comfort your child and radiate confidence so as not to increase the anxiety cycle.

¥ Drink at least 1.8 litres of water daily.  
¥ Drink three cups/glasses of cranberry tea each day.  
¥ Avoid bath oils and foams.  
¥ Wear cotton underwear and avoid synthetic fabrics and very tight panties and trousers.  
¥ Swimming, especially in chlorinated and public pools, can make infection worse or seems to be a trigger.  
¥ Ensure adequate rest to help recuperation.  
¥ Sip herbal parsley tea.

¥ Wait for ten minutes before deciding if a second helping is necessary.  
¥ Tongue-scraping often helps rid one's mouth of unpleasant and metallic tastes.

¥ Eat slowly and chew food thoroughly.  
¥ Sip a cup of boiling water after a meal and before retiring at night.

¥ Walk at a moderate pace for ten minutes after a meal.

¥ Supplement Vitamin B6.  
¥ Sip ginger tea when nauseous.  
¥ Eat smaller meals more frequently and eat a little before rising in the morning.  
¥ Make one meal a day consist of only fruit.  
¥ Leave your pregnancy supplements for a few days to check if this is the cause, and change your brand if this is the problem.  
¥ Try and relax as much as possible and if anxious by nature, use Rescue Digest Remedy.

¥ If bottle fed, change your baby to an allergy formula or one previously found less problematic.  
¥ Grain products like baby cereals should be reduced or avoided.  
¥ Place a covered hot water bottle against the affected side to loosen thick secretions.  
¥ Prop yourself up against pillows or in a rocking chair with your little one sleeping on your lap as this ensures better fluid drainage and less pain at night.

¥ Avoid dairy and grain products.  
¥ Treat allergies naturally.

¥ Use a hot water bottle to reduce pain.

¥ Also Ferr Phos and Calc Sulph to drain mucus and soothe burning pain.

# Remedy Finder

Ailment, general	Detailed description of ailment	Extra remedies or comments	Appropriate Main Remedy
Immunity, Poor	<p>To prevent and treat all types of illnesses and infections.</p> <p>To help build resistance after long illness. Helps repair tissue and hastens recovery.</p> <p>If stress and tension are associated with illness.</p>		<p>ImmunoCare</p> <p>Calc Phos</p> <p>Rescue Emotion</p>
Labour coping and better birth	For natural and Caesarean section.	Add Kali Phos if needing overall strengthening of nervous system or Nat Mur if tending to be depressed.	Rescue Birth & Recovery
Mucus in excess	<p>General mucus. Mucus of all kinds anywhere in body. Postnasal drip in babies, children and adults. Congestive sinus. Allergies with mucus.</p> <p>Watery mucus. Profuse mucus discharge. Sneezing. Excoriating, burning mucus.</p> <p>Thick white/grey mucus. Congestive sinus. Blocked nose.</p> <p>Yellow sticky mucus with tendency to skin rash.</p> <p>Green/yellow lumpy mucus.</p>	<p>Add Ferr Phos for burning mucus.</p> <p>Main remedy also required for babies with oral thrush.</p>	<p>MucoCare</p> <p>Nat Mur</p> <p>Kali Mur</p> <p>Kali Sulph</p> <p>Calc Sulph</p>
Skin rashes	<p>Of all kinds.</p> <p>Mineral support for chronic skin rash.</p> <p>For improved skin elasticity.</p> <p>Nervous eczema.</p>	Builds epithelial cells.	<p>Calendula</p> <p>Kali Sulph</p> <p>Calc Fluor</p> <p>RescueEmotion</p>

# Remedy Finder

## Other advice

- ✘ Embark on lifestyle changes at least three months before falling pregnant.
- ✘ Avoid smoking, recreational drugs, alcohol and medication while pregnant.
- ✘ Breastfeed your baby for as long as possible.
- ✘ Insist that premature and ill newborns are given colostrums.
- ✘ Take up yoga to promote harmonious functioning of the body.
- ✘ Eat simple, wholesome, fresh foods.
- ✘ Reduce animal fats and proteins.
- ✘ Choose organically-grown produce.
- ✘ Avoid harmful additives.
- ✘ Pay heed to the healthy dictates of your taste buds and nature's colour code when choosing food.
- ✘ Include foods known to improve resistance — dates, coconut, pure honey, nuts.
- ✘ Regularly tap into the power of Mother Nature by walking in a park, sitting alongside a river, etc.
- ✘ Make life-affirming choices for the good of everyone and the planet — unleaded fuel, lift clubs, etc.
- ✘ Take responsibility for your own life and health.
- ✘ Do not introduce solids in your baby's diet before six months, making first foods fruits and yellow vegetables.
- ✘ Generally increase fresh fruit and vegetables in the diet of children.
- ✘ One-on-one daycare in the early years is a good solution if illness seems to be due to attendance of group daycare.
- ✘ Avoid or reduce mucus producing foods like dairy, grain products and highly processed fast foods.
- ✘ Encourage the drinking of water.
- ✘ Ensure regular exposure to fresh air and sunshine.
- ✘ Give lots of extra love and attention to babies and children.
- ✘ Give and receive touch therapy.
- ✘ Embrace the joy of family and friends.
- ✘ Visualise yourself healthy and happy.
- ✘ Eat with gratitude, make mealtimes a celebration, prepare food with respect and love.

- ✘ Once you are in the clinic, you can kneel on the bed during contractions to ensure a faster and less painful labour.
- ✘ Snack on fruit, muesli bars or fructose drinks as labour burns a lot of energy.
- ✘ Make deep, lowing sounds as the contractions build. This helps release your brain's own painkillers.

- ✘ Add a few drops of Eucalyptus oil under the hot tap when you run a bath to help disinfect and open airways.
- ✘ Apply a layer of chest rub to your baby's chest and throat or onto a vest if the skin reacts with a rash.
- ✘ Reduce dairy and grain products in a breastfeeding mom's diet.
- ✘ Avoid giving your baby cereals as a first food.
- ✘ Give home-cooked, fresh veggies, rather than bottled baby foods.
- ✘ Choose organic produce wherever possible.

- ✘ Reduce or avoid processed foods, colourants and preservatives.
- ✘ Breastfeed your baby as long as possible.

- ✘ Avoid or reduce allergen foods, e.g. dairy, grains, shellfish, peanuts, soya and eggs.

- ✘ Give your baby homeopathic NoVacReac with each immunisation.

- ✘ Avoid grain products in your baby's diet until your little one is well over one year.

- ✘ The best way to avoid nappy rash is to thoroughly wash your baby's buttocks in a basin of water at each nappy change, not just wiping down with a cloth, using cotton wool and oil or using pre-soaped cleansing wipes. Do this routinely, not only when your little one has a tummy bug.
- ✘ For skin rash symptoms like eczema, add a pot of organic rooibos tea to the bath-water to soothe the itch and burn of the affected areas. You can even dab cooled rooibos directly onto the area.

# Remedy Finder

Ailment, general	Detailed description of ailment	Extra remedies or comments	Appropriate Main Remedy
Sleep, Restless	Sleep resistance. Broken nights. Emotional stress affecting sleep.  Night terrors. Nightmares.  Sensitive-natured child.	In babies and toddlers.	Rescue Rest  Kali Phos  Ferr Phos
Teething	Difficult teething with crying and loose stools.  With extreme pain.  Slow, late teething.  With burning, swollen gums.		Chamomilla  Mag Phos  Calc Phos  Ferr Phos
Tension in mothers	To help improve coping.		Rescue Emotion
Throat, Sore	Tonsillitis.    Lumpy postnasal drip with sore throat.  Red, burning throat.	Also for general throat infections.	TonsiCare    Calc Sulph  Ferr Phos
Vomiting	Nausea and vomiting.    Acidic vomiting. From over-indulgence. Emotional vomiting. Possetting from mucus in throat. Gastric Reflux (Pre-diagnosed or suspected)  Forceful possetting or vomiting.	Including travel nausea.	NausiCare    Nat Phos Nat Sulph Rescue Digest MucoCare NausiCare  Mag Phos

# Remedy Finder

## Other advice

- ¥ Babies crave touch, as we all do. They need tender and warm tactile contact to thrive. Cuddle them often and massage their little bodies frequently.
- ¥ No matter the time of day, run a deep, warm bath and soak with your little one for half an hour. Place a face flannel over his/her tummy and offer a breast or bottle feed.
- ¥ Play soothing or melodious music to which you can dance with a baby. Remind him/her of easier womb days with music played during pregnancy.
- ¥ Evaluate your child's life carefully to see if something needs changing.
- ¥ For older toddlers, encourage them to draw their dreams the next day as this can help them face their fears.

- ¥ You can also give your little one an iced lolly to suck on if old enough (freeze rooibos tea or fresh fruit juices).
- ¥ Offer a teething ring to gnaw on.
- ¥ Rub the gums with a clean finger.
- ¥ Give extra dollops of comfort at this time.
- ¥ If your baby teethes slowly and with great difficulty, the tissue salt remedy Calc Phos should be given to ease the process.
- ¥ Be patient about the return to a full diet while teething. The remedies generally improve appetite, as they feel better.
- ¥ Say a sharp 'no' if your little one bites down on the breast, unlatch your baby with a finger turned in the corner of the mouth and don't relatch for 5 minutes. The lesson that you don't bite the breast that feeds you mostly gets through very quickly. If they think of doing it again, they mostly first look at you carefully and won't just take a sudden bite. You will have time to issue your warning again.

- ¥ Do not be afraid of your baby! Many parents are, and radiating nervousness makes babies unsure, resulting in more attention-seeking. Remember they love you unconditionally.

- ¥ Give the tissue salt remedies Ferr Phos and Calc Sulph hourly when starting with a sore throat to prevent infection.
- ¥ Keep up cool (preferably not icy cold) fluid intake.
- ¥ Don't force eating.
- ¥ Offer thin soups or liquidised food.
- ¥ If the air is cold and dry, run a warm-air humidifier.
- ¥ Drink a cup of hot water with a teaspoon of fresh lemon juice and 2 teaspoons of honey.
- ¥ Give fever medication if temperature rises above 38°C in the evening, but preferably just use cooling methods like running a fan, undressing and tepid baths in the day as fever helps fight infection.
- ¥ Preferably keep your child at home for a day or two initially as they will feel miserable.

- ¥ Stop giving your baby solid foods.
- ¥ Avoid all dairy products while vomiting lasts.
- ¥ If breastfeeding, keep it up.
- ¥ Stop giving formula feeds.
- ¥ Give rehydration solutions and clear fluids like rooibos tea or cooled, boiled water.
- ¥ If you have nothing else at hand, flat cola drinks are beneficial to toddlers and adults.
- ¥ Make a home remedy electrolyte solution with 8 level teaspoons of sugar or glucose powder and one level teaspoon table salt to one litre of cooled boiled water.
- ¥ Make frozen ice lollies from flat cola drinks or electrolyte solution for children.

- ¥ Preferably breastfeed your little one.
- ¥ Avoid dairy and grain products in a breastfeeding mom's diet.
- ¥ Feed formula babies smaller amounts more often.
- ¥ Keep your baby upright after feeds.
- ¥ Choose special reflux formula milk for bottle babies.
- ¥ Give the tissue salts Calc Fluor and Ferr Phos to ensure correct gastric valve tone.



He just scaled the bird bath,  
summitted the garden trellis  
and snacked on a snail.

And that was just  
in the last three minutes.

#### Introducing Sister Lilian's personal range of remedies

Any mother knows that babies don't always perform to the script. In fact, most of their behaviour isn't really covered in the baby book. Which is why it's so reassuring to have a range of trusted remedies to depend on – at any time of day, or night. Sister Lilian has been sharing her special brand of child and pregnancy advice to South African parents for over twenty years. She is now pleased to introduce her range of safe, natural and effective remedies with you. The entire range is free from artificial flavours and colours, preservatives, lactose, gluten and yeast. So you can treat over twenty different everyday ailments, with complete peace of mind. Even if you're unlikely to get much peace for a while!



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or visit [www.sisterlilianremedies.co.za](http://www.sisterlilianremedies.co.za) and register online.

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**Sister Lillian's product philosophy:**

Sister Lillian Remedies have been developed for moms who want safe, credible and natural homeopathic medicine for their babies and children, medicine that provides a solution to their everyday needs. Sister Lillian Remedies are formulated by experts, are lactose and alcohol free, have their energy preserved in a glass bottle and have been supported and endorsed by Sister Lillian. She strives to provide products that are of the highest quality and her wish is to be caring and responsible as well as to empower people and to make the world a better place.



Sister Lillian Centre Careline and Advice  
Tel: 012 348 4992  
advice@sisterlilian.co.za

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