



IT'S ALL IN THE DETAILS

HOMEOPATHY FOR DIGESTIVE HEALTH

PART 3:

DIARRHEA AND DIGESTIVE TROUBLES DURING THE HOLIDAYS AND TRAVEL

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ABOUT DR. GROSSMAN



Lauri Grossman, DC, CCH, RSHom(NA), is President of the Board of Directors of the National Center for Homeopathy.

She also has a private practice centered in New York City where she is a frequent lecturer in hospitals and colleges, including Columbia Presbyterian Medical Center, Memorial Sloan Kettering Cancer Center, The Hospital for Special Surgeries, Lenox Hill and NYU.

Dr Grossman works with physicians, nurses, chiropractors, and other health care workers, so that they are better able to integrate homeopathy into their practices, improving outcomes and enhancing patient satisfaction.

DIARRHEA- A CONDITION THAT SPANS THE GAMUT

Sometimes diarrhea is a minor concern, an acute ailment easily remedied at home by a well selected homeopathic medicine.

Other times it is part of a more troubling chronic or inflammatory disorder that requires the integration of homeopathic with allopathic medicines. These cases call for the attention of a well-trained health practitioner and it is important not to treat conditions beyond your expertise.

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to be best in a
point of view.

Diarrhea

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Warning signs of dehydration and the need for medical attention

Especially in infants and in older adults when diarrhea lasts for more than two days, be sure to keep an eye out for signs of dehydration:

- **infrequent urination (dry diapers in infants)**
- **dry mouth, lips or eyes**
- **skin that isn't springy**
- **dizziness or sleepiness**
- **physical and/or mental weakness or collapse**

When diarrhea persists, a medical work up is critical.





Hydration is critical

Sip fluids often:

- water
- diluted fruit or vegetable juice
- broths
- electrolyte drinks

Rehydration solutions or coconut water can replenish electrolytes.

Pedialyte and DripDrop are products available in grocery stores and pharmacies without a prescription.

Have drinks at room temperature

BRAT Foods



Bananas



Rice (white)



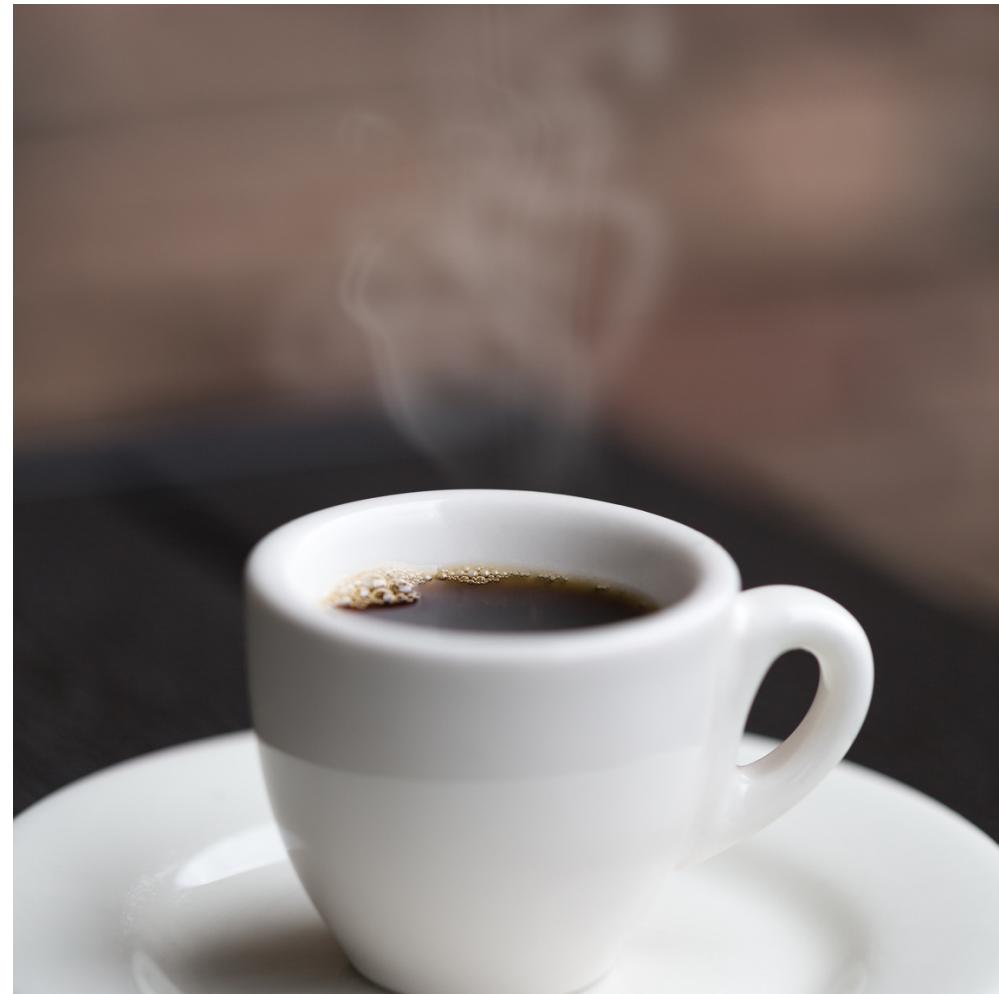
Apple (grated)



Toast

BRAT foods are gentle on the GI tract and preferable for anyone who is hungry.

Foods to avoid



Sweets

Caffeine

Alcohol

Until symptoms clear, it is best to avoid sweets. Sugars feed bacteria and promote inflammation. Avoid caffeine and alcohol which are too stimulating to the digestive tract while someone is experiencing diarrhea.



PEPTO BISMOL- A GIFT FOR TRAVELERS

When visiting overseas areas where diarrhea is endemic, PeptoBismol can coat the intestines, preventing infection by mechanically blocking infectious agents.

This can offer a preferable prevention solution to homeopathy.



Homeopathy: What should we ask and what should we look for?

It's All in the Details

- Cause
- Main symptom (What is most striking? What bothers the person the most?)
- Specifics about the stool and sensations in the GI tract
- Associated symptoms (What else is going on?)
- Generalities: Warm/Chilly, Hungry/Thirsty
- What makes things better and what makes thing worse? (amelioration, aggravation)
- Mood

THE MOST COMMON HOMEOPATHIC MEDICINES FOR ACUTE DIARRHEA

- **Argentum nitricum**
- **Arsenicum album**
- **Chamomilla**
- **Phosphorous**
- **Podophyllum**
- **Sulphur**
- **Veratrum album**





ARGENTUM NITRICUM

- A common homeopathic medicine at holiday time
- Diarrhea that comes with excitement or worry about an upcoming event
- Diarrhea from eating too many sweets
- Can be associated with loud belching or passing wind



ARSENICUM ALBUM

- **Food poisoning : number one homeopathic medicine**
- **Flu with nausea, vomiting and diarrhea**
- **Burning stool and burning pains**
- **Chilled in general**
- **Anxious restlessness then weakness and collapse**
- **Tremendous fear, wants company**

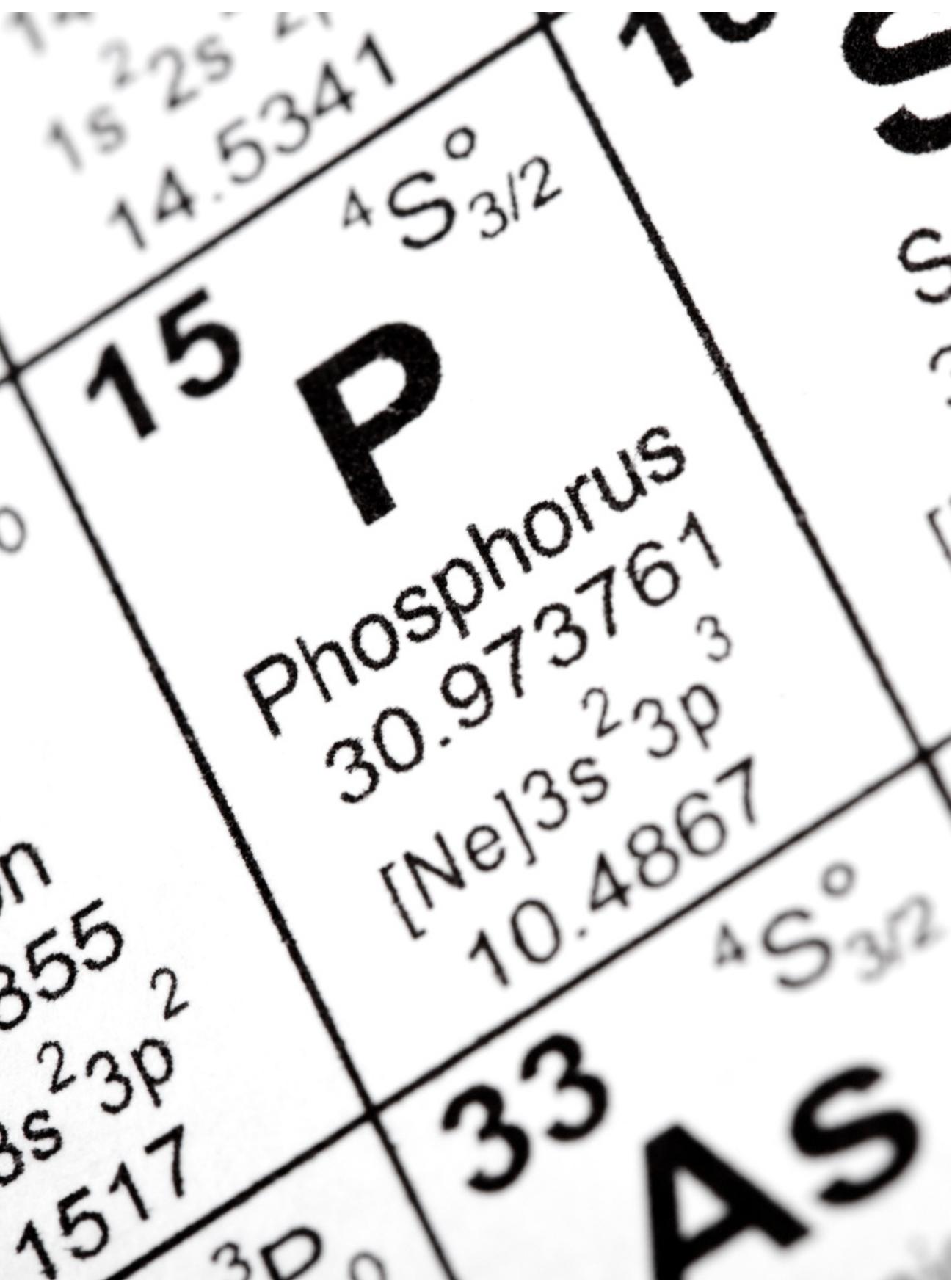


CHAMOMILLA

- **Diarrhea in infants and young children**
- **For diarrhea that comes on when teething**
- **Green stools**
- **Irritability and crying**

PHOSPHORUS

- **Desire for cold drinks and ice cream (Unusual)**
- **Sensation of an open fire hydrant**
- **Watery stool or stool with bright red blood**
- **Anxiety**





PODOPHYLLUM

- Rumbling, gurgling in the stomach followed by explosive diarrhea
- Loud flatus
- Soils the entire toilet bowl (and often the buttocks too)
- Montezuma's revenge
- Take it with you when you travel to a new country!



SULPHUR

- **Urgent burning stool every morning**
- **Foul smell that keeps the family out of the bathroom for 1/2 hour**
- **Great thirst for cold drinks**
- **Stool smells like rotten eggs**
- **A good remedy for generous hosts who tend to overindulge at holiday time**



VERATRUM ALBUM

- **Vomiting and diarrhea with onset of menses or with the flu**
- **Cold sweat on the forehead**
- **Abdominal cramping**
- **Chills**
- **Stool resembles rice water**

DOSING

- Pick the remedy that best matches the symptoms
- For acute symptoms, take a 30C potency four times daily
- For chronic symptoms, take the 30C potency twice daily for up to two weeks to see if there is a positive response.
- Stop taking the remedy if you notice improvement
- Start again if symptoms return
- If you don't see any improvement, clarify the symptoms in order to find a better medicine match
- If you cannot find one, find a professional homeopath to whom you can refer





FOUR SCENARIOS

And the medicine is...



WHO AM I?

I'm so looking forward to the holidays. Festive meals are something I adore. I love to cook and to entertain. Unfortunately, I've been waking at 5 or 6am every day with diarrhea that smells like rotten eggs.

And the medicine is...

SULPHUR

- **Urgent burning stool every morning**
- **Foul smell that keeps the family out of the bathroom for 1/2 hour**
- **Great thirst for cold drinks**
- **Stool smells like rotten eggs**
- **A good remedy for generous hosts who tend to overindulge at holiday time**



WHO AM I?

I don't know how I'm going to get through the holidays with my baby who is teething. She been crying and impossible to settle down for several days. She also has green stools the color of freshly cut grass.

And the medicine is...

CHAMOMILLA

- **Diarrhea in infants and young children**
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- **Green stools**
- **Irritability and crying**



WHO AM I?

My brother and I went on a road trip and stopped at a roadside stand for some food to go. As we waited for our order we noticed the place wasn't very clean but the food tasted great so we ate it up. Gosh were we dumb. Next thing we knew we were both weak, got the chills and had to race to the bathroom with diarrhea.

And the medicine is...

ARSENICUM ALBUM

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- Chilled in general
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- Tremendous fear, wants company



WHO AM I?

My wife is a mess at holiday time. She gets all worked up about the cooking, about buying presents and about seeing her own mother. She gets anxious and eats holiday cookies nonstop. Next thing you know she gets diarrhea from all the sweets.

Happens every year!

And the medicine is...

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- **Can be associated with loud belching or passing wind**

RESOURCES



- *Desktop Companion to Physical Pathology* by Roger Morrison M.D.; Hahnemann Clinic Publishing

Any Questions?



**CONTACT ME
FOR MORE
INFORMATION**

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