



Dyslexia and Homeopathy

By Julek Meissner, N.D.

Homeopathy is known to have a positive effect on concentration, attention and inner peace. Often there is marked improvement in dyslexia after a constitutional prescription, and in some cases the problem disappears completely.

“Dyslexia” means word blindness or reading blindness; it is the difficulty to recognize letters, to make words from letters and to recognize sentences from the words that make them up. For those with dyslexia, recognizing images, symbols and even sounds as words can be a great problem, though it is understood that the problem is independent of sensory impressions, the ability to retain them, or intelligence. Speech can be affected, with difficulties translating ideas into words; abstractions, feelings, emotions and associations are also difficult to translate into words. Reading and writing problems can result and this can lead to learning problems and frustrations, and can eventually limit social contact.

Homeopathic medicine does not treat dyslexia, but does treat the person with dyslexia. Homeopathy works by recognizing what is unique about the person experiencing dyslexia, and tailoring a treatment that has an affinity to the individual, something that strengthens and supports that person's unique coping style to help them become healthier and more harmonious.

I am the dumbest in the class

The following case, from my colleague **Maarten van der Meer** demonstrates how holistic the homeopathic approach is, the profound healing potential within us, and how insight into a person can help harness this healing process.

The patient is an eight year old boy with developmental problems, restlessness and difficulty concentrating. As a toddler he was already diagnosed with dyslexia and colour-blindness, and at school he has been labelled ADHD. He is a cheerful and friendly child, sensitive and alert: he picks everything up and hears every sound. Everyone is his friend and he shares everything. He is behind in learning to speak, and at school he has difficulty concentrating and is restless, always in motion. He quickly turns his pen into a “racing car”. His learning and speech difficulties lower his self-confidence, and he says “I am the dumbest the class.”





His mother is very empathetic with him and relates to him at his level, which he enjoys; he feels “one” with his mother, warm and cozy. She is a single mom – the father left the relationship after fights about his drug use - and she has to take care of the finances and her child’s upbringing on her own. She reacts directly to emotions and impressions, and she seems to be easily influenced, both by her own emotions and by her surroundings. She impulsively takes on anything she can in order to support herself and her child.

Her son often picks up the complaints of those near him; for instance on looking at a friend he develops the same complaint as his friend. His mother is amazed that he seems to not notice the family problems at all: “He just makes the best of things.” In sports he is very impulsive. His mother says “He is not a follower!”

The pregnancy was coloured by the day-to-day life of the mother. Labour did not progress until the mother took “wonder oil”, (ricinus oil) after which the child came quickly. For the first three months, the mother could not get used to having him, but after three months she was suddenly “in love with him”, and she still is.

Analysis:

In this family, the mother is on her own, making her own decisions, and is aware of the shadow aspects (drugs, poverty). Mother and child are independent and they think for themselves. They are helpful and sensitive to others – all of which suit the rare earth (Lanthanide) series of remedies. Both mother and son are spontaneous, open, impulsive and naïve. There are issues around independence and autonomy (lanthanide remedies). For the first three months of his life there was no real contact (lanthanide) with his mother or care-taker (muriaticum).

His cheerful, impulsive, spontaneous manner and his ‘magic thinking’ combined with his independent way of thinking and choosing words led me to consider Caesium (**Caesium** or **cesium** is an element with symbol **Cs** and atomic # 55. It is a soft, silvery-gold metal with a melting point of 28°C (82°F), which makes it one of only five elemental metals that are liquid at or near room temperature. The metal is extremely reactive and pyrophoric (ignites spontaneously in air at or below 55 C), reacting with water even at -116 °C (-177 °F).

The boy's relationship with his mother led me to fine-tuning the prescription to Caesium muriaticum (muriaticum, or Chloride, is often associated with the mother in our studies of homeopathic medicines)

Prescription: *Caesium muriaticum* MK, one dose

Follow-up one month after the remedy:

More focused and assertive; In past follow-ups, he used to put on a cheerful act, as though waiting until he received attention, then turning in his chair and asking “Now, what did I come here for?” This time he begins by saying straight away that it is going better with him and that he can concentrate better.

His mother had been practicing reading with him for a while already, but on the second day after the remedy he exclaimed in surprise “I can suddenly see words!” Until then, there had only been letters, which he had trouble deciphering – very uninteresting for him.



In general, he has been easier to handle and to motivate, and he has been finishing what he starts. He does what he is asked to do, which had previously not been the case. These days he asks to read.

The next year shows considerable improvement at school and in his general behaviour.

Different Strokes for Different Folks

Homeopathy works by harnessing our natural defenses. Each of us is unique. It's our differences that guide the homeopathic doctor to what is unique about your coping style, and therefore what is a correct homeopathic prescription. There are over 3000 homeopathic medicines to choose from, made from one of the three kingdoms in nature, mineral, plant and animal. Which one your child needs depends on your child's nature, how your child experiences their inner and outer world, whether their issues center on structure (mineral), sensitivity (plant), or competition and victimization (animal).

The following are three other homeopathic medicines from each of the three natural kingdoms that are often indicated for people of all ages who might experience learning disabilities. Notice the difference in "personality" in each of them. For the sake of this article, if your child were to need one of these Rx's, it would **NOT** be the dyslexic condition that would guide the homeopathic physician to the prescription. Rather, it's what is **UNIQUE** about your child, what we call the ***Strange, Rare, and Peculiar*** in your child's nature that would help us tailor the treatment best suited to support that nature.

- ***Lycopodium*** – Made from a moss, this medicine may help someone who covers up their self-confidence issues via bravado, tending to bully others to cover up their own insecurity. Often accompanied by digestive problems. Brainy kids, whose emotional insecurities are often dominated by an intellectual approach to life, a belittling approach to the intelligence of others.
- ***Calcarea-phosphorica*** – Delicate, tall, thin children, often anemic and suffering from assimilation problem, where they can't absorb what they eat. Growing pains. Restless, anxious, and forgetful. Full of self-doubt and anxiety about their intelligence.
- ***Lac-caninum*** – Children who need this remedy made of dog's milk tend to be submissive, and are often picked on. They are often picked on, and as a result they develop self-image problems, full of self-hatred and worthlessness. Symptoms alternate sides. Whether it's sore throat, menstrual pain, or headaches, the pain switches back and forth between one side and the other.

Conclusion

As a gentle yet empowering method of holistic health care, homeopathic medicine is a useful tool to help your child thrive, with no harmful side-effects.