



# Teenagers!

Where to begin? The physical bits or the emotions? Do we go with the acne, or the mood swings? Happily, in homeopathy, as I keep reminding you – there is a remedy for everything!

Below, I've listed some characteristic 'teen' issues, and the remedies which can be helpful.

- **PULSATILLA:** Great for teens who are very dependent on having company, which at this age will shift from parents to friends; they can very quickly become very intense in love as they thrive on company and attention; they may become promiscuous, mistaking sex for love; they have a great need to feel included and easily feel rejected if not invited to parties and then they need loads of reassurance; partners often see them as too clingy/needy and demanding – even suffocative – and therefore dump them; this in turn re-affirms their fear of 'abandonment'; in their desire to be loved and noticed they can also be quite manipulative! On the plus side: they are quick to apologise and do not like to leave the house without a kiss – lucky you!  
**Physically:** this is a good remedy for menstrual and testicular irregularities in teens; a great remedy for hormonal change, teenage period pains, headaches, acne and tearfulness.
- **IGNATIA:** A brilliant remedy for the most moody, surly, quarrelsome and contrary type; spend lots of time alone in their rooms and are loathe to communicate – especially with their parents; they are *the* "whatever!" teens; their behaviour often masks an unresolved hurt; there is a strong polarity of expression and they do need to discharge pent-up emotions and can be dramatic, exaggerate and cause a scene; there can be lots of flouncing, sighing and door slamming; they are very secretive and hate to be asked where they've been and what they've been doing; phone calls with friends will be in private; girls lock their diaries and boys may punch walls; watch out for teenage anorexia in this lot; this state can be triggered by heartbreak in relationships or maybe the first bereavement of the loss of someone (grandparent) close to them;  
**Physically:** a good remedy for headaches following strong emotions, bad menstrual cramps, periods suppressed.
- **SULPHUR:** fantastic for the characteristically selfish teen who thinks the universe revolves around themselves (!); they can seem completely un-tuned in to the needs and emotions of others; they can be unsociable in that they don't really care what others think and it wouldn't bother them if they had no friends; they often hate parties anyway; very lazy – even about personal hygiene; although they will apologise for mistakes – they will just as easily do the same thing again quite thoughtlessly; this is the teen whose bedroom epitomises the 'a bomb's gone off in here!' look; they prefer to communicate in 'facts' rather than emotions; are interested in most things other than other humans;  
**Physically:** a remedy well worth considering for eczema, boils, acne and dandruff.

- **PHOSPHORIC ACID:** this remedy is fabulous for those tall, lanky teens who have grown quickly and tire very easily; even lifting their head off their pillows to look at you is an effort; often – before puberty – they would have been kids with loads of energy doing lots of sport, but now their energy is depleted; they can look indifferent, apathetic and depressed; they do not find much pleasure in anything; they can be monosyllabic (a bit like IGNATIA) but with even less get-up-and-go; they easily suffer headaches and brain-fag from cramming for exams; these children suffer grief very acutely and their symptoms may follow the divorce of parents, for example, or something like homesickness if they've been sent to boarding school; typically they crave acidic fruity foods, warm milk or fizzy drinks – and can be addicted to coke;  
**Physically:** sometimes these are the teens who have previously had glandular fever, since which they've never been as well as before; giving this remedy helps to return their energy and also helps with grief, if it is needed; it will relieve their headaches and can help with growing pains.

**Let's look at one more ... although there are plenty of others!**

- **TARENTULA:** here is the remedy for the non-conformists; they like to be different and to stand out as individuals – mostly evident in their clothes, colour combinations and hair colour/style, tattoos and piercings; they like to shock; often they are the 'gothic' dressers; they question authority and are independent from an early age; they hate any level of restriction and as young children, they were the ones that would run off in the supermarket or undo their own car seat belt and dash across the road; a very good remedy for those who self-harm by cutting or burning; they experiment with drugs; they are into very loud rock music because they love the beat – often they are drummers themselves; these teens will not be found in 9-5 jobs but will seek out creative jobs associated with art, music or drama; this is where they are free to express themselves; these teens are 'difficult' as they flout the rules and have a lot of personal power; their parents can be afraid of them; they can be very threatening both physically and emotionally; they are often on a roller-coaster ride and you will see flashes of mad activity in between bouts of apathy; they can be hyperactive, manipulative and cunning;  
**Physically:** a good remedy to 'calm' much of the above behaviour but also useful in treating septic tonsils, impetigo around the mouth, spinal problems, twitching, jumpy movements.

Phew!! No wonder many adults say they would love to re-visit their 20's or 30's but not their teen years! If you know of teenagers who are finding this age and stage particularly challenging – please consider mentioning homeopathy to their parents. After all, what would a GP do with these symptoms? You DO NOT want young people who still have their lives ahead of them being put onto anti-depressants ... really!