



alternative treatment for those dissatisfied with their current treatment. The TCM treatment of diseases should have no side effects and is often curative not palliative as it aims to eliminate the pathology of the disease instead of controlling or suppressing the symptoms." From his clinics in East Sussex and London, Helmer has successfully treated children experiencing a great variety of problems, and is passionate about the value and efficacy of TCM. He explains, "Parents of children who are unwell are delighted after they use TCM and quickly discover the benefits of this practical, logical and time-tested medicine." Helmer is currently developing a specialised training course in asthma treatment for TCM practitioners worldwide as he believes strongly that this treatment can deliver enormous benefits.

When asked whether his discerning young patients will actually take the pungent, brown tinctures he uses Helmer explains that most children get used to it and are happy to take the herbs once they see their

conditions improving. He also gets them involved in their treatment through the keeping of food journals, which enable him to show the impact of dietary factors and to advise on potential changes which may be needed.

In a world where allergies are the norm and an estimated 70% of adult illnesses result from ineffectively treated childhood complaints, it seems even more important that we broaden our horizons and embrace complementary treatments. This does not mean rejecting Western medicine, just being open to using other methods in conjunction. As the Chinese say, "One hand washes the other". It seems TCM could offer a gentle, side-effect free cure for children experiencing the stress and pain of on-going illness, and a ray of hope for their families.

For more information see: www.roberthelmer.ca www.lcta.com or contact your local TCM practitioner. Written by Lallulah Ellender t.ellender@btinternet.com

Dyslexia
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To find out more contact
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