

Remy passed worms last night.

Chief complaint - sleep has always been a an issue since he was a baby. Got him into route about 18 months of age we could get him into bed.

He would sleep mostly through the night - as he has gotten older it takes him a very long time to fall asleep.

He needs brad to sleep in his room - he has alot of fear and anxiety about being by himself.

High level of anxiety.

With his sleep - he falls asleep by banging his head - lays on his tummy with ahis bobby (conformer) he nags his head on his bobby. That began as a baby. Before he could roll he would move his head side to side.

Once he could roll it become head banging.

He makes a noise while he does this - he makes a noise or will sing s song he likes while he does this.

Brad used to do this as a baby also. - they used to have to put pillows or something to protect him.

Once he is asleep he will usually stay asleep. If he does wake in the night he will head bang.

He will head bang for hours - could be be middle of night - if he is sick it is all night.

He is still wearing a nappy to bed at 6 years old.

SLEEP IS A BIG ONE. It is like he is wired.

It is like he can't switch off.

He becomes very obsessed with his interests. He will have different ones over time and he will talk about them all the time.

Bridges, maths, concrete mixers, tools, padlocks. Thinks about them all day long - accumulates and hoards them.

If he is told he cannot have it, it becomes a huge problem. He will not back down (stubbornness)

He retains alot of information about his obsessions.

He has a box of tape measures, box of padlocks. If I didn't tidy it myself it would be a mess.

At the moment it is remote control cars.

He will not take no for an answer and brad bought himself one aswell and he wats brads. He keeps bringing it up and asking.

Major regret from brad. He is trying to think of little things he can say to persuade him. He is manipulative?

When I tidy it up he watches very closely, I have to be very careful with things, I have to tidy when he is not around or he will get into things he hadn't seen.

we can't throw out the cardboard boxes either because they are what his things came i.

He is comfortable in the chaos.

He loses things all the time also.

He brings things out to the lounge and dining table etc. noone can sit on it.

Angry - very aggressive around this if things are moved without permission. He struggles to communicate etc

He is so able to articulate what he wants and needs in this realm though.

If it is about his things he would be happy to show you around them.

He is very messy.

He will bath not because he wants to be clean but he wants to experiment and play in the bath. Check that things are waterproof. He has gone through phases where he can't be dirty then phases where he is so dirty and couldn't care less.

Curly hair - blonde. Hates having hair brushed, hates having teeth brushed.

Milk spilled on floor next to his lounge but he didn't want to clean it up either.

Been quite defiant the past week.

Pain tolerance - fluctuates.

He is very sensory. Most of the time I can brush his hair and he will cry and say ow ow even if not knotty.

If he is distracted he is fine.

With pain he has normal tolerance most of the time. Will be bleeding have a little cry but other times he can pick up a bug and it bit him and I asked what have you got and he wouldn't tell me said it was nothing.

Ran into pole and fell down ad he just got up and kept playing. He was out of it, had concussion.

Teething never bothered him.

Sensory overstimulation. Hates noises - terrified of hand driers in the toilet, will not go in there if there is a hand drier.

He will only go into disabled toilets if he trusts we won't turn it on.

He hates the sound of the vacuum also.

He will wear ear muffs now because he like looking at things but the sound is too much.

Very sound sensitive. (Mower, bikes)

Loves music and he can put that up quite loud.

Does interpretive dance.

He will sing and make up a song if he wants to dance.

If the song is on loud and he doesn't like the song.

Yelling - he will yell and be very loud. Does not affect him being yelled at.

Can be quite defiant.

Tries to work out how he can push peoples buttons.

When brad gets home especially, brads response does not help. Likes the response from brad somewhat. Testing the boundaries.

At bedtime he convinced brad to put him in bed late - then it was alarm on so he can play and then alarm goes off and sleep.

He knows the boundary now about reading one book and then sleep time. He pushes the boundaries every little bit.

Repetition - checking the world is safe, these things are stable.

Sleep has not been safe.

Anxiety around falling asleep.

A few years ago we questioned whether we were going to do some sort of testing, could see some asd.

Counsellor friend said more anxiety based.

Found a holistic sleep consultant when he was almost 1.

37 minutes was his sleep cycle.

He did this for a year.

He had a lot go on in his first year of life.

A lot of challenges as a baby. Almost silent reflux - he would cry and arch his back and chew.

Very runny mushy poos, quite bad nappy rash.

We had to eliminate some foods and he was allergic to eggs, most nuts. He also did not tolerate dairy or gluten.

When I cut egg things started to improve.

He did have eczema which flared at 2 months then by 5 months it was quite bad.

He would get patches on shoulders, cheeks. They cleared mostly when egg was cut and they would flare on and off until sulphur 30 c was given for a few doses.

7 months old he started to lose weight. He was feeding 20 times in 24 hours, he was not getting much. We had been at the Chiro and osteo.

Found an osteopath he was comfortable seeing,

He had a tongue tie release at 7 weeks. It was painful feeding and he was not getting much - was not gaining weight. He had to have it done again at 7 months.

In the osteo's opinion, with him losing weight I had to go ahead with the tongue tie procedure again. After that he slowly gained some weight.

He was 7kgs at 7 months, he stayed there until 12 months he was closer to 8kgs but there was a month he was losing weight.

Pre pregnancy had a lot going on - thyroid was out hypo.

Was taking desiccated thyroid before pregnancy and for first half - mid way through thyroid was looking pretty good.

10 months - he started to love food which helped. Sleep was still an issue.

11 months - sleep study - he was stopping breathing 22 times a night. We ended up looking into ENT, he wanted us to remove adenoids which we did on his first birthday.

1 week later he had 41 degree temps. They continued for 5 days.

Had to give him antibiotics because infection suspected.

Roseola - as he ended up with a rash.

Got very sick on and off for about 6 months after that.

From 13-18 months we worked with a naturopath and homeopath and noticed shift. He was having dairy by 18 months, sulphur at 2yrs old so prior he was having eczema flares still.

The gut healing definitely had an impact on sleep.

Maybe sleep isn't for me.

No retesting of sleep study - I could tell he was breathing better. The holes in his nose had cleared you could see them.

Used to have excessive build up of ear wax - blockage was gone.

During the day he started to close his mouth when he was playing. He was always struggling to breathe through his nose.

Possible palate expander.

He struggles chewing meat, he tries and chews and chews - some trouble swallowing.

Even though the tonsils were to a good place (confirmed by ENT) he can't swallow the meat - meat is the big one - it is the food he is most averse to eating.

He would mostly eat sugar, or treats if he could have it his way.

Anything that is an unhealthy food he would like.

Sweet tooth.

He lacks social etiquette - when we are at homeschooling days, friends will come up and say hello. He will not acknowledge people coming or going. I used to think it was I don't want to see you go. It is becoming more obvious that his social interaction is not the norm.

He has trouble making friendships. Does not want to play games with other kids unless it is something he likes to talk about.

Everyone does board games and he may be interested in one game depending on the day but he doesn't care if anyone plays with him, he is independent. He is not sporty - we did little kickers and he did not want to be involved. STEM based. How things work.

No interest in writing - struggles to hold a pen or pencil. He is very mathematical. Convert cm, mm, and meters by 4yrs old.

He does things in his own time and it is always - late?

He will not give anyone a cuddle but he will climb on your lap. He won't show affection. He does not like to be smothered, cuddled etc.

He won't say I love you. He does not like to say thank you or I am sorry.

Sometimes I wonder is he sorry - not very remorseful.

Does not like the attention on himself, he won't say sorry because it's too much for him, he will try and distract or change the topic.

He still asks questions about his duck etc we lost last year - he has big feelings. He does respond to ignatia - if he is having a big outburst - he can get very emotional (crying and screaming)

Very protective of his belongings.

Will go to my mums and he wants to know where everything is - he never wants to part with anything.

Really struggles parting with things.

Hoarder.

Swimming lessons - will not put his head under water.

One day the instructor dipped his head under and now he does not trust her.

He puts his mouth under water in the bath which is as far as we have gotten.

He is still anxious about toilet training at almost 7. He needs us to be there when he goes to the toilet and he still wants us to wipe incase he doesn't get it all. Does not like the idea of poo being left behind - makes sure to ask if we got it all anxiety inducing.

Alot of wee in the night. He likes to know where his water is - he loves his water bottle.

He loves a glass of milk.

He is not drinking excessively. Loves a tea.

So many things are tied back to him not sleeping well.

He used to have dark circles under his eyes.

He was such a med baby - his head (inflammation in his brain)

He is scared of hanging upside down.

Sleep now position - sleeps on stomach with hands on his penis. He

masturbates to go to sleep - only recently realised that's what he is doing.

He has been doing it everywhere at the moment. Self soothing.

He is a bit of a dreamer.

Physicals - in mind he is in his own little world.

Sometimes he cannot listen - it's like there is a fog. I have to say rely stop and listen.

He picks his scabs - he is a picker. In summer he is constantly covered in sores. They will be nearly healed ad he will pick them off. More with bug bites - not so much with grazes.

He wouldn't like the blood. He wants a bandaid or something to cover it up.

He is very addicted to screens, he can't do them or it sends him super emotional - the dopamine roller coaster is huge for him.

In his mind it is like he needs the padlocks - all the padlocks. When am I going to get my next fix (like addictive)

Worry about him being materialistic. When is my next hit.

Remy looks like brad but he is me.

Didn't crawl till 10 months, walked at 15 months - 1st tooth at 13months.

Intense cradle cap as a baby. Eyebrows, really thick and would bleed.

HSV1 - between 2 - 2.5 years old.

Had to syringe him electrolytes. after I felt like we couldn't go anywhere - he would get sores from the sun - sleep got really bad, anxious at night. Super hard to separate from him, fussy with eating - PANS. Silica got him out of that state.

No idea where he got it - likely from Brad. (Does not get them since having Nat Mur)

Had deficiencies

OAT test.

Always low in iron - ferritin 9. Not long after HSV1

Severe hypothyroid.

Food fussy.

You could tell he was low iron just by looking at him.

Narayani sleep did nothing

Adrenaline 30c - nothing

Pulsatilla 3 days then stopped - no change.

Calc Carb - 3 days then stopped - nothing right away, he had been very delayed and sweaty head - he did start to get more teeth after that, nothing for the gut stuff.

Grant Bentley - medhorrinum 30c daily for 4 weeks - nothing changed.

Aurum - no change in 4 weeks.

Silica 30c - he fell asleep straight away that night, the next day he woke up and he had cradle cap sticky oozy all through his hair.

FH then super - we gave it a really good run, he was on it for months then plateaued. Sleep was not amazing on it but I feel like that's how we got over the intensity of some of his sensory stuff.

TUB - when remembered 4-6 weeks. No significant shift.

Some med here and there.

Responds really well to acute remedies.

Carc in FH - not a whole lot just a few doses, maybe just before Grant Bentley.

Fear of vomiting for a little while..

Sulphur 30c from Simi kit - couple of doses and eczema went away.

Recently in FH - chicken pox skin came up.

Sulphur for Mum - once and maybe made me constipated.

Could not sleep.

Remy was conceived march 2018 - knew he was conceived.

August 2017 - Friday planning for leaving to New York. The Saturday appendix burst - hospital removed, was very sick. Morphine messed with me.

Worst appendix she had seen

Lots of scar tissue from surgery when baby.

In hospital for 1 week.

For following 3 months I was in a significant amount of pain - ended up with another infection.

3 CT scans in 3 months and lots of antibiotics. Slowly started to recover.

Brad and I went to NZ and had an amazing holiday and that's when I came out of sick hell and gut started to respond better.

Lots of gut issues after the surgery.

When conceived - I wasn't planning on falling pregnant I wanted my health back on track for longer. I had been quite depleted, and thyroid had been not great. They wanted me on thyroxine and that's why I had the desiccated thyroid. And I had this in my 20s also.

Thyroid also responded well to iodine.

Everything was good during pregnancy.

Overall beautiful pregnancy.

7 weeks sub heamo gone by 14 weeks.

When first bled (morning, went to work) I said I need to get in and find out what's going on - she booked ultrasound. I was in a panic, found out it was the hemotoma and even on bedrest it continued.

Acupuncture and Chinese medicine, I did not bleed again. Have had quite a few ultrasounds.

Ultrasound detox - made him more affectionate.

And dtap detox - 2-4-6 months.

Rest of pregnancy was amazing.

Did get a horrible flu in the middle - just slept and rested.

I coughed for weeks I was quite sick.

39 weeks & 4 days.

Went into labour at home, having him in hospital 9 cm dilated.

Did not progress, 18th dec, OB wanted to go home - she cut me.

Was traumatic for brad. Told to push, I was not ready - injected me with things, don't remember being asked about anything, ended up with infection from episiotomy 1 week later.

She butchered me.

I was okay with the birth - it wasn't what I wanted but it was what it was.

He did not want to breastfeed - he latched but didn't feed much. 12 hours later he was still asleep.

He had trauma from it.

Whatever they gave me whether that affected me.

My hospital experience with my appendix was horrible - I had been held down so they could inject me with morphine. I vomited for ages. Brad wasn't there, no-one was with me.

The smell of the hospital I did not like when I went in to have remy

Could not feed remy re solids - now he is 6 and he wants to be fed.

Vit k and hep b at birth

Rotavirus

Pneumococcal

And dtap

MIL came with me to the dr and started talking about the vaccines.

When I spoke to her about reactions she said she would back off with them but she is still very pro-vax.

Kim - overworking, worked long hours. My friend took her life.

Big emotional stuff. March 2016.

That shook her. State of questioning do I want to do a job where I have to work this hard.

I was working on myself, setting boundaries around work etc. I was prioritising me.

Alot of violent students in my classes that nobody wanted. One boy who strangled others.

When I think about my 20s and early 30s I was in a good place.

We were renovating.

The day I came home from hospital brad went away with his friends. So dad picked me up and looked after me.

The day I went into hospital I drove myself because brad went to work.

We didn't think it was that serious.

He has hospital trauma from losing his dad - he did come but he was drunk.

Despite all this stuff he is quite robust - he won't even complain about illness.

He bounces back quite quickly.

He used to not tolerate the cold and he would want layers - that's shifted.

Fam history -

Mum - pyloric stenosis 6 weeks old, wisdom teeth out at 15, EBV at 18,

Gardasil, thyroid issues, severe eczema as baby, migraines since 18.

Depression in 20s, appendix out. Dental stuff. Lip tie.

MM - migraines, high blood pressure, childhood trauma, hips replaced both
MF - alcoholic, dementia, passed from pneumonia.
MGrandma - smoked, lung cancer. Circulation issues - veins stripped.

MD - car accident at 18/19 (driver passed away) guilty, reflux, lots of meds.
High cholesterol. Arthritis
DM - PND, tough, Parkinson's. Passed at 94 from pneumonia
DD - went to war, contracted malaria in war, passed one day, leukaemia.
Sudden.
Uncle - depression, OCD?

Dad - used to headband as child, Nat Mur, 15 recurrent tonsillitis and EBV - sick for good chunk of time. ENT - worst tonsils ever seen we are taking them out.
Long recovery due to EBV.
He is hit hardest when a cold goes through - gastro issues during illness.
Alcoholic. Sober 6 yrs. Cold sores and ulcers. 15yrs staph infections on skin near toolbelt. Balding.

DD - stomach cancer passed 56, allergies, asthma, vaccines galore. Very intelligent. Scientist.
DM - circulation issues, ulcers on legs. Anti depressants whilst menopause.
Reflux. Meds.
DGM - long life.
Uncle - reflux and colon issues. Polyp

Celiacs
Polio
Spinal abnormalities.
Auto immune issues
Arthritis
Allergies
Meds galore.
Thyroid stuff.

Physicals
- Average
- Strong dislikes: hates mushrooms, hates zucchini, berries.
- Loves yoghurt, cheese, fruit. Smashed avo on toast. Meat.

Phobias: dark. Terrified hand driers. noises. Unknown. alone.

Biggest traumas - tongue tie release at 7 months.

Even as little baby he was so alert he knew where I was all the time. He would follow me all the time with his eyes - as they carried him off to do the release

he watched me.

Having to share me with banksi.

Banksis birth.

He was not ready to separate from me.

Stopped feeding at 22months. I screamed and he never went back on. Never fed again. Pumped and tried to feed him it and he wouldn't.

Surgery for adenoids. - he had the gas I had to hold it on him. I trust you and you are doing this to me.

They bought him out of anaesthetics too early and he screamed for 4 hours non stop.

Impromptu Zoom Meeting - July 13

VIEW RECORDING - 114 mins (No highlights)

Meeting Purpose

Discuss Remy's health history and symptoms to determine potential homeopathic treatment options.

Key Takeaways

- Remy (6yo) exhibits obsessive behaviors, anxiety, sleep issues, and sensory sensitivities
- Key traumas: difficult birth, tongue-tie procedures, adenoid surgery, abrupt weaning
- Responds well to acute remedies but has had limited constitutional treatment
- Family history includes thyroid issues, gut problems, and mental health challenges

Topics

Sleep Issues

- Takes long time to fall asleep, often up until 10pm
- Head banging to fall asleep since infancy
- Needs father to sleep in room due to anxiety
- Wears nappy at night, often soaks through
- Had sleep apnea as infant, improved after adenoid removal

Obsessive Behaviors

- Fixates intensely on specific interests (e.g. padlocks, remote control cars)
- Collects/hoards related objects, difficult to part with things
- Mind constantly active, struggles to "switch off"
- Can recite extensive facts about interests

Sensory Sensitivities

- Extremely sensitive to loud noises (e.g. hand dryers)
- Dislikes hair brushing, face washing
- Fluctuating pain tolerance and sensory responses
- Enjoys music but can be selective

Social/Emotional

- Difficulty forming friendships and engaging in group play
- Lacks typical social greetings/etiquette
- Struggles to show affection or say "sorry"
- Anxious about being alone, especially at night

Physical Health

- History of eczema, food allergies as infant
- Delayed physical milestones (crawling, walking, teething)
- Picky eater, aversion to meat
- Generally robust health now, recovers quickly from illness

Family Health History

- Mother: Migraines, thyroid issues, eczema, depression
- Father: Recurrent tonsillitis, gut issues, past alcoholism
- Extended family: Various autoimmune conditions, mental health issues

Past Treatments

- Responded well to Silica 30C - improved sleep, sensory issues
- Ignatia helpful for emotional outbursts
- Limited response to other constitutional remedies tried

Next Steps

- Review case and repertorize symptoms
- Consider potential constitutional remedies (e.g. Sulphur, Tuberculinum)
- Determine optimal potency and dosing strategy
- Discuss treatment plan and follow-up schedule with mother

Reading up on sulph, carc, calc, arsenicum and nat mur, nit ac