

Symptoms can occur  
in children

Check with GP

Pain, intermittent diarrhoea or constipation;  
Wind and bloating.

Check for Crohns and Coeliac's diseases.  
Consider food intolerances, hormonal changes,  
efficient digestion, lack of fibre, water, good  
bacteria (gut infections), anxiety and stress.

Nutrition

Chew Slowly

Avoid processed and refined foods, sweets, Caffeine  
and fried foods. Increase fibre via whole grains and  
fibrous vegetables and fruit (broccoli, celery, peas,  
sweetcorn, apples, pears, berries)  
Eat slowly and chew thoroughly in a relaxed  
environment. Drink little while eating.

Supplements

Magnesium ascorbates (Vitamin C) for muscle  
relaxation and collagen support;  
B complex if anxiety suspected;  
Psyllium husks and/or flax seeds (2 tbs soaked in  
water during day and eaten at bedtime) to increase  
fibre intake;  
L-Glutamine powder to soothe and heal the gut;  
Acidophilus - to encourage growth of healthy  
bacteria.

Aromatherapy  
Massage

Reflexology

Massaging the abdomen with lavender or chamomile  
will reduce tension and alleviate pains. Detoxing oils  
include juniper, garlic, fennel and rose.  
Massage and thumb press the soles of feet in a  
circular motion, especially the midsection relating to  
abdomen.



Flower Essences

Herbalism

Hydration

Choose a remedy that fits emotional symptoms:

Rescue remedy - during attack;

Mimulus - for being frightened of the thought of eating/attack.

Chamomile, peppermint teas are antispasmodic;

Ensure adequate hydration (2 litres a day).

Psychology

Listen to child

IBS and tummy aches can cause anxiety, which can make things worse - see handout on anxiety.

A parent's simple understanding and willingness to listen to a child's concerns can go a long way to relieving tummy aches.

Balloon Technique

Find a time with your child when you can both relax and talk about how a deep purple balloon is very useful.

First you remember all the bad things about the problem and how it bothers you. Then you take the balloon and blow it up, making sure that all the bad feelings are carried into the balloon.

Fly it away

Then you tie up the balloon and throw it to the winds, which carry it away.

Some children use a real balloon, but most find an imaginary balloon works far better.





# The Clover House Solution

230F – Mandy, Aged 8



## Tummy Pains – Weight – Eczema – Foster Sister

### The Problem

Mum came to us after reading an advert. Mandy had been overweight and had suffered from stomach pains since she was 4. Mum wanted our help to solve the problems; the NHS hadn't been able to help.

### Our Solution

**Creative Imagery:** Our therapist talked to Mandy about her stomach pains, which she imagined to be 'purple'. We helped her to change the way she felt, by getting her to imagine that the pains were purple balloons, which floated away for ever. We also helped her deal with her negative feelings about school and a foster sister who regularly stayed with her family.

**Aromatherapy:** We taught Mum how to give Mandy a massage with lavender oil, which they enjoyed. On her second visit, Mandy told us that she had more self esteem and that it had helped her body image.

**Nutrition:** We helped Mandy to understand the bad effects fizzy drinks and sweets were having on her body and Mum took away a diet sheet and some handouts to help. Mandy also told us that she also had eczema, so we advised Mum to cut oranges and juice from Mandy's diet and to eat less tomatoes, eggs, yoghurt and cheese.

### The Results

Mandy sent us a card to say thank you and said **“my tummy aches are getting better and better!”** Mum gave our service **10/10** and told us that Mandy had lost weight, her eczema had gone and she no longer minded having foster children to stay.

**Mandy's life and self esteem dramatically improved after visiting Clover House!**

## The Clover House Solution – Natural Healing for Children

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