



Foundation for Health Creation

Autumn 2025 Newsletter



In this edition:

Opening Poem

God's World

by Edna St. Vincent Millay

Pausing as the First Step in Long-Term Resilience

by Steven Johnson, DO

Campfire Stories: Imprint

Introduction by the FHC Team

An Effective Holistic Medical Approach to Allergies

by Drs. Carmen Hering & Steven Johnson

The Unique Anxieties of the Nine-Year Change

by Dr. Adam Blanning, MD

Health in Action:

Introduction to the Helias Foundation

Additional Resources

Footbath Remedies

Upcoming Webinars

Anthroposophic Insights on ADHD

~

New Remedies for Our Times

Read our Autumn 2025 Newsletter online:

<https://foundationforhealthcreation.org/autumn-2025-newsletter/>



POEM: God's World

by Edna St. Vincent Millay



O world, I cannot hold thee close enough!

Thy winds, thy wide grey skies!

Thy mists, that roll and rise!

Thy woods, this autumn day, that ache and sag

And all but cry with colour! That gaunt crag

To crush! To lift the lean of that black bluff!

World, World, I cannot get thee close enough!

Long have I known a glory in it all,

But never knew I this;

Here such a passion is

As stretcheth me apart,—Lord, I do fear

Thou'st made the world too beautiful this year;

My soul is all but out of me,—let fall

No burning leaf; prithee, let no bird call.

Pausing as the First Step in Long-Term Resilience

by Steven Johnson, DO



“Pay attention to pauses – the pause between two thoughts, the short pause between the words in a conversation, between the notes of a piano or flute playing, the pause between inhaling and exhaling. When you pay attention to these pauses, awareness of “something” becomes simply awareness. The formless dimension of pure awareness rises within you and takes the place of identification with form.” – Eckhardt Tolle

How often do we stop to just “pause” and be in the moment? How often during the day do we really act out of self-awareness in any given moment versus old reaction patterns typical of our personality? How often do we pause thoughtfully and think about how we want to raise our child or communicate with a significant other? What do we give our power to? Read the following story and reflect for a few minutes:

An old Cherokee is teaching his grandson about life. “A fight is going on inside me,” he said to the boy. “It is a terrible fight, and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.”

He continued, “The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too.”

The grandson thought about it for a minute and then asked his grandfather, “Which wolf will win?”

The old Cherokee simply replied, “The one you feed.”

Pausing as the First Step in Long-Term Resilience

continued

To “pause” is to self-reflect. It is stepping back and remembering who we truly are or want to be. Otherwise, we tend to spend most of our time reacting to the world. Learning to pause is the foundation for self-awareness and making the changes that reflect who we want to be. It is the first step in learning to “let go” of behaviors that set us back and cause conflict. Lastly, learning to pause is the first step in learning to observe the world objectively by stepping back and quietly being present to what is really in front of us.

How often do we think we know something simply because we can identify an object or person by a name? Do we actually stop and take an interest to learn something new or unique about a stone, tree, flower, animal, or a person? Does knowing the name “birch tree” mean we know what a birch tree is? How often do we miss opportunities to experience the true essence of something or someone?

How often have you looked closely at a Birch tree? Have you paused to observe the unique character of the shiny, light, and proteinaceous green leaves in the spring or the delicate nature of the bark? Some ancient cultures saw the Birch tree as an individual being representing youthful forces. The fresh green spring leaves are shining, moist, soft, yet flexible and strong. European herbalists and American Indians saw it as a medicine for stiff, hardening joints or helping the kidneys to detoxify. The peeling bark spoke the gesture of renewal. The name “birch tree” held a deeper meaning for them because they took the time to pause and learn about the essence of the tree. You could look at any tree in nature this way.

Do you choose to feed and nurture a deeper interest in the world, or are you satisfied with the superficial and intellectual understanding of just a name? Are you too busy to get to really know the world and people around you, or is there room to pause and see things in a deeper, more truthful way?

Intellectual knowledge about the natural world, which we learn in scientific books, only describes parts and pieces of something but fails to give us any insight into the “gemut” or true essence of a mineral, plant, animal, or human being, or even social “norms”. We only gradually come to know the true nature of things when we “pause” and learn to see between the lines. This brings wonder and meaning more deeply into our lives.

Ekhardt Tolle describes “pausing” as the beginning of revelation and wisdom. Describing things without knowing them more intimately leads to a dry, less truthful, and less fulfilling experience of life.

Life becomes more “profound” when we pause and become aware in the moment, looking at things from diverse perspectives. Pausing is the foundation of learning to breathe and find balance. Often it is referred to as the “still point.” The moment before a change.

Pausing as the First Step in Long-Term Resilience

continued

Breath is another word for “life” in several ancient languages. To “pause” is to be in life. New insights are gradually revealed to us, and we see things in many beautiful colors rather than black and white. These are moments where space is created for new perspectives, insights, and a more meaningful experience of life. We become more flexible and tolerant as we consider multiple perspectives and examine our reflexive emotional responses. You could say the scales fall away from our eyes, and we see the light! If you go further along the resilience pathway, you will also learn that “meaning” in life is a key foundation of learning to regulate and improve our health.

Often, it is in the quiet moments of “pausing” that an insight reveals itself to us like a flash of light. Usually, we are too busy to notice. As we get to know things more intimately, feelings of love and interest rise within us as a palpable, radiating warmth. If we are quiet within ourselves, we can sense warmth and cold in our heart region, which can teach us to recognize what is truthful or false. If we learn to develop our heart as a truth organ, the veil of prejudices, dysfunctional beliefs, fears, automatisms, and destructive patterns is lifted, revealing new insights about nature, people, and ourselves. According to the spiritual teacher Rudolf Steiner, the heart is an organ of truth in which we feel warmth when something is honest and truthful or cold when it is not. It is one of the first steps in spiritual development that we can experience when we train our perceptions. It is practical and needed today, isn't it?

Every culture creates festivals, celebrations, and rituals to create moments of pause, reflection, and give space for appreciation and gratitude. These times are intended to pass on meaningful traditions and create pauses in our busy lives to appreciate friends, family, and build community. However, we often fall into traditions and behaviors that become stagnant and less fulfilling for everyone. Celebrations can become too institutionalized. Festivals, celebrations even rituals always need to be renewed so that new generations can find meaning and purpose in these moments. These moments are times to appreciate the past, appreciate a sacred moment, and also look with hope to the future with new insights and ideals.

For this to happen, people need to be respectful of the past and make the effort to understand and experience the traditions of their ancestors. Then we can pause inside and be honest with ourselves about whether we are worthy to add to these traditions or create new ones to carry us forward into a new emerging future.

Our heart wisdom becomes important here. Open-hearted conversation between all generations is needed, or apathy, resentment, cynicism, and judgments will set in. Having special pauses and festival celebrations during the year is an important form of “pause” for the resilience of our communities and culture. Otherwise, we don't find meaning in our social discourse, and families, friends, and communities drift apart into uninspired isolation. On some levels, this is also true in our workplaces.

Pausing as the First Step in Long-Term Resilience

continued

Pausing involves becoming aware of the moment, recognizing the destructive behavioral patterns we repeat in our lives, and creating more fruitful behaviors. When we learn to pause thoughtfully in our conversations and communication, the human encounter can become a new sacrament of renewal and change. Polarizations are less likely to form in our relationships.

How many times will we say to ourselves that we have to “let go” of destructive patterns and fixed beliefs? We can’t say it enough because it is an obvious truth and very difficult to do. Learning to be open again, like a child, to the wonders of possibility and new perspectives is a beautiful experience. Each time we can accomplish this in our soul, we take a step closer towards finding the “coherence” between our heart and mind. In this state, health research is clear that our whole organism tends towards homeostasis, balance, and health.

Think about a time when you have managed to change a difficult behavior. For instance, changing your diet, or meditating every morning for a month. A sense of “levity” is created simply because you had the “will” to make a change.

Ekhardt Tolle said, “When we pause, awareness becomes simply awareness.” Self-awareness is the first step to manifesting change!

Consider reviewing your day on a regular basis. Set times during the day when you check in to be sure you pay attention and practice “pausing.” Can you see opportunities in your day that this could have made a difference, reduced stress, and made an encounter more meaningful? Do this every day, and you will open a door to positive change. Learn in your moments of self-awareness to understand what is under your control and find the courage to change the attitudes and actions you have control over. Let go of the things you cannot change or need more time for. Create some new patterns of interaction with the world and new self-directed behaviors. Journaling your observations at the end of the day can be extremely helpful.

*This article on pausing is a modified chapter from Dr. Steven Johnson’s resilience course. FHC may offer this course in the future. If you are interested in this let us know.



Campfire Stories: Imprint

Introduction by the FHC Team



Dear Friends: The Foundation for Health Creation has been supportive of the “Campfire Stories” initiative out of Sweden. This full-length documentary is free to watch and explores our “inner climate” as human beings, examining societal relationships, nature, and climate change in our human condition. We hope some of you will enjoy this documentary and share it with your family and friends. We realize this is only one perspective on these issues. However, it challenges us all to think and consider changing our habits and perspectives, which is a good thing! --The FHC Team



<https://foundationforhealthcreation.org/imprint-full-documentary/>

An Effective Holistic Medical Approach to Allergies

by Dr. Carmen Hering & Dr. Steven Johnson



The prevalence of allergic diseases has been rising globally since the mid-20th century. A 2021 study from the CDC's National Center for Health Statistics showed that more than 1 in 4 U.S. children report having a seasonal allergy, eczema, or food allergy. A large retrospective study, published in *Pediatrics* documented the progression of allergic conditions in early childhood. The sequence is known as the "atopic march", and refers to the common progression of allergic conditions in children, starting with eczema (atopic dermatitis), which can then lead to food allergies, allergic rhinitis (hay fever), and asthma.

But how does this all start, and why is it getting worse? The primary leading theory is the **hygiene hypothesis**, which posits that a reduction in childhood exposure to microbes and infections, due to overuse of antimicrobial cleaners, dishwashers, lack of outdoor play, and social exposure, leads to an improperly trained immune system that overreacts to harmless substances like pollen and dust mites. Other contributing factors include the **dual allergen exposure hypothesis**, suggesting that sensitization can occur through skin exposure, and the **microbiota hypothesis**, which highlights the importance of the diverse microbes in our gut and on our skin for proper immune development. Additionally, environmental factors such as increased urbanization, antibiotic use, air pollution, and processed foods also play significant roles in the development and exacerbation of allergic diseases.

An Effective Holistic Medical Approach to Allergies

by Dr. Carmen Hering & Dr. Steven Johnson

continued

An Anthroposophic Perspective

While conventional medicine emphasizes symptom management and allergen avoidance, anthroposophic medicine offers a broader, developmentally oriented perspective. This approach seeks not only to treat but to prevent allergies by supporting the child's immune development and resilience. It emphasizes:

- Natural immunity
- Healthy nutrition
- Lifestyle rhythms
- Nature-based remedies and therapies

Supporting Natural Immunity means allowing the child's immune system to interact frequently with the outer environment. Controlled exposure to common microbes, interaction with healthy natural settings, and a non-sterile home environment are considered beneficial for immune training, especially at an early age.

For example, mild childhood illnesses (e.g., colds or fevers) are not necessarily seen as negative but as opportunities for the immune system to learn about its environment in order to become stronger. Overuse of medications like antibiotics and anti-inflammatories may disrupt this learning process and contribute to long-term immune dysregulation. **Judicious use of medication** is a key principle. While antibiotics, anti-inflammatories, and antipyretics are used when necessary, natural remedies are preferred whenever possible in order to stimulate the body's self-healing capacities.



An Effective Holistic Medical Approach to Allergies

by Dr. Carmen Hering & Dr. Steven Johnson

continued

Early nutrition plays a vital role in allergy prevention. **Breastfeeding** is encouraged for at least six months, ideally up to one year or longer, as it supports immunity, the microbiome, and emotional bonding. After weaning, the focus shifts to **organic, minimally processed** foods introduced gradually, tailored to the child's constitution. Highly allergenic or heavily processed foods are discouraged early on.

Nutritional Guidelines

- Encourage extended breastfeeding (ideally 12 months or longer).
- If using formula, prefer organic goat milk-based or hydrolyzed formulas (in high-risk cases).
- Introduce simple warm purees (e.g., carrot, parsnip, apple, millet).
- Delay highly allergenic foods like dairy, wheat, and nuts, especially if there's a family history of allergies.
- Avoid cold, raw foods in early childhood as they are often harder to digest.
- Emphasize organic, biodynamic whole foods.
- Avoid processed foods and artificial additives.
- Support digestion with diluted fennel or caraway tea for infants with colic or digestive upset.



An Effective Holistic Medical Approach to Allergies

by Dr. Carmen Hering & Dr. Steven Johnson

continued



Rhythm and warmth are considered essential for immune development and allergy prevention. Children thrive in environments where sleeping, eating, playing, and resting occur in predictable patterns. Such rhythm supports the child's developing sense of security and internal regulation, which in turn benefits immune function.

Warmth, both physical and emotional, also supports health. Ensuring children are physically warm (through appropriate clothing and warm meals), held in loving relationships, and surrounded by calm, natural surroundings, contributes to their overall resilience. In anthroposophic terms, warmth strengthens the connection between the child's "I" organization (sense of self) and etheric body (the forces of growth and healing), which is essential for healthy development and immune resistance.

Practical Applications

- Ensure proper clothing—no exposed bellies or cold feet
- Establish consistent daily routines (meals, naps, bedtime) to foster a sense of security and regulation
- Encourage daily outdoor time for fresh air, natural light, and connection with nature
- Avoid overstimulation – favor emotionally warm, calm, and unhurried environments
- Warm baths with lavender or chamomile help soothe hypersensitivity and promote sleep

An Effective Holistic Medical Approach to Allergies

by Dr. Carmen Hering & Dr. Steven Johnson

continued

Topical Remedies and Therapies

Anthroposophic medicine includes a wide range of topical remedies to support children's health. These include mineral, animal, and plant-based substances prepared through special processes. Topical remedies may be applied externally as compresses, oils, ointments, and baths.

Common external applications include lavender and ginger foot baths, which reduce stress and restlessness and can regulate warmth and circulation (see the descriptions for lavender and ginger foot baths included in this newsletter). These treatments support children and adults in managing their conditions naturally through their own immune processes, thereby reducing chronic inflammation. Your school may also offer referrals to anthroposophic doctors and therapists. Therapies for older children include eurythmy therapy (therapeutic movement), painting, speech, and music—supporting emotional regulation, resilience, and physiological balance. These therapies can be tailored to address specific disease processes, including allergies and immune health.

Anthroposophic remedies aim not at suppressing symptoms but at encouraging a person's own healing capacities. They may be used in conjunction with conventional medical treatments when needed, forming part of an integrative, child-centered approach. A few examples of commonly prescribed allergy remedies are included below.



An Effective Holistic Medical Approach to Allergies

by Dr. Carmen Hering & Dr. Steven Johnson

continued

Boundaries are an important clinical concept in anthroposophic allergy treatment. Quercus Cinis offered by Uriel pharmacy is an excellent remedy for mild allergies or to strengthen our immune boundaries against allergies during the off-season.

Quercus Cinis (Quercus cinis 5X, Quercus cortex 5X)

Indications: Allergies, dermatitis, eczema, urticaria.

Effect: Strengthens skin/mucous membrane boundaries, reduces swelling

Dosage: 1 pellet/year of age (up to 10 pellets) 2–4 × daily.
Adults take 10 pellets two to three times daily.

Oak bark ash has a formative, astringent, and drying effect, and therefore can be helpful when fluid (etheric forces) overwhelms us. The tannins in oak bark decoction exhibit anti-allergic properties, particularly in relation to protein intolerance. Specifically, tannic acids stimulate the astral body (air body), thereby managing inflammation, swelling, and proteinaceous processes. This remedy helps to strengthen boundary formation, particularly of the skin and mucous membranes. It can be used in weeping, exudative allergies as well as in dry, scaly eczemas, where the skin needs to be enlivened and regenerated.



An Effective Holistic Medical Approach to Allergies

by Dr. Carmen Hering & Dr. Steven Johnson

continued

Digestive Support plays a crucial role in treating allergic processes, supporting the microbiome, and facilitating the full breakdown of foods. Additionally, food allergies can increase susceptibility to environmental allergies and exacerbations (“atopic march”). Treating a weak digestive process or food allergy often improves other allergic reactions. An anthroposophic physician considers these relationships closely in providing an individualized treatment plan. One example of a remedy used to strengthen key metabolic organs that often become overwhelmed in allergy processes is:

Organoplex (Pulmo 8X, Hepar 8X, Renes 8X, and Cor 8X)

Indications: Eczema, food sensitivities, environmental sensitivities, nutritional disturbances, deficient protein metabolism, general lack of vitality, failure to thrive

Effect: Supports protein metabolism and vitality

Dosage: 1 pellet/year of age (up to 10) 2–4 × daily. Adults 10 pellets 2-3 times daily.

For Combined Support:

Mesenchyme Quercus

(with Mesenchyme 6X & Pancreas 6X)

Indications: Dystrophy (tissue degeneration often due to malnutrition), hypoproteinemia, allergic diathesis with disturbances in protein metabolism, allergic eczema with protein hypersensitivity.

Dosage: Same as above



Mesenchyme Quercus combines the ingredients of Quercus Cinis & Organoplex, with two additions. Mesenchyme, an undifferentiated protein matrix that contains tremendous etheric activity, carries the universal, pluripotent character of protein that later becomes differentiated by the four cardinal organs. This is particularly helpful in the developing child. The other addition here is pancreas, which is a central metabolic organ connected strongly with the “I” organization in its ability to break down and fully strip foreign substances of their prior nature in order to be placed in service of the individual.

An Effective Holistic Medical Approach to Allergies

by Dr. Carmen Hering & Dr. Steven Johnson

conclusion

There are many remedies to be considered for the individual patient. Uriel offers various medicines made from lemon and quince, including Lemon Quince nasal spray and pellets, to help balance the overactive swelling and inflammation of the nasal and upper airway passages. Berberis Quartz pellets work very well to further support this treatment. There are even injectable therapies, such as Citrus Cydonia and Hepar Sulfuris, for older children and adults that can help to form a rhythmic and intensive treatment throughout the year. Remedies to support excretion, elimination, and metabolism are also chosen by the anthroposophic doctor for a constitutional, developmental, and personalized treatment plan. Many basic anthroposophic remedies are available from **Uriel Pharmacy** (see their Home Remedy Guide) and from **True Botanica**. With proper remedy support, many allergies can come under control within one to three years, depending on the age of the patient and the severity of symptoms.

In conclusion, allergy prevention and successful treatment are possible when the human being is considered as a whole and the body's natural processes of healing are respected and supported.

References

Zablotsky B, Black LI, Akinbami LJ. Diagnosed allergic conditions in children aged 0–17 years: United States, 2021. *NCHS Data Brief*. 2023 Jan;(459):1–8.

Gabryszewski SJ, Hill DA; Children's Hospital of Philadelphia CER² Consortium. Patterns of pediatric allergy across a multistate electronic health record consortium. *Pediatrics*. 2023;152(2):e2022060531. doi:10.1542/peds.2022060531

Pawankar R. The unmet global health need of severe and complex allergies: Meeting the challenge. *World Allergy Organ J*. 2012;5(2):20–1. doi:10.1097/WOX.0b013e31824a5552.

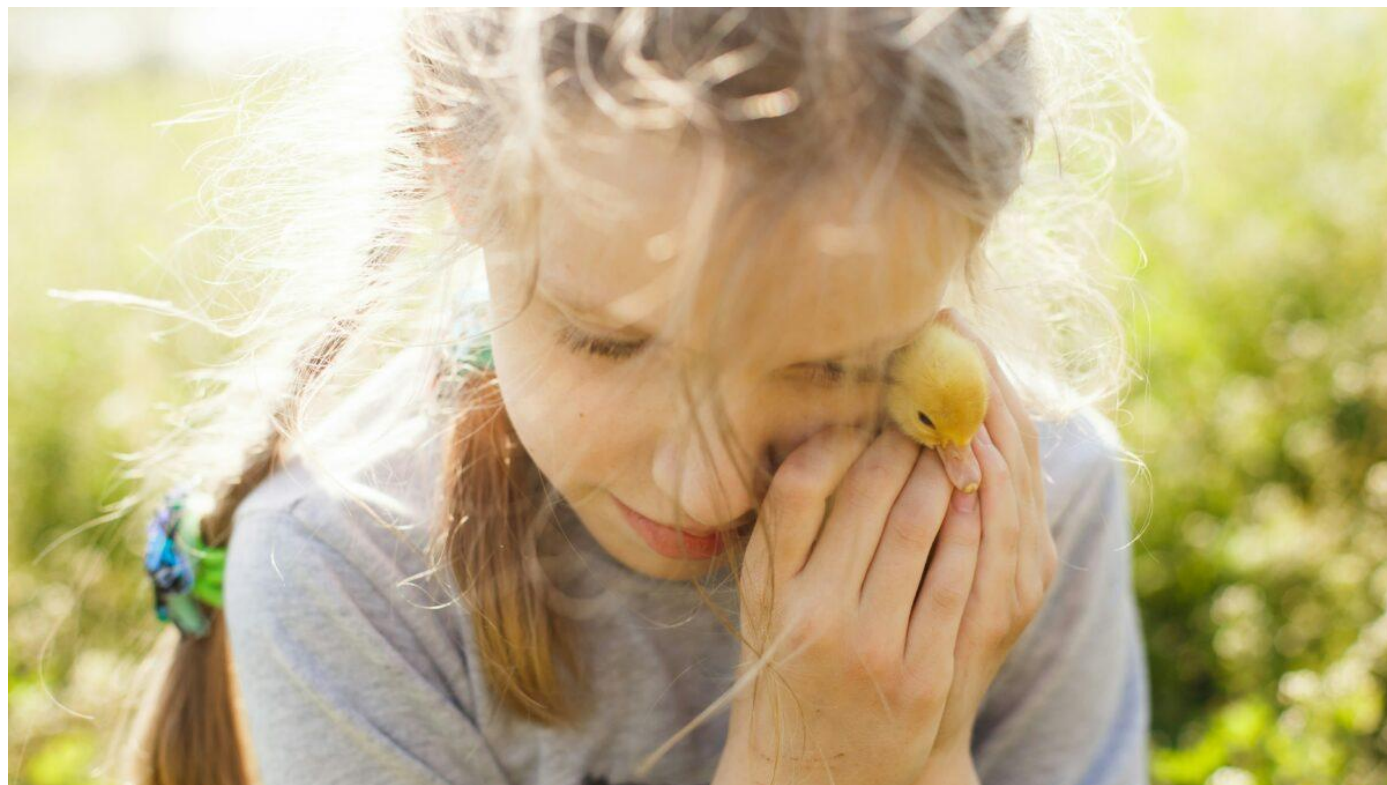
Alfvén T, Braun-Fahrländer C, Brunekreef B, von Mutius E, Riedler J, Scheynius A, van Hage M, Wickman M, Benz MR, Budde J, Michels KB, Schram D, Ublagger E, Waser M, Pershagen G; PARSIFAL study group. Allergic diseases and atopic sensitization in children related to farming and anthroposophic lifestyle--the PARSIFAL study. *Allergy*. 2006 Apr;61(4):414–21. doi:10.1111/j.1398-9995.2005.00939.x.

Flöistrup H, Swartz J, Bergström A, Alm JS, Scheynius A, van Hage M, Waser M, Braun-Fahrländer C, Schram-Bijkerk D, Huber M, Zutavern A, von Mutius E, Ublagger E, Riedler J, Michaels KB, Pershagen G; Parsifal Study Group. Allergic disease and sensitization in Steiner school children. *J Allergy Clin Immunol*. 2006 Jan;117(1):59–66. doi:10.1016/j.jaci.2005.09.039. Epub 2005 Nov 28.

Alm JS, Swartz J, Lilja G, Scheynius A, Pershagen G. Atopy in children of families with an anthroposophic lifestyle.

The Unique Anxieties of the Nine-year Change

by Adam Blanning, MD



Do you remember being nine? Many people have vivid memories about particular events or experiences at that age. Some people reflect back and realize how their connection with the world changed, how they began to notice new things or ask different questions. If you dig a little deeper, a whole set of people report that this was the age when they actually got a first glimmer of their later life's work.

What is most consistent, however, is that many people remember feeling anxious. This age stands as a developmental eye of the needle, a passageway, through which we become aware of ourselves as true individuals, and which brings associated insecurities¹²³⁴.

It is vitally important to know about this threshold time of nine-years, because it is too often misinterpreted. Tremendous numbers of children are being diagnosed with an anxiety disorder, especially since the start of the COVID time⁵. When we enlarge our view, we can also understand this age of nine-years as a time of essential developmental growth. To do that, we need to know the context. There are good ways to help a child move successfully through this transition.

Of course, every child experiences aspects of individuality long before age nine. It's good to review some of those experiences, because it is not uncommon for there to be shades of anxiety during these other transition times, too.

The Unique Anxieties of the Nine-year Change

by Adam Blanning, MD

continued

Child development and individualization steps

- **The first big change comes when we are born**, as the warmth, nutrition and protection we have been bathed in for nine months abruptly falls away. Suddenly, we must breathe on our own, learn to nurse, see, digest, and maintain our warmth. That is a huge shift (we don't usually think about newborns having an anxiety disorder because we recognize right away, they are tremendously sensitive beings and need lots of protection, so our care instinctively goes towards soothing and helping them orient to new rhythms of eating, sleeping, and breathing).
- **A more recognizable emotional change comes at two- to three-years of age**, when children start to realize that they can be distinct from their surroundings and that there is an actual border which marks what-is-me and what-is-not-me. This is a time when children practice saying "no" to all kinds of things, not so much because they hold deep moral objections as because they need to practice saying "no," need to practice being distinct, need to practice sympathy and antipathy. The border between inside and outside becomes clearer. It's still not yet firmly established, and it shifts all the time, so that the thing a child emphatically says "no" to one moment may be fine ten minutes later. Those refusals are a practice in process, not principle. It is no coincidence that this is also the time when many children are learning to potty-train, a related physiologic practice of feeling when something is still inside of me or outside of me, a body-oriented boundary learning.
- **At about five years**, children's play changes as part of new social awareness. Children start communicating more. Instead of just freely playing together—whether running outside, building a "house", or creating a game—now there comes an element of planning and discussing. There are more dynamics of communication and of personality. Perception of the other grows, and children start to begin to have insights about many variations of life, realizing that there are children with different family structures, such as three sisters, or no sisters, one parent, two parents, three parents, or no dogs.
- **At 6 ½ to 7 years, children begin to lose their baby teeth** and their limbs and bodies lengthen, but the most striking change is the way that their thinking shifts. Children begin to have abstract thoughts, so that letters and numbers, as symbols, have newer, deeper meaning. Thinking is no longer so literal, so connected to the physical body. Thinking becomes "body-free" in that a child can now begin to think about a thing in more flexible ways (such as doing addition problems with mental math rather than always needing to count it out on their fingers). This is also evidenced by the way jokes and puns become more accessible. Children at this age can hear the difference in a knock-knock joke between "aren't you glad?" and "orange you glad?", or a pun like "lettuce be friends." A child also becomes more able to think about doing something without having to physically act it out. As a result, they also become less imitative, more able to observe without mirroring their environment.

These changes mark predictable steps of developmental progression. Through these we become, stepwise, more aware of the outside world and able to engage with it in new ways. Then comes age nine. The quality of that change is different, because children enter a whole new field of self-consciousness.

The Unique Anxieties of the Nine-year Change

by Adam Blanning, MD

continued

Recommendations for parents, educators and other caregivers

- First, where previously it was possible to reassure and largely shield a child from any particular worry (“Don’t worry”), many parents find that the realities of this new nine-year experience can’t simply be whispered away. If a child says, “I am worried that you (the parent) will die,” you can’t honestly say that “that will never happen.” You might have been able to say that to a four-year-old, but it doesn’t work well with a nine-year-old. Hearing about the death of a relative, seeing a show about murderers, or learning about serious illness or injury are often proverbial “cats” that can’t be easily stuffed back into their bags. Parenting must change a bit to become more companioning, sharing more about response and orientation. **Some possible examples of answers to worries are given below.** Feel encouraged to find your own phrases—it’s important that what you say feels authentic—though these might give you a starting place:



- Worry: “I am afraid you will die.” Answer: “I certainly don’t want that to happen, and I don’t think that is something we need to worry about now. But if I did die, I would still love you and be around you all the time and tell good things to your heart.”
- “I’m worried about tornadoes” A: “If there was a tornado, then we would go down into the basement or into a room without windows and wait quietly until it was all over.”
- “What if someone smashes into our car?” A: “If we were hurt, we would go to the hospital and the doctors would take care of us, and if we needed to, we would get the car repaired, too.”

The Unique Anxieties of the Nine-year Change

by Adam Blanning, MD

continued

Recommendations for parents, educators and other caregivers - continued

- **Second piece of advice**—don't take things too personally! It is not uncommon for children at this age to ask who their real parents are. This can be unexpectedly wounding, especially for adoptive parents of a child, though it is a question also voiced by children who are living with their biological parents. Just as one shouldn't take too personally a two-year-old's yelling "No!", it is similarly good to remember that these kinds of questions relate to experiencing the world in a new way. Feeling oneself as an individual often brings loneliness. We wonder if we are really in the right place (which often happens for adults who are going through a biographical change, too).
- **Don't Over-intellectualize:** Though we do need to meet a nine-year-old's worries with honesty, it does not mean that they are ready to now hear about all the challenges of adulthood. Awareness of those more complex realities will come naturally around age twenty-one (the time that our "I" takes a next big step towards greater self-definition and self-awareness). Sometimes nine-year-old children are taken to a therapist who wants to treat them with techniques that are only appropriate for an adult, with lots of self-analysis. Those techniques are usually developmentally inappropriate for nine-year-olds and can sometimes make things worse. Instead, focus on helping the child answer the questions he or she already has (without adding a bunch more). Expecting heightened self-analysis to help a child who is already struggling with sudden new self-awareness often misses the mark.
- **A small caution:** because the child is trying to find a new way of being in the world, it is nice (as much as is possible) to not also make major life changes at this age. This is a period when family separations, divorce, unexpected loss or trauma can have a deep impact. Of course, many changes unfold in ways that are beyond our control, but if you have been thinking about randomly taking a year off and traveling the globe, with frequent location changes, it would probably be better to wait and not do it with your nine-year-old. Let foundations for a new sense of self be built first, which will be aided by familiar surroundings and predictable rhythms.
- **Celebrate new strengths and capacities!** Look to see the sparks of true originality that begin to shine with this step of individualization. In what ways is your child now ready to be active in the world, interested in the world, kind in the world?
- **When should you think about seeking help?** If you sense that your child is getting stuck in this phase, showing changes like persistent sleep disturbances, changes in eating patterns, phobias or an inability to carry out usual activities (attending school, playing with friends) it's a good idea to seek support. A starting place can be your family doctor or a counselor who is used to working with children.

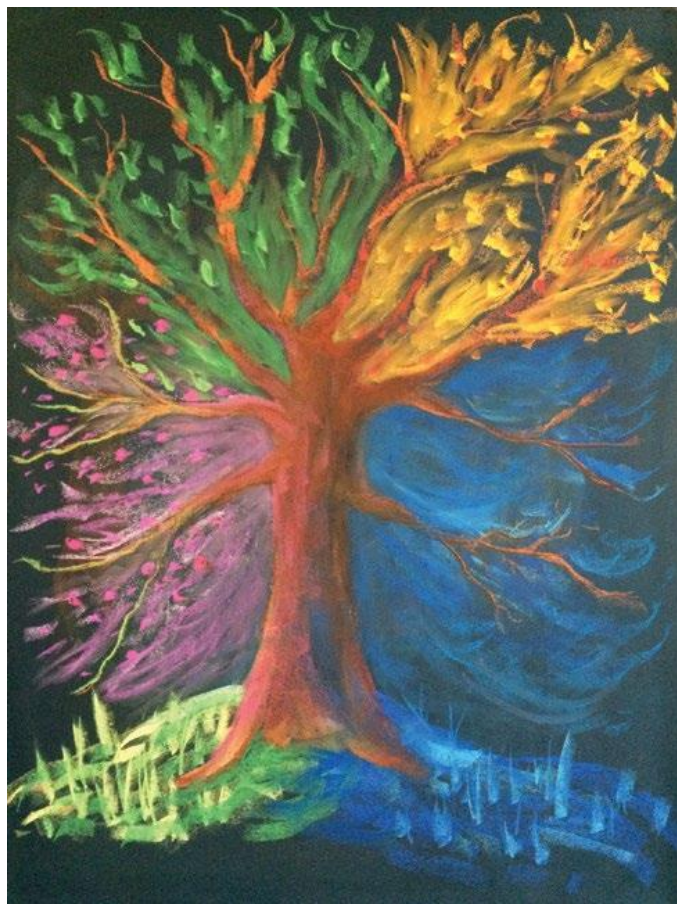
The Unique Anxieties of the Nine-year Change

by Adam Blanning, MD

continued

Anthroposophic therapeutic supports

- Some of the best anthroposophic therapeutic supports at this age work to bring more courage and confidence. There are a variety of anthroposophic medicines that act in a grounding, calming, fortifying way. Most children will not need them, but if someone is really stuck in worry, unable to separate from the parent, or has badly disturbed sleep, there are good treatments available, including **preparations of Ferrum sidereum, Stibium, Aurum and Bryophyllum.**
- This is also an age when certain types of illness make their appearance. Obsessive-compulsive behaviors can appear, which can be partly viewed as an unconscious adaptation for controlling vulnerability to the outside world. With OCD, the nervous system gets stuck in looping worries (obsessions), sometimes with a need to repeatedly physically orient in the environment (handwashing, touching things, ordering the room). Children also can develop tics at this age, a different but related expression of a looping in the nervous system, but now related to movement. Age nine is also a time when children often get warts on their fingers and feet—an immunologic challenge that comes as children are working to determine “What is part of me?” Most children’s warts will naturally disappear over the next several years as their immune systems mature. Our immune system is an essential physiologic tool of our “I”. **There are similarly good anthroposophic treatments for each of these imbalances.**



The Unique Anxieties of the Nine-year Change

by Adam Blanning, MD

conclusion

Fruits that come with this biographical shift

What are some of the fruits that come with this biographical shift? The first: a newly deepened sense of self. The second: reciprocal capacity to recognize another person as an “I”, as a completely individual, unique being. The nine-year change is the foundation for developing a true moral sensing of the other. That’s an important revelation! So, we don’t want to suppress or shame this burgeoning sense of individuality, and we shouldn’t rush to over-diagnose it or over-medicate.

The world needs—both now and in future—to have as many people as possible who have learned to be comfortable and capable in their individuality, so that they can also recognize and honor the uniqueness of the other (without being threatened by it).

We don’t need to fear the nine-year change, we should celebrate it, for it stands as a core experience in our moral and spiritual development as human beings.

Bibliography

1. Selg P. I Am Different from You: How Children Experience Themselves and the World in the Middle of Childhood. Great Barrington, MA: SteinerBooks; 2011.
2. Schoorel E. The First Seven Years: Physiology of Childhood. Rudolf Steiner College Press, 2019.
3. Föller-Mancini A, Berger B: Der Rubikon als Entwicklungsphänomen in der mittleren Kindheit. In: Jost Schieren (Hrsg.) Waldorfpädagogik. Enzyklopädie Erziehungswissenschaft online (EEO), 2018. Abstract available at https://www.beltz.de/fachmedien/erziehungswissenschaft/enzyklopaedie_erziehungswissenschaft_online_eeo/artikel/38687-der-rubikon-als-entwicklungsphaenomen-in-der-mittleren-kindheit.html.
4. Berger B, Martin D, Büssing A, Föller-Mancini A: Rubikon als Krise in der Mitte der Kindheit ? „Gesund Aufwachsen im Revier“. 5. Ruhrgebietskongress zur Kinder- und Jugendgesundheit 9.3.2019. Presentation available at https://www.gesund-aufwachsen.ruhr/wp-content/uploads/2015/02/4.-Berger_Rubikon-Forum_GA_2019_Freigabe.pdf.
5. Meherali S, Punjani N, Louie-Poon S, Rahim KA, Das JK, Salam RA, Lassi ZS. Mental Health of Children and Adolescents Amidst COVID-19 and Past Pandemics: A Rapid Systematic Review. International Journal of Environmental Research and Public Health 2021;18(7):3432. DOI: <https://doi.org/10.3390/ijerph18073432>.

Health in Action:

Introduction to the Helias Foundation



Through its dedicated efforts in Ukraine, the Helias Foundation champions innovative, locally rooted initiatives that renew society, placing a profound emphasis on anthroposophic medicine and trauma-informed pedagogy for children. Drawing from holistic principles, the foundation supports projects that foster deep physical, emotional, and spiritual healing—empowering war-affected youth through tailored therapy, resilience-building camps, and educational programs that nurture inner balance and long-term well-being. In these turbulent times, its work with rehabilitation centers and family health hubs underscores a steadfast commitment to hope amid adversity. Visitors are invited to join: donate, volunteer, or explore ways to contribute to lasting transformation.

Read more:

<https://stichtinghelias.nl/fondsen/oekraine/>



Additional Resources

Footbath Remedies



Lavender Foot Baths for Stress and Anxiety

Light and warmth in the essential oil of lavender have a calming, relaxing, and soothing effect on both children and adults. Lavender footbaths warm and cool limbs, help with sleeplessness, anxiety, restlessness, stress, and mental fatigue. Consider using Lavender bath oil from Uriel pharmacy or lavender essential oil. This can be done daily or as needed.

Materials:

- Footbath tub / large washing basin
- **Uriel Lavender Bath Oil** or high-quality essential oil
- Water
- Hand towel, large bath towel, foot mat

Instructions:

- Fill the footbath tub with warm water (approx. 37°C or 98.6°F)
- Add 1 tsp. Mix 1 tablespoon of bath oil or 14 drops of essential oil with warm water in a jar, then shake and stir using a figure-eight pattern into the basin.
- Have the patient place his or her feet in the tub. The water should be high enough to cover at least the ankles.
- Cover the patient's legs and hip area with the large towel
- Application time: up to 10 minutes
- Dry the patient's feet; do not shower with clear water
- Put on warm socks
- Post-treatment rest is 15–30 minutes, or go to bed

Additional Resources

Footbath Remedies



Ginger Foot Baths for Warming the Feet, Head Colds, Upper Respiratory Tract Infections and Headaches

Ginger concentrates its forces into the formation of the root, resulting in the generation of strong essential oils there. The external application of ginger generates warmth in the human organism, which can spread to the periphery. The soul is invited to connect more strongly to the body, which can manifest as deeper breathing. The patient can feel inwardly steadied and warmed. Ginger foot baths are excellent for warming the body and strengthening a weakened condition. Relief can be found for symptoms of tension and migraine headaches, as well as for head colds, sinusitis, and the flu.

Materials:

- Footbath tub
- Warm water (approx. 38°C or 100.4°F)
- 1 bath towel, 1 hand towel and 1 foot mat
- 3 heaped tablespoons ginger powder

Instructions:

- Add the ginger powder to the water and stir in a figure-eight motion for a few minutes
- The child or adult sits in a chair with his knees covered in a terry cloth or warm towel, bathing their feet in the ginger bath for a maximum of 20 minutes.
- Remove and dry the feet, then put on socks to keep them warm!
- 30 minutes of post-treatment rest or sleep.

Upcoming Webinars

Anthroposophic Insights on ADHD

Supporting the needs for each individual child
Thursday October 30th at 4:30 PST / 7:30 EDT

A lot of modern medicine makes diagnoses through checklists. That can help give a name to something, but doesn't necessarily help you know why it is happening or what can be done to help it. A "constitutional" approach—looking at individual patterns of attention, prioritization, engagement and movement—provide very helpful views. It's more complex than a checklist, but that is because each child is a little bit different. We have to take the time to look carefully.

Our presenter, Adam Blanning, MD, practices anthroposophic family medicine in Denver, CO. He is a co-leader of the medical section at the Goetheanum and teaches widely about child development.

Please join us for the live session! If you cannot attend the live webinar and would like to receive the session recording, please register.

REGISTRATION



New Remedies for Our Times

a panel discussion

Thursday December 4th at 4:30 PST / 7:30 EDT

Join us for a discussion where our Anthroposophic physicians will share new remedies and formulations including treatments for Lyme Disease, autoimmune disorders, ADHD, autism spectrum, weight loss, cancer, feminine care, pneumonia, and pedagogical care.

REGISTRATION



Have you received our newest brochure?

Download for VIEWING & EMAIL
Hi-Resolution Download FOR PRINTING

Connect with us

Sign up for our email newsletters:



<https://mailchi.mp/c44153bc338b/newsletter-sign-up>

Visit our website:



<https://foundationforhealthcreation.org/>