

**Dear Steve,**

My child, Alice, has recurring bouts of strep throat. The problem started about a year ago, when Alice started kindergarten. She likes school and is doing well both with the work and with other kids. She is only six years old, and we keep having to take time off to take care of her. I'm also concerned about the number of times she has to take medicine. My husband just changed jobs, taking a pay cut for a "better" position. I am in school full-time, and have been for about a half-year. Alice's grandparents sometimes help take care of her, but I hate to keep asking them to cancel their plans also.

We have consulted a nutritionist and a homeopath. Alternative methods help to clear it up each time it occurs, but nothing seems to stop the pattern.

At My Wits End,

Tawney - Grand Junction, Colorado

**Dear Tawney,**

Strep throat infection can be a sign of general sluggishness in the immune system. It is also highly communicative. But why do some people get it and others do not? Children of Alice's age often reflect the emotional states of others, usually parents. Because strep causes inflammation, redness and soreness it may reflect anger. Because it is in the throat or communication center, it reflects how others may or may not communicate their anger. It may also become hard to swallow (the anger).

Is there a situation in your life that started about a year ago in which you felt angry? Did you give yourself permission to express that anger? Do you really WANT to be in school full time? Are there any "unrealistic" expectations you have about yourself and/or others? Talk about some of those frustrations and change plans as necessary. Also, do (did) you want to have another child? Additionally, give Alice permission to express any anger she may have - safely without harming herself or others. Do some screaming with her if you two can find the space to do that. Anger is not "bad". It CAN be expressed in Healthy ways. It also helps us see where we may be feeling hurt, and what needs and wants we may have.

**Positive Thought To Manifest:** All my feelings are for the Highest Good. I express them safely. And I allow others to do the same.

Your needs and wants are okay with me,  
Steve