



Healthy Kids – Flu and Cold Remedies

By Jacqueline Fields, MD and founder or Dr. Fields Sacred Skin | Winter 2014

This is the season our children start getting their usual illnesses. They complain of sore throats, ear aches, cough, and fevers: the list of symptoms accumulate. This is a difficult time for parents to know when to worry or to trust our little ones bodies to fight these infections without complications. It is important for parents to realize that most kids have 6-8 colds in the first few years of life. Although tiring at times, these minor colds do help your child build his/her immune system. There are lots of natural ideas for our children and how to keep them healthy. This will be important to learn because several leading over the counter cold medications have been removed from the market due to their lack of safety.

Prevention is the best medicine. A nutrient-rich diet, adequate rest, and plenty of fresh air and exercise can build up a child's immune system. Their diet should be rich in vegetables, legumes, omega-3 fatty acids like avocados, and whole grains. Please avoid processed foods, sugar and all sodas. All children should be on a multivitamin and DHA supplement. My favorites in the store include: **Peter Gillian's organic life vitamins, Nordic Naturals multivitamin and DHA junior.**

Also important for additional immune strengthening is to use probiotics such as **Iflora or Delpro.** Occasionally use extra vitamin C as chewable or the buffered C powder and extra vitamin D.

If the child is having a lot of abdominal symptoms you can use increased probiotics and a product called **IgG 2000.** IgG 2000 is a purified colostrum to help load the intestinal tract with immunoglobulins which helps them fight whatever infection is going on. Sixty percent of the immune system is located in the intestines so loading the intestines with increased immunity is an excellent way to fight infections.

If your child gets a sore throat some options include **Throat and gland spray by Natura,** increase your child's vitamin C, and use a honey/lemon /ginger tea (grate fresh ginger in hot water and steep for 5-10 minutes). Consider slippery elm bark this herb acts as an expectorant and a demulcent, which soothes the throat. The bark is available in a powder form and can be simply mixed in hot water. If necessary you may add a little honey or agave to make it more palatable for the kids. If your child gets a cough consider menthol and eucalyptus on their chests or a trial of Gaia's Children Warming Vaporous Rub, this has essential oils such as lavender, pine, peppermint and yarrow. Other essential oil options includes: Oshadhi cold and flu care or Ravensara. Some cough syrup options include B&T children's cough and bronchial syrup, elderberry Thyme syrup or Designs for Health ginger-tussin syrup.

If your child gets a fever remember the fever has a purpose to help stop the replication of the virus or bacteria. So if the fever is below 102 degrees and the child is taking in fluids it is o.k. to allow the child to work through the fever. If the child is not too uncomfortable before you use acetaminophen (Tylenol) or ibuprofen try a few of these natural remedies first. Three homeopathic remedies include belladonna, for a high rapid onset fever: ferrum phos, which helps treat mild fevers; and aconite, which is a homeopathic form of vitamin C. Talk to a homeopath about how to use these remedies. Sandra Cantrell in the Healing Gardens store is a homeopath and does offer consults for our patients. Another option to bring a high fever down is a cold-water or luke warm water bath with Epsom

salts or even our Himalayan sea salts.

Finally there are some excellent essential oils used to help reduce a fever such as bergamot, chamomile, or eucalyptus on a warm compress on the child's forehead or chest. You can also use a diffuser which allows for the use of multiple oils so the child can sleep near the aroma all night allowing for the lungs to open and de-congest. A specific homeopathic for congestion is Designs for Health Decongest. If the child has severe congestion and thick drainage I will use children's Mucinex over the counter at pharmacies or we have **mucaplex** in our natural pharmacy.

Hopefully these are some helpful tips to keep your children happy and healthy through the fall and winter season. If you have specific questions feel free to visit Sandra at the Healing Gardens Medicinal Store, or call us at 970-472-6802. The store is available to all community members.

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