



Natural Solutions to Childhood Ailments

Car sickness: Studies show ginger (*Zingiber officinale*) is more effective and safer for kids than Dramamine. When you travel, pack a thermos of ginger tea made with ginger tea bags. To prevent nausea, give your child a cup every 1 to 2 hours during travel. You can also use a dilution of ginger tincture. In a cup of water, mix 3 drops for babies to age 2; 6 to 10 drops for ages 3 to 6; 10 to 20 drops for ages 7 to 10.

Colic: This digestive discomfort is triggered by your child's diet, by foods eaten directly or transmitted through breast milk. Rotate the foods in your diet to determine your child's sensitivities -or- check with your chiropractor at Berkeley Heights Chiropractic Center. If symptoms persist, try *Lactobacillus acidophilus*, friendly bacteria that ease digestion. Breast-feeding mothers can take 1 teaspoon twice daily, mixed with water or juice. For bottle-fed babies, add 1/8 teaspoon of acidophilus powder to formula twice a day. Chamomile (*Matricaria chamomilla*), taken as tea (1 cup twice a day) by a nursing mom -or- added to a bottle (1 teaspoon mixed with water or formula three times a day) also helps.

Common cold: For babies, nursing mothers can drink echinacea (*Echinacea spp*) and elderberry (*Sambucus nigra*) teas; the benefits of a boosted immune system can be transmitted through breast milk. For toddlers and older children, dissolve homeopathic Echinacea in water for your child to drink. Try chamomile tea and chicken soup, too.

Diaper rash: Keep your baby's bottom clean and expose it to air regularly. Give him plenty of fluids to dilute acids in urine and stool. As you did with colic, check for food allergies, and rub your baby's bottom with calendula cream (*Calendula officinalis*) at each diaper change.

Ear infection: Your child must see a doctor for a proper diagnosis. Give her plenty of fluids but eliminate dairy products, which produce excess mucus and hinder ear drainage. If your child is on antibiotics, *Lactobacillus acidophilus* can replace the friendly bacteria in her digestive tract (1/4 teaspoon powder or 1 teaspoon liquid diluted in water or juice, once daily, 2 hours after taking antibiotics).

Fever: A baby younger than three months old with a fever should see a doctor immediately; babies 3 to 6 months old should see a doctor if a fever exceeds 101 degrees. For older children, fevers under 103 should not be suppressed. Bundle him in extra clothes and blankets so he sweats. Peppermint (*Mentha piperita*), chamomile, and licorice (*Glycyrrhiza glabra*) teas can increase sweating and decrease chills. Keep him well hydrated with water and some juice.

Insect bites and stings: If your child has trouble breathing after a sting or bite, seek immediate medical attention. For less serious cases, aloe vera gel and calendula cream soothe burning and stinging when applied directly to bites. Burdock root tea (*Arctium lappa*) - simmer 1 tablespoon per cup of water - applied to skin reduces swelling. Insect repellents based on citronella oil (*Cymbopogon nardus*) can be safely applied to your child's exposed skin.

Lice: As soon as you notice lice, rub hair and scalp with a mixture of tea tree oil (*Melaleuca alternifolia*) and olive oil (1 part tea tree oil to 4 parts olive oil). Leave it on at least two hours and comb hair to remove lice and eggs. Repeat once daily for a week. Garlic in food can also help your child fight lice infestation.



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Teething: In small amounts, clove oil (*Syzygium aromaticum*) is a natural anesthetic that reduces inflammation. Never put full-strength clove oil on a child's mouth; dilute to avoid blistering. Blend 1 drop with 1 to 2 tablespoons safflower oil and rub on sore gums.