

HOME HEALTH FOR KIDS

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HEALTH BASICS FOR CHILDREN

Diet basics for children (1 year and older)

Diet

- Children need clean water and they need to be reminded to drink water. Fruit juice is mostly just the drinking of sugar without fiber that raises the blood sugar.
- Include fresh vegetables and fruits in their daily diet.
- Do not mix the fruits with meats. Give them fruit by itself, either in the afternoon or in the morning.
- Avoid refined, canned, fried, or packaged foods, or “fast food” in their diet.
- Try to eliminate foods that just “fills them up”, especially breads and refined sugars.
- Sugar is truly harmful for the body. A diet high in refined sugars is the principal cause of inflammation and ill health in the body.
- Best fats/oils for cooking are butter and coconut oil. Margarine and trans-fats/hydrogenated oils are killers. Throw out any highly refined cooking oils such as corn, soy, etc.
- Genetically modified foods laden with pesticides are soy, corn, canola, sugar beets, cotton, sugar made from beets, papayas, and zucchini.
- Monosodium glutamate (MSG) is a nerve toxin and promotes hyperactivity. It is disguised under many other labels in food such as “natural flavorings” or “flavor enhancer”.
- Ideally have only food without labels in your kitchen or foods that don’t come in a box, a package, or a can.
- If a food has a label it should have fewer than five ingredients.
- Throw out any food with high-fructose corn syrup on the label. It is a super sweet liquid sugar that takes no energy for the body to process. Some high-fructose corn syrup also contains mercury as a by-product of the manufacturing process.
- Artificial sweeteners of all kinds (aspartame, sucralose (Splenda), and sugar alcohols—any word that ends with “ol” like xylitol, sorbitol), makes you hungrier, slows your metabolism, can give you bad gas, and makes you store belly fat.
- Be careful of any foods with preservatives, additives, coloring or dyes, as they can affect behavior in children.

The information presented in the pages of HOME HEALTH FOR KIDS is offered for educational and informational purposes only and should not be construed as personal medical advice.

- A quality multivitamin (food-based if you can find it) is a good idea for children as our foods are nutrient deficient.
- A quality pure mercury free source of fish oil or cod liver oil is recommended for their developing brains.
- Children need plenty of good fats like olive oil, butter, coconut oil, hemp oil, flax seed oil and fish oil.
- Commercialized, pasteurized and homogenized milk does not do a body good. Raw milk from cows and goats are healthy.
- Organic foods are always better. Do what you can, limit the bad, and try to have a lifestyle of good that majorly outweighs the bad. One good meal won't make you healthy and one bad meal won't make you sick.

Exercise

- Exercise is very important for your child. It supports lymphatic movement for detoxification, brain neurotransmitter balance, and promotes circulation of oxygen and nutrients to tissues.
- Children can burn off excess energy with exercise as well as prevent obesity and diabetes.
- Take them out to run and play with other kids. It helps them gain confidence with their bodies, they learn to appreciate the outdoors, and they learn to interact with other kids.

TRADITIONAL REMEDIES FOR CHILDHOOD CONCERNS

Symptoms are sometimes the body's attempt to regain wellness. Working with the body and not against it is usually the best approach, and natural remedies can do that.

Sometimes it is prudent to let the child "be sick" to build a stronger immune system; if the symptoms are not excessive or severe. An adult's resistance to sickness and disease is built up and made stronger through childhood challenges. Detoxification, nutritional support, and supporting the body's immune response are processes that work with the body. Clean foods, clean water, and teas, sunshine, playing in the dirt, physical activity, herbs, essential oils, and nourishing words do that. Antibiotics and synthetic chemicals do not strengthen the body's immune system.

Contact your child's pediatrician immediately if your SICK child:

- Is younger than 2 months old
- Is younger than 3 months old and has a fever
- Has blood in his or her vomit, stool or urine
- Has yellow skin or eyes
- Has a fever higher than 104 degrees, at any age
- Is younger than 3 months old and has a rectal temperature of 100.4 degrees or higher
- Acts extremely irritable; can't be comforted
- Seems lethargic or will not wake up
- Becomes confused, delirious or loses consciousness
- Has a convulsion or a seizure
- Complains of stiff neck or cannot touch chin to chest
- Complains of severe pain in any part of the body
- Has difficulty breathing
- Has problems with balance or coordination
- Becomes dehydrated
- Refuses to feed for multiple feedings in a row
- Develops a rash that looks like tiny bruises
- May have ingested poison

25 Traditional Remedies for childhood Concerns

1. ASTHMA
2. BEDWETTING
3. BRONCHITIS
4. CAR (MOTION) SICKNESS
5. CHICKEN POX
6. COLIC
7. COMMON COLD
8. CONSTIPATION
9. COUGHS
10. DIARRHEA
11. EAR INFECTIONS
12. FEVERS
13. HEADACHES
14. HYPERACTIVITY
15. LICE
16. PARASITES / PINWORMS
17. PINK EYE / CONJUNCTIVITIS
18. RINGWORM
19. SKIN RASHES
20. SINUS CONGESTION
21. SORE THROAT
22. URINARY TRACT INFECTION
23. TUMMY TROUBLE / NAUSEA
24. VACCINATIONS
25. VOMITING (also see TUMMY TROUBLE)

1. ASTHMA

- Asthma in children is steadily increasing and has symptoms of wheezing, coughing, tightness around the chest and shortness of breath. It can be triggered by allergies, air pollution, or respiratory infections.
- Avoid dairy foods, which can promote production of mucus.
- Beware of food sensitivities such as nuts, citrus, gluten, seafood, and food preservatives and dyes.
- Good supplements are essential fatty acids, magnesium, and pantothenic acid (Vitamin B5)
- Mix equal amounts of ginger juice, pomegranate juice, and honey. Give your child 1 tablespoon of this mixture 3 times a day.
- Useful herbs are Astragalus, Licorice, and when needed Lobelia.

2. BED-WETTING

- Affects more boys than girls.
- Agrimony (herb) has an astringent action on the bladder and is used for control of bed-wetting in older children. Sip a cup of Agrimony tea slowly before retiring to bed.
- St. John's Wort with Plantain has been effective.

3. BRONCHITIS

- Bronchitis refers to an infection in the bronchi, the tubes that connect the trachea (windpipe) to the lungs.
- Avoid mucus-producing foods: dairy products, sugar, and fried foods. Drink plenty of fluids to help thin secretions.
- Vitamin C with bioflavonoids has anti-inflammation properties.
- Heating pad on the chest, humidifiers, and vapor rubs on the chest can be helpful.
- Cough syrups with ingredients such as Slippery Elm, Licorice, Marshmallow, Osha, and Mullein are helpful. (Do not give honey to a child less than 12 months old.)
- Thyme has anti-microbial actions and will help clear mucus.

4. CAR (MOTION) SICKNESS

- Ginger has been tested and proven more effective than Dramamine. (also good for morning sickness and dizziness in pregnancy)

5. CHICKEN POX

- Highly contagious childhood illness caused by the varicella-zoster virus that begins with headache, fatigue, loss of appetite, and fever with rash following a day to two later.
- Consider letting the fever do its work to kill the virus, as long as fever isn't too high.
- The main thing is to relieve itching, which can be done with baking soda baths. Use a one-pound box per bath. Oatmeal baths are very soothing to itching skin.
- Vitamin C with bioflavonoids has anti-inflammation properties and zinc is good for the skin, immune, and is an anti-viral mineral.
- Helpful herbs: Olive leaf (good anti-viral) and Echinacea with Goldenseal.

6. COLIC

- Colic is defined as a long period of vigorous crying for no apparent reason that persists despite all efforts at consolation. Bowel activity may increase, and the baby may pass gas or spit up. Colic can be common during the first 3 to 4 months of birth.
- It has been noted that using both legs to lift the baby to change diapers puts an undue strain on the developing curvature of the spine that affects the nerves to the intestines. This may be a main reason behind colic and why chiropractic adjustments have been very helpful for colic.
- Helpful herbs are: Chamomile or Catnip combined with Fennel has been effective.
- Mother can try drinking Peppermint, Fennel or Ginger tea.

7. COMMON COLD

- The common cold is caused by different types of viruses. Symptoms include a runny or stuffy nose, coughing, sneezing, fever, sore throat, itching eyes, mild body aches and a general feeling of illness.
- Homemade chicken soup can boost immunity and thin mucus.
- Vitamin C with bioflavonoids has anti-inflammation properties.

- Garlic (oil or punctured gel caps) is a good alternative to antibiotics.
- Helpful herbs: Olive leaf (good anti-viral), Elderberry, and Echinacea combined with Goldenseal.

8. CONSTIPATION

- Plenty of fluids and fiber and probiotics can keep things working well.
- In the morning, give them a plate of papaya. At night, 3 prunes or a fresh apple salad.
- Another alternative is to make them a smoothie with apples and flax seed oil sweetened with a bit of molasses.
- Give them 2 spoonful of olive oil throughout the day.
- Coconut water on a regular basis not only restores the hydration levels but will also help in relieving constipation.
- Also the jellylike flesh from a green coconut mixed with banana is one of the first foods in third world countries to prevent constipation in babies.
- Buckthorn is gentle and effective when recommended in the correct dosages that it is completely safe to use for children and pregnant women.

9. COUGHS

- Coughing can be due to sinus drainage, viral infection, the common cold, flu and other health issues. Eliminate mucus-forming foods like sugar and dairy products.
- Cough syrups with ingredients such as Slippery Elm, Licorices, Marshmallow, Osha, and Mullein are helpful. (Do not give honey to a child less than 12 months old.)
- Turmeric can prove beneficial in helping your child recover from a nagging cough due to its anti-inflammatory, antibacterial and antiviral action. Mix 1 teaspoon of turmeric powder in a glass with a teaspoon of honey and give to your child 2 to 3 times a day. (Do not give honey to a child less than 12 months old.)

10. DIARRHEA

- Diarrhea is loose and watery stools that often occur with abdominal pain. It is the body's way of ridding itself of bacteria and viruses and can last from a few days

to a week. Your child's diarrhea might stem from some infection or consumption of contaminated food or water.

- Guard against dehydration and loss of electrolytes by giving fluids; even if they will only take small sips at regular intervals. You might use water with some salt and honey (brown sugar), diluted apple juice, coconut water, yogurt with fruit, lemon water with a bit of salt and honey, or buttermilk. (Do not give honey to a child under 12 months.)
- Broth that has gelatin can work well for stopping diarrhea. Give broth a few tablespoons at a time throughout the day. Broth works because the gelatin in broth binds up the liquid in the colon.
- One way to provide relief to a child is to feed him an unripe green banana, typically eaten with white rice. The high pectin content of bananas is what works.
- You can also give your child bland foods like boiled potatoes, rice water, and clear broths.
- Probiotics restore healthy flora and can help resolve diarrhea.

11. EAR INFECTIONS

- Childhood earaches can be caused by ear infections and fluid buildup in the middle ear, which can be connected to pasteurized milk—both in the infant and in the breastfeeding mother. They can also be due to the common cold, blockage in the nasal passage, and an increase in air pressure.
- If an ear infection occurs, a warm compress over the ear can provide enormous pain relief.
- Drops of warm olive oil in the ear are one of the best treatments. It works as a lubricant and helps get rid of ear infections. Put 3 or 4 drops of lukewarm olive oil into your child's ear canal.
- Ear candling can also provide relief. Ear candles help dry out any moisture that may be in the ear.

12. FEVERS

- Bringing down a fever may prolong the illness and weakens the vitality for the next illness to come. If a child's fever is over 103 degrees, then you need to take steps to bring it down.
- It is fine to feed a child with a fever if the child is willing to eat.

- A fever can be reduced by applying a moist towel (recently moistened with cold tap water) to the stomach. Re-moisten the towel with water every time it gets warm. A cool bath can do the same.
- Raspberry, Elderberry or Lemon Balm teas are good for lowering fever.
- Catnip is very good to reduce infant or childhood fever. Blue Vervain can also lower a fever.
- Chamomile has been used to lower fever in infants.

13. HEADACHES

- Aspartame, MSG, low blood sugar, and being dehydrated can cause headaches.
- Blue Vervain will bring down fevers, treat colds and flu and help with cramps, constipation, headache
- Diluted peppermint oil on the temples can alleviate a headache. Be careful not to get into or close to the eyes.
- Chamomile relaxes the nervous system and can bring relief to a tension headache. Blue Vervain will help a headache.

14. HYPERACTIVITY

- Fifty percent of hyperactive children show fewer behavior problems when the diet was free of chemical additives, food dyes, preservatives, chocolate, MSG, and caffeine. Sugar will certainly hype up a child.
- Many times children aren't getting enough calcium, magnesium, fish oil, and B vitamins to support their nervous system.
- Of course young boys need to be able to run some of their energy off on a daily basis.
- Calming herbs are Chamomile and Lemon Balm. Lavender is a calming essential oil. (If you see the reverse effect after giving a calming herb, that could be an indicator of ADHD.)

15. LICE

- Rub diluted tea tree oil into your child's hair and scalp. Add 25 drops of oil to 1 pint of water and rub the mixture into the hair and scalp three times a day. Comb the hair with a fine-toothed comb to remove lice and eggs.
- Wash everything.

16. PARASITES / PINWORMS

- Garlic is excellent for removing parasites. You can give small children one clove of crushed garlic before breakfast, and do not give them anything else to eat for the following half an hour.
- Raw papaya is very effective in getting rid of intestinal worms in kids. One way is to extract juice from raw papaya by grinding in a mixer and squeezing juice out of it. Take 1 tablespoon of this juice in a glass and 4 tablespoons of warm water. Give this to child in the morning on empty stomach and continue this for a week.
- Olive leaf is a favorite. Other herbs are: Black Walnut, Wormwood, Thyme, Clove and Grapefruit Seed extract.

17. PINK EYE / CONJUNCTIVITIS

- Can be bacterial but most cases are viral.
- A warm water compress is a preferred treatment, as the heat kills the virus.
- Place a drop or two of raw milk or colostrum in each eye—this works wonders.
- A warm Eyebright compress will increase the blood flow to the eye, wash away discharge, and the heat will act on the pathogen. Goldenseal or Olive leaf could also be used.

18. RINGWORM

- Ringworm is a highly infectious fungal disease, characterized by itching, red, scaly skin on the afflicted areas.
- Try one of the following herbs topically: Sanguinaria (blood root), Usnea, Amargosa, Black Walnut, or Cajeput oil (is similar to Tea Tree oil)
- Clinical studies have shown that topical application of Neem oil may remove 75% of cases of ringworm within three days.

19. SKIN RASHES

- Heat rash is seen most often in babies and young children. The rash looks like patches of small pink or red bumps or blisters under clothing or spots where skin tends to fold—on the neck, elbows, armpits, or thighs.
- Rashes can be caused by allergies, insect bites, mites, excessive sweating or contact with certain poisonous plants like poison ivy or oak.

- Norwegian University of Science and Technology have found that when fish is introduced into the diet of young children by the age of 9 months, and is eaten weekly, the risk for developing eczema reduces dramatically. Since most fish has mercury these days, fish oil or cod liver oil could be substituted.
- A natural homemade eczema cream containing Shea butter, coconut oil, raw honey and lavender can provide much-needed relief. Lavender essential oil is proven to help reduce common skin symptoms and help heal dry skin.
- The soothing and calming properties of aloe vera help provide symptomatic relief from skin rashes in children.

20. SINUS CONGESTION

- Eliminate dairy products.
- Hot chicken soup promotes sinus drainage.
- Nasal saline solutions will cleanse the sinuses and thin mucus.
- Nasal spray of colloidal silver will kill the bacteria and open the sinuses. Some health food stores will carry a child's version of diluted grapefruit seed extract that is a nasal spray.
- Breathing in steam moisturizes the nasal passage and loosens the mucus. Using a humidifier or vaporizer in your child's room can help relieve his congestion.
- Diluted Lavender oil can be applied topically or under the nose and Lavender is the preferred essential oil for children. But Eucalyptus oil or Peppermint oil can be used depending upon the age and the dilution.

21. SORE THROAT

- A gargle with warm saltwater can help a sore throat.
- A warm lemon-honey drink can also be soothing.
- Sip on warm tea made from licorice, or marshmallow, or chamomile, or ginger or peppermint, or slippery elm.

22. URINARY TRACT INFECTION

- Most UTIs happen in the lower part of the urinary tract — the urethra and bladder. A child with a UTI may have the following symptoms:
 - pain, burning, or a stinging sensation when peeing
 - an increased urge or more frequent need to pee

- fever
- waking up at night a lot to go to the bathroom
- wetting problems, even though the child is potty trained
- belly pain in the area of the bladder (generally below the belly button)
- foul-smelling pee that may look cloudy or contain blood
- Drink plenty of cranberry juice (contains D-mannose) to keep flushing the bladder.
- D-mannose, which can be added to any liquid or tea, prevents bacteria from attaching to the wall of the bladder or urinary tract.
- Uva Ursi is a proven anti-bacterial but is usually not given to a child less than 6 years old.
- Goldenseal with Echinacea is considered traditional remedies for urinary tract infections.
- Other good anti-bacterial agents are colloidal silver and olive leaf extract.
- Garlic is a good alternative to antibiotics.

23. TUMMY TROUBLE / NAUSEA

- When a child refuses to eat, follow his lead. Give clear liquids to give the gastrointestinal tract time to restore.
- Stomachaches can be due to constipation, indigestion, gas, acid reflux, stomach flu, food poisoning, overeating, colic, and swallowing air.
- Carbonated water, such as that found in Club Soda, can soothe an upset stomach. Club Soda is carbonated water that has alkaline substances added to neutralize its acidity (potassium sulfate, sodium chloride, sodium phosphate, and sodium bicarbonate). The carbon dioxide gas encourages burping, which can help relieve pressure and the sodium bicarbonate (baking soda) helps neutralize excess stomach acid. Seltzer water is also carbonated, so you get that fizzy taste, but it does not have added minerals.
- You can add double the quantity of water in yogurt and mix it to make a diluted version of yogurt. This is soothing to the digestive system.
- Probiotics can help a stomachache by restoring healthy flora to the intestines.
- Slippery Elm tincture has been a favorite home remedy among some.
- Ginger tea can be effective for nausea, vomiting, and stomachache; particularly if combined with Licorice root tea. Peppermint tea is also an effective and safe digestive aid.

- Diluted Peppermint essential oil topically applied to the belly can help soothe and remove nausea.

24. VACCINATIONS

- Whether or not you decide to vaccinate your child, vaccinations should not be given before the age of two. No vaccines are recommended before age 2 because they don't work. The child's body has not yet developed an immune system to handle the inflammation and all the toxins that are put into the vaccines. If vaccines are given after the age of 2, then only give one at a time so their immune system is not overwhelmed.
- To ensure that no vaccinations are given just after birth, present a signed and notarized statement, preferably accompanied by a letter from your attorney that your child is not to be vaccinated in the hospital. Just to make sure, do not allow your newborn to be separated from you during your hospital stay.
- Reasons not to vaccinate: (<https://vactruth.com/2014/12/12/10-reasons-not-to-vaccinate>)
 - *Vaccines have never been proven safe or effective.*
 - *Vaccines do NOT work. They may create a temporary increase in antibodies for a particular disease, but this does not equate to immunity to disease.*
 - *The very first vaccine was a disaster. Vaccine safety and effectiveness is a created myth, strongly embedded in Americans' psyche and reinforced by the health care system.*
 - *All vaccines contain a number of toxic poisons and chemicals that are linked to serious neurological damage including aluminum, thimerosal (methyl mercury), antibiotics, monosodium glutamate (MSG) and formaldehyde. (More info at: <https://childrenshealthdefense.org/news/toxic-vaccine-ingredients-the-devils-in-the-details/>)*
 - *Every study comparing unvaccinated to vaccinated children demonstrates that unvaccinated children enjoy far superior health.*
 - *Vaccines cause a host of "chronic, incurable, and life threatening diseases," including autism, asthma, ADHD, auto-immune disorders, Guillain-Barre Syndrome, food allergies and brain damage. (www.nvic.org)*
 - *Vaccines kill infants, children and adults. Strong evidence links vaccines to sudden infant death syndrome (SIDS).*

25. VOMITING (also see TUMMY TROUBLE)

- When a child refuses to eat, follow his lead. Give clear liquids to give the gastrointestinal tract time to restore. When they do decide to eat offer bland foods such as weak cooked oatmeal, dry toast, applesauce, or yogurt.
- Guard against dehydration and loss of electrolytes by giving fluids; even if they will only take small sips at regular intervals. You might use water with some salt and honey (brown sugar), carbonated water such as Club Soda, diluted apple juice, coconut water, lemon water with a bit of salt and honey, buttermilk, Ginger tea or Peppermint tea. (Do not give honey to a child under 12 months.) (Buttermilk is easy on digestion.)
- Ginger tea can be effective for nausea, vomiting, and stomachache; particularly if combined with Licorice root tea.

USING HERBS WITH CHILDREN

Almost any herb that is safe for an adult is safe for a child if the size and weight of the child are accounted for and the dosage is adjusted accordingly, and the herb is used for the appropriate period of time. There are nutritional herbs that can be consumed on a regular basis, and there are medicinal herbs that are used for a specific purpose and for the duration needed. If a medicinal herb is needed for one month for an adult, the length of time for a child may be one half or one fourth the length of time.

An essential part of using herbs safely with children is giving them the proper dosage. There are generally two rules that most herbalists use.

- Rule #1: Take the weight of your child and divide it by 150 to get the ratio. For example; if your child weighs 38 pounds you would divide 38 by 150 ($38/150 = .253$ or $1/4$) so the child would take $1/4$ of the adult dosage.
- Rule #2: Add 12 to the child's age and divide the child's age by this number. Therefore, for a 6-year-old child: $6+12 = 18$, then $6/18 = .3$ from which you can calculate the fraction of the adult dosage to use. In this case it would be $1/3$ of the adult dosage.

The charts below may be helpful in determining the appropriate amount of herbal remedy to give to children. Please know that these are just guidelines. The weight and health of the child must be considered as well as the strength of the herbs.

A typical adult dose is 1 cup (8 oz.) of tea, and two droppers full (or squeezes, which is 60 drops) of tincture each dose. The information below is based on this information.

Teas

When the adult (age 12 and over) dose is 1 cup (8 oz.) of tea, the following is recommended for children:

Age -- Dosage

Younger than 2 years -- $1/2$ to 1 teaspoon

2 to 4 years -- 2 teaspoons

4 to 7 years -- 1 tablespoon
7 to 11 years -- 2 tablespoons

Tinctures

When the adult dose is 2 droppers full (60 drops), the following is recommended for children:

Age -- Dosage

Younger than 3 months -- 2 drops
3 to 6 months -- 3 drops
6 to 9 months -- 4 drops
9 to 12 months -- 5 drops
12 to 18 months -- 7 drops
18 to 24 months -- 8 drops
2 to 3 years -- 10 drops
3 to 4 years -- 12 drops
4 to 6 years -- 15 drops
6 to 9 years -- 24 drops
9 to 12 years -- 30 drops

It is not always recommended to use alcohol tinctures with children under the age of two because of their still developing livers. But you can evaporate some of the alcohol and many moms do. One method is to put the dose into the bottom of a cup and pour a small amount of boiling water over, which will remove about 15% of the alcohol. Another method is to store the preparation overnight in the open air which will remove 30% of the alcohol. Some use glycerin tinctures, which do not have alcohol. You can use both methods if you feel the need. Another method is to put the dose into water or juice and simmer it over the stove. After 15 minutes about 60% of the alcohol will be evaporated and after 2.5 hours 95% of the alcohol will be evaporated.

FAVORITES FOR CHILDREN UNDER THE AGE OF TWO

Although the herbs listed above are among the most used herbs for kids, adjusting the herb dosage makes many herbs effective and safe for kids.

- **Blue Vervain** will bring down fevers, treat colds and flu and help with cramps, constipation, headache, and insomnia. For children, use a quarter to a half a dropper full prior to bedtime or a few drops every hour throughout the day.
- **Catnip** settles the digestive tract, calms the nerves and helps induce sleep. It stimulates digestive secretions and settles an upset stomach. A few drops of Catnip tincture before bedtime will calm fussy children. Combined with fennel, it has traditionally been used to relieve colic in infants. Catnip is very good to reduce infant or childhood fever.
- **Chamomile** helps the nervous and digestive systems and widely used for children's issues. It has long been used as a remedy for colic, teething, nervousness, hyperactivity, upset stomachs, colds and flu in children. It helps calm some hyperactive children but may stimulate others (if they have ADHD tendencies).
- **Dandelion** is another good blood purifier for children that acts as a mild diuretic and supports cleansing the liver. It is useful for skin conditions and food allergies.
- **Echinacea** is an immune-enhancing herb that can be used in tea or tincture form to fend off the cold or the flu or when the first symptoms appear.
- **Elderberry** has antiviral properties and is a great general remedy for fevers, colds, flu and is an immune booster.
- **Fennel** helps to relieve intestinal gas and neutralizes excess acids in the stomach. Fennel is a great herb to add to Catnip or Chamomile for a colicky baby.
- **Garlic** (oil or punctured gel caps) is a good alternative to antibiotics.
- **Lemon Balm** is calming, antiviral and an antiseptic that has been used as a mild sedative and to relieve stress and anxiety.
- **Licorice** has antiviral properties and is good for hyperactivity, bronchial congestion, sore throat and dry cough.
- **Lobelia** is a strong herb but is safe for infants and toddlers when used in small doses of 3-5 drops at a time. Lobelia is a strong relaxant that can ease painful spasms associated with colic or can be used as an aid for respiratory issues such

as asthma, bronchitis, croup, pneumonia, laryngitis, and whooping cough. It is a bronchial dilator and can be used to help stop an asthma attack.

- **Nettle** is a good for allergies and hay fever and can help alleviate growing pains in young children.
- **Olive leaf** is a natural antibiotic and good herb to turn to for viral or bacterial infections. Olive leaf extract fights the viruses that cause a flu or a cold in children. Olive leaf also has good anti-fungal and anti-parasitic properties.
- **Oregon Grape** is a favorite blood purifier for small children. It can be used for skin eruptive conditions like rashes, chicken pox and measles both internally and externally. It is a great defense to bacterial infections but is milder than goldenseal. It is also useful for digestive issues such as nausea, indigestion, constipation, and diarrhea.
- **Peppermint** tea helps to calm upset stomachs, heartburn, nausea, diarrhea and colic.
- **Red Raspberry** can be helpful for arresting mucus discharge or diarrhea. Raspberry tea has been used to reduce fever and calm diarrhea.
- **Slippery Elm** is a mild and safe remedy for gastrointestinal irritation and diarrhea, especially when given as a tea.
- **Spearmint** relieves gas and tummy troubles, much like peppermint, but its effects are less powerful, making it better suited for use in children.
- **Yarrow** has been used as a remedy for colds, fever, toothache, upset stomachs and infections.

SAFE HERBS FOR MOMS DURING PREGNANCY AND WHILE NURSING

- **Bilberry**: will fortify vein and capillary support, aids in kidney function and is a mild diuretic for bloating
- **Blue Cohosh**: stops and eliminates false labor pains; for final weeks of pregnancy, to ease and/or induce labor
- **Burdock Root**: helps prevent water retention and jaundice in the baby
- **Chamomile**: aids digestive and bowel problems and relaxes for good sleep.
- **Echinacea**: aids the immune system to help prevent colds, flu and infections
- **Ginger Root**: excellent for morning sickness

- **Lobelia:** helps to relax the mother during delivery and helps speed up the delivery of the placenta
 - **Nettles:** will guard against excessive bleeding as it has vitamin K in it; it will improve kidney function and help prevent hemorrhoids
 - **Peppermint:** after the first trimester, may be used to help digestion, soothe the stomach and overcome nausea. It is an over-all body strengthener and cleanser
 - **Red Raspberry:** it is an all-around excellent herb to use for pregnancy. It is a uterine tonic, anti-abortion, and helps prevent infection. It also aids in preventing cramps and anemia. Prevents excessive bleeding during and after labor and will facilitate the birth process by stimulating contractions.
 - **Wild Yam:** for pregnancy pain, nausea or cramping and will lessen miscarriage
 - **Yellow Dock:** aids in iron assimilation and will help to prevent infant jaundice
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- **Bowel:** Psyllium with a good amount of water. Cascara Sagrada - start with a very small amount and increase if needed. Do not take so much that it causes cramping or diarrhea.
 - **Build Mother's Milk:** Blessed Thistle, Red Raspberry Leaf, Cell Salts, Fenugreek
 - **Depression:** Skunk Cabbage
 - **Infection:** Echinacea (take two weeks, then off one week), Colloidal Silver, Olive Leaf
 - **Kidneys, Fluid Retention:** Buchu
 - **Nausea:** Red Raspberry Leaf, Spearmint, Peppermint Leaf (not oil) Ginger, Peach Leaf (take in small amounts as it can have laxative effect)
 - **Nerves:** Chamomile, Valerian Root
 - **Stomach:** Dandelion Root
 - **Thyroid:** Dulse, Cell Salts (a lack of iodine in mother's system can cause Down's Syndrome)
 - **Weaning:** Sage or Parsley will assist drying up milk production

HERBS TO BE LIMITED DURING PREGNANCY

The herbs listed below should not be taken except by the recommendation of your herbalist, and in limited amounts, and then with caution, and then perhaps only in combinations.

- Black Cohosh: use only the final weeks of pregnancy; will ease and/or induce labor.
- False Unicorn: use only the final weeks of pregnancy; will ease and/or induce labor.
- Golden Seal: large amounts can cause uterine contractions.
- Pennyroyal: this herb can cause abortion; may be used in final weeks.

NOTE: The following herbs will move the bowels and should be used very sparingly or in combinations with other herbs.

- Aloe Vera
- Barberry
- Buckthorn
- Cascara Sagrada
- Mandrake
- Turkey Rhubarb
- Senna

Strong laxatives should be used with discretion as they cause stomach and intestinal cramping.

HERBS TO BE AVOIDED DURING PREGNANCY

The following herbs should **NOT** be used during pregnancy.

- Aloe Vera, Whole Leaf: use externally only
- Alfalfa: in high amounts as it can stimulate hormones
- Angelica: can cause uterine contractions
- Barberry
- Black Cohosh, or any herb that has a hormone effect

- Buckthorn
- Cascara Sagrada
- Chestnut Leaf
- Cinchona: Cinchona and its alkaloids should be avoided in pregnancies because of their oxytocic effects
- Coffee: avoid caffeine, as it irritates the uterus; excessive amounts in some sensitive individuals can cause premature birth or miscarriage
- Coltsfoot
- Dandelion Root (while nursing)
- Dong Quai
- Eucalyptus oil: should be avoided during pregnancy as it is difficult to eliminate through the kidneys
- Feverfew: has been shown to stimulate menses in some women, and may therefore precipitate miscarriage
- Gentian
- Golden Seal
- Juniper: a too-strong vasodilating, diuretic effect
- Lovage: causes uterine contractions
- Ma Huang (Ephedra): should be avoided during pregnancy as it has too strong of an antihistamine effect; also raises pulse rate and blood pressure
- Mathake
- Male Fern: too strong a vermifuge
- Mandrake
- Milkweed: avoid internally
- Mistletoe: can cause uterine contractions
- Mugwort: stimulates uterine contractions and can be toxic in large doses
- Myrrh
- Parsley: in nursing mothers will dry up milk
- Pennyroyal: can cause abortion of the unborn child
- Poke root: should be avoided during pregnancy as it is a powerful emetic
- Rue: can cause abortion
- Safflower
- Saffron
- Sage: in nursing mothers will dry up milk

- Senna
- Schizandra Berry
- Shatavari
- Shepherds Purse: too astringent; may be used for after-birth bleeding
- Suma: use with caution
- Tansy: can cause uterine contractions
- Thuja
- Turkey Rhubarb
- Wild Ginger: an emmenagogue that causes uterine contractions
- Wormwood: stimulates uterine contractions and can be toxic in large doses
- Yarrow: a strong astringent and mild abortifacient (may cause abortion of the unborn child)

ESSENTIAL OILS FOR KIDS

- Essential oils should be used cautiously.
- It is recommended that essential oils NOT be used in any form with babies before the age of 6 months. They have thinner skin and developing immune systems.
- After the age of 6 months, you may diffuse essential oils that are designated safe for children. Use them for a specific purpose and short periods of time.
- After the age of 2 years, you may use essential oils topically that are designated for children. Use them when needed for a specific purpose, and at a low dilution.
- Be careful of using essential oils on yourself that are not safe for children.

After the age of 2 years, you may use the following essential oils for children topically when needed for a specific purpose, and at a low dilution. (List compiled mostly from *Essential Oil Safety*, Robert Tisserand and Rodney Young)

The normal recommended dilution ratio for this age group is .25% (1 drop per 4 teaspoons carrier oil)

- Basil linalool (*Ocimum basilicum*) – Relaxing, mood lifting, helpful for soothing sore muscles
- Bergamot (*Citrus bergamia*, *Citrus aurantium*) – Uplifting citrus scent - diffuse for daytime calming. Bergamot is phototoxic unless you purchase one that is filtered to be bergaptine-free. If not using bergaptine-free, a maximum dilution of 0.4% (about 5 drops in 4 tablespoons carrier oil) is recommended to avoid phototoxicity. (*source: Essential Oil Safety*)
- Black pepper (*Piper nigrum*) – Helpful for soothing achy muscles
- Blue tansy (*Tanacetum annuum*) - Skin soothing properties and may promote clear-headed when pollen counts are high
- Catnip (*Nepeta cataria*) – Relaxing. Supports restful sleep. Also it is very useful in homemade bug spray.
- Cedarwood Atlantica (*Cedrus atlantica*) – Calming, diffuse for nighttime sedating
- Cedarwood Virginian (*Juniperus virginiana*) – Lovely woody scent, relaxing and beneficial for skin

- Chamomile/German (*Matricaria chamomilla* L) – Relaxing, helpful for sleep, may support clear thinking when pollen counts are high
- Chamomile/Roman (*Chamaemelum nobile*) – Relaxing, helpful for sleep, helpful for soothing sore muscles
- Chamomilla recutita
- Cinnamon leaf (*Cinnamomum verum*) – NOT cinnamon bark. Smells lovely when diffused during the holidays. Can have a warming effect when applied to the skin, but it can cause irritation if too high a concentration is used. The maximum recommended dilution is 0.6% (about 7 drops in four tablespoons carrier oil)
(source: *Essential Oil Safety*)
- Citronella (*Cymbopogon winterianus*) – Great addition to homemade bug spray
- Clary sage (*Salvia sclarea*) – Helpful for relaxation and restful sleep
- Copaiba balsam (*Copaifera officinalis*, *Copaifera langsdorfii*) – Supports healthy respiratory function and soothes achy muscles. Apply diluted topically for pain.
- Coriander (*Coriandrum sativum*) – Soothes upset tummys and calms emotions.
- Cypress (*Cupressus sempervirens*) – Supports healthy respiratory function. Thought to have an emotionally grounding effect during challenging experiences.
- Dill weed (*Anethum graveolens*) – Helpful for digestion. Supports immune function. The maximum recommended dilution for this oil is 1.2% (about 7 drops in two tablespoons carrier oil)
- Fir needle (*Abies sibirica*) – Diffuse for respiratory issues
- Fragonia (*Agonis fragrans*) – Smells a lot like eucalyptus and supports healthy respiratory function
- Frankincense carteri (*Boswellia carteri*) – Immune support, helpful for soothing cuts, bruises, and relaxing
- Frankincense frereana (*Boswellia frereana*) – Immune support, helpful for soothing cuts, bruises, and relaxing
- Frankincense serrata (*Boswellia serrata*) – Calming
- Geranium bourbon (*Pelargonium x asperum*) – Good for homemade tick spray. Diffuse for crankiness
- Ginger root CO2 extract (*Zingiber officinalis*) – Helpful for digestion and soothing sore muscles
- Grapefruit/Pink (*Citrus x paradisi*) – Uplifting. Can cause photosensitivity. Maximum recommended topical use is 4% (4 drops per teaspoon of carrier oil)

- Helichrysum italicum (Helichrysum italicum) – Considered one of the top oils for promoting youthful skin, helpful for scars, and supportive of the immune system.
- Helichrysum splendidum (Helichrysum splendidum) – Considered beneficial for skin, but not as much as Helichrysum italicum. Supports healthy respiratory function.
- Juniper berry (Juniperus communis) – Calming, supports healthy respiratory function
- Lavender (Bulgarian) Lavandula angustifolia, Lavandula officinalis, Lavandula vera - diffuse for calming or sedating, apply diluted topically for pain
- Lavender (Lavandula augustifolia)- Calming, helpful for soothing bug bites, sunburns, and other skin irritations
- Lemon eucalyptus (Eucalyptus citriodora) – Mood lifting, supports healthy respiratory function, and can also be used in homemade bug spray
- Lemon/expeller-pressed (Citrus limon) – Mood lifting, supports immune function. Can cause photosensitivity. Maximum recommended topical use is 2% (12 drops in two tablespoons carrier oil)
- Lime/expeller-pressed (Citrus aurantifolia) – Uplifting, supports immune function. Can cause photosensitivity. Maximum recommended topical use is 0.7% (about 4 drops in two tablespoons carrier oil)
- Mandarin (Citrus reticulata) – Calming
- Marjoram/Sweet (Origanum majorana) – Relaxing, helpful for sleep.
- Neroli (Citrus aurantium var.amara) – Often used in skincare products, thought to be helpful for easing emotional tension.
- Orange (Sweet) (Citrus sinensis, Citrus aurantium var sinensis) – diffuse for digestive issues, mood lifting
- Palmarosa (Cymbopogon martinii var motia) – Digestive support, skin soothing
- Patchouli (Pogostemon Cablin) – Thought to promote the appearance of youthful skin.
- Pepper (Black) (Piper nigrum)
- Petitgrain (Citrus aurantium) – Thought to be beneficial for skin, especially oily skin.
- Pine (Pinus Sylvestris) – Supports healthy respiratory function and soothes sore muscles

- Rosalina (*Melaleuca ericifolia*) – Supports healthy respiratory function (similar to eucalyptus)
- Sandalwood (Australian) (*Santalum spicatum*, *Santalum cynnorum*) - diffuse for nighttime sedating and apply diluted topically for pain. Calming, thought to be helpful for oily skin.
- Spearmint (*Mentha spicata*) – Similar to peppermint, but safer for use with small children. Helpful for digestion. Maximum recommended topical use is 1.7% (about 10 drops in two tablespoons carrier oil)
- Spruce/Hemlock (*Tsuga canadensis*) – Supports healthy respiratory function.
- Tangerine (*Citrus reticulata*, *Citrus nobilis*, *Citrus tangerine*) – Immune support. Bright, uplifting citrus scent
- Tea tree (*Melaleuca alternifolia*) – Immune support, helpful for cuts and scrapes. Also considered helpful for acne-prone skin. Diffuse for clearing the air of germs
- Turmeric rhizome CO2 extract (*Curcuma longa*) – Soothes joint discomfort
- Vanilla CO2 extract (*Vanilla planifolia*)
- Vetiver (*Vetiveria zizanoides*) – Relaxing and emotionally grounding.

Signs You Are Overdoing Topical Use

- redness
- irritation
- itching

Signs You Are Overdoing Inhalation

- coughing
- sneezing
- watery eyes
- headache
- struggling to breathe
- lethargy

Essential Oils to AVOID with Children

- Anise (*Pimpinella anisum*) - avoid inhalation and topical use all ages
- Birch (Sweet) (*Betula lenta*) - avoid inhalation and topical use under 10 years old
- Cardamom (*Elettaria cardamomum*) - avoid inhalation and topical use under 10 years old
- Cassia (*Cinnamomum cassia*, *Cinnamomum aromaticum*) - avoid topical use under age 2 years old
- Clove (*Syzygium aromaticum*, *Eugenia caryophyllata*, *Eugenia aromatic*) - avoid topical use under age 2 years old
- Eucalyptus (*Eucalyptus camaldulensis*, *Eucalyptus globulus*, *Eucalyptus maidenii*, *Eucalyptus plenissima*, *Eucalyptus kochii*, *Eucalyptus polybractea*, *Eucalyptus radiata*, *Eucalyptus Australiana*, *Eucalyptus phellandra*, *Eucalyptus smithii*) - avoid inhalation and topical use under 10 years old
- Fennel (Bitter, Sweet) (*Foeniculum vulgare*) - avoid inhalation and topical use all ages
- Ho Leaf/Ravintsara *Cinnamomum camphora* (cineole chemotype) avoid inhalation and topical use under 10 years old
- Lemongrass (*Cymbopogon flexuosus*, *Andropogon flexuosus*, *Cymbopogon citratus*, *Andropogon citrates*) - avoid topical use under age 2 years old
- Nutmeg (*Myristica fragrans*, *Myristica officinalis*, *Myristica moschata*, *Myristica aromatica*, *Myristica amboinensis*) - avoid inhalation and topical use all ages
- Oregano (*Origanum onites*, *Origanum smyrnaeum*, *Origanum vulgare*, *Origanum compactum*, *Origanum hirtum*, *Thymbra capitata*, *Thymus capitatus*, *Coridothymus capitatus*, *Satureeja capitata*) - avoid topical use under age 2 years old
- Peppermint (*Mentha x Piperita*) - avoid inhalation and topical use under 6 years old
- Rosemary (*Rosmarinus officinalis*) (1,8-cineole chemotype) – avoid inhalation and topical use under 10 years old
- Wintergreen (*Gaultheria fragrantissima*, *Gaultheria procumbens*) – avoid inhalation and topical use under 10 years old
- Ylang Ylang (*Cananga odorata*) - avoid topical use under age 2 years old