

Herbal remedies for children

Learn how to choose gentle, mild herbs with soothing properties to ease many childhood ailments and hasten your child's recovery.

Babies receive healing chemicals contained in herbal remedies via their mother's milk, along with protective natural antibodies. Once children stop breast-feeding, however, their immature immune systems leave them susceptible to respiratory and other viral infections. Luckily, herbs such as echinacea, elderberry and rosehip can give their immune response a boost.

Cuts and scrapes

This is not the only herbal benefit available to children (and their parents!); a chamomile infusion soothes a hyperactive child, while used as a compress or balm it is a natural antiseptic for cuts and grazes. Many herbs ease the growing pains of childhood, although you do have to be aware of special considerations when administering natural medicines to little ones.

Children may need to be encouraged to take unfamiliar herbs, so choose mild ones such as chamomile or administer as a cordial or cream.



Special considerations

Reduce the standard dosage of herbal remedies to suit the age of the child.

6 mths – 1 year	5% of adult dose
1 year – 3 years	10% of adult dose
3 – 5 years	20% of adult dose
5 – 10 years	50% of adult dose
11 – 15 years	80% of adult dose
15 years +	full adult dose

Be careful when administering herbal remedies to your child that the dose and the ingredients are suitable.

SPECIAL ADVICE FOR TREATING BABIES

- ✦ Don't give herbs to babies under 6 months without professional consultation.
- ✦ Infants can become ill rapidly. Seek emergency attention for fever above 39°C, diarrhoea, vomiting or breathing difficulties.
- ✦ Honey is an ideal way to administer herbs to children, but is not recommended for infants under one year. It can induce serious food poisoning in babies.

Natural Medicine For Children

Jared M. Skowron



Natural Medicine For Children:

Smart Medicine for a Healthier Child Janet Zand, Robert Rountree, Rachel Walton, 2003-01-06 Revised updated and expanded to reflect the latest thinking and information on children's health issues Smart Medicine for a Healthier Child enables parents to combine the best of conventional and alternative approaches Part One explains the full spectrum of techniques that can be employed to effectively treat childhood health problems providing an overview of the history fundamentals and uses of conventional medicine herbal medicine homeopathy acupressure diet and nutritional supplementation Part Two contains a comprehensive A to Z guide to the various health problems of childhood from acne to chickenpox to thumb sucking Finally Part Three offers guidance on using the therapies and procedures suggested in Part Two from locating acupressure points to preparing herbal remedies Written by a naturopathic physician a medical doctor and a pediatric nurse this unique book gives parents easy access to current information and advice regarding their children's health and acts as a bridge between time honored healing systems and mainstream medicine Illustrated with line art 100

Natural Remedies for Your Child Jared M. Skowron, 2011-08-02 Americans spend 34 billion dollars annually on alternative medical therapies and products Not only are we seeking out natural remedies for ourselves increasingly we're also looking for ways to cut down on the amount of medication given to our children In 100 Natural Remedies for Your Child pediatric naturopath Dr Jared Skowron shows parents how to prevent and treat their children's illnesses from common ailments such as upset stomach headaches and minor infections to more serious problems like food allergies diabetes and asthma While there is a time and place for conventional medicine natural solutions especially diet can be effective strategies for treating many of our children's ailments 100 Natural Remedies for Your Child includes FOODS THAT HEAL Dietary change is the core lifestyle modification in naturopathic medical practice Dr Skowron shows parents the power of nutrition and reveals how foods can help prevent and treat disease TOXIC DETOX From pesticides to plastics natural medicine offers safe and proven methods for removing environmental toxins from our children's bodies SUPPLEMENTATION Parents will learn which supplements are helpful for alleviating symptoms or preventing illness and what dosages are safe and effective ALTERNATIVE REMEDIES Instead of heading to the drugstore for an over the counter remedy when their child is ill parents will learn how to use homeopathic remedies that save money and heal their child naturally Natural Medicine for Children Julian Scott, 1990-08

Integrative Medicine for Children May Loo, 2009 Many parents today are turning to or seeking information about Complementary and Alternative Medicine CAM for their children Whether you initiate alternative therapies or simply need to respond when asked for information or advice it's crucial to have the most recent evidence based information about alternative therapies and know how to safely and effectively integrate them with conventional treatment This innovative and reliable reference is the ideal resource to have at hand This book includes a wide range of complementary and alternative therapies focusing on those most often used with children mind body approaches manual

therapies lifestyle approaches alternative systems energy medicine and biological agents Within these main categories therapies such as acupuncture chiropractic massage homeopathy herbs and magnets are covered Fifty five common pediatric conditions are comprehensively discussed with diagnostic and evidence based treatment information followed by authoritative information on the major CAM therapies available for treatment of the condition Whenever possible an integrative approach that combines conventional and alternative approaches is presented

BOOK JACKET **Natural Remedies for Kids** Kate Tietje,Bob Zajac,2015-08-15 Natural Remedies for Kids is an easy to use reference for parents who are ready to take their family s health into their own hands by using over 100 natural and herbal remedies to help common ailments at home There s no need to rush off to the doctor at the first sign of sniffles or fever Instead understand what each symptom may be a sign of how to help treat that symptom naturally and how to help your child rest comfortably until the illness is over Find out if the symptoms may be serious enough to warrant a call to the doctor Then learn to prepare one of the many recipes for home remedies found within the book to help your child naturally Clear up common conditions like Diaper rash Eczema Runny noses Coughs Sore throats Upset stomach Teething and more Find tips and hints from Kate Tietje on which remedies are best for which issues Discover the time tested treatments that will help to keep your child healthy and happy naturally

****Herbal Remedies for Children**** Green Witch,2021-08-22 Do you feel intoxicated by all the medicines that are recommended to treat just about anything Do you get frustrated when you see thousands of advertisements sponsoring expensive body damaging addictive medicines and you don t know what to believe anymore Are you ready to encounter the world s most effective form of natural medicine become a skilled herbalist and build your first home based herb lab Long before Europeans arrived in America generations of Native American s learned the secrets of natural healing and were able to use the power of plants to maintain good health create explosive levels of energy and live more than 120 years Best selling author and herbalist master the Green Witch decided on the day of her 100th birthday to enclose in this collection of 9 books all her knowledge about healing herbs and her secret elixirs of long life The Green Witch was born in 1921 in the American village of Hidatsa the daughter of a shaman father and an herbalist mother of the tribe of Nuxbaaga She spent 30 years around the world and more than 50 years as a nomad in America traveling from tribe to tribe cultivating her knowledge of Native American healing herbs You will discover why you need to grow an herb friendly child 9 1 medicinal plants that can make your children happy 7 smart remedies for demanding kids professional images and step by step instructions All medical herbs are at your fingertips and the recipes and remedies derived from them are at no cost It s time to take a cleansing swim in the wise knowledge of Native Americans and their thousand year old natural healing techniques Scroll up the page click the BUY NOW button and GRAB YOUR COPY NOW

****Your Natural Medicine Pharmacy by Prof. Dr. Mohammad Mojibul Haque**** , Dear readers as I have told you in my previous book my passion for health and wellness was born from my own struggle to regain it In 2009 I was diagnosed with rheumatoid arthritis a turning point that

transformed my approach to health and healing Conventional treatments including biologic drugs and steroids provided temporary relief but came with long term complications In search of alternatives I dove into integrative holistic medicine a journey that transformed my life By addressing the root causes of my disease through natural remedies nutritional adjustments and lifestyle changes I regained my health and discovered the profound healing power of nature This revelation ignited my passion for deeper learning leading me to pursue advanced studies in Nutrition in Health and Wellness at Harvard University and to continue my training at Harvard Medical School These experiences reinforced my belief that true wellness lies in understanding and harnessing the gifts of nature This book is a continuation of that journey Here I have carefully curated a selection of ancient remedies simple yet powerful solutions that can be prepared in the comfort of your own home My goal is to provide you with practical knowledge helping you reconnect with the wisdom of natural healing By embracing these ancient traditions you will gain the tools necessary to foster your well being and enhance your understanding of how nature can work in harmony with your body May this book serve as a guide and inspire you to explore learn and incorporate these remedies into your daily life to achieve lasting health and vitality Prof Dr Mohammad Mojibul Haque Houston Texas 2025 www.drhaque.net

An Encyclopedia of Natural Healing for Children Mary Bove, 2001-06-25 Treat common childhood ailments safely and naturally This comprehensive user friendly volume by one of the nation s most highly trained medical herbalists has all the information that concerned parents need to safeguard and improve the health of their children An Encyclopedia of Natural Healing for Children and Infants features new material on topics of particular interest to today s health conscious parent such as environmental allergies and the use of antibiotics *Herbal Medicine for Beginners* Barrett Williams, ChatGPT, 2025-05-12 Unlock the ancient secrets of herbal healing with Herbal Medicine for Beginners your comprehensive guide to harnessing the powerful benefits of nature s pharmacy Whether you re new to herbal remedies or looking to deepen your understanding this eBook is your gateway to the world of natural health Journey Into the Historical Roots Discover how herbs have been used across centuries to heal and rejuvenate Compare them to modern pharmaceuticals and see why many are turning to herbal medicine for a holistic approach to wellness Start Your Herbal Adventure From selecting your first herbs to assembling a potent herbal kit this book provides a practical roadmap to begin your journey Learn about essential tools supplies and how to get the most from your herbal investments Prioritize Safety and Potency With clear guidelines on dosage and quality ensure you re maximizing benefits while minimizing risks This book empowers you with crucial safety knowledge for using herbs effectively Daily Remedies from Your Garden Explore herbs that can aid digestive health alleviate stress and anxiety and boost immune function Plus dive into creating teas tinctures and salves with step by step guidance Year Round Herbal Wisdom Transform your garden with seasonal herbs that offer specific benefits throughout the year Tailor your herbal practices to match the seasons for optimal health Specialized Support for All Ages Tailored sections for women s health children mental clarity and chronic conditions provide targeted solutions Address issues

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The Traveler's Natural Medicine Kit

Pamela Hirsch, 2001-05-01 A compact guide to assembling a customized travel health kit with natural remedies for relieving many of the traveler's common complaints from sore feet and jet lag to insomnia and stress Offers a variety of simple but effective remedies including herbs aromatherapy homeopathy and supplements Provides specific advice for those traveling by land air or sea In this handy pocket guide Pamela Hirsch shares her hard won secrets for getting through your next business or pleasure trip with an easy stomach and a calm mind Growing up in the Middle East Asia and Europe the author was exposed to different healing modalities at an early age and found that these time tested techniques served her well during worldwide travel The Traveler's Natural Medicine Kit provides gentle but effective help for a wide variety of common complaints including sore feet nausea bug bites constipation jet lag heartburn headache and stress Drawing on herbs aromatherapy homeopathy and supplements the author shows you how to prepare a lightweight travel kit of remedies especially suited to your trip and your body's individual needs She also includes home remedies that are easily found in a local market or grocery store and simple exercises that can relieve discomfort Whether you are traveling by land air or sea this easy to reference book is a must pack essential for your next trip

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