

# **Using Herbs with Children**



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# Using Herbs with Children



**01**

Herbs are powerful healing helpers



# 02

They are beneficial in small amounts for kids

# 03

We want to use them wisely and carefully so we don't overwhelm their fragile systems.



## Herbs and Children -- Lesson 1

# In This Lesson, we'll cover:

- ✓ The benefits of using herbs with kids
- ✓ The child apothecary
- ✓ Reference books for herbal remedies for kids
- ✓ Young's Formula for dosing children



## **Benefits of Using Herbs with Kids**

**Prescribed for children's fevers and for vaccination stress, it was considered benign for decades. But even a single dose can damage the liver.**

**Acetaminophen plays a role in oxidative stress and inflammation from birth to early childhood in the induction of autism, ADHD, and asthma.**

**Many studies show the go-to drug is actually a neurotoxin, and places pregnant women, infants, and children at risk for serious adverse side-effects.**





**It is an active ingredient in over 600 prescription and OTC medication including cold medications, and pain relief. In the US 500 deaths are attributed to Acetaminophen annually**

**100,000 poison control calls**

**50,000 emergency room visits**

**10,000 hospitalizations**

**Most affected group are young children and adolescents.**



**Herbs that are used with children are relatively free of side effects, don't cause oxidative stress, and support the body's own innate healing abilities.**



Many of the herbs used with children can be grown in your own garden.



Children can be taught the safe use of herbs at a young age and learn to make their own medicine early.



Children who learn to use herbs early will pass these skills onto their own children when the time comes.



**The child apothecary is small and easy to manage.**



# The Child Apothecary

Food as medicine

Bone Broth

Fermented Food

Gentle Herbs

Standard brew:

1 large handful of dried herb per 2 cups of water.



## How to Use a Standard Brew

Use 1 teaspoon per child dose internally

Use as fomentation, cold or warm compress, or enema.

Make into a syrup, a gummy, cough drop, a popsicle or jello

# Salve

- (2 tablespoons coarsely ground herb infused in  $\frac{1}{2}$  cup of oil)
- 7 tablespoons herb infused oil
- 1 tablespoon beeswax (12 grams)



# Catnip *(Nepeta cataria)*

Use for children's fever, pain relief, stomach ache, colic, whooping cough, and nervous tension. Useful to relieve growing pains.

Child dose 1 teaspoon standard brew



**Burdock root** (*Arctium lappa*)

Nutritive, alterative, supports liver and detoxification, use for blood disorders

Helpful internally and externally for skin rashes, toxicity, allergies, leaky gut



## **Lemon Balm** (*Melissa officinalis*)

Nervine, antispasmodic, antiviral,  
diaphoretic, carminative, antidepressant

Helps with fever, fussy babies, teething,  
cold sores, calming and promotes restful  
sleep.



**Ginger** (*Zingiber officinale*)

Circulatory, anti-inflammatory, antiemetic, carminative, diaphoretic, rubefacient, decongestant.

Good for chills, colds, fever, nausea, gas, congestion, achiness, and fever.



**Nettles** (*Urtica dioica*)

Nutritive, hemostatic, astringent, diuretic, tonic, adaptogen, galactogogue, Anti-inflammatory, anti-allergy

Useful for hayfever. Can be used to stop diarrhea or excessive bleeding.



**Marshmallow** (*Althaea officinalis*)

Anti-inflammatory, soothing, nutritive, demulcent, emollient – both roots and leaves are used.

Use for dry cough, bronchitis, ulcers, colitis, skin inflammation, urinary tract infections, respiratory infections.





**Garlic** (*Allium sativum*)

Antimicrobial, antiseptic, expectorant, decongestant, circulatory, diaphoretic, hypotensive

Use for upper respiratory infections, sore throats, lung and ear infections. Reliable decongestant during colds, hayfever, sinus allergies. Garlic oil can be used in the ears for ear infections.

Dose use 1 teaspoon garlic honey or 1 garlic clove per cup of water.



**Astragalus** (*Astragalus membranaceus*)

Immune system tonic, general tonic, diuretic, lung tonic, digestive tonic, adaptogen

Dose use 4 pieces of root in 2 cups of water. Give ½ cup 3 to 4 times a day.



## **Cleavers** (*Galium aparine*)

Lymphatic, alterative, diuretic, anti-inflammatory, astringent, tonic

Use for lymphatic swelling and congestion – especially during childhood diseases like chickenpox, measles, and mumps. Useful for chronic inflammatory conditions like eczema and psoriasis.

Dose 1 tablespoon of fresh plant in 1 cup of water. Give 3 to 4 times a day.



## **Mullein** (*Verbascum thapsus*)

Expectorant, demulcent, vulnerary, anodyne, antispasmodic

Leaves used for coughs, asthma, bronchitis, upper respiratory infection. Flowers are used for ear infections.

Standard infusion.  $\frac{1}{4}$  cup to 1 cup. Give 3 to 4 times a day.



## **Elder** (*Sambucus canadensis*; *S. nigra*)

Immunostimulant, diaphoretic, anticatarrhal, anti-inflammatory,

Used to prevent and treat colds and flu. Prevents viruses from replication in the cells. Used to reduce fever and pain during colds and flu.

Standard infusion.  $\frac{1}{4}$  cup to 1 cup. Give 4 to 6 times a day.

1 teaspoon of elderberry syrup. Give 4 to 6 times a day.



## **Echinacea** (*Echinacea purpurea*; *E. angustifolia*)

Immune tonic, blood purifier, antimicrobial, anti-inflammatory, protects haluronic acid.

Used to prevent and treat illness. Supports the integrity of the cell and prevents the breaking down in poisonous bites and stings. Use internally and externally for snake bite and spider bite.

Standard infusion.  $\frac{1}{4}$  cup to 1 cup. Give 4 times a day.



## **Chamomile** (*Matricaria recutita*)

Anti-inflammatory, nervine, relieves stress, anxiety, hyperactivity, fear, pain, aches, and restlessness, digestive, antispasmodic, antiviral.

Use to ease tension, fussiness, stomach ache, insomnia, pain, anxiety, and inflammation.

Use as a cold compress on tired eyes, use as a mouthwash or cold compress for teething or tooth ache.

Standard infusion. ¼ cup to 1 cup. Give 4 times a day.



## **Calendula** (*Calendula officinalis*)

Anti-inflammatory, lymphatic, antiseptic, soothing, tonic, febrifuge, cardioprotective, heals internally and externally, immune tonic.

Use internally for stomach pain, ulcers, and leaky gut.

Use as a salve for bites, stings, rashes and skin irritations, burns, acne, eczema.

May be taken internally in standard brew: Use  $\frac{1}{4}$  cup to 1 cup 3 times a day.



# References



Aviva Romm's Book:

*Naturally Healthy Babies and Children* (©2000, 2003: Ten Speed Press)

# References



Juliette de Bairaclí Levy's Book:  
*Common Herbs for Natural Health*

(©1996, Faber and Faber)

## Young's Formula for Dosing Children



- **The child dosage is equal to the adult dosage multiplied by the child's age in years, divided by the sum of 12 plus the child's age.**
- Useful if the weight of the child is unknown.

## Young's Formula for Dosing Children

$$\text{Adult Dose} \times \left( \frac{\text{Age}}{\text{Age} + 12} \right) = \text{Childs Dose}$$

- **[Age / (Age + 12)] x Recommended Adult Dose = Pediatric Dose**
- **5 year old child would receive 4 ml. of elderberry syrup where the adult dose is 15 ml.**
- **2 year old would receive 2 ml. of the same elderberry syrup.**

## Herbal Apothecary



Many moms end up using over the counter drugs because they don't stock up on herbs during the harvest season.

Drugs can be found at the drugstore but herbs may be harder to find in the dead of winter.

Your herbal apothecary takes some planning.

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## Lesson 2 preview

# In the next lesson you'll learn:

- Ways to get children to take herbs
- Childhood illness and herbs
- Keep a childhood health journal
- When to see a doctor