

# **Using Herbs with Children**



3

## Herbal Habits



# 01

When we use herbs with childhood illness we train our children how to use herbs as adults.



# 02

Let your food be your medicine is one of the first caveats to natural healing.

# 03

Good health habits formed  
in childhood will last a  
lifetime.



## Herbs and Children -- Lesson 3

# In This Lesson, we'll cover:

- ✓ Food as medicine
- ✓ Herbs for Growing Pains
- ✓ Herbs for Childhood Dental Health



**Food as medicine**

**A healthy traditional diet that is rich in: Organic fruits and vegetables**

**Healthy fats** (Coconut oil, olive oil, grassfed tallow, for instance)

**Grassfed or organic meat and poultry**

**Organic whole grains**

**Naturally fermented foods**





Low in sugar and processed foods



For more information on Traditional Diets look to the [Weston A. Price Foundation](#) and website



Nutritive herbs can be added to foods that are normally consumed.

Pesto, hummus, pate, crackers, soup, broth, nutbutters, energy balls.

Herbal vinegars, syrups, infused honey, catsups, mustards, fruit jellos, popsicles



# Nutritive herbs

Stinging nettles, rosehips, burdock root, astragalus, oat straw, oatmeal, basil, parsley, spearmint, chamomile, raspberry leaf, red clover, chickweed, marshmallow.



# Nutritive herbs

Reishi, shiitake,

# Herbs for Growing Pains

Growing pains can be caused by:

Rapid growth

Deficiency in vitamin D or calcium

Collagen deficiency





# **Herbal recommendations:**

**Vitamin D supplement**

**Bone broth**

**Collagen**

**Naturally fermented food**



# Herbs for Dental Health

Avoid fluoride

Clove Oil can numb toothache – antibacterial

Tea Tree Oil can reduce bacteria in the mouth and ease tooth ache.

Silver nanoparticles can reduce bacterial load in the mouth





# **Herbal recommendations:**

**Vitamin D supplement**

**Bone broth**

**Collagen**

**Naturally fermented food**



## **Herbs for Gum Health**

Chamomile, goldenseal, myrrh,  
marshmallow, St. Johns wort,  
black currant

# Herbs for Tooth Health



- Echinacea
- Goldenseal
- Marshmallow
- Peppermint/spearmint
- Rosehips
- Sage, bee balm, thyme, oregano
- Skullcap or chamomile (useful for teething babies)
- Wintergreen (not for children under 10 – contains salicylic acid)

## Herbs and Children -- Lesson 3

# In This Lesson, You Learned:

- ✓ Food as medicine
- ✓ Herbs for Growing Pains
- ✓ Herbs for Childhood Dental Health

## Lesson 4 preview

# In the next lesson you'll learn:

- The Toxic Child
- Gut health and leaky gut syndrome
- Weston Price Foundation Recommendations
- Children's Health Alliance