

Using Herbs with Children



4

Gut Health in Kids



01

Kids are exposed to toxins in vaccines, drugs, food, and clothing.



02

They are bombarded with toxins and heavy metals from an early age.

03

Most kids get 33 vaccinations before they start of school at age 5. The cumulative effects of vaccination in children has never been studied.



Herbs and Children -- Lesson 4

In This Lesson, we'll cover:

- ✓ The Toxic Child
- ✓ Gut health and leaky gut syndrome
- ✓ Weston Price Foundation
- ✓ Children's Health Defense
- ✓ Dr. Sheri Tenpenny



The toxic child

Children who are exposed to toxins may show:

- ♥Mood swings, depression, anxiety
- ♥Slow down of development, autism spectrum
- ♥Learning problems
- ♥Stomach pain, nausea, vomiting
- ♥Sore throat
- ♥Skin rashes
- ♥Fungal infections
- ♥Nerve damage – polio symptoms



Many children receive dozens of misdiagnosis before the toxicity is addressed.



Toxicity in children

Toxicity in the environment

- Processed Food
- Infant formula / Commercial baby food
- Sugar, soda, fruit juice and junk food
- Pesticides and herbicides
- Personal Care Products



Toxicity in the environment

- Food dye, artificial flavor
- Fluoridated water
- Lead contamination
- Vaccines
- OTC medications like Tylenol
- Art supplies
- Toys





Special case: Glyphosate (RoundUp®)

When fed to livestock that are then used for human consumption of meat, milk, or eggs the glyphosate replaces glycine in the collagen matrix and can lead to skin, connective tissue, ligament, tendon, cartilage, and bone issues as the body uses glycine to repair itself.

It cannot be removed through detoxification once it is incorporated into the collagen matrix.



Detoxing

The liver is the organ of detoxification. When the liver is overwhelmed toxins are pushed out to the skin leading to eczema, hives, and psoriasis or other skin issues.

If a child has eczema one of the first ways to help is to take care of the liver using liver supportive herbs. (Milk Thistle, dandelion, burdock, yellow dock, ginger, turmeric)

The second step is to remove toxins to give the child a chance to heal.



Easy swaps

Use organic personal care products (homemade) like toothpaste, salves, lotions, deodorants, shampoo, soap, lip balm, etc.

If possible avoid vaccination in the first two years of life (Research fully)

Breast feeding is better than baby formula

If you can't do organic, try locally raised, which may have less exposure to pesticides and herbicides.

Easy swaps

Use herbal remedies rather than OTC medications for growing pains, teething, fever, etc. (elderberry, echinacea, oregano oil)

Vitamin D, C, B, are necessary for growth



Easy swaps

If cornmeal is a regular part of your cooking, use an organic brand that has been nixtamalized to provide calcium and B vitamins to prevent rickets and reduce growing pains.



Gut Health and Leaky Gut Syndrome

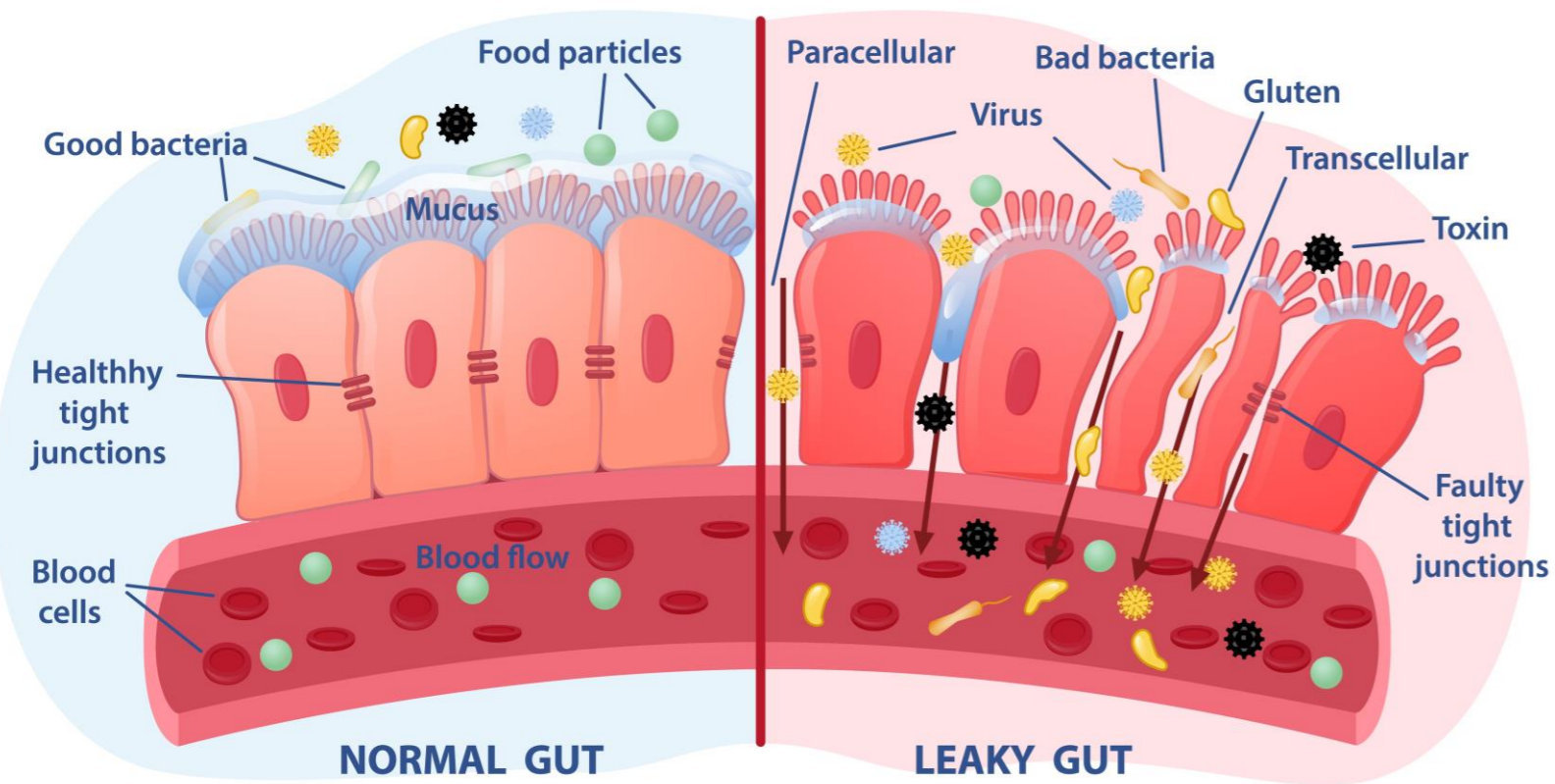


See the Masterclass:

**Herbs for the Lower Digestive System,
Lesson 4, for more details on healing a
leaky gut.**

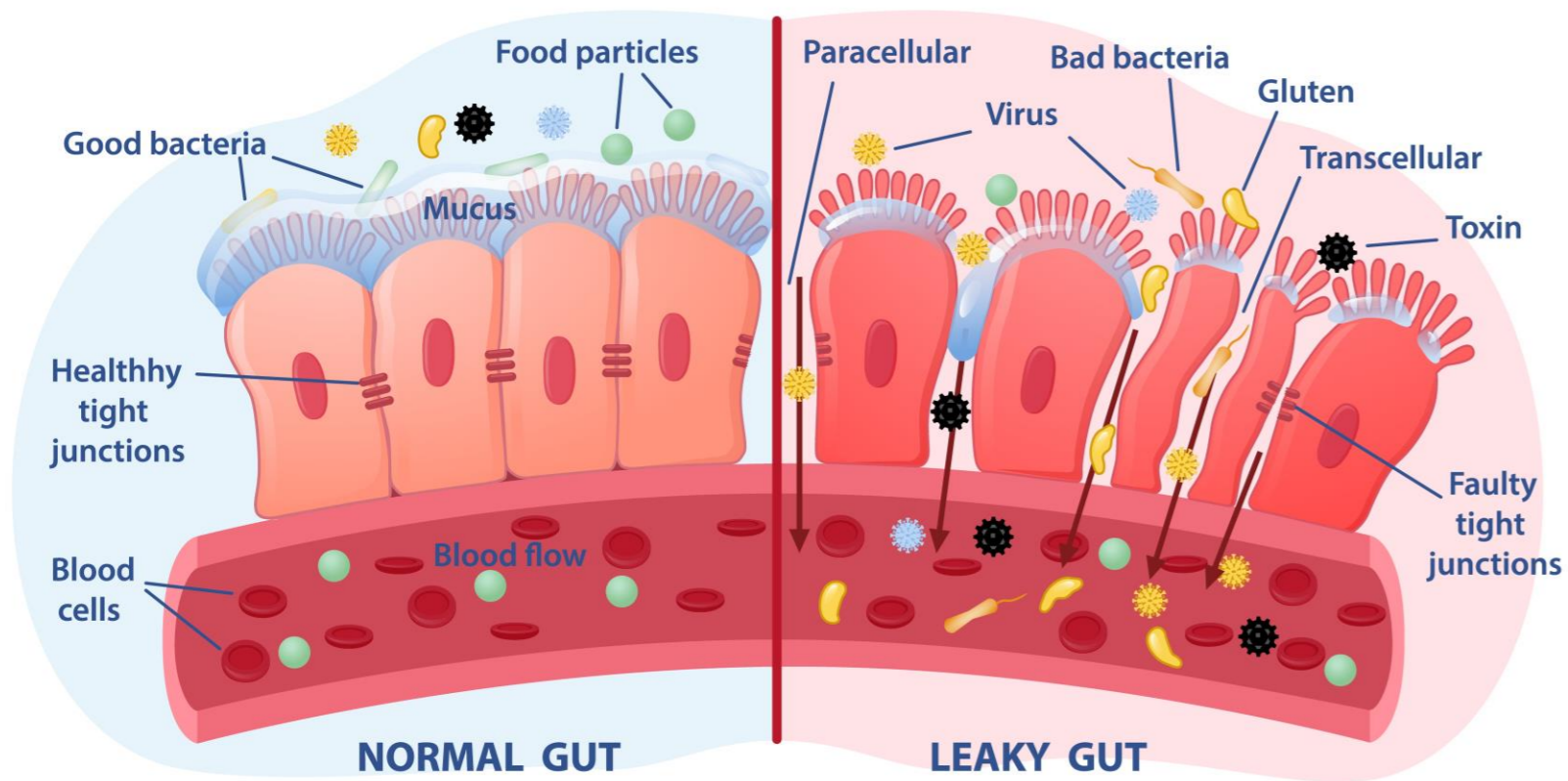
A leaky gut is a very common disorder that affects not just digestion but the whole system.

LEAKY GUT SYNDROME



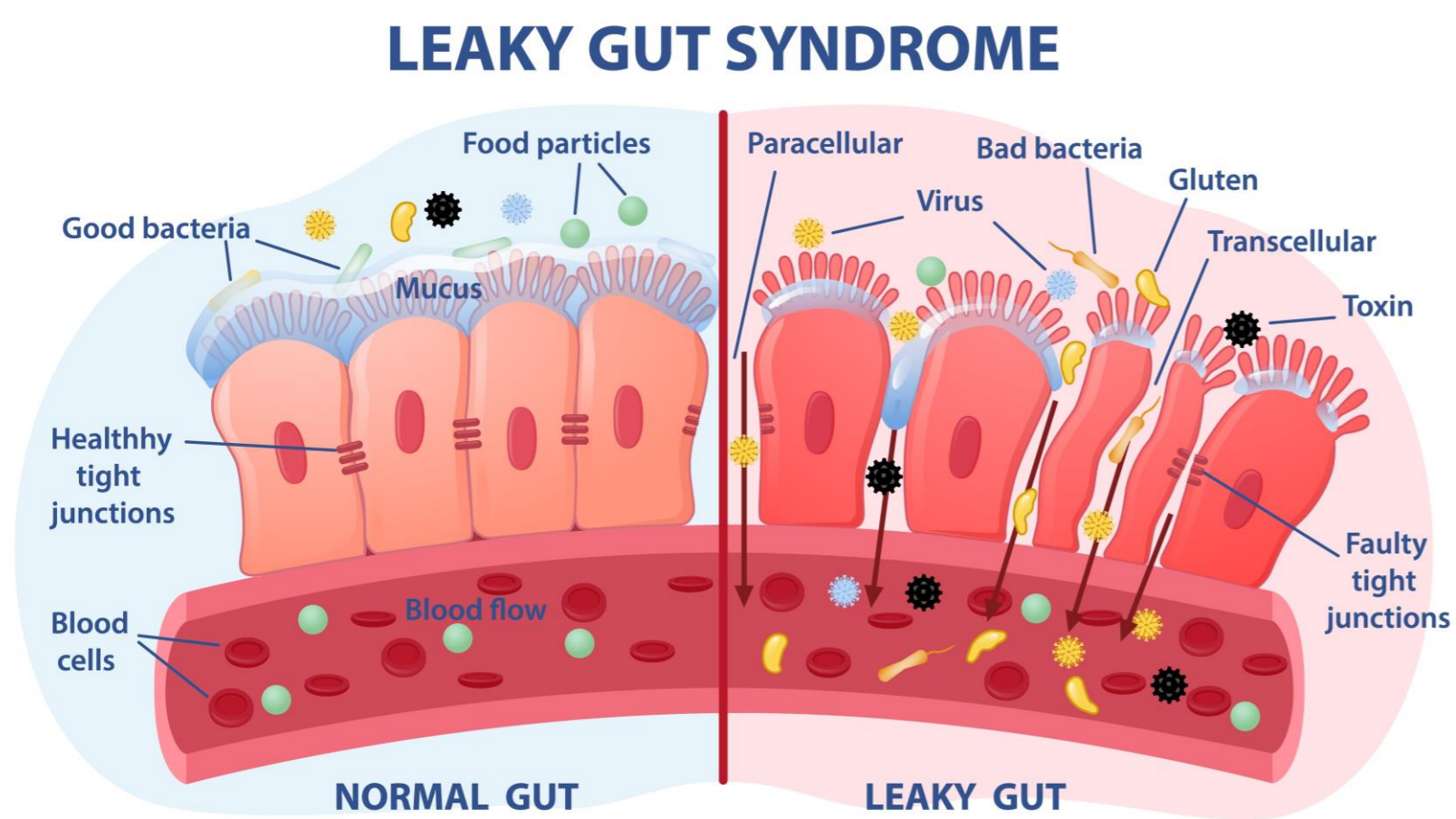
It can lead to food allergies, sensitivities, skin problems, stomach and bowel pain, fatigue, autoimmune disease, and chronic inflammation

LEAKY GUT SYNDROME



Leaky guts can happen from

- sickness or vomiting
- antibiotic and other prescription drug use
- vaccination
- yeast overgrowth (Often after antibiotic use)
- Ulceration or compromise of the intestinal lining



Correcting the leaky gut can resolve some food sensitivities, reduce inflammation, and lessen the severity of some symptoms.

Interventions for Leaky Gut



- Elimination Diets
- Changing Eating Patterns/Habits
- G-I tract cleanse with herbs
- Digestive Enzymes and Supplements
- Pro-biotics and Prebiotics
- Herbs

Bone Broth

The gelatin in bone broth heals the stomach by giving it the collagen to rebuild.

Gelatin also aids the liver to detoxify



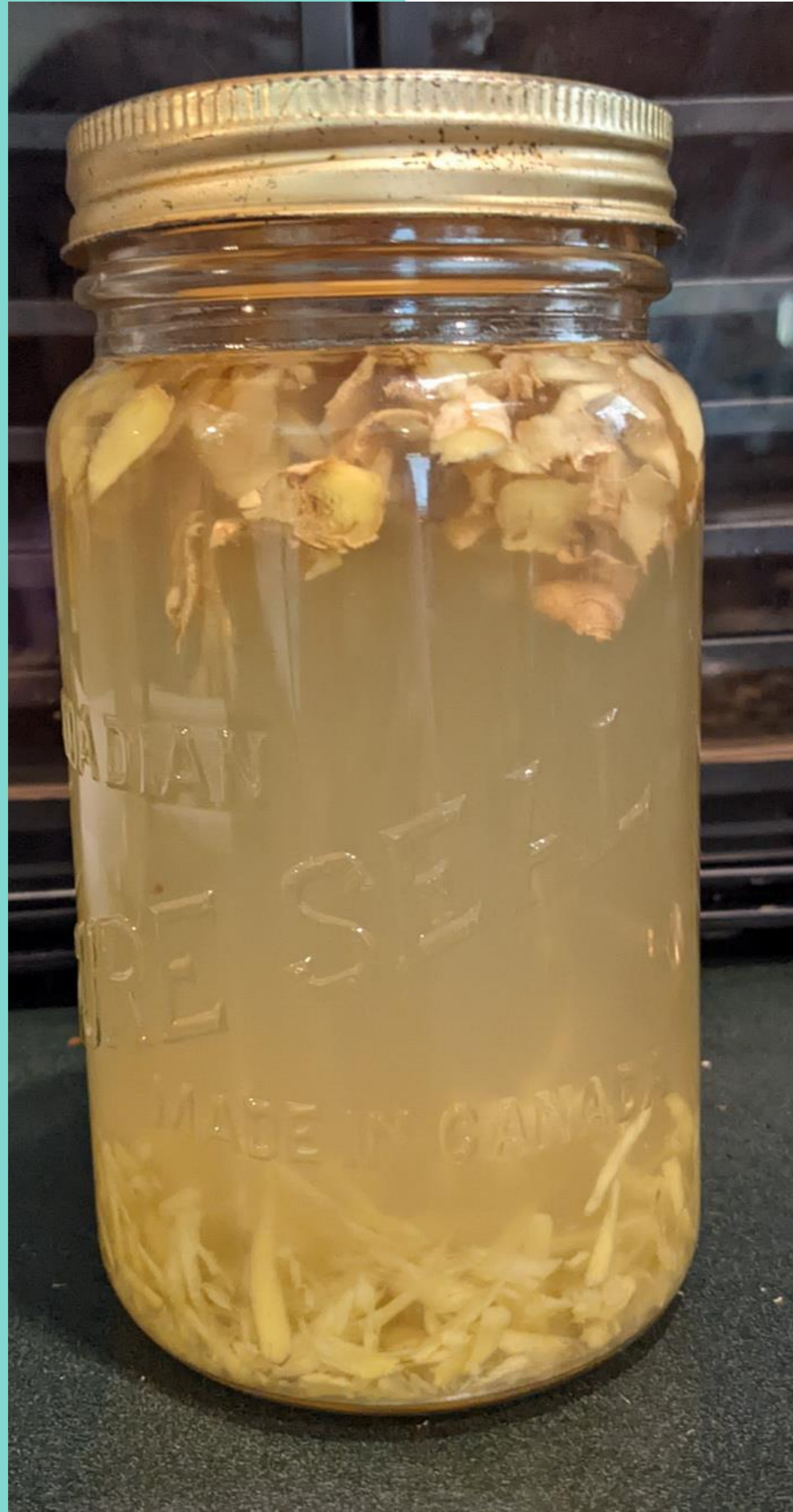
Prebiotic Herbs

Prebiotic herbs give the gut microbiome stability

- Dandelion Root
- Burdock Root
- Flax seed
- Oat Straw
- Garlic



Probiotic Foods



Naturally Fermented food eaten daily

- Ginger Bug
- Sauerkraut or Kimchi
- Yogurt
- Pickles
- Honey fermented garlic
- Kombucha

Resources: Weston Price Foundation

<https://www.westonaprice.org/>

Weston A. Price Foundation



- Information about traditional diets
- Health benefits of saturated fats
- Health benefits of raw dairy
- Health benefits of naturally fermented foods
- Recipes and resources for implementing a natural food diet

Resources: Children's Health Defense

<https://childrenshealthdefense.org/known-culprits/mercury/thimerosal-history/research-critiques/>

Children's Health Defense



- Robert F. Kennedy Jr. provides research about vaccine injury and legal remedies
- Research of links between mercury toxicity and autism
- Research into known culprits of chronic disease in kids
- Regular programming (video/podcasts) to provide information and solutions.

Resources: Dr. Sheri Tenpenny

Integrative Medicine Doctor

<https://www.tenpennyimc.com>

Extensive vaccine researcher

Allergy doctor

Herbs and Children -- Lesson 4

In This Lesson, You Learned:

- ✓ The Toxic Child
- ✓ Gut health and leaky gut syndrome
- ✓ Weston Price Foundation Recommendations
- ✓ Children's Health Defense
- ✓ Dr. Sheri Tenpenny