

# Children's Health Tips

**PLEASE NOTE:** In accordance with FDA regulation, we do not make any therapeutic claims for any Dietary Supplements in accordance with the Dietary Supplement Health and Education Act. The products listed are for nutritional support only and are not intended to cure, prescribe, diagnose, or replace proper medical advice. If you are having a serious medical problem, please seek proper medical attention.

To help your child's immunity and the power of the healing that is already within their body, begin by removing artificial sweeteners, artificial coloring, and artificial flavoring from their diet. Use stevia mix drinks instead of fake colored drinks. Encourage fruit instead of candy. Most children have been on anti-biotics, so consider a good pro-biotic (acidophilus, etc...).

## **PLEASE SEEK MEDICAL ATTENTION IF YOU DO NOT KNOW HOW TO PROPERLY USE HERBAL REMEDIES. KEEP YOUR DOCTOR INFORMED.**

The below health tips are for children above 2 years of age. Adjust dosages depending on the age of your child and their body. To begin, you may want to cut all the dosages into  $\frac{1}{4}$  the recommendations and see how your child responds. Increase dosage amount as you monitor how they respond. The supplements listed below are very safe. Seek a nutritionally aware licensed medical doctor if you need more support.

**Chicken Pox:** Oatmeal soap, baths, etc... Internally, use Nature's Immune Stimulator, 1 capsule, 3x day. VS-C Liquid 5 drops every hour. Liquids beverages very important.

**Common Cold:** Echinacea /Golden Seal Liquid - 3 drops every hour. Tap on sternum (middle of chest) lightly. CC-A Liquid - 3 drops every hour. Keep liquids in them, preferably 100% juices. Protease Plus - 1 capsules, 3x day empty stomach (mix with any pulp free juice).

**Cough, Dry:** Add a humidifier to room. Protease Plus - 1 capsule 3x day empty stomach. Ayrv. Bronchial Formula - 1 capsule 2x day. Seek out the cause if this is a continual problem.

**Cough, Wet:** Fenugreek/Thyme 1 capsule 3x day or ALJ. Protease, Hi Potency - 1 cap 3x day empty stomach. Naturade Cough Syrup. Seek out the cause if this is a continual problem.

**Diarrhea:** Slippery Elm 1 capsule 6x day. Charcoal 1 capsule 3x day. Recovery (by NSP) 2x day. Keep liquids coming in. Seek professional help if you cannot get it under control.

**Ear Infection:** CBG Combination 1 drop in ear 2x daily. Take CBG Combination internally also, 10 drops 4x day. Protease Plus - 1 capsule, 3x day empty stomach (mix with juice).

**Ear Ache:** Lobelia Liquid, 1 drop in ear as needed (3x day max.).

**Fever:** Monitor Closely, immune system is working. Colloidal Silver, 1 teaspoon, 3x day. Ginger capsules or Ginger Candy. Hi Potency Protease - 1 capsule, 2x day.

**Flu:** VS-C Liquid 5 drops every hour. Nature's Immune Stimulator - 1 capsules, 3x day. Protease Plus - 1 capsule, 3x day empty stomach (mix with any pulp free juice).

**Lice:** Tea Tree Oil mixed with shampoo. 1 oz of Tea Tree Oil to 12 oz. Of Shampoo. Let it soak in the hair 5 minutes before rinsing. Do this everyday until lice is gone from hair/body.

**Parasites:** Black Walnut liquid as directed on the bottle. Garlic Oil 1 capsule 3x day.

**Snotty Nose:** ALJ Liquid 10 drops every 2 hours and Hi Potency Protease - 1 capsule, 2x day.