



The Wellness Family

Dr. Brayton Keeps You Informed

Home Remedies

Wellness parents understand that over-the-counter “medications” are nothing more than chemicals and they choose not to use them unless absolutely necessary. As such, they recognize the value of natural, home remedies. Health and wellness go hand-in-hand and it all starts at home; before reaching for a pharmaceutical or over-the-counter chemical look for healthier choices.

Chamomile

As a tea or remedy, Chamomile is considered the great soother. Useful for upset stomachs, tummy aches or colic, muscle or menstrual cramps, eye inflammation, chest congestions, and ear, nose and throat issues.

Depending upon the need, chamomile can be used in many ways. To make a tea, poultice or compress, place 2 to 3 tablespoons or 2 or 3 tea bags of organic chamomile flowers in hot water and let it steep for 3 minutes. To make a poultice, use the soaked chamomile flowers. If making tea or a compress, strain prior to use.

Chamomile essential oil is also helpful if diluted in a carrier oil and massaged into the skin or being applied as an oil compress. Unfortunately, due to its relationship to ragweed, some children may have a reaction to chamomile; if that is the case, discontinue its use immediately.

Apple Cider Vinegar

Considered one of the most useful items in your kitchen, Apple Cider Vinegar has many benefits. If your child is fighting off a cold and struggling with head and chest congestion, boil one part vinegar to two parts water in a sauce pan on the stove and help your child stand near the stove to inhale the steam. This will break up the congestion, and with a more productive cough your child will soon feel better.

Perhaps a sore or raspy throat came with that cold. Put a tablespoon of vinegar in an 8 oz glass of water, gargle and swallow. Or, for something a little more palatable, try 1 cup hot water, 2 tablespoons of honey and 1 teaspoon of vinegar instead.

If your child is also suffering with a mild-fever, don't reach for an over-the-counter remedy, which are known to cause the following side-effects: headache, nausea, chest congestion and diarrhea. Instead reach for a bottle of Apple Cider Vinegar. Soak a pair of your child's cotton or wool socks in the vinegar, wring them out, and have them

wear them until the socks are partially dry. This can be repeated throughout the day and will help to lessen your child's fever.

Vinegar has several more home remedy applications that have nothing to do with a cold. If applied directly to a sunburn, vinegar will sooth and remove the sting, while ¼ cup added to your bath water will relieve dry and itchy skin.

Echinacea

Echinacea, commonly known as the purple coneflower, is one of the top-selling herbs in North America and best know for its ability to boost the immune system. Unlike antibiotics, which kill bacteria, Echinacea stimulates the production of white blood cells and helps your



Progressive parents choose natural remedies when intervention is needed.

body attack viruses and fight colds, coughs, flu and other respiratory conditions. Available in liquid and tablet form, this herb is a must-have for a healthier family. If you know that your little one has been exposed to the cold or flu, talk to your Family Wellness Chiropractor about Echinacea and boosting your child's immunity.

Lemon

Lauren Feder, M.D., pointed out in her book, *Natural Baby and Childcare*, “Like its neat, segmental structure, the lemon's role is to organize and rearrange the conditions necessary to speed healing.” Lemon's cooling and calming properties make it an excellent remedy for fevers and stress. Specifically, lemon is useful for fevers, bronchitis, a tickle in the throat, watery or runny nose or eyes, sore throat, allergies and/or hay fever, and stress or fatigue; used in wraps, a compress or poultice as well as vapor inhalation or aromatherapy treatment.

When preparing the lemon for use, it's important to cut the lemon (preferably organic) in a bowl of warm water. This is important to capture the aromatic oils from the skin. Lemons can be sliced or starred. To make a lemon star, cut a lemon in half and place the halves in a bowl of warm water. Slice each half underwater five times from the

