

# Open House 2.28.09 1-4 pm

Come visit our new  
Environmentally Friendly office!

- Free yoga demonstrations & office tours.
- Meet & greet with Dr. Dhanu Sant and staff.
- Light refreshments provided.

Call for further information!

**614.298.KIDS**



## Part 2-Wholistic Remedies

Part II of our winter newsletter is a focus on a discussion of the different symptoms that occur with colds and coughs. The discussion of each symptom includes management with natural remedies that can be easily used at home.

Please call us for any questions or concerns.

## Congestion

Mucous is the body's way of trying to rid itself of the virus by creating a hostile environment in the nasal passages. The following suggestions are some possible remedies to deal with congestion.

- Saline drops or spray – Can be used several times a day to thin mucous in the nose and help drainage.
- Neti pot – this is a simple pouring device that allows a mild salt water solution to be poured into the nasal passages promoting drainage of the sinus passages.
- Vaporizer or Humidifier – warm mist is preferable for colds and coughs.
- Sinupret is an herbal product that has been used for many years in Europe. It is a combination of several herbs that can help support normal sinus function. If your child is under the age of 2 years, please call for dosage guidance.

## Cough

Cough is a natural protective reflex to irritants such as an allergy, smoke or a cold. However, some coughs will prevent much needed sleep which is very important in fighting an illness. Some possible cough remedies are discussed below.

- **Honey:** Recent studies in 2007-2008 showed that honey was more effective than over the counter cough syrups in reducing cough. In these studies, buckwheat honey was used which is the darker honey. Buckwheat honey can be easily found at most grocery stores. Children can be given 1-2 teaspoons of honey 2-3 times daily especially prior to bedtime when coughs tend to worsen. **IMPORTANT: HONEY SHOULD NOT BE GIVEN TO CHILDREN AGE 1 YEAR OR YOUNGER.** Honey may contain the inactive form of the botulism bacteria and in immature infant (under age 1 year) can cause botulism.
- **Chocolate:** Chocolate has an ingredient in it called theobromine and dark chocolate has more than milk chocolate. studies show that theobromine is more effective than codeine for coughs, lasted for 4 hours and had no side effects. So how much of this treat can one have to treat a cough? About one ounce (1-2 small squares) should be sufficient to treat the cough and get some sleep.

## Sore Throat

Sore throats due to a cold occurs with irritation from nasal drainage from the nasal passages and repeated coughing.

- Gargle with warm salt water. Add about an 1/8th tsp to 1oz warm water. Gargle for 10-20 seconds several times a day.
- Gargle with garlic/ water solution. To make solution, add six pressed garlic cloves into an 8oz.glass of warm water.
- Turmeric is an antiseptic and anti-inflammatory. It can be taken for a sore throat or cough with some warm milk. Add ½ to 1 teaspoon to 4-6 oz. of warm milk and drink. This remedy is somewhat bitter tasting as turmeric is a bitter spice.

## Fever

A fever is one of the most worrisome things for parents. There are long-standing concerns about seizures and death from fevers. However, many of the infections that used to cause death are now treatable with antibiotics or preventable with vaccines and improved hygiene.

Bacteria and viruses can more easily cause infection at the body's normal temperature of 98.6. Raising the core temperature by a few degrees helps the body fight off an infection. Brain damage will not occur unless the fever is about 107° F and seizures occur when there is an unusually rapid rise in the fever. Most illnesses cause a gradual rise in the fever as the body works hard to fight off the invader.

So, it is important to remember that fever is a friend. Fevers do not have to be treated unless the child is not drinking, is irritable or unable to sleep. If a fever needs to be treated, the following are a few suggestions

- Keep body warm with light layers
- Continue to push fluids
- Homeopathic medications such as aconite 30x or belladonna 30x are useful and well tolerated.
- Acetaminophen (Tylenol®) can be given. Be sure to follow the dose based on your child's weight. This medication can be given every 4 hours as needed for fever or pain. Acetaminophen can be hard on the liver especially when the body is stressed so use only when needed.
- Ibuprofen (Motrin®) can be given every 6-8 hours and the dose given should be based on your child's weight. Ibuprofen is an anti-inflammatory tagent and often works well for aches and pains associated with fever. Ibuprofen should be taken with plenty of fluids.

## What Not To Do

- Vicks Vapor Rub: Some of the ingredients can be irritants, causing the body to produce more mucous to protect the airway triggering severe breathing problems.
- Alcohol baths – alcohol can be absorbed through the skin and there is potential in young children for alcohol poisoning. In addition, alcohol will cool the skin quickly leading the body to shiver and increase the core body temperature which is exactly the opposite effect desired.
- Over the counter cough/cold medications in children <6years of age. Studies continue to show these medications are not effective in young children and have possible side effects.
- Do not alternate between acetaminophen and ibuprofen. Record keeping is cumbersome and the risk of overdose rises dramatically. There is no data to suggest that this is an effective strategy to treat fever.

**For questions or concerns regarding whether your child needs to be seen, please call the office at 614.298.KIDS.**