



## Home Remedies

At the first sniffle of the nose or tickly cough it is important to get immune support going right away. There are things you can do that are at your fingertips in your own home! Always remember to go to the doctor to be checked out too if needed.

### In the Kitchen:

- Drink lots of water-  $\frac{1}{2}$  of your child's body weight in ounces every day especially when sick. (Ex: 50lb=25oz of water a day). If breastfeeding or using formula, continue with regular feedings.
- Gargle with salt water- add some lemon juice for added anti-microbial effect.
- Coconut oil- Take a spoonful straight or mix it into a favorite soup to help kill the virus.
- Garlic and onions- Helps fight bacteria and viruses. They are great for a cough as they are drawn to the lungs, noted by the stinky breath after eating them.
- Bone broth soup- not just chicken soup, but bone broth to get all of the good immune support from the bone marrow. Add in lots of veggies for a powerful anti-oxidant affect too.
- Ginger and Cinnamon: These are warming spices that help to keep circulation going that transports the immune system. Great to help support a fever to do its job or for a child that just can't get warm. These two can also be quite soothing to an upset stomach.
- Avoid sugar- Decreases your immune system up to 50-75% for 4-6 hours after eating it. It also feeds the bacteria to give them energy and help them grow.

### Medicine Cabinet:

- Vitamin C- Our cells use 50 times the amount of vitamin C in our immune cells when we are sick. Therefore, it is important to have plenty around so our immune system can work. Watch out for orange juice as the amount of sugar in it outweighs the benefit of the vitamin C.
- Zinc- It inhibits viral replication and is a powerful anti-oxidant.
- Vitamin D- It is primarily made from sun exposure which happens to go down just in time for cold and flu season. Vitamin D increases the immune response to viral infections, so having enough on board is important to fight infections.

### In the Bathroom:

- Warming socks/shirt/scarf: This helps to increase blood flow which carries our immune system where it needs to go. After a nice hot bath, take a thin pair of socks/shirt/scarf and wet them with cold tap water and wring it out so it is not dripping. Then put on nice wool socks/scarf/sweater to help wick moisture away. Put your child in to bed under the covers and let them fall asleep. They should become nice and hot, promoting sweating and detoxification, and the wet socks/scarf/shirt should be dry when they wake up.
- Hot steam showers: It helps to break up the mucus and get them to take nice deep breaths, opening up the lungs. It can also be done with a steaming pot on the stove, and a towel over the head. Be careful no one gets burned. Use thyme or rosemary fresh or essential oil for added benefit.
- Neti pot/saline drops: A neti pot or saline drops help to break up the mucus and kill any infection present. The neti pot aids in the movement of the mucus out, while saline drops require a bulb suction to get it out.

### Always Remember:

Get plenty of rest! Kids are resilient and often have energy even when they are sick. Make sure they don't get too wild. Taking a day off of school with early signs may prevent 3 days of missed school later.