





7 TOP HERBAL MEDICINES Every Doctor Mom Must Know!

MINDSET

Reminder, Mama! Select herbal medicines are safe to use starting at 6 months of age and safe to use once we review a few safety tips you learn in Med School for Moms. We've got you covered! Herbal medicines will help strengthen your child's body to fight illness faster and some will even prevent illness from occurring in the first place!




REMINDER ABOUT SAFE DOSING: USE CLARK'S RULE! Take your child's body weight in pounds and divide by 150. Take this number and multiply by the adult dosage recommendation. Generally, children between 50-75 lb get 1/2 the adult recommended doses and children between 25-50 lb get 1/4 of adult recommended dose.



HERBAL MEDICINE	MAIN INDICATION(S)	SPECIFIC ACTIONS	NOTES
<p>ELDERBERRY</p> 	Gentle anti-viral, cough reducer	Reduces viral replication and reduces irritating coughs.	Can be taken daily. Best taken seasonally.
<p>ASTRAGALUS</p> 	Immune-modulator	Popular Chinese medicine herb to boost immune system and prevent infection.	Can be taken daily. Best taken seasonally. Berry Well Immune contains astragalus along with other immune boosting nutrients.





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ANDROGRAPHIS 	Anti-microbial and immune stimulant	Reduces viral replication and builds strong immune system to help fight infections.	Can be taken seasonally. Best taken during illness.
ECHINACEA 	Anti-microbial and immune stimulant	Helps build a strong immune system so white blood cells are ready to fight.	To be taken only during illness.
MATRICARIA (CHAMOMILE) 	Calms nervous system and reduces stomach pain	Useful to calm children that are agitated especially with stomach pain, gas or who have difficulty sleeping.	Can be taken daily. Warm tea is best.



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<p>LEMON BALM</p> 	<p>Calms nervous system and reduces stomach pain</p>	<p>Great during fevers to relax child's nervous system, can help relax before bedtime, reduces gas formation and lifts mood.</p>	<p>Can be taken daily or as needed.</p>
<p>GARLIC/MULLEIN</p> 	<p>Strong anti-microbial and reduces pain</p>	<p>Most helpful for ear pain applied inside the ear (warm oil before applying).</p>	<p>Not to be used if your child has a perforated eardrum or ear tubes.</p>



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MASTERY

TIP FOR STAYING CONFIDENT:

Start with just a few herbs and learn them well. Then you will feel confident in how to use them. The herbs listed above are safe in children and are a great place to start. Remember, all of our plant based foods have some medicinal properties and herbs are part of the plant kingdom.

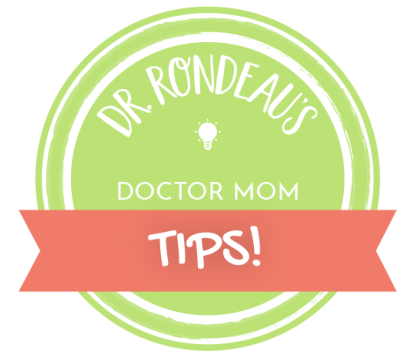
TIP FOR STAYING COMPETENT:

Favorite resources to share include:

"Naturally Healthy Babies and Children" by Dr. Aviva Romm
"Encyclopedia of Natural Healing for Children and Infants" by Dr. Mary Bove

TIP FOR STAYING CALM:

Follow your Mama Bear instincts. If you are uncomfortable, seek out an opinion from your doctor.



READY TO LEARN MORE?

For more detailed information, watch

Doctor Mom's Medicine Course



For more information on dosing and instructions, check out

Doctor Mom's Master Guidebook



To learn more about our favorite remedies, visit

Medicine Favorites

