

Herbal Medicine and Herbal nutrition for children

Children's bodies require proper nutrition to grow and develop properly. Proper nutrition also contributes to avoiding various health conditions including the following; ¹

- *Diabetes
- *Osteoporosis
- *heart Disease
- *High Blood pressure
- *Anemia
- *Dental Cavities
- *Cancer

A staggering 15-18% percentage of children in The United States are living with chronic health conditions.² It is common for children to deal with a number of health issues during infancy and childhood, most of these are minor and a common part of childhood.² Herbal support is a great way to get extra nutrition as well as treat minor and common health issues.

Some Great Herbs for nutrition:^{3,4}

Nettles (Urtica spp.) Nettles can be used in a variety of ways including cooked into meals or made into a tea. Nettle is an excellent source of Calcium.

Rosehips (Rosa canina) contain many vital nutrients including vitamins C,A,E and B. This is a delicious fruit that may be added to meals or made into a tea.

Hibiscus (Hibiscus sabdariffa) can be made into a tea containing high amounts of vitamins including Vitamin C, it can also ease digestive concerns and cold symptoms.

Alfalfa (Medicago sativa) makes a tea that is an excellent source of many vital vitamins for children.

Red Raspberry (Rubus idaeus) containing Iron, calcium, Folate, Vitamin C and Zinc it can be made into a highly Nutritious tea

Vitamin Boost Herbal Popsicles

Make a tea using

1tsp Dried Alfalfa

1tsp Dried Hibiscus

1tsp Dried Nettles

1tbs honey or maple syrup.

1.5-2 cups water depending on the size of your popsicle tray mould.

Put dried herbs into a teapot and pour boiling water over top. Let sit for 20 minutes and strain out the herbs. Stir in honey or maple syrup.

Pour the tea into popsicle Trays filling about $\frac{2}{3}$ of the way up. Add in chunks of fresh or frozen fruit of choice bringing the liquid level up to the top. Put in the popsicle handles and let freeze in the freezer. Run the tray under warm water for 1-2 mins before trying to remove the popsicles. This will loosen them from the edges making them easier to remove.

You may also Use Herbs to ease common childhood issues. Below are a few ideas.

Some Herbs for common childhood issues:^{3,4}

Lemon Balm (*Melissa officinalis*) can be made into a tea to ease anxiety, sleep issues, cold and flu and may be used topically to ease skin issues.

Peppermint make into a tea to ease tummy ache, heachache and ease cold and flu symptoms. Peppermint has a pleasant flavour most children enjoy making it nice to add to blends of tea.

Plantain Made into a tea for diarrhea, upset stomach and cough. Made be made into a poultice for treating insect bites and slivers.

Elder Berry and Flower (*Sambucas spp*) ElderBerry is loved by children and used for cough, cold and flu. The flowers are often used in recipes when fever is present.

Thyme(*Thymus vulgaris*) used as a tea for Cough, whooping cough, colic and headaches.

Cold and cough Tea:

1tsp dried thyme

1tsp dried Peppermint

$\frac{1}{2}$ tsp of honey or maple syrup

1 cup water

(remember to dose appropriate to the child's age and size)

Herbs can be a safe and fun way to get extra nutrition into a child's diet; as well as using them to ease and treat common childhood ailments.

Not all herbs are safe. You should understand any herbs you are using before using them and openly discuss incorporating herbs with your medical professional.

Written By Amanda Mathers
www.myholistichomebotanicals.com

- 1 <https://www.cdc.gov/healthyschools/nutrition/facts.htm>
- 2 <http://www.med.umich.edu/yourchild/topics/chronic.htm>
- 3 www.heartofherbs.com Masters herbalist program
- 4 Herbal Healing for Children, Written by Demetria Clark