

Natural Health for Kids

Parents frequently ask me how to keep their kids healthy. The best strategy is to keep your child's immune system strong so that they can better fight off illness. Start with a good diet. Avoid sugar and white flour products. Sugar slows the activity of our immune cells, feeds bacteria, and depletes the body of critical vitamins. Choose whole grain, high-nutrient, unprocessed foods. A multiple vitamin and mineral supplement is also a good idea. Find them in a health food store to avoid the additives in most supermarket varieties.

Also consider the possibility of food allergies. Very often what looks like a cold is actually an allergy. Watch out for milk, corn, wheat, and artificial preservatives, flavorings and colorings as the most problematic. For pain relief and healing, try herbal teas like chamomile and peppermint. Also check out homeopathics (also at a health food store). These are completely safe, very effective, and without side effects.

Most important, listen to your intuition. Often a child's illness is a call for love, affection, or quiet time. A hug is powerfully healing. Parents with good intentions often rush in with drugs for their sick child. With the rampant drug abuse in our society, it's important that we consider the messages we send our children about a pill being the solution. Keep in mind, too, that many drugs, like decongestants, have been shown to prolong illness so always use them with caution.

Yours in health,

Dr. Rick

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