Lecture posted at www.healthychild.com
the holistic baby guide

Alternative Care for Common Health Problems

RANDALL NEUSTAEDTER, OMD
Building Immune Function

Symptoms
• Preventing viral illness
• Recurrent colds and ear infections
• Chronic sinus congestion
• Allergies
• Asthma

Treatment
• Holistic Individualized Treatment Plan
• Diet and Nutritional Supplements
Managing Acute Illness

Illness patterns

• Fevers
• Colds and sore throats
• Flu

Treatment methods

• Chinese herbs
• Homeopathy
• Nutritional supplements
Whole Foods Diet

- Fruits, vegetables
- Soups, stews
- Whole grains
- Beans, nuts
- Organic and free range meats and eggs
- Organic dairy products
Foods to Avoid

- Corn syrup, sugar, fruit juices
- Partially hydrogenated oils
- Fried foods
- Polyunsaturated oils
- Processed grains
- Artificial sweeteners, preservatives, colors
- Soy
Prevention and Immune System Support

- **Vitamin D3**
  - babies 1,000 IU
  - children 2,000 IU
  - adults 5,000 IU

- **Probiotics** (Lactobacillus/Bifidobacteria)

- **Omega 3 Fats EPA/DHA** (fish oil)
  - Children 250-500 mg of each
  - Adults 1500 mg EPA

- **Colostrum/Whey** (lactoferrin, immunoglobulins)

- **Vitamin C** 1-2 gm
Omega-3 Sources
Pediatric Dosage Calculation

To calculate a child’s dose if you know the adult dose of a supplement, here are two formulas:

• Divide the weight in pounds of the child by 150 to give the approximate fraction of the adult dose. (A 20 pound baby divided by $150 = .13$ or 13 percent of the adult dose)

• Divide the age of the child in years by (the age of the child plus 12) to give the fraction of the adult dose. (A 3 year old divided by $3 + 12 = 3/15 = .20$ or 20 percent of the adult dose)
Chinese Concept of Wei Qi

- Protective shield
- Strong Wei Qi protects the body from pathogens and wind cold invasion
- A strong body will build strong Wei Qi from Qi derived from air and food
- Wei Qi can be fortified with herbs
Chinese Herbal Support for the Immune System

Building Wei Qi

Mushroom formulas with Astragalus

- Resilience (CMW)
- Astra 8 (HC)
- Immune + (Evergreen)

Astragalus herbal formulas

- Swine Flu Season Immune Plus JF
Astragalus (Huang qi)
Astragalus (Huang qi)

- Adaptogen
- Antioxidant
- Antibacterial, antiviral
- Stimulates interferon production
- Anti-inflammatory
Medicinal Mushrooms

- Cordyceps
- Ganoderma (Reishi, Ling zhi)
- Shiitaki
- Maitake (Grifola)
Cordyceps
Ganoderma (Reishi, Ling zhi)
Shiitaki
Maitake (Grifola)
Dosage of Herbs For Children

• Liquid extracts
  Babies - 1-2 droppers 2-3 times/day
  Toddlers&Kids - 3 droppers 2-3 times/day

• Granules, pills, or powders dissolved in boiling water make into gravy
  1 cc + 1 for every year old
  5-6 cc max = 1 tspn
  3 times/day
Homeopathy in Acute Illness Patterns
The Homeopathic Principle

Law of Similars

Use a medicine which is capable of causing similar symptoms to those of the disease state.

Gk. *homoios* – similar  *pathos* - disease
Totality of Symptoms

The Homeopathic Case

1. Mental
2. Emotional
3. Physical

Modalities (modifiers)
Sore throat case

- Irritable, cranky
- Left sided sore throat
  - Worse during sleep
  - Better from eating
  - Worse hot drinks, better cold drinks
- Tender lymph nodes
- Patient is hot

Rx: Lachesis

- Irritable, cranky
- Sharp, sticking pain
  - Better hot drinks, worse cold drinks
- Tender lymph nodes
- Patient is cold

Rx: Hepar-sulph
Samuel Hahnemann
1755-1843
Hahnemann Monument
Washington DC 1900
Homeopathic Pharmacology
Homeopathic Attenuation

- Dilutions – curiouser and curiouser
- High potency – Low potency
- Decimal X – Centesimal C
- 6, 12, 30, 200, 1M, 10M
- Beyond Avogadro
- The memory of water
Acute Prescribing

- Viral illness (colds, flus, otitis, pneumonia, meningitis, herpes, exanthems)
- Bacterial illness (strep throat, bronchitis)
- Colic, teething,
- Allergic reactions, poison oak
- Food poisoning
Dosage in Acute Prescribing

- **Low Potency** (6, 12, 30 X or C)
  - Repeat q 3hr until symptoms change
  - Stop, wait, re-evaluate
  - Prescribe second remedy if needed

- **High Potency** (200, 1M) single dose
  - Observe for change
<table>
<thead>
<tr>
<th>Conditions</th>
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<tbody>
<tr>
<td>Abdominal Pain</td>
<td>Fevers</td>
</tr>
<tr>
<td>Bites and Stings</td>
<td>First Aid and Injuries</td>
</tr>
<tr>
<td>Chicken Pox</td>
<td>Headaches</td>
</tr>
<tr>
<td>Colds</td>
<td>Rashes and Hives</td>
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<tr>
<td>Colic</td>
<td>Red Eyes</td>
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<tr>
<td>Coughs</td>
<td>Sore Throats</td>
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<tr>
<td>Diarrhea</td>
<td>Styes</td>
</tr>
<tr>
<td>Earache</td>
<td>Teething</td>
</tr>
</tbody>
</table>
Homeopathic Home Prescribing Books

• *The Homeopathic Emergency Guide*, Thomas Kruzel, 1992

• *American Institute of Homeopathy Handbook for Parents*, Edward Shalts, 2005


• *Homeopathic Self-Care*, Robert Ullman & Judyth Reichenberg-Ullman, 1997
Fever & Cold Treatment

Herbal Extracts
- Yin Chiao
- Windbreaker CMW (Pediatric)
- Yin Chiao (Junior) HC (Pediatric)
- Black Elderberry
- Echinacea

Vitamins
- C 2,000-10,000 mg
- A 20,000 – 50,000 IU

Homeopathic Medicines
- Belladonna
- Allium cepa
- Pulsatilla
Fever in Children
Danger Signs

• Any fever in a child under three months of age
• Fever of 105°F (40.5°C)
• Appearance: lethargic, pale skin, unresponsive, weak crying
• Symptoms: repeated vomiting, severe headache, or stiff neck
Yin Chiao Ingredients

- Lonicera (honesuckle flower) - removes toxins and heat from blood
- Forsythia - clears heat and toxins
- Platycodon - expels phlegm, calms cough
- Mentha (peppermint) - calms mind, expels heat, relieves cough, clears head
- Arctium (cocklebur fruit) - relieves cough, purges toxicity, moistens intestines
- Prepared soybean - eliminates vexation, irritability, restlessness
- Licorice root - stimulates the immune system, aids digestion
- Lophatherum - clears heat in stomach
- Schizonepeta - expels heat
Belladonna – Classic Fever

- Red, flushed face
- Radiating heat
- Tired, dull, glassy-eyed
- Headache
- Signs of inflammation (red throat)
# Homeopathy for Stages of Colds

<table>
<thead>
<tr>
<th>1. Allium cepa</th>
<th>3. Kali bichromicum</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sneezing, watery nasal discharge</strong></td>
<td><strong>Green, viscid mucus</strong></td>
</tr>
<tr>
<td><strong>Irritation of nose</strong></td>
<td><strong>Sinus blockage</strong></td>
</tr>
<tr>
<td>2. Pulsatilla</td>
<td><strong>Postnasal drainage</strong></td>
</tr>
<tr>
<td><strong>Yellow mucus (nose, eyes)</strong></td>
<td><strong>Chilly, &lt; cold, damp air</strong></td>
</tr>
<tr>
<td><strong>Warm, thirstless</strong></td>
<td><strong>&lt; Morning, 2-3 AM</strong></td>
</tr>
<tr>
<td><strong>&gt; Open air</strong></td>
<td><strong>Clingy</strong></td>
</tr>
</tbody>
</table>
Sore Throat Treatment

- Chinese herbs
  - Yin Chiao
  - CQ Jr BP
    - Sore throat formula
  - Windbreaker (Pediatric) CMW
    - Yin chiao plus decongestants
  - Phlogisticlean CMW
    - Enlarged tonsils
<table>
<thead>
<tr>
<th><strong>Hepar</strong></th>
<th><strong>Mercurius</strong></th>
<th><strong>Phytolacca</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>• Intense, sharp pain</td>
<td>• Salivation, bad breath</td>
<td>• Swollen, constricted sensation</td>
</tr>
<tr>
<td>• Chilly, &lt; cold air</td>
<td>• Red swollen gums</td>
<td>• Enlarged nodes</td>
</tr>
<tr>
<td>• &gt; Warmth</td>
<td>• Exudate, enlarged nodes</td>
<td>• &gt; Warm drinks</td>
</tr>
<tr>
<td>• &lt; Touch, pressure</td>
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</tbody>
</table>
Fever & Flu
Symptoms

• Fever with chills
• Aching muscles
• Severe lethargy
• Sore throat, congestion, cough
Fever & Flu Treatment

- **Chinese herbs**
  - Yin Chiao
  - Gan mao ling
  - Zhong gan ling
  - Bug Beater CMW liquid
  - Swine Season Clear
  - Toxin JF liquid

- **Homeopathy**
  - Bryonia
  - Gelsemium
  - Rhus tox
Chinese Herbs for Flu

- Initial phase with cold/fever
  - Yin Chiao
  - Windbreaker (CMW) – Pediatric liquid

- Phase 2: Sore throat, sinus congestion, yellow discharge, chills
  - Gan Mao Ling

- Phase 3: Severe muscle aches, high fever, cough
  - Zhong Gan Ling
Homeopathy Flu Differential

Gelsemium
- Chilly, with chills down spine
- Thirstless
- Dull, sleepy, heavy
- Worse from movement
- Headache at back of head, stiff neck

Bryonia
- Warm, with desire for cool air
- Thirsty
- Dull, but irritable, worried
- All symptoms worse from movement, but restless
- Headache in forehead, better from pressure, worse with motion
**Homeopathy Flu Differential**

**Gelsemium**
- Chilly, with chills down spine
- Thirstless
- Dull, sleepy, heavy
- Worse from movement

**Rhus tox**
- Chilly, and better from heat
- Thirstless
- Extremely restless, cannot get comfortable, anxious
- Better from movement
Influenza A Virus H & N Proteins

Diagram of Influenza Virus showing Hemagglutinin, Neuraminidase, Membrane, Protein, and Glycan.
What is so bad about H1N1 flu?

• Fear of the “cytokine storm” with uncontrollable inflammation
• Resulting in hemorrhage and pneumonia
• 1918 H1N1 flu killed 40 million people worldwide, often within 24-48 hours of symptom onset and mostly healthy young adults
H1N1 (Swine) Flu

Where is the H1N1 pandemic?

• Is this virus causing deaths?

• Exaggeration of flu-related deaths

  The 36,000 figure

  Actual data: Pneumonia 60,000
  Flu 1,000

• Deaths from H1N1 as of Sept 2009 = 302

  Most from bacterial complications or patients with chronic illness
H1N1 (Swine) Flu

Further Research

• www.mercola.com

• www.NVIC.com
H1N1 Treatment

Antiviral, anti-inflammatory medicines

- Vitamin C
- Swine Season Immune Plus
- Swine Season Clear Toxin
- Zhong Gan Ling
- Black Elderberry (*Sambucus nigra*)
- Do not use immune system stimulants (echinacea, mushrooms)
- Antiviral drug resistance (*Tamiflu*)
Flu Shots

• Ineffective
  – Babies – 51 studies show no effect (Cochrane Review, 2008)
  – Children with asthma – no effect (Christly, 2004)
  – Adults – 48 studies no effect (Cochrane Review, 2006)
  – Elderly – 64 studies no effect (Cochrane Review, 2006)
Flu Shots

• **Serious side effects**
  – Seasonal flu shots increase the risk of H1N1 flu
  – 1976 Swine flu vaccine disaster with more deaths from the vaccine than from the flu
  – Guillain-Barré syndrome (autoimmune nerve inflammation with paralysis)
  – Hemorrhage, heart attacks, and deaths from swine flu vaccine this year
Treatment of H1N1 Flu

Swine Season Clear Toxin JF

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<thead>
<tr>
<th>Isatis</th>
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<tr>
<td>Forsythia</td>
<td>Chrysanthemum</td>
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<tr>
<td>Atractylodes</td>
<td>Ledebouriella</td>
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<tr>
<td>Lonicera</td>
<td>Houttuynia</td>
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<tr>
<td>Lophatherum</td>
<td>Mentha</td>
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<tr>
<td>Phragmites</td>
<td>Licorice</td>
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Shanghai expert panel on preventing and controlling A H1N1 Flu
Treatment of H1N1 Flu

Black Elderberry (Sambucus nigra)

Elderberry inhibited growth of H1N1 virus in vitro at a rate comparable to Tamiflu
