

Disclaimer

We do not directly or indirectly dispense medical advice or prescribe in any way alternative treatment for sickness (it is illegal to do so). In the event you use this information, which is only of historical value, you are prescribing for yourself, which is still your constitutional right. We assume no responsibility.

Herbs, supplements and diet work slowly, We suggest that you do not go off any medication without the help of a doctor.

We say this not only because it is the law, but because I BELIEVE STOPPING MEDICATION WITHOUT THE ADVICE AND GUIDANCE OF A DOCTOR IS UNWISE AND DANGEROUS.

If we would like to make healthier changes in my diet and my doctor was not willing to help me while I worked with a natural health practitioner, find a doctor who values and respects his patient's



Care and Feeding of Children

1. Breast milk
2. Goats milk

When do you introduce food?

How do you introduce food?

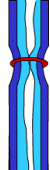
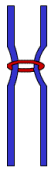
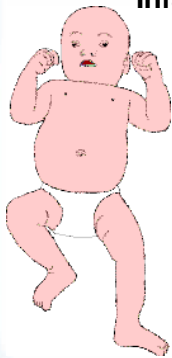
Diet

- Raw Veggies
- Raw Fruits
- Whole grains
- Protein
- Water

pH balance
Liquid Calcium



Infant Acid Reflux

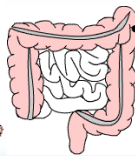


•Marshmallow for Breast Milk

•Slippery Elm

½ tsp in 1 oz water 4 times between meals

•Catnip & Fennel



Colic

- Catnip and Fennel
- Acid Reflux (slippery elm between feedings)
- Pull down the stomach and massaging the ileocecal valve
- Colic – Often Mom has magnesium deficiency
- Don't feed to often
- Don't handle as much
- Pristine Gut – Mother Pro biotic and Food Enzymes
- Avoid -- onions, garlic, chocolate, broccoli, cabbage, cauliflower



Constipation

Keep intestines clean

- LB extract

Bowel Consistency

- Catnip & Fennel

- Light brown

- Moist

Everybody's fiber/intestinal soothe and build Probiotics

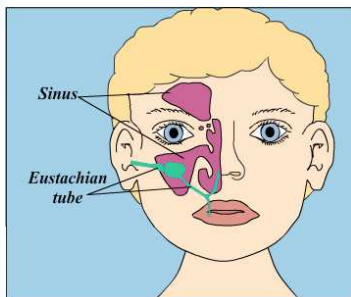
- Loosely formed

- Semi-floats

Importance of H2O



Ear Infections



- Silver Shield
- CBG Extract
- ALJ



Thrush



- Silver Shield Gel
- Probiotic 11

Coconut oil as an antifungal kills parasites



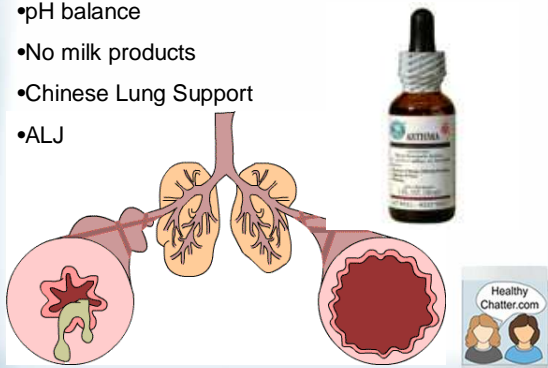
Pink Eye

- Silver Shield




Asthma


- pH balance
- No milk products
- Chinese Lung Support
- ALJ



Bedwetting



- Homeopathic Bedwetting
- KB-C
- GTF Chromium




Stronger Bones and Teeth

Toothpaste

- 1 TBS NSP's Sea Calcium
- 1/4 tsp Xylitol
- 1/4 tsp White Oak Bark
- 15 drops Nature's Fresh (or Silver Shield)
- 6 drops liquid Black Walnut Ext.
- 6 drops of Peppermint Oil

- Calcium
- Toothpaste



Colds/Coughs



- Nothing
- pH balance
- ALJ

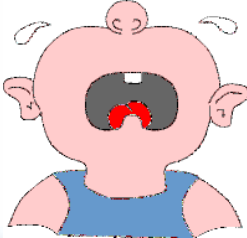
Vaccines

Vaccines Detox



Teething

- Homeopathic Teething
- Homeopathic Distress Remedy



ADD

Importance of Super Omega 3, brain, cells, anti-inflammatory



Herbs to have on hand for illnesses (medicine chest)



For more information contact:

Jane Giannattasio

KidsHealthNaturally@gmail.com
<http://www.KidsHealthNaturally.com>



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QUESTIONS???